

**Bedford Harriers**

# **Olympic Triathlon**

**Sunday 14<sup>th</sup> August 2022**

## **Competitor Guide**

Thank you for joining us at the Bedford Triathlon. We hope you all have a great day. If you have any questions or suggestions please do contact us [bedfordtriathlon@bedfordharriers.co.uk](mailto:bedfordtriathlon@bedfordharriers.co.uk) .

## Location

Race HQ & transition is between Russell Park and the Great Ouse River MK40 3PF.

We recommend parking at Aspects Leisure Centre MK41 9LN which is a 5 minute walk to Race HQ.

## Covid19

BTF has removed the restrictions due to Covid19.

Whilst most people are back to normal the rates are currently very high and there may be some competitors that are still nervous so do please be considerate to other competitors, volunteers and officials and give everyone as much space as possible.

We are retaining our wave start that we introduced for 2021 as this was very popular with the majority of competitors.

## Medical

First Aid is being provided by Medical Water Safety (tel 0333 210 4357). If you need assistance please ask a marshal who will contact them for you. In the event of an emergency phone 999.

## Withdrawal

If you need to withdraw after registration then please do return your timing chip at Race HQ and inform a marshal that you are withdrawing. It is important that we can account for everyone.

## Rules

The Triathlon is being run according to the British Triathlon Competition rules, which can be at the following link on the British Triathlon website [BTF rules](#).

Please note that you are not permitted to use earphones at any time during the event since this could prevent you from hearing instructions from the marshals or hearing traffic around you. Cameras are also not allowed on you or your bike. Failure to comply will result in disqualification.

We value the countryside in which we are racing. Please do not drop litter anywhere on the course. There will be a bin by the feed station on the run route. Littering will result in disqualification.

## Schedule

Saturday 13<sup>th</sup> August – Setup

Registration open	4:00PM – 5:00PM
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Sunday 8<sup>th</sup> August

Registration open	6:00AM to 7:00AM
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Transition open	6:00AM to 7:15AM
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Swim practice	7:00AM to 7:15AM
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Olympic race starts	7:30AM
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Aquabike race starts 7:50AM (approximate)

First finisher expected 9:30AM

Last finisher 12:00PM

## Registration

Registration is open Saturday afternoon and Sunday morning:

Saturday 13<sup>th</sup> 4:00-5:00PM

Sunday 14<sup>th</sup> 6:00AM to 7:00AM

If you have stated that you are a BTF member please bring a copy of your BTF licence (paper or on phone) with photo ID; otherwise you will need to purchase a day licence for £5.00.

You will receive:

2 race numbers, one needs to be on your back for the bike and one on your front during the run

Label for your bike

Label for your helmet

Swim hat

Timing chip, which needs to be worn on your left ankle

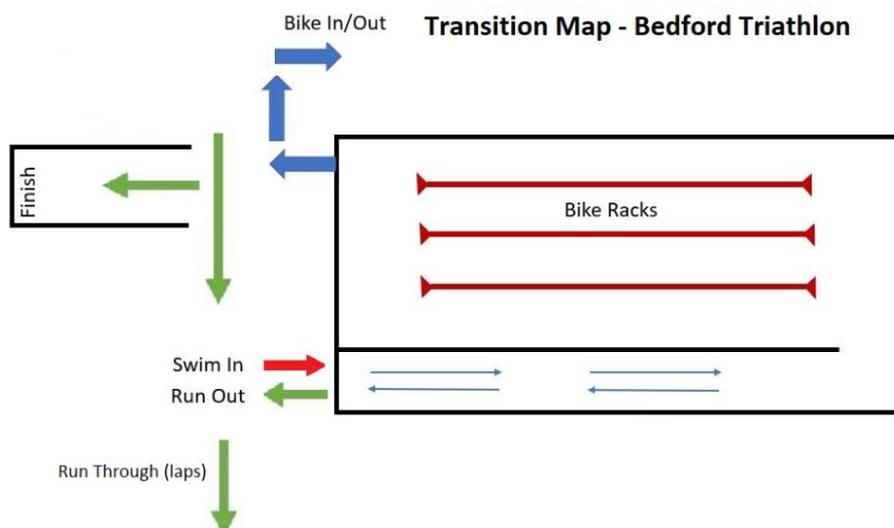
## Racking your bike and transition

Transition will be open from 6:00AM on Sunday. Your bike must be racked and you must be out of transition by 7:15AM.

