

Harwich Sprint Triathlon 2018

- Date: Sunday 17th June 2018
- Registration opens at: 08:00
- Start time: First swimmer at 09:10. Last swimmer at 11:00ish
- Cost per competitor: £30
- BTF licences: £5 (total cost for unaffiliated to be £35)

Getting there and Parking: Dovercourt Swimming Pool CO12 3TA (Parking is not at the centre, but the postcode will get you to the right area). YOU WILL NOT BE ABLE TO USE THE CAR PARK AT THE CENTRE. Follow the signs and marshals as you approach the area.

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 07:00. Marshals will be on hand to assist you. There is a short walk to the race HQ. You can cut across the playing fields (shortest distance as the crow flies) or walk with you cycle along the promenade. Registration will open at 08:00, but it may be possible to rack your cycle before that.

Registration

Registration will be in the upstairs gallery within the Dovercourt Swimming Pool building. Meeter's and greeter's will be on hand to direct you. Centre staff have requested that the event provide personal to assist entrants. If possible please avoid making any demands of the Council staff who work at the centre. Other areas of the centre are open to the general public. We are reliant on their goodwill to hold future events. This year the ladies will go first, so if there are queues women will be given priority. This doesn't mean females can turn up at the last minute!!

Registration will open at 08:00hrs and close at 08:45hrs.

Transition

The transition area is outside the Dovercourt Swimming Pool. Place your bike and running gear in the transition area. Once your cycle is placed within the secured area you will not be able to remove it without proving you are the rightful owner. It is your responsibility to ensure your bike is in a roadworthy condition and suitable for racing. There will be checks to ensure each cycle is safe to race on. You will need an approved cycle helmet. The race briefing will take place at 08:50.

Order of starting

This year to make the event as competitive as possible we will be starting women first this year. It will be slowest predicted female swimmer first and the fastest one last. Once the women have been completed. Will start the men with the slowest male swimmer first. Last away will be the fastest predicted males swimmer. Please be as accurate as possible with your swim times, so we can avoid overtaking as much as possible within the swimming pool. It will be possible to amend your swim time up to a couple of days before the race. Notify us if your training has gone well and you expect to swim faster (or slower if you were too optimistic).

Swim course:

The swim will take place in the indoor 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.

Just follow your race start time. We will sort out the sequencing. There is to be no running in the swimming pool building as the floor will be slippery when wet. It is only a short dash to transition. BTF rules state you must wear a swim hat. We will have some spares if you need one.

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

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

For the bike section there is a no drafting rule. Please respect this rule as we want the race to be as fair as possible.

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, by the One Stop Shop.

Follow the road down a hill to the roundabout junction with the A120. This is a particularly dangerous junction and we will have marshals on hand but they will 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 Spinnel's lane (this will be marshalled) take a left, follow this road for 1.5 miles. 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 approx. 5km (Measured it at 4.75kms on my Garmin).

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 behind 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. Continue along the promenade until you are below the park (you can't see it from the promenade). Between the last row of beach-huts there is a slope (marshalled). Turn almost 180 degrees to your left and climb the ramp from the seafront. At the top follow the signed and marshalled path to the top of the steep downward slope. Descend with care. Make sure your body can keep up with your legs as you go down.

Follow the promenade back along the promenade to the next marshal, who will direct you to the final run into the finish, where you can pick up your finishing prize and memento.

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. We will do our best to ensure athletes receive an award if you are the best in your age group.

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

We hope to be able to make the ladies presentation during the event and allow those who have finished to collect their cycle from transition. (Our plan is to keep ladies and men separate when racking in transition).

Refunds and withdrawals

Should you be unable to race it is possible to have a partial refund before June 1st. We will retain £10 to cover administration and entry costs. From June 1st there will be no refunds. 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 about the event in general. Please contact me: Dennis Warner (race director)

dennis.warner58@outlook.com

Any queries about race entries or to amend you swim time. Please contact Jeff Higgon (Entries)

jeff@higgon.co.uk

Finally: Weather:

In the past the Harwich Triathlon has experienced (and gained a reputation for) some quite exceptional weather. High winds, biblical flooding, thunder storms and torrential hail. Hopefully this year it will be nice warm conditions with a gentle cooling breeze.