



Detailed Race Information

Grafman Triathlon

Sunday 6th June 2021



Dear Competitor,

Thank you for entering the Grafman Triathlon

ATW advises you read this information document carefully in advance of Sunday June 6th (event day), so that you can enjoy the event to its fullest.

There is an online video briefing for the event, posted on Youtube:

<https://youtu.be/LgQKI6Dw2XQ>

It is mandatory to have watched the race briefing before you take part as there will be no briefing on the day.

Summary Event Info

Address: Grafham Water, 3 Buckden Rd,
Huntingdon PE28 0BQ

Registration opens at:

5:30am and will remain open until **6:45am**.

Course distances and the Start times is as follows:

Grafman Middle Distance Tri, Aquabike & Relay: **7am start**

1.9km swim, 90km bike , 21km run

It is vital that we know exactly who is attending this event so you must not give your race number to any other person if you can't attend for any reason.

It is important that you are fit to participate and have not experienced any Covid-19 symptoms in the 14 days leading up to the event.

If so, you must withdraw, and contact events@activetrainingworld.co.uk

Please wear a mask when appropriate and scan the QR code at registration to complete the mandatory British Triathlon health declaration.

Event specific information:

- The water at Grafham contains a species of shrimp that is considered invasive in British waters by the environment agency. This shrimp is harmless to humans but we ask that all wetsuits and swim hats are dipped in a bin of disinfectant when leaving transition post-race. This will not harm your wetsuit.
- There is a mandatory foot down Stop-Go at the right turn 9km in to the bike route. This is a dangerous junction and must be observed
- The country roads in the area are popular with horse riders. Local stables and social media groups have been notified of the event, but you may still come across horses on the road. Please be courteous and follow this guidance [Horses on the road \(britishcycling.org.uk\)](https://www.britishcycling.org.uk)
- Littering is unacceptable and unnecessary. Do not drop gel wrappers, bottles of water or any other litter during the race. Anyone found doing so will be penalised and possibly disqualified.

Venue:

Grafham Water, 3 Buckden Rd, Huntingdon PE28 0BQ

Follow ATW Event signage off Buckden Road.

Parking

Parking is available at the venue. Collect a ticket at the entrance barrier. Follow the parking marshals instructions (DO NOT PARK IN THE MAIN CAR PARK) they will instruct you to park on the grass overflow area that has been allocated for triathlon competitors. At registration, collect a second parking ticket, that will provide you with a discount when you come to pay. The daily parking fee has been reduced to £5 for all competitors.

Changing and Toilets

There will be no changing facilities on site, but toilets will be provided, in the form of portable toilets. There are also additional toilets at the café/visitors centre.

Café

The Grafham Water café will be open for hot and cold food and drinks from 6am.

Keeping Safe

We want EVERYONE to feel safe at our event.

As it's the busiest area, we request that you wear face masks when in the registration area.

There will be QR codes on display for you to scan while waiting for registration and answer the Brit Tri Health declaration.

Emergency Action

In the event of an emergency the race will be suspended and all athletes asked to return to transition by marshals/safety teams.

Guidance on the resumption or cancellation of the race will be provided over the pa.

You will be allowed to obtain additional clothing to keep warm if there is a delay in proceedings. The transition area will still be classed as a secure area please do not remove your bikes or equipment from transition until it is announced that Transition is open.

Registration

Registration Opens: 5:30am and will be open until 6:45am latest.

At registration you will be required to give the name you used to sign up to the event online. If you are a BTF member you will need to present your membership card. In exchange, you will be given a white envelope with your name and race number on it.

Inside you will find 2 race numbers, pins and 2 numbered labels (one for the front of your helmet and one for the top tube of your bike. You will also be given a timing chip with an ankle strap (**This must be strapped to your LEFT ankle**) and a coloured swim cap that must be worn in the race. The number must be worn visible on your front for the run and on your back during the bike. We will also request that you write your race number on the back of your left hand using the pens provided. Sanitising gel will be available to use before and after using the pens.

