

Driffield Triathlon 2009

Driffield Sports Centre, Bridlington Road, Driffield, YO25 5HZ
Sunday 17th May 2009

Please Read Carefully.

If you don't understand please ask before the race.

**Check the Freebird website for your scheduled start time and any updates www.freebirdevents.co.uk
(Aim to arrive at registration at least 1Hr before your start time)**

Rules

This race will be held under British Triathlon Federation rules. You should make yourself fully conversant with these. You can download the rules from the BTF website www.britishtriathlon.org click on "events" and select "rules". Or contact BTF at British Triathlon, PO Box 25, Loughborough, Leics, LE11 3WX. Tel: 01509 226165

How to get there

The new Driffield Sports Centre is located on Bridlington Road, Driffield, East Yorkshire. If you did last years event, please note that this is different to last year. From the A614 Driffield Bypass, at the "Scarborough roundabout" follow the B1249 signposted - Driffield. After 400m take the left fork towards Wandsford (this is still the B1249). At the Traffic lights turn left onto Bridlington Road. The sports centre is 500m on the right. Follow the Car Park signs and the instructions of the marshals.

What time should I arrive?

Allow yourself plenty of time. You will need a minimum of 1 hour before your swim start time. Your start time is available on the Freebird website. www.freebirdevents.co.uk

Where can I park?

There are plenty of free car parking spaces at the sports centre. Please only park where directed. Please do not park anywhere else, as this may impede other competitors and upset local residents.

Very Important: Spectators, please do not park anywhere on the race route.

Registration

After parking, you should report straight away to Registration at the Freebird Trailer in the main car park behind the Sports Centre.

At registration, you will be asked to show your BTF licence. If you do not have a BTF licence, you should have already paid for a Day licence. This will be issued to you here.

At the Registration Desk you will receive an envelope containing:

- 1 Bike Security Sticker
- 2 Race Numbers
- 1 Freebird Timing Chip
- 1 Coloured Swim Cap
- 8 Safety Pins
- 1 Set of Written Instructions
- 1 Free photo voucher
- You will also receive your Driffield Triathlon Race T Shirt

Please check all these items straight away, before watching the Race Briefing.

Race Briefing

The race briefing will be given as a video presentation. This briefing takes just over 10 minutes and is repeated on a continuous loop. Watch it through fully. If after watching the briefing you have any questions, please ask at the Registration Desk.

What should I do next?

Attach your Bike Security Sticker around a brake cable on your bike and take your bike to the **Transition Area**. Your Bike Security Sticker will be checked, and you will be asked to sign your bike in.

Place your bike on the bike racking. You can use any rack, but you should position your bike over one of the marker labels (6 bikes per bay).

Also place your Bike Helmet, Shoes and any Clothing you will use for the Cycle or Run sections alongside your bike. Please keep your kit within your own area. No kit is to be left on poolside or the path between the Pool and Transition

Your Race Numbers should be attached to your clothing so that your number is visible on your back while cycling and on your front while running. Pin each number at all four corners to prevent them from tearing off. Number Belts are permitted (pin both numbers back to back)

Do Not leave your Swim Cap or Timing Chip in Transition. These must be worn during the swim.

The Swim

Arrive on poolside 15 mins before your scheduled swim start time. **Remember to wear your Swim Cap and Timing Chip.**

Bags or non race kit can be left in the lockers in the changing rooms.

The Swim Starter will give a swim briefing.

Do not get into the pool until told to do so.

Each lane will have a maximum of 4 swimmers in it at a time.

The other swimmers in your lane should all be of a similar standard, but if you catch someone up, try to pass only at the ends of the lane.

Swim in the direction explained by your Swim Lap Counter

The Swim is 16 lengths; that's 400m.

Count your lengths. There are no prizes for the fastest 450m!

When you finish your swim climb out and walk to the Fire Door exit marked **SWIM OUT**.

If you want to change in the changing rooms, you must come back onto pool side after changing and exit via the Fire Door; otherwise you will not cross the timing mat and will not record a time. Remember any time spent changing is included in your overall time so plan ahead in order to limit any time losses.

Once outside the door, cross onto the footpath and follow the signed route into the Transition Area. Please note this is a busy area with cyclists entering and leaving transition. Take care and follow the marshals instructions.

Transition Area

Go straight to your bike and put on any Clothes you want to wear. Fit and fasten your Bike Helmet, then pick up your bike. Remember your Bike Number must be visible from the back. Follow the signs marked **TRANSITION OUT**. Cross the **MOUNT LINE** and then get on your bike

The Cycle

Please note changes to last year's route

You must wear an approved Bike Helmet during the cycle section

Follow the large yellow signs marked **CYCLE**.

The Cycle course is approximately 20k.

Watch out for other cyclists heading back the opposite way and runners crossing the road at the pool exit.

Please take great care while cycling. You are racing on open roads with all the other traffic.

