



CHILDLINE JUNIOR TRIATHLON

Sunday 13th June 2010
Army Foundation College, Penny Pot Lane, Harrogate HG3 2SE

'DRAFT' Competitor Information

Thank you for entering the eighth ChildLine Junior Triathlon. The event is supported by NYPtri Triathlon Club and is part of the British Triathlon (Yorkshire and Humberside) regional series. We hope you have a fun and successful day whilst taking part in the exciting sport of Triathlon. Set out below is some information about the event and useful tips to help you. If this is your first Triathlon and you are unsure about what to do, please ask one of the marshals on the day, they will be happy to help. The event will proceed come rain or shine.

In order to improve the running of the event, we have employed Freebird to run an electronic chip timing system, which will automatically record the time taken by all entrants and thereby reduce the chance of human error. Freebird are also providing the facility for competitors to enter and pay online. Last year we introduced a "Try a Tri" category which is open to family members of competitors who are too old for the Tristar or Youth events, or who wish to compete over a shorter distance. The purpose, as the name suggests, is to offer an introduction to this sport and just as importantly, to enhance the family atmosphere of the day. Details on how to enter this category will be circulated on confirmation of entry for the Junior event.

1. Before Race Day

Make sure all of your race equipment is ready

Bike: Make sure it is **safe and roadworthy**.
Do the gears work? Do the brakes work?
Are the tyres pumped up? Are all the nuts and bolts secured?
Get it checked over at a bike shop if you are not sure.
I recommend our sponsor 'Boneshakers' on Albert Street, Harrogate.

Helmet: You must wear an approved helmet for the cycle section. This will be checked at registration.

2. Race Day

Directions: The Army Foundation College is a fantastic venue and the event has been made possible thanks to their help and support. Please remember that this is a military establishment, therefore certain security procedures have to be in place. Please have your race information available on arrival and at least one person in each vehicle must have some form of identification, such as a photocard driving licence, passport or recent utility bill.

A percentage of vehicles may be liable to a search on entry.

You will not be allowed to visit any area other than the sports hall and the grassed area which contains the transition. This will become clear on the day. **Please do not leave any bags unattended.**

Registration: Registration will open at 09.00 am and close at 10.30am, at which point a race briefing will be held. Please register before taking your cycle to the transition area. When registering please be prepared for the following:

1. You will be expected to present your cycle helmet which will be checked to ensure it complies with British Safety Standards.
2. If you have declared British Triathlon membership, you are entitled to a £1 refund if you produce your licence. For non-BTA members, your race fee already covers a day's membership of the British Triathlon Association which provides insurances.
3. You will then be handed a carrier bag which amongst other things will contain:
 - Your race licence (for non-British Triathlon members).
 - 2 race numbers and 8 safety pins. The numbers must be pinned at all four corners to the front and rear of your shirt making them clearly visible. Please do not pin them too close to the edge as the number will tear when the shirt is pulled over the head. If you have a 'race belt' this may be used, but if the number is not clearly visible your cycle lap may not be counted

nor your times recorded. Should you require medical attention (e.g. allergies, conditions, medication), please ensure that you write your name and any medical requirements on the reverse side of the race number using the sticker provided (available at registration).

- **Your swim cap.** (These are coloured to identify you in the swim lanes).
 - **Your bike number.** (Stick this on your cycle frame. When collecting your cycle after the race this will be checked against the race number written on your arm or leg).
 - **Chip timing ankle band** - this electronic device is allocated to your race number and should be worn around either ankle using the Velcro strap throughout the race. At a number of points around the event and at the finish it will register your time so we can later publish your position.
 - **An event T-shirt.** It is not necessary to wear this for the event (nice to wear afterwards).
4. **A registration official will mark your right arm and leg with your race number.**
 5. **Details of which wave and swim lane you are in will be displayed on the wall.**

The approximate timings of the event will be confirmed closer to the time. **It is the responsibility of the parent / accompanying adult to ensure that the child's cycle is safe and in working order, especially the brakes.** If a cycle is deemed unroadworthy the competitor will be excluded from the event.

Race Briefing: The race briefing will take place in the registration hall at 10.30am. All competitors and parents / accompanying adult must attend. Any queries that you may have will be sorted there.

Race Referee: The race referee is provided by British Triathlon and will be identified at the race briefing. If you have any concerns or complaints regarding the running of the event, timings etc, please direct them to the race referee.

Changing Rooms and Toilets: These are available in the sports centre. The changing area will be segregated from others using the sports facilities. The toilets will be clearly signed. We cannot accept responsibility for items left unattended.

Rules: The event will be held in accordance with British Triathlon rules. A copy of these rules can be obtained from the British Triathlon web-site (www.britishtriathlon.org) and will be on display at the event. *Some of these rules are emphasised in italics within this information.* During the event, marshals will be counting swim lengths and cycle laps, and bands will be handed out at each run lap. It is also your responsibility to count your own laps.

