

THORPE PARK Resort Standard Triathlon



*“A 1500m swim,
40km bike and
a 10km run all
from THORPE
PARK Resort!”*

7am Sunday 15 July 2018

In partnership with:



clapham chasers
Running & Triathlon Club

**Thank you for entering
the Thorpe Park
Standard Triathlon.
We really look forward
to seeing you all bright
and early on the 15 July!**

This Event Information Pack contains details about the race which will make sure that the event runs smoothly and ensure that everyone has a fantastic day!

Please take time to read through it.

Please note that, although all details are correct at the time of publishing, they may change prior to the start of the race and it is therefore essential that **all athletes** attend the event briefing at 06.50 am in the transition area.

Please note that nothing will be sent out in the post. You will receive your timing chip, swim hat and race number from registration on the morning of the event.

Directions

Thorpe Park is located between junctions 11 and 13 of the M25 (but be aware that you can't get to the park from junction 12).

THORPE PARK Resort, Staines Road, Chertsey, Surrey, KT16 8PN

Using GPS? The postcode is KT16 8PN, but remember some Sat Navs aren't so savvy and may lead you to Norlands Lane – keep a look out for the coaster track over the main entrance on Staines Road.

For further directions check out – [Thorpe Park website](#)

When competing in the race you will not only be participating in the event but you will also be raising money for charity! All our races in 2016 will be raising money for Merlin's Magic Wand which puts the magic back into the childhoods of seriously ill, disabled and disadvantaged children.



Insurance and BTF Licenses

For insurance purposes competitors are required to be in possession of either a current valid British Triathlon Federation (BTF) license or for non BTF members a 'day license' which will be issued at registration.

All athletes who are members of the BTF must produce their BTF race license at registration. If you cannot produce your BTF license on the day you will be required to pay £5 for a BTF 'day license' at registration, even if you claim to be a BTF member.

We do not allow transfers of entry on the day as this invalidates the insurance.

Registration

Registration will be held in the event marquee next to the lake. Registration will open at 5:30am and shut at 6:30am. At registration you will be asked to **show your BTF membership card if applicable**.

You will receive the following:

- Timing chip (to be worn around left ankle)
- Event number for front and back (race belts are allowed)
- Event number for bike
- Coloured swim cap

Timings

- Venue opens at 5:15am
- Registration opens at 5:30am
- Transition opens at 5:45am
- Transition closes at 6:40am
- Mandatory event briefing 6:50am
- First wave starts at 7:00am, and subsequent waves will go off at 10 minute intervals.
- Presentation of prizes will be awarded in the marquee after the last competitor has finished and the results verified.

Once you are registered, follow the signs down to transition....



Transition

Transition will open at 5:30am and shut at 6:40am. You can rack your bike on one of the black markers. Make a note of your position in transition and also note the entrances and exit points. To gain access to the transition area you will be asked to show your race number.

Before racking your bike you must:

- Put your race number on your bike; and
- Wear your helmet (fastened)

Your helmet must be fastened before un-racking your bike and you must not unfasten your helmet until you have racked your bike.

Please note, no bikes are to be removed from transition before the last competitor has completed the bike course.

Race Briefing

There will be a short race briefing by the swim start at approximately 6.50am. Please attend this race briefing as any last minute changes, as well as any questions will be answered here. **Please ensure you have fully read all race information and studied the course maps prior to the briefing.**

Start Times

The waves will commence between 7:00am and 8:00am. The waves will be based on which age group you fall into; details of which wave you will be in will be sent out in the week leading up to the race.

Relay Teams

The timing chip will be used as the baton that is passed between team members. At registration you will collect an envelope that will contain a timing chip and swim hat for the swimmer, a number and security tag for the cyclist (please note that only the cyclist is allowed into the transition area) and a number for the runner. The swimmer must handover the timing chip to the cyclist before transition. Once the cyclist returns to transition they must rack their bike and exit transition before they pass it onto the runner.

