



EAST GRINSTEAD TRIATHLON

SPRINT TRIATHLON & LADIES TRY-A-TRI EVENTS

SUNDAY 18TH JULY 2021

RACE DAY INFO / CHECKLIST

Updated on 6 June 2021



RACE INFORMATION

Congratulations on entering one of the longest running triathlons in the country. The race receives a lot of positive feedback and many people return year after year. The event is run in accordance with the Rules of British Triathlon which are there to create an atmosphere of fair play and provide safety and protection for competitors and the general public. Extracts from the rule book are included in this Race Pack, but you can also find all the rules here [BTF Rule Book](#).

This year things are a bit different due to Covid-19 so please make sure you **read** all the race instructions thoroughly as there will be no on site race briefings on the day of the event.

We hope you have a successful and enjoyable race!

COVID-19 MEASURES – Updated in line with British Triathlon Guidelines 28th May 2021.

Measures are subject to change based on British Government guidance so please check back here before the race.

- Spectators are allowed outside but must keep socially distanced. Currently there will be no spectators for the swim section as the viewing gallery is closed.
- Please ensure no mixing with other family groups, stay within government guidelines.
- Keep a minimum of 2m from others, during set up, racing, and collecting equipment.
- There will be no mass race briefing. You will be sent any updates to changes in the race or anything else you need to know by email in the week before the event – **IT IS YOUR RESPONSIBILITY TO READ THIS SO THAT YOU ARE AWARE OF ANY LAST MINUTE CHANGES.**
- Competitors will be called to assemble in start area outside of the pool building in groups of 10-20. When you enter the pool area you do not have to wear a face covering but you must keep 2m from other competitors. Lanes and numbers of swimmers in the pool will allow for social distancing. Following the instructions of your Lane Supervisor who will tell you which direction to swim in.
- You should arrive race ready, there are no showers and no changing facilities.

- We hope to be able to award category prizes for 1st, 2nd and 3rd places in senior, 40+, 50+ and over 60 if allowed – the field is large so please make sure if you are attending this you are socially distanced from others not in your family or bubble.
- Please bring everything you need to be self-sufficient on the day, including water – there are no aid stations on the run route.
- A **small** bag will be allowed in transition next to your bike. There is no bag drop so please don't bring large boxes or bags.
- Face coverings must be worn when inside Kings leisure centre.

EVENT TIMETABLE

Monday 12 th July	17.00	Check race.egtri.com for your start time
Saturday 17 th July	13.00	Registration opens
	16.00	Registration closes
Sunday 18 th July (race day!)	06.00	Registration opens
	07.00	First sprint race competitor starts
	08.15	First sprint competitor finishes
	09.00	Registration closes
	09.15	Ladies Try-a-Tri event starts
	10.00	First Ladies Try-a-Tri competitor finishes
	11.00	Last competitor finishes

- Club waves will be banded together on the start list between 07.00 – 09.00

PRIOR TO RACE DAY

- We are hoping to run a “race recci” day on Saturday 26th June at 9am at Kings Leisure Centre to cycle around the bike course and do an easy jog around the run course as well as take newbies through transition **but this is subject to the government's announcement on the lifting of restriction on 21st June. Check the East Grinstead Triathlon website for further announcement on this.**
- You will need to complete a “Health Declaration” when registering and as part of this you will need to list any person who will be attending with you.

VENUE

- The race is held at **Kings Leisure Centre, Moat Road, East Grinstead. RH19 3LN.**
- You CANNOT Park at the venue on race day. Please Park at one of the local car parks shown below.
- On race day please do not enter the Kings centre at the main entrance. Toilet facilities are available in the Pavilion and by the pool area – where you can enter at the side entrance to the pool (this will be signposted).

