



SWIM | BIKE | RUN

# Race Day Information

## Good Fri Tri

25th March 2016

Radley College, Abingdon



ReesLeisure

RADLEY

# Welcome

Thank you for choosing Try Tri and entering the Good Fri Tri!

Please take the time to read carefully through all of the race day information in this booklet, it provides you with **EVERYTHING** you need to know about the day.

Try Tri Events is the Home of Triathlon and Open Water Swimming. Try Tri started in 2004 with a small event in Winchester with children and first timers giving it a go. We are a family friendly company, designed to ensure competitors and spectators alike have a great family day out.

We can take you on a journey with our comprehensive training programmes from your first event to your Olympic or Iron man distance events!

No matter what your ability Try Tri has something for you!

Come and join us at our events in Hampshire, Oxfordshire and Surrey.

We do hope your training has gone well so far and we look forward to seeing you on the day.

Good luck,

Chris & Nikki

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**DECATHLON**  
OXFORD



# General Information

Marshals need to arrive at 06:00 for registration of the competitors at the site. The race briefing for competitors will begin at 07:45 with the Sprint starting promptly after at 08:00 and 11:05 for Novice competitors. All competitors must be registered and have their bikes in the transition zone before their race begins.

A Marshal briefing will be held at Race HQ at 06:15 before the race, in which a marshal bag will be given to hold your personal belongings. In your bag there should be a high visibility bib, your individual role information and refreshments for the day. After the briefing you will make your way towards your marshalling point. [Bring your car if you can drive!]

Additional refreshments and lockers will be available on site- however, please note that belongings are left at your own risk. If for any reasons you need to leave your designated post (toilets etc.), please inform the Marshal Director. Should you be asked any questions that you cannot answer, direct the competitor to any of the directors who you will be introduced to the morning of event day.

## **Missing persons:**

In the event of a lost child please report this to your director and arrange for other marshals to cover your location. Once this has been sorted, accompany them to Race HQ, where further action will be taken.

## **In case of emergency:**

If there is a serious incident (i.e. life threatening) please call 999 immediately. Thereafter, please notify the Race Director and/or Safety Director of the incident as soon as possible.

If you believe the incident to be less serious, please call GBEMS 07040900509

# Timings on The Day

0600	Marshal Report to Race HQ
0600	Car park Opens
0700	Registration Open
0745	Race Briefing 1
0800	Sprint Wave Start
0845	Race Briefing 2
0945	Race Briefing 3
1045	Race Briefing 4
1105	Novice Wave Start

*\* Times are subject to change on the day.*

*Tip: Plan your day in advanced, making sure you have plenty of time to complete everything. Make sure you are standing on the start line relaxed not stressed that you have forgotten to do something.*

