



### **Wilkins Kennedy Grays Triathlon - Sunday 14th July 2019 (incorporating Aquabike, Aquathlon and Team Relay)**

Thank you for entering the Wilkins Kennedy Grays Triathlon. What follows is all the information you should need for the event. If you're a first timer, don't be daunted by the amount to remember, we'll go through it all at the race briefing and the marshals will help send you in the right direction during the race.

- Registration: 06:00 – 07:00
- Transition open from 06:15
- Race brief at 06:45
- Race starts 07:00
- Last swimmer starts 08:50
- Last competitor finishes 10:20 (approx)
- Presentation 10:30

#### **Summary of Times**

#### **Address**

Blackshots Leisure Centre, Blackshots Lane, Grays, Essex RM16 2JU

#### **Directions**

From M25, leave at junction 30 (A13) East towards Tilbury. Go past the Lakeside turnoff then take next exit signposted Grays. At the roundabout take third turning signposted Orsett (Stifford Clays Road). Proceed for about half a mile then, as the road bends left, turn right into Blackshots Lane (if you go under the A13 you've missed the turning). Follow the road round a bend and past a mini roundabout; Blackshots Leisure Centre is about 400 yards past this junction on the left.

From Southend, take A13 to the Orsett Cock junction (A128, signpost Brentwood). At Roundabout take third exit (A1013) towards Grays. After approx 2 miles there is a roundabout, turn right (fourth exit); the Leisure Centre is on your right.

## **Car Parking**

**Address: There is free car parking at the venue, but please be advised that other users will also have access. I would recommend you arrive early and if possible car share.**

## **Registration**

Registration will be next to Transition – **behind the main Blackshots building.**

Registration will be clearly visible at the rear of the leisure centre. It will be open from 6am until 7am. If you miss this registration time then your place may be re-allocated; if you are delayed on your journey you can call ahead on 07947 001167 and we will try to keep a place for you.

All BTF members will receive a £3 refund at registration providing they have a valid and current BTF card (which may be shown on a mobile phone).

You will receive one race number that must be fixed to a number belt such that it is visible from behind on the bike and from the front on the run. If you have no number belt then fix it to your front for the bike and run. You will also receive stickers for your bike and helmet; ensure these are in place before entering transition. When leaving transition at the end of the race ensure your race number is visible as it will be checked to your bike number as a security measure. You will also receive a timing chip, please ensure this is fastened securely to your left ankle before you race and is returned at the end of the race.

## **Transition**

Transition will be open from 6:15am. Only competitors and bikes that are numbered will be allowed in and they must have their helmets fastened as they enter (helmets must be approved with an ANSI British Standard or SNELL sticker - NO HELMET, NO RACE).

Please ensure you don't impede any competitors who are racing when you are setting up or leaving your transition area. **This year we shall also enforce a clear transition policy, so all bags and boxes cannot be held in transition.** There are lockers available in the leisure centre – these cost 50p (which is refunded). Please ensure you enter the transition area via the transition entry point and not over the timing mats (we will have marshals to help direct you). It is the responsibility of the competitors to ensure their bike is in a roadworthy condition, marshals will only check that bar end plugs are in place on the handlebars.

## **Briefing**

The race briefing will be held in the transition at 6:45am. Whilst it is important that you attend this briefing as it will contain important safety information and any last minute changes to the route, there will be notes you will be asked to read should you register after the briefing.

## **Swim (400mtrs)**

Please be at poolside 10 minutes before your start time (**remember to wear your timing chip!**) and be prepared to start earlier than your registered time. Turn right out of the changing rooms (changing lockers require 50p which is refunded) and wait by the deep end, near the showers, until called forward. Each swimmer will be started at 30 or 60 second intervals starting at one side of the pool. Do two lengths in the first lane, keeping to the left at all times. At the end of the second length, back at the deep end, duck under the lane rope and do two further lengths in the second lane. Proceed like this until you have done 12 lengths (400 mtrs) and have reached the far side of the pool. Get out and exit through the emergency exit behind the training pool. **Take care as the floor will be slippery – please do not run!**

Note:

- 1) if you need glasses or inhaler after your swim please use the table provided at the side of the pool.
- 2) You cannot wear calf guards or compression socks during the swim section of the race – if in any doubt please speak with the race official on the day

## **Transition 1 (Swim to Bike, for aquathlon, Swim to Run)**

Follow the signs to Swim Entry and into transition when you exit the pool. Ensure your helmet is on and fastened before removing your bike from the rack. Walk or run the bike out of transition. Also, don't forget to have your race number either on a race belt or fastened to your t-shirt before you exit transition.

Relay competitors should swap the timing chip in the relay handover zone located next to the swim in point in transition. Only once the timing chip is fitted the bike leg competitor can that competitor go to their bike, put on their helmet and remove the bike from the racking.

Aquathlon competitors will just put on their running gear and exit transition at the "Run Out" exit.

The mount line is approximately 30 metres from transition and you will be running over grass – so please bear this in mind when deciding to run in your feet or in your cycle shoes. The mount line will be clearly displayed and marshaled. Please do not mount your bike until both wheels have passed the mount line. When on your bike follow the signs and marshal directions through the car park to the exit of the Leisure Centre.

