

Trifarm Lockdown Loosener Triathlon: May 2nd 2021

Please arrive on site between 7:00am and 7:45am

**THERE IS NO ON THE DAY BRIEFING
PLEASE READ THIS BRIEFING DOCUMENT
FULLY**

YOU WILL ARRIVE, CHANGE, RACK, RACE, GATHER KIT, CHANGE AND LEAVE

NON-COMPETITIVE, PERSONAL TIME TRIAL

**THIS DOCUMENT HAS BEEN PREPARED IN LINE WITH THE BRITISH TRIATHLON COVID 19
GUIDANCE FOR EVENT ORGANISERS**

PERMITTED EVENT REQUIREMENTS

V2 23rd April 2021



Trifarm Double Header Triathlon: May 2nd 2021

Pre race confirmation of fitness to compete

When you received this briefing you will have also been asked to email confirmation that you are Covid 19 symptom free, and still healthy to race. If you are exhibiting any Covid 19 symptoms; persistent new cough, temperature etc you must follow government guidance and self isolate, do not come to the event.

You can complete the form by booking in on;

<https://app.acuityscheduling.com/schedule.php?owner=19593253&appointmentType=15931611>

Any non-competitors coming with you must complete the Non-Competitor form here

<https://app.acuityscheduling.com/schedule.php?owner=19593253&appointmentType=15931653>

ESSENTIAL PRE-RACE REQUIREMENT

You must complete the pre-race form confirming you are symptom free and healthy to compete before 5pm on Saturday, May 1st. No confirmation means you will not be allowed on to site and you will not be allowed to start.

Timings

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

Please arrive changed for swim

Once racked you will be asked to form a socially distanced queue around transition, in start order, staying 2M apart

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

8:00am First Swimmer In

8:25am Last Swimmer In

9:15am (est) Transition area open for kit removal, *THIS IS AN ESTIMATED TIME. TRANSITION WILL ONLY OPEN WHEN ADVISED AS SUITABLE BY RACE OFFICIALS*

9:15 onwards **Please collect kit and exit site as soon as you have recovered.**

There are no refreshments available – please bring your own food and drink to consumer before/during and after race.

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. You will be called forward in groups of 10 to rack your kit and queue in a socially distanced fashion for your individual water start.



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

Please arrive changed for the swim. If you need to change then please do so next to your car, before and after the event. Store everything other than your essential race kit in your vehicle, do not bring bags into Transition. If you are coming by bike then you will need to have all your kit in a backpack, there is no storage available.

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.

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.**

Once racked you will be asked to form a socially distanced queue around transition, in start order, staying one barrier (2.2m) apart. You will start in race number sequence with #100 going in at 8:00, and then one swimmer every 15 seconds until #199 at 8:25.

Acclimatisation & Race Briefing

Due to the Covid restrictions there will be no on the day briefing you must read this document, including the Cycle Route Appendix and fully brief yourself so you know what to expect on race day.

Swim leg (400m or 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 clockwise lap of the first three buoys on the northern side of the Trifarm course, commencing in the NW corner. Trifarm staff will be providing safety cover for the swim, and there will be kayaks 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. The course is marked by three buoys, swim between the buoys and the shore, keeping the buoys on your right hand side heading out, turn at the third buoy and then head back keeping buoys on your right. Exit at the flags as you complete the circuit and follow the signs for the short run into the Transition area.

If you wish to swim a second lap for an 800m swim then just turn at the entry buoy and repeat

You will start individually, 15 seconds ahead of the next swimmer.

Please maintain social distance at all times whilst waiting to enter the water.

In the water please ensure you give plenty of space if you are over-taking another swimmer.

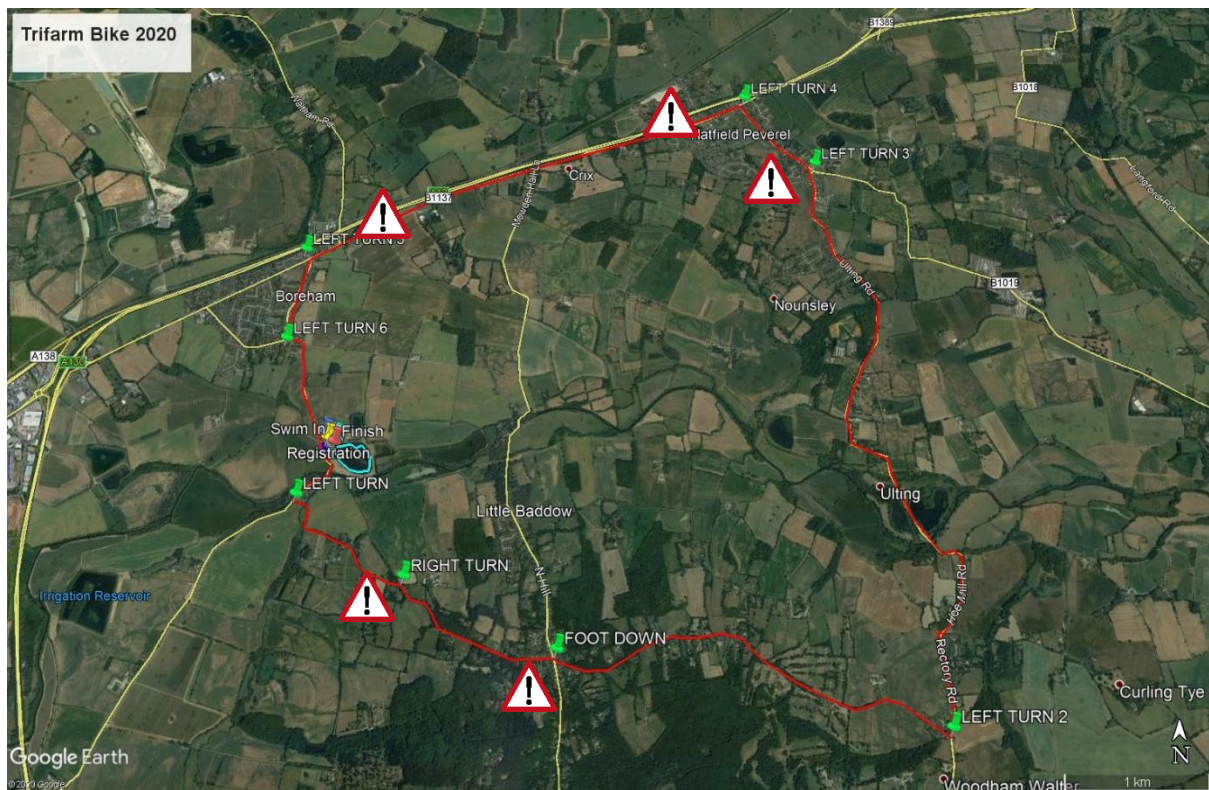
If at any point you need assistance or help simply roll on to your back and raise your arm into the air and a member of the safety team will be with you to offer assistance.

