

Harwich Olympic triathlon:

- Date: 24/08/2014
- Start time: 11:00 first wave
- Wave starts: Every 30 mins with 50 people
- Cost per competitor: £34
- Cost per team: £45 (inc day licences)
- BTF licenses: £4

Getting there and Parking:

Take the A120 from Colchester signed to Harwich. At Ramsey Junction roundabout turn right up the hill. Turn right at the mini roundabout by the One Stop shop. At the next mini roundabout turn left (Low Road). Take the third right turn into West End Lane (opposite Hall Lane). Follow the lane to the end and bear right where parking will be on a field overlooking the sea at the far west end of Dovercourt Sea front. Parking will be open from 0815. Due to the morning start (and the event being on a Sunday) train travel may not be practical. The railway stations, Harwich International or Dovercourt, are a short taxi ride away from the event.

Registration

Registration will be at the oval shelter, which is also where transition and the swim start is situated, weather permitting. Registration will open at 0830hrs and close at 1030hrs.

Transition

The transition area is about five minutes walk east along the promenade from the car park, very close to the pair of lighthouses. Cycling is not permitted on the promenade. Place your bike and running gear in the transition area and then make your way to the swim start where the race briefing will take place.

Swim course:

There is a the route for 2014, this will still include the lighthouse but will also use one of the old yachts from the sailing club as the two points on the triangular shaped swim course. This means that people are more contained in the swim section and the speed of the rescue if anyone gets into difficulty will be much quicker.

The race brief will take place 15 mins before each wave start so at 1045 for the first wave and 1115 for the second. This will take place in front of the entry into the water and it is mandatory for everyone to attend.

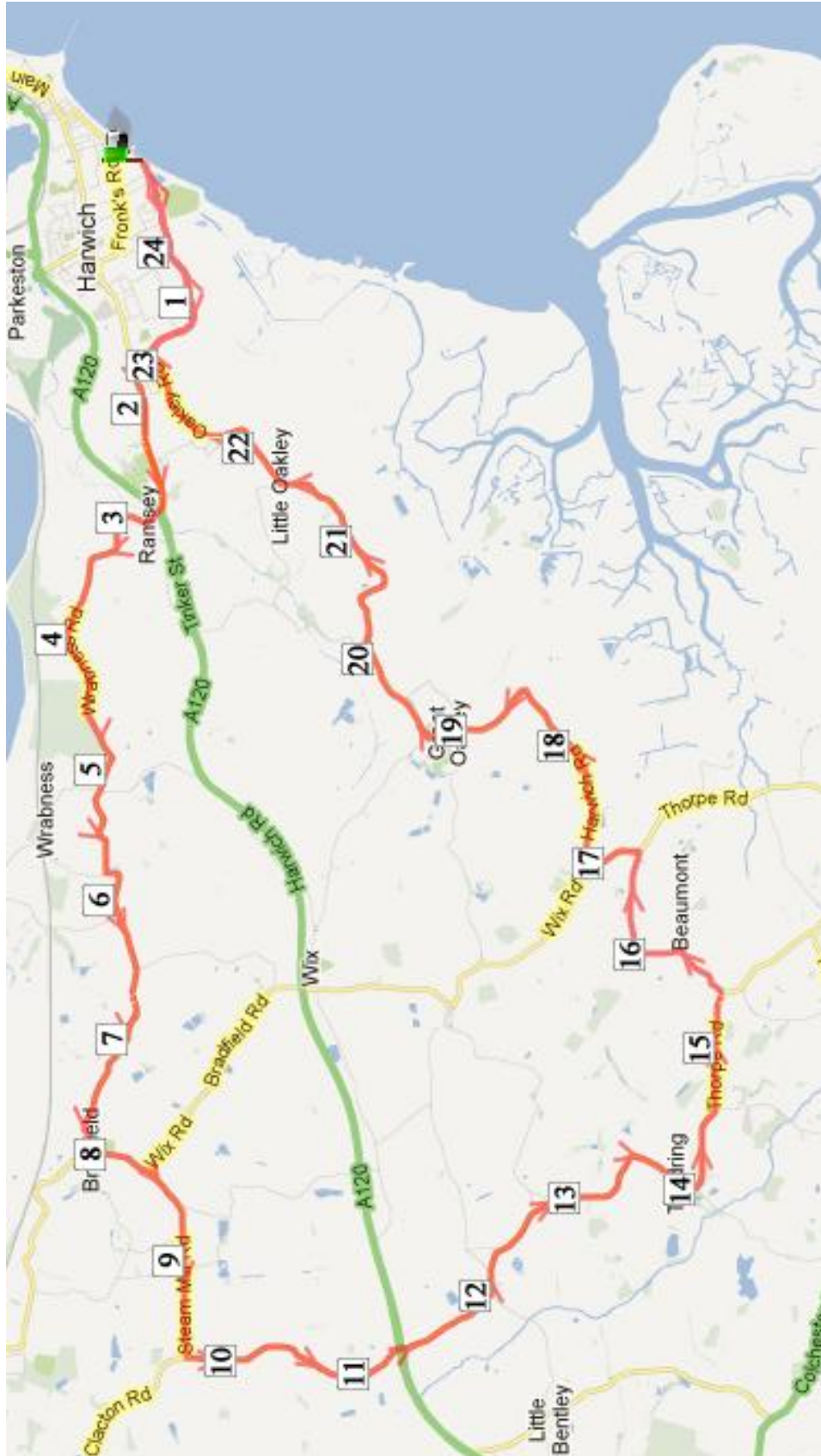
Wet suits are mandatory. We will be checking swimmers into the water against our final list of registered competitors. At this stage of planning it is likely to involve a funnel for competitors to pass through so they can be checked off. You will be issued with a swimming hat, which **must** be worn. The colour of the hat that you are given will represent the wave in which you start and will have your race number.