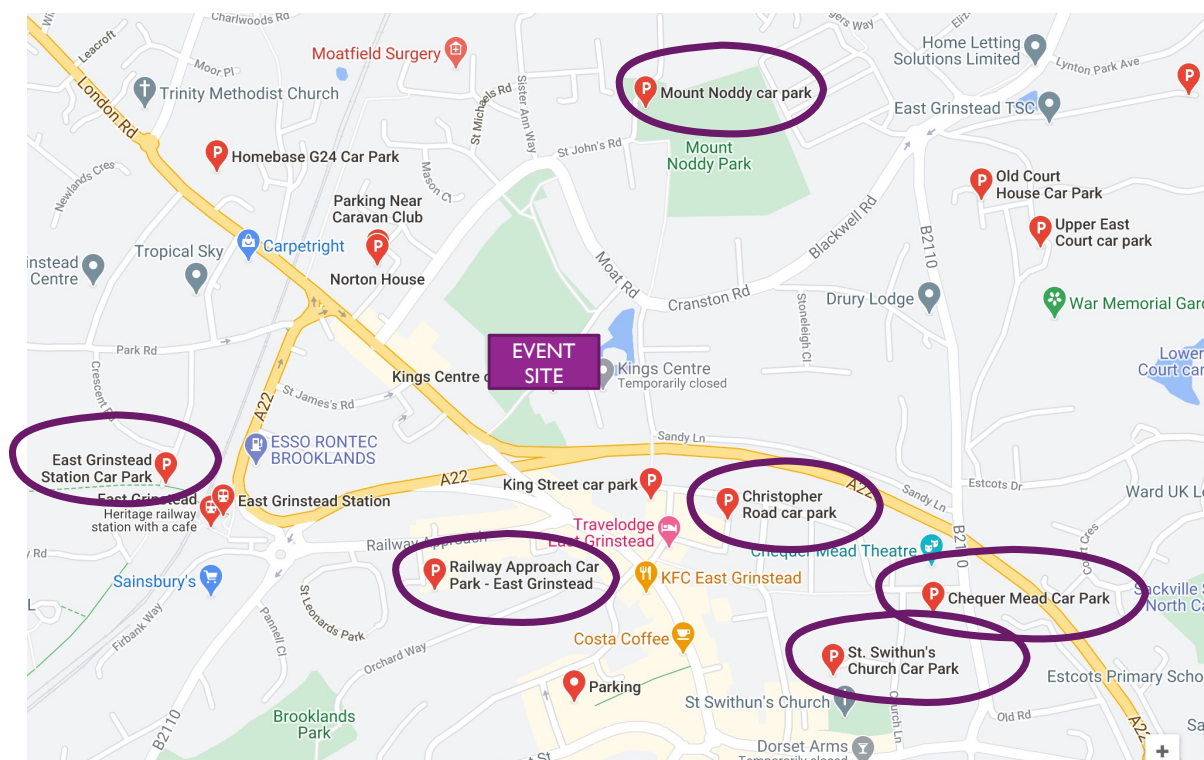
RACE LICENCE

- All triathlon participants are required to have a license to participate. You have either told us you have one when you entered the race online, or if you answered “no” to this question you will have already been charged for one as part of your race fee.

- Please ensure that your license documentation is in order before the event. When you collect your race pack at registration, you will be asked to produce your BTF membership card. Please make sure your card is in date and that it has photo ID on it. If it doesn't, please bring another form of photo ID in addition to your card.
- If you forget to bring your card you will need to purchase a day license.
- If your card is in digital form on your phone, please take a screen shot of it as in the App it can be difficult to read and lead to delays.
- **NO LICENCE MEANS NO RACE!**

ARRIVAL:

- We recommend that you arrive no more than one hour before your start time or 90 minutes if you plan to register on the morning of the event.
- All stages start and finish at the Kings Leisure Centre, Moat Road, East Grinstead. RH19 3LN. There is no parking on site on the day of the race.
- There are a number of car parks in East Grinstead that are between 5-10 minutes' walk to the site.



