



Supersprint Triathlon Race Briefing Document.

General information:

- Registration is open from 7am.
- Race packs (containing numbers, bike stickers and race licence) should be collected from registration before 7.45am.
- Please attach one sticker to the front of your helmet and one to the front of your bike. You will need to rack your bike before 8.00am at the latest. The racking will not be numbered so please choose your spot
- At registration you will also need to get marked up for the swim.
- Race briefing is compulsory and will take place 10 minutes before your wave start at poolside.
- 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.

Swim:

There will be no more than 2 swimmers in a lane, and competitors will start in the water. All the swimmers in each wave will start at the same time. No diving starts. A float will be waved in the water in front of you when you have 2 lengths to swim. However, please keep count of lengths. Please take care when exiting the pool as the surface will get slippery.

Transition 1:

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

Bike section:

- No drafting. Unless overtaking, competitors should maintain a gap of at least 10m behind the bike in front.
- The bike course is entirely on public highways and competitors must follow the highway code at all times.

- The route is clearly signed and there are marshals at every junction. Competitors should familiarise themselves with the course which can be viewed on the website and follows a clockwise loop.
- There is a compulsory foot down at the junction with Grange Road. The marshal at this junction will make a note of any delay due to traffic.
- Please shout your number to the officials each time you pass or enter transition.
- Anyone deemed to be riding dangerously will be disqualified.

Transition 2

Competitors need to dismount before the mount line. Please make sure that helmets are not removed until bikes are racked.

Run section:

The run consists of 3 laps of the school field and is entirely on a grass surface. The run route is fully taped. Competitors should enter the finish shoot at the end of their 3rd lap.

Prize giving:

Prize giving for the adult race will take place as soon as possible after the last athlete has finished.

All results will be published on the TriPurbeck website www.tripurbeck.com