



The Andover Triathlon

Sunday 16th July 2023

Competitor Race Letter

Hello and welcome to the 2023 edition of the Andover Triathlon. It is my pleasure to host you in my fourth year as Race Director and I'm thrilled you could join us after the past few years we've all had.

As a club we take great pride in providing the triathlon community with a race that is now firmly established in the race calendar; so, on behalf of the Club Chairman, Committee and the Club members thank you for supporting our event.

This year we have the children's race, as well as the adult sprint and relay races.

As usual, we have some experienced racers and first timers. To the latter, my heartfelt thanks for selecting our race as your first – it's a genuine honour to be part of your triathlon journey!

This race letter is designed to give you everything you need in terms of race day activities so that you can have the best race possible. Please take the time to read through the contents and orientate yourself to the needs of the day. Even if you've raced with us before, ensure you are familiar with the Competition Rules and bring your BTF race licence (if you are a federation member). This will make the registration process much smoother.

Race waves and start times are published in a separate document so that you can plan your day accordingly. Please note that these lists are final, and changes will only be made under exceptional circumstances.

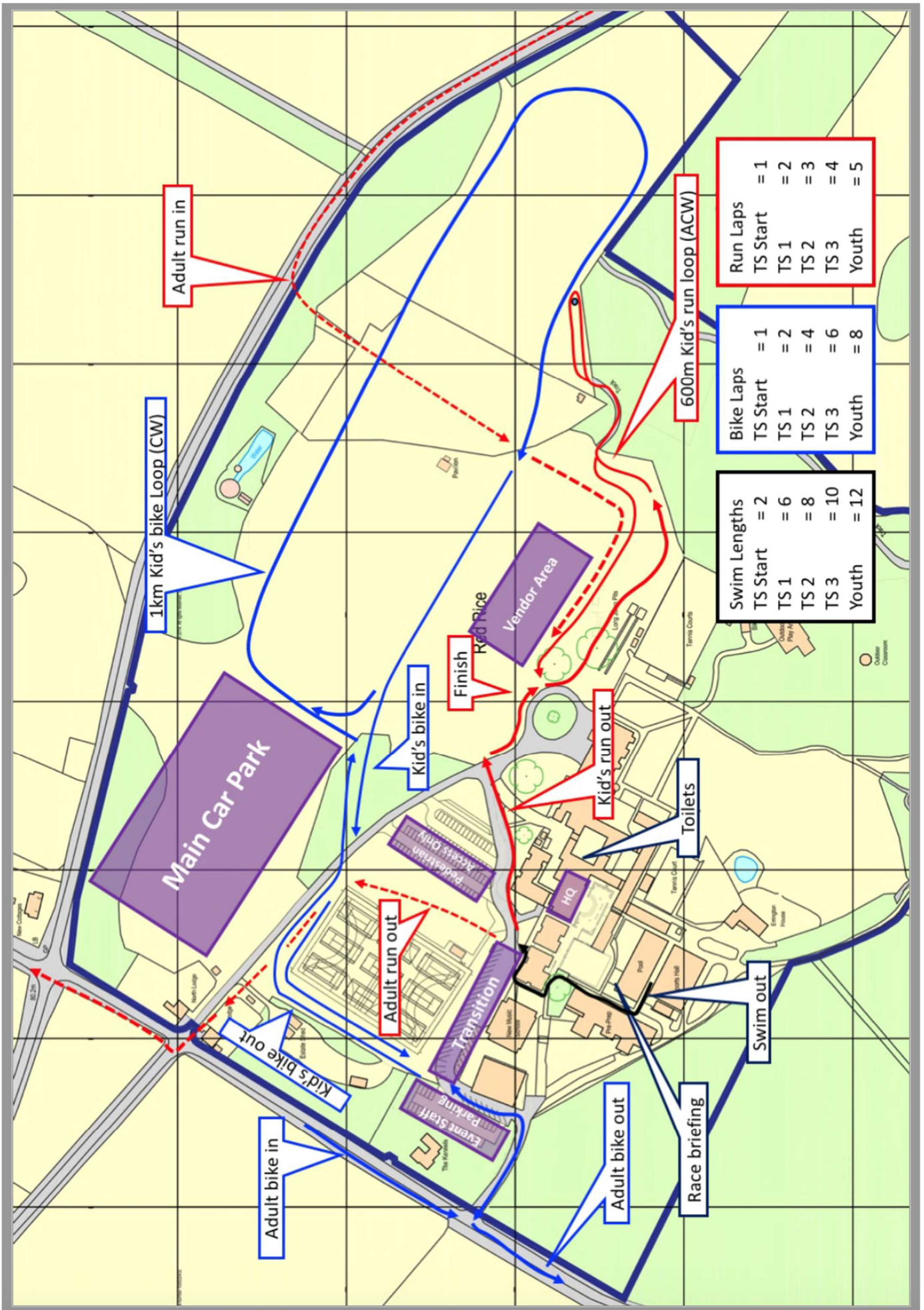
For up-to-date race news, please visit our Facebook page at <https://www.facebook.com/TheAndoverTriathlon> or go to our race website at <https://clubs.britishtriathlon.org/andovertriathlonclub/Events>



