

# THE READING TRIATHLON 2017

## RACE INFORMATION

Welcome to the Reading Triathlon! We hope that you find all that you need in this race pack information; much of it is also available on the Tri20 Triathlon Club website here

[www.tri20triathlonclub.co.uk/reading-triathlon-2017](http://www.tri20triathlonclub.co.uk/reading-triathlon-2017), or you can email us on [events.tri20@gmail.com](mailto:events.tri20@gmail.com).

Please read this information first though, as we hope we've thought of everything you might need to know!



### Lake Temperature and Weather Forecast

The lake temperature at this time of year is usually around **18-20°C**. For up to date information on the water please check the Tri20 Swim Centre website [www.mysportingtimes.com](http://www.mysportingtimes.com). BTF (British Triathlon Federation) rules apply regarding the wearing of wetsuits (please see page 11 of the rules here <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>) – but in short, if the water temperature drops below 13° (extremely unlikely!) then wetsuits will be compulsory; between 14° and 22° wetsuits are optional, and at 23° and above, wetsuits are prohibited due to risk of overheating. However, we strongly recommend that all but the most experienced athletes wear wetsuits if the water temperature is below 23°.

A limited number of wetsuits are available to hire through our friends at the Tri20 Swim Centre; please visit their website here <http://www.mysportingtimes.com/section.htm?section=wetsuits> and they will try to assist you. Alternatively, you can call them on 01189 332761.

### Kit Preparation

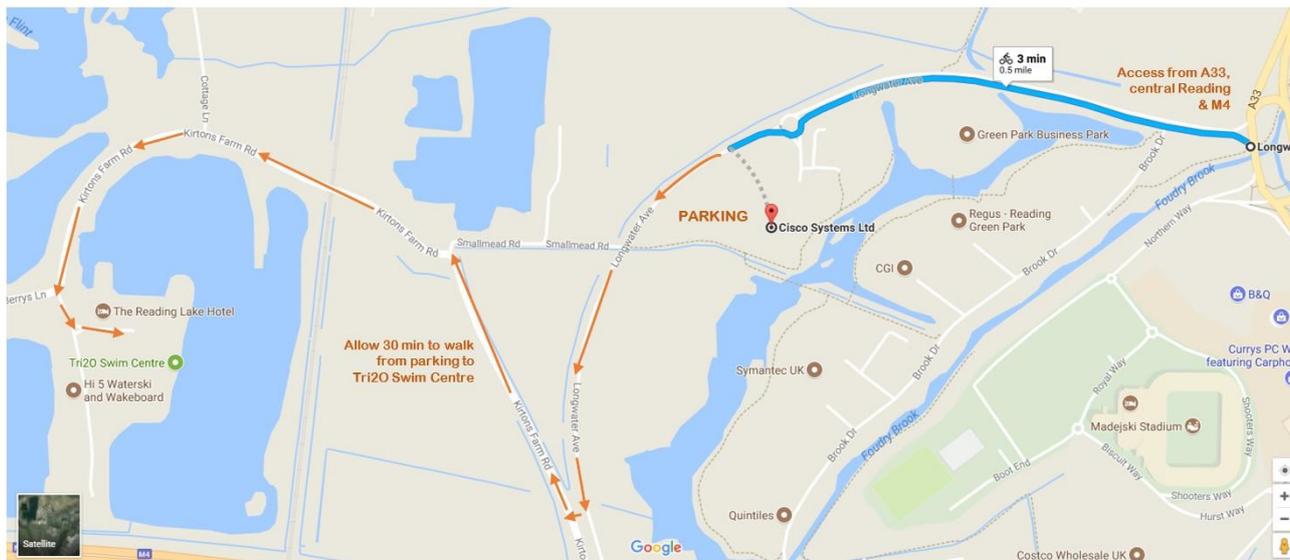
Ensure that your kit is in good working order; swim goggles should be leak-free and should not mist up, your bicycle must be roadworthy with tyres, brakes and gears fully functioning and in good condition, bike helmets are *compulsory*, and running shoes should be fit for purpose.

