

# Viridian Daventry Sprint Triathlon 2017

Sunday 17<sup>th</sup> September 2017



## RACE INFORMATION

Where to find us:	Daventry Leisure Centre, NN11 4FP.
Where to park:	Undercroft car park – follow 'car park' signs from Abbey Street for Welton Road.
Where to register:	Daventry Leisure Centre, Saxon Suite. Saturday 2 – 4pm, Sunday 6:30 – 10am.
Don't forget:	Your British Triathlon Federation membership card or £5 for a day licence.
Race briefings:	Sunday in the Saxon suite, at 7am, 8am and 8:45am. Compulsory for all athletes.
Swim starts:	From 7:30am on Sunday. Please be at poolside at least 10 minutes before your start time.

This event is permitted by British Triathlon. By taking part in a permitted event, you can be sure of a safe, fair and most importantly enjoyable race experience.



## How to find us

Registration and swim start is at **Daventry Leisure Centre** on Lodge Road, which is off B4036 Abbey St, not far from Daventry town centre. The postcode for the leisure centre is **NN11 4FP**.

### From the North

Exit the M1 at Junction 18 and take the A428 towards Rugby. About half a mile from junction 18, go left on the A5 towards Kilsby. At the roundabout, take the 2<sup>nd</sup> exit through Kilsby along the A361. Continue along here to Daventry and head for the A425. After you have passed Daventry Country Park on your left, continue straight over the next roundabout and then take the 2<sup>nd</sup> exit at the next roundabout towards Daventry centre (into Abbey Street). Look out for a right turn signposted 'Triathlon Car Park', just after the traffic lights.

### From the South and East

Exit the M1 at Junction 16 and take the 1st exit along the A45 to Daventry and Coventry. Continue to the crossroads of the A45 and A5 roads at Weedon and go straight on to Daventry. At the outskirts of Daventry, you will see the Landmark Hotel on your left. Take the 3rd exit at this roundabout. At the next roundabout, take the 2nd exit, which is straight over. Continue to the mini roundabout, just after the traffic lights. Take the 1st exit into Abbey Street. Look out for a right turn signposted 'Triathlon Car Park', just after the traffic lights.

### From the West

Take the A425 from Warwick and Leamington Spa to Southam. Go North and then take the A425 all the way to Daventry. After you pass Staverton Country Park, take the A45 east all the way to the next major roundabout. Take the 2nd exit A425 (straight on) and then go straight on at the next roundabout. At the next roundabout, take the first exit into Abbey Street. Look out for a right turn signposted 'Triathlon Car Park', just after the traffic lights.

## Car Parking

There are two car parks in use for the event. The closest car park is **Undercroft**, which is solely for the use of competitors and their families/friends. Undercroft is on Welton Road, off Abbey Street.

**Please note:** Entry to this car park closes at **8:30 am**. Cars can exit from this car park from **9 am** onwards. **Warning:** This car park has a low entrance, and so vehicles with bikes on top must use alternative parking.

Alternative car parking is available at the **Chaucer Way** car park. You will be directed to this car park if Undercroft is full, or if you have a tall vehicle or bike racked on top of your vehicle.

The Chaucer way car park is about a 5 minute walk from registration, and is signposted.

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 event. This makes the cycle course hazardous for Triathletes. **All parking in Daventry centre is free.**

## Registration & help desk

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Registration is in Daventry Leisure Centre (Postcode NN11 4FP) – signs will direct you to registration from the centre entrance.

Registration is open from **2 pm to 4 pm on Saturday 16<sup>th</sup> September** and from **6:30am to 10am 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 ask any questions 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 Federation membership card **OR** £5 to cover the cost of a day licence to cover your insurance.

## Before the race

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At registration you will receive your 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, with your agreement. 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 race rules at [www.triathlonengland.org](http://www.triathlonengland.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

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There will be a race briefing on race day at the front of the Leisure Centre. Please note that **attendance at the race briefing is compulsory**. We will tell you about any last minute changes to the course and 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 official.

Race briefings will be held at **7am, 8:00am and 8:45am on race day**.

## Changing facilities

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There are changing and toilet facilities for Males and Females on race day, including showering facilities for when you have finished. **Please note** – this is also the only way to access the pool prior to your start time. 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

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**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, you will receive your timing chip and 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 16 lengths in total. 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 14<sup>th</sup> 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 or tumble-turning 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 are also steps out of the building so **please take care.**

## The Transition

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A map of the transition is available for you to look over at registration, and is also included in this leaflet. 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 routes clear at all times.

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 or the official.

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

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You must at all times, give way to traffic and obey the normal highway rules. Failure to do so will result in a disqualification.

The cycle route leaves the cycle mount area outside transition, and turns right. **Please be aware** that you must give way to approaching traffic as you leave transition. Marshals will warn you if traffic is approaching, but it is your responsibility to look.

From Lodge Road, you turn left along Eastern Way and go right around the island. Please be aware that cyclists returning from the cycle course also merge onto this island. Heading back along Eastern Way, you then turn left to climb northwards out of Daventry towards Kilsby. After 5.5 km, you turn left towards Barby and continue along country roads until 9.5km, where you turn left and begin a 3 km descent to the A45. **We advise a foot down at this junction, so that you can observe the junction is safe to exit within the rules of the Highway Code.** Course marshals will report any cyclist not abiding by the Highways Code, which may result in a competitor disqualification. Turning left, you take an undulating 7.5 km route along the A45 and back into Daventry, going past the Lodge Road entrance to turn at the A425 island before returning back 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 official.

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 race rules at [www.triathlonengland.org](http://www.triathlonengland.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

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The run route leaves transition at the opposite end to the cycle transition exit, passes under Eastern Way and heads into the Daventry Country Park for one lap. At 4.2 km, there is a dog – leg out of the park and back in, before you return under Eastern way, along Welton Road to the top and then drop back down Lodge Road to the finish in front of Daventry Leisure Centre.

There will be a medal, fruit and drinks waiting for you at the finish.

## Results and Prizes

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

Prizes are awarded at 1 pm (or later if any discrepancies in results are found) either in the registration area or outside, depending on the weather.

Prizes are awarded for first male and female triathlete overall, first team overall and first male and female in each of the following age categories: U20, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 plus.

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 .....

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There will be hot food in the Leisure Centre before, during and after the event for competitors and spectators.

The race official for the day is a British Triathlon official. For clarification on British Triathlon race rules and regulations, visit the British Triathlon website at [www.triathlonengland.org](http://www.triathlonengland.org). There will be medical cover for the duration of the race.

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.

A huge thanks to our sponsors **Viridian** who have supported Rugby Triathlon Club, as well as Daventry District Council and Everyone Active in setting up the Daventry Triathlon. Please help support these companies in the future as a way of saying thanks for making the race possible.

Above all, we hope you enjoy the race! Let us know if you do, or if you can think of an improvement for next year.

## Good luck and race well

### Is this your first Triathlon?

We will be holding a talk and walk-through on the Saturday before the race, to help you familiarise yourself with the swim, transition and run course. You will also be able to ask questions.

Our Club Coaches will explain what happens before and during your race and will answer any other questions. To take part, just meet at race registration at **4:00pm** on the Saturday before the race (**16<sup>th</sup> September**).



# Cycle Route 2017



# Run Route 2017

