



BURNTWOOD AQUATHLON

RACE DETAILS

Thank you for entering Burntwood Aquathlon. We look forward to seeing you! Below you should find all the details you need to compete in the race. See also the FAQ section at the bottom. If you need any further information please email us at burntwoodrace@hotmail.co.uk or ring Martin on 07775 447735 or Ann on 01543 472609.

LOCATION & CAR PARKING

The race is being held at **Burntwood Leisure Centre** in Burntwood near Lichfield, easily reached from all directions. A link for directions is below but, if you're using the Internet or Satnav, the postcode of the centre is WS7 3XH. There is plenty of free parking at the leisure centre.

http://maps.google.co.uk/maps?f=q&source=s_q&hl=en&geocode=&q=Burntwood+Leisure+Centre,+Burntwood&aq=3&sll=53.800651,-4.064941&sspn=11.458429,34.49707&ie=UTF8&hq=Burntwood+Leisure+Centre,&hnear=Burntwood,+United+Kingdom&z=14

CHANGING FACILITIES

There are changing rooms and showers inside the leisure centre.

REFRESHMENTS

Vending machines are available in reception and there is a small café open from 9am.

REGISTRATION

Registration opens at 7.30am and will stay open until everyone has registered. All competitors must register on arrival.

Registration is located inside the leisure centre – it will be signed from reception. Here you will confirm your starting time and be issued with your race number.

Body marking will be done at Registration; junior competitors will also have their required number of swim lengths marked onto their hand.

BTF members will receive a £3 refund on production of a current race licence (£1 for juniors). Non-BTF members will be issued with a day member's licence.

If you are currently taking any medication or suffer from a specific medical condition (e.g. drug allergy) please inform us at registration and also write details clearly on the back of your race number.

SWIM

Please be at the poolside at least 10 minutes before your start time for a final race briefing, following which you will be instructed to move to your allotted swim lane.





A swimming hat will be provided for you to wear.

All competitors will start in waves, 6 per wave, at approximately 4 minute intervals. The starter will tell you when it is OK to enter the water, and then give you a countdown to your start.

Full race distance is 16 lengths of the pool. The lane counter will keep count of your progress and will signal when you have 2 lengths remaining.

IMPORTANT: the lane counter's decision is final; any argument will result in a penalty!

Please note you may only swim using breaststroke or freestyle or a combination of both.

TRANSITION

The transition area is located just outside the pool building by the exit from the swim; please leave shoes & clothing here.

To access the transition area before the race please turn right out of reception and follow round the outside of the building. There will be no access via the pool except when racing. Please note that only competitors will be allowed into the transition area to set up with the exception of Tristar Start and Tristar competitors who will be allowed one parent to help set up. While setting up, please be aware of people racing and take care not to obstruct them. During the race, exit the pool through the door near the shallow end of the pool. The timekeeper is located here; please shout your race number as you pass. Be careful, the floor will be wet and slippery.

NB. No assistance of any kind is allowed in transition while racing with the exception of Tristar Start competitors who will be allowed one helper. Any unauthorised assistance will result in disqualification of the competitor concerned.

NUMBERS

Please make sure your number is visible at all times; if your number can't be seen by the timekeepers then you won't get a time!

Numbers must be worn on your front.

Number belts will be allowed.

Please note that no-one is allowed to run 'topless' – please put on a shirt if needed!

RUN

The run course for **Tristar** is a multi-lap course around the playing fields adjacent to the swimming pool – each lap is 500m long. **Tristar Start** will complete 2 laps of a shorter 300m course. Shortly before the end of each lap you will be given a wristband. You should finish the race with one less band than the number of laps you are running. It is the competitor's responsibility to ensure that they complete the correct number of laps. The course is entirely on grass, possibly a little muddy and uneven in places, although normal running shoes will be OK.

The run course for **Adults and Youths** is a multi-lap course using minor roads close to the Leisure Centre. Each lap is 1.25km long. The course exits the site via a metal gate close to the swim exit and re-enters the site via the main Leisure Centre entrance. The entire route is on footpaths, pavements or grass verges, there are 3 crossings of minor side roads. These and other strategic locations will be marshalled. The whole course will be clearly marked with direction arrows. Competitors should be aware that at times the paths may be uneven or





slippery and they may encounter obstacles such as parked cars, posts or litter bins - special care should be taken in these areas. Members of the public will also be using some of the paths and competitors should allow them right of way at all times. The Highway Code applies in all areas and traffic will take priority at all times.

