



EASTER TRIATHLON HAMPTON POOL

RACE INFO

MONDAY 1ST APRIL 2024



EVENT INFO

EVENT TIMINGS



Race Registration & Transition Open – 05:15

Race Registration & Transition Close – 06:00

Race/Safety Briefing in Transition – 06:00

Standard Distance Swim Start - 06:05

Sprint Distance Swim Start – 06:25

Note: The swim starts will be seeded and in waves you may want to bring something warm to wear poolside whilst you wait to start.

Race Registration:

Hampton Pool. High Steet, Hampton, TW12 2ST

 [what3words ///feast.trips.swim](https://www.what3words.com/what3words///feast.trips.swim)

Parking:

Due to safety requirements, there is **no parking on site**. Please use the surrounding roads for free on street parking.

Please be courteous to our neighbours and keep noise to a minimum as you may be parking in residential areas.



RACE HQ & PARKING

Please arrive with plenty of time; the less rushed you are before the race, the less stressed you will be!

EVENT INFO

RACE REGISTRATION



At race registration you will be given your race number, **nothing will be posted to you in advance**, this will contain:

- Race number
- Bike and helmet stickers

You will also be given a wristband to help us easily identify who should be in transition.

You will be given your timing chip on poolside before the start of your swim.

- Timing chip (to be worn on your left ankle)

We would ask that you save any questions for the marshals around the transition area to keep race registration flowing smoothly.

Only competitors are allowed in the transition area.

As you enter transition you must be wearing your helmet, fastened up, and show our marshals that your brakes are working and you have both a front and rear working light.

Your race number will correspond to your racking position, our marshals will be on hand to help direct you.

Only the items you need for your race can be left in transition.

Any other items should be secured in a bag and left at the side of transition, where they can be stored for the duration of your race. Lockers are available inside the changing rooms for valuables.

Remember you will need your race number after the event to collect your bike.

Check out this video from Global Triathlon Network for tips on how to set up your transition area – [Click here](#)



TRANSITION & BAGGAGE

Front and rear lights are advised for all competitors who will be cycling during the event.

SITE PLAN



EVENTS & DISTANCES

EVENT	SWIM	BIKE	RUN	TOTAL
Standard – Triathlon	864 m	36 km	10 km	46.9 km
Standard - Aquathlon	864 m	N/A	10 km	10.9 km
Standard – Aquabike	864 m	36 km	N/A	36.9 km
Sprint – Triathlon	432 m	19.5 km	5 km	24.9 km
Sprint – Aquathlon	432 m	N/A	5 km	5.4 km
Sprint – Aquabike	432 m	19.5 km	N/A	19.9 km

COURSE DESCRIPTIONS

Click below to skip to your relevant race section.

- [STANDARD](#)
- [SPRINT](#)

STANDARD DISTANCE

TRIATHLON, AQUATHLON & AQUABIKE



864 m

36 km

10 km



SWIM

STANDARD



COURSE DESCRIPTION

The swim will be 24 lengths of the pool.

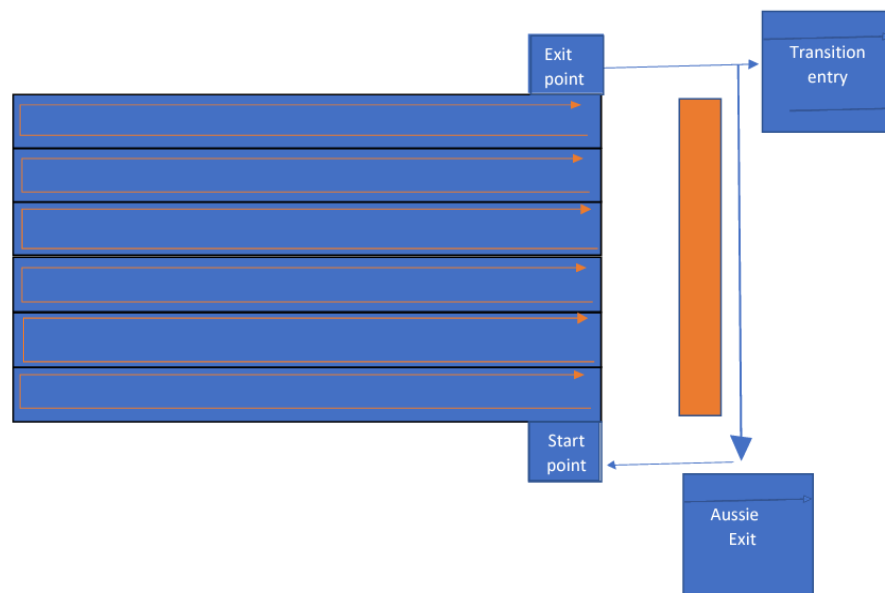
You will start from one side of the pool and work your way to the other side of the pool.

