



Good Fri Tri – April 6th 2012

Radley College, Abingdon, OX14 2HR

A perfect event for Novices or those looking to challenge themselves to a Sprint Triathlon.
Cant run? Won't run? The Swicle is the perfect event for you.

Novice Tri: 200m Pool swim, 11km cycle, 3km Run

Sprint Tri: 400m Pool swim, 22km cycle, 5km Run

Sprint Swicle: 400m Pool swim, 22km cycle

0800 – approx 1130

A **200m/400m pool based swim** in the beautiful facilities at Radley College, followed by an **11km/22km undulating cycle** around Abingdon village, and the **3/5km run** finishes on the school running track in front of the impressive Pavilion.

WELCOME

Welcome to the second Good Fri Tri at Radley College in Abingdon, Oxfordshire. This is the first race in this year's 'Wessex 2012 Triathlon Series'. We hope you have an enjoyable day.

LOCATION

Radley College, Abingdon, Oxford, OX14 2HR. Two miles from the A34, just south of Oxford. Refreshments are available on site. We are very grateful to Radley College for the use of this venue and with this in mind, please treat all the facilities and the surrounding area with respect and leave them as you find them.

PARKING

There will be free parking on site for the majority of competitors, however if you are spectating only we ask you to use the car park on Church Road or at Radley Station. Please use the main college entrance, not the Sports centre entrance, as this car park will be closed for the day. Please leave bikes in your car until you have registered. Parking attendants will be on hand to help.

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REGISTRATION

Registration will be held in the Sports Centre which is the start of the race. All competitors should register between 0715hrs and 0745 hrs on Friday morning. Once registered please wait at race HQ for race briefing. This is inside in case of wet weather. There will be a clearly marked entrance and exit to avoid confusion and crowding. There will be a race information board located just outside Race HQ detailing any last minute changes and important information, route maps and locations of facilities.

A PA system will be provided to make both competitors and spectators aware of any important information, such as a delay or problem with the race, the start and finish times and any other issues regarding the race.

No registration less than 15 mins prior to your race. If you are late you don't race!!

At registration you will be required to show your BTF Race License (excluding those non BTF members, who must show some form of photographic identification). You will be issued with a race number, a swim hat, chip timing and a bike sticker which must be attached to your cycle before entering transition. The sticker does not have to be visible throughout the race.

There will be information marshals available throughout the event.

NON-BTF MEMBERS

All non-BTF members must collect a day licence at Registration to compete in a BTF sanctioned event (day licence already included in entry fee).

MEDICAL ADVICE

If you feel unwell on race day please don't race. If you have any medical condition including asthma or any allergies please clarify on the registration form, clearly write the details on the back of your race number and put a small X on front in waterproof pen. A marshal will check all race numbers before the beginning of the race.

First aid will be provided by GB EMS and they will be clearly sited at various positions around the course, please go straight to them if you have any concerns, whether you are a competitor or spectator. All marshals will have be in contact with the first aiders, so if you cannot see a first aider, go to a marshal and they can call the first aiders. An indoor first aid facility will be available away from the race course in the school sports centre, please follow appropriate signs

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to access the area. There will be lifeguards on poolside, and first aiders mobile on the cycle route and available on the run route.

WITHDRAWALS/LATE ENTRIES

Withdrawals have to be made in writing by 25th February. A lot of preparation has gone into running the event and therefore a lot of costs involved so we will be unable to refund after this time.

FACILITIES

Toilet and changing / shower facilities are available in the sports centre building and pavilion and will be clearly signposted. There will be secure lockers available in the pool / sports centre building. The transition areas will also be secure, with a dedicated marshal to ensure safety of property. Only competitors with a race number allowed back into transition to collect kit.

REFRESHMENTS

Food and drink will be available outside of the Race HQ and by the pavilion near the finish post. Bacon rolls, Hog roast and snacks will be available from Catering 4 Occasions. We recommend all competitors, spectators, family members etc to head to the refreshment stand after racing to socialise with fellow competitors! Water will also be available at 50p per bottle. Water will be provided for competitors at the end of the course. Alternatively, competitors are permitted to take their own bottled water around the course with them. 'Drip Drop Sport' will be providing rehydration sachets in the race bags, given out at registration.

LOST PROPERTY/CHILDREN

Please report any lost property/children to the Transition Managers who will be at the bike exit to transition throughout the event. The organisers are not responsible for the loss of personal property.





