

## Go Tri @ Manor House School, Bookham

15<sup>th</sup> September 2019

### Venue:

Manor House School, Manor House Ln, Great Bookham, Leatherhead, KT23 4EN

### Parking:

Howard of Effingham School,  
Lower Rd,  
Effingham,  
Surrey,  
KT24 5JR

Due to safety requirements for the children's events there will be no parking on the school site as we must maintain a traffic free environment. Parking will be at the Howard of Effingham School, who have kindly allowed us to use their site for the event. There is a public footpath between the Howard of Effingham School to Manor House School which will be clearly signposted for competitors. The map below shows the route from the Howard of Effingham to Manor House School.



### Timings:

- 7:15 Registration and transition areas open for ADULTS race
- 7:50 Transition closes
- 7:50 Adult Race Briefing
- 8:00 Duathlon Starts (ADULT)
- 8:05 Triathlon Starts (ADULT)
  
- 9:30 Registration opens (Tristars)
- 9:50 Transition Closes
- 9:50 Event Briefing - Poolside
- 10:00 Duathlon Events Start
- 10:05 Triathlon and Aquathlon Events 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 **7:15 (ADULTS) 9:30 (Tristars)** and take place in the school quad (see map above for directions) where refreshments will also be available. At registration you collect your race number and belt/race laces if purchased.

- 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)

Your race number will be coloured based on the age category and event entered, when on the run route a marshal will help to direct you on the correct run course.

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 the course beforehand.

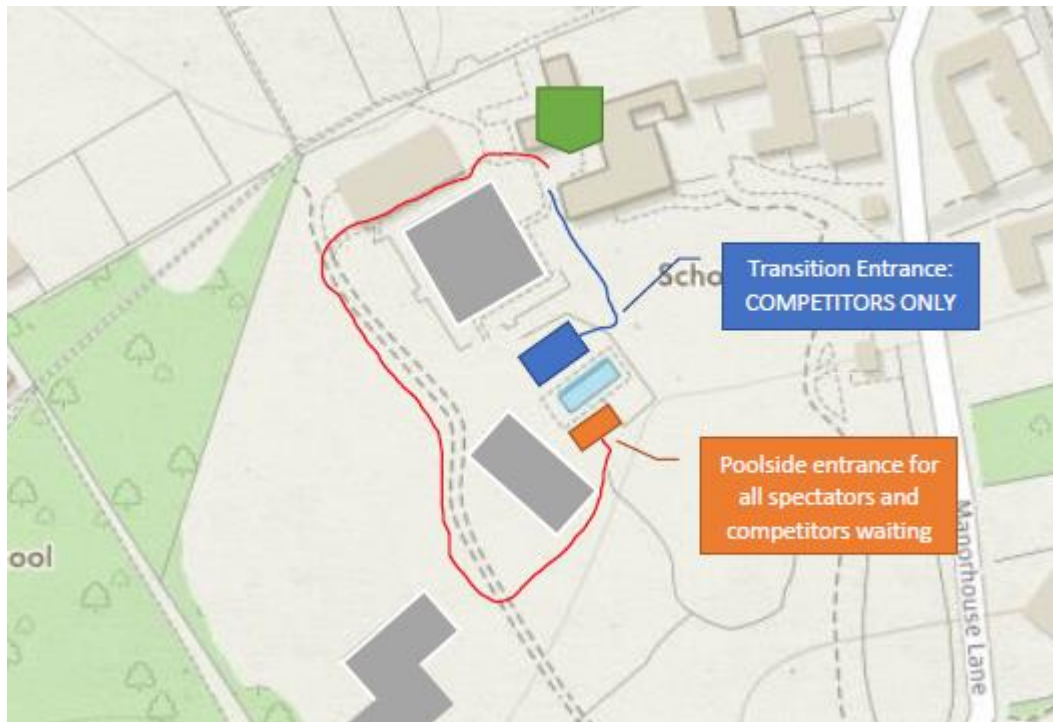
Once you have registered you will be directed over to the transition area, which will be next to the swimming pool. Only competitors are allowed into the transition area, this is a rule set by British Triathlon, marshals will be in the transition zone to help competitors should they require it.

