



Detailed Race Information

Hertfordshire Triathlon

Sunday 23rd May 2021



Dear Competitor,

Thank you for entering the Hertfordshire Triathlon

ATW advises you read this information document carefully in advance of Sunday, May 23rd (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/vEAeZfgi8xA>

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: Stanborough Lakes, Welwyn Garden City, Hertfordshire, AL8 6DQ

Registration opens at:

6am and will remain open until **7am**.

We recommend that you do not turn up to register more than 90 minutes before your race start.

Course distances and Start times are as follows:

Sprint Distance- 7am

Standard Distance- 7.30am approx. (after sprint athletes have all started)

We ask that after registering, you set up your transition area following the marshals instructions.

After racking you then move away from the transition area to warm up and prepare for your race in the field. There is plenty of space in the field.....please spread out and remain socially distanced at all times.

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.

Venue:

Stanborough Lakes, Welwyn Garden City,
Hertfordshire, AL8 6DQ

Follow ATW signage towards the HQ

Parking

Pay and Display parking is available at the venue. It has been agreed at the venue that you can pay the RESIDENTIAL RATE of £1.50 for parking. You have until midnight to make the payment so don't panic if there is a queue to pay when you arrive.

Changing and Toilets

There will be no changing facilities on site, but toilets will be provided, in the form of portable toilets.

Baggage

A bag drop area within the transition area will be provided. Competitors area advised not to leave any valuables as ActiveTrainingWorld will not be held responsible for any lost property.

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.

Once you have registered, please move away from the HQ area and prepare for the event in a socially distanced manner.

Athletes will be called to the pre-start area on the p.a. system 10 mins before the start time.

Registration

Registration Opens: 6am and will be open until 7am 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, a coloured swim cap, 2 numbered labels (one for the front of your helmet and one for the top tube of your bike) and a timing chip with an ankle strap (**This must be strapped to your LEFT ankle**). The number must be worn visible on your front for the run and on your back during the bike.

The 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 via the Active Training World Facebook page. If you do not wish to have their 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 believed that British Triathlon will be advising that spectators will be allowed to attend events after May 17th. However, we would ask you to consider if it's necessary to bring people along to the event.

Marshals

Did you know marshals at our events get money and free race entries. If you know people who may wish to be involved with ATW events then the below link is the sign up form for our marshals:

<https://admin.liveforce.co/agency/ACTIVETRAININGWORLD/apply>.

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.

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 arrangements 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 identified area at the back of the transition area

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 7am, (sprint athletes should be racked and ready to race by 6.45am). 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.

Race briefing video is available here:

<https://youtu.be/vEAeZfgi8xA>

Race Rules

Normal BTF (British Triathlon Federation) 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.

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.

More info available below:

[British Triathlon - Drafting Rules Explained](#)

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

Race Start and Routes

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 return to the pre-start area 10 minutes before your race start time.

The pre-start area will have areas identified by your race numbers

Please remember to maintain social distancing while in the pre-start area.

Wetsuits

You will be told on race morning if wetsuits are optional or compulsory. Please do not email in advance of the event as the lake temperature needs to be taken on the morning of the race to determine this.

Swim Start (Time trial format)

Swimmers will be called to the pre-start area 10 mins before the start time.

Your race numbers will be based on your predicted swim times in order to minimise overtaking. You will be called to queue up for the start in order of predicted swim times by the start official. **You must maintain a 2m gap between competitors whilst queueing to start.**

You will then be started in a time trial format with short gaps between each competitor.

Anyone who misses their allocated start position will be set off when next convenient by the start official

Course distances and Start times are as follows:

Sprint: 7am start

750m Swim, 20km Bike, 5km Run

Standard: 7.30am (approx.) start

1500m Swim, 38km Bike, 10km Run

Course maps are shown on the following two slides.

Bike Course

There is a footdown point before joining Stanbrough Road. Here athletes must bring their bike to a complete stop and put one foot on the floor. The athlete then chooses when it's safe to join Stanborough Road. Non compliance will result in a disqualification.

We are aware of some roadworks on the course around Coopers Green Lane. An alternative route is planned if the roadworks are not cleared in time for the event. This will be an out and back course with the turn around point being before Sandridge.

Run Course

The run course is run completely on grass and will be staked, signed and marshalled. The course is made from multiple laps. Each lap is 2500m Sprint athletes will complete two laps, totalling 5000m Standard athletes will complete four laps, totalling 10,000m.