REGISTRATION

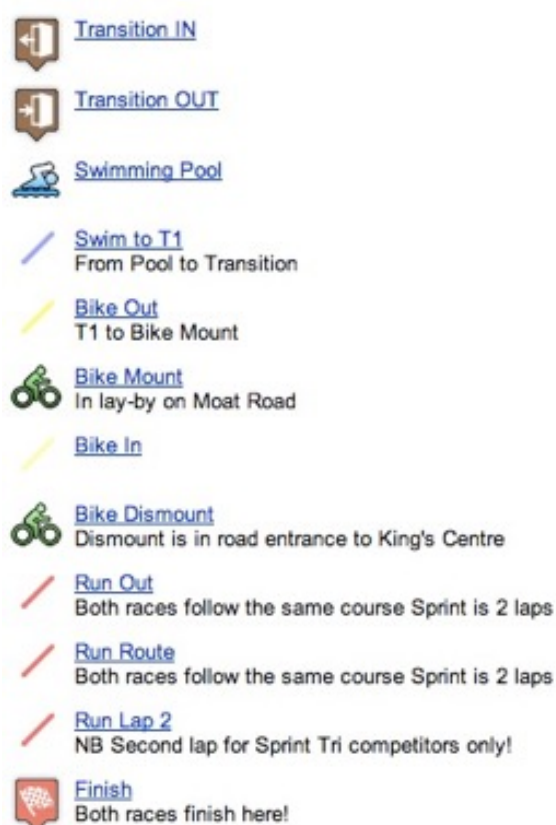
- Please wear a face masks covering when registering.
- You can register on Saturday 17th between 13.00-16.00 or Sunday 18th from 06.00 – 09.00. Please take advantage of registering on Saturday where you can park free at Kings Leisure Centre.
- Your pack will contain two race numbers. If you do not have a race belt then pin one number on the back of your bike tops and one on the front of you run top. Or apply to your race belt (numbers must be visible from the back when you are cycling and on your front, when you are running). Your pack will also contain

stickers for your bike, helmet, and bag. Do not change any of these numbers in any way (i.e., cut them down, fold them in two). Your bike sticker wraps round your seat post so your number is visible, and the helmet sticker goes on the front of your cycling helmet.

- Apply these stickers BEFORE you go to transition. You cannot gain access to transition unless the stickers are on your bike and helmet.
- You will be given a wrist band at registration with your number on it. Please make sure you have this on before you go into transition.
- You will receive your timing chip at the swim start.

TRANSITION

- This is how Transition is laid out. When you arrive familiarise yourself with the swim in, and bike and runs ins and outs.



- If transition is busy we ask that you wear a face covering.
- Approach the "entry" to transition WEARING your CYCLING HELMET FULLY DONE UP ready for the check. Please make sure that you have stoppers in the end of your cycling bars if not please apply gaffer tape to them prior to the event.
- Make sure the bike sticker is around your seat post.
- We will check with you that YOU are happy with the safety of your bike.
- On entry find your race racking position and rack your bike.
- Bikes are alternately racked, so check your bike is facing the right way.

- A temporary change in the rules allows a small bag at your racking point. No LARGE BOXES OR BAGS are allowed.
- You are not allowed to “mark” your area i.e., with a neon coloured bight towel, or by hanging anything off the racking or your bike. BTF officials and marshals will be available in the transition area if you have any questions.
- Mobile phones are not allowed to be used in transition.

RACE BRIEFINGS

- There will be no mass briefing on the day. All the information you need will be in this pack and on the race.egtri.com website, or in an email sent in the week before the race if there are any changes – so please make sure you read all instructions carefully.
- A short update will be given to small groups at the swim start entry point.