You will swim up one side and back down the other in the same lane before ducking under the lane rope and repeating five more times.

Once you have completed 12 lengths you will exit the pool and make your way back along to the start point and repeat.

Once you have completed 24 lengths you will exit the pool and make your way to transition.

Please do not run until you are clear of the poolside and on the carpeted route to transition.



The swim is a pool based swim so wetsuits are not permitted.

Please make sure you have your goggles and swim cap with you if you require them for the swim.

You will be asked to line up in race number order, so make sure you can remember this as you will not have your bib number to check!

You will be given your timing chip on poolside before you start your swim.

You will need to call out your race number to the swim time starter, who will then count you down to your individual start.

You will be seeded and staggered in the swim to ensure there is plenty of space between competitors.

We will have lifeguards from Hampton Pool providing the swim safety cover and first aid.

TRANSITION 1

STANDARD



POOL TO TRANSITION

After you exit the pool you will follow the signs and coned route to the poolside exit gate.

Please take care and we ask that you do not run until you are clear of the poolside.

Once you exit poolside you will follow the carpeted route to the transition entry.

It is not possible to carpet the full transition area so please take care on the tarmac surface, we will sweep this before the event to remove as much debris as possible.



TIMING

Your swim time will stop once you cross the timing mat into transition.

You will then prepare yourself for the bike or run leg and head off out of the top end of transition where your time for the next leg will start.

BIKE

STANDARD



COURSE DESCRIPTION

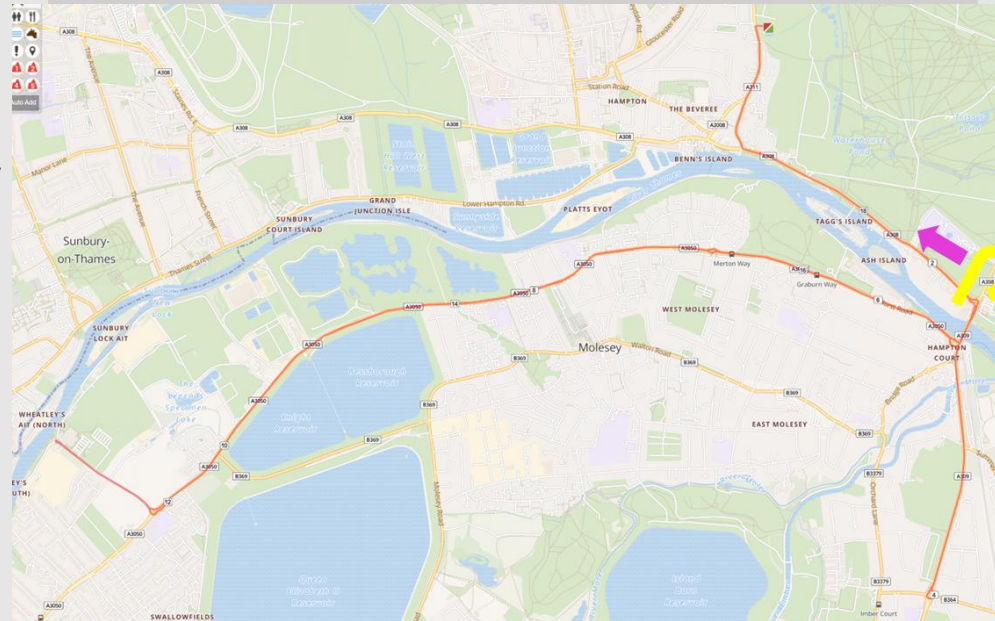
You will exit transition and mount at the sign by the main entrance gates.

