

HAMPTON POOL CHILLY GO TRI

01/03/2020 @ 6AM

Venue:

Hampton Pool,
High Street,
Hampton,
TW12 2ST

Please note **NO DOGS** are allowed on site at Hampton Pool.

Parking:

Due to safety requirements there is no parking on site at the pool for the event. There are a number of areas around the site to park.

Please bare in mind, you will be arriving early so keep noise to a minimum not to upset the locals.

Timings:

5:10 Registration poolside

5:45 Transition Closes

5:50 Event Briefing - Poolside

6:00 Swim Starts

NOTE: All timings may be subject to change. Any changes to the programme will be highlighted at registration, please register in good time. Locations can be found on the site map below and will be signposted on the day. The triathlon starts will be staggered to maintain a safe number of competitors on the course, you will be given an approximate start time on the morning.

Registration:

Registration will open at 5:10 and take place poolside. You will be given your race pack at registration on the day. No race packs will be sent out prior to the event.

- Race Number - This should be worn on the front of the shirt that you will be wearing for the cycle and run, if you have a race belt you are welcome to use them. (There will be race belts available for sale on the day)
- **Lights will be compulsory** for the triathlon event due to possible darkness. These can be purchased at race registration.

You will also have your race number marked on your upper arm so marshals can identify you during the swim. Arriving with plenty of time is one of the easiest ways to keep pre-race nerves down, giving you time to set up and even walk parts of the course beforehand.

Once you have registered you will be directed over to the transition area, which will be next to the swimming pool. **Only competitors** are allowed into transition, this is a rule set by British Triathlon, marshals will be in the transition zone to help competitors should they require it.

(7. TRANSITION AREA CONDUCT: 7.1 General Rules: m.) Helpers, friends or family members are not permitted in transition areas.)

We also ask that once you have finished get the attention of a marshal in transition who will safely assist you with removing your items from transition, this is for your safety and the safety of other competitors who may still be racing.

Transition:

This is where you will collect your bike or trainers following the swim or bike legs of your event. There will be different exit gates depending upon which leg of the event you are entering, these exit points will be clearly marked. These entry and exit points will also be explained to you during the pre-race briefing, and our marshals will be more than willing to help with directions.

Transition can get quite hectic, therefore only athletes and officials are allowed into the transition zone. There will be marshals on hand to assist you with placing your bike in the correct position and to help sort out the things you will need to leave in transition.

First Stride Events use **individual** racking. For this racking you must place your **rear wheel** in a slot which has a **number facing your isle**. You will be assigned an identification bib which relates to your number on the racking slot.

In brief:

Things to leave in transition before the start:

- Bike (handy to have a water bottle on your bike ready)
- Helmet
- T-Shirt with race number attached to the front or a race belt (there will be race belts available for sale on the day)
- Lights attached to bike and turned on
- Running shoes (and cycling shoes if you use these)

Things to take to the swim start:

- Swim cap (if you want to wear one)
- Goggles (if you wear them)

Please ensure you place your items neatly and do not throw items onto the ground as they could become tripping hazards.

Bags can be placed neatly along the rear fence of the transition zone.

NOTE: Your requirements will vary depending upon which event you have entered, although the marshals will try to help as best as possible, it is your responsibility to know how many laps you're doing and to count how many you have done.

