

No Frills Sprint Triathlon & Go Tri at Hampton Pool

5th April 2021.

Venue:

Hampton Pool, High Street, Hampton, TW12 2ST

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

COVID Safe Event:

Due to COVID-19 a few things have changed, so please read the information carefully.

You **MUST** wear a mask at all times when on site at Hampton Pool other than when you are racing.

You **MUST** adhere to social distancing at all times

If you have any of the following symptoms leading up to the event you **MUST NOT** attend the race:

- Persistent headache
- Fever/ High temperature
- Persistent cough
- Told to isolate by NHS Track and Trace

Please see full COVID info from NHS here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

There will be no aid stations on the course, you will need to bring all required nutrition with you.

NO SPECTATORS will be allowed on site at the pool. We are at the limit to the capacity with entrants and marshals.

You will be contacted shortly before the event to fill out a form to confirm your fitness to race **YOU MUST COMPLETE THIS TO COMPETE.**

In line with British Triathlon and Government advice we may share your information with NHS Track and Trace if you attend the event and there are any issues.

There will be **NO RACE BRIEFING IN THE DAY**, a video of the safety briefing will be sent to you shortly before the event. It is **FULLY YOUR RESPONSIBILITY** to know the course you are taking part on.

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

Important info:

Due to the start time of the event being prior to official sun rise **lights will be compulsory for all cyclists.** Both front and back lights will be required, we will have these for sale should you forget.

As previously communicated timing will be done via a manual timing system, everybody will get an individual time with splits. There will be no timing chip. To make this easier, please shout your number to the marshals when you pass them.

The event briefings will be done via video which will be sent to you. The only briefing on the day will be relate to swim safety.

Please read this document carefully as it is your responsibility to know the route!

Site Map:



Please note some changes to previous events, the transition and finish will be in the car park. Full information about direction of flow will be included in information below.

Timings:

5:45 Registration opens at Hampton Pool front gate

6:15 Safety briefing

6:15 Registration closes

6:20 First Go Tri Swimmers to poolside, including Go Tri Aquathlon

6:21 First Go Tri swimmers start

6:30 First Sprint Swimmers Poolside, including Sprint Aquathlon

6:31 First Sprint Swimmers Start

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 5:45 and take place at the front gate. You will be given your race pack at registration on the day. No race packs will be sent out prior to the event. If you have not completed your declaration to race you will not be allowed on site until you have done so.

- Race Number – **IT IS COMPULSORY** that the number be worn on the front for the run and the back for the bike, if you have a race belt we would suggest you use one. (There will be race belts available for sale on the day)
- We will ask you to write your own race number on your left upper arm so you can be identified in the swim and easier for marshals to identify you.

Once you have registered you will be directed over to the transition area, which will be in the car park in front of the main building.

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.

The transition zone will be very big to support social distancing. If you are doing the Sprint, you may still be in transition whilst the Go Tri athletes start racing. The Go Tri racks will be separate to the Sprint, so please keep clear of these once the event has started.

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.

Please leave your bag neatly in your own transition spot, it is important that you keep the transition space tidy!

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 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
- Race belt with number attached
- Running shoes (and cycling shoes if you use these)
- Have your bike lights turned on ready to start

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.

To the pool:

Please wait by your bike in transition until called to swim.

You will be called to the poolside in waves, this will be based upon your bib number, please remove your mask and put it by your bike.

You will be invited round to the poolside via the fire exit gate on the same side as the main entrance to the site. This will lead to the deep end of the pool, we will ask you to line up in number order along the side of the pool furthest from the building.

You will queue up in number order in your waves, from lowest number to highest. Cones will be laid out to ensure 2 metre gaps, please stand by a cone and only move forward when the queue moves.

