



## East Essex Kids Triathlon Race Instructions

Saturday the 27<sup>th</sup> May, 2023

Thank you for entering the 21<sup>st</sup> East Essex Kids Triathlon. We would like everyone to have a great time again this year and this information pack is designed to help you prepare for the day in advance. There will also be plenty of helpers in bright yellow vests around on the day to guide you and please feel free to ask any of them if there is anything that you are unsure of after you arrive at the race.

### Venue

We are returning to [Basildon Sporting Village](#) this year. The address is:

Cranes Farm Road  
Basildon  
SS14 3GR

Please [click here](#) and enter your post code on the line in the top left hand corner to get directions.

### Timings

NOTE: All timings are approximate and may be subject to change.

Time	Activity	Location
11:30	Registration opens	Studio at top of stairs
12:45	Registration closes	Studio at top of stairs
12:50	Race briefing	Grandstand
13.00	Race start	Swimming pool

### Registration

Please enter the complex via the green gates to the left of the pool as you face the building. Registration is through those gates and up the stairs immediately to your right. Please register using your race number

You will receive an envelope containing: 2 race numbers, a helmet sticker, a bike sticker, a bike number plate, cable ties (for the bike number plate), safety pins and a timing chip attached to a Velcro strap.

Before leaving registration, one of the helpers will mark your race number on both arms.

You should:

- Use safety pins to attach the race numbers to the front and back of the top you will be cycling and running in. Alternatively number belts may be used.
- Attach the bike sticker on to your bike frame so that it is clearly displayed.
- Attach the helmet sticker on the front of your helmet.
- Velcro the timing chip around your left ankle.
- Use the cable ties to attach the number plate to the front of your bike so that it is clearly visible.
- Please ask our helpers for assistance with an of these items.



Photography – there is a separate registration desk for anyone wishing to take photographs during the race. Once spectators have been issued with a wristband they are welcome to take photographs anywhere outside the building BUT ABSOLUTELY NOT IN THE POOL AREA.

## Transition

NOTE: only competitors will be allowed in the transition area but there will be plenty of marshals on hand to offer you any help or advice you need.

Transition is in the middle of the athletics track. This is where you leave your bike and run kit during the race. There are two entrances (one for after the swim and one for after the bike leg) and two exits (one to leave through with your bike and one to leave through to start the run) which will be clearly marked. Please familiarise yourself with these after you have set your equipment up so you know where to go during the race.

Transition will be laid out in rows according to your age group and numbered for each competitor. Marshals will show you where to go when you arrive. You will need to leave:

- Bike (these must all be laid flat. No stands will be allowed)
- Helmet
- Number belt with race numbers attached or a T-shirt with numbers attached to front and rear.
- Running shoes

For the start you will need your goggles & hat (if you wear them).

During the race, please make sure that all equipment is returned carefully to your own transition space so as not to cause an obstacle for other competitors.

Once the race starts there will be a continuous flow through transition so you will not be able to collect your belongings until after the whole race has finished.

## Briefing

There will be a compulsory briefing for all competitors in the grandstand area. It will confirm the race programme and also make you aware of any last-minute changes. You will have an opportunity to ask any final questions you have before the race.

## Swim

Please line up at pool side in race number order. We provide approximate start times, but you may be needed early if people have not turned up on the day so please pay attention.

- Youths will swim 400 metres
- Tristar 3s will swim 300 metres
- Tristar 2s will swim 200 metres
- Tristar 1s will swim 150 metres
- Tristar Starts will swim 50 metres



This will be run in a 'snake swim' format meaning that you swim up the right-hand side of the lane, turn at the end, then swim back down the other side of the lane. When you get back to the start you must duck under the lane rope and repeat this in the next lane until you get to the side of the pool when you can get out. There is no need to count your lengths. You will be guided to the correct starting place for your age group by a marshal at poolside.

Spectators - There is a large seating area above the pool where you can enjoy the action from and then it is a short walk to the grandstand to be able to watch competitors in transition and at the finish line.

**THERE MUST BE NO PHOTOGRAPHS TAKEN IN THE POOL AREA. THIS IS NOT OUR RULE BUT A STRICT CONDITION OF USING THE VENUE.**

## Bike

The cycle course is on grass and consists of laps around several football pitches.

