



4Life Nottingham Children's Triathlon

Sunday 24th June 2018

Final Race Information



Welcome

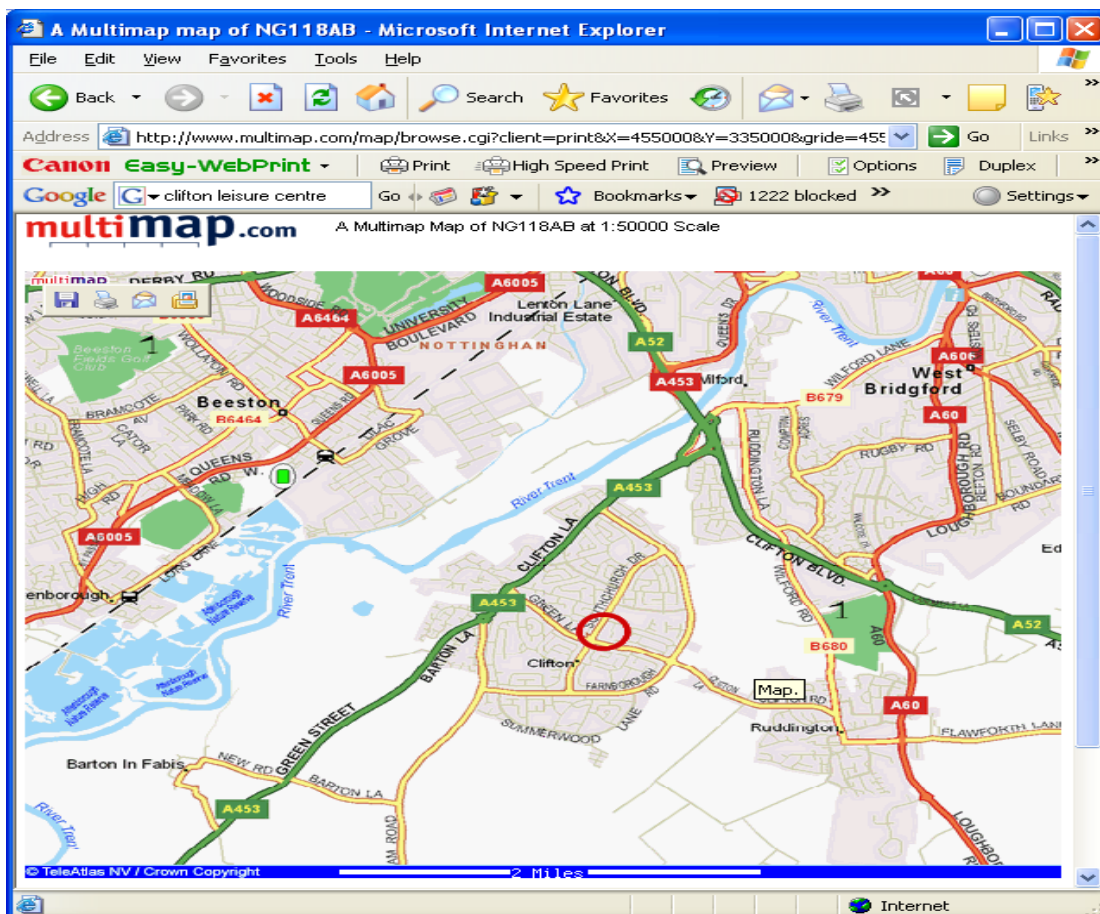
Welcome to the 4Life Tri Club 2017 Nottingham Children's Triathlon. The event is held at the Clifton Leisure Centre, Southchurch Drive, Clifton, Nottingham, NG11 8AB