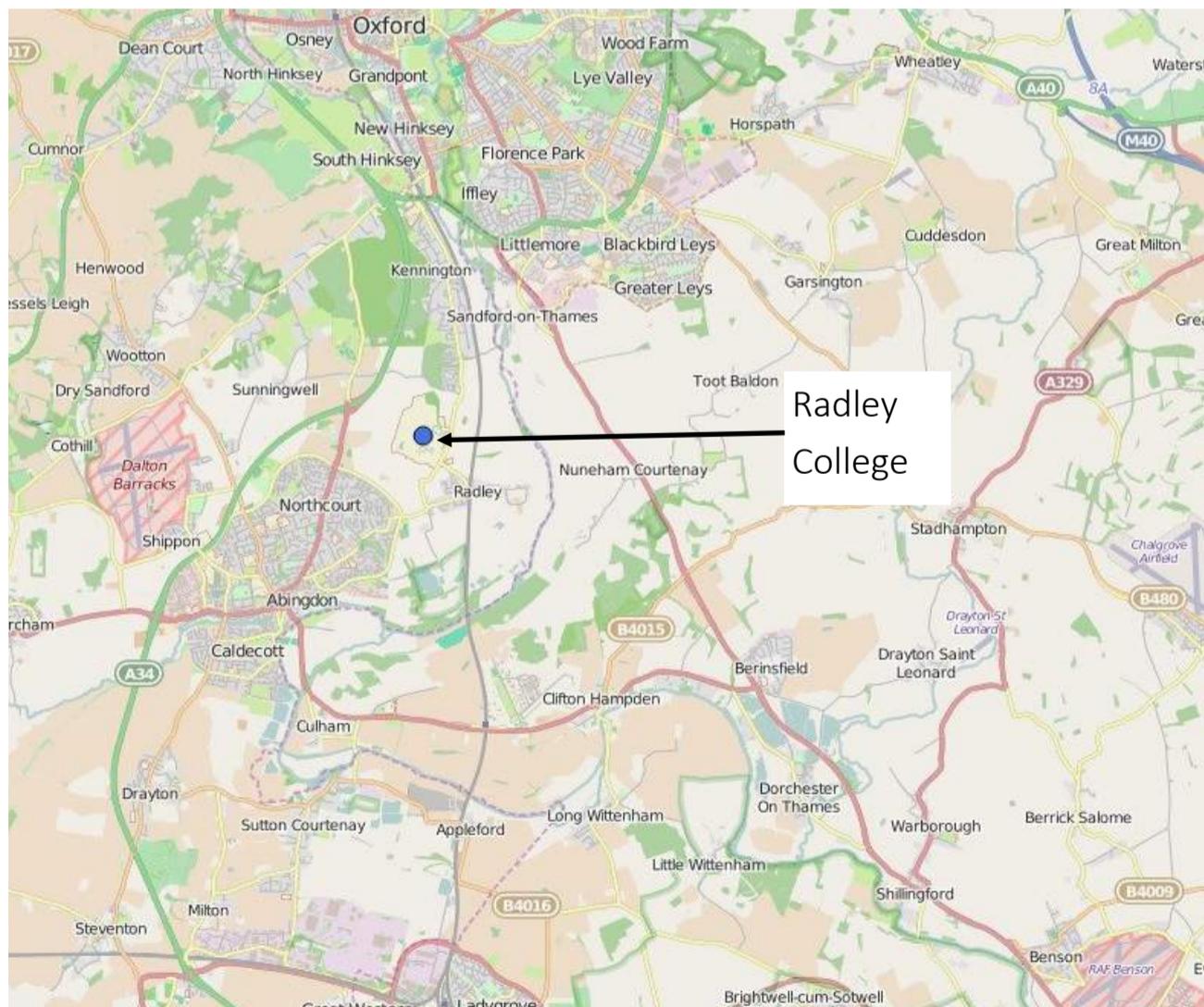


# How to Get Here

We strongly recommend planning your travel in advance.