CATEGORY	AGE (years)	SWIM (lengths)	CYCLE (laps)	RUN (laps)
Tristar Start	8	2	1	1
Tristar 1	9/10	4	2	2
Tristar 2	11/12	6	4	3
Tristar 3	13/14	12	6	4
Youth / Soldier	15/16	16	8	5
Try a Tri		6	4	3

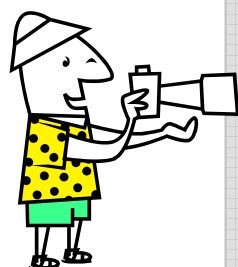
Photography / videos: If your parent / supporter wish to take photographs or video they must register (at Registration) and wear a sticker. Anyone not wearing a sticker should not be taking pictures and may be asked to leave the area (This is in compliance with the British Triathlon child protection policy). In order to register you must be accompanied by the athlete or provide proof of identity including home address.

Garry Fry of Yorkshire Events Photography will be taking photographs throughout the event and will be attempting to capture competitors at various stages. Photographs will be displayed on the website www.yorkshireeventsphotography.com and can be accessed using the password GOLD. They will then be available for you to purchase as a lovely reminder of your children's splendid efforts.

Transition Area: The transition area will be available from 9.00am until 10.50am, but please ensure that you register first before taking your cycle to the transition area. Your place in the rack will be numbered with your race number. All gear that you intend wearing for cycling and running (helmet, cycling / running shoes, shirt and towel) must be laid out in the transition area with your cycle.

Once you have placed your cycle in the transition area please feel free to familiarise yourself with the routes in and out of transition, i.e. in from the swim and bike and out on the bike and run.

Competitors will be allowed to cycle one lap of the cycle route as a familiarisation before 10.30am. Cycles must not be ridden on the course or within the grounds other than the practice lap or in the race!



Top Tip – Make sure your cycles tyres are correctly inflated: this makes it travel faster more easily. Also make sure the cycle is in a lower gear so that you can set off easily from transition.

Parents / Supporters: We are hoping that everyone will be well supported, but we must insist that they obey directions by marshals. *They must not help their children other than shouting encouragement, as this may result in penalties (this includes running alongside them). They will not be allowed in the transition area after transition has closed other than at the allocated times or after the last event for removal of cycles. Please remember, the cycles will not be released unless ownership is confirmed by the showing of the race number on the arm or leg. Only racing competitors will be allowed to use the exit from the pool that leads to the transition area. Parents / supporters must exit by the main entrance in order to view the cycle or run; this route will be obvious on the day.*

3. The Race



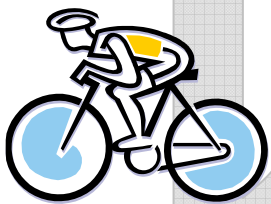
Swim: The pool is 25m long, has six lanes and is indoors. There will be lane ropes. You should be on poolside at least 5 mins before your start time. Don't worry, we will ensure you have plenty of time to get to the pool.

The marshals at the pool will check your race number and direct you to your lane. Do not get into the water until directed to do so. You will start in the water (no diving) with up to three swimmers in each lane. Which lane you are in will depend on the information that you have supplied about how long it takes you to swim 100m. Swimmers in each lane will wear different coloured hats to assist the marshals in counting your lengths. They will tell you when you have two lengths to go. Tumble turns will be permitted.

Top Tip – Unless you have competed in a Triathlon before do not try and swim the fastest that you have ever swum before; remember to save enough energy to complete the cycle and run! You want to finish.

Tristart	-	2 lengths
Tristar 1	-	4 lengths
Tristar 2	-	6 lengths
Tristar 3	-	12 lengths
Youth	-	16 lengths
Try a Tri	-	6 lengths

Transition: Run to the transition area where you put on your shoes, vest / T-shirt and your cycle helmet. *Make sure your numbers are visible and your helmet is securely fastened before you move your bike; you will be stopped if you do not and may be time-penalised. You must push your bike out of transition and **do not get on the cycle before the 'mount line'**, which will be marked on the ground. You must not ride in the transition area.*

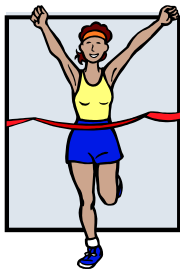


Bike: Once on your bike, be careful of other bikes on the course, especially approaching or leaving the transition area. *There will be no drafting allowed (i.e. following immediately behind another rider).*

The marshals will be counting laps and will happily shout out how many laps you have done if you ask. Please **remember to shout out your number** as you pass the lap counters; do not worry if you forget as, hopefully, they will have seen your race number.

