

## Trifarm Sprint Triathlon: August 4th, 2019.

### Timings

7:00am Site Opens for parking, registration, changing and racking,

**Please do not park up on surrounding roads if you are early.**

7:45am All competitor equipment to be racked and arranged correctly in the Transition Area.

7:55am Briefing at NW corner of Trifarm Lake – Wave 1

8:00am Race start – Wave 1

9:45am (est) Transition area open for kit removal, *THIS IS AN ESTIMATED TIME. TRANSITION WILL ONLY OPEN WHEN ADVISED AS SUITABLE BY RACE OFFICIALS*

10:30am Presentations

### Site location

Trifarm is located at Church Road, Boreham, Chelmsford, Essex. Best Postcode for the site is CM3 3DS. Go to <http://trifarm.co.uk/location/> for details on location and directions

Parking for competitors will be immediately on your right as you enter the site, in the blue area shown below. Please follow the directions of marshalls once you are in the site.





## Upon Arrival

A registration table will be set up between the parking area and transition, If there is rainy condition registration will be up in the main Trifarm reception, At Registration you will be able to pick up your race pack. In your race pack you will find;

- A swim hat
- Your Race number, this race number is to be worn on the cycle and run stages. On the bike the number must be visible from the back, on the run it must be visible from the front (BTF rule 2.9). This is most easily achieved by attaching the number to a race belt so it can be easily pulled round from back to front.
- Two race numbers for your bike, one for the bike, and one for your helmet.
- You will also pick up your timing chip which should be worn on the left ankle to avoid fouling the bike chain.

## Changing, Toilets, and Security

There is not sufficient storage at Trifarm for all competitors' kit to be stored in the changing rooms. We would ask that competitors arrive on site where possible, already changed into their race gear. Where necessary please use the changing rooms to get changed, and then return any kit beyond what you require for the race to your car where possible. If you are coming by bike then we will have a limited amount of storage for a dozen or so bags. We are happy to look after car keys in the Trifarm reception, and you will be given a numbered band that you will need to return in order to retrieve your keys.

There are two toilets on site, feel free to use them, but we would ask you not to fertilise the hedgerows. There are no showers available on site, but you are welcome to take another dip in the lake to cool off after the race.

## Transition Area

***Entrance to/from transition is strictly for race officials and competitors only.***

Transition is located between the lake and the concrete access track, in the green shaded area in the layout plan above. In order to get into the area you will need to have your bike helmet and bike appropriately numbered, and you will have to have your helmet on and securely fastened. Entry and exit to transition before and after the race will be patrolled by a race marshal and our technical official who will be checking the fit of your helmet to make sure that you can get no more than two fingers between your chin and the helmet strap. You will not be allowed to enter transition until your helmet is seen to be complying with this rule.

British Triathlon Rule 7 Transition Area Conduct: This rule states only items to be used can be brought into transition. Boxes are not allowed to be left in Transition. The rule does permit a small soft sided bag, such as a rucksack. The stress is on **SMALL**. Once you have placed, in Transition, what you need to complete the event, **boxes and larger bags must be removed from Transition.**



## Acclimatisation & Race Briefing

The lake will be open for 10 minutes from 7:45 to allow competitors to acclimatise.

The race briefing will take place 5 minutes before the start, at 7:55am, at the NW corner of the lake. Please be there, ready to race.

## Swim leg (800m)

**Wetsuits:** British Triathlon Rule 4 Swimming Conduct; This rule gives the water temperature at which wetsuits are mandatory or forbidden. Below the temperature of 14 degrees Celsius, wetsuits are mandatory. Above the temperature of 22 degrees Celsius, wetsuits are forbidden (at swim distances not exceeding 1500m). Between 14 and 22 degrees Celsius wetsuits are optional. The athlete can, if they choose, not wear a wetsuit. If you intend to swim backstroke then please let race control know at the briefing.

N.B. In hot weather the lake does warm quickly and so if there is a period of hot and sunny weather in the days immediately preceding the race there is a chance the water could reach a temperature where wetsuits are not allowed. Please listen for [announcements on the day](#).

The swim leg of the race will comprise a single clockwise lap of the Trifarm course, commencing in the NW corner. Swim-Safety will be providing safety cover for the swim, and there will be kayaks and a safety boat on the water. Please follow all instruction from marshals and the safety crew.

On entering the water the ground ramps downwards relatively quickly and you will be out of your depth within a few metres of the lakeside. Please be aware of other swimmers, and if you are a nervous swimmer then wait towards the rear of the pack to minimise the risks of collecting a flying elbow or leg.