The race numbers can be pinned to a top or if using a race belt a single number can be rotated from the front to the back.

Additional safety pins will be available at registration if required.

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you to download for free via the Active Training World Facebook page.

If you do not wish to have your photo taken for any reason, please collect a wristband at registration and wear it during the race. If you wish for any of the published photos to be removed, just let us know.

Spectators

It is anticipated that spectators will be allowed to attend events after May 17th. However, we would ask you to consider if it's appropriate to bring people to the event. All non-competitors are requested to maintain social distance throughout the race, there is ample space at the venue....please use it.

Marshals

Did you know that marshals at our events get paid an hourly rate!

If you know people who may wish to be involved with this or other ATW events then ask them to follow the link below to register with us and email:

racemakers@activetrainingworld.co.uk

Headphones

Headphones are not permitted for any part of the triathlon event.

Transition area

To enter the transition area you must be wearing your helmet securely, and the stickers in your registration pack must be on your bike and helmet. Only athletes are allowed in transition.

After the race you will need to show your race number and this will be matched to the sticker on your bike by a marshal before you are allowed to remove your bike from transition.

If this is your first multi-sport race, then it is good practice to familiarise yourself with the ways in and out of the transition area by walking through transition. There will be marshals in the transition area to help if you are not familiar with setting up for your bike, helmet, shoes etc...

Please note that only equipment required for the event is to be placed in transition, next to your bike. No boxes or large bags are allowed to be left by athletes' bikes in transition.

There will be no official baggage area for this event but you will be able to leave a small bag in the 'excess baggage' area at the side of transition.

ATW will accept no responsibility for lost property so please do not bring any valuables.

Bike racking will be numbered. Racking of the bike needs to be by the saddle, so that the majority of the bike faces towards you (front wheel facing you with the kit by the front wheel). This method of racking is also required on return from the bike leg.

Transition closes for all competitors by 6:50am. If you have not racked your bike by this time then you will not be allowed to compete in the race

Race Briefing

Due to covid restrictions the race briefing is all online.

The race briefing video is available here:

Race Rules

Normal British Triathlon rules apply. All these rules are important but the most important of these is that all competitors must secure their cycle helmet (on their heads!) before removing their bike from the rack and must not undo or remove it before racking their bike at the end of the cycle section.

This event is non-drafting. The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor. Race officials will be looking out for anyone drafting and you must abide by their instruction if they deem that you are subject to a penalty.

There will be motorbike officials on the course looking for infringements.

More info on drafting is available below:

[British Triathlon - Drafting Rules Explained](#)

[british-triathlon-competition-rules-2020.pdf](#)

Race Start and Course Route

After registering and racking your bike we ask you to warm up away from the HQ area. There is plenty of space to maintain social distancing – we encourage you to use it.

Please make your way to the pre-start area at 6:45.

The pre-start area will have areas identified by your predicted time for the 1.9km swim ***Please remember to maintain social distancing while in the pre-start area.***

You will be allowed to enter the water for a maximum of 10 minutes from 6:45 to flush your suit. Do not swim more than 25 metres from the beach. You will be requested to leave the water by 6:55.

The pre-start area is broken down in to predicted start times. Starting with the fastest swimmers, you will be invited to join the queue to start.

You must maintain a 2m gap between competitors whilst queueing to start.

The first starter will begin at 7am on a timing mat under our Zone3 arch in a time trial format with short gaps between each competitor. It is anticipated that all competitors will be in the water within 10 minutes.

Anyone who arrives late for their start will be

set off in the next convenient slot by the start official

Course distances are as follows:

Middle Distance Triathlon and Relay:
1900m swim, 90km bike , 21km run

Middle Distance Aquabike:

1900m swim, 91km bike

Course maps and layouts are shown on the following slides

Timing

The event will be chip-timed. Your registration pack will include your race number and a chip, this chip must be worn on your **left** ankle for the whole race. No chipno result.