To enter transition you will need to have the number stickers on your bike and helmet and have your helmet properly secured on your head.

There will be a change tent but no baggage store. Please come ready to race and just bring what you need for the race which should be placed to the side of your bike.

No boxes are allowed in transition, nor are you allowed to place bright bags or towels to mark your place.



## The Swim

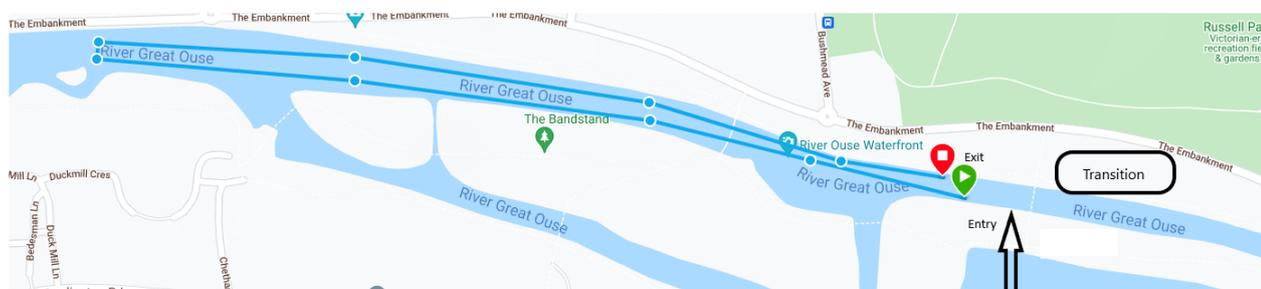
The river is open for a practice swim from 7:00AM to 7:15AM. Please enter and exit by the Exit steps.

The swim will start at 7:30AM. Swim entry is from the opposite river bank accessible by the 'Butterfly bridge'. We will be starting in groups of 10 people organised according to your predicted swim time. It is really important that you are ready to start in your wave as there will not be individual chip timing. We will get everyone over the start line as quickly as possible. Please give each other space while getting in the water and preparing for the start. The Aquabike swim will start approximately 10 minutes after the last Olympic wave. Swim waves will be on the website on Friday night.

The swim is a 750m swim up the left side of the river to the town centre. Turn right around the buoy and then quickly right again after a second buoy and back down the left side.

We have a new set of steps for exiting of the river which are wide enough for two abreast. Should that not be enough then please be patient with the people in front; I'm sure they will be going as fast as they can.

If you need help then either ask a support kayak or paddle boarder if you can see one close by or lie on your back with one arm raised in the air and a kayak will be directed to help you. If you are new to open water swimming and just need to compose yourself then you may hold on to a stationary kayak and then continue the swim when you are ready.



## The bike

Do not remove your bike from the rack until you have your helmet on and fastened.

The exit from transition is on the opposite side to the entry from the swim. Make your way onto the road and turn right. **Do not get on your bike until after the start line** which will be clearly marshalled on this road (The Embankment). At the end of the road turn left and then follow the route.

Please look at the route before the race; although we will make every effort to make navigation easy it is your responsibility to take the correct route. The route is one lap.

Except for the Embankment all of the roads are open to traffic and the Highway Code must be obeyed.

Failure to stop where necessary to give way or crossing of double yellow lines etc will result in disqualification.

There is a pelican crossing about one mile from the start which will be attended by a marshal; if you do have to stop 30 seconds will be deducted from your time.

At 3½ miles there is a right turn at a T junction in the village of Cardington with a **mandatory foot down**. Please make sure to do this as sadly we had to disqualify some competitors in 2021.

Marshals will be present on the route to help and guide you but do not have authority to direct the traffic. Please do follow any instructions they give you, but at all times ensure it is safe to do so.

There will be a sweep van to pick you up if you are struggling or have mechanical problems. If you need technical support please ask a fellow competitor to tell the next marshal and we will come to your assistance.

Please familiarise yourself with the BTF drafting rules and if this is your first triathlon and anything is not clear then ask one of the officials before the race. The minimum drafting distance for this race is 10 metres.

At the end of the bike you will return onto the Embankment and must dismount from your bike with both feet on the ground before the dismount line. Then turn left into transition, using the same route that you came out of.

