



Race letter for the Westonbirt Sprint Triathlon Monday 31st August 2020

This race letter contains very important information. It is vital you read it in full to ensure you can comply with the Covid-19 rules we have to implement to be able to compete. If you do not follow the rules you will not be permitted to race.

It's race time with DB Max! This letter includes all the details for race day at the beautiful Gloucestershire venue.

Race Venue

Race HQ will be at Westonbirt School which is located off the A433 - postcode for satnavs is GL8 8QG.

Please follow the signs for the car parking in the school grounds (will be sign-posted). The venue will be open at 07:00 and you will not be able to enter prior to this. Access will be through the main gate throughout the event, even when the bike section is running, so please drive down the main drive carefully and keep your eye out for cyclists.

Car Parking

On arrival, ample free parking is available in the school grounds. Please ensure you park well spaced out. There will be stakes in place for you to park in front of, please line the centre of your car up with the stake. Please follow instructions from the parking attendants and then follow the signs to transition. Please take care as you cross from the car park to the race village and only cross in the designated area.

Please note there is a short walk from the car park to transition.

Registration

There is no registration at the event. All race packs containing your race number, bike number and helmet number have been sent to you in the post. If you have not yet received your number, please contact us [HERE](#).

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 3 helmet stickers to each side of your helmet, **before arriving at transition for bike racking.**



Transition

When you arrive at transition you must already have your numbers attached to your bike and your helmet (please see above).

There will be a queuing system to get in to transition. When entering transition you will have to provide Photo ID to the people checking you in (Passport or Driving Licence are acceptable). If you do not provide Photo ID you will not be permitted to race.

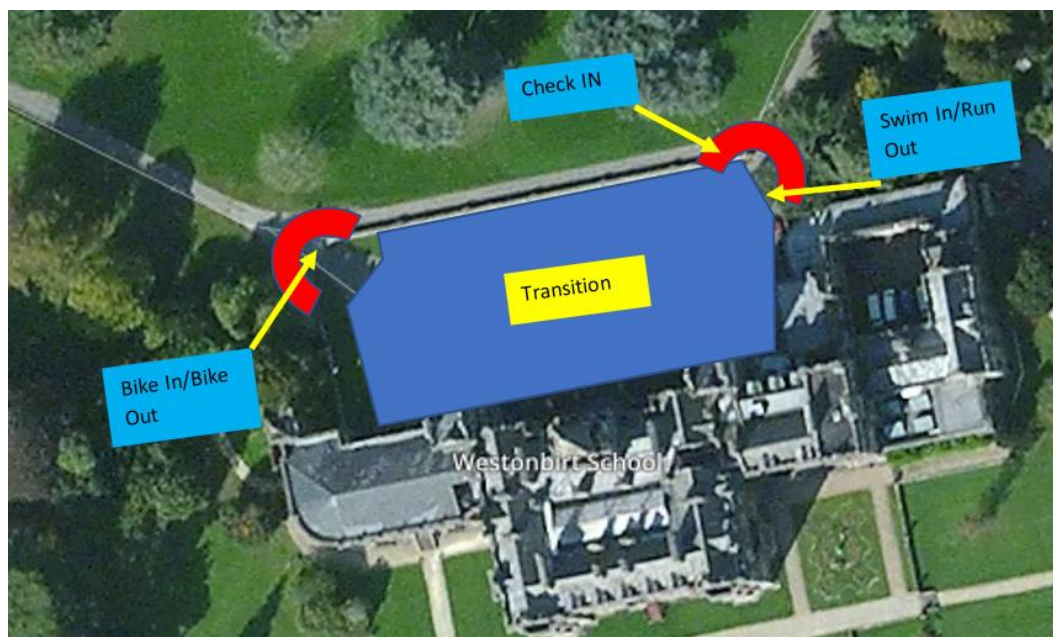
When queuing and in transition before racing you must wear a face covering (Mask or Buff are both acceptable).

There will be hand sanitiser in place as you enter transition, please ensure that you use it.

When entering transition, please go to your designated location. Your space will have a sticker with your name on it and your race number. You will also find your timing chip here which is attached to the bike racking in your allocated space. Please check the number corresponds to your number and attach **your timing chip** firmly to your left ankle.