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

We would also ask that once you have finished your event you 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.

Please see the map below for directions for the poolside spectators area and competitors entrance to transition.



### Transition:

This is where you will collect your bike or trainers following the swim, run 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.

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.

In brief:

#### Things to leave in transition before the start:

- Bike
- Helmet
- T-Shirt with race number attached to the front or a race belt
- 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)

In transition you will find a bike racking position, we will have plenty of space and a marshal will help you find this. This will be your area to place your bike and lay out your t-shirt, shoes and helmet, please ensure you place your items neatly and do not throw items onto the ground as they could become tripping hazards.

**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.

## Adult Events

### Adult closed road

Adult closed road Triathlon	Swim	Bike	Run
	168m (8 Lengths)	6km	2.4km

Adult closed road Duathlon	Run	Bike	Run
	2km	6km	600m

### Go Tri Adult Open Road

Go Tri Long course	Swim	Bike	Run
	332m (16 Lengths)	11km	4km

Go Tri open road	Swim	Bike	Run
	168m (8 Lengths)	11km	3km

Go Tri Duathlon	Run	Bike	Run
	2km	11km	1km

Go Tri Aquathlon	Swim	Run
	168m (8 Lengths)	2.4km

## Course Routes

### Swim:

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

The number of lengths will vary depending upon the age category race you are entered into.

- **ADULT Long Course** - The pool will be split in half with two wide lanes, with 3 competitors in each lane swimming **16 lengths, totalling 336m.**
- **ADULT Open and Closed Road** - The swim will work on a snake basis. Up one side down the other, under the rope and again for the next length. You will do **8 lengths of the pool totalling 168m.**

There will be a spectators area accessed via the Dell gate due to the other pool area access points being used for the transition zone entries. This is shown on the Quad to Transition direction map above.

### Bike:

#### ADULTS:

The cycle is either 6km for the closed road or 11km for the open road. Both will start at the exit of the swimming pool and head out towards the top of the school. Turning left and going down through the school car park. At this point those on the open road will leave the school grounds and follow the map below. You will do two laps of the main loop section of the bike course shown. You will return to the school and join the internal loop again.