THE RACE

SWIMMING SECTION

- Your estimated start time will be listed here race.egtri.com one week before the race. It is your responsibility to check what start time you have been allocated.
- You should arrive at the poolside ready to swim in either your swimming costume or your tri-suit. There are no lockers available.
- There are toilets available poolside and in the Pavilion area.
- 20 minutes before your start time you should go to the Swim Start assembly area.
- You will collect your timing chip in the assembly area outside and then be queued in small groups to enter the pool. Please maintain social distancing.
- Fix your timing chip to your LEFT ankle with a wide Velcro strap. This is the only way that your time will be registered so please make sure it is secure.
- Starting will be in number order.
- When called forward you will be given a swim hat if you don’t already have one or if your colour is already the same as someone else in your lane.
- When you are called forward to a lane get in the water, tell the starter your race number. They will then tell you when to go. There will be a lane counter who will tell you when you have two lengths to go before completing the distance. **It is your responsibility to count your lengths as well.** If you feel there is a discrepancy in the number of lengths you have swum, tell the lane counter and then continue with your race. It can be resolved after, and you don’t waste race time.
- No tumble turns are allowed.
- No backstroke to be used
- Under BTF rules compression socks may not be used in pool-based swims.
- Be courteous to fellow competitors, especially if you find yourself swimming at a different speed to others in your lane. Follow these simple guidelines:
 - If you are tapped on the foot, at the end of the pool stop and give way to the swimmer behind you.

- If you are much faster than the swimmer in front of you, tap their foot to signal that you would like to pass them at the end of the pool.

On completion of your swim take off your cap (if it was given to you) and drop it in disinfection box by the exit door. (Exit the pool via the fire doors and follow the route into transition. **BE CAREFUL, the pool side area will be slippery.**

- Sprint Triathlon participants will swim 400m (16 lengths x 25m)
- Try-a-Tri participants will swim 200m (8 lengths x 25m)

TRANSITION

You will run approximately 100m to transition. You may leave trainers outside the pool area if you don't want to run in bare feet, however most competitors don't bother. We sweep the whole area and part of it is on grass. Always follow the marshals' directions.

- In transition make sure you **put your cycling helmet on first before you touch your bike and make sure your race number is visible on your back.**
- Follow the marshals' instructions to exit transition to the mount line. There will be a marshal at the mount line area, and they will indicate where you can mount. **It is your responsibility to ensure the road is clear and it is safe for you to start cycling. This is a busy road so exercise caution.**

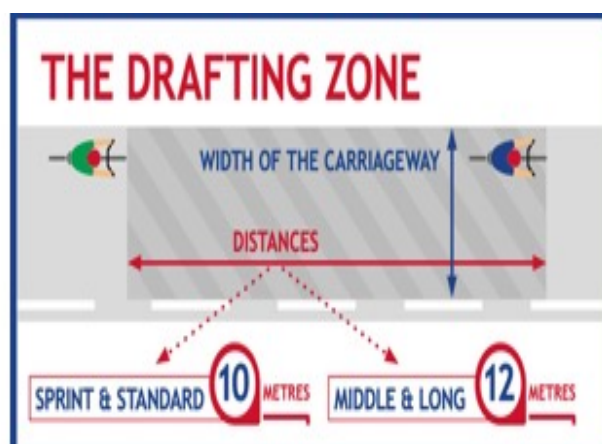
THE BIKE SECTION

- The bike routes are well signposted and there are marshals at all the key points.
- Both the Try-a-Tri and Sprint routes mount in Moat Road and head towards the T-Junction with the A22. **THIS IS A FAST-MOVING BUSY ONE-WAY ROAD- YOU MUST MAKE SURE THE WAY IS CLEAR BEFORE YOU TURN LEFT ONTO THE A22.**
- 200m further on you stay on the A22 by keeping left at the fork and head down to the underpass and up to the Sackville roundabout where you turn left still on the A22.
- If you are doing the Try-a-Tri you will exit the A22 into Ashurst Wood onto Hammerwood Lane – this is signposted with Tri-a Try route signs. You will then take the second left where the war memorial is and 100m on, just past the church you will take the left hand turn into Maypole Road and continue down through Ashurst Wood village until you come to the T-junction with the A264 Holyte Road. Turn left ensuring that the way is clear as there can be fast moving traffic on this road. Continue on the A264, past the Queen Victoria Hospital, until you come to a roundabout, you go straight across this into Blackwell Road for the last push until you see the Kings center on your left – turn into Kings and marshals will tell you where to dismount.
- If you are doing the Sprint Tri you will continue past Ashurst Wood, down into Forest Row taking the downhill bends on the A22 with **careful and controlled caution** – that are deeper than they look.
- Once in Forest Row at the roundabout take the second exit to the B2110 Hartfield Road. **Take EXTREME CAUTION and GIVE WAY on entering Forest Row and Hartfield villages where traffic-calming measures are in place and the road is narrow through the villages.**