- Swimmer – Hat and timing chip
- Cyclist – Bike number and race number on back
- Runner – race number on front

The Course | 1500m swim | 40km bike | 10km run

SWIM – provided by [Zone3](#)



This is a fantastic 1500m swim that will start on the other side of the wooden footbridge to the transition area. The first wave will be set off at 7:00am; subsequent waves will go off at 10 minute intervals. The route will take competitors out around the yellow buoys before exiting up the bank.

If you get into difficulty, turn on your back and raise one arm; a safety vessel will then escort you to the bank. If you appear to be struggling in the swim the safety vessel will be able to help you out.

Wetsuits are compulsory as they provide buoyancy in the water should you encounter any difficulties. **You must wear the swim cap** that you were provided with at registration.

All competitors please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, a swimmer may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming. You are advised not to drink the lake water.

BIKE – provided by [Yellow Jersey Cycle Insurance](#)



The 40km, one loop, route takes the following course out of transition, along the internal service road and onto the public highway and there is a map of the course below. Click here to view the map on [MapMyRIDE](#)

You must take the utmost care at the roundabouts and check that it is clear before continuing.

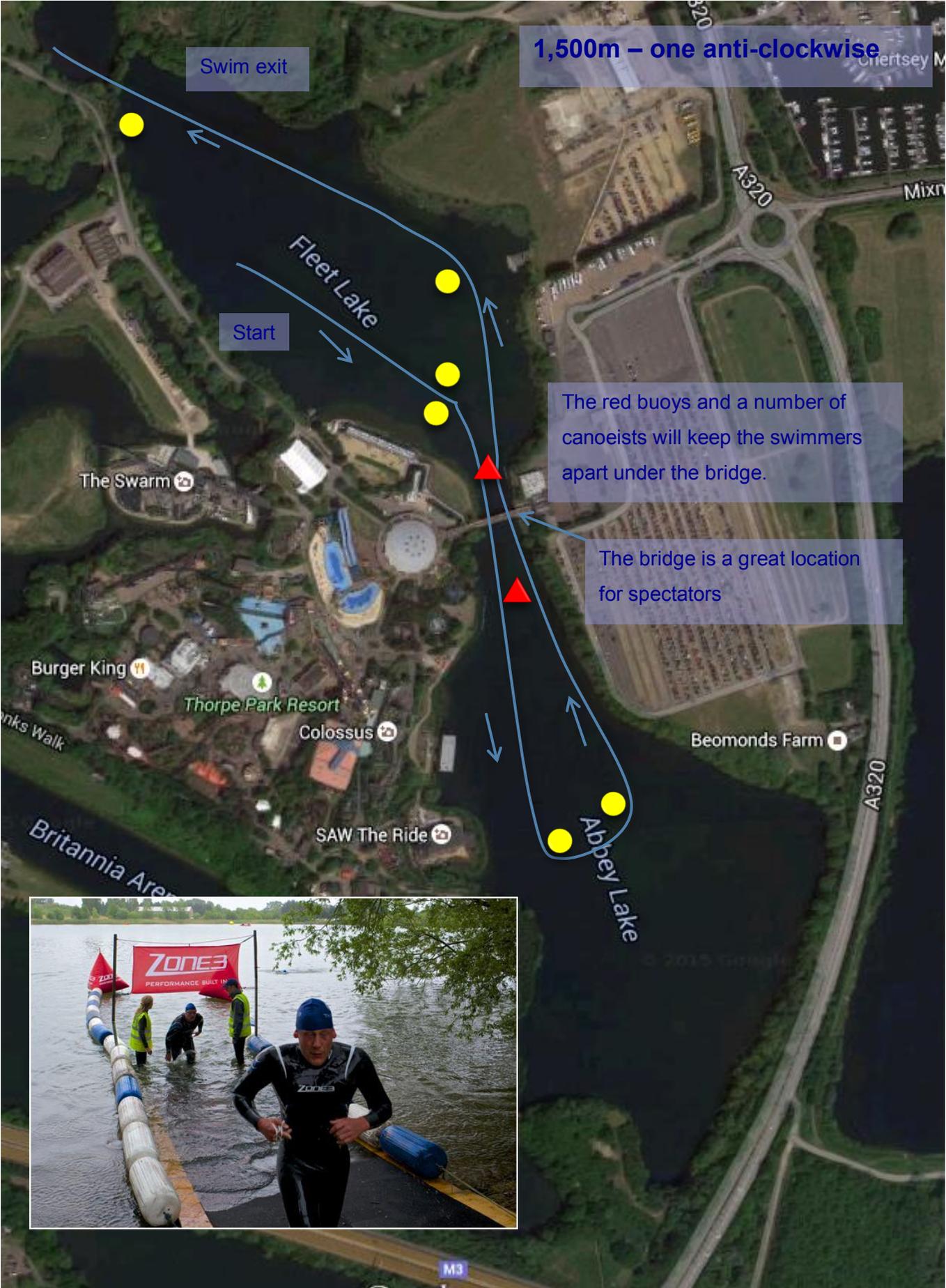
You must obey the Highway Code, which is also the Law. Don't take risks to save a few seconds. Please ride on the left and overtake briefly on the right before returning to ride on the left.