It is important that you don't cover the chip with your wetsuit or the ankle strap that you are provided with, or it may prevent it from reading correctly.

The start will be a time trial format, therefore your race timing will not start until you cross the start line, so please position yourself correctly in the start queue. The race results will be based on the chip-times, so race positions may be different to finish positions.

Transition and Event HQ Layouts

Registration-Swim-T1-Bike



Bike-T2-Run-Finish



Swim Lap – 2 x 950m laps

The swim course is 2 x 950m laps – around 2 LARGE yellow buoys, including an Australian style swim exit after your first lap, which means that after exiting through the arch you will run a short distance down the beach before entering the water again for the second lap. The swim will start and finish on the beach. Your swim time will include your run to transition.

The swim will follow British Triathlon guidelines on temperature, regarding distance and the wearing of wetsuits. If the water temperature is less than 14-degrees on the morning of the race, then wetsuits will be mandatory. We suggest that you bring a wetsuit to the race to be prepared for all eventualities. If they are mandated, you will not be allowed to start without one by the Technical Official. You must wear the swim hat provided to you at registration. Water safety will be provided by a professional water safety team in both kayaks and motorised safety boats. If you need any assistance while in the water, do not panic.....simply roll on to your back and raise a hand in the air, they will come to your assistance.



Bike Course – 1 x 90km lap

The bike course consists of 4 out and back legs, on country roads.

The course distance is 90km and will be well signposted throughout with marshals on all key turning points.

It is your responsibility to identify it is safe to pull out/turn at junctions, not the marshals.

There is one mandatory Foot Down after 9km at a right turn (you must come to a complete stop with one foot on the floor before proceeding). Other less dangerous turnings signposted as 'stop-go' or 'Caution' require you to slow down and proceed with caution.

The gpx file for the route can be downloaded for gps headunits

<https://www.plotaroute.com/route/1381161?units=km>

Note that any late course changes will not be reflected on this.

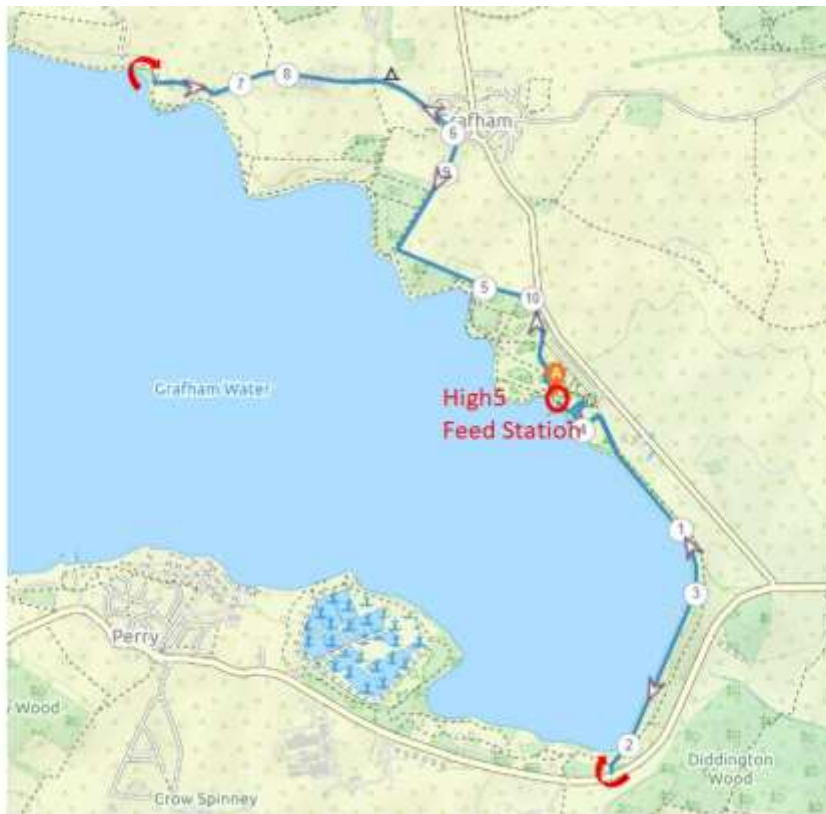
There is a Feed Station at approximately 33km. This will be 'self-service' with bottles of water, High5 electrolyte tablets and High5 gels. Please dispose of used items in the bins provided.

