



24th March 2024,
LOCATION: Stratford Rd, ROADE, Northants, NN7 2LP

RACE INFORMATION

SPRINT	414m swim 20km bike 5km run
TEAMS (2 or 3 participants)	414m swim 20km bike 5km run
AQUABIKE	414m swim 20km bike
AQUATHON	414m swim 5km run
TASTER TRI	207m swim 10km bike 2.5km run

Introduction

Welcome to ROADE TRIATHLON 2024... A great event to start your triathlon season, the event is suitable for beginners and advanced athletes. This short event will put your speed to the test as you run, swim, and cycle through local villages of Roade and Stoke Bruene. Starting in the 23m pool, competitors head out on the on the bike course: which has gentle undulations through some stunning Northamptonshire Countryside into the last leg of a flat and fast out and back run finishing with a lap of the school field into the finish area.

If you have questions prior to the event, please contact us by email to: events@enduro-team.co.uk

Racing will start at 07:45 and Individual Race start times will be published on <https://enduro-team.co.uk/events/> on Wednesday evening 20th March 2024.

Registration

REGISTRATION will take place the day before: **Saturday 23rd: 16:00 to 18:00** at the School on the fields **and on race day from 07:00**, where you will receive your race pack. Please allow 45 minutes before your allocated start time, to allow sufficient time to prepare for your race. Individual Race start times will be published on <https://enduro-team.co.uk/events/> on Wednesday 20th March.

Your **RACE PACK**, will include: Swim Cap, 2 race numbers: to be worn on the front of your run top and the back of your cycling top. 2 numbered stickers: to be clearly displayed on your bike and helmet for identification purposes. You will also need the numbers to enter and collect equipment from transition.

For in case of an emergency: please write any medical conditions you have on the back of your race number and put a cross on the front.

All BTF members must produce their valid race licence at registration.

RACE BRIEFING AND RACE START

Racing will start at 07:45. Race briefings will be at : 07:15, 08:15 near the registration Marquee.

You **MUST** attend one of these so you are aware of any last minute changes to the course and we can inform you of any safety / relevant issues which may affect your race.

WHAT HAPPENS on RACE DAY

On arrival you will find Car Parking through the main gate, once parked, go to the Registration Marquee which is open from 7:00am.

When you register you will receive your race pack, please apply the stickers to your helmet and bike before entering transition.

Clothing for the bike and run should be placed by the bike.

Transition will remain open during the race. Remember that competitors will be using the transition area continuously from 07:45 onwards.



Transition

TRANSITION will be open from 07:00 on Sunday.

For security reasons, you must rack and remove your own bike. Your race number must match your bike number. When racking your bike: your helmet and bike should have their stickers on **BEFORE** you enter transition, only you will be allowed in the transition area.

Please keep all transition equipment to a minimum and place directly under your bike rack position. Please be respectful of space and your competitors racking area.

Site Layout



The SWIM Layout

Please be on the POOLSIDE at least 10 minutes before your given start time.

There are changing facilities available within the swimming pool.

DISTANCES:

SPRINT: 18 lengths of a 23m pool, totalling 414m

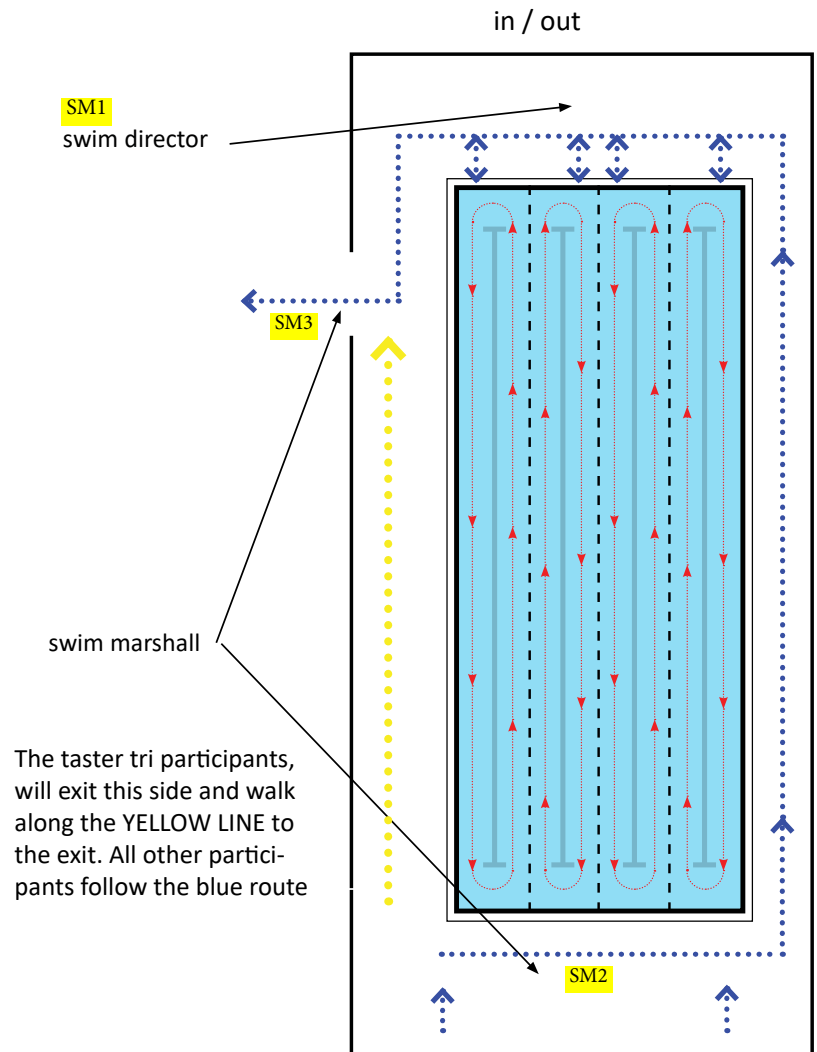
TASTER TRI: 9 lengths totalling 207m.

