

Harwich Olympic triathlon:

- Date: 21/06/2014
- Start time: 14:30 first swimmer
- Cost per competitor: £26
- 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 1200. The railway stations, Harwich International or Dovercourt, are a short taxi ride away from the event.

Registration

Registration will be at the marque by the swimming pool reception, which is also where transition and the swim start is situated. Registration will open at 1210hrs and close at 1400hrs.

Transition

The transition area is about five minutes walk east through the cricket pitch from the car park. Cycling is not permitted on the promenade. Place your bike and running gear in the transition area and then make your way to the marque where the race briefing will take place at 14:00.

Swim course:

The swim will take place in the local swimming pool. It will consist of a 300m swim in a snake formation where each swimmer swims two lengths in the lane and then ducks under the lane rope. Each swimmer will set off at 30s intervals and will be able to enter the water once the previous competitor has set off. There is too be **no running in the swimming pool building** as the floor will be slippery when wet.

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 Spinnels lane (this will be marshalled) take a left, follow this road for 1.5 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 to the end and take a left hand turn into Wix villiage where you need to take a sharp left (this will be marshalled).

At the war memorial you need to turn right (this will be marshalled) and you need to be carefull!

Follow this new road into Great Oakley where you turn left, this is a **busier road so care should be taken when entering the traffic**.

This road is 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.**

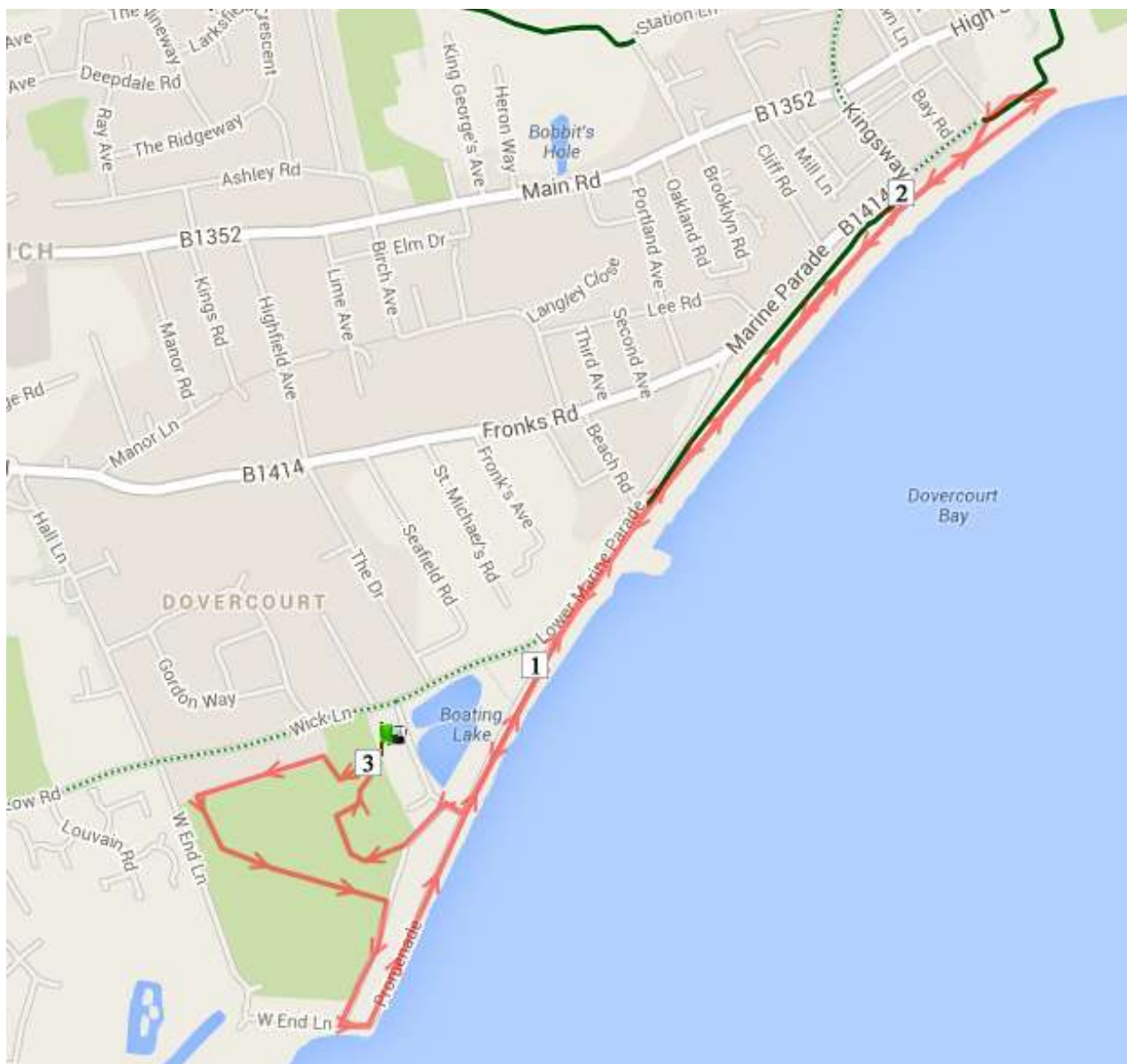


Run route:

There will be one lap of 5km,

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) onto the grass through an avenue of trees, cross the field as directed then up the gravel track to the west end. Then run back along the promenade, past the lighthouses, and up to the ambulance slope, up the other side and down the steep slope. Follow the promenade back to the start finish area where you can pick up your finishing prize.



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.