



The East Coast Super Sprint Triathlon

Saturday 21st April 2018 – Start 16:30

Sunday 22nd April 2018 – Start 08:30

Race Details

Thank you for entering our event. Please take the time to read through these race details as they contain important information about the event.

Timings

Please make sure you attend as follows;

Saturday evening Race 1

All competitors must attend **registration** between 14:30 and 16:00

All competitors must set up in **transition** between 14:40 and 16:10

All competitors must attend the **race briefing** at 16:15

Race starts at 16:30.

Sunday Morning Race 2

All competitors must attend **registration** between 06:30 and 08:00

All competitors must set up in **transition** between 06:40 and 08:10

All competitors must attend the **race briefing** at 08:15

Race starts at 08:30.

Location

Address: Marina Centre, Marine Parade, Great Yarmouth, NR30 2ER

Access to the Marina centre is off Marine Parade.

Car Parking

Please note that the Marina Centre North Car Park will be closed and not available for parking before or during the event. However, ample pay and display parking is available nearby on Marine Drive and at a number of car parks along the sea front. St Nicholas Car Park is a large (554 space) car park located at the south end of the sea front, opposite the Pleasure Beach Gardens. For car parking tariffs and location please check online in advance of the event.

Registration

The registration area will be clearly signposted. At registration find out your race number and check to see your start time. Your race number will be written on your right arm for identification purposes

You will be given two large race numbers for wearing during the bike and cycle sections, and two small numbers, one to stick on your helmet and the other to stick on your bike for security purposes. The small bike number can easily be folded around a cable if you do not wish to attach it to your frame.

Please write details of any medical conditions we need to be aware of on the back of your race number. One number must be worn on your back for the bike section and one number on your front for the run section

If you have entered as a Triathlon England member you will need to produce your licence. If you can't produce a valid licence, you will be required to purchase a day licence costing £5. Please note we require to see your actual licence and can not accept email confirmation of TE membership. If you purchased a day licence at time of entry we will have a record of this.

Please note that you are not permitted to use earphones at any time during the event. The use of mobile phones, MP3 players and similar devices is also prohibited and recording devices may not be used during the race.

Please treat all marshals, race officials, organisers, volunteers and other competitors with respect and inform us if you have to withdraw from the race at any time for any reason.

Transition Area

After collecting your numbers at registration please make your way to the transition area to rack your bike and layout your equipment. The transition area is located outside at the north end of the centre.

Please wear your helmet when you come into transition to set up so race officials may check it for safety. Your bike must comply with the rules of British Triathlon and must be in a safe and roadworthy condition. This includes having a brake on both wheels and bar ends that are plugged.

Only competitors and marshals will be allowed in the transition area.

Please check transition area before start of race to familiarise yourself with exits and directions, etc.

Please note that whilst boxes may be used to bring necessary items into the transition area only a small soft sided bag or rucksack can remain. You must ensure that any bag used in transition does not impede the passage of other competitors. Please only leave in transition what you require for the race. Penalties may be awarded for littering so please make sure that any wrappers or rubbish are kept on your person whilst racing and taken home or disposed of appropriately.

Please note that the transition area will not be secure outside of the published set up and race times. Out of respect to all competitors your belongings cannot be collected from transition until the last competitor has completed the bike section.

Changing

Changing facilities and showers will be available in the Marina Centre. There will not be a bag drop in operation so please plan carefully where you will store items not required during the event. You may only leave in transition a small soft-sided bag/ items necessary for the event. Lockers are available in the Marina Centre but please note that the centre closes shortly after the Saturday evening event finishes.

Race Briefing

All competitors **MUST** attend the race briefing before making their way to the swim start. If any competitors have any queries about the race then this is the time to raise them.

The race will be run under British Triathlon rules and if any competitor wishes to read any particular rule(s), then a rule book will be available on the day of the race at the help desk.

Please note that for the run and cycle sections of the race your torso must be covered. This includes zips being completely shut and if wearing a two-piece outfit the gap between top & bottom must not be visible.

Start Times

The race will commence with each swimmer going off in 30 second intervals, females swimming first followed by males. The start order will be based on swimmers estimated total swim time with the fastest swimmers going off first.

Timing chips will be issued at pool side before you get into the water.

PLEASE BE AT POOL SIDE AT LEAST 15MINS BEFORE YOUR START TIME

Only competitors, event staff and Leisure Centre staff on duty will be allowed on poolside.

Swim Section

The swim will take place in the Marina Centre pool, which will be marked out with 5 lanes of 25m. Competitors will start in 30 second intervals. The swim distance will be covered by each swimmer completing **two** lengths in each lane and then ducking under the lane ropes to the next lane, moving across the pool. After completing 10 lengths each swimmer will duck under the lane rope and swim towards the sloped "beach area" to exit of the pool. If you swim as far as possible to the exit then this will be an additional 25m or so.

Please take care when exiting water, as your balance may be impaired by the swim.

