

## Culford Sprint Triathlon - Sunday 31<sup>st</sup> July 2011

Thank you for entering the 2011 Culford Sprint Triathlon. We hope the following instructions will make the day go smoothly for you.

**SPONSORS** – Thanks to Ed Page of **53-12** triathlon shop in Colchester, who has sponsored our event once again this year. Your memento is courtesy of him. Also thanks to Waitrose for supplying the goody bags.

**RACE HEADQUARTERS** - Culford School, Culford, Bury St Edmunds, Suffolk, IP28 6TX.  
OS sheet 155 GR 834704

**HOW TO GET THERE** - Culford Village is situated on the B1106 approximately 5 miles North of Bury St Edmunds towards Brandon. Follow signs from the A14 to Fornham, then to Culford. The school dominates the village. The main entrance is opposite the only red telephone box in the village. The Sports Centre building is on the left approximately 200 metres up the main drive. You can park in the Sports Centre car park. If that's full, continue past the sports centre and park in front of the main school building (about 200m from the sports centre). On no account park on any grass. We rely on the goodwill of the School and this is something that upsets them.

**QUIET, PLEASE!** – There are a number of residential buildings on the School site that have nothing to do with the triathlon and whose occupants don't like being woken up early on a Sunday morning. Please do your best to keep noise to a minimum while arriving, registering and setting up your equipment. The School has made a particular point of asking us to respect the residents. If it looks like a house, it probably is one.

**REGISTRATION** - is upstairs in the Sports Centre (follow the signs) and will be open on race day from 7.00 am. It will close at 8.10 am prompt. Anyone who has not registered by then will be assumed to be not competing. Please do not arrive late because the entrance to the school is used as the exit for the bike course and latecomers put fellow competitors at risk. No entries will be taken on race day.

If you are a BTA member you must show your current membership card (including photo) at registration. If you don't have your card you will be required to purchase a day membership for £3.

Your start time will be on display at registration. Youths will start first, followed by slowest senior swimmers through to fastest. Competitors will start at 30 second intervals at the following **approximate** times:

08.45 – 08.50	Youths
08.50 – 09.05	8 mins+
09.05 – 09.20	7-8 mins
09.20 – 09:45	6-7 mins
09:45 – 10.15	5-6 mins
10.15 – 10.30	Under 5 mins

Note that the start sheet was not finalised when these instructions were written. Your start time may not exactly match the times above.

At registration you will be given your race numbers, pins and event memento. This year's memento is a commemorative mug.

Your left arm and leg will be marked with a number to aid identification during the race.

**BRIEFING** - There will be a mandatory race briefing at 8.15 am in the sports centre or just outside, depending on the weather; please attend.

**CHANGING** - There are changing rooms and showers within the Sports Centre.

**RACE NUMBERS** - two large race numbers and one small sticker will be provided. Fix one number securely to the back of your cycle top. Fix the other to the front of your running top.

Ensure your numbers are fixed firmly with one pin in each corner and not folded. Your numbers must be visible; if the marshals who are recording numbers can't see them we may think you have not completed the course.

Number belts are permitted providing your number remains visible at all times and is worn on the back during the cycle and on the front during the run.

Attach the numbered sticker to your bike.

**SWIM SECTION (300 metres)** – The swim will be held in a 6 lane, indoor, 25 metre heated pool with deck level access. Please report to poolside 10 minutes before your swim start time. Swimmers will be set off individually at 30 second intervals in the right hand lane. You will start in the water – diving is not permitted. You may enter the water as soon as the previous swimmer has set off.

Swim two lengths in the first lane, keeping to the right at all times (i.e. swim anti-clockwise). Duck under the lane rope and swim two lengths in the next lane. Repeat until you reach the final lane, by which time you will have completed 12 lengths. For safety reasons you may not swim butterfly or backstroke.

Leave the pool by the door to the outside. Please shout your number as you pass the timekeepers. Take care on the steps outside, which may be slippery.