Race well, be safe and above all enjoy yourself,

Rob Savill

Race Director
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We will continue to use the map from previous years in anticipation of future years.

Race Venue & Parking

Race location and HQ is at:

Farleigh School
Red Rice
Andover
Hampshire
SP11 7PW

Once again the race is located at the beautiful grounds of Farleigh School. Please note that there are private residents within the school grounds. These are strictly out of bounds on any day other than race day. If you plan on coming down to check out the adult bike or run routes, please do not enter the school grounds.

Note, the car park entrance is also the run out, so please drive slowly and carefully and follow any instructions given by site and race marshals.

Parking is free within the school grounds on the playing fields. Space is at a premium so please follow the instructions of your car park marshals and park reasonably and sensibly so everyone can get a spot! Consider car sharing with fellow club members or friends to assist us with space on the day.

Please – **no dogs** are allowed onto the school site.

Registration

Please follow the signed route from the car park to Race HQ where you can register. Race HQ is in the same location as last year (Adjacent to the Astro turf courts.).

If you are arriving later in the morning it is vital that you stick to the signed route so that you do not obstruct any athletes on course.

Adult race registration will be open **from 6.30am** on Sunday 16th July 2023. You must register in person and cannot register on someone else's behalf.

The children's race registration will be open **from 12:00pm**.

Please do not bring bikes or your race equipment into Race HQ. There is plenty of space outside the registration building to leave your equipment before entering transition.

At registration:

- you will receive a race envelope containing – race number, bike and helmet stickers, timing chip and Velcro strap. Please look after these as there is a charge for any lost chips. Please place the chip on your left ankle.

- you will also be marked up on your upper arm and calf with your race number. This is to add an extra level of security when entering and exiting transition at the beginning and end of your day.

Please bring your BTF race licence if you indicated on your entry that you were a federation member. We will have a list of those who have declared their membership. If you forget your licence on race day you will have to purchase a day licence at a cost of £6 (adult).

If you purchased a day licence when you entered, we have a copy of this on our system.

You will not be permitted to enter transition until you have registered and received your race pack and body marking, so please allow time before your scheduled swim start to get everything done. It's always better to arrive earlier than you think to give yourself time to sort out last minute problems, rather than having to rush and adding stress to your day.

Race Number

You will receive one race number in your registration pack. The use of a race belt is ideal, so you can spin your number round between the bike and run leg, but not essential. If you don't have a race belt you should pin your number to the front of your top. Do not deface or trim your race numbers. Safety pins are available in the registration pack should you need them.

Race bib numbers are only to be worn on the bike and run course.

Changing Facilities & Toilets

There are no changing facilities. The pool changing room is to be used for the toilets only. So, arrive kitted out with your swim or tri suit under your normal clothing and come armed with a beach towel to cover your modesty if you intend to change on site.

Toilets will be clearly marked and are situated close to registration - on route to the pool and in the pool changing rooms.

Racking in Transition

Transition will only be open to registered competitors. No friends, family or supporters are allowed in the transition area.

Please ensure that your bike and helmet stickers are applied before entering transition. Helmets are to be worn and done up for checking by event staff prior to entering.

Go to your racking space and rack your bike in the direction of your race number so that bikes are racked in alternate directions. This will give each competitor space to place their transition gear. Rack your bike by either the saddle. There are two lines of racking, even and odd numbered (see map in Race HQ).

