

Final Race Details for Upton Tri+ Saturday 11th July 2009

We're looking forward to welcoming you to the third Upton triathlon on Saturday 11th July. Here are the final race details. Please take time to read them before the race and familiarise yourself with the course and the BTF rules.

IMPORTANT!!

PLEASE PLEASE PLEASE take care on the bike, abide by the Highway Code and **DO NOT DRAFT or you will be disqualified immediately**. The police are getting stricter about allowing cycling events on the highways and Upton Tri+ will not be able to continue if they receive complaints.

Registration

Registration will be from 9.30am to 12.30pm. **YOU MUST REGISTER BEFORE 12.30.**

When you arrive please go to the registration tent to find your race number on the board and then collect your race numbers, timing chip, coloured swim hat, bike label, helmet label and race t-shirt. Please check that all numbers match and that the swim hat colour matches that of your wave.

You will be given 2 race numbers per competitor or per team if you are a relay. The number should be clearly visible on the competitor's back during the bike and on the front during the run.

Don't forget your BTF licence if you are a member or some form of **ID** if you aren't (Driver's Licence, Passport, credit card) – you will need it to race.

Race briefings and start times

12:15 & 12:50	<i>Race briefings at the start – standard distance</i>
Wave 1: 12:30	Standard male <35
Wave 2: 12:45	Standard male 35-39
Wave 3: 13:00	Standard female (all) and standard relay
Wave 4: 13:15	Standard male vets

13:25	<i>Race briefing at the start – sprint distance</i>
Wave 5: 13:40	Sprint male (all)
Wave 6: 13:50	Sprint female (all) & sprint relay

The course

Final course maps are available on the website

<http://www.uptontriathlon.com/files/Upton%20Tri+%202009%20Routes.pdf>

Standard distance: 1500m swim, 40km bike (2 laps), 10km run (2 laps).

Sprint distance: 750m swim, 21.5km bike (1 lap), 5km run (1 lap).

Timing

Your times will be recorded by StuWeb Race Timing chips. Your timing chip should be worn on your ankle – and for relay teams you must pass this between team members like a baton at each transition point. Ensure your timing chip gets collected at the end of the race – competitors will be charged £10 for a lost chip.

Results will be posted on the website <http://www.uptontriathlon.com/results.html> by Sunday 12th July.

Awards Presentation

Prizes will be presented at about 17:00. There will be prizes for 1st, 2nd and 3rd place in each of the following categories:

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| ★ Standard female 15-39 (youth, junior, senior) | ★ Sprint female 15-39 (youth, junior, senior) |
| ★ Standard female 40+ (vets) | ★ Sprint female 40+ (vets) |
| ★ Standard male 15-39 (youth, junior, senior) | ★ Sprint male 15-39 (youth, junior, senior) |
| ★ Standard male 40+ (vets) | ★ Sprint male 40+ (vets) |
| ★ Standard relay | ★ Sprint relay |

Plus first novice male and female for sprint and standard distances.

Health and Safety

Safety briefing

Your safety during the race is of paramount importance. Please ensure you are at the swim start in time for your race briefing. **12:15 or 12:50 for standard distance and 13:25 for sprint distance.**

Note that because this is a downstream swim you will have to walk upstream along the river bank to your start. This means a 1500m walk or a 750m walk. Please leave enough time to get to the start!!

You will be given a bag and numbered label in your registration pack. If you don't want to walk barefoot to the start you can put your shoes in this bag before entering the swim. They will be taken back to the registration tent where you can collect them at the end of your race on presentation of your race number.

Water safety

The swim course will be downstream through a channel marked regularly by buoys. Please pay careful attention to these boundaries and **keep to the left of the buoys as the river will not be closed during the event and therefore some river traffic may pass during the swim.**

Mercia Inshore Search & Rescue (MISAR) will be providing safety on the water. They are a fully qualified local blue light services rescue team and are experienced in providing safety cover to water based events in Worcestershire. Their safety craft will follow all swimmers from the start to the end and warn all river traffic.

If you get into difficulty, turn on your back and raise one arm. If you appear to be struggling in the swim or have been in the water for a long time you may be pulled out at the discretion of the safety crews.

Water quality

The Environment Agency considers the River Severn to be of good quality. However, inland waters in the UK are not completely free of disease risk. Therefore, to minimise any risk against water borne illnesses please cover any breaks in skin with waterproof plasters, avoid swallowing water and seek medical attention if you have any unusual symptoms after the event (e.g. high fever, headache, chills, muscle aches, vomiting, diarrhea, rash etc). Don't race if you are not in good health.