The pool's climate control system doesn't like the outside door to be open. There will be a marshal who will open the door for you and close it behind you. For this reason, spectators will not be allowed to use this door. They should enter the spectators' area from inside the sports centre.

**Overtaking:** The swim is seeded so there should be minimal overtaking. If you need to overtake someone, tap his or her feet and wait until the end of that length to overtake. If your feet are tapped, please stop at the end of the length and allow the person behind to overtake.

**TRANSITION** – The route to the transition area is a run of a few hundred metres from the pool to the playing fields near the entrance of the School. This will follow the same route as last year, which is different (and longer) than previous years. Be careful of a small step down on this run.

Do not leave race equipment (shoes, helmets etc.) outside the pool. You must keep all race equipment in the transition area. Equipment left outside the pool may be removed by officials.

The run from the pool to transition will be marked by yellow flags, which should be kept to your right hand side.

Transition will consist of scaffold racking with numbers attached to it. Rack your bike neatly at your number. For security, only competitors and officials will be allowed in the transition area. You will not be allowed to remove your bike from transition without showing security your race number.

Triathlon is an individual sport and no outside assistance, however trivial, is permitted. Please do not place the organisers in a position where we have to consider disqualifying anyone in this respect. Full rules are at [www.britishtriathlon.org](http://www.britishtriathlon.org).

You are not allowed to wear headphones at any time during a triathlon.

**BIKE SECTION (21 km)** - On leaving the transition area you must ensure that your cycle helmet is on and fastened **before** you remove your bike from the racking and it remains

fastened until **after** you have replaced your bike. If not, you will be stopped. Mount at the sign only. No cycling in the transition area.

There is a left turn out of the main school entrance. This turn will be marshalled but you must take care and stop if necessary. **Marshals are not empowered to stop or divert traffic.**

The bike section consists of **three Laps** of a 7km circuit. The course is on fairly good surface, single carriageway, flat, rural roads, all left hand turns. There will be large yellow directional signs and marshals at key points. As with all country roads, there may be potholes so please be observant.

Whilst on the bike section normal rules of the road must be observed at all times i.e. you must stop if necessary at junctions. Please respect other road users.

You will be required to **stop** on each lap at the junction with the main road through Culford (see map). With safety in mind, you must place one foot on the ground at this junction. Two marshals will be present. One will ensure you stop, the other will give you the all-clear to proceed. If you fail to stop you will incur a time penalty or you will be disqualified if you are judged to have ridden dangerously. If you fail to stop on more than one lap you will be disqualified.

Your bike must be roadworthy. Ensure that your handlebar ends are properly plugged. Our race referee is particularly firm on this point.

**DRAFTING** - On the bike section there must be a minimum of 7 metres (3 bike lengths) between competitors unless overtaking. Riding side by side for any distance is also against the rules. There will be marshals observing this and offenders risk time penalties. If you are overtaken you must drop back to a 7 metre distance.

**TRANSITION** – at the end of the third lap turn left into the school grounds. You will have to count your own laps. Marshals will be checking that you complete 3 laps but it's up to you to turn off at the correct time. In the transition area, rack your bike at your number neatly. If you don't you will be sent back to do it properly. Water will be available near the start of the run.

**RUN SECTION (4km approx.)** - The run is entirely within the School grounds. It consists of **two laps** on a flat course on a mixture of grass and tarmac path. The course will be marked with small **orange** flags, which should be kept to your **right** at all times. There is a short section on a narrow path with two-way (running) traffic. You should keep to the left on this section. The road section is not flagged; you should stay on the tarmac here.

**FINISH** - On completing your second lap turn off to the finish. Again, marshals will check that you have completed 2 laps but it's up to you to head for the finish after your second lap.

**REFRESHMENTS** – Drinks and snacks will be provided by Spixworth Scouts.

**TIMINGS** - Your split times will be recorded at the exit from the pool after the swim, at the exit from the transition area after the bike and at the finish. To assist the timekeepers please make sure that your race numbers are clearly visible, well pinned on and not folded. If you shout your number as you pass that helps too.