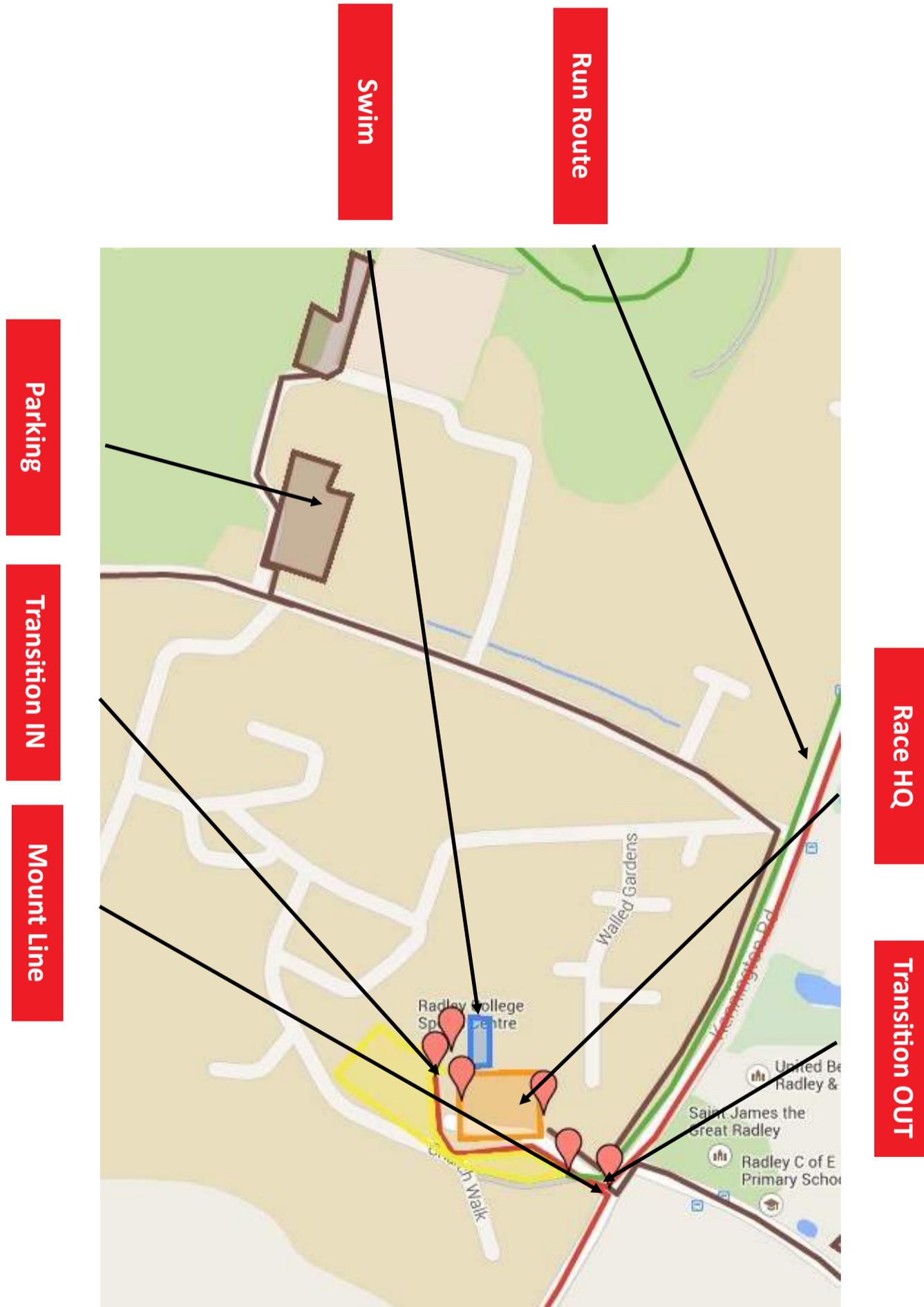
From the M4

- Leave at Junction 13 and head North on the A34 towards Oxford
- Leave at the Abingdon turn (about 15 miles) and head towards Abingdon (under the A34)
- At the second roundabout turn left into the Abingdon perimeter road
- Continue on the perimeter road going straight on at four roundabouts. This brings you into Twelve Acre Drive (a part for the perimeter road).
- At the next roundabout turn left (signposted Radley).
- After 0.3 miles, on the outskirts of Radley Village turn left (signposted Radley College).
- The College is on the left after the double bend.
- Take the second entrance (the first is the Sports Hall only).





# Site Map



# Swim Marshal

Marshal's duties include:

Managing safety of swimmers: ensure they do not run as the ground will be slippery.

Act as an information point for the competitors and members of the public.

Assist competitors to get their chip time bracelets and help put them on.

Direct swimmers in the right direction and ensure they are in the right wave for the start of the race. Direct them safely to transition 1 after the race.

Reporting any accidents to the Race Director and Safety Officer.

**Cheer them on!! Even if you say the same thing to every competitor, you'll only see them once/**



# Cycle Marshal

## Marshal's duties include:

- Direct cyclists in the correct direction
- Managing safe access in the immediate site vicinity.
- Act as information point for members of the public and competitors/spectators.
- Marshalling crowd flow at identified pinch points and potential problem areas
- Try to keep the cyclists' path clear
- In the event of an incident, assist in the emergency services as appropriate.
- Ensure that all cyclists are wearing safety helmets

Cheer them on!! Even if you say the same thing to every competitor, you'll only see them once!

