



Oxford Tri Sprint Triathlon

Event Date: 29th August 2011 (Bank Holiday Monday)

Location: Radley College, Abingdon, Oxfordshire

Time: First Wave off at 8am

Location

The event is based at Radley College, Abingdon, Oxfordshire, OX14 2HR. The College is situated on the Kennington/Radley Road.

Car Parking

There are two entrances to Radley College. Car parking will via the MAIN ENTRANCE (NOT THE SPORTS CENTRE). Please drive up the main driveway; carparks are situated round to the right. Please be aware of bikes while turning into the College.

Registration

Registration will be open from 7am on Monday morning. Please allow 45 minutes before your allocated start time to give you time to set up your equipment and prepare. If you have not registered 10 minutes before your start time, we will assume that you will not be competing. Registration will take place upstairs in The Pavillion (it will be sign posted from the carparks). You will receive your envelope with race numbers and stickers to attach to your bike and helmet. You will also have your arm marked with your number to help identification during the swim. Please ensure that your number is displayed on your back during the bike and on your front during the run.

From registration follow the signs to transition and the swimming pool. Please be aware at all times of people racing and entering/exit transition.

Race Briefing

Race briefing will take place at poolside. This will make you aware of any last minute changes and we can inform you of any safety issues which may affect your race.



The Swim and Transition Area

Transition is situated in the Sports Centre car park and will be open from 7.00am onwards, the racking will be numbered so please rack your bike on your number and keep transition free of clutter and unneeded kit. There may be people racing while you are racking so please be respectful of ALL competitors, rack your bike promptly and leave the area as quickly as you can. When you have finished and are removing your bike, you will be checked that your race number matches your bike.

Please familiarise yourself with the direction of traffic in transition, you will need to move through clockwise unless told otherwise.

Please be on the poolside at least 10 minutes before your given start time - access the poolside through the changing rooms. Start times will be posted on the Oxford Tri website approximately 1 week before the event. There are changing facilities available within the Sports Centre complex. The swim is **16 lengths** of a 25 metre pool totalling 400m. Competitors will be set off in waves of 6 (1 per lane) of similar ability swimmers every 3 minutes. You will be given a coloured swim cap that you must wear and leave at the end of your lane on completion of the swim. You are responsible for counting your own lengths. If you do too many, the time that you record will be your split time and there will be no adjustments post race.

The Bike

The bike route is a one lap course totalling 22.5km (<http://www.bikely.com/maps/bike-path/OxfordTri-Sprint-Bike-2010>).

The route will be clearly signed and marshalled. Please note it is not the marshals job to tell you whether traffic is coming or not. You must not rely on the marshals for this information and do not ask them. There will be a designated start/ finish line where you will be able to mount/dismount your bike just out of transition. Please do not try and ride your bike before this line.

There are 2 COMPULSORY FOOT DOWN points on the course. The first is when the route crosses the A4183 and the second is the right turn out of Sugworth lane. These points will be marshalled and 2-minute time penalties will be issued for people NOT putting their foot down.

It is your responsibility to ensure that your bike is roadworthy and safe (note that the handlebar ends must be plugged). Helmets must be fastened before you grab your bike to leave transition and must remain fastened until you have re-racked your bike in the transition area - if you don't it could result in your disqualification. BTA rule 18.5 states that 'all competitors must follow

the normal rules of the road, obey all traffic signals....Any infringement of the law and subsequent legal action is the sole responsibility of the competitor'. So, if a marshal tells you to stop at a junction or slow down leading up to a junction, it is for your own safety.

Failure to obey the marshals could jeopardise your life, other people's lives and the future of the event. So please - do as they ask. Failure to comply with any of the above may result in your disqualification.

The Run

The run route is a on and off road 2 loop 5km.

(<http://www.bikely.com/maps/bike-path/OxfordTri-Sprint-Run-2010>)

The run will be signed and marshalled with 2 laps of the main loop, there will be a marshall and sign at the spilt point YOU MUST COMPLETE 2 LAPS.

Results and Prize giving

We aim to do the prize giving as soon as possible after the last competitor has finished and have a full set of provisional results.

It would be great to have as many people there as possible to support those who have one an award. The event is quite small, so we will be able to get the prize giving done fairly quickly.

Prizes will be awarded to Male and Female top 3 overall, and 1st male and female 40+. We will aim to get a full set of results on our website within 48 hours (www.oxfordtri.co.uk).

Other

Please check www.oxfordtri.co.uk/sprint or contact oxfordtrirace@gmail.com for any further information.

The race will be held under British Triathlon rules (www.britishtriathlon.org) so please ensure you are familiar with them before hand.

There will be post race massage available

GOOD LUCK AND ENJOY YOUR RACE