



# *Rules & Regulations*

We try and keep the rules and regulations to a minimum so everybody can have a great day and enjoyable race. Please read these carefully so the race can go smoothly and we can all finish the day smiling.

## Location and car parking

The race starts and finishes at the Whitecross High School and Specialist Sports College off Three Elms Road in Hereford. A map can be found on their website [www.whitecross.hereford.sch.uk](http://www.whitecross.hereford.sch.uk) and for sat navs the post code is HR4 0RN. The car parks will be open from 7am. Please park on the school car park as directed by the marshals and leave the access roads and entrances free.

## Numbers and start times

All competitors will start together at 9am. A start list will be displayed on the club website ([www.herefordtriathlonclub.co.uk](http://www.herefordtriathlonclub.co.uk)) a week before the event. Please pick up your numbers from the registration table from 7am. We are also taking entries on the day; please arrive before 8:30am so we can register you in time.

If you are a BTA member please bring your card for your £2 refund (no card, no refund), if you're not then you will be asked to fill in a day membership form to cover you whilst racing. At registration you'll be given a race number which needs to be worn on your front whilst racing. You can use a tri belt for your number if you'd prefer.

## Transition

Racking is available for you to place your bike, please put your shoes and other kit to the left of your bike. You can rack your bike anywhere where there is a space but as this is a large event, please remove your kit and bike as soon as you can after you've finished. **Only competitors can enter transition.** You will need your race number to remove your bike.

## Helmets

You must have a bike helmet in full working order to compete in the race. **No helmet, no race.** We will have marshals checking people are wearing their helmets before leaving transition.

## Briefing

A copy of the rules and regulations, start list, bike route and run route will be displayed near registration. Please take the time to study the course. A short briefing will take place at the start just before the event gets underway. **On both the bike and run the course is clearly signed and marshalled. Do not turn unless you see a marshal!** If you are confused about anything during or before the race please ask any of the marshals who will be pleased to help you.

## Bike

**You must have your bike helmet on and fastened before you take your bike off the rack.** You must then push your bike to the mount line just outside the transition area. Cycling is not allowed in the transition area. Please take care as you leave the school as there are speed bumps on the road. All junctions are marshalled but you must obey by the Highway Code and take care at junctions. The marshals cannot stop traffic for you. Drafting (cycling close to the cyclist in front of you) is not allowed. Please leave a 7 metre gap between the cyclists around you. If you overtake do so carefully and quickly. If you are overtaken you must drop back to retain the 7 metre gap. Side by side cycling is forbidden. Please rack your bike before removing your helmet.

## Run

The run is the same for both the full and beginner's events. The mass start will take place 300 metres into the school grounds to allow the pack to disperse before you get to the main roads and pavements. The run route takes you out of the school and along pavements and a short piece of grass before you turn on to a country lane. **Please run on the right of the lane so you are facing the oncoming traffic.** Be aware that cars, walkers and cyclists will be using this lane.

There are very few turns in the run route, **don't turn unless you see a marshal!** At the end of Huntington Lane you will turn right for the last 300 metres back to the school and transition. There is space on the grass at the side of the road to run but **please take care.**

You will turn back into the school and into transition after one lap if you're doing the beginner's race. For the full event please carry on for a second route.

The second run course is exactly the same. As you finish please run under the finish banner and shout your number out to the timekeepers. There is water available at the end of the race.

## Results

We'll get the final results out as soon as we can after the last person has finished. **The results will be on our club website from Monday morning.** A full list of the prize categories will be determined according to entry numbers and will be displayed at registration.

## Extras

There are changing rooms and showers available at the school. There are a small number of school toilets plus portable loos and we will be replacing toilet rolls every 15 minutes or so. **Please don't steal/hide the toilet roll!** In the last few years it has disappeared. We all know how essential it is to have toilet paper before and after the race and there will be enough for everybody as long as it's left in place!

Happy Racing!

## Important Information

- Start time 9am
- Registration and car parks open from 7am
- **You cannot race unless you have a bike helmet**
- More information and results on our website - [www.herefordtriathlonclub.co.uk](http://www.herefordtriathlonclub.co.uk)