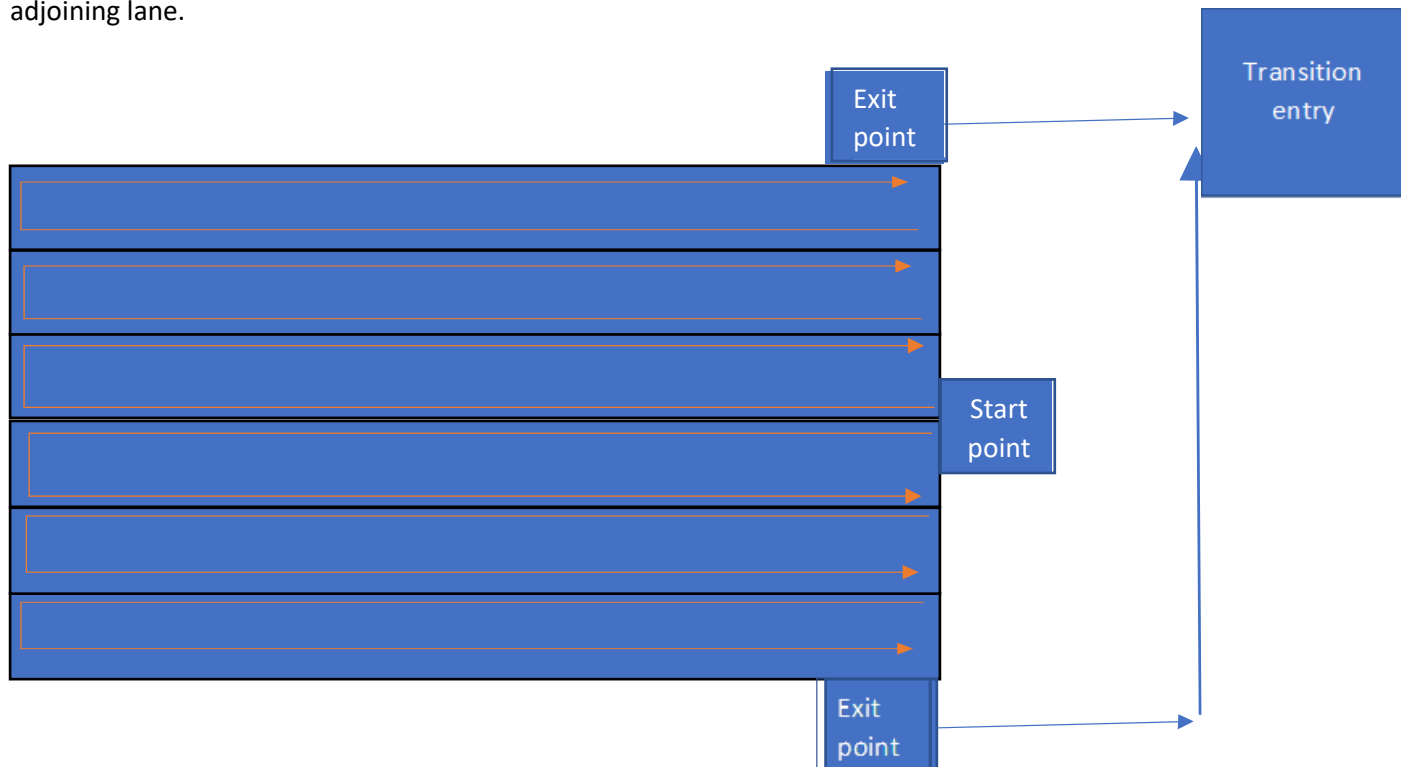
This Section relates to the Go Tri Race information, please skip to Sprint if not relevant for you
Course Routes:

Swim: (216m/6 lengths)

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.



You will exit the swim and move into the transition via the fire exit gate on the shallow side of the pool.
Heading through the gate into the car park for transition.

Bike Course: (11km)

