



Redhill Triathlon Race Pack

7am Sunday 30 June 2019

 **750m**  **20km**  **5km**



In partnership with:



This Event Information Pack contains details about the race that will make sure that the day runs smoothly and ensure that everyone enjoys the event.

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.

Directions

**The Aqua Sports Company
Mercers Country Park**

Nutfield Marsh Road

Merstham

Surrey

RH1 4EU

If you are coming from the M25:

1. Leave the M25 at Junction 8.
2. Head towards REIGATE on A217.
3. 100 yards along A217 turn left into GATTON BOTTOM, downhill towards MERSTHAM.
4. Turn right at end.
5. Now you are on the A23. Go half a mile and you are on MERSTHAM HIGH STREET.
6. Turn left off HIGH STREET into SCHOOL HILL, signposted to NUTFIELD and GODSTONE.
7. Take 1st right immediately after the railway bridge into NUTFIELD ROAD, continue past the shops through MERSTHAM village.
8. Go straight over mini roundabout through the 6' 6" width restriction.
9. The entrance to MERCERS COUNTRY PARK is a quarter of a mile on the left.

If you are coming from the south:

Take the A23 into Merstham High Street, turn right into School Hill, signposted to NUTFIELD and GODSTONE. Follow directions 7, 8 and 9 above.

Mercers Country Park is well indicated from Redhill, and the surrounding area - simply follow the **brown signs with a picture of a dinghy, stating Country Park.**

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.

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 after the last competitor has finished and the results verified.

Registration

Registration will be held under the Tri Project gazebos in the field behind the watersports hut. Registration will open at 5:30am and shut at 6:30am.

At registration you will be asked to provide your BTF membership card if applicable.

You will receive the following:

- Event insurance (if not a BTF member)
- 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

Transition

Transition will open at 5:45am 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 event number on your bike; and
- Wear your helmet (fastened)

During the event you need to take care and be aware of other competitors.

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 in the seating area directly above the lake 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 7:40am. The waves will be based on your sex and 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.

The Course

750m Swim - 20km Bike – 5km run

Swim – provided by [Zone3](#):

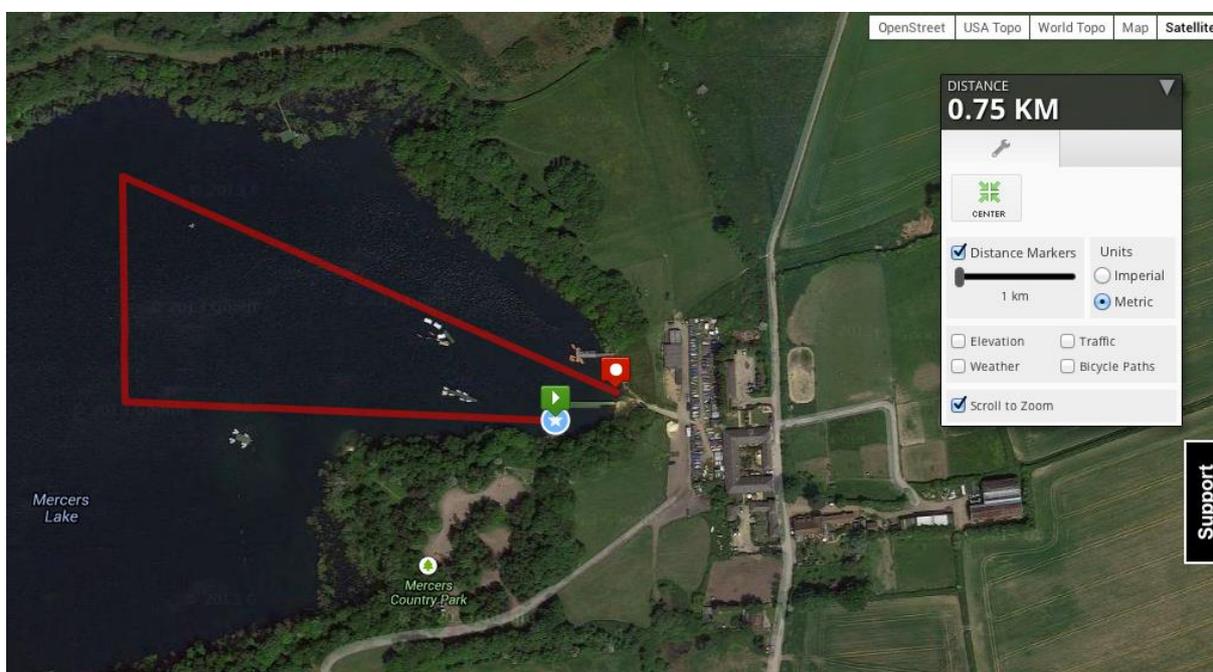


This a fantastic 750m swim that will start between the two pontoons in the lake. The first wave will be set off at 7:00am; subsequent waves will go off at 10 minute intervals. The route will take competitors out around the yellow buoys before exiting up the slipway.

