Herefordshire Triathlon – Race Rules

* 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.
* Headphones are not to be worn at any point during the race.
* Cyclists must obey the Highway Code at all times.
* 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.
* There is one mandatory foot down point in the cycle leg. This is at Mortimer’s Cross, a crossroads 1 mile into the bike section. You must unclip your foot and place it on the floor here and not turn left until the marshals signal to you that it is safe to do so.
* 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 organiser who will apply a 3 minute time penalty for each violation. 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