



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 second 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.

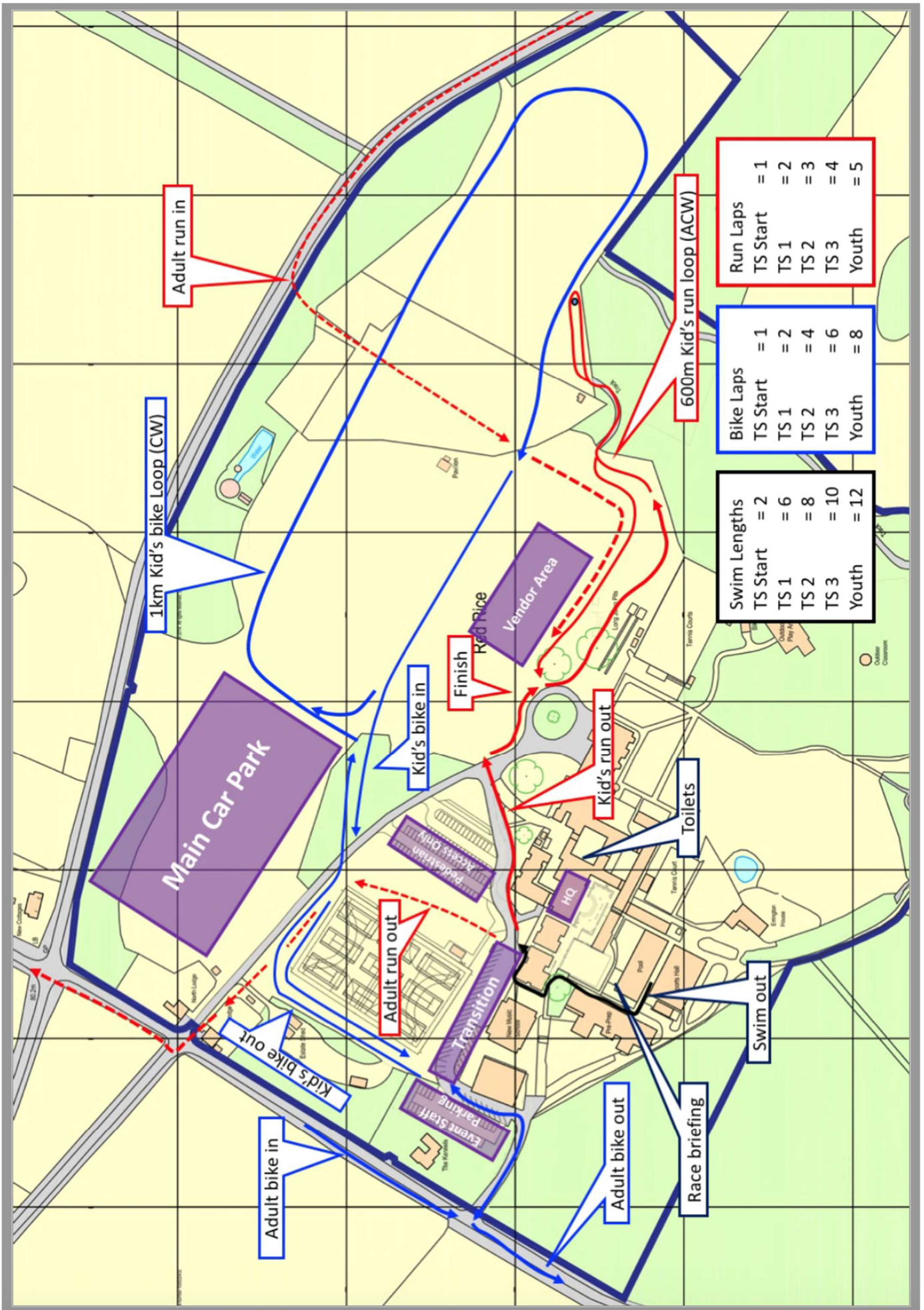
For up-to-date race news, please visit our Facebook page at <https://www.facebook.com/TheAndoverTriathlon> or go to our race website at <https://clubs.britishtriathlon.org/andovertriathlonclub/Events>



Race well, be safe and above all enjoy yourself,

Rob Savill

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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 park in 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.

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 £1 (children).

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 or brake levers. 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 race website at <https://clubs.britishtriathlon.org/AndoverTriathlonClub/Events>

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.

