

# Hardingstone

sprint triathlon



1st September 2024,  
Northampton High School,  
Newport Pagnell Road, Northampton NN4 6UU

## RACE INFORMATION

SPRINT,

400m swim | 20km bike | 5km run

AQUABIKE

400m swim | 20km bike

SUPER SPRINT & BEGINNERS TRI

200m swim | 10km bike | 2.5km run

### Introduction

Welcome to the Hardingstone Northampton High School Sprint Triathlon 2024... A new and exciting sprint triathlon at an amazing venue. This is great race for ensuring one last event of the season, a fantastic season finale 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 Hardingstone, Wootton and the beautiful Salcey Forrest.

Starting in the Northampton High School 25m pool, competitors will then head out on the bike course which has a super-fast start with some gentle undulations through the stunning Salcey Forest before heading back through Horton and Hackleton and back to the school. Be ready for an out and back run ensuring you get to high five your competitors both on the way out and on the way back.

Racing will start at 07:45 and Race start times will be published on <https://enduro-team.co.uk/events/>. If you have questions prior to the event, please contact us by email to: [events@enduro-team.co.uk](mailto:events@enduro-team.co.uk)

We look forward to welcoming you on the day and wish you all a fantastic race.

### Registration



enDuRo team  
swim | bike | run



**REGISTRATION** will take place the day before: **Saturday 31<sup>st</sup> August 16:00 to 17:00** at the School in the car park and on **race day from 07:00**, where you will receive your race pack. Please allow 45minutes before your allocated start time, to allow sufficient time to prepare for your race.

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.

In case of an emergency, we kindly ask that you write any medical conditions you have on the back of your race number and put a cross on the front as to help the marshals or medical assistance be as efficient as possible.

All BTF members must produce their valid race licence at registration and NON BTF members their Race Pass.

## RACE BRIEFING AND RACE START

Racing will start at 07:45. Race briefings will be at: 07:15 and 08:00 near the registration Marquee. You **MUST** attend one of these as to ensure you are aware of any last-minute changes which may be required on the day which may affect your race.

## WHAT HAPPENS on RACE DAY?

On arrival you will find Car Parking through the main gate. (Please make use of any local parking areas as the school parking is limited) 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 ensuring minimal space is used wherever possible. Transition will remain open during the race. Remember that competitors will be using the transition area continuously from 07:45 onwards.



**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

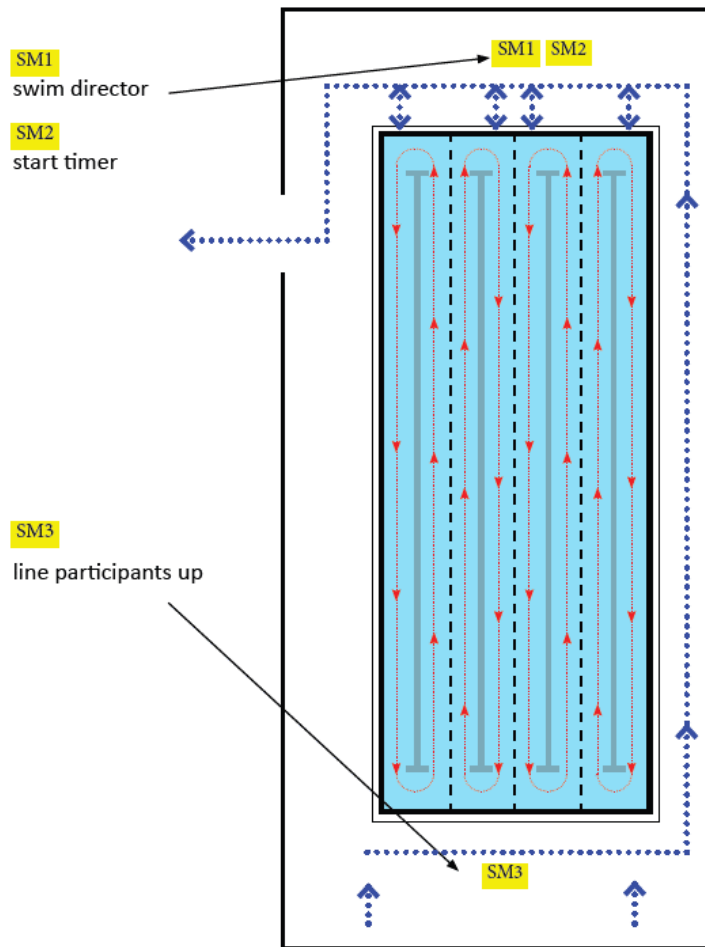
Please be POOLSIDE at least 10 minutes before your given start time. There are changing facilities available within the swimming pool however, we are happy for you to attend the event ready to race but do operate a strict “no nudity within public or transition areas” policy.

DISTANCES: 16 lengths of the 25m pool, totalling 400m

Competitors will be set off in waves of 4 (1 per lane) of similar ability swimmers and will be directed at the discretion of the Swim Directors. Max 4 swimmers per 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 and will implement a 2-minute time penalty per length missed. There will be no time adjustment for too many lengths swam, your final swim time will be recorded as the swim split.