Key Race Rules

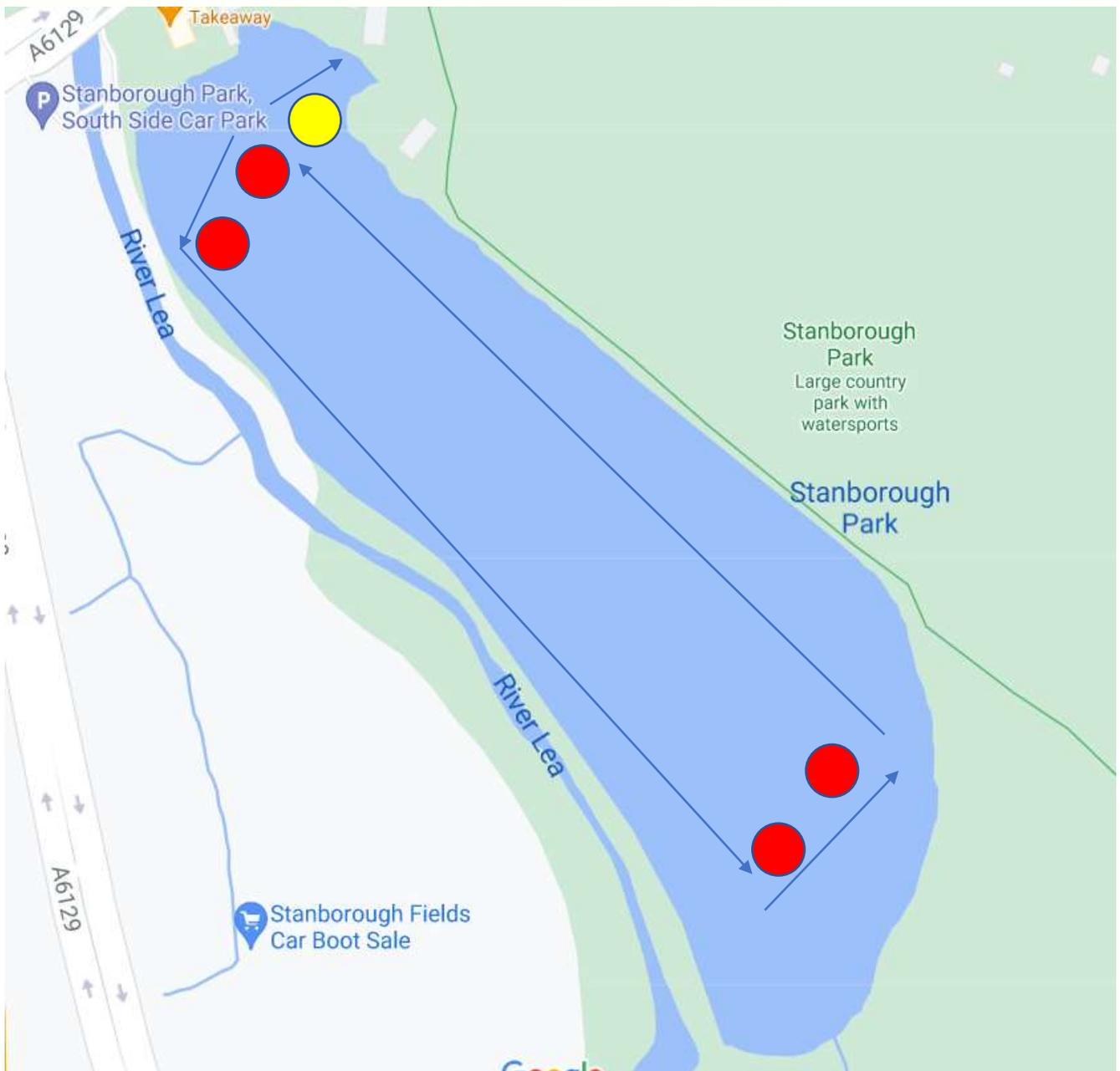
- Swim hats are compulsory and will be provided
- Wetsuits are mandatory below a water temperature of 14 degrees Celsius and prohibited above 22 degrees Celsius. Water temperature will be taken on the morning of the race and not beforehand. We will not be able to provide ANY information on water temperatures until the morning of the race.
- Correctly fitted and structurally sound helmets are mandatory on the bike.
- You must mount your bike AFTER the mount line and dismount BEFORE the dismount line.
- There is a footdown point before joining Stanbrough Road. Here athletes must bring their bike to a complete stop and put one foot on the floor. The athlete then chooses when it's safe to join Stanborough Road. Non compliance will result in a disqualification.
- Drafting is strictly prohibited on the bike ([BTF Drafting Explanation](#))
- You must abide by the Highway Code at all times on the bike
- Headphones are strictly prohibited during all legs of the race
- This is an individual effort. Outside assistance is strictly prohibited

Relay Teams

- Relay teams can share a timing chip if they are family members of within the same bubble group. If you need separate timing chips then speak to the timing team on the morning of the race.
- The swim competitor will transfer the timing chip to the bike competitor beside the bike. The bike competitor must put the timing chip on first before putting on their bike helmet and removing their bike from the rack.
- The run competitor will wait by the designated racking point in the transition area. The bike competitor will transfer the timing chip to the run competitor after racking their bike.
- All team members can collect a medal at the finish.

Aquabike

- Aquabike competitors will complete the same swim and bike legs as the triathlon competitors.
- The finish time will stop when the aquabike bike competitor enters the transition area after their bike leg.
- Competitors are encouraged to rack their bikes and then leave T2 and walk/run across the finish line to complete their event. This transition and run/walk time is not included in the overall race time.
- This enables all competitors to get the same finish line experience and collect the well deserved race medal.



