

**THE INAUGURAL WATTISHAM STATION OFF ROAD SPRINT TRIATHLON**  
**23 JUN 07**

**INFORMATION PACK AND REGISTRATION FORM**

Welcome to the inaugural Wattisham Station Off Road Sprint Triathlon held with kind permission of the Station Commander. This event is being jointly organised by the Wattisham Committee of the Soldiers, Sailors and Airmen Families Association (SSAFA) - Forces Help and 4 Regiment Army Air Corps (4AAC). All profits will go to SSAFA Forces Help Wattisham and it is hoped that it will become an annual event. The event has been kindly supported by SERCO.

This race is suitable for both novice and the more seasoned Triathlete. It will provide all athletes with a physical challenge in a safe and controlled environment. The whole race is held inside the fence on MOD land, so traffic can be strictly controlled. As well as the Triathlon there will be other activities on the day, including a hog roast after the race for all competitors and spectators (separate payment).

**ENTRY:** You must read the race pack and complete the entry form. This must be returned no later than 04 Jun 07 with a cheque for the relevant amount made payable to HQ Wattisham Station. Please include 2 x stamped SAE A4 sized envelopes; 1 for your race info; 1 for a copy of the results. **There will be no entries on the day.**

**COST:** Individuals - £15  
Relay Teams - £20 (one team member per discipline)

**RACE VENUE:** The race HQ will be in the Physical & Recreational Training Centre (P&RTC) Wattisham Station, 8 miles west of Ipswich. Please note that the entry to this location is via Gate 1 which is sign posted and situated just off the B1078 by Great Bricett.

**SECURITY:** All competitors and spectators are to note that you will be entering a secure MOD environment, so restrictions on movements within the Station will be placed upon all competitors. People found in restricted areas will be removed from camp immediately. All individuals coming on to camp are to be aware that whilst you are on MOD property you are subject to military law and Standing Orders.

**PARKING:** You will be directed to designated parking areas, in very close proximity to the P&RTC. Do not park anywhere else.

**SPECTATORS:** Spectators are welcome but should be aware of the security issues involved. They are not to encroach onto the race course at all and are not allowed into the Transition Area at any time, for safety and race security reasons. There is full disabled access to all areas of the P&RTC.

**FOOD AND SMOKING:** There is a Spar shop and Hub food bar located directly opposite the P&RTC, which will be open for your use. Individuals are to note that all buildings on Station are NO SMOKING.

**DOGS:** In the interest of safety you are asked not to bring dogs onto the Station, unless a registered guide dog.

**RISK ASSESSMENTS:** A risk assessment for this race has been completed, a copy of it will be posted in the P&RTC Main Hall.

**PRE-RACE**

**REGISTRATION:** Registration will be held in the Main Hall of the P&RTC and will be open between 1100hrs and 1200hrs. You will be given your 'Goody Bag' which will contain your race numbers, bike numbers, T shirt and other items. Please be patient as there is likely to be a small amount of queuing. All competitors will be required to have

their race numbers written on their calves and upper arms. A list of competitors and start times will be published on the wall in the Main Hall of the P&RTC. If you are going to be late for the registration please contact Lee Bark on 01449 728972. This must be done before 1145hrs. Failure to do this will result in your slot being allocated to a reserve.

**RACE BRIEF:** The race brief will be held in the P&RTC Main Hall at 1215hrs. All competitors are to attend this. If athletes have any queries about the race then the race referee will be there to answer them. A copy of the salient points will be published in the Main Hall of the P&RTC and will be included in the race pack.

**MARSHALS:** There will be race Marshals and Officials on the course and in the Transition area. Their direction is to be followed. Those not doing so risk disqualification.