Tristart	-	1 lap
Tristar 1	-	2 laps
Tristar 2	-	4 laps
Tristar 3	-	6 laps
Youth	-	8 laps
Try a Tri	-	4 laps

Once you have completed the last lap, return to transition (be careful as others will be doing the same). *Dismount at the 'Dismount line' (same line as the mount line) and push your cycle into transition. Remove your helmet only after you have placed your bike at your rack number.*



Run section: As you leave transition collect a rubber band to indicate you are starting your first lap. Turn left and join the running section. Try to keep going as long as you can, if not stop and walk. There will be drink stations out on the course. At each lap collect a wristband, this will help you count the number of laps you have completed (not 8 year olds, as they will only do one lap). When you have completed your last lap run through the finish line.

Tristar	-	1 lap = No bands
Tristar 1	-	2 laps = 2 bands
Tristar 2	-	3 laps = 3 bands
Tristar 3	-	4 laps = 4 bands
Youth	-	5 laps = 5 bands
Try a Tri	-	3 laps = 3 bands

Finish line: Having crossed the finish line to the cheering crowds you will be handed your finisher's medal to wear with pride. There will also be a station where your ankle strap will be removed. Please ensure you return this band promptly. There will be a fee of £15 for any unreturned devices. There will also be a drinks station, please take a drink as it will help you recover.

Presentations: These will take place in the sports hall where the registration is held. Trophies and prizes will be awarded for the first three finishers in each age group (boys and girls) and there will be a trophy for first local athletes (local means with HG post code). Please stay for the presentation and give your support to your fellow competitors.

Results: The list of results will be posted as soon as possible as each age category finishes. Final results will be published on the NYP Triathlon website, and hopefully in the Harrogate Advertiser.



ChildLine: You will have received a sponsorship form and some information about the ChildLine charity. Please collect sponsorship money as soon as you can and forward it to:

'Harrogate Triathlon' c/o Tudor House, 4 Coppice Drive, Harrogate HG1 2JE

Please Note : Cheques made payable to 'Harrogate Triathlon'

It would be helpful if you could tell us how much you hope to raise for ChildLine when registering for the event. The expected total can then be announced at the presentations. Staff from ChildLine (Yorkshire and North East) will be attending the event.

4. Parent's Bit

Extensive planning has gone into this event to ensure that it will be a safe and enjoyable day. Please could you help with the following:

- Cycles are only to be ridden by competitors, and only during the race.
- In accordance with British Triathlon guidelines on Child Protection, any person wishing to take photographs or video must register at Registration. You will be provided with a registration sticker, which you must wear at all times while using a camera. Anyone found taking photographs when not registered will be asked to leave the grounds.
- There will be an official photographer taking photographs for the local press. In addition Yorkshire Events Photography will be taking photographs which will be on sale within 48 hours after the event at www.yorkshireeventsphotography.com (password GOLD).
- Please note there will be a food concession available throughout the day to provide hot and cold drinks, sandwiches, burgers, etc.
- St John Ambulance will be providing First Aid cover for the event.
- No pets may be brought into the Army Foundation College.

I thank you for your support (particularly those who have offered to assist in marshalling), and look forward to seeing you on the day. If you require any further information, I can be contacted on 07810-861562 or gary.sroberts@btinternet.com.

Gary Stoneman-Roberts (Race Director)

Top Tips for New Triathletes

1. Your last meal should be at least two hours before your start time, but keep sipping water right up until the start.
2. Make sure you arrive in good time and familiarise yourself with the course. Make sure you know exactly where to go.
3. If you have any questions, ask them at the race briefing, or ask one of the marshals.
4. Make sure your bike is in good condition - particularly the brakes. If the tyres are correctly inflated you will find it easier to pedal!
5. Only wear the clothes that you need; putting more on will take extra time. If it is warm, all you need is your swimming costume, a vest / T-shirt and a pair of trainers. Do not use any new or unfamiliar kit; stick with the equipment that you are happy with.
6. If the forecast is sunny remember to wear sun cream.
7. Try a little talcum powder in your shoes; this helps them go on more easily. Also, remember to loosen off your laces before the event so that you can get your feet in easily. Most triathletes use elastic laces, or lace locks.
8. Try to warm up before the event. Have a little jog and a stretch; this will help you go faster without damaging your muscles.
9. Make sure your bike is in an easy gear for when you start.
10. On both bike and run, make sure your numbers are visible to the lap counters so they know who you are; also, shout your number as you pass them.
11. Pace yourself! – try to keep running; even jogging is faster than walking.
12. Once you have finished, wrap up warm and have something to eat and drink.
13. Most of all – **have fun** and tell your friends of your achievement; wear your T-shirt with pride!

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