

## **Final Race Details for Upton Tri+ Saturday 13th July 2019**

We're looking forward to welcoming you to the 13th Upton triathlon on Saturday 13th July on Fish Meadow, Upton-upon-Severn, Worcester WR8 0PB. Here are the final race details. Please take time to read them before the race and familiarise yourself with [the course](#) and the [BTF rules](#), particularly the [Common Rule Infringements](#) and [Drafting Explained](#).

### **REMEMBER: IN THE EVENT OF AN ACCIDENT DURING THE RACE**

- Ensure your own safety
- Attend the casualty
- Call for help/ get someone to call for help
- Ask another competitor to notify the closest marshal who will contact race first aid and race control

### **Registration**

Registration will be from 9.30am to 12.30pm. **YOU MUST REGISTER BEFORE 12.30.**

You can check your race number under '[Check your entry](#)' on our website or on the board in the registration tent when you arrive. Go to the appropriate queue to collect your race numbers, timing chip, coloured swim hat, bike label, helmet label and race t-shirt. Please check that all numbers match and that the swim hat colour matches that of your wave and **write your emergency contact details on the back of your number.**

You will be given 2 race numbers per competitor or per team if you are a relay. **To avoid a time penalty ensure your number is clearly visible on your back during the bike and on the front during the run. Don't fold or cut your number.**

Don't forget your BTF licence if you are a member or some form of **ID** if you aren't (Driver's Licence, Passport, credit card) – you will need it to register. If you paid for day BTF membership you will have been emailed a link to your electronic licence. You do not need to bring this with you but keep the email safe in case you need it.

### **Race briefings and start times**

*12:15 & 12:45 Race briefings at the start – standard distance*

Wave 1	Standard 12:30	Female (all) & Relay (all)
Wave 2	Standard 12:40	Male Vet 2+ (45+*)
Wave 3	Standard 12:55	Male Junior, Senior & Vet 1 (under 45*)

*13:05 Race briefing at the start – sprint distance **tri & duathlon***

Wave 4	Sprint 13:20	Female (all)
Wave 5	Sprint 13:25	Male Youth, Junior & Senior (under 40*) & Relay (all)
Duathlon	13:25	All (duathlon will start after Wave 5 swim start)
Wave 6	Sprint 13:30	Male Vets (40+*)

*\*Based upon your age at 31<sup>st</sup> Dec 2019*

### **The course**

Final course maps are available [here](#) on the website & [Garmin map for the bike](#).

- Standard distance: 1500m swim, 40km bike (2 laps), 10km run (2 laps).

- Sprint distance: 750m swim, 21.5km bike (1 lap), 5km run (1 lap).
- Duathlon distance: 2.5km run, 21.5km bike (1 lap), 5km run (1 lap)

### **Timing**

Your times will be recorded by StuWeb Race Timing chips. Your timing chip should be worn on your ankle and for relay teams you must pass this between team members like a baton at each transition point. Ensure you hand your timing chip back at the finish – competitors will be charged £10 for a lost chip.

Provisional times will be available immediately from StuWeb at the finish and published [on the website](#) by Sunday 14<sup>th</sup> July latest.

### **Awards Presentation**

Prizes will be presented in the marquee at about 16:45. There will be prizes for:

- ★ Overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female for sprint and standard distance tri & duathlon
- ★ 1<sup>st</sup> place in each 5 year age group category
- ★ 1<sup>st</sup> sprint and standard relay teams
- ★ 1<sup>st</sup> novice male and female for sprint and standard distance

Our 2019 chosen charity, Midlands Air Ambulance, will be present to receive a cheque for over £2,000 raised from the race.

### **Health and Safety**

#### **Safety briefing**

Your safety during the race is of paramount importance. There will be race briefings at the swim starts at **12:15 or 12:45 for standard distance and 13:05 for sprint distance tri and duathlon**. Please ensure you get to the start in time for a briefing.

Note that because this is a downstream swim you will have to walk upstream along the river bank to your start. This means a 1500m walk or a 750m walk. Please leave enough time to get to the start!!

Your entry bag will have your race number on it. If you don't want to walk barefoot to the start, take this bag with you to put your shoes (and other items) in and put it on the trailer in the appropriately numbered crate before entering the swim. The bags will be taken back to the registration tent where you can collect them at the end of your race. Please don't leave anything valuable in your bag as they won't be fully attended in the tent and we don't take any responsibility for lost possessions.

If at any point you decide to drop out of the race please go to the registration tent and inform them of this to ensure we don't send out search parties for you.

#### **Water safety**

The swim course will be downstream through a channel marked regularly by buoys. Please pay careful attention to these boundaries and **keep to the left of the buoys as the river will not be closed during the event and therefore some river traffic may pass during the swim.**

SARA will be providing safety on the water. They are a fully qualified inshore rescue boat and land search organisation. Their safety craft will follow all swimmers from the start to the end and warn all river traffic.