As you can see in the picture below the swim both starts and finishes at the slope almost directly opposite transition. You will swim 400m to the lighthouse and complete an almost 180 degree turn around it. Then along roughly 900m in a straight line towards a Yacht, which will be the other turning point. Finally after another 120-degree turn you will swim back towards the swim start. If the wind is blowing in the other direction the course will be run in reverse, this decision will be made on the day.



Adverse weather conditions: While we will not take unnecessary risks, we will do everything we can to include a swim. If the weather is too bad the swim will be substituted for a 5k run. This decision is taken with competitor safety in mind and the decision is final.

Bike course:



We will be using open public roads and all the normal rules of the road apply. As usual, you will be required to wear an approved cycle helmet. Your **cycle helmet must be on and fastened before removing your bike from the rack.**

For the bike section there is a no drafting rule and we will have draft busters on the course that will hand out stop penalties or disqualify offenders if necessary. **You have been warned!**

Take your bike out of transition and mount the bike in the mounting box.

Turn left out of transition along Wick Lane. Follow the road up the hill to a mini roundabout, taking the second exit, right turn. At the next mini roundabout turn left.

Follow the road down a hill to the roundabout junction with the A120. This is a particularly **dangerous junction** and we will have police and marshals but they may not be able to stop the traffic, so be ready to stop at the bottom of the hill. This is a fast decent and, even if it is clear of traffic, **you will have to brake to get around,** as the roundabout is very tight. Take the second exit.

Follow the road around to the right and continue on for several miles.

At the Strangers Home pub take a left, follow this road for 2 miles, there are some pot holes on the road and we would suggest staying more to the middle of the left hand side of the road to avoid these. Follow this road until you reach a large radio mast, which is approx. 9 miles into the route.

At the radio mast take a left, **marshals will direct you if it is safe to do so.** Follow this road through Horsley Cross Street until you reach a large roundabout.

Extreme caution should be observed at this roundabout and the **marshal's decision is final as to if it is safe for you to proceed.** If you continue when they tell you to stop you will be disqualified and this decision is final as this is the most dangerous section on the course.

Follow this road until approx. 15 miles where you will take a left down Swan Road, this is a gentle left turn.

