

MOTI Mizuno Bradford on Avon Triathlon May 23rd 2010

• Open Water Sprint Triathlon: 750m, 20k, 5k SBR

Welcome to the Bradford on Avon Triathlon with DB Max Events. This race letter includes all the details for race day at this exciting new river-swim event.

The race venue is **Barton Farm Country Park** which is well sign posted and is located off the B3109 on the edge of the historic town of Bradford on Avon. For more details see www.dbmax.co.uk.

On arriving in Bradford on Avon, ample parking is available at the nearby railway station (postcode **BA15 1DF**). Please then make your way along the path to Barton Farm Country Park (by the river) and head for Race HQ in the marquee. Other car parking facilities will be marked, but you cannot park on Pound Lane during the event.

Accommodation

There are various local venues for accommodation, but there is also **free camping** available for competitors with toilets and sinks. Please contact Arlene Caddow at the **Fat Fowl Restaurant** to book your pitch – arlenecaddow@aol.com or 01225 863 111.

There will be a pre-event **pasta party** on the Saturday evening at the venue, following the kids' aquathlon races.

Registration Instructions

Bib numbers, swim hats and timing chips **will be collected from the registration desk on the day.**

Please attach your race number to your front while racing so that it can be clearly seen at all times. You may also use a race belt.

Timing Chips

Please attach your timing chip firmly to your left ankle with the strap provided. This will ensure that your finish results (as well as split times) are collected by the system. Timing chips will be collected in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race).

BTF Day Licence

Please note that if you are a **BTF member**, you will need to show your BTF licence at registration. Competitors failing to show a valid licence must purchase a day licence for £3 (no exceptions).

Race Instructions

Please see below for registration and briefing times:

	Registration	Briefing Times
Adult Triathlon	07:00 – 08:25	07:45 & 08:30

Please ensure that you attend your race briefing on the day. Important BTF information relative to your safety and the safety of others will be outlined at the briefing, as well as rules and information for your race and the course. Please also familiarise yourself with the BTF rules at the bottom of this document, prior to race day and note that the race is non-drafting.

You must wear a wetsuit and a swim hat (swim hat provided) for your swim.

Race Information

Sprint Triathlon (waves from 08:00) – a 750m river swim, followed by a hilly 1 lap bike and a flat 5k run.

Important Notes on Swim

Competitors will enter the water at the beachy area of the river near transition and head left. We recommend that you begin swimming rather than walking as soon as the water is deep enough, and swim round to the start area which is near the bridge. Please ensure you are warmed up and ready to go in plenty of time for your wave start.

The swim course follows the right side of the river back towards the town centre for about 350m. Competitors then swim around the buoy and back down the opposite side of the river. The route will be clearly marked and policed by kayaks. Competitors will swim under the bridge to finish and exit the water at the rowing club pontoon. Marshals will be here to assist swimmers from the water.

Important Notes on Bike

Please familiarise yourself with the route at www.dbmax.co.uk. The route will be well signposted and will be marshalled at various points along the course - listen to the marshals' instructions where appropriate. Please note that there is a very steep descent at Winsley Hill and competitors **must not be down on their aerobars for this descent** (instant DQ). Please take care on the roads and roundabouts throughout the course, giving way where necessary and following the highway code.

Other Points

- The forecast is for hot, sunny weather so please take care to hydrate properly and use sun protection.
- Please read the Open Water Swimming information at the bottom of the Bradford on Avon Triathlon race page at www.dbmax.co.uk.

Presentation	
Overall	M & F – 1 st , 2 nd , 3 rd
Age Group	M: Jun (1 st) M Vet (1 st , 2 nd , 3 rd) M SupVet (1 st , 2 nd) F Vet (1 st , 2 nd) F SupVet (1 st)

The event forms part of the Bradford on Avon Triathlon Family Weekend and there will be other events and races taking place in the park (10k run, scootathlon, aquathlon, tennis, etc.). Toilets and showers will be available for competitors during the day (rowing club) and there will be hot food and drinks available on site.

There will also be sports massage in the race marquee and the **Moti Triathlon Store** (www.mymoti.com) will be available for competitors.

And to launch the first race in the new **West Wilts Triathlon Series 2010**, competitors can take advantage of our new service and get their **finish medal engraved** with their name and finish time (£3.50).

Results and splits will be available on the day and will be posted on www.dbmax.co.uk after the last person crosses the line.

That's all for now folks - we look forward to seeing you on race day!



General BTF Rules

13.1 Competitors must exercise sound, mature judgment, carry out all reasonable instructions from officials, obey the laws of the land and observe traffic regulations (where applicable).

13.2 Competitors must follow any instructions given by the police (where applicable). Failure to do so will result in disqualification and may lead to disciplinary action by British Triathlon.