Boxes are not allowed to be left in transition. By all means bring your gear in a box, but it cannot be left by your bike. Kit laid out on towels or in small, soft bags is ideal. Be sensible and only leave kit that you will need for your race by your bike. No need to bring your entire race wardrobe or lucky mascots today!

Event staff will be on hand to help you, so if you're having some bother or simply need to ask a question, just get their attention – they will be only too happy to help!

Be aware that you may be racking during a live race – competitors have right of way.

Race Rules

It is the responsibility of every competitor to familiarise themselves with the BTF rules which can be accessed on the British Triathlon website <https://www.britishtriathlon.org/competitionrules>.

Race Referee

A BTF race referee will be in attendance during the event. They will mainly be situated in the transition area. If you get pulled up for an infringement of the rules, please remain calm and then carry on with your race.

Abuse of the race referee or any event officials will lead to an immediate DQ. We appreciate that in the heat of the race, emotions can run high. Remain calm and remember it's only a race after all.

Race Briefing

All race briefings, for both adult and children's races, will take place outside the main entrance to the pool (see map).

Race briefings will take place 20 minutes before your wave start. It is the athlete's responsibility to be at the race briefing on time – there are no announcements to remind you.

Wave Starts

Wave starts are published in a separate document to this letter that can also be found on the race website <https://clubs.britishtriathlon.org/AndoverTriathlonClub/Events/RaceDetails>

It is the athlete's responsibility to be at the wave start on time – there are no announcements to remind you. Remember, be there **20 minutes** before your wave start!

If at any time you decide to withdraw from the event, you must inform a marshal or the Race Director at the earliest opportunity.

Adult Race & Relay

The adult race & relay consists of:

440m pool swim (20 lengths)

30km bike

8.3km run



The Swim

The swim will take place in the school pool which is 22m in length (quirky we know!). Competitors should report to the pool entrance **10 minutes before** their allocated wave start. The first wave is off at 7:30am.

Each lane will consist of 3 or 4 swimmers and there are 4 lanes; meaning a maximum of 16 athletes per wave. Swimmers will be seeded according to their estimated swim times entered online. You will be notified of the direction of travel in your particular lane by your allocated lap counter. Swimmers in each lane will be issued with different coloured swim hats to distinguish them to the lap counters. Relay teams will also set off according to their swim time.

Swimmers should wear standard swim costumes or tri suits. No race numbers should be worn at this stage. No equipment other than goggles and/or nose clips should be used. Calf guards are **NOT** to be worn during the swim.

It is the athlete's responsibility to count their lengths. There will be a lane counter that will be recording your lengths. Please, for safety reasons, **no tumble-turns**. Athletes will be set off at 10 second intervals.

There is **no over-taking** allowed mid length. If you find that you have caught the swimmer in front of you, tap them on the feet so that they know you are there. At the end of that length, it is the person in front's responsibility to pause, allow the person behind to set off first and then resume their swimming.

Do not let your ego get in the way. If someone taps your feet, accept that they are swimming faster than you and let them go first at the length end. That way, you both have a good race without unnecessary stress.

With two lengths to go, your lane counter will indicate this to you by placing a large fluorescent board into the water as you approach the lane end. Do not rely on this however, particularly if many swimmers are turning at the same time and are on different numbers of lengths. Lane counters are only human after all.

Once you have completed your 20 lengths, exit the pool as directed and ensure that you leave your swim hat on the poolside for the next wave of athletes.

You will exit the pool by the rear exit and make your way to transition. The route will be swept for debris for your protection under foot. Be careful as there are a couple of tight turns as you run down the slight gradient to the entrance to T1. Go steady, there's plenty of time to put the hammer down when you're out on the bike course.

Transition 1 (T1)

The distance from the pool to transition is approx. 200m. On entering transition, find your bike and secure your helmet before taking it off the rack. Be mindful of other athletes around you and make your way to the exit of T1. Mount your bike after the marked mount line. There is a timing mat at swim exit and at the mount/dismount area.

Relay competitors will each have to pass their timing chip onto the next member of the team in the designated area.

On exiting T1, you must have your race number clearly visible on the rear (if using a race belt).

Maps of transition will be available at Race HQ. Please study them carefully and understand the flow of the transition design.