Think through each stage of the race: swim, T1 (first transition), bike, T2 (second transition) and run, to ensure you have covered everything that you will need for race day. If you are new to triathlon then take a look this Beginners Guide to Transition for some last-minute hints and tips <http://www.mysportingtimes.com/beginners-triathlon-guide-area-race.htm>, by our friends at My Sporting Times.

## Parking

**IMPORTANT NOTE**, remember that there will be **NO ATHLETE OR SPECTATOR PARKING AVAILABLE AT THE VENUE** – if you come to the hotel to park you will be redirected to the designated parking area; save time on the morning by going directly to the official Race Parking.

Ample parking for athletes and spectators has been provided by Cisco in their car park at 300 Longwater Avenue in Green Park, Reading RG2 6GB (a 25-30 MINUTE WALK from transition). The car park will be open from 0600 on the morning. It's not our place to suggest using common sense, but it would be sensible to only bring what can be carried in a backpack, and then cycle over with it!



## Directions:

Exit the M4 at Junction 11 and head North towards Reading on the A33, staying in the left-hand lane. Do not turn left at the Madejski Stadium - continue to the entrance signposted to Green Park which is just after you have passed B&Q, on the left. The entrance to 300 Longwater Avenue is approximately 400m down on the left; on entering Longwater Avenue you will be directed to the designated parking area. Please ensure you leave plenty of time to get to the site and register. From the car parking look for the race signs to the Reading Lake Hotel.

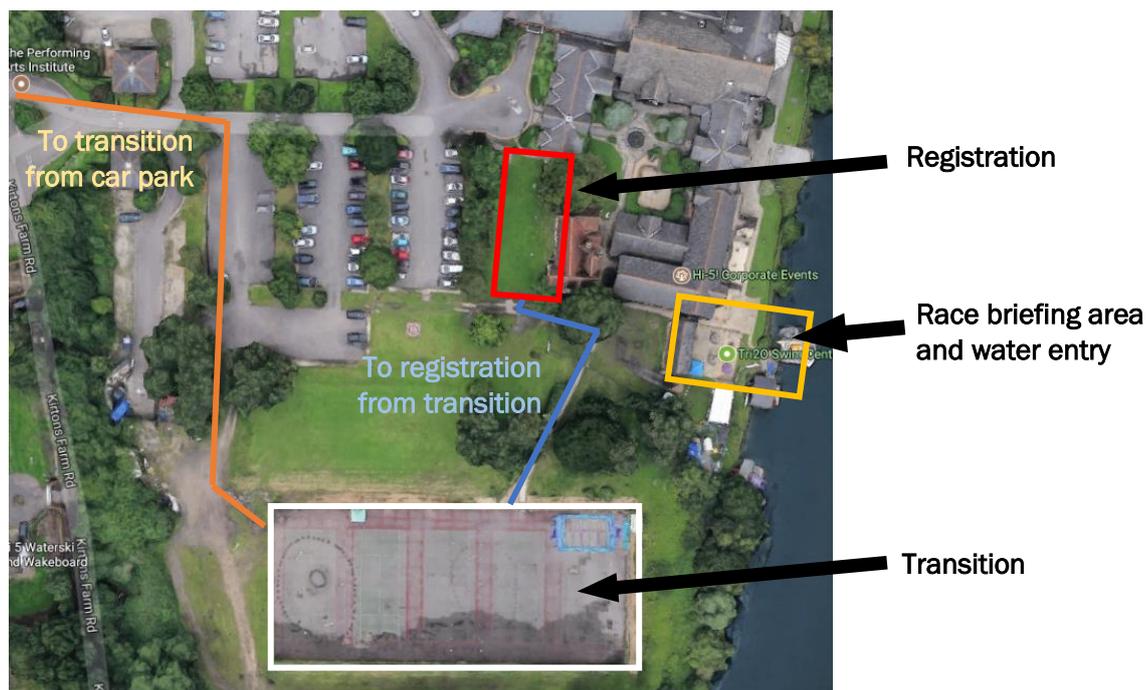
## Registration

Registration will be on race day only, from 06:30 am. Follow the signage from the car park.