You must comply with the Highway Code and follow the normal rules of the road at all times.

You do not have any special priority, and must give way as normal at road junctions.

Race Marshals do not have the authority to stop traffic they are only there to point the direction. You must look first and only go if you think it is safe. Take particular care at the right turn junctions

Any competitor judged to be riding dangerously will be disqualified.

This is a No Drafting race. See BTF Rules and Race Briefing.

As you return to the sports Centre turn left into the same road you rode out on. Again please watch out for runners crossing the road near the pool exit.

As you approach the Transition Area, you will see the **DISMOUNT LINE**. You must be fully off your bike **Before** you cross this line.

Transition Area

Enter the Transition Area following the **TRANSITION IN** signs. As you cross the timing mat your cycle time will be recorded.

Wheel your bike back to your place on the racking and re rack your bike **Before** removing your Bike Helmet.

Make sure your Run Number is visible from the front during the run.

The Run

Please note changes to last year's route

The Run is 5km (3laps)

Follow the large yellow signs marked **RUN**.

As you leave Transition, follow the path straight ahead towards the sports field.

You will complete a short marked circuit on the grass before heading out of the school grounds onto Manorfield Road. Turn right into Manorfield Avenue. Turn right at the end of Manorfield Avenue onto Bridlington Road. Turn right via the pedestrian gate before the Sports Centre and follow the path past the car parking area into the School grounds. Follow the marked route past the finish area and the Transition area to complete the lap.

As you complete each lap, collect a wrist band.

Drinks will be available after each lap.

On your third and final lap, turn left into the finish funnel to cross the finish line timing mat.

You do not collect a band on your last lap. You should be wearing 2 bands at the finish line.

After the Race

Once you cross the line, you will enter the finish compound. Here you will find drinks and some food. Please help yourself.

As you leave the compound your Freebird Timing Chip and wrist bands will be collected.

Lost Timing Chips will incur a charge.

Results

Your Swim time, Cycle time, Run time, Overall time and Transition times will be displayed on the monitor at the finish area. Printed lists will be displayed at the Freebird Trailer.

Full results will be available on the Freebird website www.freebirdevents.co.uk on Sunday evening.

Photos

Our official photographer will be taking photographs during the whole race, these can be viewed on the Freebird website and one free photo can be downloaded using the voucher printed on the reverse of the written instruction given out at registration. Further photos can be purchased if required.

Refreshments & Spectators

Throughout the day hot and cold drinks and snacks can be purchased from the refreshments van in the finish area

There is a spectator viewing gallery for the swimming pool on the 1st floor.

Spectators are most welcome, you will be able to see a lot of the race, but please follow these basic rules to ensure the safety of yourself and all competitors.

- Only park in the signed parking areas
- No spectators vehicles on the course please
- No spectators on poolside or in Transition please
- Stay within the fenced off spectator areas
- Do not cross any fences or barriers
- Follow the marshal's instructions
- If you bring your dog, please don't allow it off the lead within the School grounds, or on any of the race route

Prizes

There will be a prize giving ceremony at the Freebird Trailer straight after the last finisher has finished.

Prizes will be awarded to the 1st 2nd & 3rd Male & Female Overall and also to the following categories:

Youths	1 st & 2 nd Male & Female
Over 40	1 st & 2 nd Male & Female
Over 50	1 st & 2 nd Male & Female
Over 60	1 st & 2 nd Male & Female
Fastest combined transition time (T1 & T2). Open category	

There will also be some spot prizes, but you must be there in person to collect them. To be in the draw, place one of your race numbers in the box provided at the prize giving.

Finally

Many thanks for supporting the Driffield Triathlon. Freebird Events always aim to bring you the highest quality multi-sport events and we hope that you will enjoy your day at Driffield. We always like to hear what you the competitor think of our events so please let us know by completing the Event Survey Form on our website.

If you would like to experience Freebird quality events again, our next races are:

Allerthorpe Sprint Triathlon - Sunday 21st June. This is a 750m open water swim, 20km cycle, 5km run Triathlon based at the beautiful Allerthorpe Lakeland Park, Allerthorpe near Pocklington, East Yorkshire. Very flat, very fast, with new all tarmac run course.

Allerthorpe Classic Triathlon - Sunday 16th August. This is a 1500m open water swim, 40km cycle, 10 km run Triathlon again at Allerthorpe Lakeland Park. Very flat, very fast, with new all tarmac run course.

Beverley Triathlon - Sunday 23 August. This is a new event based at the new Beverley Sports Centre. 400m pool swim, 20km cycle and 5km run. A fast course with a picturesque run past Beverley Minster.

The youngsters can experience Triathlon as well at the **York Junior Triathlon - Saturday 27th June.** With separate races for 8 -16 year olds, on a totally traffic free course.

For more information on any of these events please check the Freebird website www.freebirdevents.co.uk

GOOD LUCK

NB – Keep checking the Freebird website for any race updates