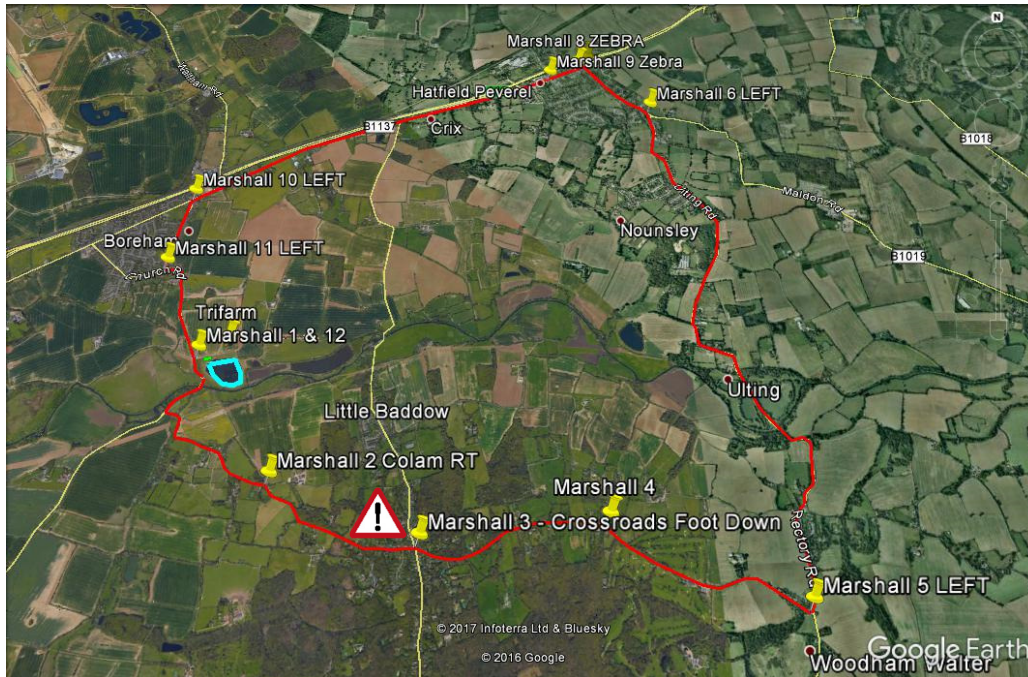
The course is marked by eight buoys, swim between the buoys and the shore, keeping the buoys on your right hand side. Exit at the flags as you complete the circuit and follow the signs for the short run into the Transition area.

If at any point you need assistance or help simply roll on to your back and raise your arm into the air and a member of the safety team will be with you to offer assistance.

## Cycle (18km)

Bike Out will be from the NW corner of the Transition area, onto the concrete Trifarm access track. You will need to run with your bike to the main Trifarm access gateway where you can mount your bike. The concrete access track is rutted so to avoid damaging your lovely road bike please wait until you reach Church Road before getting on your bike.

The weather may be hot please ensure you have drinks available on your bike, or person, there is no water station on the bike course.



The course is a loop from Trifarm, up North Hill through Little Baddow, across to Woodham Walter, then north through Ulting and into Hatfield Peveril, and back down to Boreham and Trifarm. Including Entry/Exit, there are 8 marshal points on the course, please obey marshal's instructions at all times, and be courteous to other road users.

**POTHoles** – The road surface on Colam Lane riding uphill in Little Baddow is poor in places. Please be aware of the road conditions immediately ahead of you and ride accordingly.

**THIS IS NOT A CLOSED ROAD RACE, PLEASE RESPECT OTHER TRAFFIC AND OBEY THE HIGHWAY CODE AT ALL TIMES ON THE COURSE.**

There are five specific points that your attention is required;

- Right turn onto Colam Lane, please be aware of oncoming traffic
- Cross Roads at junction of Colam Lane and North Hill – THIS IS MANDATORY FOOT DOWN STOP. This means you **STOP**, place a foot on the ground whilst stationary and then proceed when you feel it is safe to do so. Failure to stop will result in disqualification with no appeal.
- In Hatfield Peveril riders will merge onto B1019, and then bear left at mini roundabout where B1019 joins B1137. Take care when merging onto these roads; the junctions are marshalled for your safety.
- As you come through Hatfield Peveril there are two zebra crossings, these are both marshalled, please stop if pedestrians are waiting to cross. If you do not stop, if required to do so, you will be disqualified with no appeal. That you are taking part in a race does not mean that the safety of others can be put at risk and it also sets a bad example for our sport.
- The B1137 does have sections where passing traffic will be travelling at speed, please be careful to stay left.



