

Dartford and White Oak Triathlon Club

Competitor Information – Sprint Event

Sunday 9th June 2019
Swim 400m, Bike 21km, Run 5km
Individual 16+



30th White Oak Triathlon

Dear Competitor

Thank you for entering the White Oak Triathlon organized by Dartford and White Oak Triathlon Club.

All the information you need to have a safe and enjoyable race can be found in this information sheet. Most importantly, please check your start time and race number which can be found on the Race website www.whiteoaktri.co.uk from Friday 7th June.

As the race is based on a staggered start format, competitors will need to keep to their allocated start times.

Please be on time, you need to register ½ hour before you compete, be poolside 10 minutes before your time slot (But it's always better to be early).

If you are a first time triathlete or this is your first time at White Oak Tri, please do not hesitate to seek out one of our Club marshals for advice if needed. This is a club-based event organized for triathletes by triathletes and our Club Marshals have been briefed to support your specific requirements and to ensure you enjoy the day.

If you have any questions prior to the race please email dartfordwhiteoaktri@gmail.com

Parking & Directions - BR8 7AG

All parking requirements are catered for at White Oak Square off London Road, Swanley (opposite Swanley Police Station) 5 mins from the Leisure Centre. Please park here and walk down to the Centre.

Please take care when parking and leaving, as there may be cyclists and tired competitors around.

Please do not park in or around the centre so that traffic is kept away from transition.



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White Oak - Hilda May Avenue
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Race Rules

The White Oak Sprint Triathlon has been sanctioned by British Triathlon – please see event permit above and also at race Registration.

The Race will be run in conjunction with the Technical & Competition Rules as laid down by British Triathlon. Competitors are expected to be familiar with the rules. They can be viewed at <https://www.britishtriathlon.org/competitionrules>

There will be a British Triathlon appointed Race Referee who may be able to help on the day with questions regarding race rules, or again speak to one of the Club Marshals.

Registration

Registration opens for Sprint contestants at 5:30am and is in the Leisure Centre Crèche, turn right at reception and walk to the end of the glass hallway overlooking the pool. British Triathlon members must produce their current race license (One that expires post event) in order to be given the £3 race rebate. No license No Rebate.

Non-British Triathlon members will have paid for a day license as part of their Race entrance fee.

Please collect your two race numbers and bike sticker at the Registration desk.

If you have any sort of medical issue that the medical team (SE Medical) should know about please let the marshals at registration know – they will take the necessary details.

If you're not fit to race please don't.

You will be given two race numbers and a sticker sheet at registration. The race number should be attached to a tri belt, or one number attached to the bike top at the back and one number attached to the front of the running top. If used, the tri belt can be rotated around the body to display the race number at the back for the bike section and the front for the run. The sticker sheet will have the following:

- 1 long label to wrap around your seat post so that the number can be seen from both sides

We will also write your number on your left arm and right calf.

Be prepared

We can't manage the weather so bring the right kit, if it's obvious that it's going to rain please wear the appropriate kit because we will not cancel the race just because of rain and wind.

Got a question please ask

We know that a triathlon can be a nerve racking experience for even the most experienced triathletes, we have mobilised the entire club plus friends and family to deliver the event so please ask if you have a question or concerns as we really want all competitors and guests to have a great experience.



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Changing

Male and female changing facilities with showers can be found downstairs by the pool area. Lockers are available you will need a 20p coin, which is not refundable. No other bag supervision will be available. These facilities are for use prior to and after the race, but not during the race.

Competitors must be adequately clothed at all times, the minimum being a one- or two- piece non-transparent swimsuit, together with a cycling or running top. All competitors must ensure their upper body (especially the chest area) is clothed during the cycling and running sections of the event. Front fastening tops and trisuits must be fully fastened at all times i.e. zipped up. Competitors are also reminded of the no nudity rule for the transition area; any infringement of this will lead to an instant disqualification.

Toilet Facilities

There are male and female toilet facilities available at poolside and at the rear of the cafeteria area next to the pool.

Disabled Facilities

There are lifts and toilets available to ensure full access to all areas.

Medical

There will be medical facilities near the transition area (SE Medical). The leisure centre also has its own trained first aiders and a first aid room.

Refreshments

Light refreshments are available from the leisure centre cafe (Costa clone).

Massage

Post-race massage will be available.

Bike Clinic / Race Shop

A bike engineer will be available to assist with mechanical issues.



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Bike Racking / Transition

Once you have registered, you will be able to rack your bike in the transition area, which will be in the leisure centre top car park.

Place your race number sticker given to you at registration onto your bike this must be stuck on around the seat post so that your number is visible from both sides.

