

Dartford and White Oak Triathlon Club

Competitor Information – Sprint Event

White Oak Triathlon
Sunday 11th June 2023



Swim 300m, Bike 22km, Run 5km
Individual 18+

33rd White Oak Triathlon - Sprint

Dear Competitor

Thank you for entering the White Oak Triathlon organized by Dartford & 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](#) from Friday 9th 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.

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



Dartford and White Oak Triathlon Club
White Oak - Hilda May Avenue
Swanley, Kent. BR8 7BT
<http://www.dartfordandwhiteoaktri.co.uk/>
dartfordwhiteoaktri@gmail.com



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Parking & Directions - BR8 7AG

All parking requirements are catered for in, Pioneer Way off London Road, Swanley (opposite Swanley Police Station) 5 mins walk from the Leisure Centre. Please park there 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 Leisure Centre so that traffic is kept away from transition and the public can continue to use the facilities not in use for the race.

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 at 5.30am and is in the leisure centre (learner pool viewing area).

A printout of race numbers and some course diagrams will be around registration.

If you are a British Triathlon member and entered our race as a member, you will be required to produce our current e-race license (One that expires post event), failure to do so will require you to pay an additional £4 to enter our race.

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

Your race pack contains your race number, and bike post and helmet sticker.

If you have any sort of medical issue not disclosed on the Stuweb entry system that the medical team should know about please let the marshals at registration know – they will take the necessary details.

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

You will be given one race number a helmet sticker and a bike post sticker at registration. The race number should be attached to a tri belt, If you do not have a race belt then a limited number will be available in registration to purchase at £5.



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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. If you don't have a tri belt then put your race number at the front of your vest.

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.

Changing

Please come dressed prepared to race with a tri suite or swim costume that you can also ride and run in.

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

The leisure centre also has trained first aiders and a first aid room, also 1st aiders are stationed around transition, bike and run.

Refreshments

The Leisure centre Café will be open from 06:30 serving hot and cold drinks and light refreshments.

Facilities for children

The White Oak leisure centre has a ball park.

Also the beautiful Swanley Park is a short walk from the Whiteoak Leisure centre and offers a children's play area, paddling pool as well as grassy areas for play and picnics.



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Onsite Seated Shiatsu

Available before and after the race:



ONSITE SEATED SHIATSU

@

WHITE OAK TRIATHLON EVENT

SUNDAY 11 JUNE | 6AM-1130AM

WHITE OAK LEISURE CENTRE, HILDA MAY AVENUE,
SWANLEY, BR8 7BT

SPECIAL OFFER

15 MINS - £10

EASE TENSION FROM HEAD, NECK, SHOULDERS & BACK.

GIVEN THROUGH CLOTHES. NO OILS USED.

EDWINA @ SHIATSU SPACE
07931 861522 info@shiatsu-space.co.uk
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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 bottom 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.

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. You will be racked on the opposite side of the bar to the competitors next to you.

Note:- no boxes can be kept in transition only soft small bag (e.g. small rucksack).

Please only bring into transition those items that you will need for the race.

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 via the path running along side the 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.

You will collect your timing chip poolside which must be worn around your left ankle.

There will be a poolside race brief provided just prior to the swim start.

Please then proceed to the Starting marshal who will be at the far end of the pool.