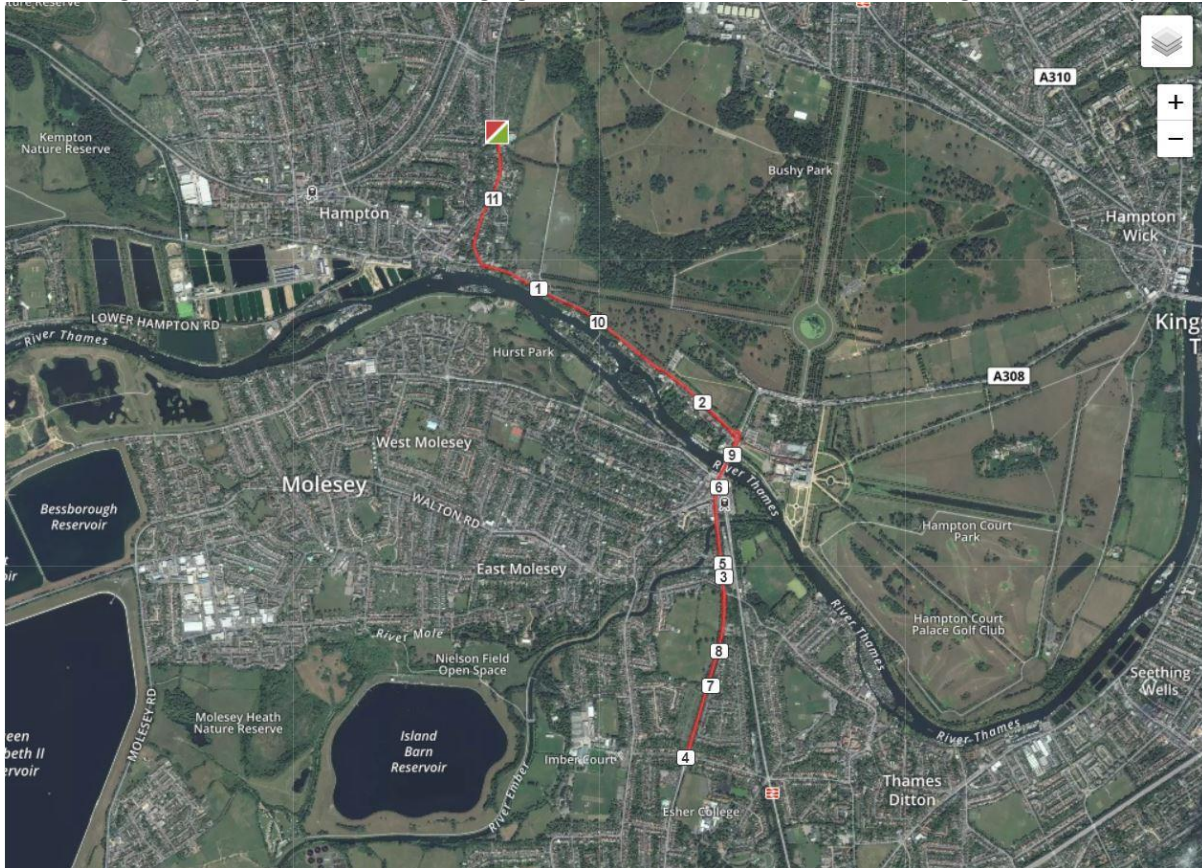
The Cycle is an 11km flat and fast route from Hampton Pool, turning left onto the High Street and continuing down Church Street. A left turn is then taken onto Hampton Court Road.

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 short 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.
- At the second roundabout you will see a turnaround sign and a right arrow. THE GO TRI COURSE FOLLOWS THE **PINK** TURN AROUND SIGN

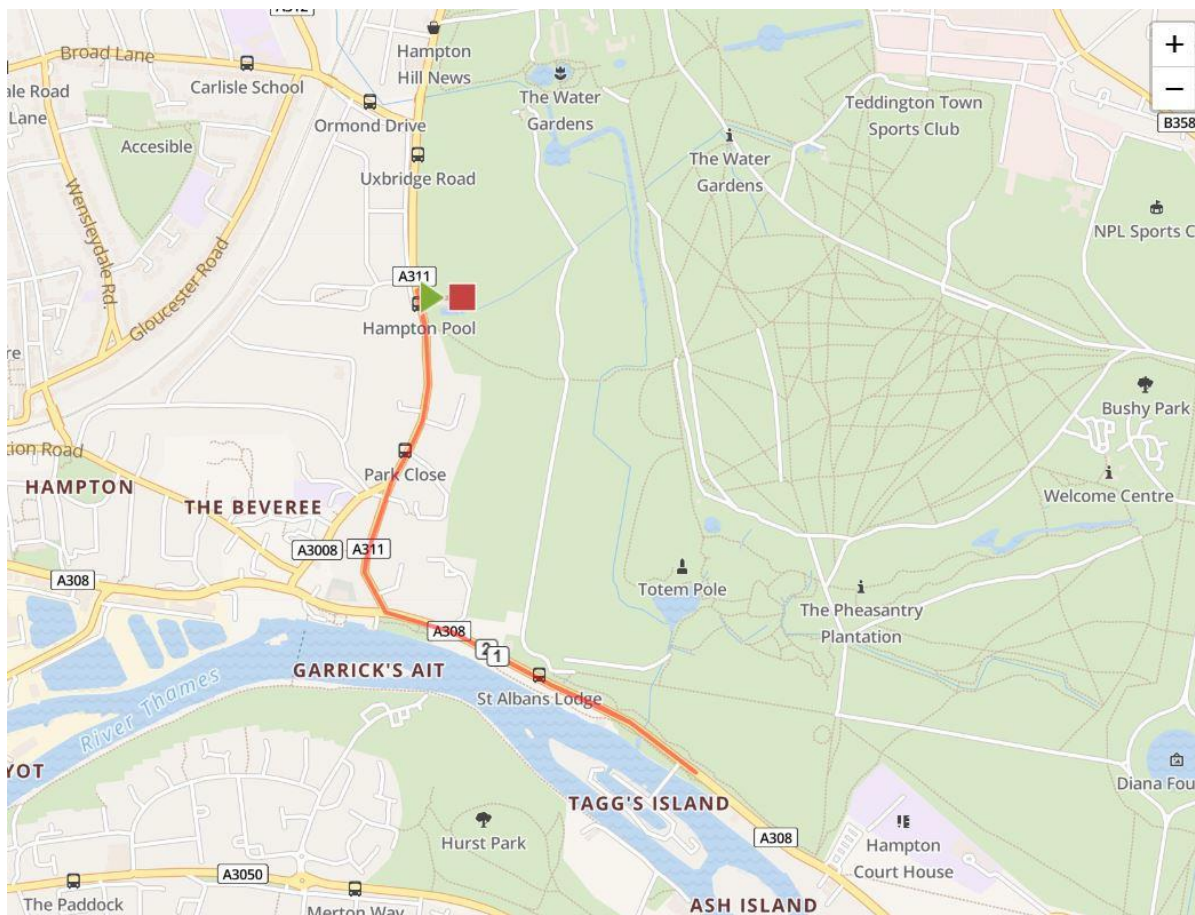
Run: (3km)