ONLY COMPETITORS WILL BE ALLOWED IN TRANSITION

Your race numbers will need to be on the bike, also the helmet needs to be fastened prior to entry to transition.

Your bike will be checked in by the marshal for safety reasons:

- The helmet must meet British Triathlon standards and be correctly adjusted.
- The handlebar and Tribar end-stops must be in place.

Bike mechanical assistance can be found at the finish area. If your bike is deemed un-roadworthy or your helmet unsuitable, you will be given an opportunity to rectify this. If they are still deemed unsuitable after this, then you will not be allowed to compete – no refunds will be given.

You will then be directed to your allocated racking area by the transition marshal. Please do not take up more room than is necessary so your fellow competitors have enough space!

NOTE:– no boxes can be kept in transition only a soft small bag (e.g. small rucksack).

Ensure that you have the time to familiarise yourself with the layout of the transition area so that you know where the exits are for the cycle and run legs and where you will be returning to into transition. Once you have racked your bike please then proceed to the swimming pool.

Swim Section

Competitors start times must be strictly OBSERVED. If you are late and wish to race the Event Director will try to find a vacant slot or you will be back ended, the event officials ruling is final any form of verbal abuse will result in your instant disqualification, we are all volunteers.

Please arrive on poolside at least 10 minutes before your allocated swim time slot.

When you are waiting on poolside, there will be a race brief provided.

In addition, there will be a sheet about “Pool etiquette” for you to read. Even if you are regular triathletes please ensure you have read this.

You will be handed your chip that must be worn around your left ankle.

You will be directed by the chief swim Marshal to one of the six lanes and be given a swim hat to wear; this must be worn so that the swim marshals can identify you to count your lengths.

You will be counted from 10 seconds and then told to commence your swim; there will be other athletes in your lane. Please swim in your lane in the direction indicated by the marshals allowing



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faster swimmers to overtake you when appropriate. If you wish to overtake the swimmer in front of you a gentle tap on their feet will let them know. You will swim 12 lengths in total 400m, at the end of the 10th length a 2 lengths to go board will be lowered into the water by a swim marshal to inform you that you have two lengths left to swim. When you have completed your swim, exit the water, leave your hat and exit to the transition area (you will be directed). You must enter over the timing mat at transition to activate your chip (will be marshalled).

Transition

Please take care in the transition area, before you un-rack your bike you must ensure that your helmet is worn with the strap fastened.

The use of phones and cameras are not permitted in transition.

You must not wear anything that impedes your hearing at any time during the race (e.g. mobile telephones, MP3 players, metronomes, personal video recording devices).

Proceed with your bike to the bike start mount line (no cycling is allowed in the transition area) where you will be instructed to mount your bike and begin cycling by a marshal.

Cycle Section

The Cycle route is approximately 21 kilometres (13 Miles) and one lap of undulating rural and urban terrain – the race route explanation can be found below and on [club website](#).

Competitors must at all time obey the Highway code and give way to traffic when required to (you will be disqualified if you do not). There will be cycle route marshals along the route and clear race direction signs (black arrow on a yellow background). Please listen carefully to any instructions they give, they are there to assist with your safety but are not responsible for it. There will be a cordoned off cycle lane coming out of transition and one returning to transition. The rest of the time the route is on the public highway where roads are not closed.