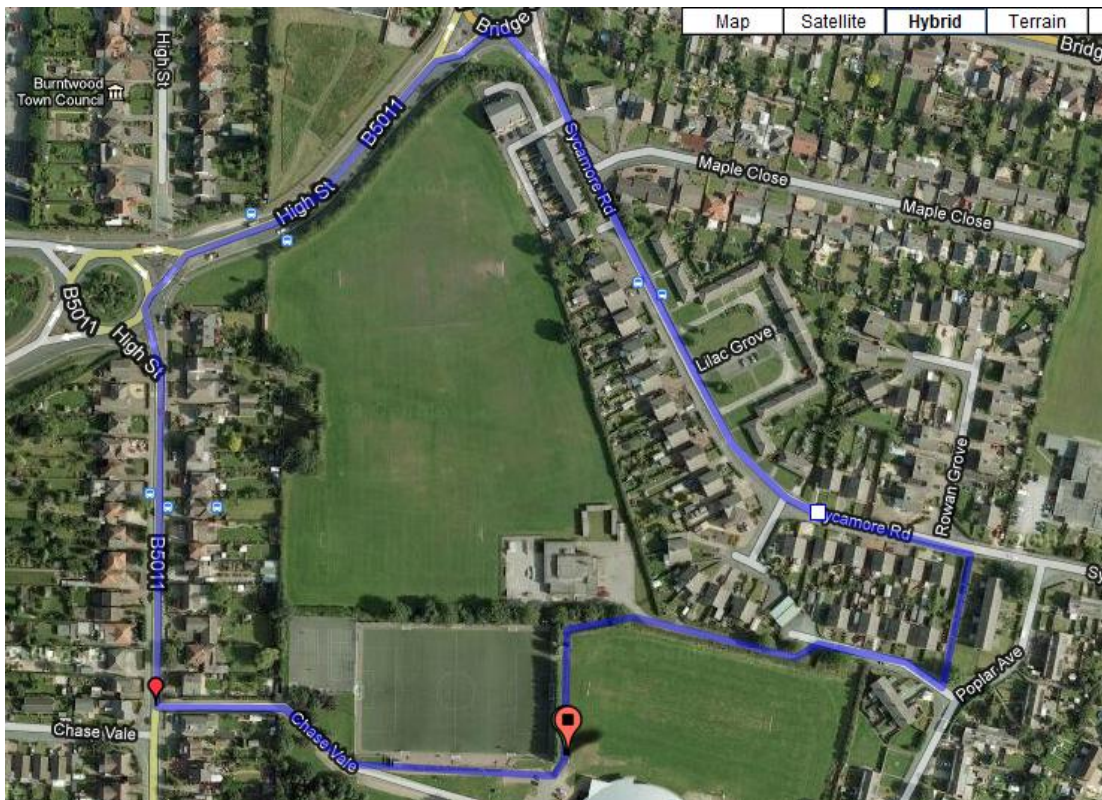
Shortly before the end of each lap you will be given a wristband. You should finish the race with three bands.

Spectators are requested to remain off the run course and behind the barriers provided. Any unauthorised assistance will result in disqualification of the competitor concerned.

Plans of both run courses are below.

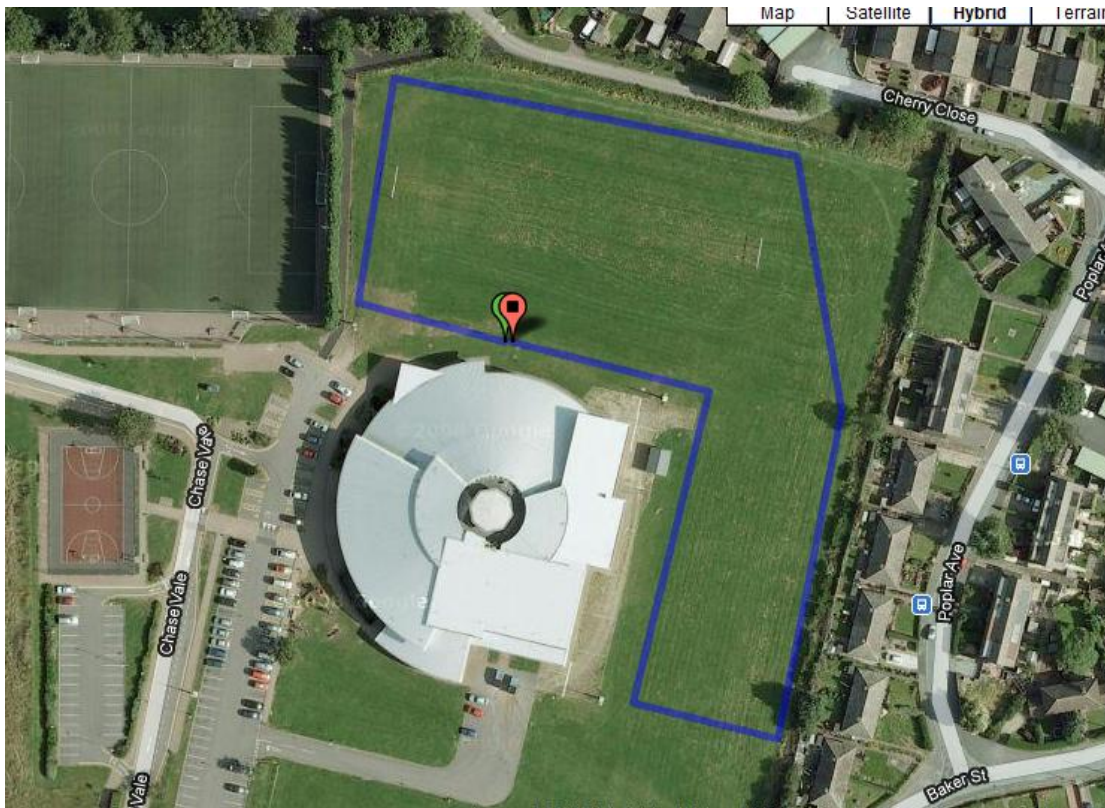
After the race please remove muddy shoes before entering the building.