You will be able to enter transition and rack your bike before registering, but you will need your race number to do so! Remember your race number and rack your bike in your designated space before registering. You cannot take anything *out* of transition without having your corresponding race numbers and bike/helmet stickers.

You will need to go to the appropriate desk [Olympic / Sprint & Relay] to pick up your Race Pack. You will be provided with 2 race numbers, 1 Helmet sticker & 1 Bike sticker. Check that all of the numbers in your pack are the same and ask if you are unsure. Remember that a lucky few of

you will have a surprise Golden Ticket Prize, so don't throw away your Race Pack envelope without checking carefully!



After you have collected your race pack you can collect your timing chip. The timing chip is valuable - please make sure the chip and Velcro strap are secure and wear the chip **UNDER** your wetsuit. If you lose it you will have to pay £50 to replace it - so please don't lose it!

If you have pre-arranged to hire a wetsuit for the event, it will be at registration for you to collect.

## Your Wave, Start Time, and Race Number

### Wave Start Times:

Wave 1	08:00	Male Under 40 Olympic
Wave 2	08:10	Male 40+ Olympic
Wave 3	08:20	All Female Olympic
Wave 4	08:50	Male Under 40 Sprint
Wave 5	09:00	Male 40+ Sprint
Wave 6	09:10	All Female Sprint & Relay Team Sprint

Find your name in the start list and make a note of your race number and start time; this will help us to speed up the registration process and help you to plan your schedule for the morning. You should aim to arrive at Registration 75 minutes prior to your wave start time to pass through registration, collect your timing chip, generally faff about and get to the swim start area.

**Please Note:** You will be called through to the swim start area approximately 20 minutes before your official wave start time for a short briefing and assembly in the water for the wave start. It is compulsory for every participant to attend a pre-race briefing, and we'll assume that you've listened to it!

## THE COURSE

### Swim Course



The Olympic distance swim is a two-lap course and the sprint distance race is a single lap. Whilst the courses will be clearly marked with large marker buoys, it is your responsibility to ensure that you are familiar with the correct course for your event – details will be provided in the race briefing before you enter the water and you will be shown at registration. There will be marshals on hand to explain the course to you in advance of your wave start and kayakers on the water to ensure that you are heading in the right direction.

Each wave will have around 60 athletes who all need to enter the water within a 5 minute window, so please only approach the water entry when you are ready to get into the water.

If, at any point during the swim, you start to feel unwell or are experiencing a problem, simply turn on to your back and raise your arm in the air; a kayaker or support boat will come to your aid. There will be emergency cover at the swim exit.