If you see anyone disobeying the Highway Code or cycling unsafely, please make a note of their race number and inform the Race Director when suitable by text.

**DO NOT stop or direct traffic unless there is an incident.**

**Note:** Bike helmets are **mandatory** and competitors will not be allowed to race unless they are wearing a bike helmet with straps fitted to ensure it does not fall off during the race.







# Run Marshal

## Marshal's duties include:

- Managing safety of runners: ensure cyclists do not clash with runners
- Act as information point for members of the public and competitors/spectators.
- Direct runners in the correct direction
- Marshalling crowd flow at identified pinch points and potential problem areas
- Reporting any accidents to the Race Director and Safety Officer.

**Cheer them on!! Even if you say the same thing to every competitor, you'll only see them once!**

The route is well marked out and the signage should ensure competitors are racing in the right directions; however, your role is to reaffirm the competitors receive clear instructions for race direction and routes at important points along the course and to ensure the safety of everyone on site. If you see anyone disobeying the Highway Code or competing unsafely, please make a note of their race number and inform the Race Director when suitable by text.

**DO NOT stop or direct traffic.**

# The Run

This is where it all ends! Run out of transition through run out. Enjoy the scenery on your way round. When you have completed your correct amount of laps then you can head for the well deserved finish line.

**Course** – A combination of grass paths, road and trails. An undulating run around the school for the 2.5km Lap. Its not going to be easy but it will be fun!

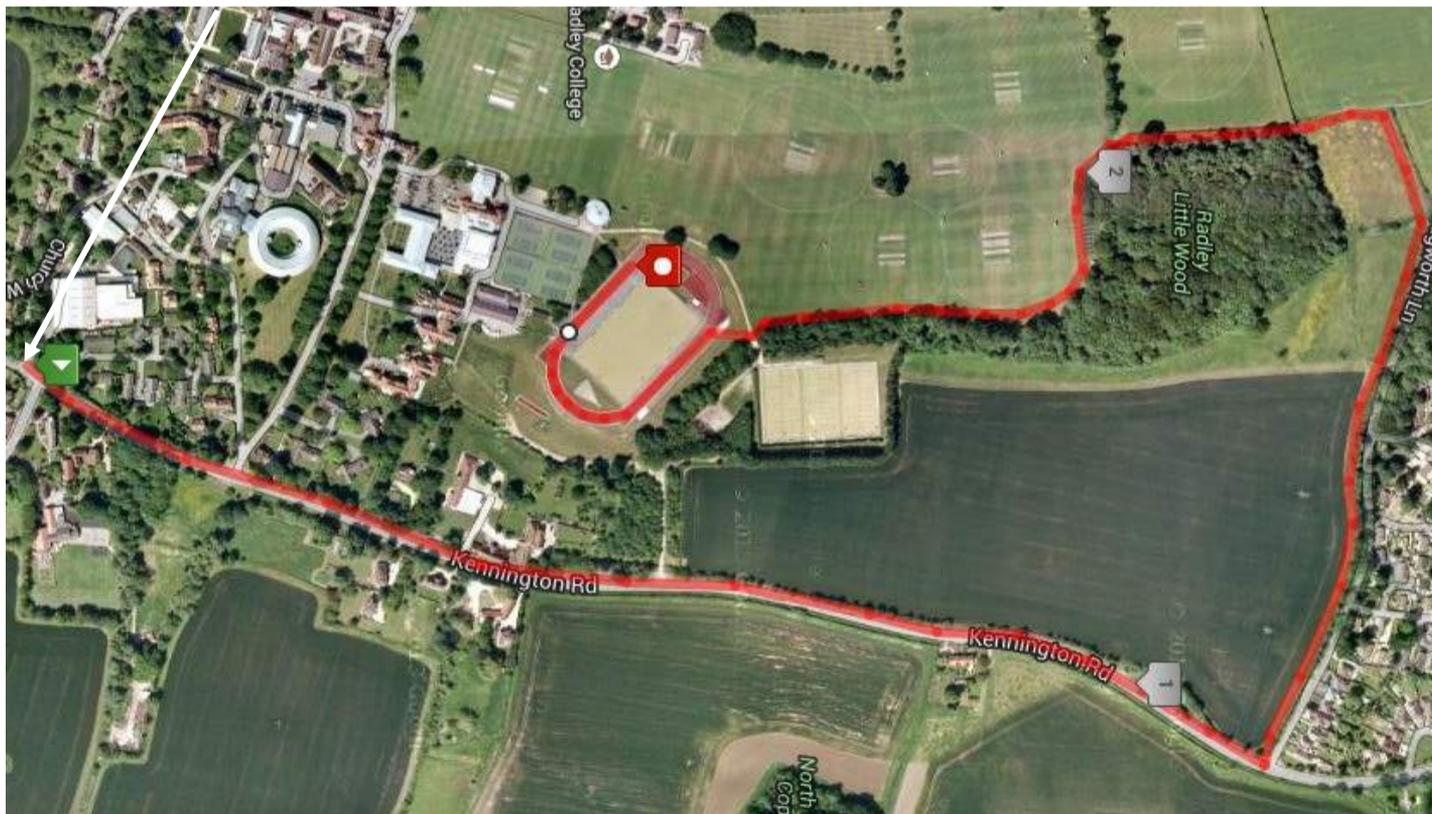
**Race number** – Should be facing forwards during the run.