**PRIZE PRESENTATION** - Prizes will be awarded to the first three men, first three women, and first man and woman in each age group. Age groups may be combined if there are insufficient entries. Prizes will consist of engraved medals. These will be presented as soon as possible after the last competitor has finished. We're usually ready to do the presentation 20-30 minutes after the last person finishes.

**RESULTS** - A provisional set of results will be on display on race day and will be available as soon as possible on the Club web site [www.ipswich-tri.org](http://www.ipswich-tri.org).

**PHOTOGRAPHY** – Mark Cozens will be out on the course taking photographs. Visit his web site at [www.mphotography.co.uk](http://www.mphotography.co.uk) to view or purchase photos.

**SPECTATORS** are very welcome. There are a few things to be aware of if you're not competing. Please take care not to impede any athletes who are racing. If you wish to enter the pool area, you will need to remove your shoes. You are not allowed to take photographs in the pool or sports centre.

**MARSHALS** - All good events need marshals and this one is no exception. If you have a travelling friend who would like to lend a hand please let Dave Copland know (01473 250713 or [culford@ipswich-tri.org](mailto:culford@ipswich-tri.org)) or volunteer at registration on race day.

**IPSWICH TRIATHLON CLUB** - Members of Ipswich Triathlon Club will be marshalling and will be pleased to offer advice to newcomers.

**IF YOU CAN'T COMPETE** - Please let Dave Copland know so that your place can be allocated to a reserve. Tel 01473 250713 or email [culford@ipswich-tri.org](mailto:culford@ipswich-tri.org).

**THANKS** - To the following, without whom this event would not be possible:

Culford School - Event venue	St John Ambulance - First aid cover
53-12 - Sponsors	Eastern BTF - Race sanction and referee
Soo Smart – Memento design	Spixworth Scouts – Refreshments
Waitrose – goody bags	
Plus, all the competitors, marshals and helpers	

Dave Copland - Race Director  
Tel: 01473 250713 Mobile: 07854 095550 [culford@ipswich-tri.org](mailto:culford@ipswich-tri.org)