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 **PINK** and a marshal.

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



For post finish information, please continue reading after the below Sprint event information

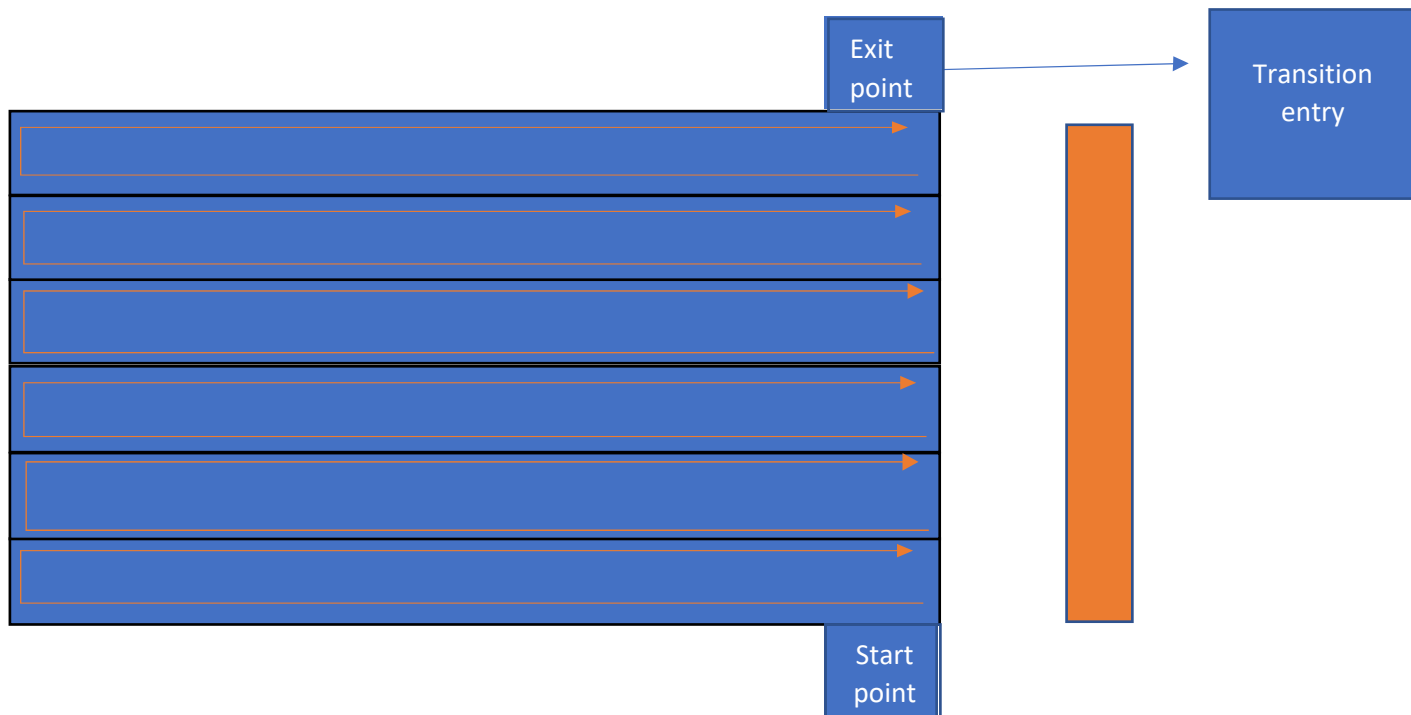
This section relates solely to the course routes for the Sprint Distance event.