Upon leaving the pool, you will follow the rubber matting to the exit of the pool that will take you **outside** on to the esplanade by the beach. There is a 150m run to transition.

Under British Triathlon rules **all competitors must wear a swim hat**. These will not be provided by the organiser.

The swim route may be viewed online at <http://www.eastcoasttriathlon.com/race-routes/>

Transition 1

The Transition area will be outdoors, situated out the back of the sports hall. The route from the swimming pool includes a 150m run outside along the esplanade by the beach. All your cycling and running equipment should already be in the transition area. Once in the transition area then locate your bike and prepare yourself for the bike leg.

When you have got your helmet on you can remove your bike from the racking and walk/ run with your bike to the exit of transition.

Note: you must not pick up or remove your bike from the rack until your helmet is on your head and fastened.

The bike exit will be located at the opposite end of transition to where you entered after the swim.

Once you have exited transition you will need to cross the pavement to the mount/ dismount line on the Broadway cycle path. Once across the mount line you can get on your bike and continue on the bike course.

Bike Section

All competitors are required to abide by the Highway Code and reckless riding will be grounds for disqualification. The cycle route consists of an outward bound section of 1km, then a **4¾ km loop to be completed 3 times** followed by a ¾ km section to return to the Marina centre. Signs and marshals will ensure the course is clearly marked.

Every competitor **must** ensure that his/her bicycle is in a safe and roadworthy condition.

Competitors must wear their race numbers provided at all times throughout the cycling section of the event and in such a way that it is clearly visible from behind. (Number belts will be allowed, but must have number visible on back during cycle, and front during run).

Cycle helmets approved by the BSI, ANSI, Snell or equivalent standards authorities must be worn and fastened up at all times during the cycling section of the event, including the return of the bike to the cycle rack.

Competitors are **NOT ALLOWED TO DRAFT!** The cycle draft zone is defined as 10 metres extending backwards from the leading edge of a competitor's front wheel. You may enter this zone but must be seen to be progressing through. A maximum of 20 seconds is allowed to pass through another competitor's draft zone. The 10m draft zone does not apply at transition, mount & dismount line or at any sharp turns. It is the competitor's responsibility to check the rules on this, which will be posted at Registration.

All competitors must follow the normal rules of the road, obey all traffic signals and must follow any directions given by the police, race marshals or officials. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor. The bike route may be viewed online at <http://www.eastcoasttriathlon.com/race-routes/>

Transition 2

Dismount from your bike at the dismount line and run with your bike, back to the transition area. **Note: You must not undo your helmet until after you have returned your bike to the rack.**

After racking your bike make your way to the run exit at the opposite end of transition to the bike entrance.

Run Section

The run route is on the esplanade alongside the beach. This is a wide pedestrian area but will also be open for public pedestrian use. The course is a simple out and back run route heading north and then turning at the turnaround point to return to the Marina centre.

One of your race numbers must be securely fixed and clearly visible from the front at all times. Competitors **must** follow the directions and instructions of all race officials.

Water will be available at the run turn around point. The Run route may be viewed online at <http://www.eastcoasttriathlon.com/race-routes/>

Refreshments

Water will be available for competitors at the finish area. Other refreshments will be available for purchase from the Marina centre and the café just beside the transition area.

Collecting your Kit from Transition

Out of respect to all competitors your belongings cannot be collected from transition until the last competitor has completed the bike section. You must wait until race day officials declare transition open

Race results

Results will be available as soon as possible after the last competitor has finished. These will give each competitor's overall race time and their finish position in order for prizes to be issued. Full results with split times will be available at <http://www.chiptiminguk.co.uk/> shortly after the event.

A link to full results will be published on social media and put on the event web site, <http://www.eastcoasttriathlon.com/>, as soon as possible after the event. Please also check your entry email address and our Facebook page for post event updates

We very much hope that no-one gets a penalty or disqualification. There will be a penalty board on display on the day and any queries need to be resolved with the race official before leaving the event.

Prizes

Presentation of prizes will take place as soon as possible after the results are completed. Prizes will be awarded to 1st, 2nd & 3rd overall male and female and first place in each age group male and female (if you are placed 1st, 2nd or 3rd overall you are not eligible for age group wins). **Please note that if you think you may have won a prize you will need to stay behind for the presentation or allocate a friend to collect for you as we cannot send out prizes by post.**

Photographs

Diss Event Photography will be the official event photographers. Images will be available to view online a day or so after the event at their website <http://www.diss-eventphotography.co.uk/>

Social Media

For up to date posts about all our events please follow us on Facebook at @AOSLtd and @Fritton Lake Outdoor Centre, Twitter @Active_outdoor Full details of events may be found on our websites; www.activeoutdoorsport.co.uk and www.frittonlakeoc.co.uk

We very much hope you enjoy the East Coast Super Sprint Triathlon. Good luck to all our competitors, we look forward to meeting you all on race day!