**Take Care** – As with any trail run there are some uneven surfaces so take care while running.

**Laps** - Novice 1 lap | Sprint 2 laps

Transition Out

Finish



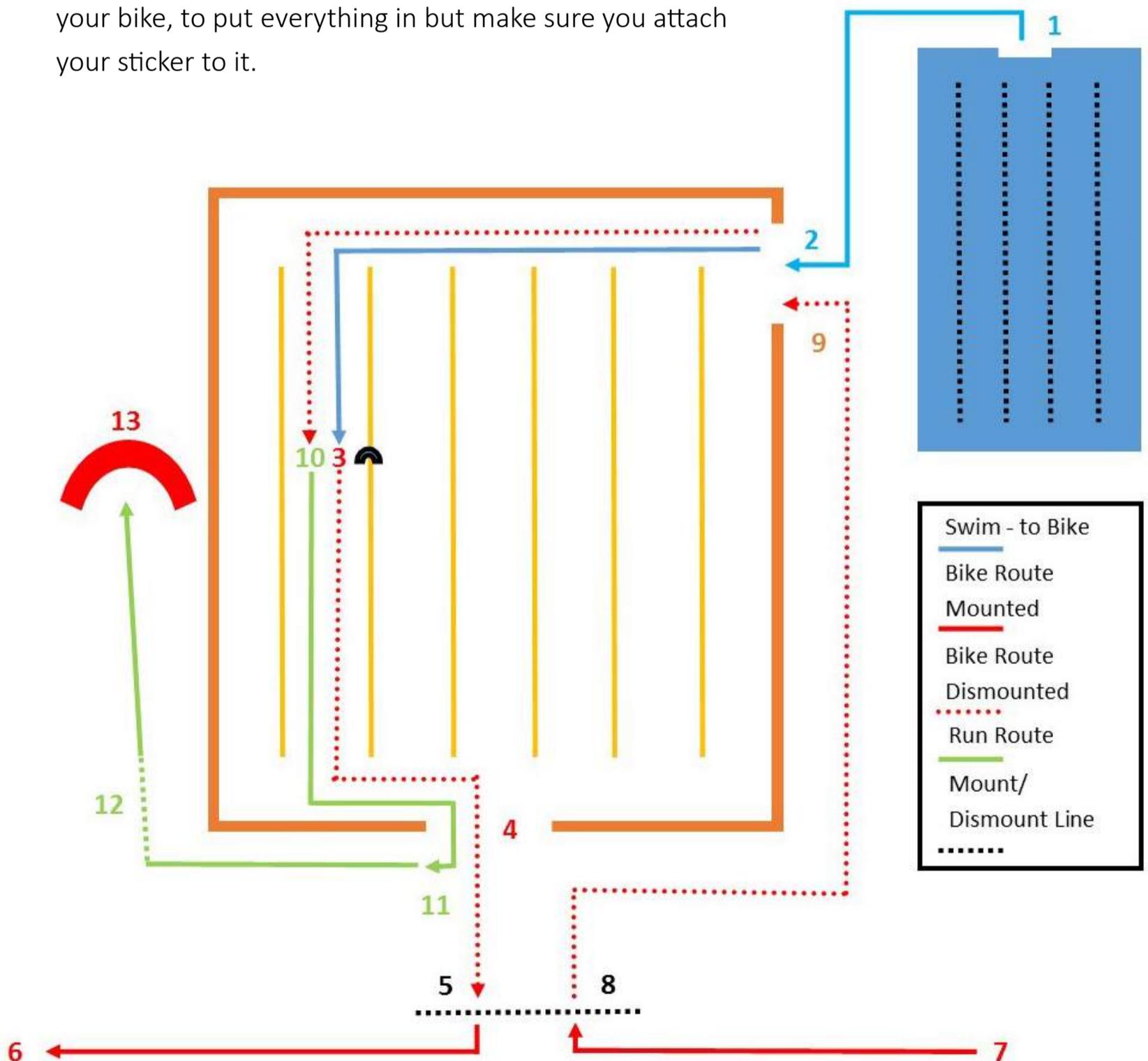
*Tip: Don't get carried away when you first come out of transition, give your legs time to adjust from cycling to running.*