Competitors will be set off in waves of 4 (1 per lane) of similar ability swimmers, every 3mins, or at the Swim Directors discretion. Max 4 swimmers in a lane at any time.

You will be responsible for counting your own lengths during the swim. We will have marshals spot checking individuals in each wave. If you do too few lengths you will receive a 2 minute time penalty. If you do too many lengths, the time that you swim will be recorded as your swim split and there will be no time adjustments post-race.

POOL Layout

SWIM

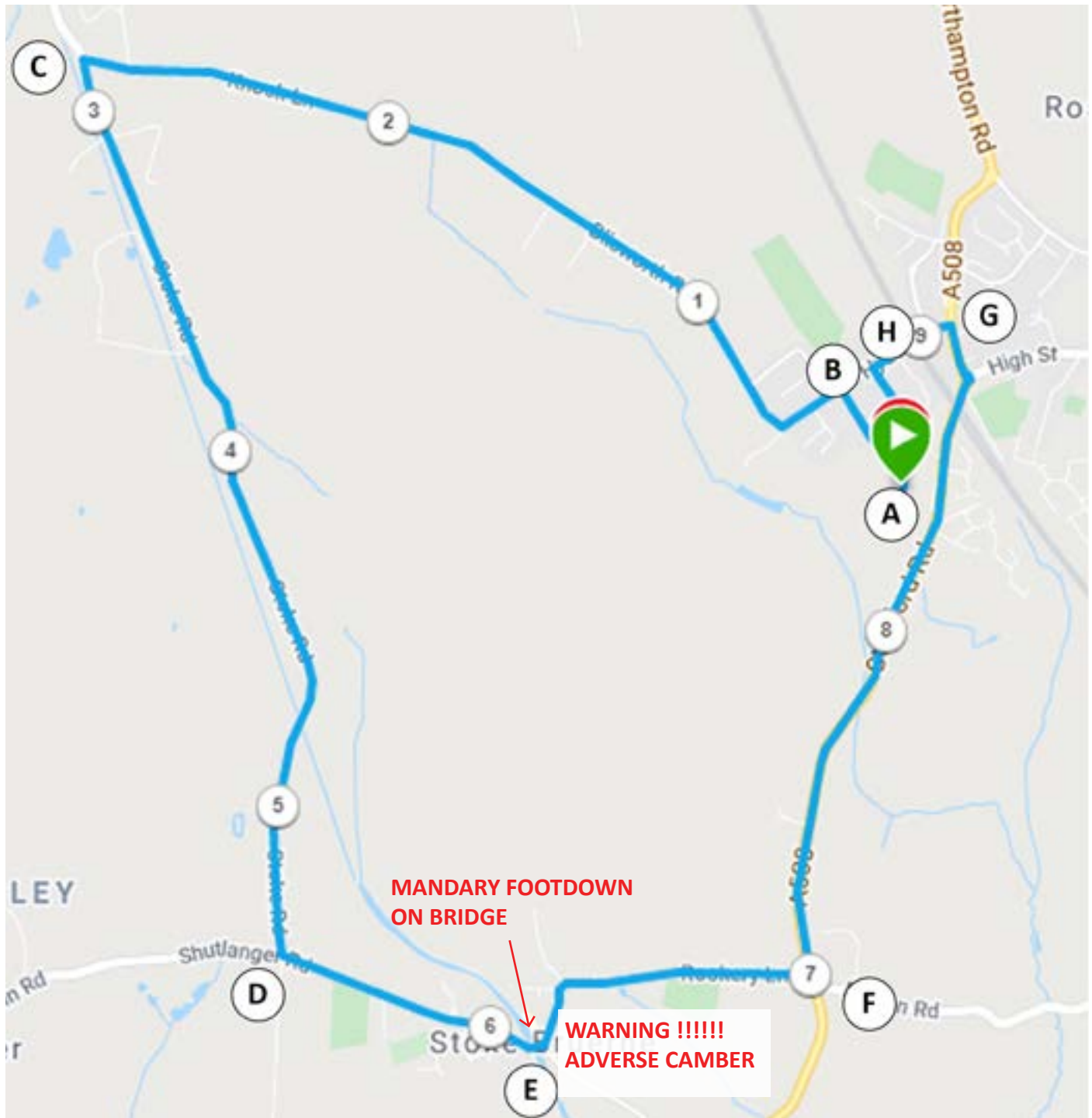


The BIKE Course

DISTANCES

SPRINT: 2-lap course, 20km

TASTER TRI: 1-lap course, 10km



The BIKE Course

NOTE: THE BIKE COURSE IS UNDER REVIEW PENDING THE NEW ROAD LAYOUT

DISTANCES

SPRINT: 2-lap course, totalling 20k (see map)