Course Routes:

Swim: (432/12 lengths)

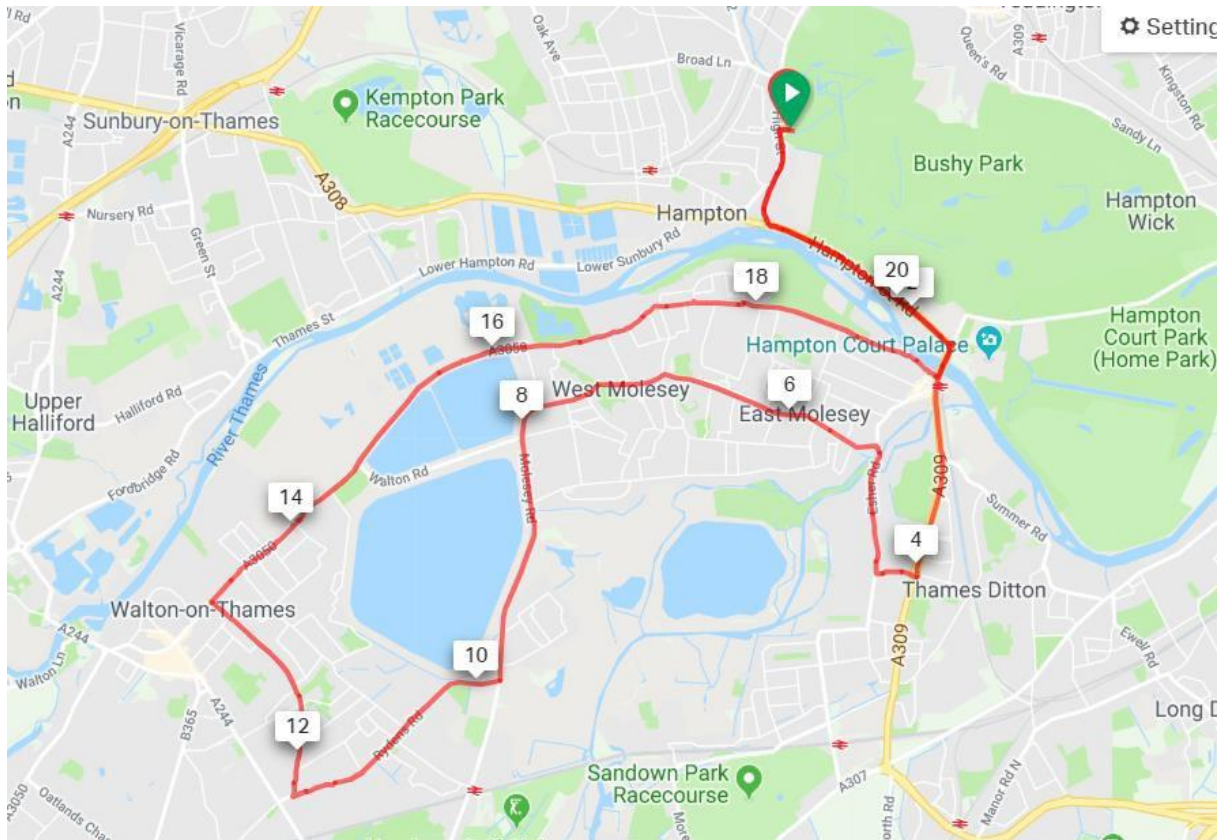
You will line up based in number order with the entry point of the pool.

You will swim 12 lengths in the form of a "snake" swimming two lengths per lane before moving to the adjoining lane.