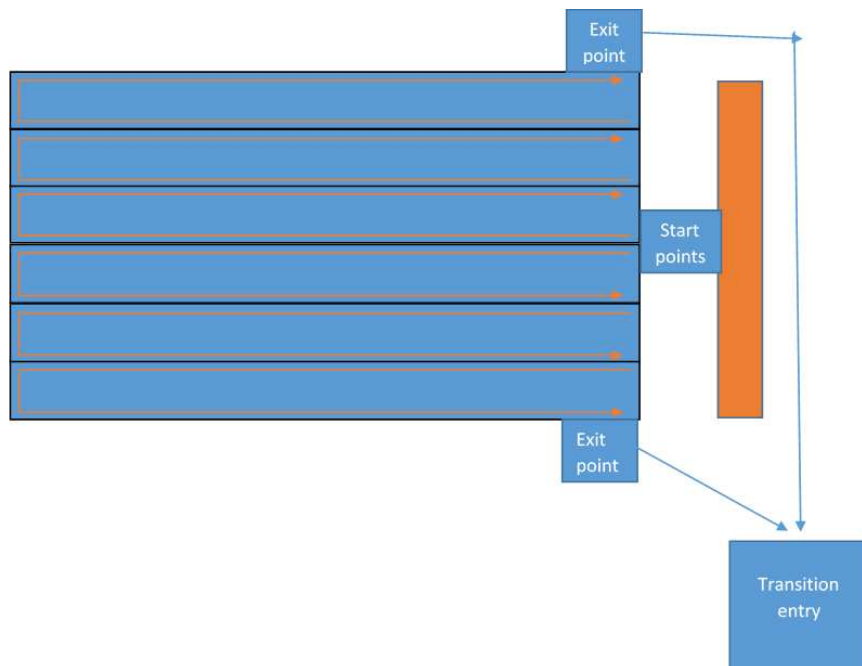
Course Routes:

Swim: (216m/6 lengths)

Please report to the poolside at least 10 minutes prior to the swim time you will be given on the morning. Please make sure you have your goggles and swim cap ready if you require them.

You will line up based in number order. We will have two entry points for the swim.

You will swim 6 lengths in the form of a "snake" swimming two lengths per lane before moving to the adjoining lane.



Transition 1

Due to the likely chilly race conditions, as you exit the swim your time will be frozen. This will allow you to dry off and put on some layers before restarting your time as you head out for the cycle.

Bike Course: (11km)

The Cycle is an 11km flat and fast route from Hampton Pool, turning left onto the High Street and continuing down Church Street. A left turn is then taken onto Hampton Court Road. The course continues all the way to Hampton Court Palace where the route turns right at the roundabout and heads down Hampton Court Way. The route reaches the next roundabout where a turnaround point will happen to turn back up Hampton Court way. The route heads back to Hampton Court Palace and again at the roundabout turns around to create a little loop by repeating steps above.

Upon reaching Hampton Court Palace from Hampton Court Way for the second time, the route turns left back along Hampton Court Road, turning right onto Church Street and continuing back to Hampton Pool.



Important notes:

- Helmets must be on and fastened before you touch your bike.
- NO CYCLING ON SITE AT HAMPTON POOL, MOUNT A DISMOUNT LINES ARE OUTSIDE OF THE SITE
- You must not mount your bike until you have crossed the Mount Line.
- At the end of the bike course you must dismount before the Dismount Line.
- Do not unfasten your helmet until your bike is back on the rack in transition.
- You are subject to the highway code at all times
- It is your responsibility to count your own laps, not that of the marshals.
- Due to the timing of the event, with a 6am start, lights will be **COMPULSORY**

