**Herefordshire Triathlon 2015**

Thanks for your entering the Herefordshire Triathlon. All of the course details are available on our website –[www.herefordtriathlonclub.co.uk](http://www.herefordtriathlonclub.co.uk) – click on Events and then on Triathlon. In the event of any roadworks or safety advice, we will alter the course accordingly and full maps will be available on the day.

**Registration and transition open from 0730 – competitors will start in waves of 6 people from 0830 onwards. Please remember your race number and wave letter.**

PARKING - If you are arriving **before 0830** please park at the Earl Mortimer School, South Street, Leominster, HR6 8JJ. If you are arriving **after 0830** please park at the Leominster Leisure Centre, Conningsby Road, Leominster, HR6 8LL. There is a £1 charge for both car parks

REGISTRATION – **Registration is open from 0730 at the leisure centre. Please register at least 45 minutes before your start time.** Once registered please then proceed to the transition area where you can rack your bike. You need your number to get into the transition area and only competitors are allowed into transition. After you’ve arranged your kit please put your bag/box/kit into your car or in a locker.

START – **Please be on poolside 15 minutes before your start time. You will be given a race briefing and a swimming hat on poolside.** There are toilets, changing rooms and lockers available at the leisure centre. The café will be open from 0830 and spectators are able to watch you swim from the seated area.

RESULTS – You will be able to get a finish time from the results table next to registration. The prizes will be given out once all competitors have finished, at approximately 12 noon. The full results will be on our website on Sunday evening.

RULES - There are very few race rules which will all be displayed at registration; all of the rules are there to keep you safe and to make sure that we all have a great race. Please remember these important things:

- You need a roadworthy bike (with brakes on both wheels) and a helmet to race – no helmet = no race

- Headphones are not allowed to be worn at any point during the race. If you’re seen wearing headphones then you will be disqualified. This is so you can hear the marshals, traffic and other competitors and stay safe

- Drafting (riding too close behind other people) is not allowed

- Friends and family aren’t allowed to accompany you on the course by bike, foot or car

Best Wishes - Hereford Triathlon Club