You will then turn left, taking care of traffic from the right when joining the main road.

The bike route can be viewed here:

<https://ridewithgps.com/routes/36229730>

You will complete this course twice, with the turn around point at the Hampton Court roundabout.



WARNINGS

As with most British roads there are potholes and poor-quality surface sections.

There will be a 10m drafting rule enforced, this will be explained later in the race info.

We will have marshals out on course for your safety and to ensure British Triathlon rules are followed.

It is your responsibility to know the course you will be racing.

BIKE

STANDARD

MOUNT/DISMOUNT



You will take your bike and exit transition, you must not mount your bike until you reach the mount line and sign at the entrance gates

After you exit transition, crossing over the timing mats, your time for the bike leg will start.

After you complete the cycle and return to Hampton Pool you must dismount your bike before the dismount line and sign.

Take care when dismounting, you will be heading down the carpark to enter transition through the same entry you used after the swim.

You must not touch your bike in transition until you have your helmet fastened up.

You must ensure you have your race number on your back.

Remember to be prepared and have all the nutrition and hydration you require for the duration of the bike leg.

You must follow the Highway Code at all times, we will have marshals out on course to ensure these are followed.



REMEMBER



YOU WILL ALWAYS ENTER TRANSITION THROUGH THE SAME ENTRY AND EXIT THROUGH THE SAME EXIT

BIKE

STANDARD

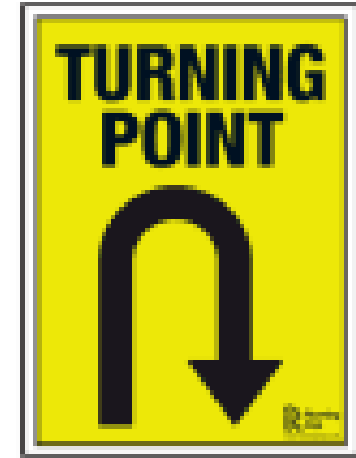
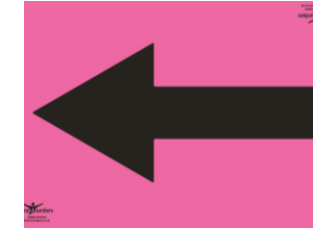
ROUTE



You will exit left from the pool along High Street to the Hampton Court Road junction.

At the Hampton Court Road junction you will turn left towards Hampton Court, at the roundabout you will take the second exit right and head over Hampton Court Bridge.

You will then follow the road to the Embercourt Road roundabout where you will go all the way round the roundabout to head back on yourself to the pool.



After you cross over Hampton Court bridge, at the roundabout, there will be a yellow U turn sign to follow once and repeat the two out and back stretches of the bike course.

The second time you reach this point you will follow the pink left arrow back to transition.



ATTENTION



REMEMBER – YOU MUST COMPLETE TWO LAPS OF THE BIKE COURSE

TRANSITION 2

STANDARD



TURNING RIGHT

Take care when turning right back into the venue for traffic coming from the opposite direction.

You must dismount at the sign which will be at the entrance to the venue.

You will enter transition from the same entry you used after the swim.



REMEMBER

You must dismount at the sign and not ride your bike into the venue carpark.

You must not remove your helmet until you have placed your bike back into the transition rack.

Do not take headphones out on to the run, you will be disqualified for using headphones.

Remember to take any fuel you need for the run course.

There will be water available at the 5km point but this will be self service to encourage self-sustainability and reduce plastic waste.