If you get into difficulty, turn on your back and raise one arm. If you appear to be struggling in the swim or have been in the water for a long time you may be pulled out at the discretion of the safety crews.

Note that water safety is only provided during the race itself. Do not swim in the river outside the swim race times.

### **Water quality & reducing the risk of illness**

As outlined in Public Health England's [Swim Healthy Guide](#), open water is not considered to be of bathing quality as it can contain sewage, livestock contamination, and pollution from farming or industry. Anyone can become unwell from swimming in open water as there will always be micro-organisms present.

#### ***To reduce the risk of illness:***

- Don't race if you are not in good health.
- Cover cuts, scratches or sores with a waterproof plaster before swimming.
- Try to avoid swallowing and/or splashing water into your mouth whilst swimming.
- After swimming:
  - ensure you clean your hands thoroughly with disinfection gels or hot soapy water, particularly before handling/eating food. **Consider bringing an anti-bacterial gel or wipes to use after the swim.**
  - thoroughly clean cuts or abrasions using soap and water
  - handle your wetsuit with care after use. Rinse it with clean water as soon as is practicable after swimming. Clean with detergent and rinse as advised by the manufacturer. Always wash your hands with soap and water after handling or cleaning your wetsuit. Allow the suit to dry thoroughly before reuse.

Seek medical attention if you have any unusual symptoms after the event (e.g. high fever, headache, chills, muscle aches, vomiting, diarrhoea, rash, ear and eye infections etc). Some people say drinking coke after a race helps prevent possible illness. This year everyone will be offered a can of coke at the finish.

### **Water temperature**

Wetsuits are recommended but not compulsory unless the temperature is below 14°C. The water temperature on the day will be displayed in the registration tent. Recent temperature was 16°C.

### **Bike safety**

**Bike helmets are compulsory and must be on and fastened before taking your bike off the racking and not removed until your bike is racked.** Ensure your bike and bike helmet are both in good condition before you race, that your brakes work and that you have bar end caps on your handle bars.

The bike course is on open roads with no road closures so ensure you **follow the Highway Code at all times.**

**A 2 minute penalty will be given to anyone overtaking with their bike whilst on the pavement at the start of the bike route and to anyone joining the road before the designated point.**

Just over 13km into the bike course you will see a **marshal waving a yellow flag**. This is to warn you that you are about 50m from the junction with the busy A38 road. Please **SLOW DOWN**. Do not join the A38 without fully checking that it is safe to do so. Be aware that the Route 32 bus turns around at this junction twice an hour and pay due care and attention if it is turning whilst you are cycling here.

This event is a **non-drafting race** i.e. you must keep your distance from the cyclist in front, so as not to gain an advantage. The gap between the front wheel of the leading bike, to the front wheel of the following bike should be at least 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone. You will be **penalised** if reported to be drafting.

Look out for the signs and marshals to keep you on the right course! Pay particular attention on the lanes and at the junctions.

### **Kit**

Front zipping **trisuits** are permitted for the race. Competitors wearing a front zip suit must ensure it **remains fully done up** for the duration of competition or a penalty will be awarded.

Where a two-piece uniform is used, the space between the top and the bottom may be not visible, so the **two pieces overlap**.

If the water temperature is such that the swim is deemed non-wetsuit, then clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is forbidden (including calf and arm compression items).

**Competitors may not use communication devices of any type**, including but not limited to mobile phones, smart watches, and two-way radios, in any distractive manner during the race. A 'distractive manner' includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs, or using as a one or two way radio communication. Using any communication device in this distractive manner during the race will result in disqualification.

**Cameras, phone cameras and video cameras are prohibited** unless permission is given by British Triathlon or the Event Organiser.

### **Transition area**

Only competitors showing their race numbers will be allowed access to the transition area.

**Boxes** can be used to carry items into transition but **must not be left in transition**. A small soft-sided bag such as a rucksack may be used and remain in transition, though it must not impede the progress of another competitor.

Only bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.

Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons or chalk) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking or on bike is classed as marking.

Competitors must place within 0.5m of their racking position in transition, or within the width of the bike handlebars, all equipment to be used at a later stage in the event. Only equipment to be used during the competition can be left in transition.

Cycling is not permitted inside the Transition Area.

Mobile telephones can be brought into transition but may not be used whilst the transition area is live.

### **Relay teams**

For those racing as a relay team: your team mate should wait for you at your transition point in the transition area where you hand over your timing chip. Once the timing chip has been safely fastened around the ankle of the next team member they can continue the next leg of the race.

Note: Helmets should remain with the bike – they cannot be put on until after the swimmer has tagged the cyclist and must be removed before the runner is tagged.

