



Race letter for the Westonbirt Sprint Triathlon Monday 27th May 2024

It's race time with i-Compete Events! This letter includes all the details for race day at the beautiful Gloucestershire venue.

Race Venue

Race HQ will be at Westonbirt School which is located off the A433 - postcode for satnavs is GL8 8QG.

Please follow the signs for the car parking in the school grounds (will be sign-posted). The venue will be open at 07:15 and you will not be able to enter prior to this. Access will be through the main gate throughout the event, even when the bike section is running, so please drive down the main drive carefully and be aware of cyclists.

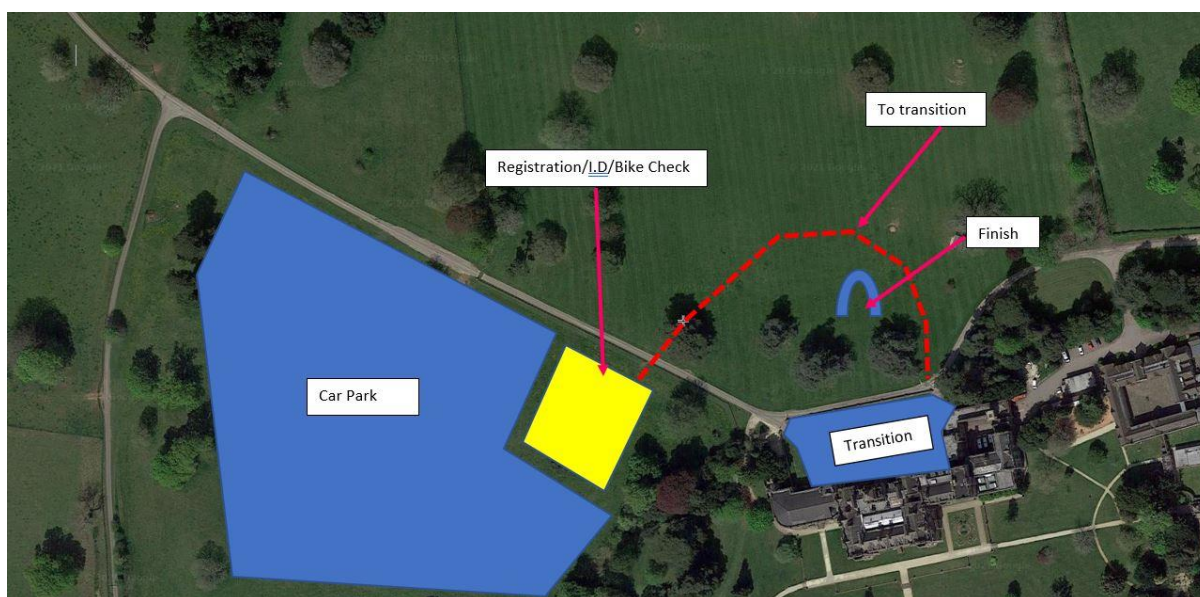
Car Parking

On arrival, ample free parking is available in the school grounds. Please follow instructions from the parking attendants and then follow the signs to transition/Race HQ. Please take care as you cross from the car park to the race village and only cross in the designated area.

Please note there is a short walk from the car park to transition.

Registration

You will collect your race number and timing chip from registration on the day. After collecting your race pack, please go to one of the bike racks close by and stick your bike number to your seat post and attach the 3 helmet stickers to each side of your helmet. Your timing chip will also be in your race pack. Please put this on to your left ankle as soon as you open your pack.