TASTER TRI: 1-lap course totalling 10km (see map)



Coming out of transition entering the car park you will cross the MOUNT/ DISMOUNT LINE, upon entry and exit there will be a ONE FOOT TOUCH DOWN at the gate, this means you can be on your bike but MUST STOP and place one foot on the marker before proceeding. This is to maintain safe movement through the gates.

(A) Proceed immediately left, be careful of competitors looping round from the right to start their 2nd lap. At the top of this road take another left (B) and head out towards Blisworth. At the next junction it's another left turn (C), it's pretty tight so don't take it too fast and stay on the left side of the road. A long flat stretch takes you to the next left turn (D), which in turn will take you into the village of Stoke Bruerne. This is a fast descent so apply extreme caution, especially as you get to the bridge at the bottom of the hill (E). The bridge has an adverse camber and if taken too fast will throw you onto the wrong side of the road. Therefore a **MANDATORY FOOTDOWN** is in place on top of the bridge. Additionally, traffic can build up on the bridge as they take a right turn, so be careful and take it slowly. Soon after the bridge the road bends to the right and is deceptively sharp. So again apply caution.

The next part of the course is a bit lumpy and takes you up to the A508 where you once again turn left (F) - this can be a fast moving road so join with care. The A508 takes you all the way past the school, over a mini roundabout up to the next left turn (G).

Another left turn (H) soon after takes you back towards the rear exit of the school where you started from; If you've completed 1 lap, carry on and repeat the course to complete the 2 laps and if you've done 2 laps, then go straight ahead to the dismount area (A) at the rear of the back gate.

All helmets must meet the appropriate standards. Please check the BTF website for further details: <https://www.britishtriathlon.org/competitionrules>. Helmets must be fastened before you remove your bike and must remain fastened until you have re-racked your bike in the transition area - if you don't it could result in your disqualification.

BTF state that “all competitors must follow the normal rules of the road, obey all traffic signals...Any infringement of the law and subsequent legal action is the sole responsibility of the Competitor.” If a marshal tells you to stop at a junction or slow down leading up to a junction, it is for your safety.

Failure to comply with any of the above may result in your disqualification. It is strongly recommended (and

The RUN Course

Distance:

SPRINT: 2-lap course, totalling 5km (see map)

TASTER TRI: 1-lap course totalling 2.5km (see map)

The run is a fast flat route run on tarmac and grass. Please keep to the left at all times. After leaving the transition area, the route exits the school from the rear.

This is the same exit as used by the cycles so apply extreme caution. Follow the road ahead, taking the first left.

Take the next left onto Hyde Road and follow this road until it veers to the right, where you then go straight ahead to the turnaround point, then it's the return leg to the school grounds for the second lap before the run in to the finish.



TEAMS

Teams complete the same course as the SPRINT triathlon.

Teams can be made of 2 or 3 participants in a combination of choice.

Team members are to swap the timing chip **INSIDE TRANSITION** where their bike is racked. Only the team member handing over the chip and the person receiving the chip may be in transition at the same time.

The person receiving the chip **MUST** be static when putting the chip on.

AQUABIKE & AQUATHON

Aquabike participants complete the same swim and bike as the SPRINT triathlon and in that order.

Aquathon participants complete the swim, then the run.

Results and Prizes

RESULTS will be on the web page <https://enduro-team.co.uk/events/> within 24hrs

PRIZES to be awarded to:

OVERALL WINNERS of the SPRINT triathlon: 1st, 2nd, 3rd Male and Female

ALL FINISHERS WILL RECEIVE AN EVENT MEDAL

Sponsors



Littering & Event team

Littering

Please remember that littering on the courses (gels sachets etc) is not acceptable. Please return with it to the finish area and dispose of it in an appropriate place.

Event Team

Our event crew are volunteers who have given up their time to help, assist and make the event as enjoyable as possible. The crew will help set up the courses, signs, marshalling, racking and all the small detail in prep for a great day and then help pack it all away to leave the site as clean as it was before we arrived.

If there is anyone who is interested in getting involved with the events team for any of our events, either as an individual or as a club, please get in touch.

Final Contact in event of emergency on the day: Kirk Wilde 07857974219

Venue and Car Parking

The event is based at:
Elizabeth Woodville School
Stratford Road,
Roade,
Northamptonshire.
NN7 2LP

The parking is at the front of the school where competitors can park and make their way through the school to the registration tent.