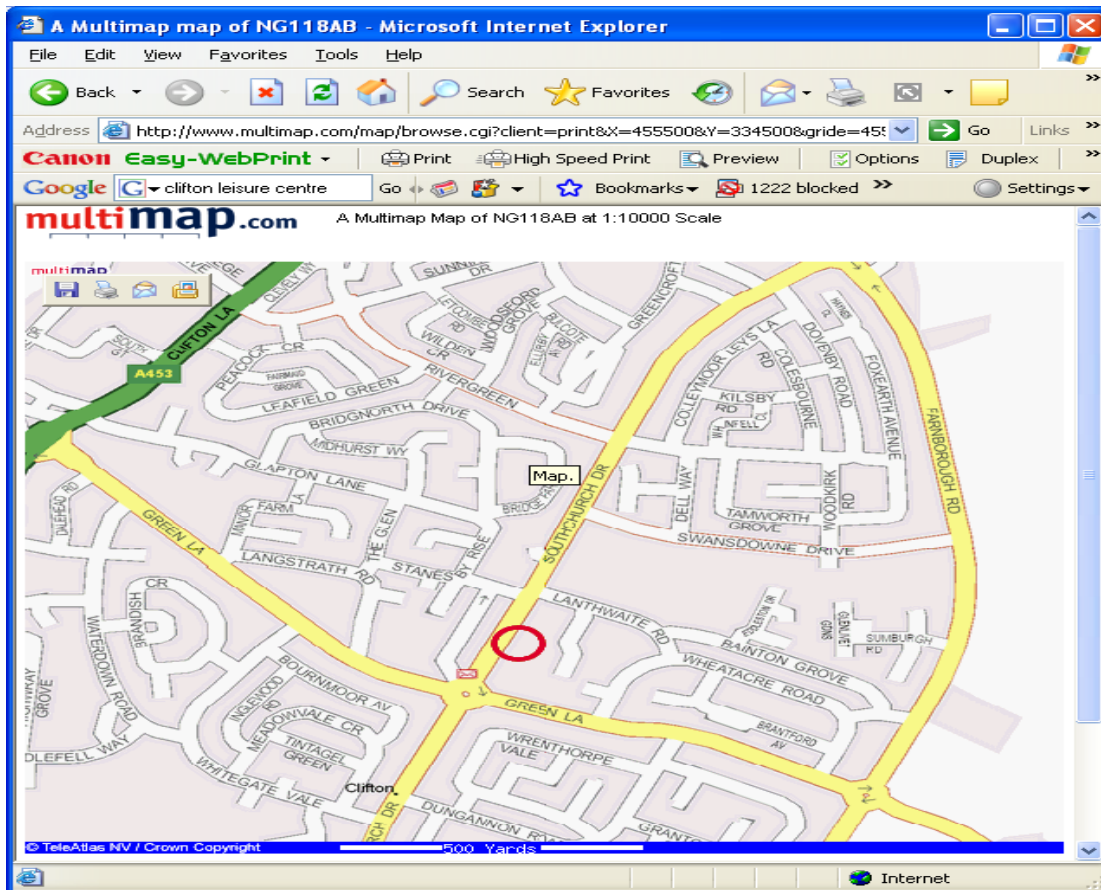
Parking

There is limited parking at the Leisure Centre. Cornerstone, the Clifton Medical Centre (just next door) have also kindly agreed we can use their car park for parking.

The Nottingham City webpage for Clifton Leisure Centre can be found here www.nottinghamcity.gov.uk/index.aspx?articleid=2397

Alternatively shown below is a selection of screenshots of the area





Race Numbers and Medical Information

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition, please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. You will be given one race number please wear this on your front, pinning all 4 sides, if using a T shirt or if using a number belt wear it on your back for the bike and your front for the run.

Please bring your own safety pins. We will not supply any safety pins.

Registration

All competitors will need to register to pick up your race pack on the day. Race Registration will take place inside the Leisure Centre if wet or windy or outside, around the back of the building if dry (follow signs). Please ensure that before registering you know your race number. These will be displayed at/near the registration area.

Your race pack will contain 1 x race number, 1 x bike sticker, 1 x helmet sticker. Please keep your race number safe, they are required for entry into transition. Timing chips will be issued poolside and collected back in after you have crossed the finish line. If for any reason you do not finish the event, please ensure your timing chip is returned. There will be a charge for lost/non returned chips.

Registration times:

08.45 - 09:45 **Yth & TS3**
 10.00 - 11.15 **TS2**
 11:30 - 12.15 **TS1**
 12.30 - 12.45 **TS Start**

Race Briefing: 9.30 Yth, TS3 11.15 TS2 & 12.30 TS1, Tristar Start.

It is here that you will be briefed on the course and notified of any safety issues or changes to the race. You must attend the briefing, it will be held close to transition entrance.

We do **strongly recommend** you arrive either before the event starts to ride around the bike course (course will be open from 9.00-9.45am to practice) or alternatively if you are arriving later, walk around the edge of the course to be sure that you are aware of exactly where you need to go - there are **multiple tight turns** on the bike course which you need to be prepared for.