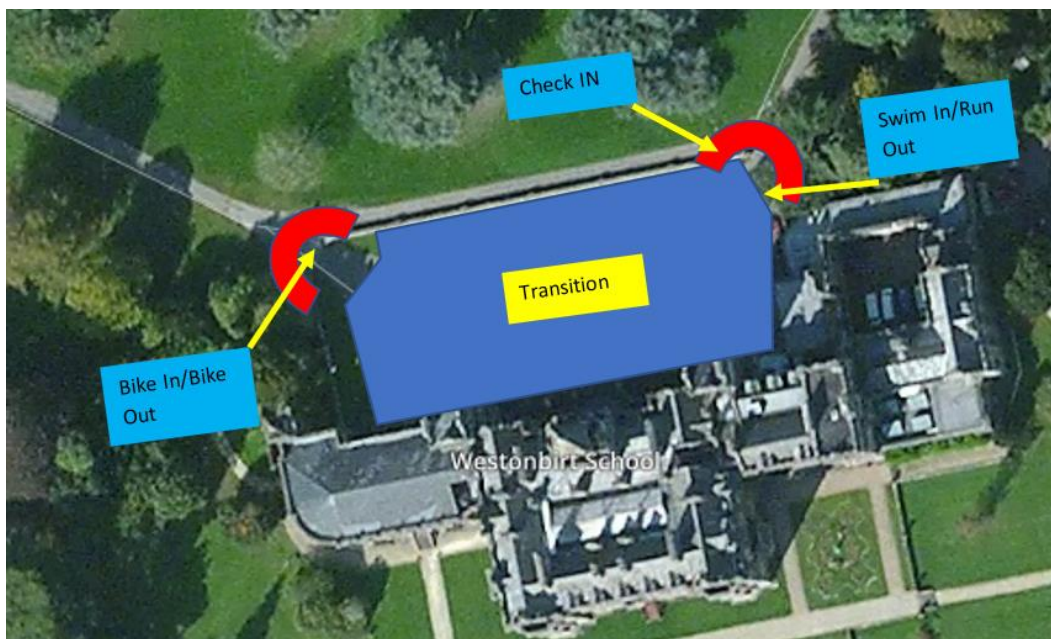
Transition

When you arrive at transition your numbers must already be on your bike and your helmet.

When entering transition, please go to your designated location. Your space will have a sticker with your race number. There is no cycling allowed in the transition area at any time. After racing, you will only be able to collect your bike from transition if you have your bib number.

You are permitted to enter transition 1 hour before your race start. Please watch out for other competitors who are racing and make sure you give them plenty of room.

Please familiarise yourself with transition before racing. A map of the transition layout is below.



Mandatory Pre-Race Briefing

There is a pre-race brief on the day on poolside, this will cover all aspects you need to be reminded of about the race from the race information.

Start Times and the Swim

Wave start times have been allocated in accordance with the times already sent out to you.

Sprint Swim – 400 metres, 16 lengths

When you arrive on poolside the staff will sort out your swim hat (we provide), lane and position you are starting in. You are swimming a total of 16 lengths, when you have completed 14 lengths the lane counters will let you know. It is, however, ultimately your responsibility to count your own lengths.

When you have completed your swim, you will exit the pool.

Transition During Racing

As there is a long run from the swim exit to transition (550m) a mini transition will be set up outside the swimming pool where you can leave trainers or similar



Bike Route

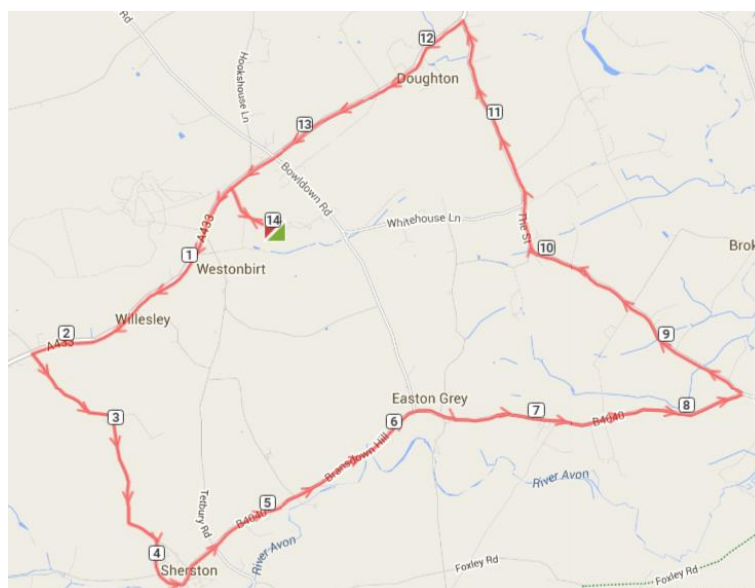
Competitors will start from Westonbirt House and head up the main drive. Please take care whilst running to the mount line and get on your bike as directed by the marshals. Please also be aware of the cattle grids up the drive and ride carefully over them without stopping. Also please remember that the main drive will be being used by race traffic and take extra care.

