Exe Valley Triathlon Details - Online Race Pack

Race Information

Exe Valley Leisure Centre, Bolham Road, Tiverton, EX16 6SG

We have been able to arrange the use of 156 parking spaces at Petroc on Bolham Road close to the venue.

Race Format

The triathlon is a swim > bike > run event.

The race will be held under British Triathlon Federation rules which can be downloaded from their website at www.britishtriathlon.org

The races feature continuous rolling starts. Each competitor will start their race when a place becomes free in the pool.

The swim takes place in a heated swimming pool. Transition takes place outside in the adjacent car park. The bike route is an out and back route on the A396. The run route is on quiet pavements and roads on an out and back route.

The distances are (approximately for the bike and run):

Sprint and Relay- 400m Swim, 25k Bike, 5k Run
Aqua Bike 400m Swim, 25k Bike

Super Sprint - 200m Swim, 18k Bike, 3k Run

Relay competitors will only do one discipline then handover to a teammate.

Course Maps - https://exetertri.co.uk/sprint-triathlon-in-tiverton-devon/exe-valley-triathlon-maps/

Start times will be emailed the week before the race. These times are approximate and given to try and have competitors with similar swim times to race together.

Emergencies

In the event of an emergency contact the nearest marshal who will arrange for help.

Any race incidents should be reported to the BTF Technical Official, who will be in attendance, ask at registration.

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Registration will be open between 07:15 and 09:30

At registration:

- You will receive your race numbers, safety pins, bike and helmet number stickers and timing chip.
- You will get your race number written on your right arm and left leg in permanent marker.
- Route maps will be on display.
- No headphones are allowed.
- Exeter Triathlon Club members will be on hand to answer any questions you may have.
- Any clothes you wish to change into for the bike/run sections should be left in transition with your bike, however space is limited, so please keep this to a minimum.

Transition

Please note that only competitors and race officials/marshals are allowed in transition. You will not be able to enter transition with your kit until you, your bike and your helmet are numbered.

Swim

- Change into your swimming gear and be ready at the poolside twenty minutes prior to your scheduled start time and wait to be called forward.
- When it is your turn to start the swim, the pool manager will call you forward to the end of the lane that you will swim in.
- Please be mindful of other competitors who have started their race; give way to them if necessary.
- Swim hats will not be provided by the event organiser but you can use your own if you wish. The lane marshal will record your name and your race number.
- Ensure that you have your goggles on and are ready to start. You will be asked to enter the water. Please be mindful of other competitors in your lane. You will be given a 10 second countdown. Start your swim when the pool marshal tells you to go.
- Swim the designated distance for your race. A lane marshal will keep track of the number of lengths you have completed.
- Two lengths (50m) before the end of the swim, the lane marshal will place a float in the water to indicate that you have two lengths remaining to swim.
- When you have completed your swim, exit the pool **walk** around the edge of the pool, being careful not to slip, exit the building and make your way into transition. The swim time ends once you cross the timing mat outside the pool.
- Running/jogging on the pool side will lead to immediate disqualification.

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Swim-Bike Transition

- Competitors should be aware of other cyclists and runners in transition. Please note only competitors and race officials/marshals are allowed in the transition area.
- Change into your cycle kit. Your helmet **must** be secured before removing your bike from the rack and your race number **must** be clearly visible on your back.
- Push your bike out of the transition area turning left along the pavement. Make your way to the roundabout outside the leisure centre. Do **not** mount your bike until you reach the clearly marked transition box. Do not join the road until instructed to do so by a marshal. It is your responsibility to check for oncoming traffic.

Bike

- All super sprint competitors will cycle the novice bike route - a total distance of approximately 18km. All sprint competitors will cycle the sprint bike route - a total distance of approximately 25km.
- Helmets must be worn and properly fastened at all times when on and in contact with your bike.
- Drafting is not allowed and any cyclist doing so will be warned then disqualified for further breaching of the rules. Anyone caught by a faster rider should drop back. A draft buster will be out on the course.
- If you notice a fellow competitor who is injured or has a mechanical failure, please notify the next marshal who will arrange assistance.
- On completion of the bike course the entrance to transition is sharp left. Dismount in the marked box.

Bike-Run Transition

- Rack your bike in the same place you took it from.
- Do not remove your helmet until your bike is safely racked.
- Change into your running kit.
- Your number **must** be clearly visible on your front.
- Leave transition by the marked exit.

Aqua Bike

- If you are taking part in the aqua bike event. Leave transition as follow the run route.
- There will be signs just before the footbridge diverting you left to the all weather pitch where you will follow the short route to the finish line.

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Run

- All novice competitors will run a total distance of 3km. All sprint competitors will run a total distance of 5km.
- When you reach the footbridge over Bolham Road turn sharply left through the gate to the skate park and on to the Astro Turf where you enter the finish chute.

After the Race

- Collect your belongings from transition. You will be required to show your race number to enable you to remove your bike.

Notes

[1] Transition / Running Kit. Mandatory items are: shoes, a vest or t-shirt (if not wearing a tri-suit) and race number (attached to your vest or attached to a race belt). Optional items are things like socks and a towel.

[2] There will be two people swimming in a lane. You will have one side of the lane to yourself. Do not move to the other side of the lane when you reach each end.

[3] Running / jogging on the pool side will lead to immediate disqualification.