

3RD VALE OF PEWSEY TRIATHLON – SUNDAY AUGUST 21ST 2011

IMPORTANT RACE INFORMATION – Please read carefully

First swim wave is at 8:00 a.m. starting with the slower swimmers. Start times will be posted on this website www.janet-whiting.com once we have stopped taking entries which will be 7 days before the event.

Venue – Pewsey Sports Centre, Wilcot Road, Pewsey, Wilts. SN9 5EW. 01672 562469

Facilities – Changing facilities and showers at the Centre are available for your use. There are cold drinks vending machines at the Centre. There will also be a mobile catering van situated near Transition serving hot drinks & light snacks.

Bike shop – Bertie Maffoon's hope to have a bike stand present at the event providing last minute bike maintenance, and selling small essentials such as gels, inner tubes, etc.

Parking – There is limited free parking available at Pewsey Sports Centre. On arrival you will be directed to the parking area by the marshals. Please try to car share where possible.

Registration – is open from 07:00 – 08:30 and will be located in the Sports Hall within the Centre. Please check your race number on the list which will be displayed on the website and on the event notice board at Registration. Please bring your current BTF card if you are a member or you will be charged an extra £5 for a Day License. You will be issued with one number which must be displayed on the back for the bike ride and front for the run. Number belts are advised and there will be a few on sale at Registration. If you only have pins, please pin the number to the front of your top. You will have your race number marked up on one arm and leg. You will also be issued with 2 sticky labels, one for the front of your helmet and the other to be attached to your bike frame.

Transition area – will be located on the grass area located to the left side of the Sports Centre. Places will be numbered. This area is restricted to competitors only. Please attach one of your labels to your bike. Please have your helmet on and fastened when you come in to rack your bike. You will also need your bike shoes, drink bottle, run shoes, and any additional clothing needed for the bike or run. No boxes or large bags please. Make sure you take some time to look at the entrances / exits and make a mental note of where your bike is racked. If you are starting in a later wave please be considerate of those who are already in race mode whilst you rack up etc. After your race please remove your bike and belongings as soon as you can. You will only be permitted to take your bike out on production of your race number that must match the label attached to your bike.

Race Briefing – will take place near the poolside prior to your swim start. This is compulsory as there could be last minute changes to routes or further safety announcements. Please report to the Swim Co-ordinator on poolside 15 minutes before your wave start time.

The swim – 16 lengths of the 25m pool. Starting and finishing in the water at the shallow end. Your lane marshal will tell you which direction to swim in (clockwise or anti-clockwise) and tell you when you can enter the water. Please wear a swimming hat. We will have a supply of spares if you forget to bring one. Please swim on your front only, but not butterfly. Backstroke is not permitted. Please keep a mental track of your lengths; the lap counters will indicate when you have 2 to go by placing a float into the water as you approach the wall. Please do not argue with the lap counters. If you have any issues please raise them with the referee once the event is over. BTF rules will apply in the swim so please be familiar with the rules. www.britishtriathlon.org.uk If you feel a swimmer behind you touching your feet please let them pass at the next turn.

Transition – T1 – Leave the pool by the shallow end fire exit. You may leave a pair of shoes or flip flops outside as the ground taking you round to transition is quite stony. Turn left outside the pool exit and follow the edge of the building round the back of the Sports Centre to transition. Locate your bike. You must put your helmet on before you remove your bike from the rack. Torsos must be covered for the bike and run. No nudity in transition please. If the weather is likely to be hot please apply sun cream and make sure you are well hydrated. You may take as long as

you like in transition but bear in mind the clock continues to run. Call your number out to the timekeepers as you leave transition.

Bike – 27km. Please see route maps on this website. Leave transition and push your bike along the narrow path out to the road where you will mount when instructed by the marshals. **Traffic Lights** - Any time delays incurred lasting over 15 seconds due to the traffic lights on the bridge will be noted and deducted at the end. There is nothing we can do about this so please do not give the marshals a hard time. You must not ride through until the lights are green. **The Highway Code must be adhered to.**

- Please adhere to BTF rules.
- Please adhere to the Highway Code at all times.
- There will be BTF referees out on the course. Whilst we want you to enjoy the ride dangerous riding will not be tolerated.
- Drafting is not allowed. You must remain at least 7 metres away from the bike in front. You have 15 seconds in which to pass and then the other bike must drop back.