Children's Race

The Children's Tristars (TS) races will take place over the following distances:



	Swim (Lengths)	Bike (Laps)	Run (Laps)
TS Start	44m (2)	1km (1)	600m (1)
TS 1	132m (6)	2km (2)	1.2km (2)
TS 2	176m (8)	4km (4)	1.8km (3)
TS 3	220m (10)	6km (6)	2.4km (4)
Youth	264m (12)	8km (8)	3 km (5)

All races are conducted within the grounds of Farleigh School meaning we have traffic-free routes and safe conditions.

Registration

Please register at least 1 hour before your child's allocated swim start time.

Swim timings and wave allocations are in a separate document.

The first wave will be set off at 1pm, so the earliest you might need to be on site would be 11.45am.

Registration will be in the Race HQ and is open from 12.00pm.

When you have collected your race envelope containing the race number, please exit Race HQ to prepare your child's equipment. Registration gets very busy for the afternoon races, so we appreciate you doing all you can to ease congestion.

Racking in Transition

Children are to enter the transition area where they will have their helmet checked for fit and that it has the number sticker applied. The bike should also be labeled with the sticker in a prominent position. Race numbers are also to be shown. Once checked they will be admitted into the transition area where they can locate their race number on the racking and prepare their race equipment.

Please note that parents and supporters are not permitted into the transition area at any time. Event staff will be on hand to help and assist the children when necessary.

Competitors are to have laid out by their bikes, the following equipment as a minimum:



Some competitors like to lay their equipment out on a small towel if they wish to dry their feet before donning socks and trainers – this is optional. No boxes are to remain in transition. Small, soft day-sack like bags are permitted if competitors wish to have their equipment in them.

For those competitors doing their first triathlon, please be advised that it is usual for triathletes to cycle in wet gear as changing into a full set of dry clothing wastes time. If it's cold on the day, make sure that your child has a suitable top or jacket to wear whilst on the bike. However, race numbers must be visible at all times.

Race Briefing

The race brief for all wave starts will commence **20 minutes before** the swim start time. Make sure you know your wave start time and report to the pool entrance for the brief. Parents you can accompany your child to the briefing area and take away any warm clothing they discard prior to entering the pool.

The Swim

The swim will take place in the school pool which is 22m in length. Competitors should report to the pool entrance 20 minutes before their allocated wave start for a race briefing. The first wave starts at 1pm.

Each lane will consist of 3 or 4 swimmers and there are 4 lanes; meaning a maximum of 16 athletes per wave. 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.

Swimmers should wear standard swim costumes or trisuits. 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. This does not apply to TS Start category.

Once you have completed your required lengths, exit the pool as directed and ensure that you leave your swim hat on 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 and matting will be laid 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.

N.B. Swim wave and start time allocation has been assigned by the anticipated swim time indicated on the race entry system. If your child gets held up by a slower swimmer, see overtaking policy above. This is part of racing.

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.

On exiting T1, you must have your race number clearly visible on the rear; either using a race belt or wearing a top with your race numbers pinned to the front and back.

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 route is all on grass except for one crossing point onto the main bike loop (2m of tarmac).

On leaving transition competitors will be directed out onto the bike course by marshals. The route is fast (think cricket pitch short and smooth grass).

The bike course consists of a 1km route completed once for TS Start and multiple times for all other age groups as detailed earlier in this letter. It is the competitors responsibility to count their own laps. Parents feel free to count and shout out their progress as they steam past.

The bike course is conducted in a clockwise direction and competitors are to follow the blue cones and barrier tape, always keeping to the right-hand side. The route is well marshalled.

On completion of the correct number of laps, competitors will be directed back to transition.

Please note that **tri-bars are not allowed**.

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.

On arrival at their racking area, competitors must rack their bike before removing their helmet. Marshals will then guide them to the run out point.

There is a timing mat as you exit T2. There is also a water aid station immediately after leaving T2.

Please make sure you are familiar with this layout by studying the transition map at Race HQ on the day.

The Run

The run route is separate and distinct from the bike course, affording a safe route and exciting spectator experience.

The run route consists of an anti-clockwise 600m loop that all competitors will complete, depending on the distance particular to their age group (see map).

The course consists of a short tarmac section, but the majority is on grass. It is still a looped circuit, but with the course cutting through a copse at the top of the course, featuring two-way traffic (see run route map).

During each lap, runners will be issued with a band to be worn on the wrist or looped round the hand. When you have collected the number of bands that match the number of laps you should be doing, then this indicates that it is time to head to the finish. So for example, on collecting their fourth elastic band the TS3 category racers would head for the finish.

