

Ipswich Junior Triathlon

Framlingham College - IP13 9EY

Sunday 28th August 2011: Start Wave 10.00 am 8yrs+

Use signed event car park, register 8-9.20 brief 9.30am

Dear Competitor,

Thank you for entering the Ipswich 2011 Junior Triathlon. We hope the following instructions will make the day go smoothly and enjoyably for you. Parents and competitors please read them carefully.

The format of the race will be the same as the last few years.

RACE HQ- Framlingham College, Framlingham, Suffolk. **IP139EY**

Ordinance Survey sheet 156 GR 282640

How to get there – DO NOT ARRIVE BEFORE 7.30AM & USE CAR PARK AS SIGNED OPPOSITE SPORTS CENTRE NOT THE ONE NEXT TO CENTRE AS IT IS RESERVED FOR GYM MEMBERS

From the A12 Northbound

Leave the A12 at the B1078 signposted Wickham Market. At the top of the slip road turn left. At the roundabout take the second exit B1116 to Framlingham after about 6 miles continue through the small town of Framlingham, keep on the B1116 towards Denington. After a short hill, Framlingham College is seen on the right hand side. Go past the main entrance and park in the car park on the LEFT hand side OPPOSITE the sports centre. Please do not park on the road.

From the A12 Southbound

Leave the A12 at the B1078 signposted Wickham Market. At the top of the slip road turn right, cross over the A12 and follow the directions above when you come to the roundabout after 400m.

From the A14 / A140 Across Country

Leave the A14 at the A140 Junction. Continue North for about 5 miles until you reach the A1120. Turn right and follow the A1120 through Stonham Aspal, Pettaugh, Earl Soham. When you reach Saxstead, turn right on the bend by the windmill and follow the B1119 to Framlingham. Go past Thomas Mills High School on the left and as the main road turns right carry straight on down a small residential road (Pembroke Rd.) which brings you out opposite Framlingham College.

PARKING - The SIGNED car park is north of the college, OPPOSITE the tennis courts, sports hall and swimming pool building.

REGISTRATION - The registration is in the sports hall in the Sports Centre (follow the signs) and will be open on race day **from 8.00 am**. It will **close at 9.20 am promptly**. Anyone who has not registered by

then will be assumed to be not competing. If you are unavoidably delayed contact Matt Dye on 07802 795770.

Your wave start time will be on display at registration.

The **approximate** race start times are.

8 year olds start at	10.00am	
9 - 10 year olds start at	10.05 am	
11 - 12 year olds start at	10.30 am	
13 - 14 year olds start at	11.10 am	
15 - 16 year olds start at	11.35 am	(all ages 31.12.11)

At registration you will get your precise start time, numbers and pins. Your arm and leg will also be marked with a number to aid identification at the end of the swim and give you 'split times'. There is a **RACE BRIEFING at 9.30 am** in the sports hall (if wet) or transition area outside depending on the weather, please ensure you attend.

CHANGING - There are changing rooms and showers within the Sports Centre. Please do not leave valuables unattended.

RACE NUMBERS - One race number will be provided. Please ensure that the number is securely fixed to the **front** of your top and visible to timekeepers at the end of the cycle and start of the run. If you call out your number as you pass the timekeeper this will help them too. Ensure your number is fixed firmly with one pin in each corner and not folded. Number belts are permitted providing numbers remain visible at all times.

SWIM SECTION - is in a 5 lane, indoor, heated pool, 20 metres long. You must wear the coloured swim hat provided on poolside to assist lap counters. Please report ready with goggles to poolside 10 minutes before your swim start time for allocation of your hat. Swimmers will be set off in waves of upto 5 at set intervals. There should be no more than 2 swimmers per lane at any one time. People poolside will count swim laps and will indicate when there are 2 lengths to go by displaying a numbered board.

8 year olds swim 2 lengths

9 - 10 year olds swim 6 lengths

11 - 12 year olds swim 10 lengths

13 - 14 year olds swim 14 lengths

15 - 16 year olds swim 20 lengths (all ages are at 31.12.11)

Leave the pool at the shallow end and WALK to the doors to the outside steps where the split timers will be sitting.. Remember timing

starts at the beginning of the swim and ends at the finish of the run.
Time spent changing is part of your overall race time!

TRANSITION - The transition area is a short distance (30m) from the pool exit. (Take care on the steps) It will consist of numbered chairs on which to rest your bike and place your clothes / shoes. Please ensure that you lean your bike neatly against a chair. Shoes and clothes should be left in the transition area but NOT inside or outside the pool area.

Parents please note that Triathlon is an individual sport and no outside assistance, however tempting, is permitted. Please do not place the organisers in a position where we have to consider disqualifying anyone in this respect.

BIKE SECTION You must ensure that your cycle helmet is on your head and fastened **before** you remove your bike from transition and it remains fastened until **after** you have replaced your bike. If not, you will be stopped. Get on your bike at the 'mount here' sign.
Strictly no cycling in transition area.

**PLEASE REMEMBER - NO HELMET NO RACE.
THERE WILL BE NO HELMET HIRE.
BIKES WILL BE CHECKED IN FOR WORKING BRAKES AND
GENERAL CONDITION & SAFETY
NO TRI BARS & BAR ENDS MUST BE PLUGGED**

Cycle course for 8 year olds.

