

## **THE SSAFA FORCES HELP WATTISHAM STATION TRIATHLON RACE INFORMATION.**

Welcome to this event which is held with the permission of the Station Commander and in aid of SSAFA Forces Help.

It should be noted that this race is a **non-affiliated** event, which means it is not governed by any of the Triathlon bodies. It is fully insured, risk assessed, first aid covered and run to extremely high standards.

This race is suitable for both novice and seasoned competitors. It will provide a tough physical challenge to all athletes. The whole race is run on MOD land which means traffic can be controlled and makes for a safer racing environment. There will also be a number of trade stands and a BBQ during the day.

**RACE VENUE.** The race HQ will be in the Physical & Recreational Training Centre (P&RTC) Wattisham Station IP77RA 8 miles west of Ipswich. Please note that entry to the Station is via gate 1 just off the B1078 by Great Bricett. This is sign posted.

**SECURITY.** All competitors and spectators are to note that you will be entering a secure MOD site so there will be restrictions on movement within the Station. Under no circumstances are you to leave the race venue. Anyone found in restricted areas will be escorted off camp immediately. Individuals should be aware that you will be subject to military laws and Station standing Orders whilst on site. This is a serious statement, but as long as you do not go wander off limits there will be no issues.

**PARKING.** Park in the car park outside and immediately adjacent to the P&RTC. Do not leave your vehicle abandoned in a non-designated parking area or it may be towed off site. When exiting the Station please be careful as the race may still be in progress.

**SPECTATORS.** All spectators are welcome but they should be made aware of the security issues involved. Also they are not to, at any point during the race, encroach onto the course or transition area. There is full disabled access to the P&RTC.

**FOOD AND SMOKING.** The P&RTC is a total no smoking area, as are all MOD buildings. Do not smoke within 10m of any building and make sure you take any litter away with you. There is a Mace shop and there will be various food stands including a BBQ.

**DOGS.** In the interest of safety do bring dogs to the race venue, unless a guide dog and definitely no dogs are allowed on the race course or in the P&RTC.

**RISK ASSESSMENTS.** This event is fully Risk Assessed and copies can be viewed on request.

**SWIM TIME.** It is vital that you enter a realistic swim time on your entry form, as you will be seeded accordingly. If you do not enter a time, you will be first off with anyone else who omitted to fill in a time.

### **PRE RACE.**

**REGISTRATION.** Registration will be in the P&RTC main hall between 11:00 and 12:00 hrs. You will be issued a "Goody Bag" which will contain your race numbers and other items. Please be patient there may be a small amount of queuing. All competitors will be required to have number written on their upper arms and calves so have them ready. A list of start times will go up in the main hall and the pool. Ensure your race number matches the number in your "Goody Bag". If you are going to be late for registration, you must phone 01449 728972 ASAP or your place will be allocated to a reserve.

**RACE BRIEF.** The race brief will take place in the main hall at 12:15hr's. You are strongly advised to attend this.

**MARSHALS.** There will be close to 50 marshals and officials on the course; they are there to ensure you have a safe enjoyable race. You should listen to them in order to have a safe race - ignore them and risk injury and or be disqualified. If anyone is found to be abusive to the officials/marshals you will be disqualified and will not be welcome in future years. Remember these are volunteers and are giving their time so you can race.

**RACE NUMBERS.** During the bike leg, your race number must be visible from the rear. During the run leg it must be visible from the front. You are advised to write any relevant medical condition on the back of your race number so that in the event of an emergency, First Aider's can give medical care ASAP.

It is your responsibility to ensure your number is visible, if the officials can not see it then your time will not be recorded.

**MEDICAL COVER.** There will be full first aid cover during the event provided by St John's.

**START TIME.** The race will commence at 13:00hrs with the first swimmer starting at 13:01hrs and every 30 seconds thereafter.

**It is your responsibility to be on the pool side at the right time. If you miss your start time, you will be unable to race.**

Be there at least 5 minutes before you are due in the pool. Check your clock against the clock been used in the pool at the start.

**ROUTE CHANGE.** It is unlikely that the race route will change, but the organisers reserve the right to so if necessary.

**TRANSITION AREA.** The transition area is mostly on grass and is directly out side of the pool. Only competitors and race officials will be allowed in this area. Please ensure you put a race number on your bike or you will not be able to remove your bike from the transition area after the race until the last person has left. There will be no designated numbers on racks as it is a square area with exit and entry at both ends so little advantage can be gained from the position of kit.