Transition Area

The Transition Area will be situated on the grass to the rear of the sports centre by the swim exit. This is a semi-secured area for competitors only, where you will leave your bike during the swim and run sections. Before you start, you will need to set up your transition – all the kit you require during the race. To get into Transition you must show your race number at ALL times. You will also be asked to show both your race number & bike number when taking your bike out. There may be queues during peak times. Parents will not be allowed in transition. If this is your child’s first race experienced marshals will be on hand to help. Make sure that your child practices finding their bike – it isn’t easy. We will have marshals to help TS1 and TSS un-racking and racking during the race.

Transition will be open throughout the day but is not big enough for all the bikes we have entered so we will need to clear and rack bikes throughout the race. You **WILL NOT** be able to rack your bike until your allotted time. We will post which numbers we are allowing to rack on a white board at the entrance to transition. Please leave the board access free and do not hang about at transition entrance until your number is on the board

- 08.45 Yth**
- 09.15 TS3**
- 10.30 TS2**
- 12.00 TS1**
- 12.45 TS Start**

We will need to **clear Youth/TS3 bikes ASAP** to make room – please collect your bike **promptly** after finishing if not we will have to move it for you to a holding area (between the pool exit and transition). Please be aware that there will be others racing **take care not to get in their way** and follow marshal’s instructions at all times.

Note these important rules about you and your bike – they must be obeyed!!

- ⇒ You **must not** ride your bike in transition
- ⇒ Your t-shirt/number belt, shoes and helmet **must** be put on after the swim.
- ⇒ Before you touch your bike your helmet **must** be securely fastened on your head
- ⇒ **Do not mount** (get on) your bike until the sign telling you to do so
- ⇒ When you have finished the bike section you **must** get off it at the dismount sign
- ⇒ You **must not** undo your helmet until you have racked your bike in the same place you left it
- ⇒ In the transition area you **must not** use any other equipment – e.g. balloons, talc on the floor etc to identify the location of your bike.
- ⇒ If you are riding your bike – **before or after** the race e.g. warming up or to/from the car you **must** wear an approved cycle helmet

Swim

The pool is 25 metres, you cannot walk along the bottom of the pool and you cannot run along the poolside.

Start times correspond to your estimated swim time from your entry form so you will be with competitors of a similar standard. We will be setting you off with 2 swimmers per lane.

<u>GROUP</u>	<u>Swim</u>
Youths	400m (16 lengths)
Tristar 3	300m (12 lengths)
Tristar 2	200m (8 lengths)
Tristar 1	150m (6 lengths)
Tristar Start	50m (2 lengths)

- You **MUST** arrive on poolside 10 minutes before your start time – we cannot wait for you.
- You are not allowed to do butterfly or backstroke.
- You must start in the water - there is to be no diving

- Tumble turns are allowed
- **You are still responsible for counting the number of lengths!**

TIP!! For older athletes especially, those swimming **400m** and **300m** having a rough idea of your swim time will really help if you lose count. **Whilst unable to count lengths or take responsibility for your swim distance** the swim marshal will be happy to tell you the time on the running clock. Knowing this should help you work out if you have swum far enough.

Only competitors are allowed on the poolside. Unfortunately, the poolside area is not large enough for parents / carers to spectate. Please respect this rule and stay off the poolside.

Bike

The bike will take place on a fully taped/marked course within the park grounds at the rear of the sports centre. The bike course is entirely off road and is technical with several tight turns per lap (2 are off-camber) and uneven with tree roots in places (all easily ride-able but will be slippery when wet). We recommend treaded tyres (mountain bike or cyclo cross bike) but you are welcome to use a road bike with slick tyres if you choose to. If there has been a heavy dew the course may be slippery. If there has been heavy rain the course will likely get muddy on the racing line as for large parts there is little grass under the many trees en route, this may make it difficult on slick tyres. Please make sure you know where the mount and dismount lines are so you know when you can get on and off your bike and take special care where riders are joining and leaving the course – see maps. **You must count your bike laps** unfortunately not completing enough laps will likely mean **disqualification – marshals cannot count your laps** please don't ask them!!

GROUP	Bike
Youths	8k [8]
Tristar 3	6k [6]
Tristar 2	4k [4]
Tristar 1	2k [2]
Tristar Start	1k [1 lap]

Run

The run will also take place on a fully taped/marked course within the park to the rear of the sports centre. A marshal will be handing out elastic bands to Youth and TS3 to help them to count laps. For those doing three laps or less we think you are all clever enough to do without!