Please note, this is a non drafting race and will follow the BTF rules and regulations as set out in the [following link](#), this also provides an explanation of what drafting is.

RUN

Having exited transition competitors will then complete a three lap, 10km course on the tarmac paths that will take athletes through the theme Park before finishing next to the marquee. Click here to view the course on [MapMyRUN](#)

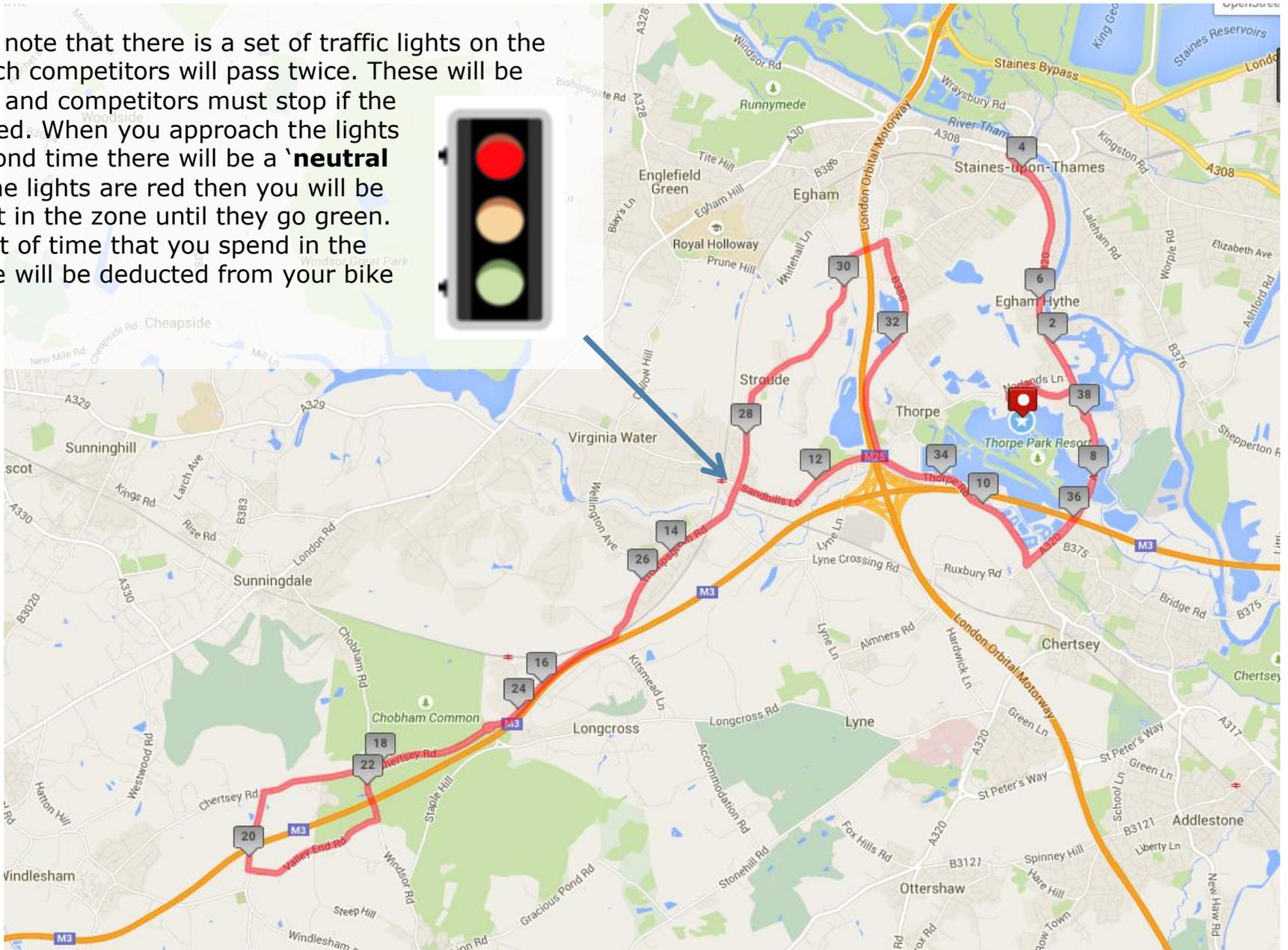
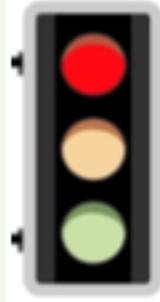
- swim course



