

Aldeburgh Team Relay Triathlon

Sunday 18th September 2016: Start 2.30pm

Teams Register from Noon until 1.15pm Sunday,

Race briefing @ HQ 1.20pm opposite White Lion Hotel
on Grass area

Dear Team,

Thank you for entering the Aldeburgh Team Relay Triathlon. We hope the following instructions will make the day go safely, smoothly and enjoyably for all of you.

Pre Event General Information

ALL TEAM MEMBERS MUST ATTEND REGISTRATION AND RACE BRIEFING(S).

On the day just one team member needs to visit registration ASAP to get your teams bag which includes timing chip, numbered swim hat, cyclist number (worn on back) & runner number (worn on front). However each competitor's arms and legs (hands for swimmers) will be marked with team number to aid identification.

TRANSITION SETUP – Cyclist to use numbered racking which will be provided for the bike.

COURSE – Approx. 1000m sea swim, 20km bike (2 laps), 5km run

CHANGING – tents will be provided, public toilets nearby.

RACE NUMBERS - Race numbers will be provided (on swimhat for swimmer). Runners - please ensure that the number is securely fixed to **your front** and for cyclists **on the rear** of your top (and one plastic one on the front of the bike if provided) and numbers visible to timekeepers at all times. Ensure your number is fixed firmly with one pin in each corner and not folded. Number belts are permitted providing numbers remain visible at all times.

Timing Strap (the Baton) and changeovers – The team will be issued 1 timing strap at registration to use for the whole event by the whole team, the swimmer will wear first on their ankle, then when arriving in transition swimmer will hand over to the cyclist to wear during the cycle on their left ankle, when cyclist arrives back in transition they will hand the timing band over to the runner who will wear on their ankle until crossing the finish then return it.

RACE PLAN B (backup) - In the event of a declared too rough sea on the day (decided between RNLI and Race Director) – If we have to cancel the swim, we will start in the original start place on the beach, but will ask the teams to have a beach path runner/walker instead of a swimmer in the water, so please be prepared for this within your team (any member) and if necessary bring appropriate/additional kit as the event will be a run/bike/run event, worst case (if you don't have a swimmer/runner) then your cyclist can start when the last team arrives from the start into transition (we will advise of this).

Specific Race information by Section

SWIM SECTION – This is a sea swim, it will be tide assisted and distance will be approx. 1000m. Wetsuits are optional (but recommended), costumes are not optional, goggles advised, you **MUST wear the assigned coloured & numbered swim** hat that will be provided, if you have your own cap you can wear it underneath the assigned one if you wish. **No backstroke swimming allowed.** We will leave the HQ directly after race briefing to meet at the start on the beach Nr the Brudenell Hotel, there will be a small amount of time to warmup in the water and on the beach prior to getting ready for the beach based mass start, once in the collection area please stay there so we can account for everyone. Once we are ready, we will line up on the shore in the designated area, weaker swimmers are advised to start to the right of the group as this allows more space to swim and allows for more tide drift. Once we are happy we will advise that the starting signal will sound and then when it does the swimmers will enter the water and swim out and around the first marker in the water, remember this is a tidal swim and the tide will push you along so allow for some drifting in your aim to the first marker which you will need to go around and keep all markers on your LEFT hand side, if misjudged the tide could push you the wrong side of the buoy making it difficult to get back round the buoy, so best to head out straight first and let the tide take you around the right side of the marker. **If any anytime you require assistance please float on your back and raise your arm to attract attention, also call out if you can to a support canoe/swimmer/boat.** There will be some markers along the main length of the swim and a final marker (specifics covered in race briefing), once around the last marker on your left, head to the beach exit marker, make sure the swim counters know your number on exit of the water so we can be sure you are accounted for, then make your way up the beach matting (you can have shoes waiting at the exit if

necessary) in the direction of the transition where your team cyclist will be waiting for you to handover to them.