- Note that at the traffic calming entry to Hartfield you do not have the right of way and must give way to oncoming traffic. A marshal will record if you are delayed by oncoming traffic and you will be credited with your delayed time, including an allowance for slowing down and getting back to full speed. Similarly, you must obey the traffic lights at the pedestrian crossing just before the end of the bike route outside Kings Centre. A marshal will record if you are delayed. You will be disqualified if you ignore the lights or the marshal's instructions at this point. There may be a BTF Race Official monitoring these lights.
- Equally, if you cause a hazard to other road users, you will incur a penalty or even disqualification.

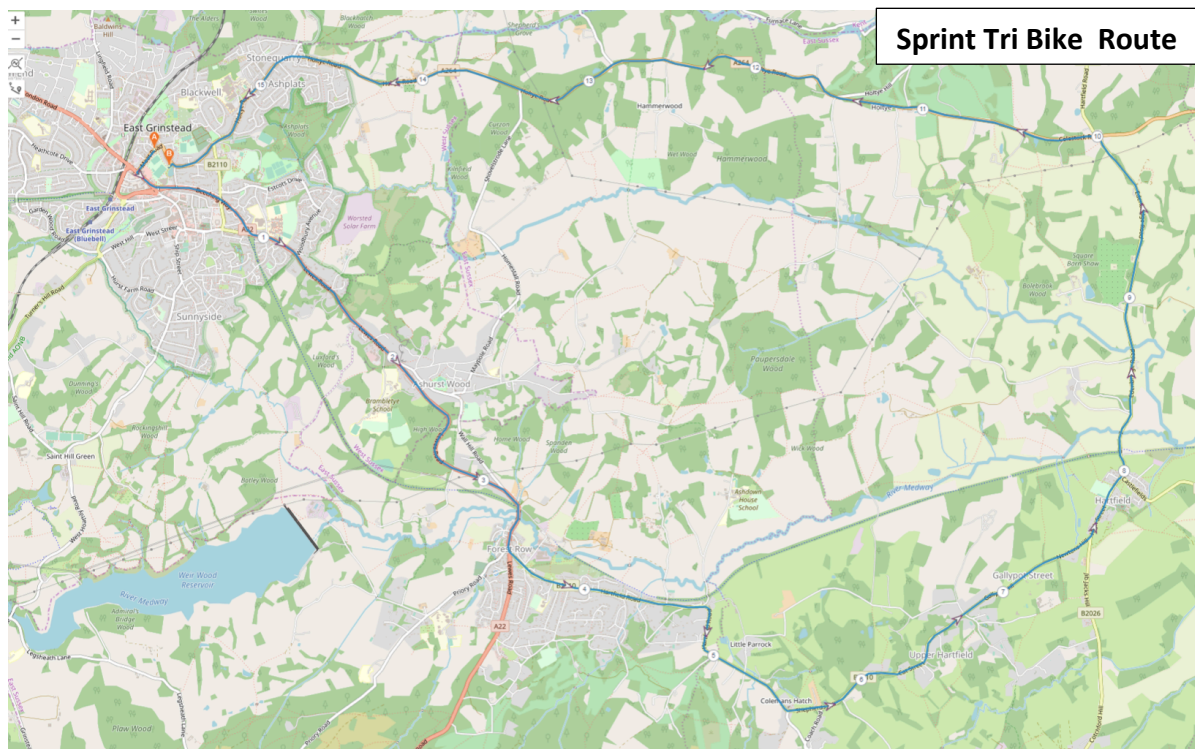
If in doubt, therefore, you are better off taking a breather and getting a time credit.