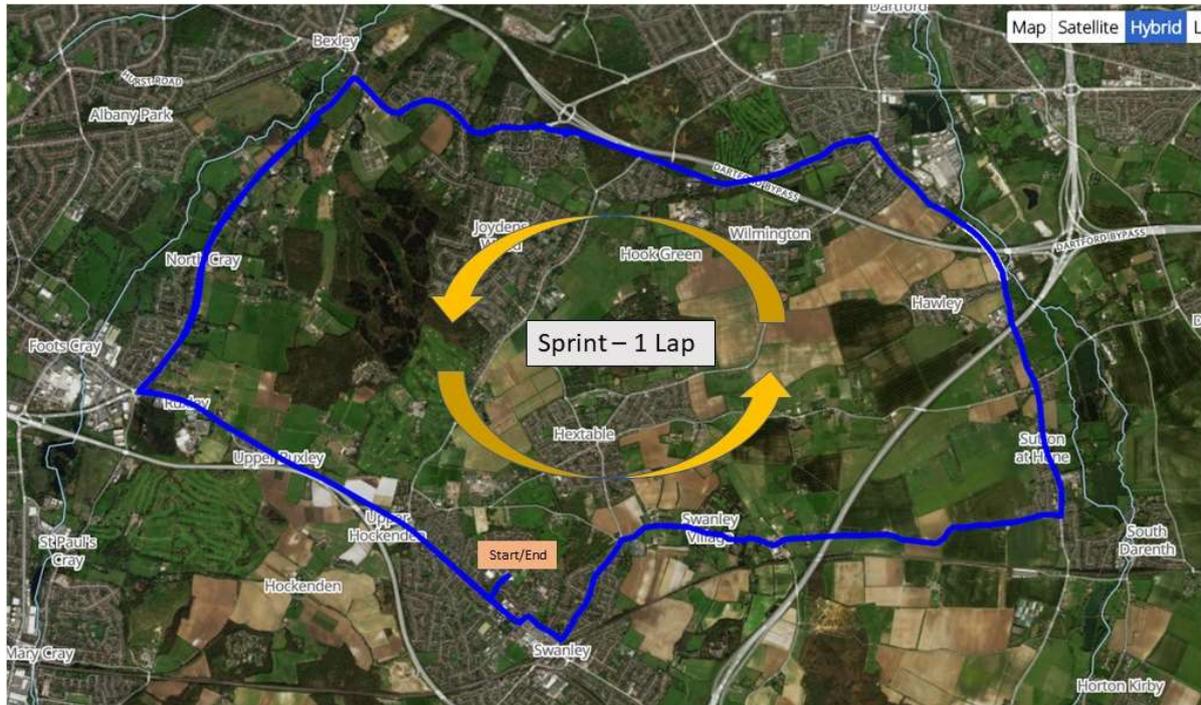


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30th White Oak Sprint Bike Route



On mounting the bike (after the mount line) listen to the marshal's instructions and only proceed when directed to do so. When directed turn right into Hilda May Avenue. At the end of Hilda May Avenue turn left into London road and proceed to the roundabout in front of Asda and then left around the side of Asda. From here the route goes towards Hextable, Swanley Village, Hawley, Dartford, Leyton Cross, Bexley Village, North Cray Road, Ruxley roundabout and back to Swanley. The course will be well signposted and all major junctions will be marshalled. Please take GREAT care when negotiating the right hand turn into Swanley Village, this will be marshalled. The left turn from Ship lane into the A225 will be marshalled this is a blind bend following a steep descent; the cyclist will be required to **stop and place one foot on the road (touchdown)**. There are Traffic lights on the left turn from Hawley Rd A225 into Oakfield Lane, this will be marshalled.

The 10 metre drafting rule will be imposed.

Once the last competitor is on the bike course, a sweep car will follow to ensure that no one is in difficulty and to offer assistance if needed. If you have any mechanical problems during the bike leg and are unable to fix them yourself please ask a fellow competitor to notify the next marshal on the bike route. If you notice anyone in difficulty please notify the next marshal.

When completing the cycle leg you will be directed by a marshal into the transition area. On reaching the dismount line you will be instructed to dismount before the dismount line by the marshal. Please do not remove your helmet until your bike is safely racked. Once you have safely racked your bike, proceed to the run section exit from transition.



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Run Section

The run section of the race is approximately 5KM (3.1 miles) an out and back route along the London Road towards Ruxley Roundabout.

Please keep to the left of runners approaching you.

There will be marshals stationed at major road crossings, especially Birchwood Rd, please listen to their instructions.

There is a water station at the far end of the route.

After the first lap pass to the left of the turn point and proceed into Hilda May Ave and the finish.

30th White Oak Sprint Run Route



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Prizes, Results & Photography

The presentation will take place as soon as the results are finalized to the following category winners:-

- Overall 1st, 2nd 3rd Male
- Overall 1st, 2nd, 3rd Female
- One Male and one Female in the following categories:
 - Senior
 - 40 - 54 1st
 - 55 - Above 1st
- Please hang around for the presentations if you can, it will take place next to transition.
- Please note that prizes are only issued where there is more than one contestant in that category.

Pre-Race Checklist

- Current British Triathlon License if you have one
- 20p coin for the locker not refundable
- Goggles
- Tri belt if you have one
- Bike (Roadworthy)
- Bike Helmet (Must confirm to British Triathlon regulations)
- Bike shoes
- Bottle of drink for bike
- Running Shoes
- Towel

Before you go into registration

- Do you know your race number (on website and on board outside registration)
- Current British Triathlon License if you have one

After Registration

- Did you tell registration of any medical issues?
- Did you sign the waiver?
- Have you been “body marked”?
- Do you know where to put your race numbers and stickers?
- Are your race numbers clearly visible for the race?

Finally please listen to instructions and announcements and enjoy the day.



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