TRANSITION T1 (swim to cycle changeover) – the incoming swimmer heads to their specific racking area and passes over the timing strap to the cyclist (who is wearing their helmet and waiting at their racking numbered position), once the cyclist is wearing the timing strap on their left ankle they will remove their bike and walk with their bike to the mount line and safely moving onto the road.

Get on your bike AFTER the mount line and start your cycling when safe to do so. Please note that Triathlon is an individual sport and **no outside assistance**, however tempting, is permitted. Please do not place the organisers in a position where we have to consider disqualifying anyone in this respect. **Strictly no cycling in transition area.**

CYCLE SECTION - The circuit consists of **2 laps** of public roads where there will be traffic etc. so please be careful. Do not expect Marshalls to stop or direct other road traffic, however they may advise YOU to stop for safety reasons, please respect this advice. The route will be marked and there will be marshals at key points, please observe their actions, if they tell you to stop you **MUST** do so as it will be for safety reasons, they cannot stop the traffic to let you thru. On completion of lap2 head **towards transition**, dismount before the **Dismount line** and WALK your bike into transition and place the bike back on the numbered racking. **Penalties can be applied for non-compliance.**

**PLEASE REMEMBER - NO HELMET NO RACE.
THERE WILL BE NO HELMET HIRE.
IT'S YOUR RESPONSIBILITY FOR BIKES TO HAVE WORKING
BRAKES AND BE IN GOOD GENERAL CONDITION & SAFE.
NO HEADPHONES ALLOWED
WE ADVISE BRIGHT CLOTHING AND A BRIGHT REAR LIGHT**

TRANSITION T2 (Cycle to Run changeover) – Once dismounted the cyclist will walk their bike to the numbered racking space and place their bike back on the rack, then remove their timing strap and hand it over to the waiting runner, then the runner will exit and start their run. Please note that Triathlon is an individual sport and **no outside assistance**, however tempting, is permitted. Please do not place the organisers in a position where we have to consider disqualifying anyone in this respect. **Penalties can be applied for non-compliance.**

RUN SECTION - The run will be an out and back route and will be held entirely on the seafront paths between the transition and Thorpeness beach front, no runner should be on the road or cross the road. The course will be marked & marshalled, run north to the turnaround point at Thorpeness and **collect a run band** from the marshall before heading back to the finish in Aldeburgh.

FINISH - On completing the run head straight to the finish and show your band you collected, you will return your timing strap and receive your teams medals and can have a well-deserved drink & rest with your team. Well done on completing your team relay triathlon!

TIMINGS – The key time recording is from the mass start signal to the runner finishing, we will try to get split times per section but this will depend on various factors on the day. To assist the please make sure that your timing strap is securely on the ankle and race numbers are clearly visible, well pinned on and not folded. Showing and shouting your number as you pass the time keeper will also help.

Awards Presentation – Awards will be presented near the moot hall as soon as possible after the race.

Best Regards,
Matt Dye - Race Director
On behalf of the Triathlon organising team
www.aldeburghtriathlon.co.uk
www.facebook.com/aldeburghtriathlon
www.twitter.com/Aldetriathlon
#AldeTri2016
@AldeTriathlon

Swim Course – coastline from south to north with tide

Swim heads north from nr Brudenell Hotel with the tide, approx 25m off the beach, 3 or 4 buoys to mark the course.

Arrive near White Lion Hotel

Canoes and support swimmers will be in place in the water, as will the inshore RNLI boat.

