

## HARWICH SPRINT TRIATHLON 2022

After a few years without the Triathlon, Harwich Runners is excited to welcome you back to Swim, Bike and Run in our beautiful corner of Essex.

Please make sure you fully **READ AND UNDERSTAND** the information below.

### A few key points:

- Date: Sunday 19<sup>th</sup> June 2022
- Registration opens: 08:00
- Registration closes: 08:50
- Briefing at 08:55
- First swimmer start: 09:10

### How to find us:

Race HQ is at Dovercourt Bay Lifestyles leisure centre, Low Road, Dovercourt, CO12 3TA. Please note **YOU WILL NOT BE ABLE TO PARK AT THE LEISURE CENTRE**. Parking will be available at the car park at the end of West End Lane, next to the recycling centre (CO12 3SF). Please follow the marshals who will be able to direct you the correct place.

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 bike along the promenade. Registration will open at 08:00, but it may be possible to rack your cycle before that. Plugging CO12 3SF into a sat nav will take you to the right place for parking, but should you have a handy passenger with you who would like to give directions the old fashioned way...



*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 left where parking will be on a gravel car park next to the recycling centre. Parking will be open from 07:30. Marshals will be on hand to assist you.*

### 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 and find someone in hi-vis instead. Other areas of the centre are open to the general public. We are reliant on their goodwill to hold future events.

At registration, you will be given two stickers and written on! One sticker to go on your bike, one sticker to go on your helmet and your race number will be written on your left calf and your right shoulder. We will not be using race numbers so do not require the use of a race belt.

Registration will open at 08:00 and close at 08:50.

Transition is outside adjacent to the swimming pool and we appreciate you will want to drop your bike off before you register indoors at the pool. Attached to this email you will be able to find out your race number. **PLEASE REMEMBER THIS** so you can go to transition before registering and leave your bike at the allocated rack.

After you have registered, feel free to use the swimming pool changing rooms, toilets and lockers to store any belongings. **A £1 coin or trolley token is required to lock the lockers in the pool, but you will get this back on retrieval of your items.**

### **Transition**

The transition area is outside the Dovercourt Swimming Pool. Place your bike and running gear in the transition area. Once your bike 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. If placing your bike in transition before registering, please put it in the correct slot on the racks. After you have registered, please stick on of the numbered stickers on your bike and another on your helmet. The transition coordinators will only let you take your bike out of transition if it matches the number written on your shoulder and calf!

### **Race briefing:**

Race briefing will start at 08:55 inside the gallery of the swimming pool. Please take a seat or stand in the tiered gallery area of the pool ready for 08:55. Race briefing will be finished by 09:00 to allow time for the first starters to make their way to pool side. There will be marshals inside the pool to direct you where to go.

### **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. On completion of your swim, you will leave the pool via the back entrance and head across the grass a short distance to transition.

### **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 a fair as possible.

A downloadable GPX file of the bike route is available on the website, following the below directions.

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 Tesco Express.

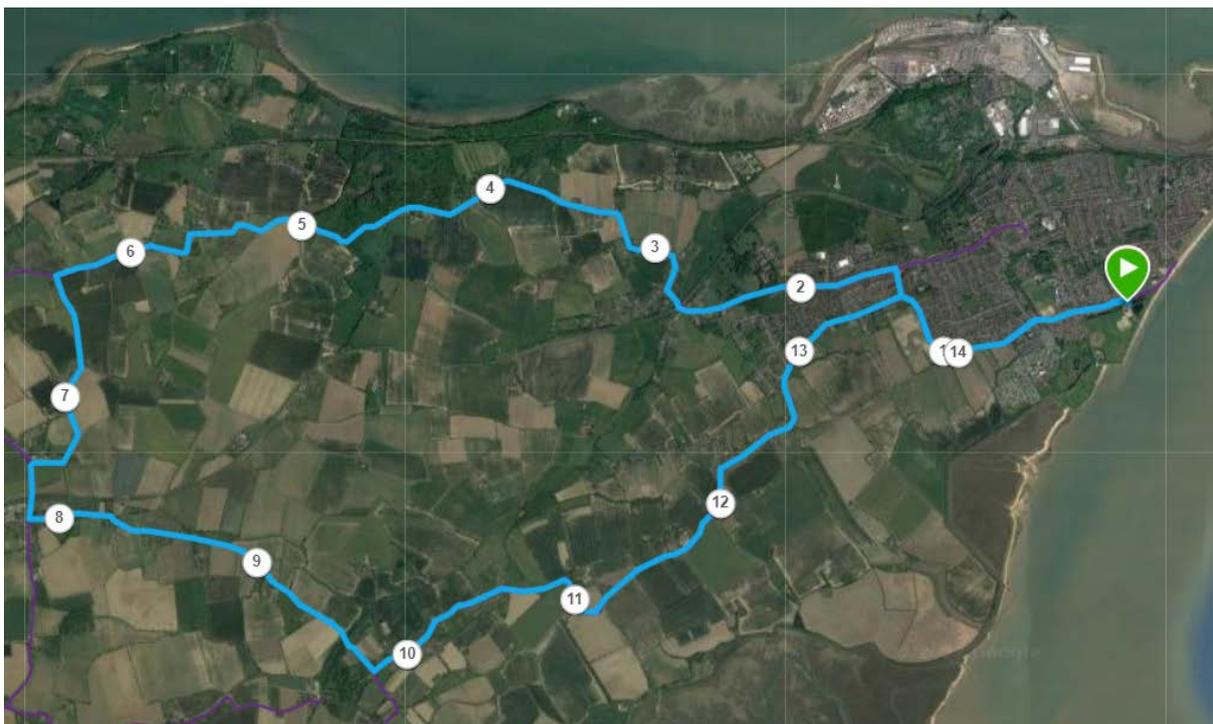
Follow the road down a hill to the roundabout junction with the A120. At the top of the hill there is a set of pedestrian traffic lights. Should these be red, you must obey the highway code and stop. At the roundabout junction with A120, be aware that this is a particularly dangerous junction and we 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 and **not round**. 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 village 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 careful! 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.