– bike course

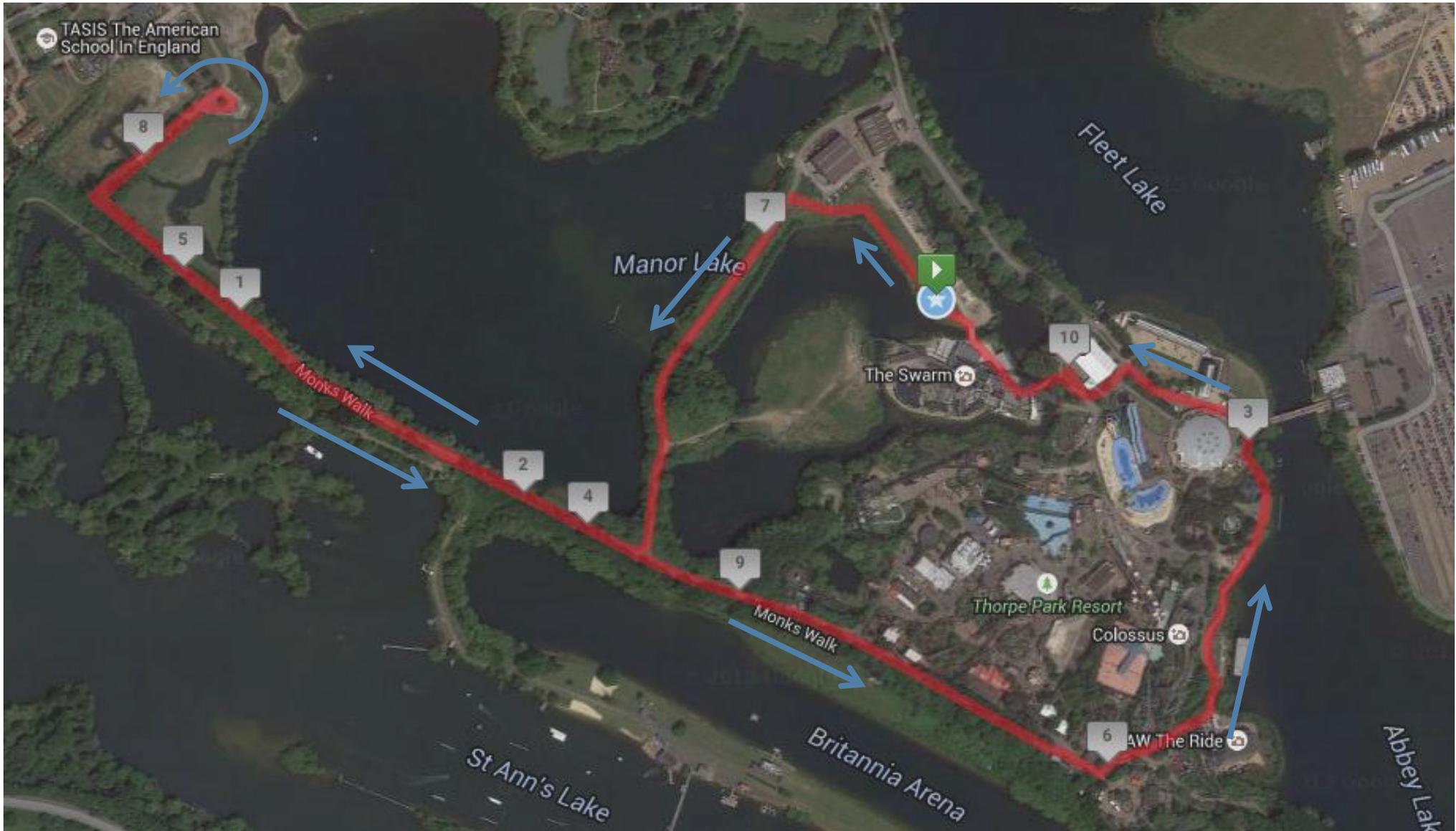
You must take the utmost care at junctions and check that it is clear before continuing.