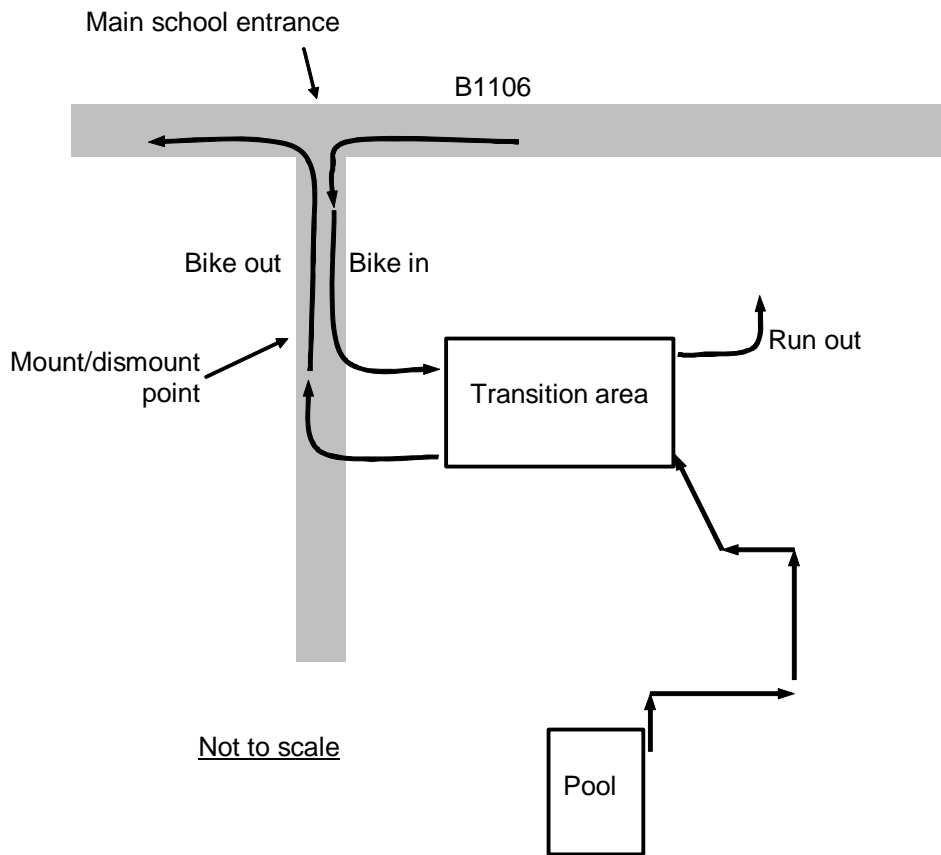
## **FORTHCOMING EVENTS**

Sun 28<sup>th</sup> August 2011  
Ipswich Junior Triathlon  
Framlingham College, Suffolk

Sun 18<sup>th</sup> September 2011  
Ipswich Duathlon (5k run / 23k bike / 5k run)  
Alton Water, Holbrook

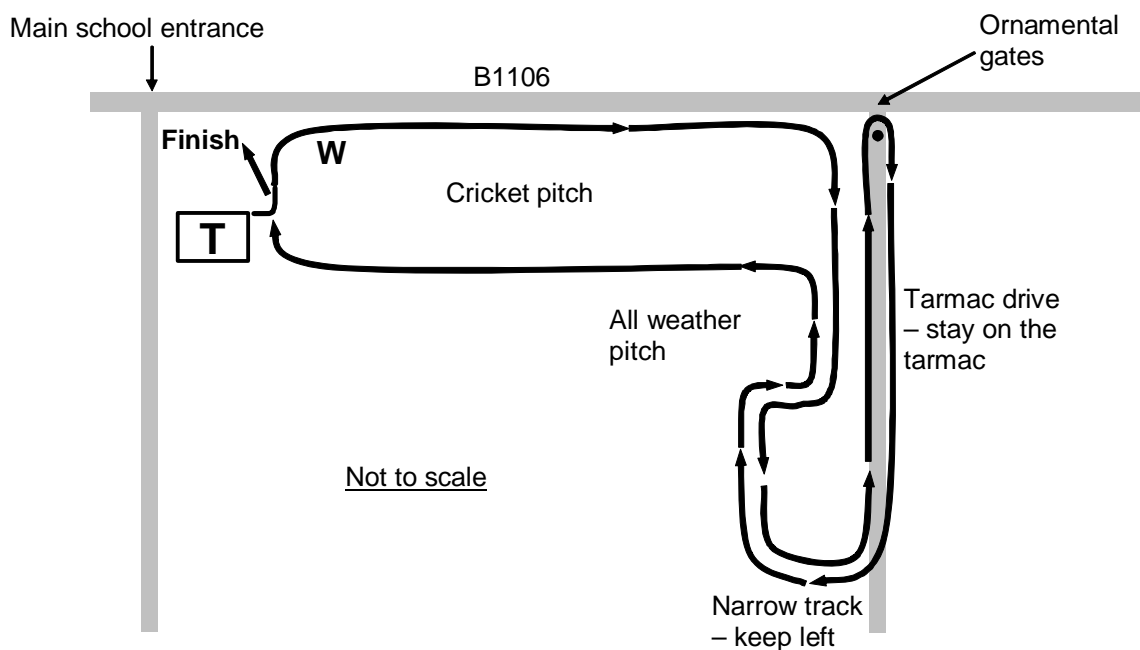
Entry details and further information from [www.ipswich-tri.org](http://www.ipswich-tri.org)