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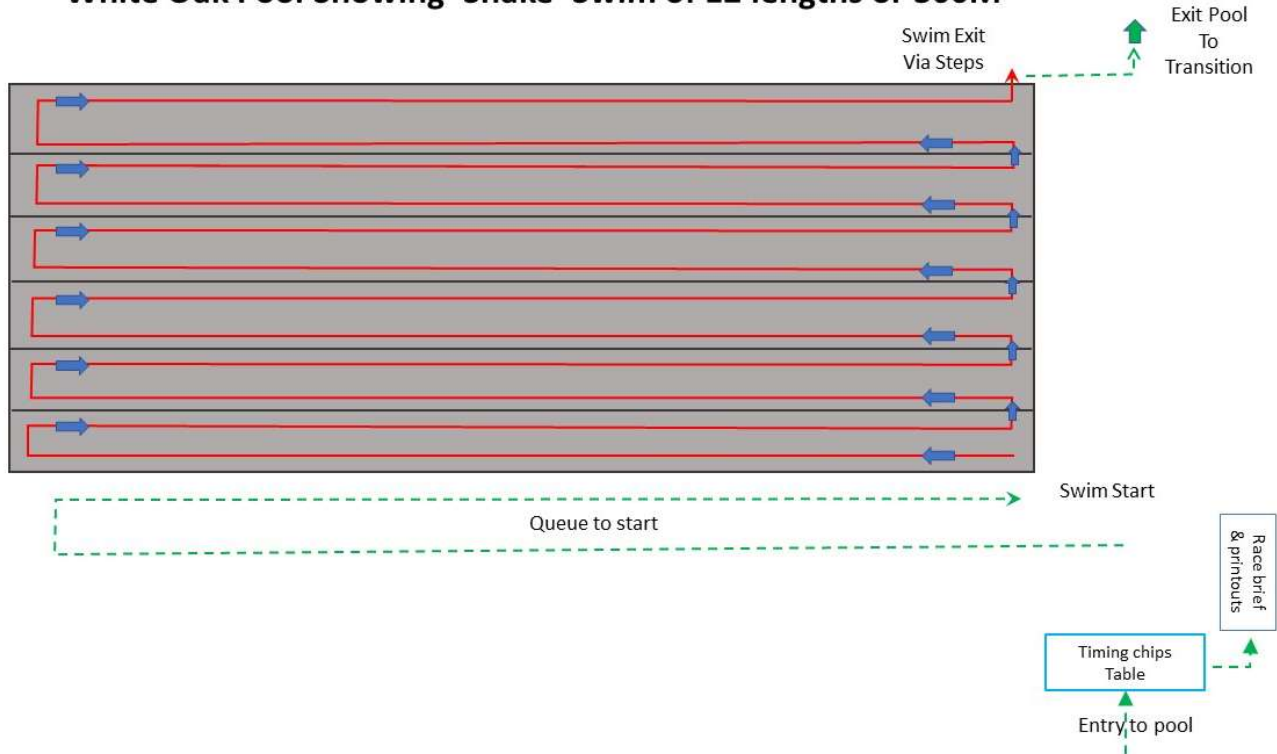
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Once in the water the Start marshal will tell you when to start.

Please follow “Pool etiquette” is that if you need to pass a swimmer tap them on the feet, they should then pause to let you through at the end of that lane. Conversely if you have your feet tapped please pause at the end of that lane to let that person through.

The swim is a ‘snake swim’ so you will need to swim up the start lane on the left, back down the start lane on the left and duck under the lane ropes and do the same for all six lanes of the pool. On the last lane please use the steps to leave the pool and **walk** to the open door to exit the pool and proceed to transition (running is permitted outside the pool).

White Oak Pool Showing ‘Snake’ Swim of 12 lengths or 300M



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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. any form of earphones, headphones, mobile phones, headcams, ipods etc).

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.

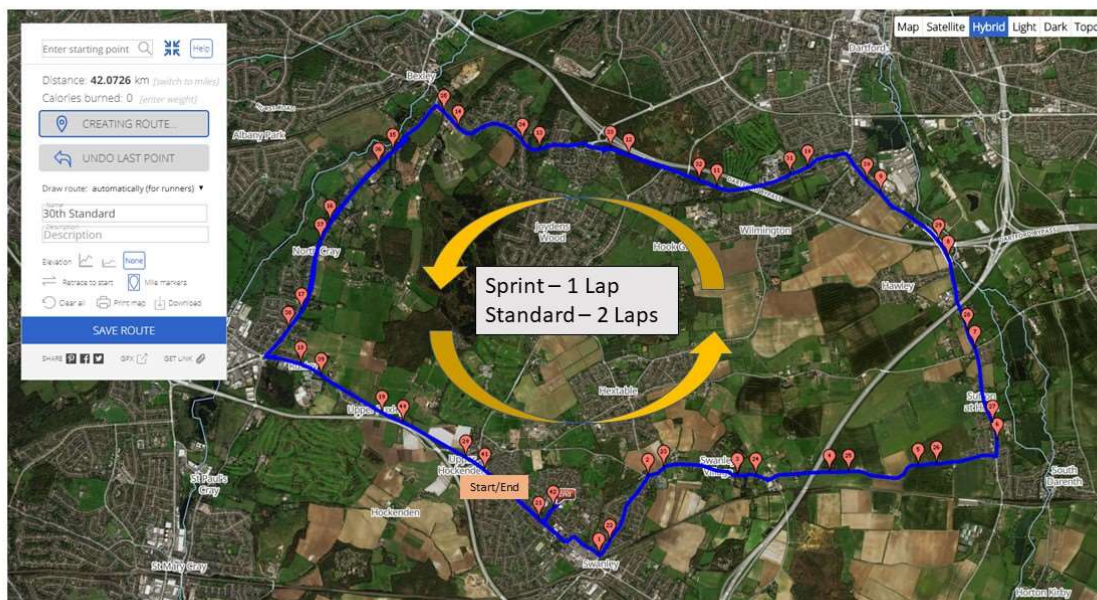
Cycle Section

The Cycle route is approximately 22 kilometers (13 Miles) and consists of one lap of undulating rural and urban terrain.

