Herefordshire Triathlon – Briefing

Leominster Leisure Centre Course

* You will swim 16 lengths of the pool. When you have two lengths to go a float will be put in the water ahead of you. Please push yourself out of the pool, leave your cap and WALK to the swim exit. There is a step down out of the swim exit – please take care
* Helmets must be worn during the bike section. You must have your helmet on and fastened before taking your bike off the racking and keep it on until you’ve racked your bike at the end of the cycle leg
* You cannot cycle in the transition area. You must push your bike to the mount line and get on it once your back wheel is over the line. On your return you must dismount your bike before your front wheel has crossed the line
* There is a step down from the plaza area just before the mount line – please take care
* Headphones are not to be worn at any point during the race
* Cyclists must obey the Highway Code at all times
* There is a mandatory foot down point at the turnaround at the King’s Head Pub. You must unclip one foot and place it on the floor before pushing off
* On the bike and run course there is a pedestrian crossing. When cycling your MUST give way to the runners or other users of the crossing. When running please take care as you make your way across
* Drafting during the cycle section is not allowed (cycling next to or behind another competitor). The BTF guidelines state that cyclists should leave a gap the equivalent length of seven metres (approximately 3 bike lengths) between them and the next competitor
* Verbal or physical abuse of any marshals, spectators or other competitors will not be tolerated and may lead to immediate disqualification from the race

Should any of the race officials or marshals believe that an offence has been committed then they will inform the race official who may choose to issue a penalty or disqualify you. Should you wish to appeal against a penalty please ask to speak to the Race Director as soon as possible after you’ve completed the race.

Have a fun and safe race - Hereford Triathlon Club