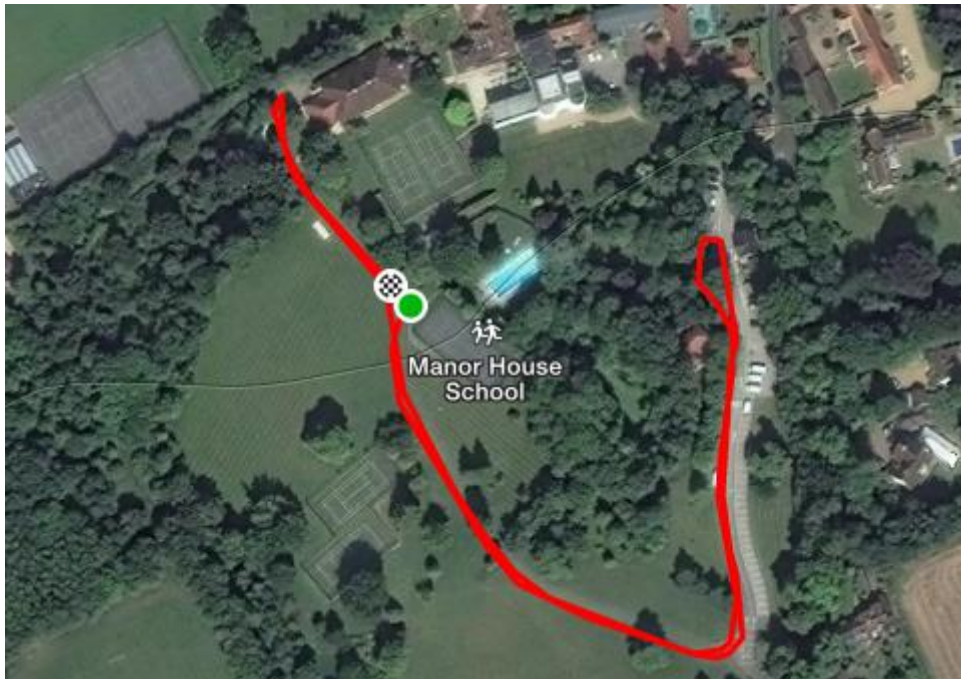


The route turns left out of the school and then left again onto Lower Road. With a 180\* turn at the first round about. You will then go back past the school into Little Bookham. Straight over the first

roundabout and take a left at the squareabout. This takes you onto the main loop. Past Bookham Station and back round to the main road. Lap 1 turn left and go again, lap 2 turn right and head back down the hill before turning left onto Manor House Lane and back into the school.

**The internal lap may be a little congested and can be quite quick, so we ask you to be extra vigilant and safe. Any dangerous riding will result in you being asked to stop the race.**

Below shows the internal loop which is approximately 1km long. You will do 6 laps of the course before returning to transition for the run course.



Important notes:

- Helmets must be on and fastened before your touch your bike.
- NO CYCLING IN TRANSITION.
- You must not mount your bike until you have crossed the Mount Line.
- At the end of the bike course you must dismount at 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
- Within the school grounds please ride safely and think of others
- It is your responsibility to count your own laps, not that of the marshals.



## Run:

### ADULT

The run route is a mix of tarmac and grass. You will exit transition on the opposite side to the bike in, taking a left turn across the manor house lawn, down behind the school. From there you will run round the back of the hall and up onto the playing fields. At this point you will be merging with other runners from your left. The course sticks to the extremity of the school grounds and will loop adjacent to the internal bike course.

**Closed Road:** Will run 2 laps as shown on the map below, totalling approximately 2.4km. At the end of the second lap you will enter the finishing circuit.

**Open Road:** Will run 3 laps of the course on the map below, totalling approximately 3.5km. At the end of the third lap you will enter the finishing circuit.

**Long Course:** Will run 4 laps of the course on the map below, totalling approximately 4.2k. At the end of the fourth lap you will enter the finishing circuit.

**Duathlon:** Will run the same loop twice before entering the pool for their bike. Then running 1 lap after the bike section.



The route is a little undulating, but everyone will be pleased to hear there are no big hills. At the top of the loop you will turn around and head back into the school playing fields. Down the hill and towards the running track. Lap two will then repeat, after which you will enter the inside lanes of the running track for half a lap of the track and finish on the home straight.

We would encourage competitors to shout out their race number as they cross the finish line as this will help our timing marshals.

**Remember to smile!**

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

**Timing:** Timing will be carried out manually and will be available online after the event.

**Refreshments:** Food and drinks will be available to purchase throughout the morning from the refreshment stand next to registration.

**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>

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!