# Transition

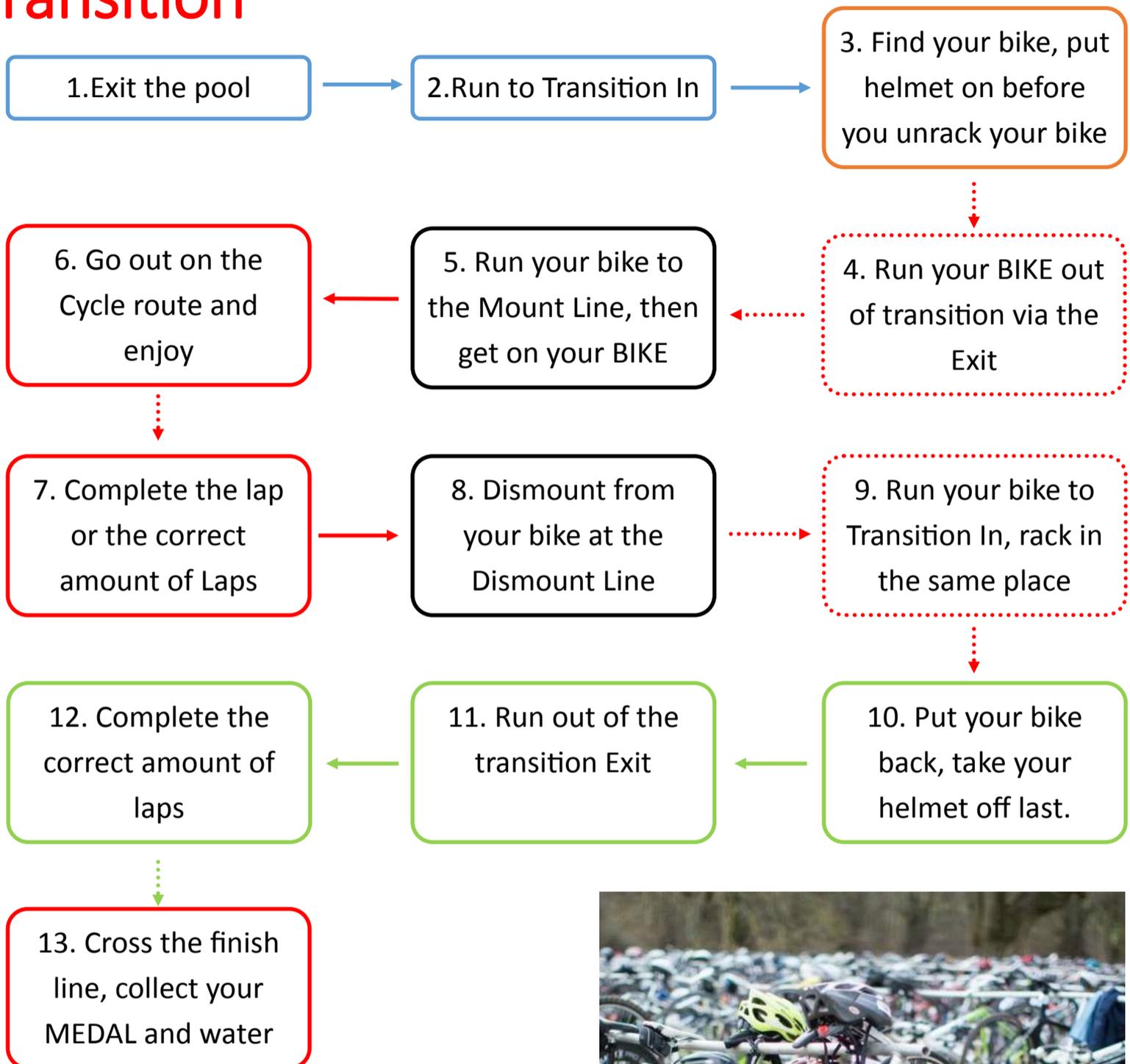
You should aim to rack your bike straight after you have been to the Registration tent. You will have a kit check from our race officials when you enter Transition, so please have your helmet on and strapped up, and your race stickers showing on your bike and helmet.