- Once through the final traffic calming measure you will turn left onto the B2026 Edenbridge Road for a gradual climb up to a T-Junction where you will go left onto the A264 and follow this road all the way through back to King Leisure Centre.
- This is a non- drafting race. Therefore, you MUST be a minimum of 10m behind the bike in front of you unless you are overtaking. If you are overtaking you must

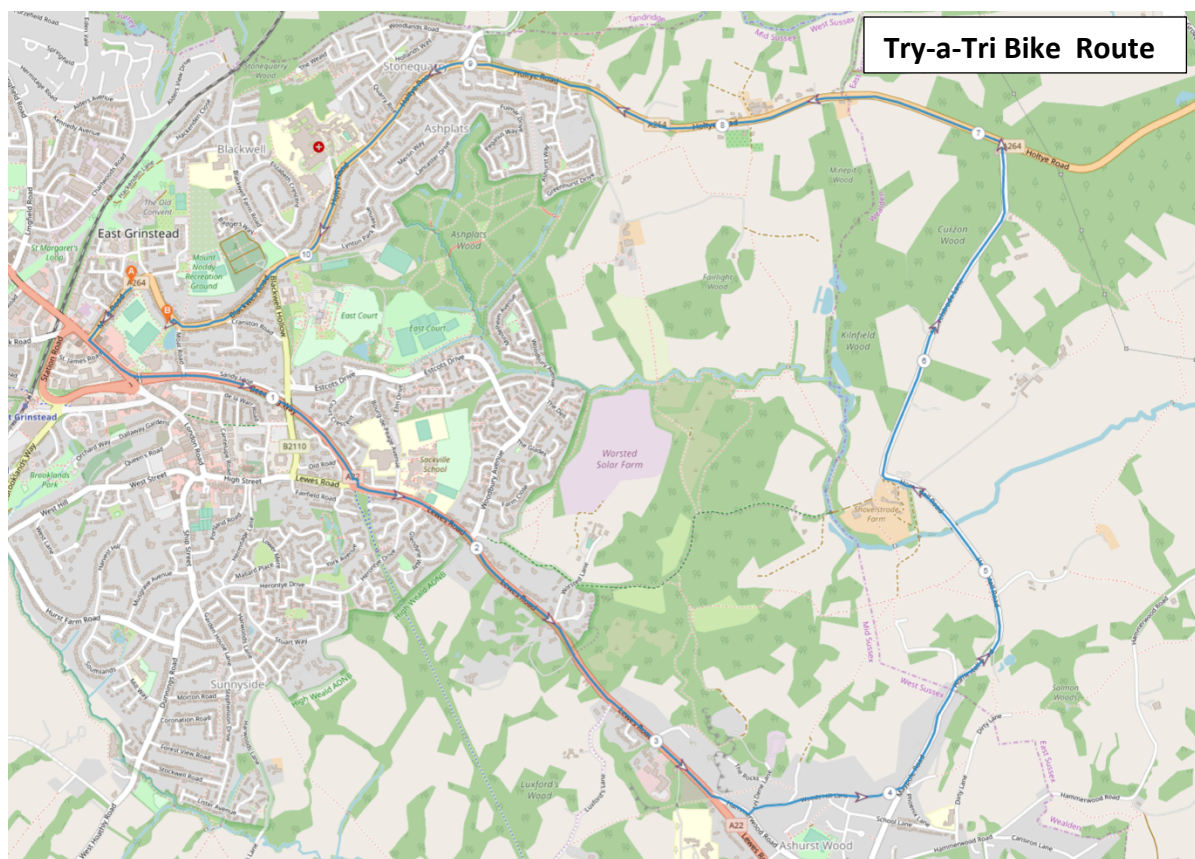


complete this maneuver within 20 seconds

- **NOTE: Marshalls are there to direct you and cannot stop traffic.** When on the highway the rules of the Highway Code must be followed. Failure to do so will mean disqualification. **You are responsible for your own safety on the highway.**