Adult/youth course



Tristar course





RACE DISTANCES

- Age 15 & over – 400m swim (16 lengths of the pool), 5000m run (4 full laps of road course)
- Age 13-14 – 400m swim (16 lengths) & 3000m run
- Age 11-12 – 250m swim (10 lengths) & 2000m run
- Age 9-10 – 150m swim (6 lengths) & 1500m run
- Age 8 – 50m swim (2 lengths) & 600m run

NB. A child's age group is decided by their age on 31st December in the year of the race not their age on the day of the race.

RACE RULES

The race is being run under BTF rules; please make sure you are familiar with these. They can be found at:

<http://www.britishtriathlon.org/events/page.php?article=384&category=/events/&folder=rules/>

There will be a copy at the registration desk.

SPECTATORS

Spectators must keep off the race course at all times and must not obstruct competitors or race officials. Any competitors receiving outside assistance will be disqualified.

There is a small seating area next to the pool. This can be accessed only through the door from the café. To get to the seats you will cross the door to transition. There will be a marshal





situated here but please take care not to obstruct competitors. Spectators will not be allowed to enter or exit the pool via the transition door.

PHOTOGRAPHY

In line with BTF guidelines for children's races, anyone wishing to take photographs or video footage of the event must register their details at the Registration desk before carrying out any such photography. (NB, includes camera phones!). You will be issued with a sticker which you must wear at all times.

Burntwood Leisure Centre policy is that no photography is allowed inside the building, meaning that no photography will be allowed in the swimming pool. There will also be no photography allowed in the transition area.

PRESENTATION & RESULTS

Provisional results will be available and the presentation will take place as soon as possible after the last competitor has finished in the registration area. The results will be on the Club website (www.burntwoodtriclub.org) within a few hours of the race finishing. If you'd prefer a hard copy then please leave an SAE at Registration.

BURNTWOOD TRIATHLON CLUB

We are a growing & friendly club, catering for all levels and abilities. If you're interested in taking your Triathlon interest further then you'll be made very welcome at one of our club training sessions; full details can be found at www.burntwoodtriclub.org.uk.

FAQs

Will I be too slow?

No one is too slow to compete in an aquathlon. We can't all win and the idea is to take part and have fun. In the swim you will be grouped with people of a similar speed. Slower swimmers start first. However slow you are going, you won't get in anyone's way.

What should I wear?

Experienced triathletes will wear a one or two-piece triathlon suit throughout the race however, if this is your first race there is no need to buy any special clothing. The simplest option is to wear your normal swimming costume then pull on a T shirt if you want in transition to which you can attach your race number. NB. No-one is allowed to run 'topless'! Another alternative would be to swim in a pair of lycra shorts and a lycra top that you may already have for running. If it's very cold you may want to put on a woolly hat and gloves!

What do I do in transition?

Your time in transition is part of your race time so the idea is to get through as quickly as possible. However you are free to take as much time as you want and put on as many clothes as you need to feel comfortable. You may want to bring a small towel to stand on





whilst you dress, you can also put talc in your trainers to help your feet slip in when wet especially if you're not wearing socks. If you're looking to save a few more seconds you may want to invest in a pair of elastic laces for your trainers.

When will I get my start time?

Start times will be posted on our Club website at www.burntwoodtriclub.org in the middle of the week before the race. If you would rather receive your start time by post you need to send us a 1st class SAE with your entry.

How early do I need to register?

Arrange to arrive leaving sufficient time to register, put your things in transition and to be at the pool 10 mins before your allotted start time. Registration will stay open until everyone has registered.

When does the junior race start?

The juniors will race **before** the adults. The junior race will start at 8.30am. The adult race start time will depend on the number of junior entries but is likely to be 9.30-10am. Please note that 'Youths' will race with the adults.

When will the results be published?

Provisional results will be available about 30 mins after the last competitor has finished. Full results will be published on our Club website (www.burntwoodtriclub.org) by the evening of race day.

Can I help my child in transition?

No-one is allowed help in transition with the exception of Tristar Start competitors who will be allowed one helper. Anyone receiving unauthorised help will be disqualified.

Can I take photos?

In line with BTF guidelines for children's races, anyone wishing to take photographs or video footage of the event must register their details at the Registration desk before carrying out any such photography. (NB. includes camera phones!). You will be issued with a sticker that you must wear at all times. Burntwood Leisure Centre policy is that no photography is allowed inside the building, meaning that no photography will be allowed in the swimming pool. There will also be no photography allowed in the transition area.