RUN

STANDARD



COURSE DESCRIPTION

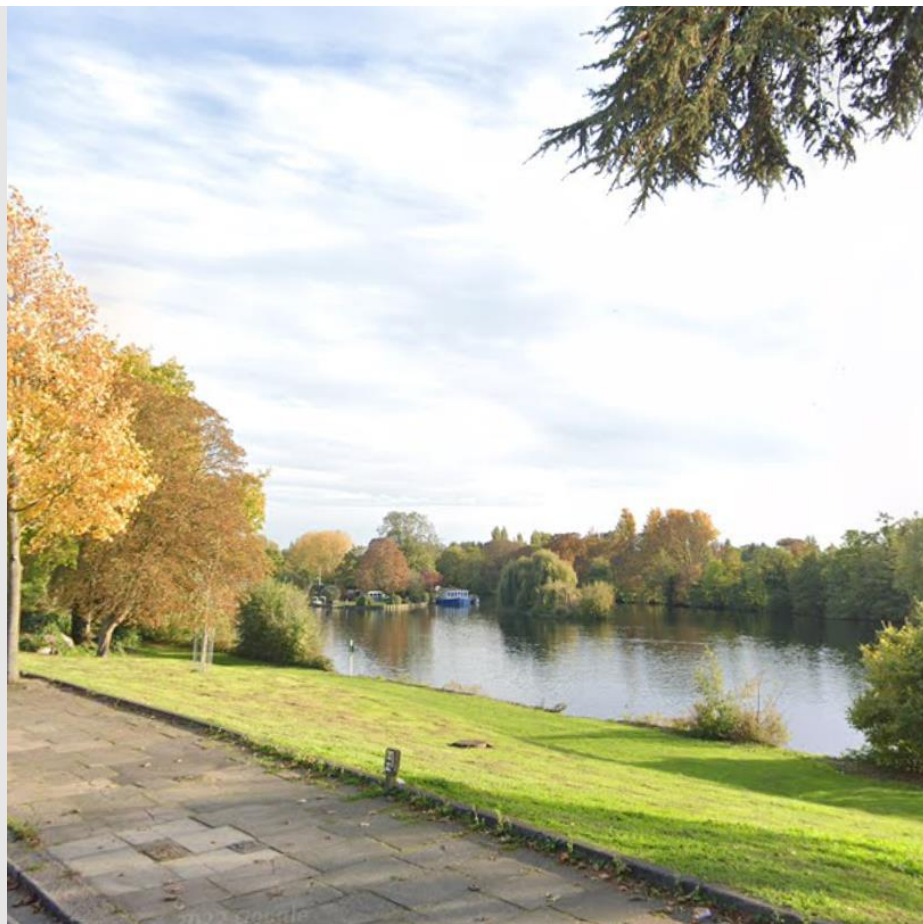
The run will be an out and back along Hampton Court Road to Hampton Court roundabout and back twice.

You will follow the same route as the bike course until the roundabout where you will turn left for 400m for the turn around point, remaining on the pavements the whole time.

There will be a yellow turn around sign located 2.5km from transition, you will turn around here and turn around again next to transition to complete the two laps of the run route.

The run route can be viewed here –

<https://ridewithgps.com/routes/29605896>



REMEMBER

As the run course is along the pavement this will be shared with members of the public, please be courteous to other users.

Please take care when crossing over the residential side roads, these may not be marshalled but will be quiet.

SPRINT DISTANCE

TRIATHLON, AQUATHLON & AQUABIKE



432 m

19.5 km

5 km



SWIM

SPRINT



COURSE DESCRIPTION

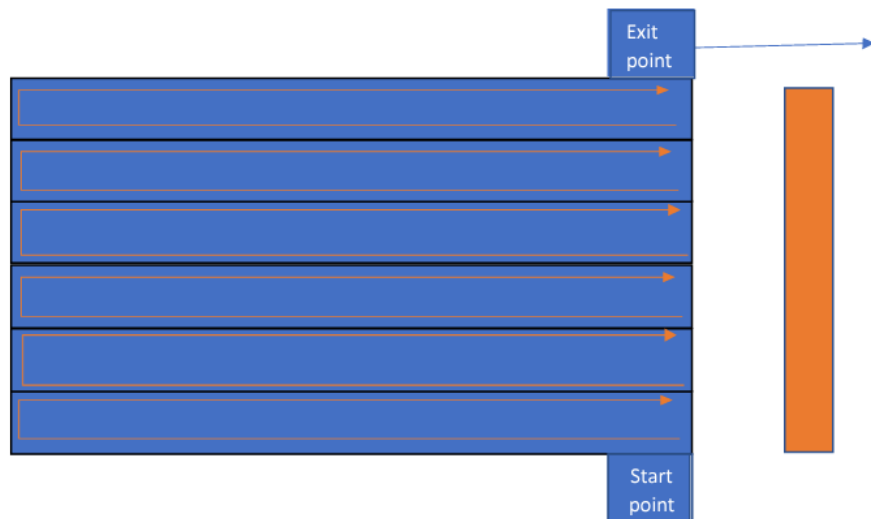
The swim will be 12 lengths of the pool.