You are permitted to enter transition 45 minutes before your race start. Please watch out for other competitors who are racing and make sure you give them plenty of room (a minimum of 2 metres).

Please familiarise yourself with transition before racing. A map of the transition layout is below.



About your timing chip

Any mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

Remember, **no timing chip, no results**.

Timing chips must be deposited in a designated bin 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 **£75 each** so please remember to hand it back.



Mandatory Pre-Race Briefing

There is no pre-race briefing on the day. Please ensure you have [watched the video briefing HERE](#).

Start Times and the Swim

Wave start times have been allocated with competitors starting at 30 second intervals. Upon arrival at the pool you will be required to queue at the marks provided and should not move forward until the space becomes available. There will also be hand sanitiser for you to use before entering the pool area, please ensure you use this. You will be called forward by the swim starter to enter the water. Please ensure you know your race number for them. When they call 'GO', you will swim at total of 8 lengths (200 metres). You will swim the first 2 lengths in lane 1, then switch to lane 2 and so on and so forth.

When you have completed your swim you will exit the pool. Please note we can give no assistance to people getting out of the water.

We will not be providing swim hats for the pool section, so if you wish to wear one, please bring your own. Please be **aware it is a 5-10 minute walk from transition to the race start** (it will be signed).

Transition During Racing

As there is a long run from the swim exit to transition (550m) a mini transition will be set up outside the swimming pool where you can leave trainers or similar. Please ensure that in this area you leave at least 2 metres between each person.

Once you exit the mini transition you will run back to the main transition. On entering transition and crossing the timing point of 'Swim In' your time will stop. Transition and the main drive will become neutralised and will become what we call a dead zone. This will allow you to take your time in transition and keep your distance from any other competitors who may be around you. You will have 10 minutes to complete your transition, run/walk with your bike to 'Bike Out' and then cycle up the main drive. Your time will start again as soon as you go over the timing point at the end of the drive. When cycling up the main drive please take care as this will be being used by race traffic. Please also note there are a number of speed bumps and cattle grids, so do take great care.

When you have completed your cycle you will turn left back on to the main drive. Here once again your time will stop and you will enter the neutralised/dead zone. The same rules and timings will apply here and you will have 10 minutes to cycle down the drive, dismount your bike at the dismount line, enter 'Bike In', rack your bike in the place provided to you and then exit on to the run at 'Run Out'. Once you cross the timing point at 'Run Out' your time will start again.

Please note that if your time goes over 10 minutes on either transition, the difference will be added to your overall time.



Bike Route

Competitors will start from Westonbirt House and head up the main drive (as mentioned above this is a dead zone/neutralised area so there is absolutely no racing here). Please take care whilst running to the mount line and get on your bike as directed by the marshals. Please also be aware of the cattle grids up the drive and ride carefully over them without stopping. Also please remember that the main drive will be being used by race traffic and take extra care.

Once out on the route please be advised that you are riding on live roads and will need to follow the laws of the road at all times. There is also a compulsory foot down and stop junction on the route just before 12 miles on the turn on to A433. Foot-down and stop means you must come to a complete stop before turning and **you will be disqualified if you do not comply with this rule**. It is your responsibility to get yourself onto the A433 safely. The junction will be signposted and marshalled. A map of the location is below.

Please note that you will not be permitted any outside assistance at any times, so take anything you think you may need in the event of a mechanical. You will also have to provide your own hydration for the bike leg. In the event of a break down or first aid incident that needs attention please call 07425 157 245. Please ensure this number is in your phone before going out on to the route.

In the event that you do require a lift back to transition due to a breakdown you will be required to put your bicycle in to the recovery vehicle yourself. When in the vehicle you will have to wear a mask which will be provided to you. Please also note that after any recovery we will disinfect the vehicle



A map of the bike route is below; to view it in detail, please click on the map with your computer connected to the internet.



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 in the referee's rules 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.

Run Route

The run route is 3 laps of the grounds at Westonbirt House. It is your responsibility to count your own run laps. On your third and final lap you finish by running up the funnel to the finish gantry at the end of the lap. A map of the run route is below; to view it in detail, please click on the map with your computer connected to the internet.