### **Water stations**

Ensure you keep well hydrated throughout the race, especially if the weather is hot. There will not be any water stations on the bike – please ensure you take enough water on the bike for the duration of the race. There will be 2 water stations offering cups of water on the run, the first will be just out of the transition at the start of the run and the second at Ryalls Court Farm at about 2km. Those doing the Standard distance pass the water stations twice.

### **First Aid**

SARA will be providing first aid cover on land for the event. If you are injured or witness a fellow competitor getting injured please alert a marshal who will call for assistance.

### **Your health**

Do not race if you have been ill in the days leading up to the race or are not feeling 100%. If you are ill after the race please let us know via the link in the post-race email.

### **On-site Facilities**

#### **Refreshments and fully licensed bar**

You can buy sandwiches, homemade cakes, tea, coffee etc all day in the registration tent. There will also be a fully licensed bar selling both soft and alcoholic drinks at very reasonable prices. There will also be an **ice cream van** and **Cafe2U coffee van**.

#### **Toilets**

There will be portaloos near the transition area only. There will not be any loos at the swim start. Don't leave it until the last minute as there will probably be others doing the same and you'll end up in a queue. You don't want to be running to the start!

#### **Parking**

There is free car parking at the venue, Fish Meadow WR8 0PB. Please follow signs to the triathlon on the day. Check the [website for directions](#) to Upton-on-Severn.

### **Kids' Fun Run**

This will start at 11am on Fish Meadow, preceded by a group warm up at 10:50. There is a 100m race for under 5s (adult assistance permitted!) and a timed 1km race for 5+ year olds. Every finisher gets a medal, free drink and snack. Enter [online](#) before midnight on 6<sup>th</sup> July or between 9:45-10:45 in the registration tent on the day. Entry: 100m: £3; 1km: £5.

### **Information for supporters**

A great spot to watch the swim from is on the Upton bridge looking up the river. From here you will be able to see the competitors come down the river and exit just before the bridge. If you then cross the road and walk away from the town, you will shortly see the competitors come out on the bike. To watch the run head back into Fish Meadow and position yourself somewhere along the route on the farm.

### **Post-triathlon party & camping**

Please collect your party and camping tickets from the registration tent before 12:30 where you will also need to select your choice of Pegoty Hedge meal. Your party wristband must be worn from 19:00 and your camping wristband worn and label visible on your tent/ caravan from 17:30 as security will be making checks.

If you haven't yet got a ticket yet for the post-triathlon party or you have friends who would like to come and join in the fun, you can purchase tickets [here](#) until midnight on Saturday 6<sup>th</sup> July. Anyone not in possession of a party ticket will be asked to leave the marquee at 7pm. Dinner will be served at about 7.30pm and includes a choice of organic [Pegoty Hedge](#) meals and dessert.

Onsite camping is also still available – book [online](#) before midnight on Saturday 6th July or buy tickets on the day from registration. If you are arriving on Friday please follow signs for camping and camp anywhere. Security may ask your names to check you have booked camping but you don't need your wristband until Saturday.

### **Official Race Photos**

[StuWeb Timing](#) will be taking official finish photos.

### **British Triathlon Federation (BTF)**

The race will be run according to the [BTF rules](#). Ensure you are familiar with them. Anyone breaking the rules will be penalised and may be disqualified. The race official's decision is final.

### **THANK YOU**

Lastly, a big thank you to all the competitors, marshals, SARA and sponsors who have made this event possible and enabled us to raise over £2,000 to help Midlands Air Ambulance continue with their great work. If you have any questions that aren't answered by our [Frequently Asked Questions](#) don't hesitate to contact us on [info@uptontriathlon.com](mailto:info@uptontriathlon.com) or 07939 068 128, or ask at the registration desk. We hope you all have a great day and achieve your goals. Good luck!

Jessica, on behalf of Upton Tri+

**NO MERCHANDISE WILL BE ON SALE ON THE DAY SO PLEASE CHECK YOU HAVE EVERYTHING YOU NEED WITH YOU. HERE'S A HANDY CHECK LIST:**

- ID (driving licence, passport, credit card) or BTF membership card
- Spare shoes for walking to the start
- Swimming goggles
- Wetsuit
- Anti-bac gel or wipes to clean hands and face after swim
- Large bag to carry wetsuit in until you have chance to wash it
- 8 safety pins (to attach race numbers) or race belt
- Bike
- Bike helmet (good condition, no cracks, meets required standards)
- Bike shoes
- Water bottle(s)
- Sunglasses
- Saddle bag (with spare inner tube and tyre levers)
- Mini pump
- Track pump
- Running shoes
- Running cap
- Water/ carbo drink/ energy bars / gels / bananas
- Sun block
- Directions to get to the race!

If you're new to triathlons you will find more race day advice [here](#) on our website

***A HUGE thank you to our partners:***



***2019 chosen charity***

