

# Team Kennet Newbury Triathlon

*Team Kennet*

**Sunday, 3rd September 2017, 8.00am**

Northcroft Leisure Centre,  
Northcroft Lane, Newbury RG14 1RS

300 yard Swim / 22km Bike / 5km Run

## **LOCATION**

Northcroft Leisure Centre is just off Newbury Town Centre. There is plenty of parking on Goldwell Park opposite the leisure centre and a £1 donation to our chosen charity is requested. If you are a later starter, the race may have already started please be mindful of competitors on bikes.

## **REGISTRATION**

Northcroft Leisure Centre, from 7.00am. To keep your race fees to a minimum Team Kennet send nothing out in advance, everything you need can be collected from registration on the day.

At registration if are a BTF member you will need to show your BTF Licence or you will be charged a further £5 for a day licence, non-members will be asked to show another form of photo ID.

## **CHECK YOUR ENTRY BAG! IT SHOULD CONTAIN:**

- 2 race numbers (to be visible on your back whilst cycling, front whilst running)
- Chip timer and strap (attaches round your left ankle)
- Bike and helmet number stickers
- The event T-shirt

**You Must Register Before You Race**

## **RACE BRIEFING**

Please report poolside **AT LEAST** 15 minutes before you are due to start, were you will be given a short briefing.

## **DISABILITIES OR SPECIAL NEEDS**

Please make and special requirements such as physical disabilities or special needs known to the organisers by emailing: [triathlon@teamkennet.com](mailto:triathlon@teamkennet.com) and also report to the Race Director before you race. We will do our best to incorporate everyone wherever possible.

## **RULES**

This event is run under the rules and regulations of British Triathlon. Please consult: [www.britishtriathlon.org/britain/documents/about/2013\\_btf\\_rulebook\\_revisions.pdf](http://www.britishtriathlon.org/britain/documents/about/2013_btf_rulebook_revisions.pdf) to familiarise yourself with the rules applying to triathlon racing.

It is your responsibility to familiarise yourself with the rules of triathlon, infringements may result in a warning, time penalty or disqualification. A summary of a few more commonly missed points are outlined overleaf but this is not a complete list!

- The highway Code must be followed Any equipment that acts as an impediment to hearing or concentration is prohibited from use, this includes: Mobile Phones and MP3 Players. For the duration of the event, including in transition, as well as during the swim, cycle or run.
- All competitors must follow the normal rules of the road the highway code, obey all traffic signals and follow any instructions given by the police.
- 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.
- This is a non-drafting race and you should be 10 metres behind the cycle in front unless overtaking.
- Transition must be kept as clear, you are asked to remove bags and boxes etc after you have set up. If you are a later starter please be considerate to those that have already started.

In addition to the above rules: Rudeness to marshals, other competitors or race officials will not be tolerated. Neither will littering and any infringement could result in your disqualification.

Competitors must race under their own names. Anyone caught using a race number that is not their own will be immediately disqualified and any prize won will be forfeited. If you are unable to race for any reason we operate a waiting list and you may receive a partial refund. To qualify for a refund you will need to contact: [triathlon@teamkennet.com](mailto:triathlon@teamkennet.com). The event refund policy is:

Notification of more than 8 weeks - 50% of entry fee

Notification of 3 to 8 weeks - 20% of entry fee

Notification of less than 2 weeks - No return

## **TRANSITION**

Racking opens from 7.00am, please retain you race number, you will need it to collect your bike after the race. Only competitors will be allowed in transition, please keep belongings left in transition to a minimum, you will be asked to remove any unnecessary large items.

## **SWIM 300 YARDS**

You will swim four lengths of Northcroft's 75 yard outside pool, starting from the shallow end, swimming anti-clockwise and ducking under the lane rope to move across a lane after the first two lengths.

## **BIKE COURSE 22KM**

See the above link regarding British Triathlon rules. The cycle is on open roads, please obey the Highway code at all times, look out for pedestrians and other road users.

The bike course can be found here: [www.mapmyrun.com/routes/view/466337848](http://www.mapmyrun.com/routes/view/466337848)

Please pay particular attention and slow down when in Northcroft Lane as you approach the Leisure Centre, spectators are often wandering around and cars may be attempting to park.

## **RUN COURSE 5KM**

The run course can be found here: [www.mapmyrun.com/routes/view/466342542](http://www.mapmyrun.com/routes/view/466342542)

## **PRIZES**

Prizes will be awarded for (1st, 2nd and 3rd): under 23 male, senior male, over 40 male, under 23 female, senior female, and over 40 female. They will not be awarded on the day, winners will notified in the week following the event.