Sprint: 1 Lap of 750m. Competitors turn to the exit point after passing the yellow swim buoy.

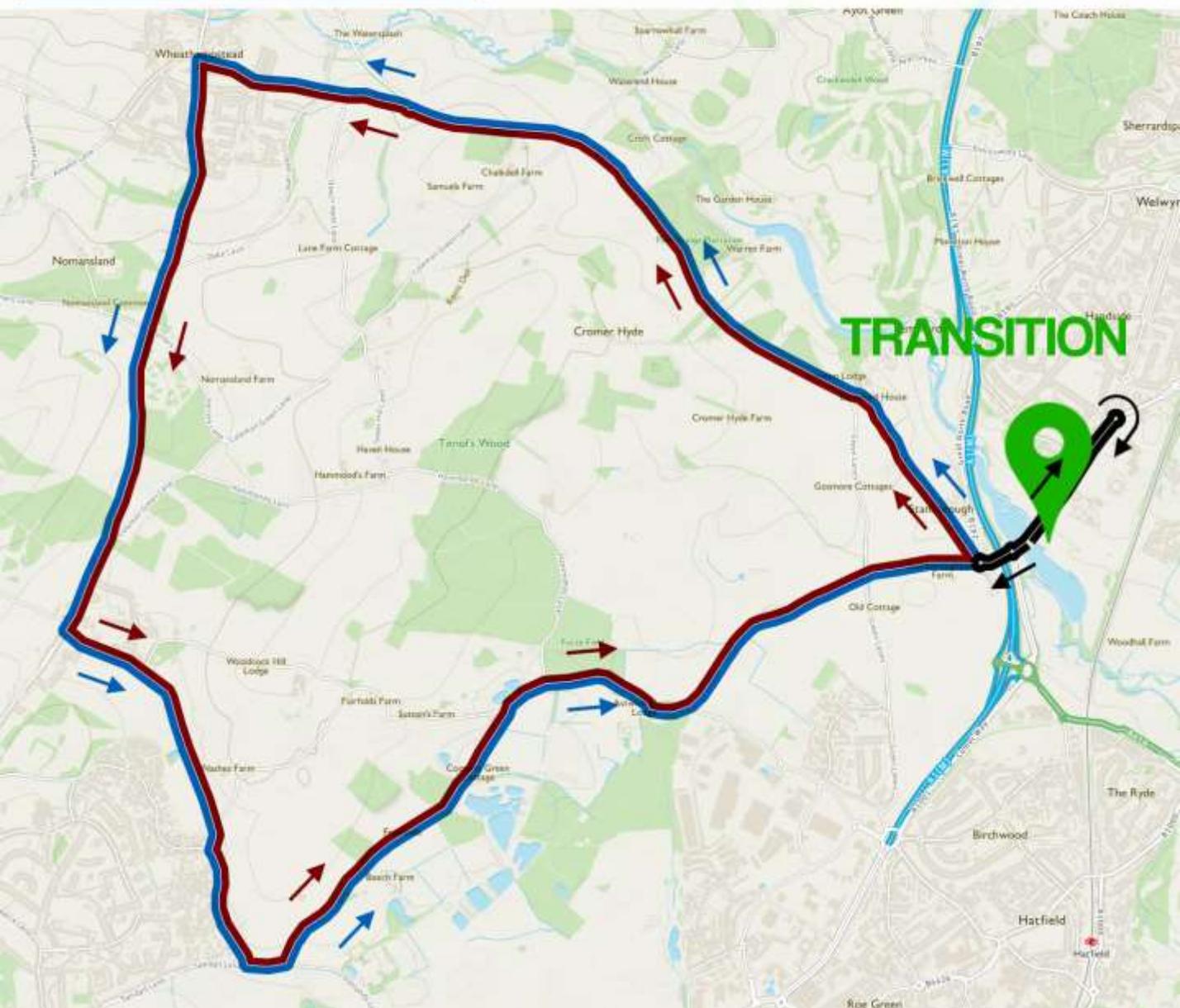
Standard: 2 Laps of 750m. On lap 1 competitors complete the full rectangle of red swim buoys. On lap 2 competitors turn to the exit point after passing the yellow swim buoy.

HERTFORDSHIRE TRIATHLON

BIKE ROUTE

SPRINT: 1 RED LAP - 20KM

STANDARD: 1 RED LAP & 1 BLUE LAP - 38KM



HERTFORDSHIRE TRIATHLON

FINISH LINE

TRANSITION

RUN LEG
STANDARD: 1500M SWIM | 38K BIKE | 10K RUN (4 LAPS)
SPRINT: 750M SWIM | 20K BIKE | 5K RUN (2 LAP)



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.

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

After the race

After finishing, please collect your bike and belongings promptly from transition.

We are asking all competitors/spectators to leave the venue as soon as possible to assist with Covid compliance and social distancing.

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

Prizes

Trophies will be given to the first 3 men and women in each race.

These 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. Have fun!