Race letter for the BUCS Sprint Triathlon  
Saturday 1st June 2019

This race letter includes all the details needed for race day at this superb, traffic-free venue.

**Race Venue and Car Parking**
The venue for this race is Parc Bryn Bach, set in the small town of Tredegar. The full postal address is Parc Bryn Bach, Merthyr Road, Tredegar, Blaenau Gwent, NP22 3AY.

On arrival, ample free parking is available; please follow the signs and marshal instructions upon entering the venue. The venue will be open from 07:00 on race day and spectators can also park here.

**Registration**
Registration will be open on Saturday morning inside the main building from 07:45 - 9:30.

**Only team captains can register** and they then must distribute the individual race packs to their team members.

Please ensure that team captains bring the event waiver (page 9 of this document) to registration, completed in full. Team captain proof of I.D will also be required. The individually signed team sheets (which will be sent separately) must also be brought to registration.

Captains and teams cannot race without these fully completed documents.

Do not open a race pack unless it has your name on it. Race packs will be collected from the registration desk and will contain the following: race number, timing chip on a strap and bike sticker sheet. You will also be allocated a swim hat at race briefing.

Don’t forget the waiver documents – our insurance does not permit anyone to race without them.

**Race Numbers**
Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.
You must fix your bike number to your seat post and attach the three helmet stickers to each side of your helmet, before arriving at transition for bike racking.

**Timing Chips**
Timing chips are contained in your race envelope. Please attach the chip securely to your left ankle with the strap provided. This will ensure that your finish results and splits are collected by the system. **No timing chip = no results.** Only wear the timing chip allocated to you in your race pack.

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). Lost and unreturned timing chips will be invoiced at £45 + VAT each - don’t forget to hand it back!
**Race Day Schedule**

Saturday
07:00 – Car Park opens
07:45 – Registration opens
08:00 – Transition opens
08:15 – Bike course opens for Recce
09:15 – Bike course closes for Recce
09:30 – Transition closes for all wave 1 athletes
09:50 – Wave 1 race brief
10:00 – Wave 1 starts
10:30 – Transition closes for all wave 2 athletes
10:50 – Wave 2 race brief
11:00 – Wave 2 starts
11:25 – Transition closes for wave 3 athletes
11:45 – Wave 3 race brief
11:55 – Wave 3 starts
12:30 – Transition closes for wave 4 athletes
12:50 – Wave 4 race brief
13:00 – Wave 4 starts
13:30 – Transition closes for wave 5
13:50 – Wave 5 race brief
14:00 – Wave 5 race start
15:30 – Course closes
15:45 - Presentation

**Race Instructions & Rules**

Please ensure that you attend your compulsory race briefing on the day - failure to attend means you will not be able to race. Information on the course and any race specific rules, relative to your safety and that of others will be outlined at the briefings.

Please also read our referee’s notes at the bottom of this welcome letter. The race is non-drafting and motorbike referees will be policing this rule.

Your DB Max race referee will be John Milkins. Your Moto Referees are Steve Walters and Mike Southbee.

**Transition Area**

Please ensure that when you arrive at transition to rack your bike, **your bike and helmet are clearly labelled and your helmet is on your head and firmly fastened.**

Your bike must be racked in the space corresponding to your official race number. When racking your bike, please show consideration to other competitors. Boxes are no longer permitted in transition and only a small rucksack is permitted for your kit. There is no cycling allowed in the transition area at any time. Please be set up in transition **at least 30 minutes** prior to the race start. Transition will close as per the race day timings above.

Please familiarise yourself with transition before racing. A map of the transition layout is below:
After racing, you will only be able to collect your bike from transition if you have your bib number.

**Swim**

The swim takes place in the lake at Parc Bryn Bach and will be one lap of 750 metres. The lake temperature is currently approximately 15 degrees Celsius so the swim will be wetsuit compulsory. You must wear the swim hat issued to you at registration.

There will be appropriate safety cover provided by Parc Bryn Bach throughout the swim. If at any time you get into trouble during the swim, please roll on to your back and raise your hand in the air. A rescue kayak will then approach you and perform a rescue. Please follow the instructions from the kayaker at all times.

**Bike Route**

The bike is 5 laps of Parc Bryn Bach and is on closed roads. There is the opportunity to familiarise yourselves with the route from 08:15 to 09:15am, please do not race on the course at this time and take extreme care. Even though the route is traffic-free, there may still be pedestrians about, so please take care at all times. The race is non-drafting and please see the rules on drafting below. Two Moto Referees will be on course at all times. A link to the race route is [HERE](#).
**Bike Route Rules**

There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting below).
- Helmets MUST be worn at all times whilst you are in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times and you must rack in the area allocated to you.
- At no time are you allowed to drop litter.
- All gels must have your race number written on them in black permanent marker.

**Run Route**

The run route is two laps of the park and its lake. There is an out and back section on each lap at the far end of the lake. At the end of your 2nd lap you will bear left to run into the finish and across the line. To view the run route, please click [HERE](#).

![Run Route Map](image)

**Litter & Gels!**

At DB Max, we strive to ensure that litter (and especially plastic) is kept to an absolute minimum at our events. One of the biggest issues we often see, is the discarding of gel wrappers during the race.

At this event, your race number must be written in permanent marker on any race gel before you enter transition. If you do not have a permanent marker, we will provide one at registration and at transition. Any discarded gels or wrappers found on course, will result in a **disqualification penalty** being issued.