- Youths will ride 5 laps (5k)
- Tristar 3s will ride 4 laps (4k)
- Tristar 2s will ride 3 laps (3k)
- Tristar 1s will ride 2 laps (2k)
- Tristar Starts will ride one shorter 800m lap.

Be aware that helmets must be put on and fastened before you pick up your bike. Your race number should be displayed to the back during the cycle leg. You may not cycle until you have left transition and AFTER you have crossed the mount line (see race map). You must leave a gap of 10m between you and the rider in front unless you are overtaking which you have 20 seconds to do before you must drop back. You are responsible for counting your own laps. You must be off your bike BEFORE crossing the dismount line. Make sure that you have laid your bike back down in transition before you take your helmet off.

## Run

The run course is mainly on grass and goes around the outside of the bike course. Please take care to keep the distance between the two and follow the marshals' instructions. You will be given an elastic band at the turn point which you should keep on your wrist until after the results have been announced (Youths will receive two bands).

- Youths will run to the Tristar Start turn point and then do 2 laps out to the Tristar 2 turn point and back to the Tristar Start turn point before returning to the grandstand. (3k)
- Tristar 3s will run to the TS3 turn point and back (2.4k)
- Tristar 2s will run to the TS2 turn point and back (1.8k)
- Tristar 1s will run to the TS1 turn point and back (1.2k)
- Tristar Starts will run to the TSS turn point and back (600m)

## Results and award ceremony

These will take place after the last person has finished. It will take some time to compile all the results for all the age groups and you are welcome to wait in the grandstands during this time or go through the leisure centre to the café which will be selling hot and cold food and drink.



## General

- The event will be run under British Triathlon Federation rules. A copy of these can be downloaded at [www.britishtriathlon.org](http://www.britishtriathlon.org).
- Please note that all marshals are volunteers, friends and family of the organisers, who have given up their day to allow the event to proceed and who we hope will do so again in the future. Please treat them with respect and follow their instructions at all times. If you have any concerns or complaints, come and see the race referee or race director rather than the marshals themselves or email [kidstri@east-essex-tri-club.co.uk](mailto:kidstri@east-essex-tri-club.co.uk) after the event.
- Please do send your feedback after the race – positive or negative – to the email address above. We have made changes to this year's event after input from previous years. The days after the event are equally busy for us but we will read all the emails received and pass on your comments when necessary.
- Spectators (and competitors who have finished) are encouraged to stay in the athletics stadium after the race to support those still racing. We hope to have access to the public address system to give a running commentary of finishers and there is a café in the sporting village for food and drinks, so we are really hoping that lots of competitors and their families will spend the day at Basildon Sporting Village to enhance the atmosphere for everyone's enjoyment.



## Useful Tips for Beginners

### General

- Your last meal should be two to three hours before your start time. A simple breakfast of cereal and toast is ideal.
- You can do the whole event in your swimming kit, which means that you will only need to put on your shoes and T-shirt/vest to display your race numbers (Torso must be covered for the run).
- Have a drink and eat something soon after completing the event. This will replace the energy you used and help you to recover quicker.
- The marshals are there to help you, don't hesitate to ask them if there is anything you don't understand.
- Essential equipment: swimming costume and t-shirt or trisuit, bicycle, helmet, shoes.
- You may also wish to have: goggles, shorts, number belt, sunglasses, towel and warm clothing for afterwards

### Swimming

- If using goggles, use a 'regular' pair, don't risk new goggles unless you're sure of the fit.
- You will start in the pool; no diving will be allowed.
- Do some stretching exercises beforehand to avoid strains later on.
- Pace yourself.

### Transition

- The clock starts at the start of the swim and ends at the end of the run so fast transitions are important.
- Don't spend too long getting dry; you will dry out quickly on the run.
- Put a little talcum powder in your running shoes as this will make them easier to get wet feet into.
- Instead of tying laces, consider getting lacelocks to hold your laces tight. These are often found on anoraks or fleeces and can be bought in good hardware stores. Lace-locks holding elasticated laces are even better.
- Please remember to collect your equipment from transition after the race!

### Running

- Don't use new kit; stick with what you're familiar with.
- Try to keep running - slow jogging is quicker than walking.
- Pace yourself.
- We can't predict the weather, please bring suitable clothing for any condition.

Overall the most important thing is to ENJOY YOURSELF!