Please ensure that you keep a 2 metre distance to all other competitors at all times. The course is very wide so this should present no problem.



Finish

When you are approaching the finish of your event, please take the left hand funnel to follow the rope to the finish line and finish under the arch.

Once you cross the line, please ensure that you continue to keep a 2 metre distance to all other competitors at all times. You will be able to collect a cup of water (or 2) at the finish line. You will also be able to collect your medal. Please follow instruction from marshals on where to pick these up.

When you have collected your medal and water you will be able to rest and recover. Once recovered please go to transition and collect your bike and belongings. Please take care and look out for other competitors still racing and ensure that you keep a 2 metre distance at all times. When back at your bike, please apply a face covering again.

When you have collected your bike you can exit transition via the bike check out area (you will need your race number). From the time of finishing your event to leaving the venue should be no more than 40 minutes. Please do not congregate in groups at any time.

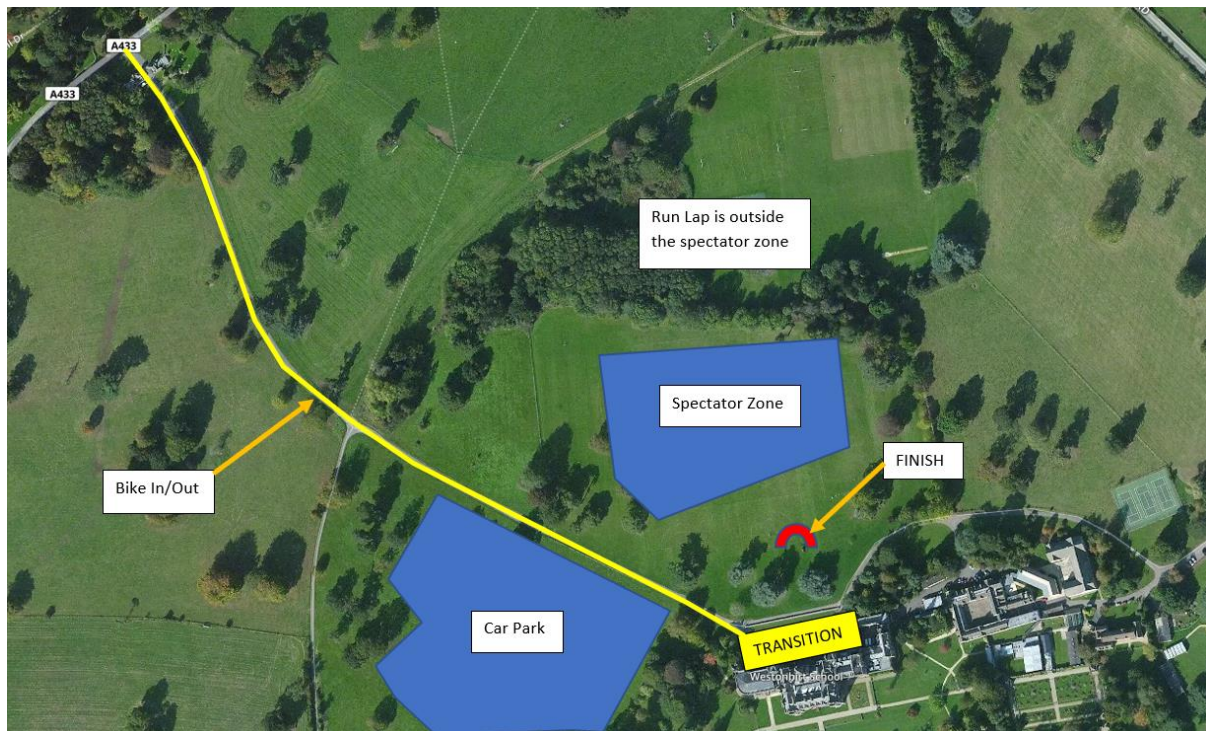
Relays

If you are competing as a relay, then please note that the chip you will become your team baton. The swimmer starts with the chip attached to their left ankle. After the swim, the swimmer will run in to transition to the changeover zone and hand the chip to the cyclist. The cyclist is not permitted to have their helmet on at this point and it must be in contact with the bike. The cyclist will receive the chip and place it securely on their left ankle. At this point the cyclist can run to their bike, put on and do up their helmet

and head of on to the bike route. On return, the cyclist will return to transition, rack their bike, remove their helmet and run to the changeover point to pass the chip on to the runner. The runner will place the chip securely on their left ankle and head off on to the run route. Please note, no chip, no time and unfortunately will incur a disqualification.