Bike Course: (21.5k)

The cycle course is a flat and fast 21.5km route through Hampton and Walton, with a great route for TT'ing. 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 your 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
- Due to the start time of the event being at 6am lights will be COMPULSORY
- At the second roundabout you come to on the course you will see a **PINK** turnaround sign and a right arrow. THE SPRINT COURSE FOLLOWS THE RIGHT ARROW.
- Ignore any signs which are **PINK**

Run: (5km)

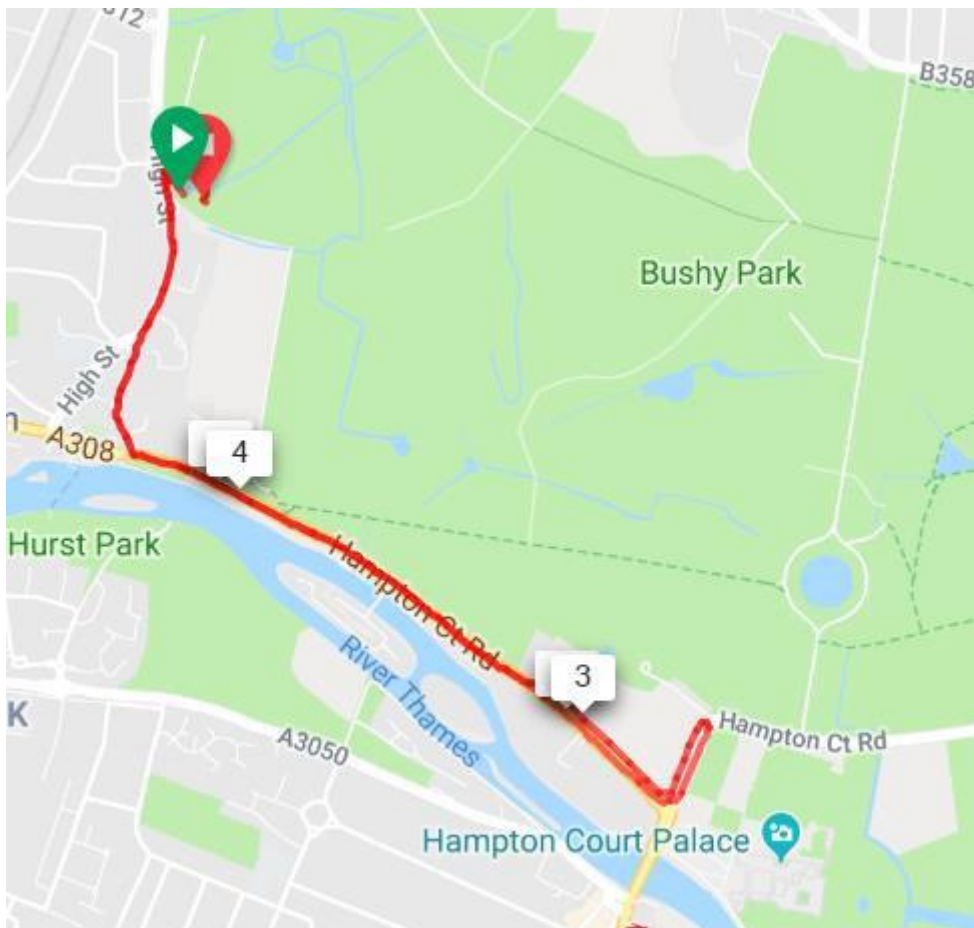
The run route consists of a 2.5km out and back loop, starting at transition and finishing next to transition in Hampton Pool where the finish line is clearly marked.

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, you will continue to Hampton Court palace before turning left towards Kingston. After 300 metres you will reach the marshal would will turn you left into the park and immediately left to run back on yourself.

The route runs round the extremity of the park before re-joining the pavement with 2km to go. You continue back down Hampton Court Way, Turning right onto High Street and right into Hampton Pool before running around the back of the centre to finish next to transition.

Again there will be a **PINK** sign at 1.5km from the pool which **YOU MUST IGNORE**

Remember to smile!



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

Post event information:

Finishing: Once you have finished your event please return to transition and put back on your mask.

Medals: All competitors will receive a medal as a recognition of the effort they have put in, these will be laid out on the table by the café on the roof of the building. To get to the café you take the same route as you did to go into the pool, turning left up the staircase upon entry to the poolside. Following the one way system to the café, collecting your medal and going back down to the transitions in the same way you left the poolside earlier.

Cafe: The café will be open for a race specific menu, including bacon baguettes which are a favourite, as well as some hot drinks and cakes!

Post event: Due to government restrictions, once you have collected your medal we please ask you to collect your bike and items from transition and leave the site. Although we would love to stay around a chat about your race experiences, due to the current situation we just cannot. We will be asking you to leave promptly, trust us when we say it will pain us as much as you!

Timing: The timing will be done by a timing app on tablets and phones. Everybody will receive a finishing time and split times. The finishing times will be sent out after the event.

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>

We hope everyone has a great event.