You should note that there is a set of traffic lights on the course which competitors will pass twice. These will be marshalled and competitors must stop if the lights are red. When you approach the lights for the second time there will be a '**neutral zone**'. If the lights are red then you will be able to wait in the zone until they go green. The amount of time that you spend in the zone will be deducted from your bike split.



– run course

10km – three laps



Race rules and etiquette

- **Choose your starting point in the water wisely.** There will be about 80 to 100 people in each starting wave so place yourself in the crowd according to your goals and ability. If you're a beginner who's there just to finish, start at the back so that you don't get trampled. Likewise if you're a strong swimmer and a contender, start at the front of the pack so that you don't end up trampling those in front of you.
- **Do not draft on the bike.** You can not follow behind another cyclist to gain a drafting advantage, make sure that you stay at least 10 meters behind the rider in front of you.
- **Keep your helmet done up whenever you are touching your bike.** This means that your helmet must be on a buckled up before you take your bike from the racking. You can be disqualified for breaking this rule so take it very seriously.
- **Treat the volunteers with courtesy and respect.** Thank them when you can and follow their instructions.
- **Do not use headphones or a phone for the duration of the race** (this includes in the transition area prior to the start).
- **No boxes under your bike in transition.** They can be used to bring necessary items into the transition area, however, they can not remain under your bike for the duration of the race. A storage area will be provided in transition.

The race will be run inline with the British Triathlon rules so please take a look at the [rulebook](#).



There will be a medal for all finishers!

Prize giving

This will take place near to the finish line once the last competitor has finished and results have been verified. Prizes will be awarded for:

- 1st 2nd 3rd male and female;
- 1st vet 40 male and female; and
- 1st Relay team

Dogs

Sorry, no dogs or any other animals are allowed into the Park.

Medical Cover

A medical team will be in attendance on race day. However you should not take part in the event if you have been feeling unwell before the event. If you feel unwell at some point during the event do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhea or other forms of distress. It is important that you stop racing if you feel unwell and inform an event official of how you are feeling so medical staff can then attend.

If you have an existing medical condition you should check with a GP that you are able to take part. If you are able to enter, **ensure that full details of your condition are written on the reverse of both your race numbers in case of an emergency.** Make sure that you include all information such as current condition and next of kin details.

Entry to THORPE PARK Resort after the race

Thorpe Park are offering all competitors and up to three guests free entry to the Park so why not make the most of the day and scare yourself silly at one of the UK's best Theme Parks.

