

Go Tri @ HAMPTON POOL

27th May 2019

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 First 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.

Overview:

The Go Tri at Hampton Pool is a flat and easy route for both the bike and the run. With 6 lengths of the pool for a 216m swim, then an 8km bike followed by a 2km run

The triathlon will consist of:

Swim 216m, bike 8km, run 2km

The aquathlon will consist of:

Swim 216m, run 2km

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 – if you have a race belt, we would suggest you use one. (There will be race belts available for sale on the day) If you do not have a race belt you can attach your number to the front of a t-shirt to put on in transition after the swim.
- You will collect your race pack, including bike and helmet stickers. Please attach to your bike.
- 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 your swim or cycle.

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 aisle. You will be assigned a position number at registration that will relate to a racking position.

In brief:

Things to leave in transition before the start:

- Bike (handy to have a water bottle on your bike ready)
- Helmet
- Race belt or t-shirt with number attached
- 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.

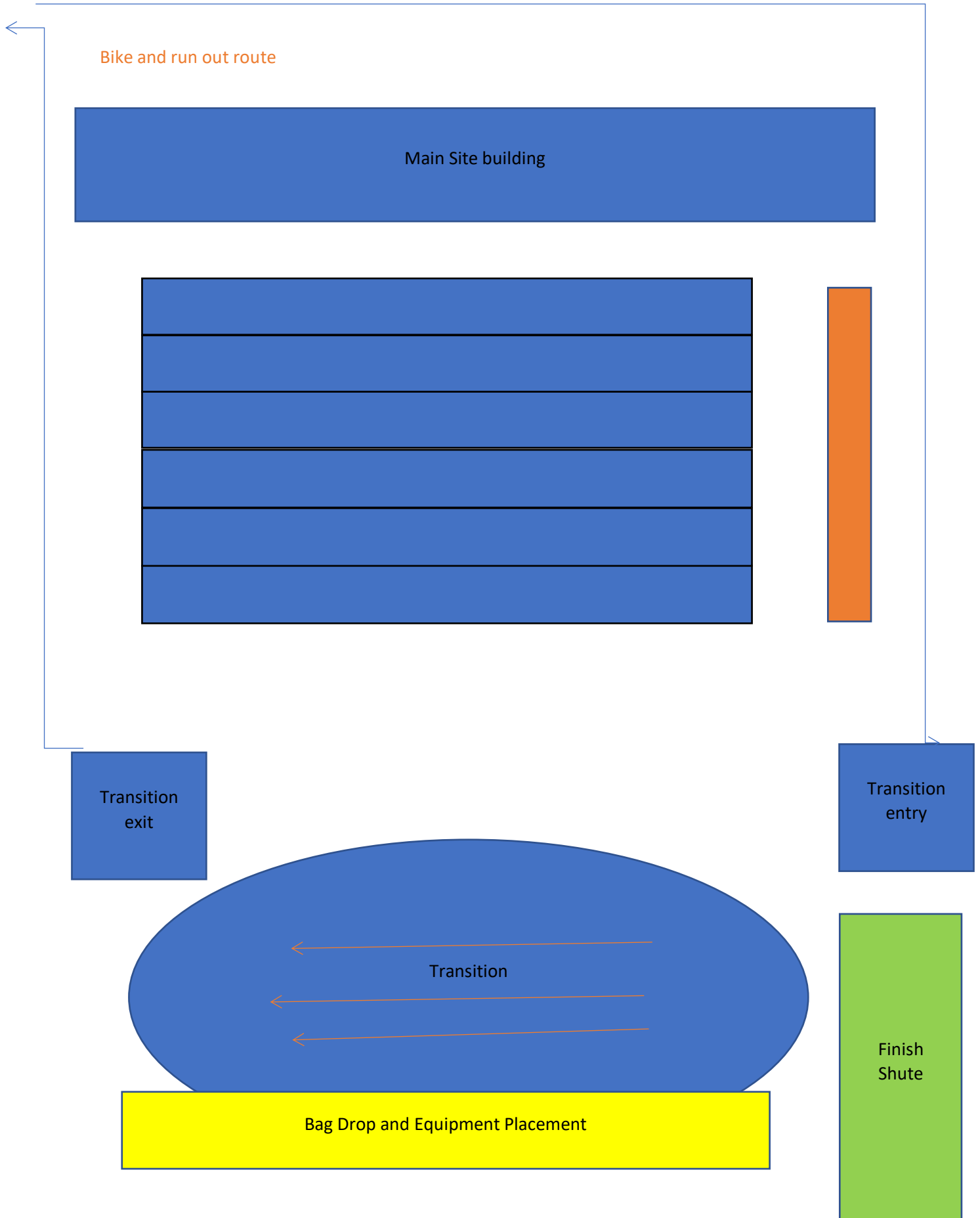
Bags can be placed neatly along the rear fence of the transition zone.

NOTE: Your requirements will vary depending upon which event you have entered, although the marshals will try to help as best as possible.