## SWIM - 400m pool



## The Bike Course

SPRINT: 1-lap course, totalling 20k (see map)

Coming out of transition you will cross the MOUNT/ DISMOUNT LINE, which will be at the site entrance gate. You must not mount your bike until over this line which will be marshalled for you. This will also apply to the bike IN at the same location.

The bike route is a 20k 1 lap course. As you leave the school grounds you will quickly come to the first roundabout which will be one of only 2 right turns. Once over this all directions will be marked with left turn only markers.

The course will be clearly sign posted and marshalled at major turn points.

PLEASE NOTE: It is not the marshal's job to dictate traffic flow, please stick to the rules of the road and be courteous at all times to the marshals and other road users.

There will be a designated start and finish line (mount and dismount) which will also be marshalled for you.

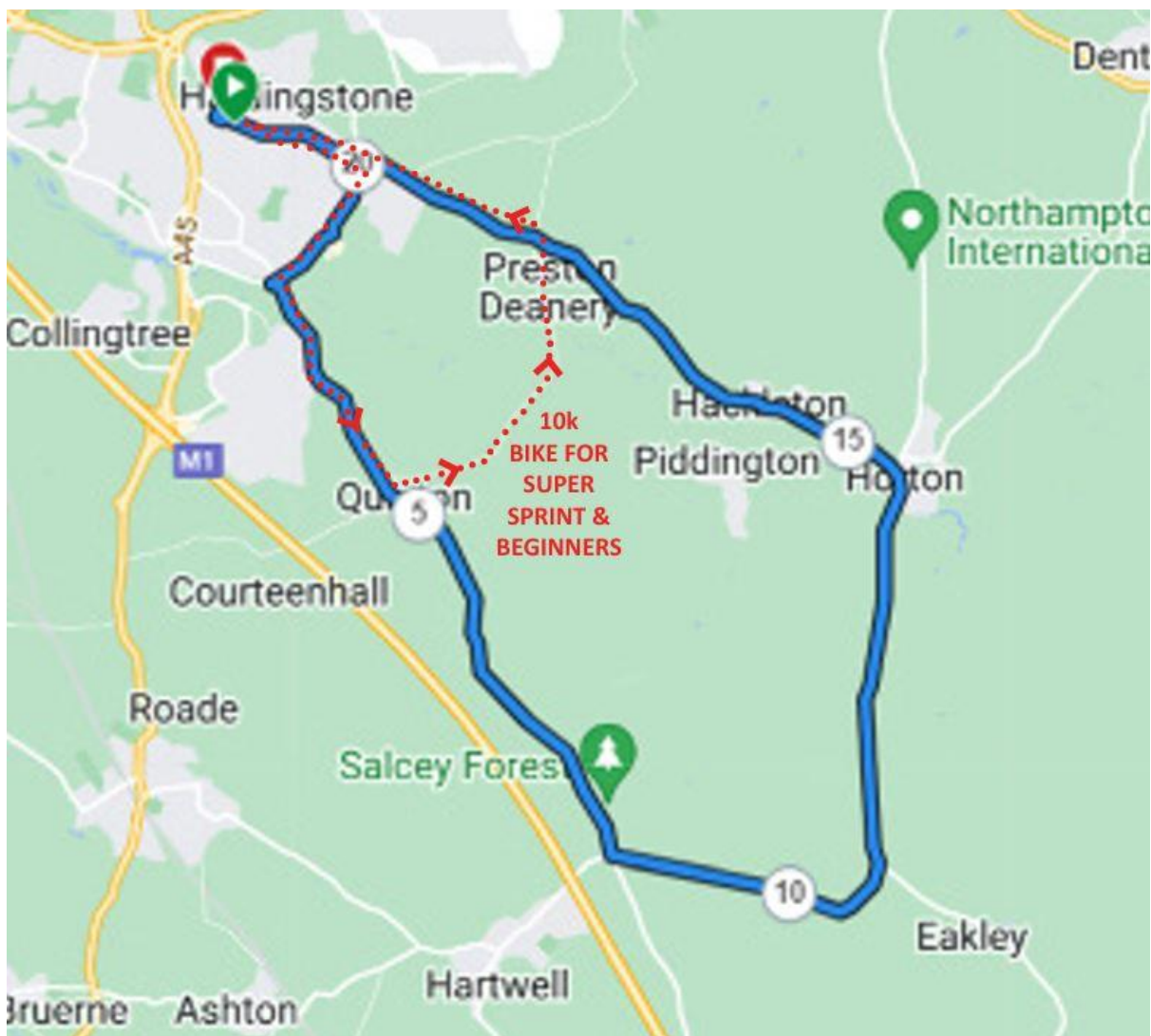
All helmets must meet the appropriate standards. Please check the BTF website for further details: <https://www.britishtriathlon.org/competitionrules>. Helmets must be fastened before you remove your bike and must remain fastened until you have re-racked your bike in the transition area - if you don't 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 your responsibility) that you are fully aware of all aspects of the course prior to race day.