KEY OFFICIALS, MARSHALS and VOLUNTEERS

2 way radios will be used on the day to communicate quickly and efficiently with one another. The race director, Hannah Owens can also be contacted on 07581146164. Additional details to be sent out to all marshals nearer to the event. All marshals and officials will be provided with a copy of the marshal map, with all contact details of all officials and marshals, and marshal briefing will be given on race day. Event Tshirt and high-vis bib will be provided to wear at the event. Refreshments will be provided.

TO CONTACT US

Write to: Try Tri Events, 18 The Central Precinct, Chandlers Ford, Hampshire SO53 2GB

Email: events@trytri.co.uk

Tel: 023 80 273657

We would like to thank the people who have generously helped and supported this event. All of our sponsors, Oxfordshire Police, Abingdon Council, GB EMS, Oxford Tri Club, BTF and of course the many volunteers, without whom we could not hold such an event.

VOLUNTEERS WANTED

We still need a few more people to help All volunteers receive a T-Shirt, food and refreshments. You can still feel part of the event without racing. You will be individually briefed upon check in. Volunteers registration 0700hrs.

If you can help in any way please Call: Hannah on 02380 273657,
email: events@trytri.co.uk

A FEW RULES

A British Triathlon qualified official will be present on race day.

Race Numbers - One number must be worn on the front of your t-shirt. Numbers must not be folded, cut down or mutilated in any way.

Cycle Helmets - BSI, ANSI or SNELL approved helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to removing your bike from the rack

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and neither undone nor removed until after re-racking your bike.

Transition - No riding is allowed in the transition area at any time. You must run with your bikes to the mount zone and on your return to transition dismount in the zone before entering transition. Check out where mount and dismount lines are before the race. Marshals will be present to document check in/out of each competitor and to ensure transition rules are adhered to. One marshal will be stationed on the mount line. The transition will have clearly marked openings for entry from swim, cycle exit and entry and run exit. Each opening will be manned by a marshal for directional and security reasons

Cycle Conduct - Competitors must make sure that their cycle is in a safe and roadworthy condition. All competitors must keep to the left and overtake on the right. Please take note of signs and obey marshal instructions.

Disqualification - The following infringements will result in disqualification: Abusive language, breaking road traffic regulations, dangerous conduct/riding, failing to obey marshals or the police, nudity, outside assistance, unsporting impedance, 2 x drafting violations, course irregularities (short cut), tampering with other competitors' equipment.

A horn will sound to signal the recall of competitors to the start line in the case of a false start. There will be an area where, if required, an anti doping unit can operate in relative seclusion and inform competitors of anti doping procedures - In compliance with **WADA** (World Anti Doping Agency).

For further details of race rules see BTF Handbook or website: www.britishtriathlon.org.

PRIZES and RESULTS

There will be prizes for the top finisher male and female in the race. Your prize will be sent out to the winner on confirmation of results. Results will be displayed on www.trytri.co.uk within 48 hours. If you require a printed set of results please leave a SAE at registration.

PHOTOGRAPHY

Emma Moore Photography will be providing action photos of this day which can be seen and purchased on the day, and via Emma Moores website, details of which will be given out on the day.





SPECTATING

The main activities are centred on the swim start/finish and transition areas. Spectators may watch from viewing gallery on the poolside, spectators are asked not to take their cars out onto the bike course. It is important that spectator traffic is not generated both for the safety of the competitors and also to minimise any inconvenience to other road users. Vehicles attending or following any rider will result in that rider being disqualified. There are also sections which are taped off to prevent spectators and competitors mixing. Please remain outside these areas as they are there for the safety of all concerned. The Finish post can be viewed from Race HQ. Upon finishing the race competitors should head to the exclusion zone behind the finishing line for their protection. A race commentator will be present in order to keep spectators up to date on the latest race information.

The Race Details

BIKE RACKING

All bikes must be racked prior to your race, by 0745 on Friday. Entrance can only be gained to the transition area with your race number. Your bike must have a sticker with your number on and you must show your cycle helmet upon entry. Only competitors with race numbers will be allowed back into transition to collect cycles after the event, which must be shown when leaving the transition area. Each competitor will have a minimum of 100cm allocated space for their bike on the racking. Please do not leave your kit bags in transition, lock them away in your vehicle, as they can prove to be obstructive to other athletes. Bikes must be collected before the start of the next race, please be prompt collecting them when you have finished your race.

Chip Timing – The race will be timed using chip timing. You will be given a small bracelet to wear around your ankle at registration. This has a timing chip in it which will be activated at the beginning of the race. Please do not enter transition wearing your bracelet before the race begins as this could affect the timing results.

0800 First wave start – we will notify you 3 days before the event via email about your actual start time.

Be at the Race briefing located just outside the swimming pool 15 minutes before your start time for a final briefing and wave details before heading to the pool and start. Both the cycle





and run routes will have km markers.