Do not take your helmet off or undo the fastening until after you have racked your bike.

\*\*\*Note the bike route has been changed at mile 15 due to road works in Upper Caldecote and is now 24.9 miles long.\*\*\*

[Bike Route 2022](#)

## The Run

Exit transition on the opposite corner from the bike entry and turn left onto the run route.

The route is a 3 lap route on paved-surface paths alongside the river and around Russell Park. You will pass straight through race HQ on each lap which may be busy so look out for marshals directing you through. On the last lap you will turn right into the finishing arch.

This area is open to the public so if you need to pass members of the public, please do give plenty of space (minimum 1 metre but aim for 2 metres) as some of them will unfortunately not appreciate sweaty runners breathing heavily near them. In particular there is one narrow bridge 2.2 miles into the route so please do be courteous to walkers.

There will be a feed station just after passing through race HQ with water and very limited energy supplies so please bring your own if possible.

[Run route](#)

## Relay teams

If you are in a Relay team there will be a race number for the bike and for the run.

Please see Team Relay rules below. Please rack your bike in the NE corner of Transition. Only the athlete waiting for handover should be in the transition area. Please wait at the edge of the area away from the bikes (NE corner) so as to give other athletes plenty of space as they pass through.

## Partially sighted competitor

We expect to have at least one partially sighted competitor. Please rack your bike in the NE corner of Transition. Other competitors please be aware that they will be tethered to their guide in the water and on the run course.

## Finishing

Well done, you've made it!

We are no longer providing mementos as we are seeking to reduce waste but there will be some bottles and collapsible cups left over from previous races which you are welcome to take.

There will be a photo booth for you to celebrate your success.

If you ordered a medal to remember your achievement you will need to collect this from the registration tent.

Results will be available live on the Active Training World [Website](#).

## **Prizes**

If you have ordered a medal please pick this up immediately after finishing from the registration tent.

If you would like a medal but have not ordered one then some will be available on the day at £5 each, cash only.

There are cash prizes for the top three male and female finishers in the Olympic triathlon.

There are also prizes for the top finisher in each 10 year age group and the top Aquabike finishers.

Prize giving will be approximately 11:00AM.

## **Marshals**

The marshals get nothing from the triathlon apart from your thanks. Please be courteous at all times and show your appreciation for the early start and the time they have given to make this race such a success.

## **Photographs**

Photographs will be taken on the course and at the finish. A copy of our Photography Terms and Conditions is available on the website.

## **Safeguarding**

We make every effort for this event to be safe for all competitors and spectators alike. If you see anything of concern please report it to our Safeguarding Officer or to the Race Director. A copy of our Safeguarding and Event Welfare Policy and Plan is available on the website.

## **Massage**

There will be a massage tent should your body like a refresh after the race. Cost £10.

## **Last minute information**

For last minute information please see our Facebook page 'Bedfordtriathlon'.

You may contact me at [bedfordtrithlon@bedfordharriers.co.uk](mailto:bedfordtrithlon@bedfordharriers.co.uk) or in case of an emergency on 07968 157556.

Simon King, Race Director.

## **TEAM RELAY RULES**

### **Registration**

The named person (leg 1, swimmer) should register and collect the chip (leg band) and team numbers etc. If possible please register as a team with a copy of the BTF licence & photo ID for each competitor.

### **Timing Chip**

The named person (leg 1, swimmer) should register and collect the chip (leg band) and team numbers etc. The timing chip acts like a relay baton and must be transferred to the next person after each leg. Please be sure to fully complete all the parts of your transition before passing the chip over as described below.

### **Swim**

The swimmer must wear the timing chip on their left ankle. When they exit the water they make their way to where the bike is racked in transition and must remove their wetsuit before passing their timing chip on to the cyclist in the team.

### **Bike**

The cyclist must wait at the side of transition close to their bike, which must remain racked with the helmet on the bike or ground. The swimmer will hand over the timing chip which is fastened to their left ankle. Once tagged they must securely fasten their helmet and only then should they remove their bike from the rack. Upon returning to transition, cyclists must first rack their bike, then remove their helmet and only then pass the timing chip over to their teammate.

### **Run**

The runner must attach the chip to their left ankle and only then begin the run section.