**At the exit from the car park there is a mandatory foot down area before you join Blackshots Road. This will be clearly marked and marshaled. Failure to stop and place your foot down will incur a time penalty. This is for your safety and a condition of the cycle permit as you will be joining on-coming traffic.**

### **Bike Route (20k - 2 laps)**



**Be aware that you will be riding on public roads and subject to all road traffic regulations. Any road traffic offence witnessed by a marshal will result in disqualification. It is your responsibility to ensure you have good knowledge of the Highway code. If you are witnessed committing an offence by a car with a webcam then be aware that Essex Police may use that webcam as evidence for a prosecution.**

The bike course will be well signposted but not necessarily marshaled on every corner. Please be aware that it is the competitor's responsibility to follow the correct course so ensure you are familiar with the route before starting the race.

When safely on your bike on Blackshots Road continue to the roundabout where you will take the first exit (A1013 towards Orsett). You will almost immediately come to a set of pedestrian lights; we don't expect them to be heavily used but if they are red you must stop (a marshal will enforce this).

Proceed for about 3k before turning left into Rectory Road. Do not cross the white centre line as you turn. Proceed for a further 500m, straight on at the mini roundabout (observing normal traffic regulations) and after a further 200m turn left into High Road. **Care! This is a tight corner and there may be parked cars immediately past the turn.** Go straight on for 500m then straight across the mini roundabout (normal traffic regulations apply). Continue for a further 3k before turning left into Blackshots Lane. Go

over the mini roundabout (normal traffic regulations apply) then past the Leisure Centre for a second lap.

At the end of the second lap you will re-enter the leisure centre car park. Make your way back to the dismount line (which is in the same place as the mount line). Follow the marshal instructions who will help to direct traffic. Please take care when cycling in the car park as this may be heavily congested with cars for later starters. **REMEMBER, YOU MUST COMPLETE TWO LAPS.**

This is a non-drafting race; drafting rules for a race of this distance are thus:-

The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor; once overtaken a competitor must drop back outside of the drafting zone.

### **Transition 2 (Bike to Run, Bike to Finish for Aquabike)**

When you return to Blackshots Leisure Centre please follow the directional arrows back to Transition. Please ensure you dismount your bike before any wheel crosses the mount line, which will be marshaled, sign posted and there will be a clearly visible line on the ground. You will run across a small section of grass before entering transition. Rack your bike before removing your helmet then onto the run route for the first of two anti-clockwise laps. Water will be available at the start of the course and the end of the first lap.

For Relay teams the bike competitor must rack their bike and remove their helmet before proceeding to the relay handover zone to swap the timing chip. The chip must be fixed to the left leg of the runner before they start the run.

Aquabike competitors should rack their bike, remove their helmet, proceed through the "Run Out" exit and immediately move left through the finish line where your time will be taken.

## Run (5km - 2 laps)

### Run Route 2 laps - 5k



The course will be marked by tape; stay to the edge of the field at all times; at the far end (in the Rugby field) a marshal shall count your laps and give you a rubber band. At the end of the first lap stay left of the finish to start the second lap. At the end of the second lap turn go through the finish which is located just past transition.

### Prizes

Prizes will be awarded as soon as possible after the last competitor has completed the race, outside if the weather is okay, otherwise in the cafe.

### Race results

You, your friends and relatives can monitor your progress during the race on our website results page at [www.east-essex-tri-club.co.uk/results.htm](http://www.east-essex-tri-club.co.uk/results.htm). Alternatively, scan this QR code with your mobile phone which will take you directly to that page.



## **Marshals**

We would like to offer many thanks to the marshals who have volunteered (or have been volunteered) to give up their Sunday morning to allow the race to proceed. We hope they enjoy the race and will volunteer again in the future. Please treat them with respect at all times, any foul or abusive language towards them could lead to disqualification.

## **Refreshments**

The Leisure Centre cafe will be open from 08:30 and will have a range of refreshments available.

## **The Rules**

The event is run in accordance with the rules of the British Triathlon Federation which are available on their website at [www.britishtriathlon.org](http://www.britishtriathlon.org). The most common rules competitors tend to fall foul of are:-

- Bike Drafting (described above)
- Marking your transition area (commonly with talc). The referee will remove this marking or, if the marking is permanent, will penalise the competitor.
- Touching the bike without having the helmet fastened; both in transition 1 and transition 2.
- Folding your race number; they must not be cut or folded at any time
- Cycling in transition; this means before the mount line or after the dismount line. "Scooting" is not allowed.
- Nudity in transition (although not that common, it is a DQ offence)
- Using MP3 players or other device while on the run or cycle

## **Thanks**

- Blackshots Leisure Centre - For use of the pool and complex.
- Thurrock Council - for permitting use of the car park and run route.
- Essex Police - for assisting with the bike route sanctioning
- All Marshals - Club members, friends and relatives
- Wilkins Kennedy, our Race Sponsors
- Medics24 – our first aiders
- HOAD scaffolders for the transition set up.

The race team wish you all the best and hope you enjoy the day.