



Supersprint Race Briefing Document.

General information:

Registration is open from 7.00am.

Race start time is 8.00am.

Race briefing is compulsory and will take place on poolside immediately before your wave start time.

Race packs (containing numbers, bike stickers and race licence) should be collected from registration at least 30mins before the start of your race.

The course will be clearly signposted with marshals at every junction. If you need to retire from the race at any point please inform the nearest marshal so that they can communicate with the race HQ. Designated first aid will be available.

Prize giving for the adult race will take place immediately after the last competitor has finished the event. Please support your fellow competitors once you have finished!

Split times will be recorded for Swim/T1/Bike/T2/Run and published on the TriPurbeck website on the evening of the race.

Transition:

Transition will be open for bike racking from 7.00am.

On entering transition following the swim, competitors must fasten their helmets before removing their bikes from the racking. Do not mount your bike until you have reached the mount line.

Competitors finishing the bike section must dismount before the dismount line and rack their bikes before removing their helmets.

Run section:

The run is off road with some loose or uneven surfaces but suitable for normal road trainers.

Bike section:

No drafting!!!!

The bike section is on public highways and competitors should observe the highway code at all times.

The bike course is run over a single loop, mostly on quiet country lanes.

Please shout your number to the officials each time you pass or enter transition.

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