Water temperature

Wetsuits are recommended but not compulsory unless the temperature is below 14°C. The water temperature on the day will be displayed in the registration tent. Recent temperature was 16°C.

Bike safety

Bike helmets are compulsory and must be on and fastened before taking your bike off the racking and not removed until your bike is racked. Ensure your bike and bike helmet are both in good condition before you race.

The bike course is on open roads with no road closures so ensure you **follow the Highway Code at all times**. This event is a non-drafting race i.e. you cannot take shelter behind or beside another competitor or motor vehicle and will be **disqualified** if reported to be drafting. **Only single-file riding is allowed.**

The draft zone is a rectangle measuring seven (7) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back.

When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor. A competitor is passed when another competitor's front wheel is ahead of his/hers.

Look out for the signs and marshals to keep you on the right course! Pay particular attention on the lanes and at the junctions.

Water stations

Ensure you keep well hydrated throughout the race, especially if the weather is hot. There will not be any water stations on the bike – please ensure you take enough water on the bike for the duration of the race. There will be 2 water stations on the run, the first will be just out of the transition at the start of the run and the second at Ryalls Court Farm at about 2km. Those doing the Standard distance pass the water stations twice.

Transition area

Only competitors showing their race numbers will be allowed access to the transition area. Mobile phones, personal stereos and MP3 players are not to be used whilst racing and mobile phones should be turned off whilst in the transition area.

First Aid

The British Red Cross will be providing first aid cover for the event. If you are injured or witness a fellow competitor getting injured please alert a marshal who will call for assistance.

Your health

Do not race if you have been ill in the days leading up to the race or are not feeling 100%.

On-site Facilities

Refreshments and fully licensed bar

You can buy sandwiches, homemade cakes, tea, coffee etc all day in the registration tent. There will also be a fully licensed bar selling both soft and alcoholic drinks.

Toilets

There will be portaloos near the transition area only. There will not be any loos at the swim start. Don't leave it until the last minute as there will probably be others doing the same and you'll end up in a queue. You don't want to be running to the start!

Parking

There is free car parking at the venue, Fish Meadow WR8 0PB. Please follow signs to the triathlon on the day. Check the website for directions to Upton-on-Severn <http://www.uptontriathlon.com/directions.html>. Please tell any supporters that there will be restricted vehicular access onto and exit from the site from 12:30-16:00 to ensure bike safety. Parking is available in Upton.

Information for supporters

A great spot to watch the swim from is on the Upton bridge looking up the river. From here you will be able to see the competitors come down the river and exit just before the bridge.

If you then walk over the bridge, away from the town, you will shortly see the competitors come out on the bike along East Waterside. They will also return past this point.

To watch the run head back into Fish Meadow and position yourself somewhere along the route on the farm.

Post-triathlon party

If you haven't yet got a ticket yet for the post-triathlon party or you have friends who would like to come and join in the fun, you can purchase tickets online at http://www.uptontriathlon.com/order_online_entry.html.

Onsite camping is also still available – please book online.

British Triathlon Federation (BTF)

The race will be run according to the BTF rules which can be found on their website at www.britishtriathlon.org. Anyone breaking the rules will be disqualified. The race referee's decision is final.

THANK YOU

Lastly, a big thank you to all the competitors, marshals, MISAR and sponsors who have made this event possible. If you have any questions don't hesitate to contact us on info@uptontriathlon.com or 07939 068 128) or ask at the registration desk on the day.

We hope you all have a great day and achieve your goals. Good luck!

Jessica, on behalf of Upton Tri+

NO MERCHANDISE WILL BE ON SALE ON THE DAY SO PLEASE CHECK YOU HAVE EVERYTHING YOU NEED WITH YOU

RACE CHECK LIST

- ID (driving licence, passport, credit card) or BTF membership card
- Spare shoes for walking to the start
- Swimming goggles
- Wetsuit
- 8 safety pins (to attach race numbers) or race belt
- Bike
- Bike helmet (good condition, no cracks)
- Bike shoes
- Water bottle(s)
- Sunglasses
- Saddle bag (with spare inner tube and tyre levers)
- Mini pump
- Track pump
- Running shoes
- Running cap
- Water/ carbo drink/ energy bars / gels / bananas
- Sun block
- Directions to get to the race!

If you're new to triathlons you will find more race day advice on our website http://www.uptontriathlon.com/tri_tips.html

A HUGE thanks to our sponsors:



2009 chosen charity