Site map:

Run and bike re-entry to transition

Bike and run out route



Course Routes:

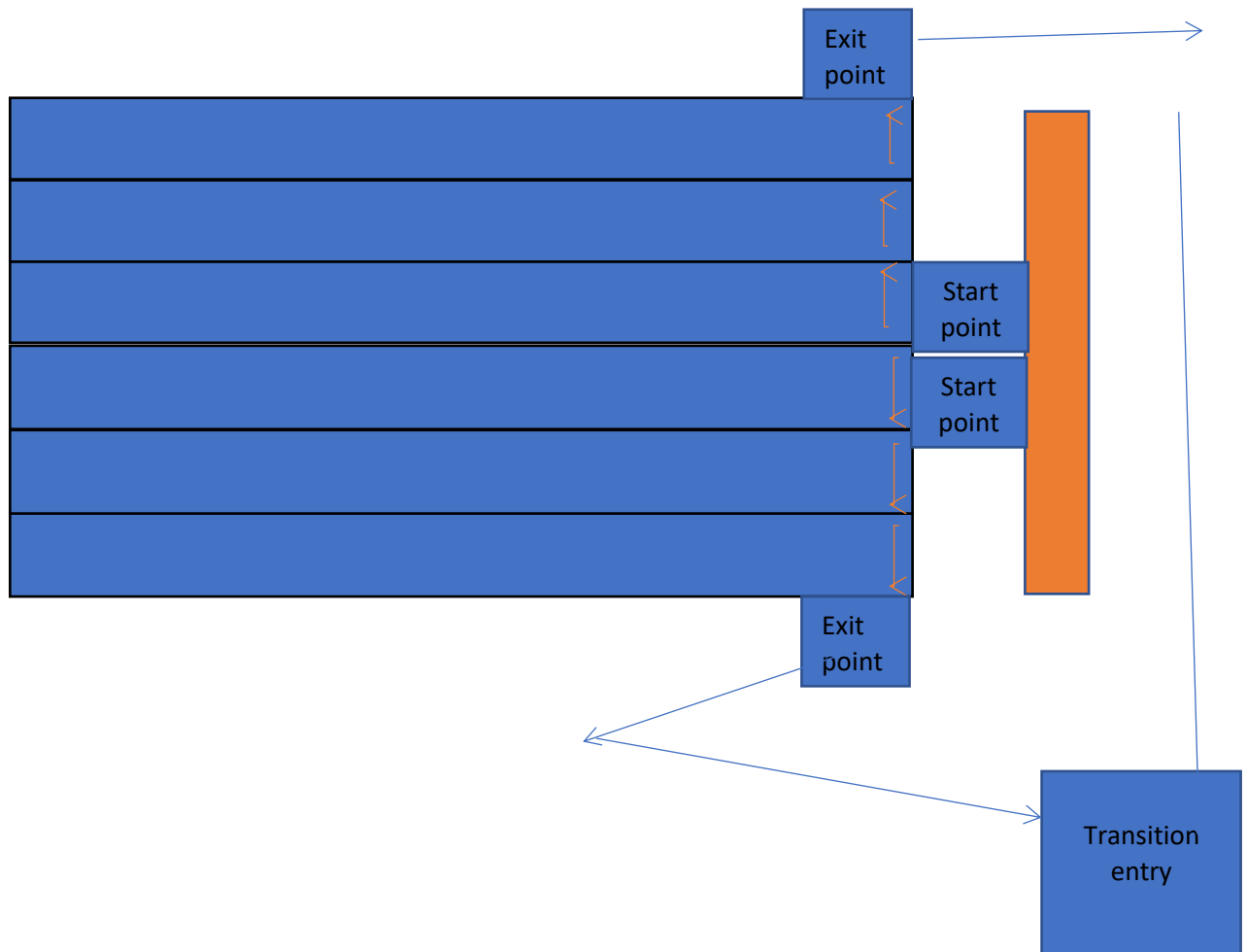
Swim: (216m/6 lengths)

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 with the entry point of the pool.

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

There will be two entry points and we will be starting you in pairs.



Bike Course: (8km)

The cycle course is a flat and fast 8km route from the pool, out past Hampton Court, over the Thames and back. The course profile can be see and downloaded [here](#):



The bike course is non-drafting route. Which means you need to maintain a gap of 12 metres to the competitor in front of you.

Important notes:

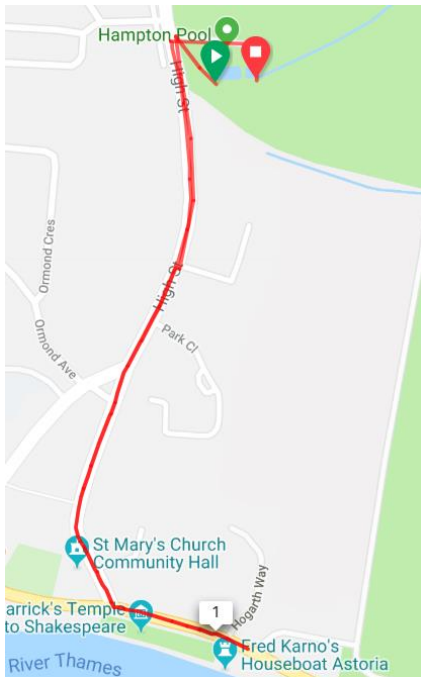
- Helmets must be on and fastened before you touch your bike.
- NO CYCLING ON SITE AT HAMPTON POOL, MOUNT AND DISMOUNT LINES ARE OUTSIDE OF THE SITE
- You must not mount your bike until you have crossed the Mount Line.
- At the end of the bike course you must dismount before the Dismount Line.
- Do not unfasten your helmet until your bike is back on the rack in transition.
- You are subject to the highway code at all times

Run: (2km)

The run route consists of a 2km out and back loop, starting at transition and finishing back next to transition.

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, you will then shortly reach the turnaround point where you will head back to the pool.

Turning right onto High Street and right into Hampton Pool before running around the back of the centre to transition.



You can see the route profile [here](#).

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

Timing: Timing will be carried out manually. You will receive an individual time with splits for all swims, bikes, runs and transitions.

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/1ststrideevents>

Results: Results will be available live in the café upstairs as soon as you have finished.

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.

We hope everyone has a great race!