

The Rugby Triathlon Series 2009

30th August and 4th October 2009



Event information

How to find us

Bilton Grange School is on the A426 between Dunchurch and Rugby. Detailed directions to Bilton Grange can be found via the race webpage. The postcode for the school is CV22 6QU

From the M1 south, leave at junction 17 and follow the M45 to the traffic island. At the island, take the 2nd exit towards Dunchurch and after 1 mile turn left at the traffic lights by the Dun Cow pub, towards Rugby. The school is ½ mile on the right.

From the north, leave the M1 at junction 18 and follow signs for Rugby, following the A428. At the Paddox pub where the main road branches right, turn left and follow the B4429 for 2 miles until it joins the A426, following signs for Dunchurch. The school is ½ mile further on the left.

Parking

Parking is in the grounds of Bilton Grange. Parking for the event is available free of charge. **Please note** that access to the School via the main entrance is not permitted. Parking marshals and signs will guide you to the parking area entrance, which is towards Dunchurch crossroads and is well signposted.

The walk from the car park to registration will take approximately 3 minutes, so please take this into account when arriving. **Please be careful** when driving on the school estate – a maximum speed limit of 5 mph is in place.

Please help us to ensure a safe and enjoyable day by parking only where directed – please do not attempt to park on roads close to the school. This makes the cycle course more hazardous for Triathletes

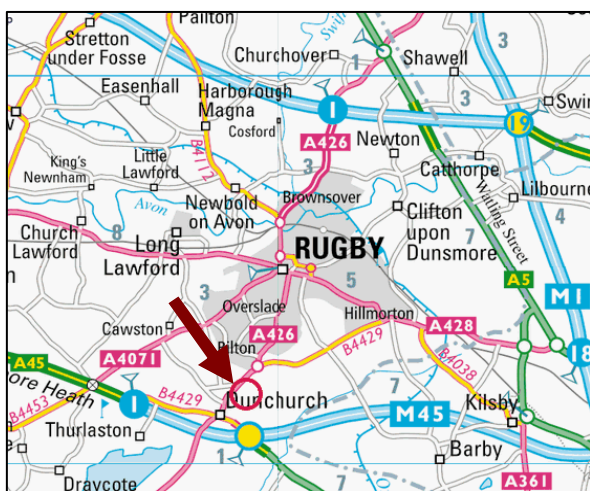
Registration

Registration is in the main sports hall at Bilton Grange school – signs will direct you to the hall from the entrances to the school.

Registration is open from **3 pm to 5 pm** on **Saturday 29th August/3rd October** and from **6:30am to 8am** on race day. **We strongly recommend** that you try and register on Saturday afternoon – this will ensure that you avoid any queues and delays, and it also gives you a chance to look around the start, transition and finish area before you race. There is no registration outside the times stated above. There will be detailed guides in the registration area to help you understand what happens on race day.

At registration you will need:

- Your British Triathlon membership card **OR** £2 to cover the cost of a day licence to cover your insurance.



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Before the race

At registration you will receive your goody bag, which includes 2 race numbers. These must be worn on the front of your running top and the back of your cycling top. If you have a medical condition we should know about please write this on the back of your race number and put a cross on the front. For safety, we also recommend that you write your emergency contact number on the back of your race numbers. Do not fold the numbers - pin them in each corner. If you are wearing a number belt, use both numbers back to back as this gives it more weight and helps prevent the number from flapping around, helping us to make sure you get your accurate splits and finish time.

A marshal will write your race number onto your arm and leg at registration or the swim start.

You will receive 2 stickers. One must be clearly displayed on your bike and one on the front of your bike helmet. PLEASE NOTE – it is your responsibility to ensure that you have an approved cycle helmet to ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard (NB: a CE mark is NOT an approval mark.). See the 2009 race rules document at www.britishtriathlon.org.

There is only one way in and out of the transition area when you come to rack your bike. Marshals will only let you in if your bike has your race number sticker on and you have your race number with you. You can only remove your bike if you have your race number – no number, no access.

Race Briefing

There will be a race briefing on race day in the registration hall

approximately 30 minutes before the first swim start. You are strongly recommended to attend so you are aware of any last minute changes to the course and we can inform you of any safety / relevant issues which may affect your race.

This will also be a chance for you to ask any last – minute questions on the race, and speak to the race referee.

