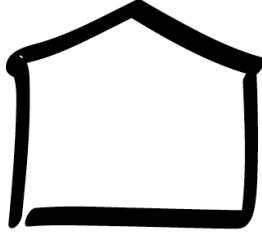


1500m swim



42k bike



10k run

# HARWICH TRIATHLON

**22nd June 2008**

## **Race Notes**

We are sharing the area with the general public. Please be polite and considerate to these people. Please do not litter unnecessarily, use the bins provided. If you have to drop litter on the bike please do so near a marshal who will collect it.

## **Arrival and Registration**

The car park and registration will open at 12.00. Registration will close at 2.15. The pre-race briefing will take place at 2.45 near the start/car park area.

## **Swim section**

Having measured the route again recently, I have realised it is slightly over 1500m. I have looked at reducing it to make it exactly 1500m but it is not as convenient as starting on the beach. So, the start position may change. The definitive answer will be available at registration.

The first competitors will start at 3.00, followed by three more waves, 10 minutes apart. You must wear a wet suit. You must wear the swimming hat provided at registration which you give up on exiting the water.

You have to make your way up a slope from the beach to the transition area. This slope will be wet and slippery, so please do not rush and risk injury.

## **Bike Section**

No drafting allowed. Number must be visible from the back. You must wear a safety helmet compliant with EN1078, not just a head fairing.

Again we are using public roads with ordinary motorists (including Sunday drivers), horse riders, cyclists etc. Please do not risk accidents. There is a zebra crossing and a pelican crossing early in the route. Please observe these usual rules of the road.

The main dangers are the roundabout junction with the A120 which comes at the bottom of a hill. We will have marshals and Police in attendance here but they may not stop the traffic.

On the route you will go past the exit to Spinnels Lane where other cyclists may be emerging. Be careful to leave space for them.

Once in Spinnels Lane there is a nice sweeping left hand bend that is slightly down hill. It is very fast and very blind. Please take special care here as the lane is quite narrow. Spinnels Lane is a very small road and often has a loose surface. Be careful not to overcook this one.

Once you have done the two loops of Spinnels Lane (you will have seen the Stranger Home pub three times), you carry straight onto Wix cross roads and turn left. The road surface through the village is a very bumpy patchwork of repairs and can be uncomfortable if taken at speed unprepared. It may be a good idea to be out of the saddle quite a bit here. The road through Great Oakley is only slightly better than in Wix, so please take care.

We will have people verifying your laps around Spinnels Lane/Bradfield, but it is your responsibility to ensure you complete the course with the correct number of laps.

### **Run Route**

Number must be visible from the front.

Generally keep to the right. The route is, more or less, a two lap affair. You will be given a wrist band on each of the laps to ensure you have complete the whole course.

The first danger point is when going around the stone break-water (known locally as the stone pier) which is a fairly sharp and blind left hand bend.

On exiting Cliff Park you will be directed back down on to the promenade via a steep slope, known locally as the ambulance slope. This is very steep and long enough to gather lots of speed. Be very wary on what will surely be tired legs, particularly on the second lap.

The finish line is on a slightly raised path just off the main prom. You will have to negotiate a kerb/step at a shallow angle. Please be careful about this trip hazard.

### **And finally..**

Thanks for reading through these notes. Hopefully it will increase your enjoyment on the day and help you race faster and more safely.

We have many prizes to present and results are usually available very quickly after the last competitor has finished, so the delay should be minimal.

Due to the small numbers in some age groups we have combined some.

Good luck

Tim Warner