**RACE NUMBERS:** During the bike leg you must have a race number on your back. During the run leg you must have a number on your front. Race number belts may be worn. Numbers must be secured in place and visible. If the race officials can not see your numbers you will not be given a time and not be eligible for a prize. So that First Aid can be administered as quickly and efficiently as possible in an emergency, competitors are asked to put any relevant medical conditions on the back of their race numbers

**MEDICAL SUPPORT:** St John's Ambulance will provide medical cover. Speak to one of the marshals or officials if you require assistance.

**START TIME:** The first swimmer will enter the water at 1301hrs. There will be 30 seconds between each swimmer. **It is your responsibility to be at the start on time! If you miss your slot you are out of the race.**

**SEVERE WEATHER:** In the unlikely event of severe weather conditions the race organisers reserve the right to change or cancel the event if it is deemed unsafe.

**TRANSITION/BIKE RACKING:** The Transition Area will be near to the P&RTC. Only race officials and competitors will be allowed in the Transition Area. Your position on the rack will be marked and correspond with your race number. Make sure that you put your number on your bike. Do not attempt to rack your bike anywhere else. After you have finished the race you will not be able to retrieve your bike unless the numbers written on your arm/leg correspond to the number on the bike. If you remove them before collecting your bike you will have to wait until all bikes have been collected. This is to avoid theft, which does happen.

**RULES:** This race will be run in line with British Triathlon Association (BTA) rules.

## **THE RACE**

**SWIM:** The swim will consist of 12 x 25m lengths. It is a 6 lane pool; each swimmer will swim in an anti-clockwise direction keeping either the wall or the lane rope on their right hand side. Starting from lane 1, swim up the wall then down the lane rope. Once you reach the shallow end move into lane 2 and do the same, continue doing this across all 6 lanes until you reach lane 6. Once you have swam up the rope and down the wall in lane 6, exit using either the steps or climb out. Note, you will not be given any assistance to exit the pool. On leaving the pool please take into account that the pool side will be slippery and exit in a sensible manner. Indicate your predicted swim time for 300m on the entry form, this is important because you will be seeded according to this. If you are not sure have a go in your local pool.

During the swim you must observe the following rules:

Keep to the sides of the lane unless overtaking.

Only overtake during a length if it is safe to do so.

Overtake at the end of a length where possible.

If you are caught by a faster swimmer and touched on the toes, you must allow the swimmer past at the end of the length you are on.

No Backstroke or Butterfly.

You must touch the wall at the end of each length.

You are not to use any swimming aids or wetsuits.

Competitors will be allowed entry into the Pool from 1200hrs to 1245hrs to warm up.

**BIKE:** The bike leg will consist of one 10k to 12k lap of the perimeter fence. During the lap cyclist will have a mixture of terrain to cover, from smooth tarmac to wooded tracks. All athletes will at some stage need to dismount to complete some of the obstacles on route, none of which are of a severe nature. The route is clearly marked with marshals and directional arrows. Please remember that although you will be racing in an enclosed environment

there is still a small chance that you could come across either pedestrians or motorists so be sensible and stick to the Highway Code. Listen to the marshals on the course. Your bike must be serviceable to take part; it may be liable to inspection. **If it is found to be unsafe you will not race unless you rectify the issue before the start.**

**CYCLE HELMETS:** Approved cycle helmets are compulsory e.g. ANSI Z90.4, EN1078 or SNELL B90 Your helmet must be on your head and fastened before you touch your bike. When racking your bike after the bike leg, ensure it is fully racked before taking your helmet off.

**DRAFTING:** This is not a draft-legal race so do not take pace from a cyclist in front of you. If you are seen doing this you will risk disqualification.

**RUN SECTION:** This will be a 4 to 5k course on firm grass, tarmac and tracks finishing on the waterfront in front of 4AAC hangars. You will be required to collect a rubber band after the first lap, put this on your wrist. After completing the second lap show the marshal your rubber band and they will direct you to the finish line. No rubber band means another lap, so do not lose it.

**DRINKS STATION:** There will be one drinks station at the start of the run so please sort out your own personal admin with regards hydration and nutrition.