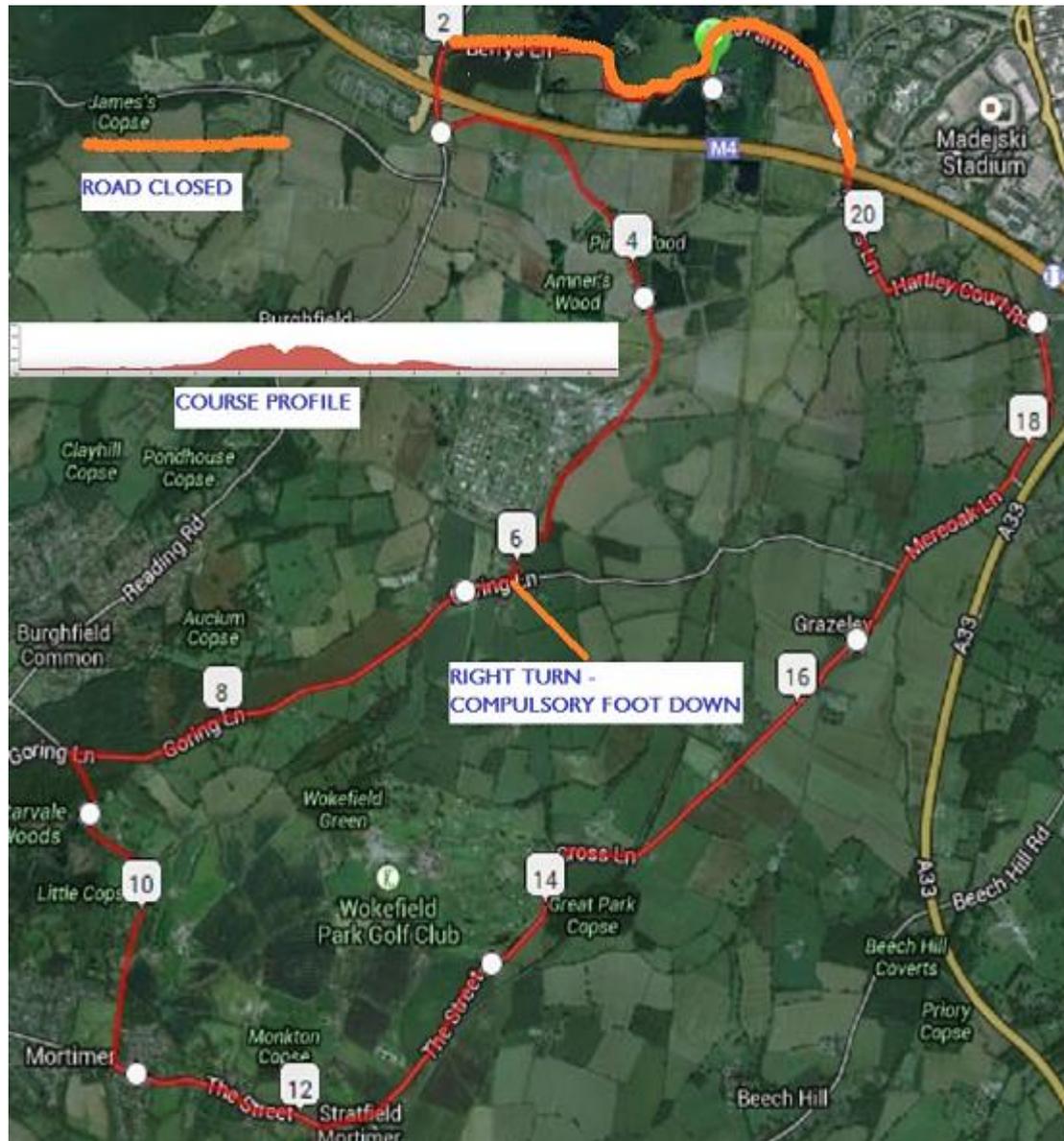
### Bike Course

Whilst you are ultimately responsible for your own safety and your navigation of the course, we do have a great team of marshals to help keep you safe and make sure you are travelling in the right direction. Please obey the marshals, and treat them with respect and good manners; remember they are there for your benefit and are volunteering their time to ensure you have a great race. Remember that most of the bike course is on roads open to traffic, so take care and always obey the Highway Code.

#### IMPORTANT NOTES:

There are two right hand turns on the bike course; one minor, one major. For your own safety, you **MUST** stop and remove your foot from your pedal and place it on the ground in view of the marshals at the major right turn; failure to do so will result in *immediate disqualification*. You'll see good warning of this junction.

## Bike Course map



There is also one set of traffic lights on the bike course. However, these are on a section of closed road near the end of each bike lap. **You are permitted to go through a red light here**, but please do so carefully. No cars should be using this stretch of road, but you never know!