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.

The 10 meter drafting rule will be imposed.

33rd White Oak Bike Route



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On mounting the bike (after the mount line) listen to the marshals 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.

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.

Please dismount from your bike before the mount/dismount line and proceed to transition.

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.

Run Section

The run section of the race is approximately 5KM (3.1 miles) in length on tracks and paths around the beautiful Swanley Park which boasts its own boating lake and narrow gauge railway. Again familiarise yourself with the transition area to identify where you need to exit transition to begin your run. Marshals will be in place to direct you to the run. Water will be available for collection at the end of the 1st lap in the park. On a warm day please bring your own water for the run, or collect a bottle in the park.

On leaving the transition, you follow the path to the pavement and then left along Hilda May Avenue, right into North view, left into New Barn Park where you will complete 2 laps of the park which you will need to count yourself.

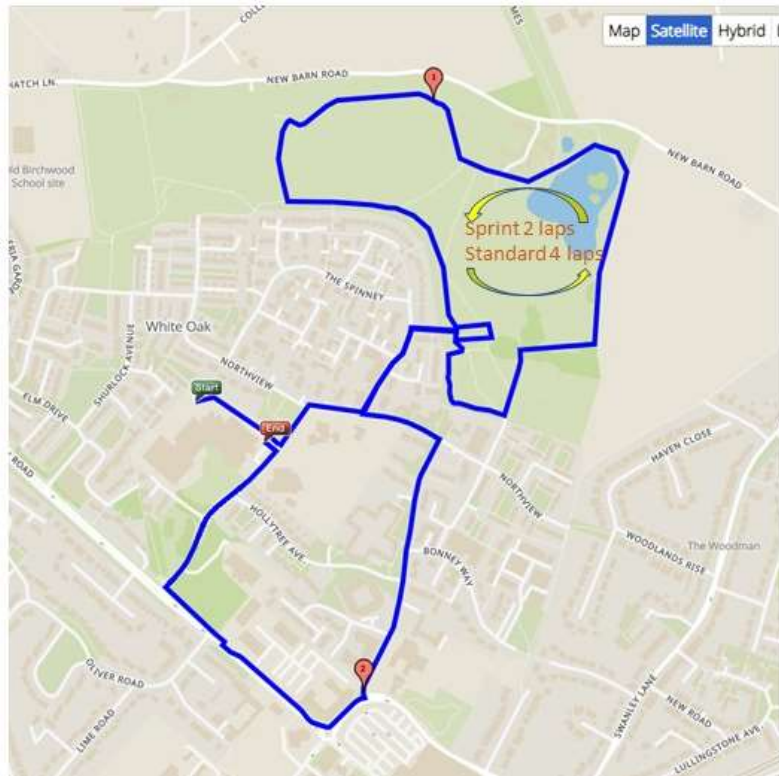


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33rd White Oak Run Route



The Finish

Please take off your timing chip and drop in box provided.

Collect your finisher's medal.

Then please leave the finish area to collect your bike from transition.

Should you need assistance our first aid team will be close at hand and marshals will help those that need it.

Post Race

Your race timings (results) will be available on-line from Stuwweb and updated on a rolling basis as the race progresses.

Arrangements will be made to either post, or have collected the prizes for the following categories:

- Overall 1st Male



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- Overall 1st Female
- One Male and one Female in the following categories:
 - Senior
 - 40 - 54 1st
 - 55 - Above 1st
- Please note that prizes are only issued where there is more than one contestant in that category.



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Pre-Race Checklist

- Current British Triathlon e-License if you have one.
- 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
- Bottle of drink for the run
- Towel

Before you go into registration

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

After Registration

- Did you tell registration of any medical issues?
- Do you know where to put your race numbers and stickers?
- Are your race number clearly visible for the race?

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



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