- There will be marshals and signs directing you back into the event field once you have completed your bike section.
- They will indicate the "dismount line" to you. You must have dismounted your bike by the time your front wheel crosses the line. There is plenty of room to do this but be aware of others around you and approach the dismount line with caution.
- Run into transition, rack your bike first BEFORE you remove your helmet.
- Head toward the RUN OUT flag to complete the last section of your race.
- The Sprint Tri Bike Route is one lap and is here:
<https://www.plotaroute.com/route/388436>

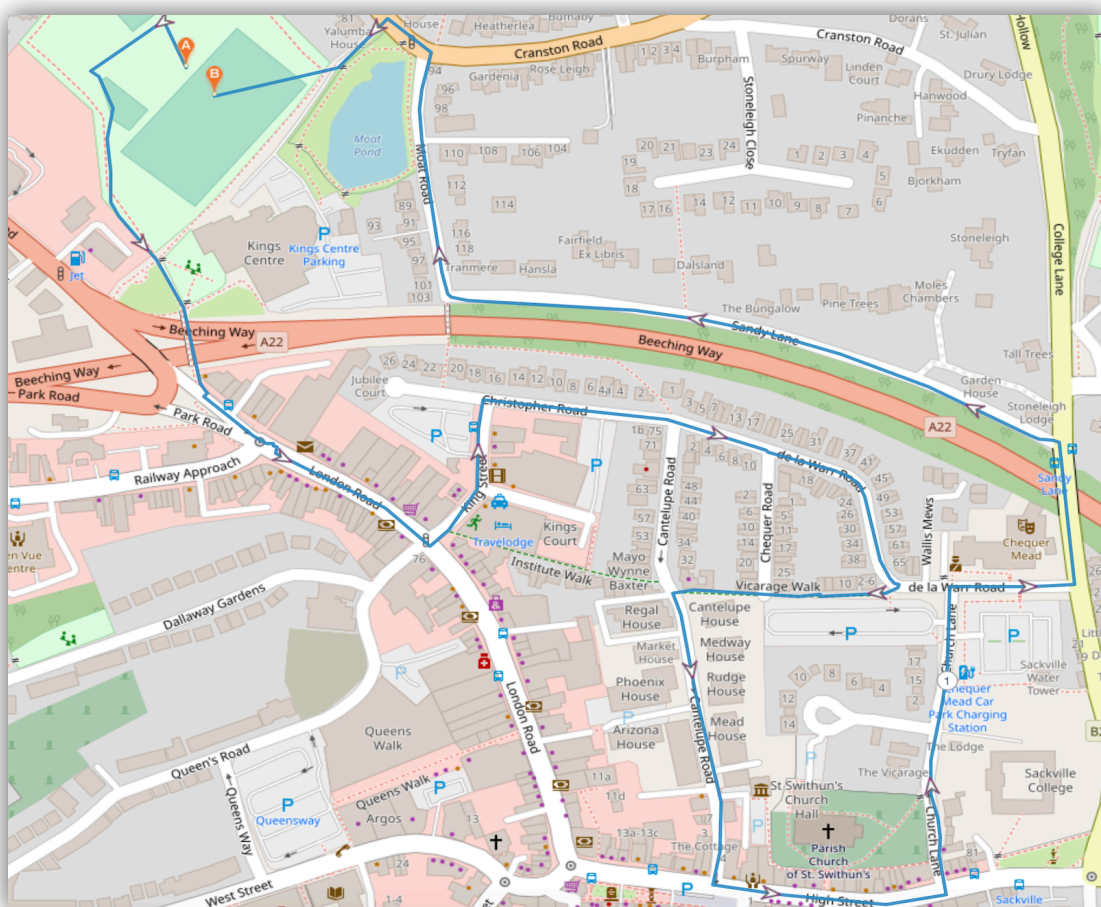


- The Try-a-Tri Bike Route is one lap and is here:
<https://www.plotaroute.com/route/388534?units=km>