Once out on the route please be advised that you are riding on live roads and will need to follow the laws of the road at all times. There is also a compulsory foot down and stop junction on the route just before 12 miles at the turn onto the A433. Foot-down and stop means you must come to a complete stop before turning and **you will be disqualified if you do not comply with this rule**. It is your responsibility to get yourself onto the A433 safely. The junction will be signposted and marshalled. A map of the location is below.

Please note that you will not be permitted any outside assistance at any times, so take anything you think you may need in the event of a mechanical. You will also have to provide your own hydration for the bike leg. In the event of a break down or first aid incident that needs attention please call 07929 059 796. Please ensure this number is in your phone before going out onto the route.



A map of the bike route is below; to view it in detail, please click on the map with your computer connected to the internet.





Bike Route Rules

There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting in the referee's rules below).
- Helmets **MUST** be worn at all times whilst you are in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times, and you must rack in the area allocated to you.
- At no time are you allowed to drop litter.

Run Route

The run route is 3 laps of the grounds at Westonbirt House. It is your responsibility to count your own run laps. On your third and final lap you finish by running up the funnel to the finish gantry at the end of the lap. A map of the run route is below; to view it in detail, please click on the map with your computer connected to the internet.



Finish

When you are approaching the finish of your event, please take the left-hand funnel to follow the rope to the finish line and finish under the arch.

Relays

If you are competing as a relay, then please note that the chip will become your team baton. The swimmer starts with the chip attached to their left ankle. After the swim, the swimmer will run in to transition to the changeover zone and hand the chip over to the cyclist. The cyclist is not permitted to have their helmet on at this point and it must be in contact with the bike. The cyclist will place the chip securely on their left ankle. At this point, the cyclist can run to their bike, put on and do up their helmet and head out onto the bike route. On return, the cyclist will return to transition, rack their bike, remove their helmet, and run to the changeover point to hand the chip over to the runner. The runner will place the chip securely on their left ankle and head off on to the run route. Please note, no chip, no time.



Presentations and Awards

There will be no presentation at the event. Award winners will be emailed details of their prizes the week after the event.

Male Overall	1 st , 2 nd and 3 rd
Female Overall	1 st , 2 nd and 3 rd
Male Vet (40-49)	1 st
Female Vet (40-49)	1 st
Male SupVet (50-59)	1 st
Female SupVet (50-59)	1 st
Male SupVet60+	1 st
Female SupVet60+	1 st

Bike Mechanic

Our awesome bike mechanic James, from [JMT Cycles](#) will be at **Westonbirt Sprint Triathlon** to attend to those last-minute support requirements.

Spectators

Spectators are permitted at this event. We do ask that spectators do not go to the pool to watch and remain on the field where they can see transition, the start of the bike, the run and also the finish.

Water Station

A water station will be available on the run course only. You will be expected to be self-sufficient on the bike.

Litter

Littering is obviously not acceptable at any time. If you use gels you must return to transition with the wrappers and take your litter home with you. Littering incurs immediate disqualification.

Race Photography

[Charles Whiton Photography](#) will be on site taking photos from the day. These are available to buy after the event. Please feel free to smile for the camera and make sure your race bib is clearly visible. You will be able to view your photos on your individual results page once the photographer has uploaded them to his site. The bib recognition means you can access your own photos quickly and easily.

Refreshments

The **COFFEE LADA** will be serving tea, coffee and soft drinks throughout the event. Hot food will also be available throughout the event from **OINK EVENTS**.

iPods and MP3 Players

Competitors are **NOT** permitted to wear iPods or MP3 players at any time while racing.

Chip Timing

DB Max Sports Timing will be producing the race results including splits and laps. You can follow the results live on the day at dbmaxresults.co.uk via your smart phones.





About your timing chip

Any mats crossed prior to race start will be ignored but you cannot lose the chip if it is on your ankle.

The timing chips will ensure that your finish results (as well as splits and lap times) are collected by **DB Max Sports Timing**.

Remember, **no timing chip, no results**.

Timing chips must be deposited in a designated bin in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£75 each** so please remember to hand it back.