The cycle course is **2 laps** of the small flat field next to transition.
The course is marked with **Blue** markers.
Keep the blue markers on your **right** hand side at all times.
At the end of the second lap get off your bike at the 'dismount here' sign. Wheel your bike up the slope into the transition area.

Cycle course for 9 - 14 year olds.

The circuit is 90% grass with a hard gravel track up hill. It is suitable for mountain bikes or road bikes. However if on a road bike in wet conditions it is recommended that you fit cyclocross tyres or 'knobbly' tyres to aid grip and prevent skidding and ensure stopping on the wet grass.

9 - 10 year olds complete x lap
11 - 12 year olds complete x laps
13 - 14 year olds complete x laps.
15 - 16 year olds complete x laps

The cycle course is marked with **orange** flags.

Keep these flags on your **right hand** side at all times.

There is barrier tape to keep you on course.

There are arrows to indicate the way and there are marshals at all the difficult bits.

You must push your bike to the exit of the transition area and get on it at the sign saying 'mount here'. You then head off across the playing fields, between the barrier tape 'funnel' down a dip and swing right. Down the hill, take care here! At the bottom of the hill you must cross a minor country road. There will be marshals at this point. **To slow you up the marshals will ask you to completely stop and place one foot on the floor before continuing.** Cross the road keeping left and around the large playing field. Exit the field where you came in. **Again marshals will ask you to stop and place one foot on the floor.** Go straight across the road and up the hard cinder track. Swing right at the top and head for transition. This is one lap. If you have more than one lap to complete, carry on to the barrier tape funnel again until you have completed the correct number (this is **YOUR** responsibility to get the right number of laps in), we will record but not advise. On completion of the correct number of laps dismount at the sign and push your bike up the slope into transition where it says 'bike in'.

TRANSITION - Please ensure that you rest your bike at a chair neatly then unclip helmet, if not you will be sent back to do it properly! Water will be available at transition exit.

RUN SECTION - The run will be held entirely within the school complex and will consist of laps on a flat course on grass/tracks. The course will be marked with small **yellow** flags, which should be kept to your **LEFT** at all times.

8 year olds will complete x lap
9 - 10 year olds complete x laps
11 - 12 year olds complete x laps
13 - 14 year olds complete x laps.
15 - 16 year olds complete x laps.

Head out of transition where there is a sign 'run out' keep the yellow flags to your LEFT. When you get to the field you run anti-clockwise round the edge of the field. There are flags and barrier tape to ensure you do not take short cuts! (this is **YOUR** responsibility to get the right number of laps in), we will record but not advise

FINISH - On completing the correct number of laps turn off to the finish, where you will receive your finishers medal.

TIMINGS - Your split times will be recorded at the exit from the pool after the swim, at 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. Shouting your number as you pass the time keeper will also help. Provisional results will be displayed on the doors of the sports centre as soon as they are available, please be patient

PRIZE GIVING – Prizes will be presented near the results board as soon as possible after the race; outside if fine, inside if raining.. Please be patient. Trophies will be awarded to the first three girls and the first three boys in each age group. There is also a perpetual team trophy for each age group first three (boy or girl) to count towards the team prize.

RESULTS - A provisional set of results will be on display on race day. The results will also be available on the Ipswich Triathlon Club website www.ipswich-tri.org

PHOTOGRAPHY In compliance with BTA child protection policy if you wish to take photographs of competitors during the event you will be required to wear a badge prominently. The badges will only be available as you register your child. Thank you in advance for this. We are pleased to announce that DE Photo have been appointed as the Professional Sports and Event Photographers for this event. This event, by its very nature, is in the public arena and when entering for the event the participant and their parents acknowledges this fact, which may result in the recording and publication of his/her image. All DE Photo photographers and staff have been CRB checked and the company operates a strict Child Protection Policy and Code of Ethics which can be viewed on their website at <http://www.dephoto.biz/cpp>

MARSHALS - All good events need marshals and this is no exception. If you have a travelling friend who would like to lend a hand please let Matt Dye know ASAP (01728 833266) or volunteer at registration on race day.

DAY LICENCES

If you cannot prove you are a current member of the BTA (British Triathlon Association) you will be asked to fill in a day membership. This allows you to join the BTA for one day and provides you with insurance cover for the race. The day licences will then be forwarded to the BTA. The cost of a day licence is £1 and for those declared unlicensed on the entry you would have already paid this, for those who cannot produce a licence on the day will have to pay the £1 and complete a form otherwise you will **NOT** be allowed to compete.

REFRESHMENTS We will have some hot & cold refreshments available for purchase on the day. Water is available on the course for competitors

IPSWICH TRIATHLON CLUB - Members & friends of Ipswich Triathlon Club will be marshalling and will be pleased to advise newcomers on the day. Do not hesitate to contact me if you need to know more or have any queries. Matt Dye (01728 833266).

THANKS - To the following people without whom this event would not be possible

Members & friends of Ipswich Triathlon Club for giving their time to support the event by organising, setting up the course, counting laps, marshalling, timekeeping, providing refreshments, general help, cheering on competitors

Platts of Leiston for the Bananas

Framlingham College (especially the groundstaff)

St Johns for the Health Services

All the **competitors**, the **referee** and most of all **Parents**

Best Regards,
Matt Dye - Race Director
Simon Palmer – Referee