SPRINT & AQUABIKE: 1-lap course, 20km

SUPER SPRINT & BEGINNERS: 1-lap course 10km



## The Run Course

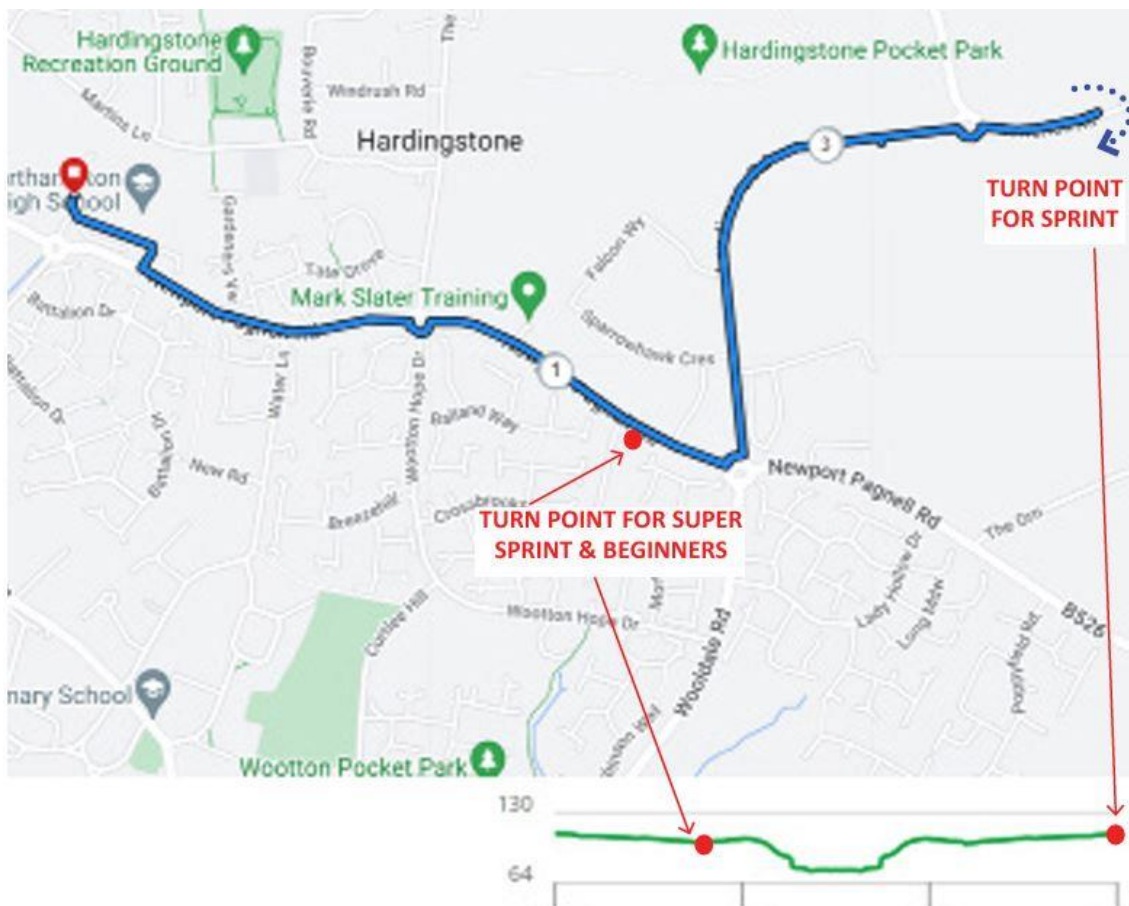
**SPRINT:** Out and back course, totalling 5km (see map)

**SUPER SPRINT & BEGINNERS:** Out and back course, totalling 2.5km (see map)

The run is a fast out and back course route run on tarmac which will truly give your legs a test. The route is on footpaths surrounding the school and local area. The route will cross several roads (mainly quiet estate roads) Please keep to the left at all times and ensure care is taken at crossings where vehicles may have priority.

After leaving the transition area, the route exits the school and turns left heading out to the 2,5k turn or forwards for a fantastic and fast downhill (just to get some leg cadence going). Once you reach the bottom there will be a turn point with a friendly face to encourage you to start the climb back up. Once you reach the top of the climb back it is a flat fast sprint back to the school to head into the finish line where you will be greeted with smiles and cheers all round.

**The Run Course: Sprint, Super sprint, Beginners:**



## Aquabike

**Aquabike** participants complete the same swim and bike as the SPRINT triathlon and in that order and finish at the bike transition line.

## Results and Prizes

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

**PRIZES** All participants to receive event medals

## Littering and event Team

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.

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 preparation 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.

Contact in event of emergency on the day: Kirk Wilde 07857 974219

## Venue and Parking

Northampton High School,  
Newport Pagnell Road,  
Hardingstone,  
Northampton,  
NN4 6UU

The parking is at the front of the school where competitors can park and make their way through the school to the registration tent. Please Note: There is limited parking and we welcome the use of local parking where available. If you live local and can ride in, even better.