

# Race Brief 'Summer Tri Series'



The  
**Summer Tri Series**  
incorporating...

**400m Swim**  
**24km Bike**  
**5.7km Run**

**2 Super Sprint Triathlons: First of the Summer Tri and Last of the Summer Tri**

Event sponsors:



Hello,

Many thanks for entering the '*Summer Tri Series*' an exciting sprint triathlon set in the beautiful surroundings of Holmfirth.

We have been working hard to ensure that we put on a memorable day for everyone involved.

There will be goody bags for competitors as well as cakes and hot drinks available for sale with all proceeds going to our local charity; Holme Valley Mountain rescue team who will be marshalling on the day.

We have stalls and event photography, so bring your cheesy grins and your wallets for any last minute equipment!

Massages will also be available from Trevor Seymour Massage on the day and again all funds raised from this will go to a local charity.

**Registration opens at 07.00am**

**First swim starts at 08.00am**

**At registration BTF members must show their valid licenses or you will be charged £5.00. You cannot race as anyone else for insurance purposes. If you are not the person listed in the race start list you will not be insured and we will not be held liable.**

The pool swim will be a staggered start, the first starting at 8.00 and depending on numbers, the last one 12.00pm (approx.)

**To give yourself enough time to register and set up your gear it is advised you turn up 1 hour before your swim time.**

Go to the registration tent where you will be given a goody bag with a High 5 water bottle, gels, powders, energy bars and your race numbers.

We will be using chip timing for the event and these will required to be worn in the pool. Your chip will taken from you at the end of the event, therefore remember no chip, no time! If you have to retire please return your chip to an official otherwise you will be charged a £10 fee.

Changing rooms are provided by the swimming baths.

You will need to be in the main building reception area 10 minutes before your start time. This is for competitors only.

Race brief will be held in the reception area of the pool and are at the following times:

- 07.30
- 08.30
- 09.30

**You must attend one of the race briefs. These are the rules and must be followed.**

NB: Please read BTF amended rules on website:

Calf guards are not permitted in pool based swims

## Swim

You will be given a swimming cap which you must wear and you will also be asked to get into the water 30 seconds before your start time. No diving.

- In this pool, 400 metres is 20 lengths and take caution in the deep end. On completion of the 18 lengths you will be tapped once on the head to make you aware you have 2 more lengths to go. Front crawl or breast stroke are the only strokes allowed.
- There will 3 or 4 people in each lane at any one time.
- If you need to overtake the person in front of you, tap them on foot and pass them at the end of the next length.
- Likewise, if you get tapped on the foot let the person in front pass you at the end of that length.
- No one can exit via the steps, this would make it an unfair advantage.
- Take off the swim cap and leave it with marshal at the end of the pool.
- The floor maybe wet on exiting the pool, so please beware. Exit will be via the fire door and you will be directed to the transition area (which is the enclosed basketball court).
- **TUMBLE TURNS will be permitted.**

## Bike

You will have racked your bike before the swim in the transition area. You must NOT unrack your bike until you have securely fastened your helmet (BTF rules) and you must not mount your bike until you have crossed the 'cyclist mount' line, NB. the start is up hill so choose a low gear. Road bikes are most suitable for this event but mountain bikes are permitted, however the skinnier the tyres the quicker your time will be, and you can get fairly skinny tyres for mountain bikes at a low cost.

**The mount line is at the end of the tarmac section at the bottom of the ramp adjacent to the football field.**

The bike and run route will be marshalled You must know the route beforehand although signs will be in place. Please be aware, marshals are not permitted to control traffic for you. You must complete 3 laps on the bike route. You must count your own laps. Use particular caution when entering the main road from Smithy Place and from Bridge Lane (**Bridge lane and smithy place will be closed to traffic accept for resident access only**). You are responsible for your own safety on the bike and must follow the Highway Code at all times, our prizes are good but they are not that good!

No drafting will be allowed on the bike route (see BTF rules). There will be a draft motorcycle on the circuit. Slower cyclists please keep to the left to allow others to overtake (safely!)

At the end of your 3rd lap you will turn left off the main road and will go down the track to the right where you exited the ride transition. Take care here and watch for cars exiting the car park and if wet it maybe slippery. This will be marshalled for safety and cars will be stopped coming

from the car park. You will be shown where to dismount your bike. You must rack your bike in the transition before you take your helmet off.

## **Run**

On the run, which is one circuit, again the route will be well signed and marshalled, but please note that you are responsible for your own safety. You must run on the pavement where possible. Please be aware of other pedestrians and road users. The route will go past where the old sycamore pub towards Newmill and then about 2 thirds of the way down double back towards Stoney Bank lane and back to Thongsbridge.

## **General Points**

- Check the weather and bring suitable clothing
- Strictly NO Ipods, mobiles phones or similar during the event.
- No riding in Transition
- You will need your race number to get into and out of transition.
- You will collect 3 race numbers on the day, one to attach to your bike, one for the bike route (to attach to the reverse of your shirt or race belt), one for the run (to attach to the front of your shirt or race belt).
- Competitors seen intentionally dropping litter or drafting will be disqualified.
- Parking will be available across the road from (HD9 3JL) Holmfirth swimming baths, parking is not permitted on the main road as this will make it dangerous. parking is available at Elmwood Health Centre car park. Please do not park in the Memorial Hospital. Car parking is also available at the COOP, which is a short walk away.
- Medical assistance will be available on the day.
- Refreshments will only be available at the end of the course and not on the bike or run routes.
- Prizes will be available for overall 1<sup>st</sup> Place Male and Female. And first place in each Age Group open (upto 30 years old), 30+, 40+, 50+ (Male and Female).
- Results will be available at the end of your race via the chip timer and will be published on the website the following day. You will also receive a text message if you have provided your mobile number.

Lastly, we hope you have a safe and fantastic day, be sure to give us any feedback on the day or via email.

Many thanks,

Dave and Simon