The bike course is: **ONE LAP** for the sprint distance  
**TWO LAPS** for the Olympic distance

## Run course



The sprint distance run section is 3 laps around the lake, whereas Olympic distance participants will complete 6 laps. On your final lap, you run down to the finish straight instead of heading around to start another lap – the finish gantry is VERY visible. A sensible suggestion is to spend a minute checking the route to the finish once you've registered. **It is your own responsibility to count your laps.**

Remember that the run course is predominantly on a track around the lake which may be affected by any recent weather – please watch your footing and run within your capabilities. If it has been very wet, then trail shoes may be more appropriate.

## Relay Teams

Relay participants will all need to collect their race packs at registration – one team member can collect all three. Relay change-overs **MUST** take place by your designated space in transition – nowhere else – and you'll need to transfer the timing chip and strap from person to person here. Relay swimmers and cyclists should contact a transition area marshal to collect their finisher medal – you don't have to wait until the end.

## Water Stations

There will be one water station located near the start of the run lap. Water will be in plastic cups; please use the bins provided to dispose of your cups where possible – we do understand that this can be difficult on the move! If it's a warm day sponges will also be available here. Water will be available at the finish.

## Other Operational Information

- **Toilets:** There will be plenty of toilets available on site adjacent to the finish line and registration area.
- We will supply safety pins to pin your number to your shirt; alternatively, you may use a race belt and some will be available to purchase on the day.
- Please make sure you bring your own water bottles on the bike and use sun block if necessary.
- Mark the inside of your wetsuit with your initials/name. Make sure you take the correct wetsuit home!
- For everybody's safety, ear pieces / iPods / phones are not allowed in transition or on the course on race day. You will be stopped during the race if you are using any of these devices.
- Bikes can only be removed from transition with matching race number and bike numbers.
- Race Photos - Your race photos as provided by Sussex Sport Photography will be available here <http://sspimg.com/Reading-Tri-Gallery-2017> in the week following the event.

## Prizes

After you have finished your event please stay around for the Prize Giving Ceremony, encourage the athletes still out there racing the course and just enjoy the atmosphere. Prize Giving will commence as soon after 11:30am as possible in the area near the finish. We'll be awarding prizes and/or awards to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Males and Females overall, and winners of Vet and SuperVet categories for both distances, and of course to the 1<sup>st</sup> Relay Team.

We have some BRILLIANT prizes worth racing your socks off for:

- Vouchers for sports massage by Susan Martin & Jane Docherty Sports Massage
- Personal training sessions from: The Right Fit, Vikki Roberts Personal Training
- Deep tissue treatment with Wendy Rooke at Rooke Holistic Therapies
- AW Cycles gift voucher
- Two Barnes Fitness event entries



VRPT

Several of our fantastic prizes will be awarded at random as Golden Tickets – so check your registration packs carefully!

## THE EVENT VILLAGE

We are delighted to have a range of support on hand for your every need before and after the event, and to keep your supporters and spectators happy and well fed.

### Massage

We have two sports massage therapists on site for your post-race massage needs; Jane Docherty and Susan Martin. They will be offering 15 minutes of massage for a very reasonable £10, so please bring some cash with you on the day.



### Ice Cream!

For the best quality, tastiest ice creams in West Berkshire, look no further than Gelarto, a small artisan ice cream making company based in Newbury. They will be selling their superb ice cream, made with fresh whole milk and cream, with less than half the amount of sugar of the usual supermarket brands. Their flavours are to die for, and be assured that the Tri20 events team have rigorously taste tested them and approved with 5 stars.

### Bicycle support



We are delighted to have AW Cycles, based in Reading, providing bike mechanical support (with a free safety check if you require it) on site throughout the morning, as well as the opportunity to browse and purchase bike kit. Who doesn't love a bit of new stuff?!

### Refreshments

Spectating is tiring work, so fear not there will be bacon rolls, hot drinks and cakes for sale.

### And finally ...

**Good luck and we look forward to seeing you on Sunday 3<sup>rd</sup> September!**