13.3 Competitors are ultimately responsible for their own safety and for the safety of others.

13.4 Competitors must take responsibility for knowing the rules and abiding by them.

13.5 It is the competitor's responsibility to be properly prepared for an event and to ensure that their equipment is suitable and fit for its intended purpose.

13.6 It is the competitor's responsibility to know and correctly complete the full course of the event.

13.7 Triathlon and rowathlon are individual endurance events. Any teamwork that provides an unfair advantage over other competitors is expressly forbidden.

13.8 No competitor shall be permitted to continue racing who, in the opinion of any race official, is physically incapable of continuing without sustaining physical damage or loss of life.

14 Race Conduct

14.1 Competitors must conduct themselves in a proper manner and not bring the sport into disrepute.

14.2 All other competitors, officials, volunteers and spectators must be treated with respect and courtesy.

14.3 Threatening, abusive or insulting words or conduct are not permitted and competitors may be disqualified for using such.

14.4 All competitors must wear any bib or numbers provided by the race organiser. These must be worn unaltered and be both visible and/or readable at all times.

14.5 Competitors must be adequately clothed at all times, the minimum being a one or two piece non-transparent tri suit together with a cycling or running top if appropriate. All competitors must ensure that their upper body (especially the chest area) is clothed during the cycling and running sections of the event.

14.6 Race equipment must not be discarded at any point on the course but must be placed in the athlete's allotted position in transition – see Penalties.

14.7 No individual support by vehicle, bicycle or on foot is permitted except as provided by the organisers. Competitors may not receive any assistance other than that provided by the race organisers.

14.8 Parents/Guardians/Accompanying adults: Failure by a parent/guardian/accompanying adult to carry out instructions from officials, or failure to conduct themselves in a proper manner may lead to disqualification of the competitor and/or disciplinary action against the competitor by British Triathlon. Misconduct by a parent/guardian/accompanying adult may include, but is not limited to:

- threatening, abusive or insulting words or conduct
- failure to obey marshals/officials instructions
- handing water bottles or any other equipment to, or collecting them from competitors
- tampering with the equipment of others
- unsporting impedence

15 Transition Areas

15.1 In order to avoid accidents, safeguard equipment and protect personal possessions, athletes must not bring helpers, friends or family members into any transition area.

15.2 Pets are not permitted in the transition area.

15.3 Equipment must be PLACED in its allotted position and not where it may hinder the progress of other competitors. Equipment that is discarded will be regarded as a hindrance and a time penalty may be issued – see Penalties.

15.4 Cycles must be placed in the correct position both at the start & finish of the cycle section as advised in race briefing. Cycles should be racked by either the seat pin or by the handlebars/brake levers unless other arrangements are provided. Cycles which are incorrectly racked may be determined as being an impedence to other athletes.

15.5 Competitors must mount their cycles and start riding only when the parts of both wheels which touch the ground are

outside the transition area (i.e. at or beyond the officially designated cycle start).

15.6 When returning to transition competitors must dismount their cycle before any part of the cycle leaves the 3m dismount zone, which should be clearly marked before the end of the cycle course. They may then walk or run with their bike to its allocated position.

15.7 Competitors must not interfere with another competitor's equipment in the transition area.

15.8 Competitors must not use any device to mark their position in transition. Any device or marker will be removed by the referee but if this is not possible a penalty will be applied.

16 Race Numbers

16.1 Race numbers provided by the organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in a time penalty to the competitor if the offence is not corrected.

16.2 Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib so that the number is clearly visible at all times.

16.4 During the running phase a number must be displayed to the front.

16.5 Additional body marking may be provided by the organiser but this is not a substitute for, or replacement of, an official race number.

17 Swim Conduct

17.1 Competitors may stand, or rest on the bottom, or on a non-moving object, but may not gain unfair advantage or make progress, other than is deemed necessary to execute entry into and exit from the designated swimming course by doing so. In shallow waters, an exact point when swimming must commence and may cease shall be appointed and marked.

17.2 Competitors shall at all times swim so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedence.

17.3 Race organisers may set a time limit for the swimming section. The time limit will be determined when the event is registered with British Triathlon and be published in all race information and must be covered in all race briefings.

17.4 At the end of the specified time limit any competitor still in the water shall be ordered to retire. Competitors refusing to retire will not be insured to continue racing and may be subject to disciplinary action by British Triathlon.

17.5 At all events, both pool-based and open water, no diving is permitted unless pre-agreed at the time of registering and then only for entry at the start of the swim and for re-entry on multiple lap courses.

17a Row Conduct

17a.1 Competitors may not wear cycle helmets or cycle shoes with exposed cleats during the row section.