We will be policing this rule with spot checks on the morning of the race during bike racking and also in transition itself during the race. Please abide by the rules, protect the the environment and help us keep this beautiful area litter-free.

**Compostable Cups**

DB Max are advocates of the three R’s: reduce, reuse, and recycle. Our water cups are made from natural, renewable plant materials and can be composted together with organic food waste after use.

So the special **cup collector bins** you will see at our races are for our **special cups only**. Please do not put the cups in the black waste bins and do not put general waste in the cup bins. Help us to be more eco-friendly DB Maxers!
**Spectating**
The venue is great for spectating and with the event being entirely within the park, spectators can easily see the swim, bike and run course. Spectators must keep off the bike route at all times though and adhere to any crossing points in place.

**Presentations and Awards**
Presentations will take place shortly after the last finisher has completed the race in the main building at Parc Bryn Bach. This will be at approximately 15:45. Awards will be presented as follows:

- Top 3 Male
- Top 3 Female
- Team Prizes

**Refreshments**
Refreshments are available within the main building at Parc Bryn Bach.

**Nutrition partner**
Pulsin, our nutrition partner will be providing you with their fabulous protein recovery bars at the race finish.

**IPods and MP3 Players**
Competitors are **NOT** permitted to wear iPods or MP3 players at any time.

**DB Max Sports Timing**
DB Max Sports Timing will be producing the race results including splits and laps. You can follow the results and leaderboard live on the day [HERE](#).

**Toilets and Showers**
Toilets and showers will be available for all competitors inside Parc Bryn Bach and a number of portable toilets will be available in transition and on the run route.

**Race Photography**
Official race photography will be provided by [www.charleswhittonphotography.com](http://www.charleswhittonphotography.com) and will be viewable direct from your online DB Max results.

**Marshals**
The marshals are a big part of what makes our events great! Without them, the events just wouldn’t be able to happen. So, with this in mind, we challenge you to say thank you to at least one marshal on the way round the course (if safe to do so). Show them some love!
And if you have any supporters coming that would like to #getinvolved just drop an email to James Higgs via james@dbmax.co.uk. We’ll hook them up with some fun marshalling and look after them too.

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Parc Bryn Bach on race day!
A word from our referee, John Milkins...

Do you know the rules?

I have listed some general rules to help you when competing in a DB Max triathlon. Please remember them as you may be penalised, or even disqualified if you don’t observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

If you have any questions please do not hesitate to speak to our referee at the race.

General Rules and Race Conduct...

- It is your responsibility as a competitor to know all the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of the DB Max events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere on the course (including transition), as this will lead to disqualification.
- When racing, you need to be aware of other competitors and the general public, both on foot and in vehicles.
- You must wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.
- Nudity is not allowed. Competitors must keep their chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes must be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not permitted to bring boxes or large bags in to transition, only a small rucksack (or similar) are permitted. If you do bring anything like this with you it will be removed.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At DB Max races competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.
- Relays – Helmets must not be worn in relay exchange zones, instead they must remain on the bike before and after relay tagging.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.
- Personal video recording devices are not permitted.
- Littering is not permitted at any time. If litter is dropped accidentally you must pick it up.
Drafting....

- Triathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 12m behind it and 1.5m either side of the cyclists centre point. If you wish to overtake the cyclist in front, you have 25 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time you must drop back to 12m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.

As long as you read this and follow the advice given, you should always be on the right side of the rules at all DB Max races.

Remember, our referee will always be willing to answer any questions you may have.

Enjoy your race....!
Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement

For participation in: **BUCS Sprint Triathlon Championships** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right, and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

Terms
- I understand that my team take part in the event at our own risk and of our own free will. We understand that whilst the course has been made as safe as possible, this event is not without risk and that the event requires varying degrees of physical exertion.
- We confirm that we do not know of any medical reason why we cannot participate in the event and that we have prepared accordingly. I understand that if in doubt about my team’s health or if we have a medical condition that could be affected by exercise, particularly a heart condition, we should obtain doctor’s approval before participation.
- I confirm my team are over 18 years of age. If any member is under the age of 18, I understand that it is my responsibility to show a letter of permission from the parent or guardian of that team member.
- I confirm that I have received our race letter by email and that my team and I have thoroughly read and understood all aspects of the document.
- I understand that the organisers may take photographs or video footage of us taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my team members’ details may be passed on to relevant 3rd parties (such as My Skills For Life Ltd, Hospital etc.) in the event of illness or injury occurring.
- If any of my team are am unable to complete any section of the events, they will be given a DNF and MUST report to a race official with their timing chip. (replacement chip costs £75)

Rules
I confirm my team and I will abide by the following rules. Should we not, we will be penalised or disqualified from the event by the race referee.

- Foul and abusive language is not permitted and the failure to obey a marshal or referee will lead to disqualification. Marshals are usually volunteers to help with running of the events and we will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to disqualification.
- All members of my team will wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard.
- As team captain, I understand that we are responsible for the behaviour and conduct of all members of the team and our supporters at this event. I understand that any inappropriate behaviour of anyone connected to my university, may result in disqualification of my team.

Please bring this form signed along with University photo ID to registration. Failure to hand this document in at registration, will mean my team cannot race.

PRINT FULL NAME____________________________________EVENT_______________________________

UNIVERSITY OF WHICH I AM TEAM CAPTAIN: ________________________________________________

SIGNED ______________________________________________ DATE _______________