Be aware that the quiet country lanes are also used by horse-riders. Local stables have been notified, but if you do come across one, please be courteous and pass wide and safely. This guidance from British Cycling is useful [Horses on the road \(britishcycling.org.uk\)](http://www.britishcycling.org.uk)

There are a couple of pedestrian crossings on the course, but bearing in mind the early start, it would be unlucky if you were to get stuck at one. Having said that, you must obey the highway code at all times.



Run Course 2 x 10.5km laps



Stay LEFT at
all times

The run course is on a mixture of quiet roads, footpaths and grass. Each lap is 10.5km out and back, and the course is 2 laps. After completing your second lap you will divert in to the finish funnel. The course will be marked so that it can easily be followed, but we will also have marshals positioned at key points. There will be an aid station around the 4, 10 and 14 km point with small bottles of water for you to pick up, along with electrolyte tablets and high5 gels. You must dispose of the bottle in the bin provided at the aid station or carry it to the finish area. **Anyone found littering will be penalised and may be disqualified.**

Aquabike

The Aquabike race is a great opportunity to get some multi sport racing without having to worry about the run section you would usually undertake as part of a Triathlon.

Whether you are carrying a run injury, looking for a route into Triathlon or just a really strong Swimmer/cyclist .

You will start alongside the Triathletes. Your race finish time will be taken from when you enter transition after the bike leg. You will need to dismount your bike before the dismount line and walk/run into transition.

You are then required to rack your bike and walk/run to the race finish line at your own pace where you can collect your race medal.

This will not affect your race result which is taken from the time you enter transition. You will not be able to collect your bike and belongings from transition until the race referee is satisfied that this can be done safely and securely.

Relay

Relay teams can be made up of 2 or 3 participants.

You will be given one timing chip to use by your team for the race – this will act as the relay baton. If you would prefer to each have a separate timing chip for health/safety reasons, please ask the registration team on the day)

Only the cyclist will be allowed in transition.

The first changeover between the swim and bike take place just before entering transition, and the cyclist must unrack their bike and exit transition before mounting their bike in the same way as the triathletes. The second changeover will take place after transition. The cyclist must dismount and rack their bike along with the other triathletes and exit transition before handing over the timing chip to the runner.

The team can meet up at the start of the finish funnel and cross the finish line together.

After the race

Please take off your timing chip and place these in the collection boxes provided at the finish line before collecting your medal.

After finishing, you will be advised via the pa when you can collect your bike and belongings from transition.

The water at Grafham is home to an invasive species of shrimp. As a result we are required by the Environment Agency to sanitise all wetsuits and swim hats on the way out of transition. We will provide 'dunk bins' filled with Milton for this purpose. This will not damage your wetsuit.

We also request that your race suits are washed thoroughly before being worn in another body of water. (We hope that you would anyway!!)

After finishing, you are welcome to stay and enjoy the park. Please remain socially distanced to assist with Covid compliance and reduced risk.

Prizes

Trophies will be sent out post- event to remain covid secure by not having a group gathering for the prize giving.

Results

Results are calculated by ActiveTrainingWorld's timing partner, EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. There will be no ticket printer for times at the event, but you can find your result immediately at: [All Races \(eventchiptiming.com\)](https://eventchiptiming.com)

Due to the chip-timed, phased-start nature of the event, final race results may differ from finishing positions.

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query.

A full set of results will be available on the results page after the event.

Final word

For some of you, this may be the first competitive event for quite some time.

We hope you are excited to be a part of this occasion, and at the risk of sounding boring.....please do your very best to maintain social distancing throughout the whole time you are at the event and have fun!