**HYDRATION:** This event will take most athletes around an hour to complete. On a hot summer's day, working at high intensity you will lose around 1 litre of fluid or more. You will need to re-hydrate to counter this. Do this before, during and after the race. It is best to use some form of electrolyte drink.

**FINISH:** The finish will be on the waterfront in front of 4AAC helicopter hangars. When crossing the line call out your number and make sure it is visible to the race officials then clear the area and complete a good COOL DOWN and re-hydrate, this will speed up your recovery and help alleviate soreness the next day.

**TIMINGS:** Splits will be taken at the beginning and end of the bike leg and also at the finish.

**RESULTS:** The results will be posted ASAP when the race is finished. A copy of the results will be published accordingly and emailed to those requiring them. Please do not stand over the officials while they are working out the results. It only makes life difficult for them.

**PRIZES:** Prizes will be awarded in all the normal 5 year categories plus 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male/female and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> male/female novice. Novice will be any individual who has competed in less than 2 races over the last 2 years. Please note there will be a 1 prize per competitor rule. So if you win the race and your age group, the age group prize will go to next athlete in your age group. Relay prizes will be awarded to 1<sup>st</sup> male and 1<sup>st</sup> female team as well as 1<sup>st</sup> mixed team providing there are more than 3 teams in the category. There will also be military team and individual categories.

**PRIZE GIVING:** This will be held as soon as the results are available after the race finishes.

**MASSAGE:** It is hoped that there will be a sports masseur on hand for anyone requiring this service. Costs will be displayed with a portion going to charity.

**AND FINALLY, Best of luck in the race, we hope you enjoy it and come back next year - remember be safe!!!!!!!!!!!!**

LEE J BARK  
Race Director

**WATTISHAM STATION OFF ROAD TRIATHLON 23 JUN 07 RACE ENTRY FORM**

Please complete this entry form neatly in bold capitals.

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Male/Female: \_\_\_\_\_ DOB: \_\_\_\_\_

Age on 31 Dec 07 \_\_\_\_\_ Race Cat: \_\_\_\_\_ Off Use

Predicted 300m Swim: \_\_\_\_\_ please be honest.

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone number: \_\_\_\_\_ Email: \_\_\_\_\_

Club or Organisation: \_\_\_\_\_

Medical Conditions: \_\_\_\_\_  
Please specify any condition that may be relevant.

Next of Kin: \_\_\_\_\_ Relation: \_\_\_\_\_

Emergency Contact details if different from above:

Telephone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

**Triathlon History:**

Are you a novice Yes/No (delete as applicable).

If you consider yourself a novice complete the section below.

How many Tris have you competed in \_\_\_\_\_ and when was your last one, date \_\_\_\_\_ and the event name \_\_\_\_\_

Individual or Relay Team (delete as applicable )

Cost:  
Individuals £15  
£20 per team. Team Name: \_\_\_\_\_ Cat: Male/female/mixed.

Each team member must fill out entry form.

T Shirt size: S M L XL (Please indicate)

If you are staying on for the BBQ how many tickets do you need (cost TBC)?

Number tickets: \_\_\_\_\_

**I declare that I have read and understand the race pack and that I and any spectators that I bring on to the Station will abide by the rules laid down both by the Race organisers and the BTA. I am fully aware that Wattisham Station will not be held responsible for any loss, damage or expense that may occur as a result of this event. I am fully fit and capable of completing this race.**

Signed \_\_\_\_\_ Name in Block Capitals \_\_\_\_\_

Date \_\_\_\_\_

Race start time: 1300hrs Cheques may payable to HQ Wattisham Station

Send Completed form to:  
Mr L J Bark  
Triathlon Race Director  
P&RTC  
Wattisham Station  
Ipswich Suffolk IP7 7RA

Telephone: 01449 728972



The Soldiers, Sailors, Airmen and  
Families Association - Forces Help  
Registered Charity No. 210760 Established 1885