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.

Cyclists returning to transition remember RUNNERS have priority, please give way to runners on the track before you cross



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. See details in Cycle Route Appendix.

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 not 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.

PLEASE REMEMBER THIS IS A NON COMPETITIVE EVENT, JUST A FUN SPIN

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 (3km or 5km)

Exiting transition in the SE corner you will emerge onto the gravel path around the Trifarm lake. You are required to run 3 laps of the track, but you are welcome to run 5 laps if you so wish.

Your laps will be timed, on completion of the third/fifth lap please bear right under the finish arch.

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

Overtaking

If you need to overtake please shout “On your left” when you approach the runner in front

If you are being overtaken stay on the right of the path if your hear “On your left” from behind.

Please ensure you maintain a good social distance as you pass.

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 marshals and technical officials. Basically if you leave transition with it then you cross the finish line with it too.

Spectators

- **Please discourage any friends or family from attending unless they are driving you here.**
- 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.
- **We would encourage friends/family to observe the race from inside your cars.**



Results

Results will be available online shortly after the event.

Finish Area, Post Race & Prize Giving.

Please exit the finish area quickly. Once you have recovered, and officials indicate it is safe to do so, please recover your kit from transition, return to your car, get changed, and leave the site when marshalls indicate the access road is open/

We look forward to a safe and exciting race, and thank you for entering our first socially distanced 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/CO₂ 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, 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.

Cycle Route Appendix

| HAZARD IDENTIFICATION | | | | | Who is affected? | Level |
|-----------------------|------------------------|------------------|---|--|--|---------------------|
| ID# | Applies to which race? | mi/km from start | Symbol | Description of hazard detail junction/road name/number | Competitors / Spectators / Marshals / Other Road Users | High / Medium / Low |
| 1 | All | 0.00 |  | Exit transition onto LHS of Entrance Road | Competitors / Spectators / Marshals / Other Road Users | High |
| 2 | | 0.64 |  | Left turn onto Church Road | Competitors / Other Road Users | Medium |
| 3 | | 1.82 |  | Turn right onto Colam Lane | Competitors / Marshals / Other Road Users | High |
| 4 | | 3.10 |  | Cross North Hill onto Spring Elms Road | Competitors / Marshals / Other Road Users | High |
| 5 | | 4.63 |  | Continue on slight right | Competitors / Marshals / Other Road Users | Medium |
| 6 | | 6.25 |  | Left onto The St | Competitors / Marshals / Other Road Users | High |
| 7 | | 7.64 |  | Follow Road left | Competitors / Other Road Users | Medium |
| 8 | | 8.46 |  | Continue Crouchmans Farm rd | Competitors / Other Road Users | Low |
| 9 | | 8.80 |  | Follow road right | Competitors / Other Road Users | Medium |
| 10 | | 9.10 |  | Follow road right | Competitors / Other Road Users | Medium |
| 11 | | 9.80 |  | Continue Crouchmans Farm rd | Competitors / Other Road Users | Medium |
| 12 | | 10.70 |  | Continue straight | Competitors / Other Road Users | Medium |
| 13 | | 11.50 |  | left onto B1059 | Competitors / Marshals / Other Road Users | High |
| 14 | | 12.85 |  | Left onto B1137 | Competitors / Marshals / Other Road Users | High |

| HAZARD IDENTIFICATION | | | | | Who is affected? | Level |
|-----------------------|------------------------|------------------|--------|---|--|---------------------|
| ID# | Applies to which race? | mi/km from start | Symbol | Description of hazard/risk detail junction/road name/number | Competitors / Spectators / Marshals / Other Road Users | High / Medium / Low |
| 15 | | 12.90 | | Zebra Crossing, Hatfield Peverel | Competitors / Other Road Users | Medium |
| 16 | | 13.25 | | Zebra Crossing, Hatfield Peverel | Competitors / Other Road Users | Medium |
| 17 | | 13.80 | | Fast road traffic towards Boreham | Competitors / Other Road Users | Medium |
| 18 | | 16.70 | | Left on Plantation Road | Competitors / Marshals / Other Road Users | High |
| 19 | | 17.40 | | Left onto Church Road | Competitors / Marshals / Other Road Users | High |
| 20 | | 17.60 | | Follow Church Road right | Competitors / Other Road Users | Medium |
| 21 | | 18.00 | | Left into dismount/transition | Competitors / Marshals / Other Road Users | High |