Example map below, could change on the day:-



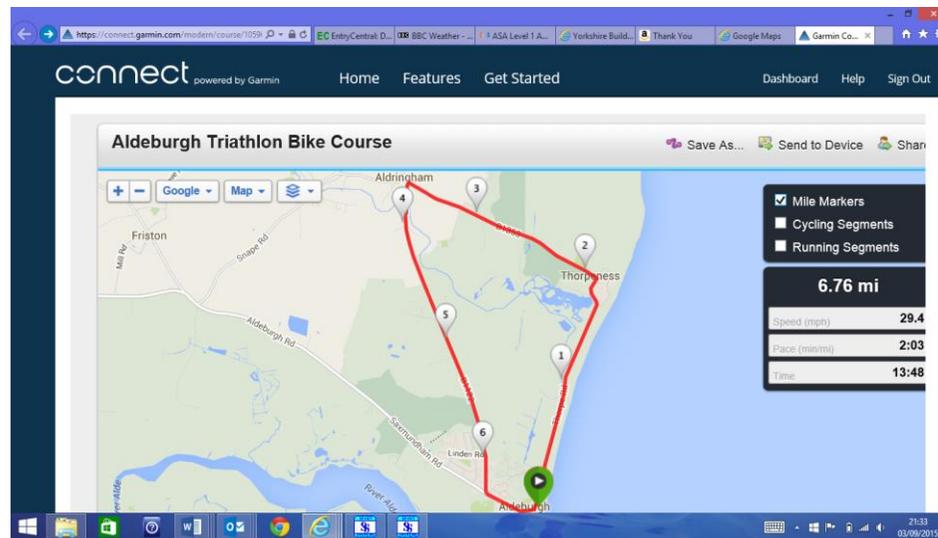
Bike Course (2 laps anti clockwise)

Start opposite White Lion Hotel Aldeburgh after mount line Head north thru Thorpeness, then follow road west to Aldringham, at junction opposite the Parrot & punchbowl turn left, use bus stop feeder lane to safely enter Aldeburgh Road Heading South to Aldeburgh Once into Aldeburgh at the Railway pub take 2nd exit at the roundabout into Victoria Rd. Down to crossroads turn left into Wentworth rd. then first right into lane, right in front of the White Lion is the loop where you start your 2nd lap, on return here again you go into transition opposite the white lion to handover to your runner.

The course below is from last year but the only change is the loop in front of the white lion in the closed road section.

Course Online at -

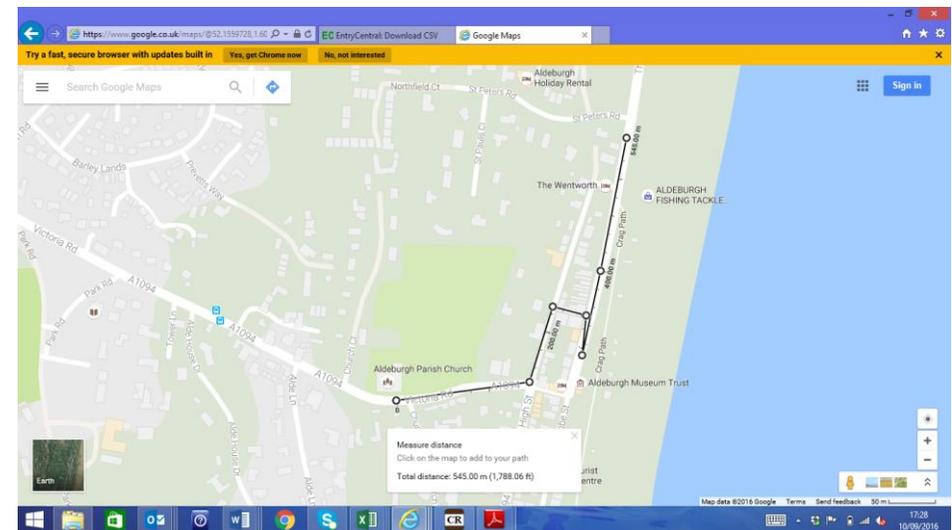
<https://connect.garmin.com/modern/course/10596271>



Mile markers shown – marshalls at junctions or busy areas.

Bike loop on Aldeburgh seafront -

Below shows the Aldeburgh town & seafront bike section coming down Church Hill from the roundabout (not shown), turning left into Wentworth Road and then a right by the rear of the White Lion onto the main Thorpeness rd where there is a small loop round point onto the 2nd lap or back to transition.



Run Course – out and back once

– Aldeburgh to Thopreness turnaround point on beach front, stay off roads, collect band at turnaround point 2.5km each way