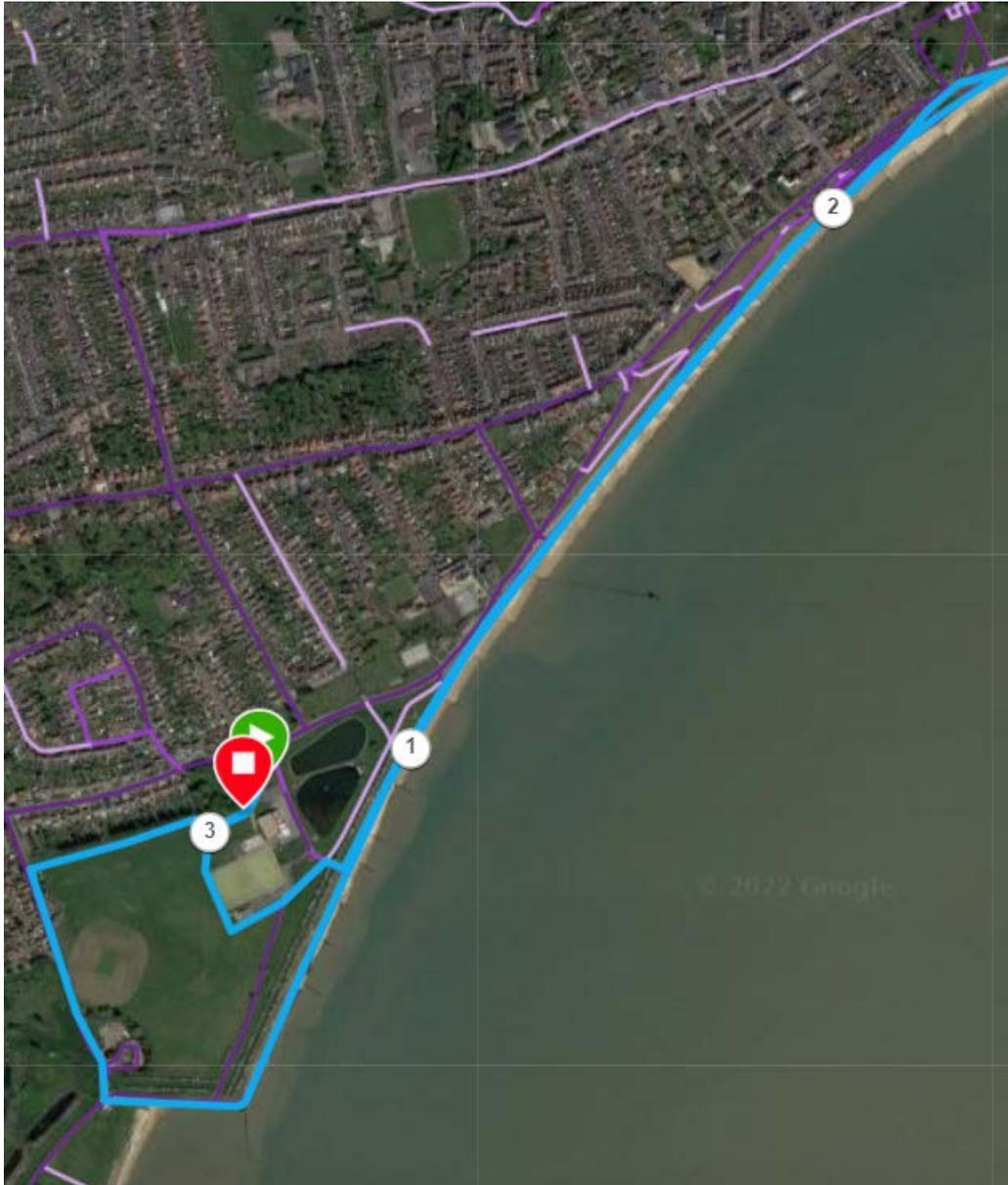


#### **Run route:**

There will be one lap of approx. 5km.

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 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.



**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, but please do bare this in mind and come prepared.

**Prizes and results:**

We are a small local event with a small competitor field this year. Due to this, prizes will be awarded to the first female and first male finishers. The overall race results will be released after the event has finished and be available via email and event website. We will notify you when the results are ready.

We hope you enjoy this event and look forward to seeing you.

Good luck!

Jodi Thomas and Bethany Godfrey

On behalf of Harwich Runners