**TEAMS.** These will be the categories:

1. Relay Teams: This will be one individual for each of the three disciplines. Each team member must fill in and sign an entry form indicating which discipline they will be doing and team name, team sheets should be sent in together.
2. Team Race: This will be 3 individuals competing as individuals but under a team name. The team with the fastest combined time of all three individuals will be the winners. There will be a military and civilian category in this. You must indicate this on your entry form if you intend to enter this category.

**RULES.** This race will be run as close to as possible British Triathlon Association rules.

### **THE RACE.**

**No form of audio equipment is too be carried by athletes during the race. This is for your safety!!**

**SWIM.** The swim will consist of 12 x 25m lengths. It is a 6 lane pool; each swimmer will swim in an anti-clock wise direction keeping either the wall or lane rope on their right shoulder. Once you reach the shallow end duck under the rope and carry on swimming in an anti-clockwise direction

keeping the rope on your right shoulder. Continue all the way across the lanes to lane 6, where you will exit the pool. Use either the steps or climb out. Be aware that the pool side will be slippery and you will not be given assistance to exit.

During the swim observe the following rules:

1. Keep to the sides of the lanes
2. Only overtake during a length if safe to do so.
3. Overtake at the ends where possible.
4. If you are caught and touched on the toes you must give way at the end of the length.
5. No backstroke or Butterfly.
6. You must touch wall at the end of each length.
7. No use of swimming aids including wetsuits.
8. You may stand at any time, but you are not to make forward progress and must not impede other swimmers.

Swimmers will be allowed into the pool from 12:00 -12:45hr's for a warm-up.

**BIKE.** The bike leg is 20kms, consisting of two laps on tarmac, including the runway. The route is clearly marked out by either signs or marshals. Remember that whilst traffic will be at a minimum there is still a chance you could come across either a pedestrian or motorist so you must stick to the Highway Code. It is your responsibility to ensure your bicycle is serviceable. There will be spot checks in the transition, if your bicycle is found to be unserviceable you will not be allowed to race unless it is put right before you are due to start.

**STAY AWAY FROM THE EDGES OF THE RUNWAY AND TAXIWAY THERE ARE HUGE DRAINS THAT WILL EAT YOU UP!**

**CYCLE HELMETS.** If you do not have a recognised cycling safety helmet you will not be allowed to race. Your helmet must be in place and fastened before you touch your bike and should stay fastened until you rack your bike on return from the bike leg.

**DRAFTING.** This is a drafting-free race. Do not take pace from another rider, as it will result in a foot down penalty for your first offence, and disqualification in the second instance.

**RUN.** This is a 5k flat two-lap course on a mixture of grass, track and tarmac. There is a water stop at about the 1km and 4km point. Ensure the run official takes your number at the end of each lap if you do not then you will not get a finish time.

**HYDRATION.** This race will take most people about an hour to complete, so make sure you are hydrated accordingly. There is a water point on the run but it is your responsibility to ensure you are hydrated - use electrolytes where possible.

**FINISH.** The finish is at the back of the memorial, close to the P&RTC. When crossing the line, ensure the race official knows your number. Call it out, show him, do what ever is needed to make sure it is recorded. If it is not recorded you will not get a time which means no result.

**TIMINGS AND RESULTS.** Hopefully if all numbers are recorded, split times and total times will be available at the finish. This will take some time to produce so please be patient.

**PRIZES CATERGORIES.**

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, Military and civilian male and female.

1<sup>st</sup> novice male and female. (A novice is an individual who has competed in two or less Triathlons in the last two years this must be indicated on entry forms. A level of trust must be used in this matter.)

1<sup>st</sup> male and female in each 5 year age group.

Relay teams, 1<sup>st</sup> female and male military and civilian.  
Team prize, 1<sup>st</sup> male and female military and civilian.

The prize giving will be ASAP after the last competitors have finished, again please be patient. Where possible there will be a one prize one competitor policy. This however will not apply to the military categories as this is a separate competition.

**MASSAGE.** There will be a sports masseur in the main hall to ease your aches and pains at the end. Please use him!

**AND FINALLY, Best of luck, be safe and come back next year!!!!**

Lee J BARK  
Race Director