### TriStars Start (Age 8+)

TriStars Start Age 8+	Swim	Bike	Run
	42m (2 Lengths)	1km	400m

TriStars Start Age 8+	Run	Bike	Run
	400m	1km	200m

TriStars Start Age 8+	Swim	Run
	42m (2 Lengths)	400m

### TriStars 1 (Age 9+)

TriStars 1 Age 9+	Swim	Bike	Run
	126m (6 Lengths)	4km	1.2km

TriStars 1 Age 9+	Run	Bike	Run
	1km	4km	400m

TriStars 1 Age 9+	Swim	Run
	126m (6 Lengths)	1.2km

### TriStars 3 (13+)

TriStars 3 Age 13+	Swim	Bike	Run
	168m (8 Lengths)	6km	2.4km

TriStars 3 Age 13+	Run	Bike	Run
	2km	6km	600m

TriStars 3 Age 13+	Swim	Run
	168m (8 Lengths)	2.4km

## Tristar Races:

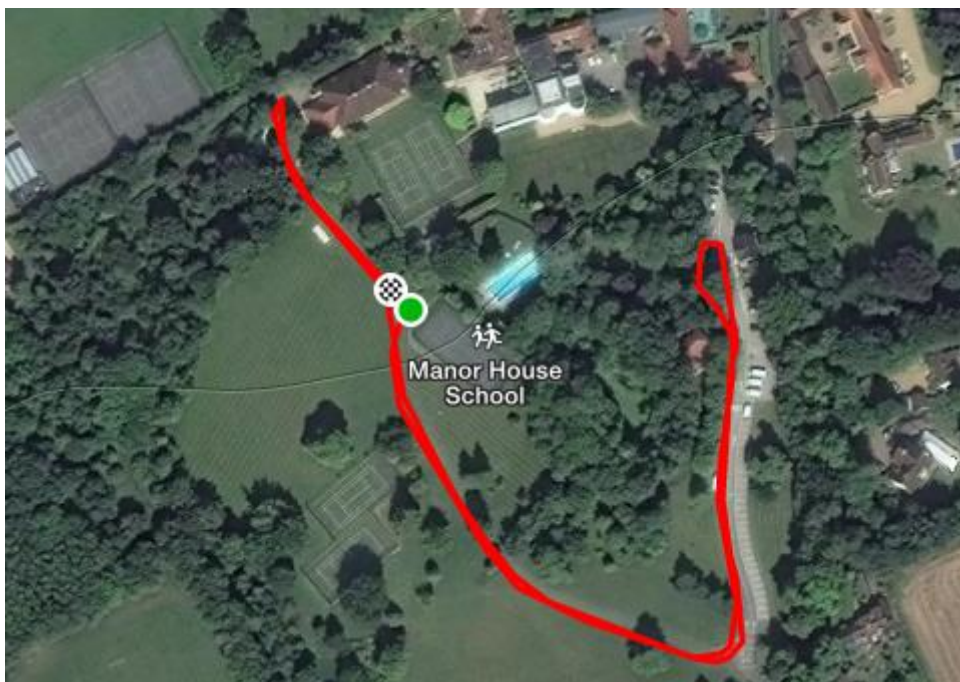
### Course Routes

### Swim:

- **TriStars Start - 2 lengths (42m)**
- **TriStars 1 & 2 - 6 lengths (126m)**
- **TriStars 3 - 8 lengths (168m)**

### Cycle:

The cycle is an approximate 1km, tarmac loop, there is a small hill on the course. The route map below shows the route you will take with the start and finish points marking the entry and exit to transition.



The number of laps you complete will again vary depending upon the age category entered:

**TriStars Start - 1 lap**

**TriStars 1 & 2 - 4 laps**

**TriStars 3 - 6 laps**

## Run:

The run route is a mix of tarmac and grass. The main run route is a 1.2km lap of the school perimeter. Please take note below of the run courses:

**TriStars Start** - The TriStars Start follow the same course as other categories until they reach the field where they run directly to the finish line. (See picture below)



**TriStars 1 & 2** - will run the full 1.2km run course lap (shown below), before entering the finish circuit.

**TriStars 3** - will run two laps of the full 1.2km run course lap (shown above), finish on the second time past the finish line.

**Duathlon:** Will run specific distances as per above into the pool before starting the bike.

We would encourage competitors to shout out their race number as they cross the finish line as this will help our timing marshals.

**Note:** Parents/guardians/supporters are not allowed to run around the course with their children. Cheering and shouting encouragement for all competitors is, however, very welcome and encouraged.

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

**Timing:** Timing will be carried out manually and will be available online after the event.

**Refreshments:** Food and drinks will be available to purchase throughout the morning from the refreshment stand next to registration.

**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>

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