17a.2 Competitors may hold the rower handle while awaiting the starter's command but if doing so, must remain static until the race begins.

17a.3 On completing the row, competitors must release the handle with care and not allow it to fly out of their hands as they finish.

17a.4 Competitors may loosen and release their foot straps if required as their row finishes but their feet must remain in place until the row counter reaches zero.

18 Cycle Conduct

18.1 Every competitor must ensure that his or her cycle is in a safe and roadworthy condition and conforms to the technical specifications laid down by British Triathlon.

18.2 During the event, competitors are individually responsible for the repair of their machines.

18.3 Where a competitor is preceded or followed for any length of time, or frequently passed, by the same motor vehicle not provided by the organisers, that vehicle shall be considered as being associated with the competitor and to be giving support.

18.4 Any part of the cycle course may be covered on foot but on these occasions the competitors must carry or push their own machines.

18.5 All competitors must follow the normal rules of the road, obey all traffic signals and must follow any instructions given by the Police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.

18.6 Competitors shall at all times cycle so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.

18.7 Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race. Failure to do so may result in a time penalty.

19 Pacing/Drafting

19.1 Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor or motor vehicle during the cycling segment of races.

19.2 Bicycle Draft Zone

a) For all Age Group Events (except Long Distance)

The draft zone is a rectangle measuring seven (7) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back.

b) For all Competitors in Long Distance Competitions (Elite and Age Group)

The draft zone is a rectangle measuring ten (10) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 30 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 30 seconds the overtaking cyclist must drop back.

19.3 The draft zone of one competitor may not overlap the draft zone of another competitor.

19.4 Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed above or in the following circumstances:

a) For safety reasons

b) At an aid station

c) At the exit or entrance of a transition area

d) At an acute turn, such as 180° turn around a traffic cone

e) If race officials exclude a section of the course from the drafting rule because of narrow lanes, construction, detours or for other safety reasons

19.5 When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor. A competitor is passed when another competitor's front wheel is ahead of his/hers.

19.6 Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic. On open or semi-open courses, only single-file riding is allowed.

19.7 Vehicle Draft Zone

Competitors are not allowed to gain unfair advantage by drafting on officials' escort vehicles, TV and radio vehicles, etc. The vehicle draft zone is a rectangle thirty-five (35) metres long by five (5) metres wide which surrounds every vehicle on the cycle course. The front edge of the vehicle defines the centre of the leading 5 metre edge of the rectangle. The driver of the vehicle, who must be appropriately briefed by the organiser, is responsible for upholding the zone.

19.8 Draft Legal Events

In events where there are draft-legal waves British Triathlon will follow the current ITU ruling on drafting. This may require equipment such as aero bars to be changed (visit www.triathlon.org to view current ITU rules).

20 Running Conduct

20.1 No form of locomotion other than running or walking is permitted.

20.2 Competitors shall, at all times, run so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.

21 Penalties

21.1 Competitors may only be penalised by readily identifiable race referees.

21.2 All infringements are to be reported to the senior race referee who will have the responsibility of posting penalties.

21.3 Penalties may be issued or disqualifications given at any time up to the announcement of the final results, except where drug testing is

involved, when results must be considered provisional until test results are known.

21.4 The following penalties will be imposed for infringements.

Disqualification

a. Threatening, abusive or insulting words or conduct

b. Breaking road traffic regulations

c. Dangerous conduct/riding

d. Diving

e. Failing to obey marshals or the Police

f. Nudity

g. Outside assistance

h. Tampering with the equipment of others

i. Unsporting impedance – including but not limited to incorrectly racked bikes, discarded equipment and the use of marking devices which impede others

j. Two (2) drafting violations noted by motorcycle referee(s) OR four reports from static draft-control marshals OR one (1) drafting violation noted by a motorcycle referee and three reports from static draft-control marshals. NB: there is no requirement for a draft-control marshal to indicate that a competitor has been reported

k. Course irregularities (unless the competitor returns to the point at which he/she left the course, or a point on the course prior to it, and then completes the course)

l. Breach of conduct by parent/guardian/accompanying adult

Disqualification If Fault Not Rectified After A Warning

m. Illegal equipment (cycle or run equipment)

n. Banned equipment including, but not limited to, mobile telephones, MP3 players and personal stereos.

o. Illegal progress (during cycle or run)

p. Racing topless

2 Minute Penalty

q. Helmet violations (unclipping helmet whilst in contact with the cycle)

r. Number violations (not able to be altered after a warning)

s. Riding in the transition area

t. Markers in transition that cannot be removed but do not impede the progress of others

u. Drafting: One (1) drafting violation noted by a motorcycle or cycle referee OR three (3) reports from static draft-control marshals. NB: there is no requirement for the marshal to indicate that a report has been made.