Please note, it doesn't matter what colour the band is when issued – it is only the number of bands collected that counts. Having the correct number of bands proves that the athlete has completed the right number of laps. We do not have timing mats on the run course to verify or confirm the number of laps completed, so it is vital **ALL** athletes use this band system.

There is a water aid station on the route.

The Finish

Once a runner has collected the right number of bands (there is a reminder on their race number), they can head off to the finish tunnel and complete the race. On finishing they will be presented with a medal, bottle of water and a banana. Please remove your own timing chip and the multi-coloured bands and place them 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.sporthive.com/events/7076126003802382080>

Clearing Transition

Once your race is complete, competitors are free to collect their belongings from transition. Marshals will check that body markings, race numbers, helmet and bike numbers all match and then you're to clear transition. Again, only competitors are allowed into transition.

Photographs

There will be plenty of chances for parents and supporters to get some great photographs before, during and after the event. Please be mindful of other children in and around you when taking photos and do not share, upload or distribute photos of other people's children without their prior consent.

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>

Frequently asked questions

And finally, some frequently asked questions that your children may ask...

How will I know where to go and what to do?

Before the day of the race read this letter with your young ones. This will tell you where you need to be and at what time. On race day – practise good listening! You will be given some more instructions when you register so that you are ready to go. You will also need to attend the race briefing with everyone who is taking part in your swim wave.

An official will tell you all about the event. You will also be able to ask questions. There will also be instructions given by loudspeaker throughout the event. It is important that you listen to these carefully. If in doubt, ask any one of the officials. Have a look around the course and follow the map. Go and see where the swim will take place, have a look at the bike course and where you will keep your bike, look at the run course and where you will finish. You might have time to watch others taking part before you. This is a great opportunity to see how the course works.

Can I bring some people to help me?

Of course. While you will be the one swimming and cycling and running, it's a good idea to have people to help you get ready and to look after you afterwards. However, they will NOT be allowed into the transition area as this is for competitors and officials only.

Should I eat before my race?

You can't do well on an empty stomach! So make sure you have a good breakfast at least two hours before your race.

What is the best thing to drink?

Water. You will be doing three sports in one so will be sweating quite a bit. It is important not to feel too thirsty during your event, so drinking a glass of water before you go to bed the night before and having a glass of water when you wake up before breakfast is important. Take some bottles of water with you and drink little and often in the 2-3 hours before your race and a big drink afterwards as well.

Do I need to practise before my race?

As well as practising each of the three disciplines perhaps the most important thing to practise is transition – changing from swimming to cycling (T1) and from cycling to running (T2). This is known as the 4th discipline.

Do I need any special clothes or equipment?

Apart from your bike and swimming costume or trunks – no. Your normal trainers and t-shirt will do just fine. What is important is that you remember to bring some dry and warm clothes to change into afterwards.

...and some helpful hints for parents and support crew!

Triathlon is a solo event – the competitor does the whole thing on their own without any outside help. Stand back and give words of encouragement and take pride in the kids' achievements. Before the event encourage children to practise, train and take advice from various tri sources.

Get bikes properly checked:

- All bikes must have two working brakes.
- The tyres should be properly inflated.
- The gears should work easily.
- The seat should be at the ideal height for the rider.
- The handle-bars must not have open ends - fit proper plugs. **No** tri-bars allowed.

Ensure the helmet fits correctly and clips are easily closed and released.

Check all other kit – t-shirt, running shoes, and safety pins (for running number).

Before the race read the race information very carefully together. Study the course maps and directions.

Acquaint yourselves with the BTF rules which are at

<https://www.britishtriathlon.org/competitionrules>

On the day arrive in good time (and park safely in designated area). It is probably easiest if competitors arrive already wearing their swim suit or trunks under a track suit or similar warm clothing.

Register at the event with your child to ensure that they collect all the appropriate competitor numbers and know which numbers go where etc.

Look at the course maps with your child talk them through it.

Set the bike in a low gear so it is easy to start before your child goes into the transition area. This area (only accessible to competitors and officials) is where they change from swim kit to cycling/running.

Listen carefully to the race briefing. Ask questions if unsure about anything.

Remember – marshals are there to help and direct – no other outside assistance whatsoever!

Due to space limitations, not everyone will be able to watch from poolside, so it's best at this point to move to an area near the bike course. Things don't always go perfectly smoothly but be tolerant, "keep it light" so the children have a fun experience.

Be kind and encouraging to all competitors. Please remember that the event staff and officials are volunteers.

A "Thank You" goes a long way – and is really appreciated when it comes from the competitors.