



Race Brief

On the day

Registration opens at 07.00am, and first swimmers start at 08.00am. At registration British Triathlon Federation (BTF) members **must** show their valid license or you will be charged £5.00.

NON BTF Members are covered by Day Membership from British Triathlon, details which can be found here

<https://www.britishtriathlon.org/get-involved/membership/triathlon-individual-insurance>

You cannot race as someone else (ie not in your own name) for insurance purposes. If you are not the person listed in the race start list you will not be insured and we cannot be held liable for you if you race.

The pool swim will be a staggered start, the first starting at 08:00.

To give yourself enough time to register and set up your gear **it is advised you turn up 1 hour before your swim time**. See our website for swim times

www.lastofthesummertri.co.uk/race-brief

On the day, go to the registration tent where you will be required to register and you will be given your race numbers. You must have your race number written on your arm and leg. Your goody bag will be presented at the finish line.

We will be using chip timing for the event and these will be required to be worn in the pool. Your chip will be taken from you at the end of the event, therefore, remember No Chip, No Time! If you have to retire from the race please return your chip to an official, a fee of £10 will be charged otherwise.

Changing rooms

Changing rooms are provided by the swimming baths.

You must be at pool side and logged your name/number with the pool timer 10 minutes before your start time.

Race briefs

Race briefs will be held by the registration tent outside or, if the weather is poor, inside at the pool reception at the following times:

07.30am and 08.30am.

You must attend one of the race briefs. These are the rules and must be followed.



The Swim

Calf guards & wetsuits are not permitted in pool based swims. Tumble turns are permitted.

You will be given a swimming cap which you must wear and you will also be asked to get into the water 30 seconds before your start time. No diving.

In this pool, 400 metres is 20 lengths. Take caution getting in at the deep end! On completion of the 18 lengths you will be tapped once on the head to make you aware you have 2 more lengths to do. Front crawl or breaststroke are the only strokes allowed.

There will be 3 or 4 people swimming in each lane at any one time.

If you need to overtake the person in front of you, tap them on foot and pass them at the end of the next length. Likewise, if you get tapped on the foot let the person in front pass you at the end of that length.

No one can exit via the steps, this would make it an unfair advantage.

Take off the swim cap and leave it with marshal at the end of the pool.

The floor maybe wet on exiting the pool, so please beware.

Exit from the pool is via the fire door and you will be directed to the transition area (which is the enclosed basketball court). Follow the marked out area.

The Bike

You must complete **3 laps** on the bike route.

You must count your own laps.

Rack your bike before the swim in the transition area. You must NOT unrack your bike until you have securely fastened your helmet (BTF rules) and you must not mount your bike until you have crossed the 'cyclist mount' line at the end of the tarmac path.

NB. The start is up hill so choose a low gear. Road bikes are most suitable for this event but mountain bikes are permitted.

The mount line is at the end of the tarmac section at the bottom of the ramp adjacent to the football field by the small wooden fence.

The bike and run route will be marshaled. You must know the route beforehand although signs will be in place. Please be aware marshals are not permitted to control traffic.

Use particular caution when proceeding onto the main road from the steep climbs of Smithy Place and Bridge Lane (**Bridge Lane and Smithy Place will be closed to traffic except for resident access only**). You are responsible for your own safety on the bike and must follow the Highway Code at all times.

No drafting will be allowed on the bike route - see BTF rules on the website <http://www.lastofthesummertri.co.uk/race-brief/> There will be a draft motorcycle on the circuit. Slower cyclists please keep to the left to allow others to overtake **safely**.



At the end of your 3rd lap you will turn left off the main road and will go down the marked track to the right. Take care as it may be wet and slippery. This will be marshaled for safety and cars will be stopped coming from the car park. You will be shown where to dismount your bike. You must rack your bike in transition before taking your helmet off.

The Run

The run is one lap and is signed and marshaled, but please note that you are responsible for your own safety. You must run on the pavement where possible. Please be aware of other pedestrians and road users. The route will go up Station Road out of Holmfirth and then level out. Keep straight on towards Newmill and then about 2 thirds of the way down the hill double back towards Stoney Bank Lane and onto Thongsbridge. A marshal will be here for your guidance.

General Points

- Check the weather and bring suitable clothing
- Strictly **NO** iPods, mobiles phones or use of similar music devices during the event.
- No riding in Transition or use of phones
- You will need your race number to get into and out of transition
- You will collect 3 race numbers on the day, one to attach to your bike, one for the bike route (to attach to the reverse of your T-shirt or race belt), one for the run (to attach to the front of your T-shirt or race belt).
- Competitors seen intentionally dropping litter or drafting will be disqualified
- Parking is not permitted on the main road as this will make it dangerous
- Parking is available at Holmfirth swimming baths HD9 3JL
- Car parking is also available at the COOP, which is a short walk away
- Medical assistance will be available on the day
- Refreshments will be available throughout the day
- Results will be available on the evening of the event via the website and Facebook
- We hope to hold a presentation as soon as possible after all athletes have finished, but this is not always possible

Finally, we hope you have a fantastic day and please give us any feedback about your race and the day via our website or Facebook page.

Many thanks

Dave Armitage, Race Director

Summer Tri Series

www.SummerTriSeries.co.uk

<https://www.facebook.com/summertriserries>