GROUP	RUN (m)
Youths	3000 [5 laps]
Tristar 3	2400 [4 laps]
Tristar 2	1800 [3 laps]
Tristar 1	1200 [2 laps]
Tristar Start	600 [1 lap]

Results

Results will be posted as soon as possible after the end of each race. You will have 15 minutes after the posting of the results to lodge any appeals. Please do not try to rush the results service. You will be able to find your own time out directly after the finish at the timing tent.

Presentations

We will have presentations after the last TSS race has finished. Please try and stay (or return) if you can. Please note that winners' trophies will not be posted out to entrants.

Photography

As this is a Children's event all spectators are asked to sign a photographers register if they wish to take photos of the competitors. Upon signing the register, you will be issued with a sticker, which you **must** display.

Refreshments and food

Back by popular demand, we have arranged for Purely Wood Fired Pizza - a mobile pizza caterer to be at the event. Please see www.purelywoodfired.co.uk for more details. This is a local company who is registered and inspected with the local authority – Rushcliffe Borough Council. We will also have a coffee van on site too.

Other General Information

- There will be an opportunity for competitors to have a practice on the run or bike course **but only between 9.00 - 9.45am (before racing starts).**

- All competitors must attend a race briefing prior to racing
- Toilets are inside the leisure centre.
- There will be drinks available as you run round – if thirsty sip a small mouthful of water **do not drink lots**, you will probably just end up feeling sick or getting a stitch, if hot throw water over your head. Drinking water in short races of less than 30mins will more likely hinder (stitch/feeling sick) rather than improve your performance - it takes 20min minimum for liquid to clear the gut. Instead make sure your child starts the race hydrated and cool!
- If you are putting your race number on a t-shirt make sure you don't pin the front to the back!
- If you are going to use a number belt, you must still wear a t-shirt or a tri-suit.
- Smile and enjoy yourself!

Parents / Spectators

- The course has been designed to be spectator friendly – the park is small and the courses double back a lot – so it is easy to see the athletes on numerous occasions per lap – the course is fully taped for the athletes safety so you can **only cross** the courses at **designated crossing points**. If you are at a crossing point and instructed by a marshal to wait then you **must** wait.
- Please be patient and appreciate the fact that all the volunteers here today have given up their time willingly and for free.
- Please move round the course encouraging your child – in fact please encourage all competitors!
- In encouraging your child you **must not under any circumstances run alongside your child, this is considered pacing and he/she will be disqualified.**
- If you have any questions about the race then you can ask these at the race briefing. You can also ask any questions to the registration team while your child is collecting their numbers etc. If this is your child's first triathlon don't hesitate to ask for any clarifications.
- If you need to help your child to get changed before the event there are changing rooms available in the leisure centre.
- If your child is a member of British Triathlon they will have to show their membership card. If you forget to bring it you will have to purchase a day licence for £1. To ensure the safety of this event all children participating must be covered by the day licence.

visit www.fourlife.com for details





Check List



Swim Kit

- Goggles, Costume, Swim hat

Bike Kit

- Small Towel - to wipe your feet on before putting on your trainers
- Box or bag for all your race kit
- Water bottle
- Vaseline – for rough bits inside your running shoes
- Talc – for your running shoes [your feet will be wet when trying to put them on!]
- Bike
 - ✓ This must be in a roadworthy condition - the brakes must work properly - it is your responsibility to ensure that your bike is in good order - it will be checked!
 - ✓ Handlebars must be plugged – your bike wont be allowed in transition if not!
 - ✓ No tri-bars are allowed
- An approved helmet – the chin strap must not be loose

Run kit

- Running shoes – elastic laces or lace locks for quicker transitions. **Race tip** – don't try to rush getting your kit on. Take your time and practice before the race.
- Spare shoes (your trainers will need to stay in transition)
- Hat for hot weather

Other

- Shower kit
- Sandwiches or lunch
- Suncream – don't apply to forehead pre race it can sweat out and drip into eyes!
- A water bottle to leave in transition for a small drink bike section
- Warm / wet weather gear
- Number belts
- Safety pins – **we will not supply safety pins**
- T-shirt if not using a number belt
- Money for post-race pizza!

Remember to do when I get there

- Register
- Ride, walk or jog the course so you know where you are going
- Sort out various numbers and put timing chip on
- Set up transition
- Check you know you can find your bike and where swim in, bike out, bike in and run out are (take care doing this if people are racing!)
- Attend the briefing
- Write your laps on the back of your hand to help you remember
 - e.g. a Tristar 2 would write 8-4-3
- Stay in the shade and stay hydrated
- Warm up
- Arrive at the start in good time
- Enjoy the race!