The Bike

The bike course takes place in and around the beautiful Test Valley area. It takes in the picturesque villages of the surrounding countryside. The distance is 30km and it is a fast and rolling route.

The course is not particularly technical and the road surfaces are typical for the UK; not the smoothest, but generally in good condition. There is one relatively steep descent into Stockbridge High Street that ends with a 90-degree left turn onto Longstock Road – descend with caution please.

The route will be marshalled at key turn points and you are advised to familiarise yourself with the route posted at Race HQ and detailed on our website:

<https://clubs.britishtriathlon.org/andovertriathlonclub/Events/TheRoutes>

Whilst on the course, if you're unsure of the route you're on – stop and ask a marshal.

There are no aid stations on the route, so please have everything you might need with you. Do not litter. You have pockets on your clothing to put your rubbish in. If you don't, then tuck up your wrappers under your cycle shorts. Littering is lazy and it upsets the local community, so please do the right thing and bring your litter back to transition with you. It's not hard to do and will ensure we can continue to put on this triathlon with the support of the wider community for many years to come.

This is a non-drafting race, which means that you are not allowed to seek an unfair advantage by cycling too close to the bike in front. If you are overtaken, it is your responsibility to then ensure the draft zone is maintained as soon as possible. Please read the BTF competition rules for complete reference.

There will be a motorcycle draft marshal out on the course. Drafting is cheating – DON'T DO IT!

There is no technical support on the course, so if you have a mechanical problem, please do your best to fix it. There is a sweeper vehicle on the route that can get you back to Race HQ, but they may not get to you for some time. Make your way to the nearest marshalling point (probably best to go back to the last one you saw) and they will phone back for a pick up.

Transition 2 (T2)

On approaching the dismount line, please slow down and be prepared to stop. Proceed then into the main transition area and follow the marshal's instructions.

Go direct to your bike racking area, rack your bike and only then are you allowed to remove your helmet. This rule will be strictly enforced.

T2 will be a potentially busy place with swimmers entering and then exiting on their bikes. Be sensible, watch out for transition traffic and put the race after-burners on once you clear the transition area.

Relay team members are to rack their bikes before the next team member sets off for the run.

There is a timing mat as you exit T2 and an aid station with cups of water. Please make sure you are familiar with the layout by studying the transition map at Race HQ on the day.

The Run

On leaving T2 you will be directed out of the school grounds and right onto the public highway in front of the main entrance to the school. Be mindful of cyclists returning to the school on this section of the route.

The run course is 8.3km long and has a mix of hill climbs and flat valley stretches. This is not a fast super-sprint type run course and is rolling. The course can be viewed online on our race website.

There is one aid station out on the course providing water only (served in cups). Please discard your cup as close to the aid station as possible. You know what energy supplements you need, so please come prepared if that's your run strategy or routine.

Please run on pavements where they exist. If running on the open road, please run against the flow of traffic so that motorists can see you and you can see them.

The route will be marshalled at key turn points, but again, you are advised to familiarise yourself with the route posted at Race HQ and detailed on our website:

<https://clubs.britishtriathlon.org/andovertriathlonclub/Events/TheRoutes>

The Finish

The finish line is within the school grounds. You enter the school grounds via a marshalled side-gate into the school field. There is then a 500m run around the school field and into the finish chute. There is a timing mat at the finish.

All relay team members may join the runner with 100m to go to finish as a team. This is not mandatory however and is just a nice thing to do if you feel like it.

There will be a self-service finish area where you can collect your race medal, a bottle of water and a banana. Please remove your own timing chip and place it where shown! Your finish time will be posted on our timing partners website as soon as possible after the day, normally within 24 hours. They can be found here: <https://results.sporhive.com/events/7076126003802382080>

Medals / Prizes

Race medals will be available on the finishing table to collect at the conclusion of your race.

Clearing Transition

Marshals will check that your body marking, race numbers, helmet and bike numbers all match and then you're free to clear transition.

Departing Farleigh School

You are welcome to stay as long as you like whilst the race is going on in the afternoon.

When leaving the school grounds, drive carefully, enjoy the rest of your season and we'll see you again in 2024.

Be sure to like and follow our Facebook page at <https://www.facebook.com/TheAndoverTriathlon> to look out for notifications about next year's and also check out <https://clubs.britishtriathlon.org/andovertriathlonclub/Events>