## Drafting

Drafting on the bike section is illegal. Competitors should ride a minimum of **10m** behind the cyclist in front, except when overtaking. This is about the length of one and half estate cars. If overtaking is not completed within **20 seconds** the overtaking cyclist must drop back. Static marshals will check that all competitors comply with the drafting rule.

You will be required to dismount your bike at the Trifarm gate, and run with it back into transition.

There is no cycle support on the bike route, so please have adequate spares and tools with you to undertake running repairs. In the event of a major malfunction please go to the next marshal point who will contact race control, and we will try to arrange recovery for you.

Medics24 are providing medical cover for the event, and so in the event of emergency please contact race control on 07977 252867 and they will be dispatched if required.

## Run Leg (5km)

Exiting transition in the SE corner you will emerge onto the gravel path around the Trifarm lake. You are required to run 5 laps of the track.

There will be four tables alternately set to the left and right of the path, where piles of wristbands will be available. Please collect 1 wristband each lap from the appropriate table. Having completed four laps and collected four wristbands you are able to exit through the finish funnel at the end of lap 5.

Please be aware the path is slightly uneven in places, and so please keep your wits about you in order to avoid trip hazards. Please also be courteous to other runners as you overtake.

British Triathlon Rule 6 Running Conduct; This rule includes the requirement *Not run with a bare torso*. Simply put, competitors are not permitted to have their tops undone to the front. Not a problem with rear zip.

## Littering:

Discarding equipment (tops, gloves, bottles) or gel wrappers etc. is counted as littering and you will be asked to pick the offending item up before you continue, If you do not you will be penalised which may include disqualification. This includes handing bottles and pieces of kit to spectators, marshals and technical officials. Basically if you leave transition with it then you cross the finish line with it too.

## External Assistance

Please remember that spectators are not allowed to help you in any way and this includes telling you where your bike is in transition, giving you a bottle or gel etc.



## Results

Results will be available online shortly after the event, the weblink is below;

Results Link	<a href="http://racetimingsolutions.racetecresults.com/results.aspx?Cid=16269&amp;RId=1104">http://racetimingsolutions.racetecresults.com/results.aspx?Cid=16269&amp;RId=1104</a>
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Course records are shown below;

<b>Men's:</b>	<b>Ieuan Hudson</b>	<b>57:59 (May 2018)</b>
<b>Women's:</b>	<b>Debbie Coyle</b>	<b>1:08:48 (June 2019)</b>

## Finish Area, Post Race & Prize Giving.

Please exit the finish area quickly, collecting your medal and bottle of water. Please remain mindful and supportive of other competitors still racing. Once all riders have returned then the Transition Area will be opened up for finishers to recover their race gear.

Prize giving will commence around 15 minutes after the last competitor has finished.

You are welcome to stay and have a further swim in the lake after the event.

We look forward to a safe and exciting race, and thank you for entering our second event.

See you at the lake!

Bill & Ruth

Trifarm Ltd

## Essential Kit You Will Need

The essential items you will need to get you from the start line to the finish line safely and comfortably are:

### Kit for the swim

- Swim costume / trunks to wear under your wetsuit
- Wetsuit
- Good fitting goggles
- Swim hat (provided for you)

**Your Swim Costume:** You are going to go straight onto the bike from the lake. You don't nip into the changing rooms first, so make sure your costume is going to be comfortable for cycling and running. You can pull cycle shorts on top after you've left the water. The more experienced triathletes may choose to wear a tri-suit.

### Kit for the bike

- Bike in good, safe working order.
- Cycle helmet which must be adjusted to fit well, and be an approved standard.
- Biking top, needed if you swim in trunks as bare chests are illegal.
- Bicycle water bottle, although there will be a drinks station on the course.
- Suitable shoes

### Kit for the run

- Running shoes and socks

### Non essential kit you will find useful

- Shorts if you want to pull them on over your swim gear on the bike.
- Plastic box or hold-all to carry and keep all your stuff in to and from transition.
- Old towel to wipe your feet on after the swim.
- Talcum powder to dust inside your shoes / socks before you start (easier to get damp feet in).
- Bicycle pump/CO<sub>2</sub> canister and puncture repair kit.
- Race belt

## Responsibilities

The organiser cannot be held responsible for competitors' or spectators' property lost, stolen or damaged before, during or after this event

Everything possible has been done to ensure your safety and enjoyment of the race. For those racing for the first time and you are uncertain of anything, please contact us before the race day (email [hello@trifarm.co.uk](mailto:hello@trifarm.co.uk), tel: 07977 252867) we will do our best to advise you. The most important thing to us is that you have a safe race and you enjoy your experience.