If you have time in the weeks / days prior to the race please drive or ride the route. There are a few places where extra care is needed. (See below) Local police and highways although giving us permission are not wholly supportive of events taking place on the roads so please adhere to these safety points and always follow the Highway Code.

1. The first (and last) 6 km from the Centre to the Alton Priors cross roads (and back) will have 2 way bikes as well as the usual traffic. The road is narrow in places so be careful and only overtake when safe to do so. There will be signage out to warn traffic.
2. **At 6km.** - Alton Priors Cross Roads. You will approach this junction after a fast descent. Please slow down as you enter the village. At the junction you will have to **STOP**, put one foot down and only proceed when safe to do so. Marshals at the junction will report any dangerous riding. This is immediately followed by a right turn across the flow of traffic and also bikes returning from the other direction. Again only cross the middle of the road when safe to do so. Marshals / Referee will be present and will report any dangerous riding which will result in a DQ.
3. **At 9.2km.** Canal bridge at All Cannings. The road into All Cannings is a fast downhill with a humpback bridge over the canal at the bottom. This bridge is very narrow. Make sure you stay well to the left as you cross the bridge and do not attempt to overtake until you are on the other side of the bridge.
4. **At 19 km** Woodborough – there is a section of traffic calming through the village. Ride carefully and obey the Highway Code.
5. **At 19.8km** Alton Priors cross roads on the return (as point 2) – You will be turning right across the flow of traffic and bikes on their outward journey. Turn only when safe to do so. Extra care is needed. Dangerous riding = DQ.

Transition T2

After dismounting your bike (prior to the traffic lights) push it down the pavement and cross the road when safe. If you are wearing cleats please be careful especially if the surface is damp. Walk your bike into the car park and follow the path round to the left, which will take you back onto Transition. Rack your bike before undoing your helmet. Proceed to exit transition "Run out". Please call your number out to the timekeepers as you leave

Run – 5.4km From transition run around the back of the Sports Centre and follow the path past the allotments. At the end of the path turn right and run to the end of the road where you will enter the playing fields. Follow the taped route and keep to the right – hand edge of the field. At the back corner of the field you will then turn right onto a narrow grassy track.

******* Please be aware that for about 400m there will be 2 - way running and let the faster runners pass. Fast runners please take care when overtaking on this section. The remainder of the run is on quiet tarmac lanes to the turn point. There will be a water station here. Please call out your number to the marshals. Once you have turned simply retrace your route back. Directional arrows will be located at all key turns. The finish will be on the field behind the School. There will be water at the finish.

Relay Teams – On exiting the Pool the swimmer tags the Cyclist by the door. The cyclist must be wearing the race number attached to a number belt. The cyclist must then proceed to Transition area where they will put on their helmet and take their bike as other competitors. The Runner must wait for the Cyclist in Transition by the racking position allocated. On completion of the bike ride the cyclist must rack the bike, remove their helmet and give the Runner the race number on the belt. The Number belt is your baton.

Results – We will endeavour to get finish times out half an hour after the last competitor has completed the race. Full results with splits will be available 3-4 days after the event on www.janet-whiting.com

Presentation – Will take place near to the finish area as soon as possible after the last competitor has finished and results have been checked. If the weather is poor we will do the presentations in the Sports Hall. There will be prizes in the following categories:

Male & Female Overall, 1st, 2nd, & 3rd.
First Male & Female 40 – 49, 50 – 59, & 60+.
First Local Male & Female – SN9 postcode.

We also have many brilliant spot prizes donated by local businesses so please stay to have a chance of winning a prize!!

If you have any questions regarding the event please get in touch –
ian@whiting1.plus.com – 07773 705776 Good Luck with your race.

With many thanks to the following:

G & S Fruit Supplies. The Big Adventure Store. Tin Horse.
Bertie Mafoon's Cycles – Marlborough. Boxes & Packaging - Swindon
Pewsey Sports Centre Pewsey Vale School
Stonehenge Canoe Club. Judy Brooks. Rejuvenesce Marlborough
All the many volunteers and helpers providing support on the day

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