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](#)

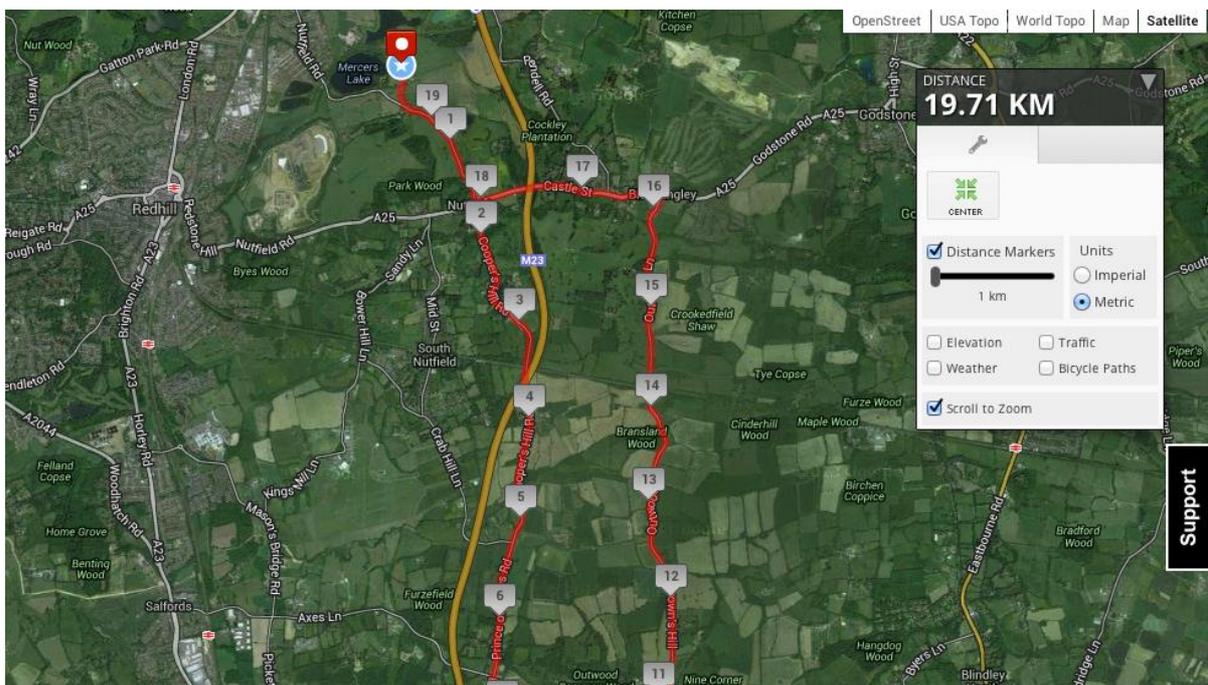


The 20km, one loop, route takes competitors out of the park along a private road which the residents are very kindly letting us use. Please respect the fact that it is very early on a Sunday morning so please keep noise to a minimum. Competitors will then head out onto the public highway and there is a map of the course below. [Click here to view the map on MapMyRIDE](#)

You will note that the bike course takes you across the A25. To ensure that competitors are able to safely cross the road a 'neutral zone' will be created. A blue timing mat will be positioned before the crossing and another after it. By rolling over the first mat you will be clocked out of the race and when you roll over the second mat you will be clocked back into the race.

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](#) and this great [summary poster](#), both also provide an explanation of what drafting is.



Run

Having exited transition competitors will then complete a two lap, 5km course on the trail around the lake. If it is wet in the build up to the race it is advisable that competitors wear trail shoes.



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.

Race rules and etiquette

1. **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.
2. **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 bike lengths behind the rider in front of you.
3. **Keep your helmet done up whenever you are touching your bike.** This means that your helmet must be on and buckled up before you take your bike from the racking. You can be disqualified for breaking this rule so take it very seriously.
4. **Treat the volunteers with courtesy and respect.** Thank them when you can and follow their instructions.
5. **Do not use headphones or a phone for the duration of the race** (this includes in the transition area prior to the start).
6. **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](#).