The Start

This is at the shallow end of the swimming pool (walk to the left as you enter). The pool supervisor will ask you for your race number to ensure everyone is accounted for.

Swim 200/400m

This is 8/16 lengths of the pool. The pool is 3m at its deepest however if you can't stand and get into trouble roll onto your back, put your hand in the air and a lifeguard will help you immediately. Don't panic and listen for instructions.

Trainers or bike shoes must be left with your bike and helmet in transition ready to be worn. Ensure you leave your swim hat with the lap counter on exit of the pool.

Bike (The surface of the roads should be fine, any hazards near race day will be posted online.)

Cyclists will head out of the school grounds towards Kennington Road and turn left. Travel 1.2 km and turn left, travel 3k and go straight over A4183, at 6k there will be left turn at junction with a marshal. At 6.8k left turn, 8.5 straight over roundabout, at 10k turn left onto Radley Road, then turn left into White's lane and follow all the way back to Sports Centre entrance on left. Sprint competitors will complete 2 laps. Drop bike off in transition outside of the swimming pool.

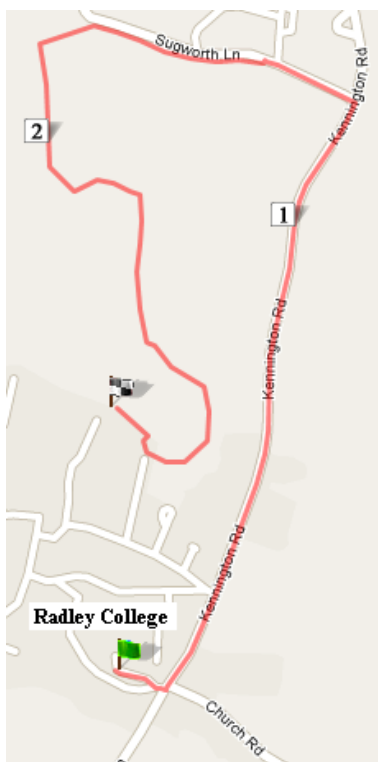




Run

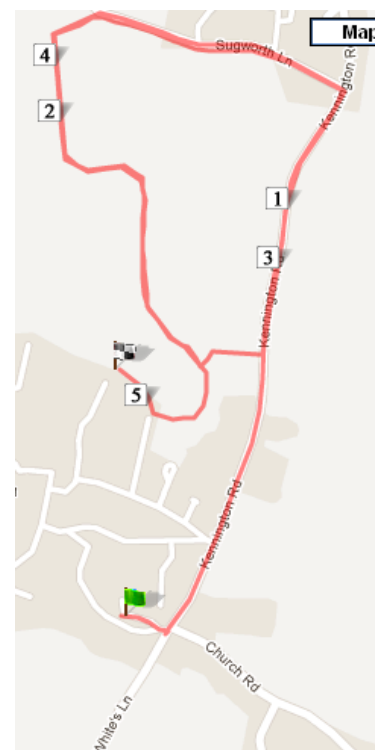


The run will start out on same direction as bike route, turn left onto Kennington Road, then left again after 1.2 km still following bike route. At 1.5k there will be a left turn off the road onto the field, follow RUN signs, follow field edge to 2.6k when you enter a woodland track, this will lead you round the outside of the running track, finish will be on the running track itself, so turn right for sprint to finish when on the track. As with the cycle route, any hazards on the run route will be posted online nearer to race day.



Novice

Sprint: 2 laps of upper field





Finish

The finish is located on the running track which will be clearly labelled. Competitors will be funnelled through a finish chute upon reaching the finishing line to restrict any room for confusion. The finish chute will be sufficient to allow for a sprint or multiple finish. Please ensure you return your timing bracelet to the Timings marshals at the Finish. Find these routes online:

The Sprint Swicle will follow the same route as the Sprint triathlon, completing 2 laps of the cycle route.

Cycle Route:

http://www.mapometer.com/en/cycling/route_293785.html

Novice Run route:

http://www.mapometer.com/en/running/route_293755.html

Sprint Run route:

http://gb.mapometer.com/running/route_1544492.html

These can be viewed as maps or satellite images for complete clarity of route.





Catering

Catering Occasions

AVAILABLE FROM OUTSIDE RACE HQ ALL THROUGHOUT THE EVENT

FREE Training sessions:

More information is available upon sign up. This will include a free swim session or cycle. Contact Hannah at events@trytri.co.uk if you are interested.

Enjoyed this and want to do more?

More Novice events on www.trytri.co.uk

Oxford Tri Club: <http://www.oxfordtri.co.uk/>



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