THE RUN

- There are signs and marshals to direct you on the run route. Both races use the same route.
- Sprint Triathlon will be 2 laps of the run route.
- Ladies Tri-a-Try will be 1 lap of the run route.
- It is your responsibility to know if you have done 1 or 2 laps!! (Yes, we do get asked!)
- Part of the route along London Road has bollards and other street furniture. There are several road crossings which are mainly with smaller roads. Particular care should be taken in crossing these roads, especially at King Street beside the cinema as there may be traffic exiting from the car park on the left.
- In places pavements are quite narrow, and on part of Church Road and the whole of Sandy Lane there are no pavements at all so please take care.
- Keep 2m distance from others unless overtaking and do so in a wide fashion. (Covid precaution). This includes pedestrians.
- Do not run directly behind others (covid precaution).
- On your final lap as you head back into Kings head through the finish arch – Congratulations you have completed the 35th East Grinstead Triathlon!!
- The run route can be found here <https://www.plotaroute.com/route/388538> and is shown below:



THE FINISH

- You will finish in front of the pavilion area and your time will be taken when you cross the finishing line.
- Once clear of the finish line, and before leaving the finish enclosure please surrender your timing chip. You will need to remove this and place in the bucket. Lost timing chips will be charged to the competitor.

Once you have finished your race you should:

- Collect your medal at the finish line off the table (we are not allowed to hand it to you).
- There will be water and fruit at the finish line for you to collect.
- Leave the finish area as quickly as you can and recover in a socially distanced way in another area of the field.
- We hope to be able to hold an awards ceremony and will confirm this closer to the time. Award categories will be 1st, 2nd & 3rd in Ladies Try-a-Tri and Sprint Tri. We will also award 1st, 2nd and 3rd in the under 40's, the 40-49's, 50-59's and over 60's in the Sprint Tri.

PENALTIES/DISQUALIFICATIONS/APPEALS

- You will be advised of any penalties against you by way of a coloured card, either blue for drafting, yellow for other infractions or red for disqualification. Any appeals relating to penalties applied to you or any swim discrepancy claims, must be directed to the Senior BTF Official, not the race organisers or marshals, by competitors only, after completion of their race. Each claim will then be reviewed. Harassment of race officials by competitors or their supporters / spectators will result in penalty or disqualification of the competitor.

OTHER SERVICES

Photography

- This year your race photos are included in your entry fee, which means you are entitled to free photo downloads, courtesy of the brilliant Sports Action Photography. Please check the online race gallery on our website 24hrs after the race to relive the glory!

https://www.sportsactionphoto.co.uk/v/photos/eg_tri_2021

Event Village

- There will be refreshments on site serving hot and cold drinks.
- There will be a bike mechanic on site to help sort any problems. This is an additional service where you will need to pay them directly for any service.
- Please wear a face covering if visiting the mechanics.

Results:

- Results will be produced by Stuweb and published on our webpage and British Triathlon shortly after the event.

Club Waves:

- Eligible Clubs have been provided with an overall Club Start time on the start list (green numbers.) It is the responsibility of each club to decide your starting order, although we recommend starting slower swimmers first. Please arrive poolside 10 mins before your club start and with your starting order finalised.

A Few Basic Rules :

- Use of MP3 players/Go Pro or like video and mobile phones anywhere around the course is prohibited
- Cycling helmets must be worn and fastened when cycle is in use.
- Race number must be visible at all times, on your back for cycle and one your front for run (it's how you are identified in photos as well!)
- Only competitors allowed in cycling transition area.
- No nudity in transition.
- Do not drop litter or gel packs anywhere at anytime
- No dangerous riding and please be considerate of other road users and pedestrians.

We want you to have a really enjoyable experience so If you do have any question then please ask a marshal on the day - we all did our first triathlon once and no question is considered silly!