Spectators

Spectators are permitted at this event, but there is a maximum of 1 per person. You must email their details in advance to enquiries@dbmax.co.uk. This must contain their name and telephone number. Spectators will only be allowed in the spectator zone which will be on the main school field and must maintain a distance of 2 metres to all other spectators/staff/competitors at all times. Spectators are not permitted around transition, the finish area or at the swim. Any spectators found in these areas will be asked to leave immediately and the competitor disqualified. Please see below for a map of the spectator zone. From this area you can see transition, bike in and out and also each of the run laps.



IPods and MP3 Players

Competitors are **NOT** permitted to wear iPods or MP3 players at any time while racing.

DB Max Sports Timing

DB Max Sports Timing will be producing the race results including splits and laps. You can follow the results live on the day at dbmaxresults.co.uk via your smart phones.

Toilets and Showers

Toilets will be available for all competitors as portable toilets only and are located near transition. When using the toilets please use the hand sanitiser provided before entering, then wipe the toilet down after use with the disinfectant wipes and flush them away. When leaving the toilet please ensure you again sanitise your hands.

Marshals

As with all DB Max races we could not hold the event without the help of all the marshals. Please thank them



where possible. We keep our marshals fed and watered and you will also receive a free entry to a future DB Max event. If you are interested in marshalling, please email james@dbmax.co.uk.

If this is your first triathlon, we've launched our **Newbie Corner** below with tips and tricks for that first big day!

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Westonbirt on race day!



Newbie Corner

DB Max always love to welcome first timers to our events. We were all beginners once and here's a few helpful hints and tips for your big day.

- Arrive at the event early so that you have plenty of time to prepare, register, warm up and so on. Make sure there's no need for stressful rushing and make use of our 'How can I help you staff'.
- Get to know the location of your bike in transition and also the exits so that you're not going to struggle to find your bike during the race. You cannot mark you spot with a flag or anything, but try making it visually distinctive to you, maybe with something like a ribbon on your handlebars or use a special towel in your spot. Notice any landmarks that might help.
- Set your kit out as you need it in transition. Also remember that clothing and socks don't go well onto wet bodies. You can try rolling your socks down to the toes so you can put them on more easily. Do the same with sleeves or other clothing you might put on.
- Wear a race belt to attach your race number to. It's quick to put on and good for both the bike and the run - plus, no safety pins.
- When you rack your bike in transition, make sure it's in a low gear so it's easy to pedal off at the start of the bike leg.
- When nearing transition at the end of the bike leg, downshift your gears and start spinning a bit, to loosen up your legs ready for the run. Remember, your legs may still be wobbly when you first start running.

Most of all, enjoy your race.... and smile!



A word from our referee, Mike Newman...

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.

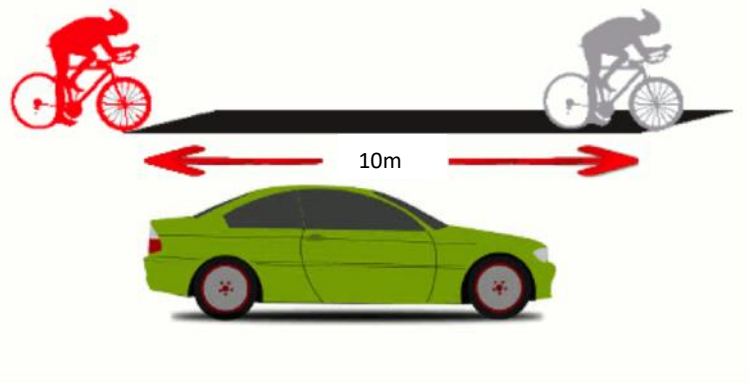
General Rules and Race Conduct...

- 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 10m behind it and 1.5m either side of the cyclists centre point. If you wish to overtake the cyclist in front, you have 20 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 10m 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....!