## Transition layout



## Run route

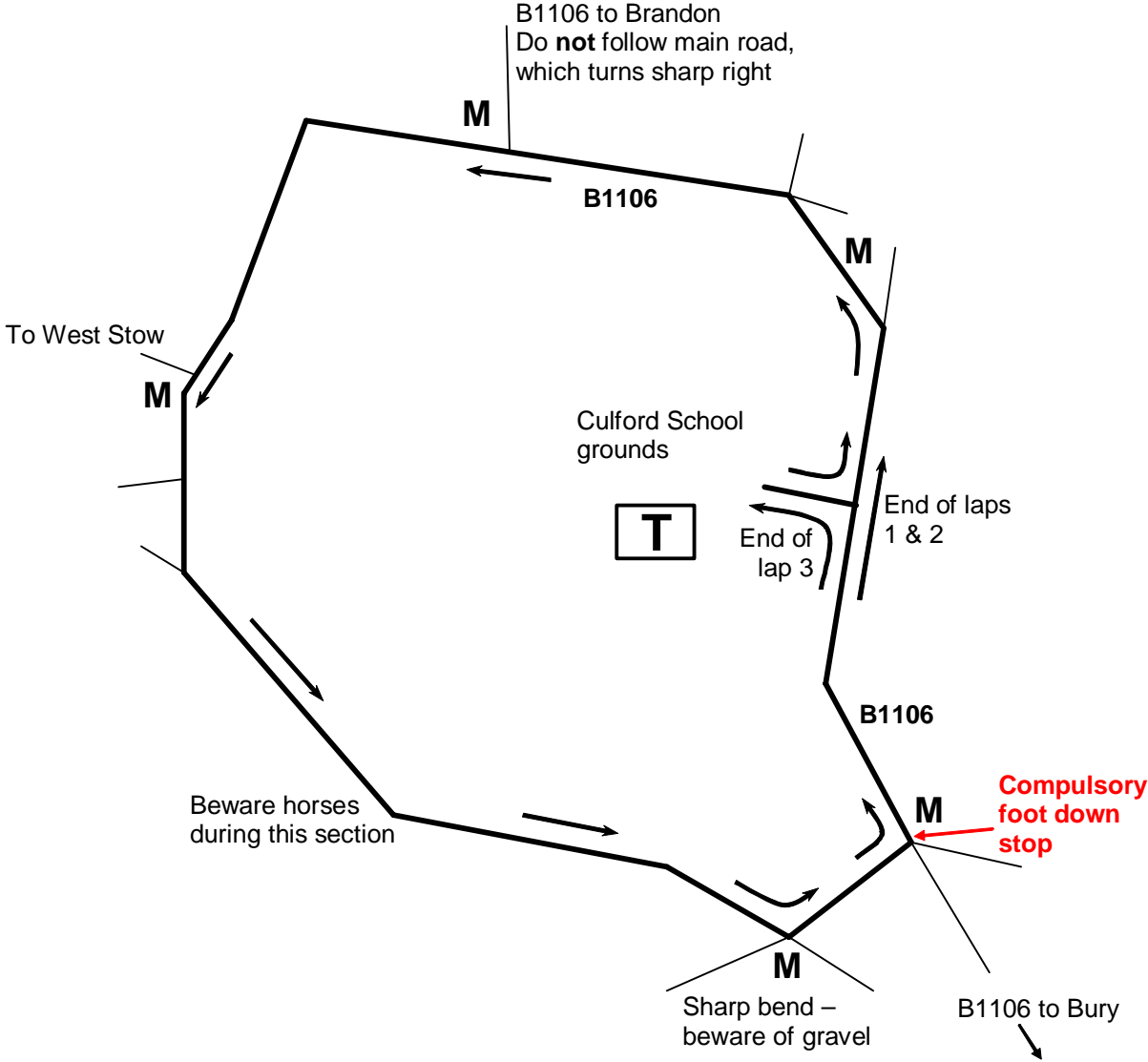
**2 laps** of approx 2km



T – transition area  
 W – Water station

# Cycle route

3 laps of approx 7km



T - transition area  
M - marshal point