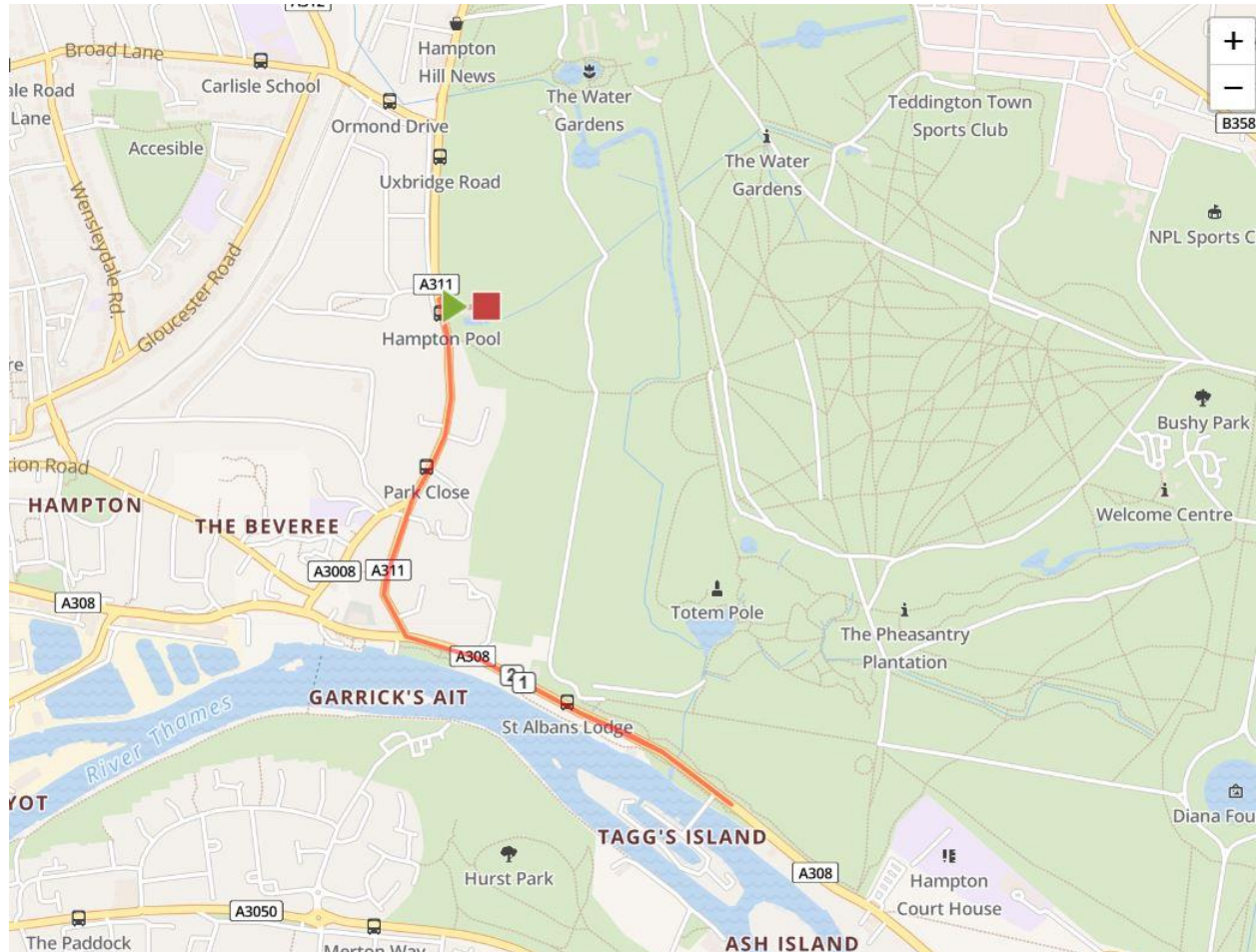
Run: (3km)

The run route consists of a 1.5km out and back loop, starting at transition and finishing at the car park for Hampton Pool where the finish line is clearly marked.

The route turns left out of the pool gates and follows the High Street continuing to Church Street. The route then turns left onto Hampton Court Road where a short distance along this road the turnaround point will be marked with a cone and a marshal.

Once turned around follow the route back to Church Street, following back to Hampton Pool, turning right into the car park with a short sprint to the finish line situated back on poolside.

Remember to smile!



Medals: All competitors will receive a medal as a recognition of the effort they have put in.

Timing: The timing will be carried out manually on the day, giving competitors an overall time and splits for each of the 3 disciplines.

Refreshments: Food and drinks will be available to purchase throughout the morning from the poolside cafe. We can highly recommend the infamous bacon rolls!

Photography: On the day our marshals will also be taking photos throughout the morning, all will be available on our Facebook page following the event. If you'd like to keep up to date with our future events and the event photos please like our page:

<https://www.facebook.com/1ststridevents>

Results: All results will be posted online shortly after the event. An email containing a link will be sent out following the event and the link will also be posted on Facebook and Twitter.