Changing facilities

There are changing and toilet facilities for Males and Females on race day, including showering facilities for when you have finished. There is limited changing in the main pool building – this can be accessed through the entrance to the pool. **Please note** – this is also the only way to access the pool prior to your start time. There is also a changing area in the registration hall – we recommend that you use these facilities rather than the pool area, to reduce congestion at the entrance to the pool. Once you have changed, your bags can be stored next to your bike in the transition area. There is no additional facility for bag storage.

The Swim

Please ensure that you are at the poolside at least 10 minutes before your start time. If you miss your time slot, we cannot guarantee to fit you in until everyone else has started. On your arrival at the pool, the start coordinator will put you in start order at the side of the pool. Approximately 2 minutes before you start, you will be guided to your swim lane and given a coloured hat to wear – these must be worn to ensure we can accurately count your lengths. The

start coordinator will count down to your start time, and will tell you when to start. The swim takes place in a 25 metre pool, and so you will need to swim 8 or 16 lengths in total, depending on your entry type. A length counter will count your lengths for you, and will indicate that you have two lengths to swim by placing a float in front of you at the edge of the pool as you finish your 6th or 14th length. After you have finished your last length, you will need to exit the pool, leaving your swim cap next to the length counter and then walk to the pool exit area. **Please note** – the decision of the length counter is final.

If you get into any difficulty during your swim, either make your way to the side of the pool or roll onto your back and put your hand up – a lifeguard will come and assist you. Please note that there may well be other swimmers in your lane at the same time, so you will need to respect the indicated direction of swim and give way to any swimmer that taps you on the feet. Backstroke is not allowed in the pool at any time.

As you exit the pool into transition, some of the route may be slippery and there is also a step out of the building so **please take care.**

The Transition

A map of the transition is available for you to look over at registration, although it is recommended that you familiarise yourself with the layout of the transition area before you race. We operate an open transition, so there may well be other competitors running through transition while you are racking or collecting your bike – please be considerate to these people and keep routeways clear at all times.

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Please note – only competitors are allowed in transition with a valid race number – no number, no access.

Your racking position for your bike will be labelled with your race number. Please take time to familiarise yourself with your position in relation to the exits and entrances to transition. Ensure that any kit you are using is stored to the side or behind your bike, and not in the routeways. Any kit that is deemed to be blocking routeways will be removed by marshals.

Please note that the marking of your bike position with the use of flags, balloons, powder etc is **not** permitted.

You will also need to ensure that you put your cycle helmet on **and** fastened it **before** you unrack your bike – it is an offence to remove your bike from the racking without your helmet on and fastened. Riding your bike in transition is not permitted. As you exit the transition, a marshal will indicate where you can mount your bike and start riding.

As you leave transition, your split time will be recorded by your timing chip.

Relay teams: Inside the transition area will be a relay team holding pen. The swimmer will need to go to this pen to tag their cyclist. The cyclist will then run to their bike, put their helmet on and then unrack their bike.

The Cycle

The cycle route leaves the cycle mount area outside transition, heads down the main exit from the school and turns onto the A426. As you cycle down the school road, please keep to the left. The route is 20 kilometres in total, and is a single loop course.

There are four points on the cycle route where you turn left at a give way junction, including the point where you exit the main school entrance. **It is your responsibility** to obey the highway code and give way to any traffic approaching from the right. Although marshals and police will be present at some junctions on the route, they do not have the right to stop traffic for you - it is your responsibility to ride safely and to be aware of the rules of the road at all times.

Marshals and police on the route may ask you to slow down or stop – this is for your safety. Failure to obey traffic laws or marshals could result in your disqualification.

We recommend that you familiarise yourself with the cycle route before you race – a detailed map of the route will be on display at registration and can be downloaded from the races web site.

As you approach the finish of the cycle course, you re-enter the school grounds and approach the transition area – a marshal will indicate where you need to dismount before walking your bike into transition.

Please remember that it is an offence to unclip your helmet **before** you have racked your bike. If you do, you may well be asked to return to the transition entrance to fasten your helmet properly before racking your bike.

According to British Triathlon rules, any competitor who unfastens their helmet prior to racking their bike is liable to a time penalty, although this is at the discretion of the race referee.

Finally, drafting rules do apply to this race – marshals on the course will record race numbers of any competitors who they consider to be drafting, as stated in British Triathlon rules. For details on what constitutes drafting, please see

the 2009 race rules document at www.britishtriathlon.org.

Relay teams: The cyclist will need to rack their bike and make their way to the relay holding pen where they must tag their runner before removing their helmet. The runner can then exit transition.

