

Southwater Relay Triathlon Sunday 4th September 2016

RACE INFORMATION

REGISTRATION

Saturday 3rd September 4 - 6pm

Sunday 4th September 6 - 7.30am

- Please register on Saturday if possible. NOTE: this is also an opportunity to have a swim practice in the lake on Saturday 3rd between 5 and 6pm (see details at the end of this document)
- Please nominate **one** team member to register your team and collect race information and numbers.
- Be prepared to quote your team race number and show your teams BTF licences in order to receive your £3 per BTF member refund where appropriate. Team race numbers will be uploaded to the Horsham Amphibians website and sent to competitors via email a few days before the race.
- Make sure bikes are roadworthy and helmets conform to BTF standards. These will be checked on entry to transition

PARKING

- Competitor Parking is accessed via Worthing Road in Southwater and is located in Southwater Business Park, postcode **RH13 9JJ**. From the carpark it is a short walk through the Country Park to transition. **Please note this is the only competitor parking**. After the race you will be guided back to the car park via the Downs Link to avoid the competitors still running around the Country Park. [A parking map and further details can be found in a separate document 'Parking and Route Maps' that will be accessible via the Horsham Amphibians website.](#)

NUMBERS

- Ensure that the first competitor has the yellow number that starts with a number 1, the second the green number 2 and third white number 3. You will also be given a sticky label for your bike, please make sure that it is clearly stuck on as you will not be able to remove your bike at the end unless bike number and the number on your hand match up.
- You will be issued with 1 race number. You must display this number on your back for the bike section and on your front for the run section. For this reason it is highly recommended that you get a race belt which saves you time and allows you to move your number position and / or clothing more easily and avoids putting safety pin holes in your clothing (if you type in 'triathlon belt' into Amazon there are a number of options from around £3.50)

BAG DROP

- Each competitor will have a numbered bin bag. Once you have set up your kit in transition on race day all remaining items (including other bags) must be placed in the bin bag that will go in the bag drop within transition. This is in order to keep transition as safe and clear as possible.

TIMING CHIPS

- Please ensure that chips are securely attached using the velcro strip to your **LEFT** ankle. You will be charged £20 if you lose your chip. Please also ensure that you do not go over any of the chip matting apart from when you are racing

BIKE RACKING

- All competitors will have their number written on their hand on the way into transition – this is to ensure that you get the right chip if you are number two and three.
- Only competitors will be allowed to remove bikes from transition
- **All** bikes must be racked before the race starts. This means all competitors bikes, not just the first team member.
- No bikes may be removed from transition until the last competitor has finished the bike course. When you remove your bike you will be directed along the Downs Link back to the car park to avoid the main part of the Country Park where people may still be racing

RACE RULES

- Please find the full list of 2016 BTF Race Rules via this link:
https://www.britishtriathlon.org/britain/documents/about/competition_rules.pdf

RACE DAY

- Registration Closes at **07:30**
- Transition Closes at **07:40**
- Race Briefing **07:45**
- Race Start **08:00**

- Each team will consist of three competitors, who complete the whole course in turn
- **Wetsuits are compulsory for the swim**
- Team member 1 will take part in the mass start. They will complete the 400m swim, 18.5k bike (1 lap course), finishing with the 3.8k run (2 laps of the park). At the end of the run, team member 1 will tag team member 2 in the designated handover pen, who likewise will complete the course, hand over to team member 3, who will complete the team's race by finishing. The total team time will be calculated as team member 3 crosses the finish line.

SWIM COURSE

- Please ensure that you are wearing the correct swim hat for your wave:
 - Number starting with a 1 (YELLOW) 1st competitor – use YELLOW swim hat
 - Number starting with a 2 (GREEN) 2nd competitor – use GREEN swim hat
 - Number starting with a 3 (WHITE) 3rd competitor – use WHITE swim hat
- The swim course is out and back with a clockwise turn around a buoy. At the exit from the lake there is a concrete ramp which ends quite suddenly underwater. It will be covered in matting and there will be marshals to assist you in getting out, but **please take great care as you approach.**

BIKE COURSE

- There will be marshals and/or clear signs at all junctions. NO DRAFTING ALLOWED
- Motorcycle draftbusters will be present. The Highway Code must be adhered to, otherwise instant disqualification — this is particularly important at the roundabout on the A24 at the start of the course and at the traffic lights at Buck Barn near McDonalds
- **A bike route map and further details can be found in a separate document 'Parking and Route Maps' that will be accessible via the Horsham Amphibians website.**

RUN COURSE

- Two laps clockwise of the Country Park.
- NOTE: at the end of a competitor's first run lap, they must collect a tag. The tag will allow the competitor to enter into the handover pen at the end of their second run lap. The tag is not handed on. Please hand your tag back after completing your race. No tag = no handover
- **A run route map and further details can be found in a separate document 'Parking and Route Maps' that will be accessible via the Horsham Amphibians website.**

PRIZE GIVING

- There will be a prize giving ceremony for various categories of teams around 12.30pm near the race finish

FACILITIES AND REFRESHMENTS

- Catering will be provided by the Southwater Café
- Toilets and limited showering facilities are available at the event

SWIM PRACTICE

Note: only members of clubs that are registered with Southwater Country Park have permission to swim in the lake at designated times. However, the Warden has granted permission for anyone taking part in Sunday's race to practice on Saturday 3rd September from 5pm to 6pm. Horsham Amphibians Triathlon Club members will act as spotters, and all competitors are welcome to come along in that hour. Please ensure that you have a brightly coloured swim hat.

If you have any additional questions please email relay@horshamamphibians.com



Many thanks to our Sponsors at More Than Insurance and CLIF bar and to our colleagues at Triathlon England for all their help and Support

Don't forget to check out our exhibitors from Pedal Out Cycles, Alan Law Physiotherapy and Tortoise & Hare Running Shop who will be present on race day!