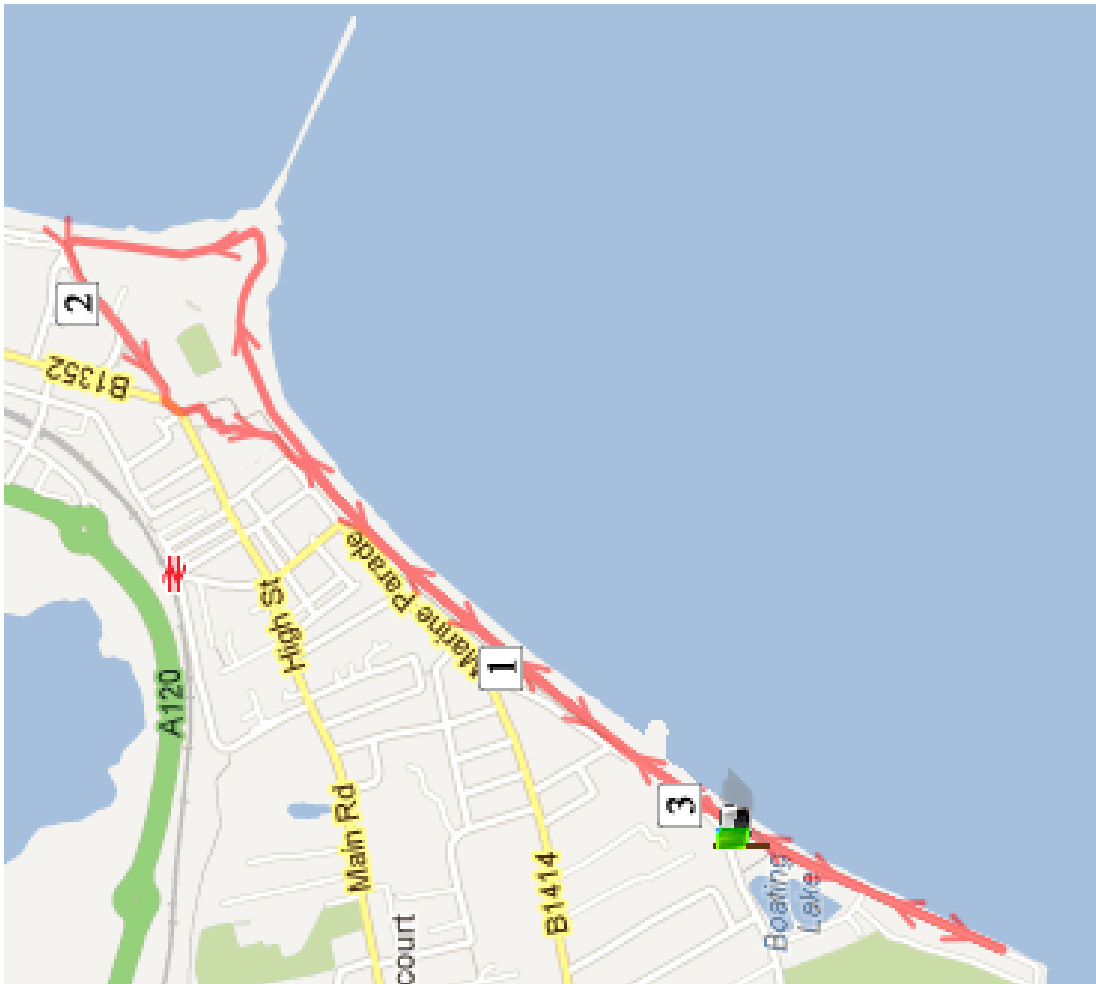
At the end of Swan Road take a left in the village of Beaumont, this is a **busier road so care should be taken when entering the traffic.**

This road will turn into the Harwich road, which will lead you to the mini roundabout at the top of the low road.

At the mini roundabout mini roundabout, taking the right turn/second exit. Follow the road back to transition, which will be on the right. **Care will be needed turning right into transition.**

Run route:

There will be two laps of 5km, they run past the finish to start the second lap, this occurs so that they run over the timing mat twice, this not only will give the competitors a split time but it also acts as a check that the competitor has completed the entire course.



The run is mainly along the promenade, which is likely to be busy. To minimise disruption please keep to the right of the prom at all times. We are sharing the prom with the general public and it is your responsibility to keep out of their way. We will take complaints from the public very seriously as it endangers any future events.

Out of transition turn right towards the west end car park (past a drinks station) where there is a turn around point. Then run back along the promenade, past the lighthouses, and on past the prominent stone breakwater. Turn left away from the sea, past the school, towards Dovercourt Park. Turn left into Dovercourt Park and follow the path diagonally across and down the steep slope, where you will pick up an elastic band one for each lap of the course. Follow the promenade back to the start finish and repeat the loop back towards the stone breakwater.

Prizes

There are trophies for first, second and third overall male and female. There will be smaller trophies for age group winners. Age groups will be combined if any age group is too small to run as a separate competition.

Results are usually available very quickly and, barring technical problems, presentations will take place soon after the last competitor finishes.

Refunds and withdrawals

We are unable to offer any refunds at this time, but please regardless of when you may need to withdraw please let us know so we can reorganise starting waves.

Thank you for taking an interest in this event. Enjoy your training.

Any queries please contact me:

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Race director.