The Run

The run route leaves transition, passes an aid station and then continues around the grounds of the school. Most of the route is on grass, so please be aware that the route may be slippery if wet. If you are running 2 laps, you will be given a band to put around your wrist to indicate that you have completed 1 lap. Again, you will pass the aid station before continuing on your second lap. As you reach the end of your second lap, a race marshal will direct you to the finish line in front of the school. Novice competitors will be directed to the finish after 1 lap. There will be refreshments available at the finish.

Results and Prizes

Provisional race results will be available on race day, and will also be on the race results website within 24 hours of race day. These results will be provisional until confirmed.

Prizes are awarded at 12:30 pm (or later if any discrepancies in results are found) either in the registration hall or outside, depending on the weather.

Prizes are awarded for first, second and third triathletes overall, as well as first team and first, second and third in the junior, senior and veteran age categories.

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If you have won a prize, you can only collect it on the day – we will not forward prizes to competitors. It is up to you to make arrangements to collect.

And Finally

There will be a number of retail stalls in the race area on race day, selling Triathlon equipment.

There will be hot food on site to satisfy any food cravings before, during and after the event for competitors and spectators.

The race referee for the day is a British Triathlon level two referee. For clarification on British Triathlon race rules and regulations, visit the British Triathlon website at www.britishtriathlon.org.

There will be medical cover for the duration of the race. To sort any pre or post race niggles, sports masseurs will also be on hand to administer sports massage for a small fee.

There is plenty of space for spectators – please invite them along to support, cajole and encourage you. The transition, run and finish areas are very close to each other and so it is easy to move around and spectate.

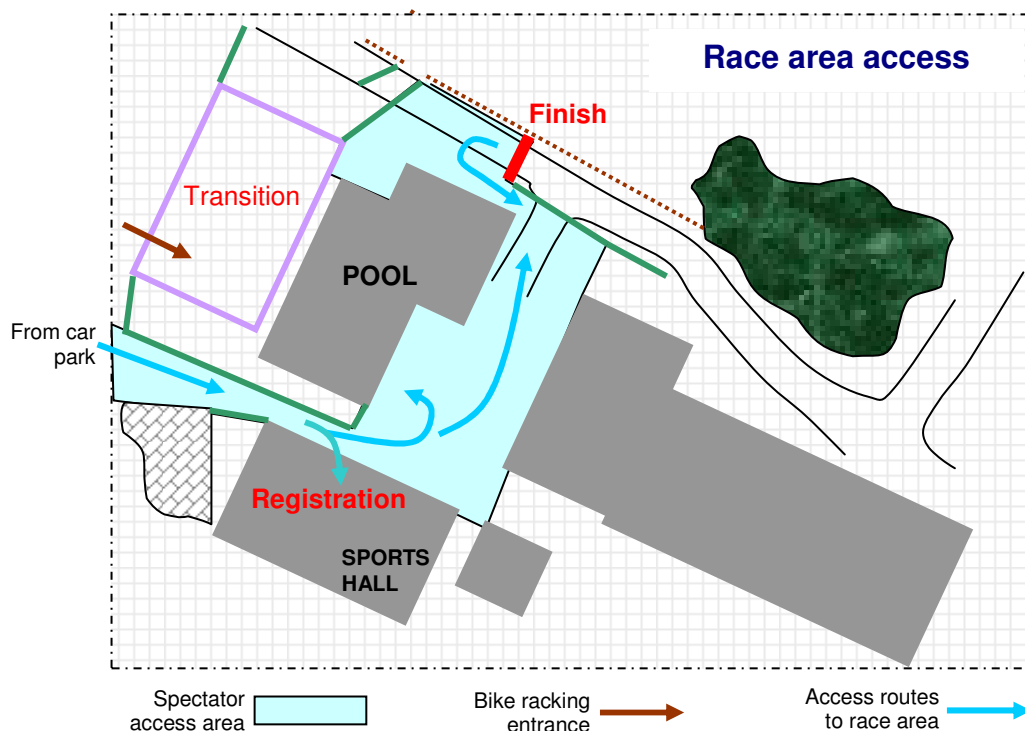
Photographs will also be available courtesy of Ashmore Visuals – these are available to purchase after the event on the photographer's website.

A huge thanks to the many sponsors that have supported Rugby Triathlon Club in setting up the Rugby Triathlon – please help support these companies in the future as a way of saying thanks for making the race possible.

One last word – your health. While we cannot predict the weather, we are hoping for sun! However, whatever the weather, please make sure you drink plenty, fuel well and prepare for the run with a cap if it is sunny.

Above all, we hope you enjoy the race and return next year.

Good luck and race well



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