Toilets

Toilets will be available for all competitors as portable toilets and are located near transition. There are also a number of toilets in the swimming pool changing rooms.

Marshals

As with all i-Compete races we could not hold the event without the help of all the marshals. Please thank them where possible. We keep our marshals fed and watered and you will also receive a free entry to a future i-Compete event. If you are interested in marshalling, please email james@icompete.co.uk

Newbie Corner

i-Compete always love to welcome first timers to our events. We were all beginners once and here's a few helpful hints and tips for your big day.

- Arrive at the event early so that you have plenty of time to prepare, register, warm up and so on. Make sure there's no need for stressful rushing and make use of our 'How can I help you staff'.
- Get to know the location of your bike in transition and also the exits so that you're not going to struggle to find your bike during the race. You cannot mark your spot with a flag or anything, but try making it visually distinctive to you, maybe with something like a ribbon on your handlebars or use a special towel in your spot. Notice any landmarks that might help.
- Set your kit out as you need it in transition. Also remember that clothing and socks don't go well onto wet bodies. You can try rolling your socks down to the toes so you can put them on more easily. Do the same with sleeves or other clothing you might put on.
- Wear a race belt to attach your race number to. It's quick to put on and good for both the bike and the run - plus, no safety pins.
- When you rack your bike in transition, make sure it's in a low gear so it's easy to pedal off at the start of the bike leg.
- When nearing transition at the end of the bike leg, downshift your gears and start spinning a bit, to loosen up your legs ready for the run. Remember, your legs may still be wobbly when you first start running.

Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Westonbirt on race day!



A word from our referee's, Mike Newman and John Milkins...

Do you know the rules?

I have listed some general rules to help you when competing in a i-Compete triathlon. Please remember them as you may be penalised, or even disqualified if you don't observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

If you have any questions please do not hesitate to speak to our referee at the race.

General Rules and Race Conduct...

- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of i-Compete events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere on the course (including transition), as this will lead to disqualification.
- When racing, you need to be aware of other competitors and the general public, both on foot and in vehicles.
- You **must** wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.**
- Nudity is not allowed. Competitors must keep their chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **must** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not permitted to bring boxes or large bags into transition, only a small rucksack (or similar) is permitted. If you do bring anything like this with you it will be removed.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At i-Compete races competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.

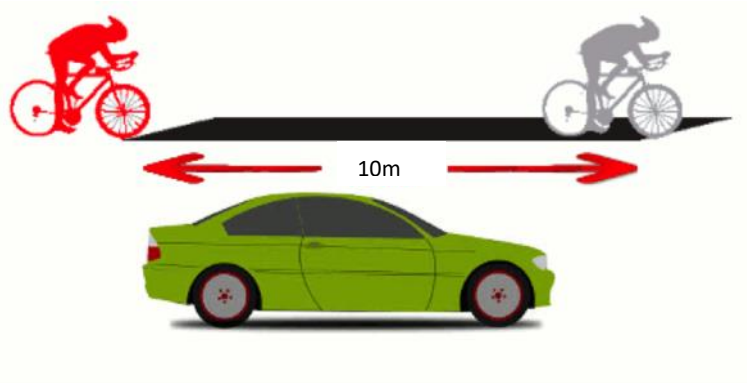




- Relays – Helmets must not be worn in relay exchange zones, instead they must remain on the bike before and after relay tagging.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.
- Personal video recording devices are not permitted.
- Littering is not permitted at any time. If litter is dropped accidentally, you must pick it up.

Drafting....

- Triathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft, please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 10m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front, you have 20 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time, you must drop back to 10m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.



As long as you read this and follow the advice given, you should always be on the right side of the rules at all i-Compete races.

Remember, our referee will always be willing to answer any questions you may have.

Enjoy your race....!



Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement

For participation in: **Westonbirt Sprint Triathlon** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

Terms

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the events require varying degrees of physical exertion.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I confirm that I have received my race letter by email and have thoroughly read and understood all aspects of the nine-page document.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as Tiger Stripe Events, Hospital etc.) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip. (Replacement chip costs £75)

Rules

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race Referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or Referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I will wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard.

You will sign at registration to say you have read and understood and abide to all rules in the race information and in the waiver. There is no need to bring this waiver with you.