Rack your bike using your saddle, lay all that you need underneath it. You can leave a bag or box in transition with your bike, to put everything in but make sure you attach your sticker to it.





# Transition



**Top Tips**

- *Helmet straps open across your handlebars or saddle*
- *Make sure any water bottles are full and placed in your bottle cage*
- *Double-check that your bike is in the right gear to begin the cycle*



# Transition Marshal

Transition areas are positioned between the bike and run segment. These areas are used to store bicycles, performance apparel, and any other accessories essential for preparing and gearing up for the next stage of the race.

## Marshal's duties include:

- Managing safe access to and from the transition area
- Check Bike Helmets fit on their way in
- Act as information point for members of the public and competitors/spectators.
- Do not let anyone without a race tag enter the transition area; and in doing so, make sure all competitors are wearing their race tags
- Ensure all cyclists dismount before the dismount line and run their bike back in to transition
- Keep the area clear to allow for a smooth transition
- For marshals at Transition 2, be on hand to give competitors their bags with their belongings.
- In the event of an incident, assisting the emergency services as appropriate.
- Reporting any incident or accident to the Race Director and Safety Officer.



**Note:** Bike helmets are **mandatory** and competitors will not be allowed to race unless they are wearing a bike helmet with straps fitted to ensure it does not fall off during the race.

# Race HQ Marshal

Marshal's duties include:

- Act as information point for members of the public and competitors/spectators.
- Writing all incidents into the log book, located at Race HQ.
- Register all participants, double check ID against persons, and British triathlon number
- Sell merchandise
- Hand out transition bags and all bags must be returned to Race HQ before the race briefing.
- Act as a relay between Race HQ and Directors
- Reporting any incident or accident to the Race Director and Safety Officer.

Located in Sports Hall



## Important Contact Numbers

**Chris - 07894790441**

**Nikki - 07849899424**

**GBEMS - 07040900509**



# Notes:

A series of 15 horizontal dotted lines for writing notes.