You will start from one side of the pool and work your way to the other side of the pool.

You will swim up one side and back down the other in the same lane before ducking under the lane rope and repeating five more times.

Once you have completed 12 lengths you will exit the pool and make your way to transition.

Please do not run until you are clear of the poolside and on the carpeted route to transition.



The swim is a pool based swim so wetsuits are not permitted.

Please make sure you have your goggles and swim cap with you if you require them for the swim.

You will be asked to line up in race number order, so make sure you can remember this as you will not have your bib number to check!

You will be given your timing chip on poolside before you start your swim.

You will need to call out your race number to the swim time starter, who will then count you down to your individual start.

You will be seeded and staggered in the swim to ensure there is plenty of space between competitors.

We will have lifeguards from Hampton Pool providing the swim safety cover and first aid.

TRANSITION 1

SPRINT



POOL TO TRANSITION

After you exit the pool you will follow the signs and coned route to the poolside exit gate.

Please take care and we ask that you do not run until you are clear of the poolside.

Once you exit poolside you will follow the carpeted route to the transition entry.

It is not possible to carpet the full transition area so please take care on the tarmac surface, we will sweep this before the event to remove as much debris as possible.



TIMING

Your swim time will stop once you cross the timing mat into transition.

You will then prepare yourself for the bike or run leg and head off out of the top end of transition where your time for the next leg will start.

BIKE

SPRINT



COURSE DESCRIPTION

You will exit transition and mount at the sign by the main entrance gates.

You will then turn left, taking care of traffic from the right when joining the main road.

The bike route can be viewed here:

<https://ridewithgps.com/routes/36229730>



WARNINGS

As with most British roads there are potholes and poor-quality surface sections.

There will be a 10m drafting rule enforced, this will be explained later in the race info.

We will have marshals out on course for your safety and to ensure British Triathlon rules are followed.

It is your responsibility to know the course you will be racing.

BIKE

SPRINT

MOUNT/DISMOUNT



You will take your bike and exit transition, you must not mount your bike until you reach the mount line and sign at the entrance gates

After you exit transition, crossing over the timing mats, your time for the bike leg will start.

After you complete the cycle and return to Hampton Pool you must dismount your bike before the dismount line and sign.

Take care when dismounting, you will be heading down the carpark to enter transition through the same entry you used after the swim.

You must not touch your bike in transition until you have your helmet fastened up.

You must ensure you have your race number on your back.

Remember to be prepared and have all the nutrition and hydration you require for the duration of the bike leg.

You must follow the Highway Code at all times, we will have marshals out on course to ensure these are followed.



REMEMBER



YOU WILL ALWAYS ENTER TRANSITION THROUGH THE SAME ENTRY AND EXIT THROUGH THE SAME EXIT

BIKE

SPRINT

ROUTE

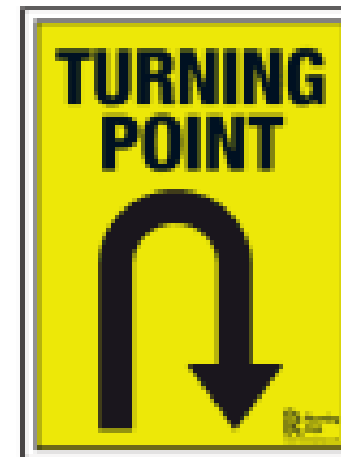
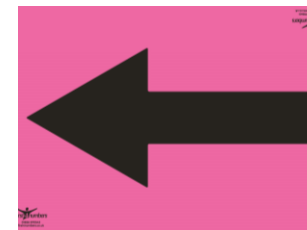


You will exit left from the pool along High Street to the Hampton Court Road junction.

At the Hampton Court Road junction you will turn left towards Hampton Court, at the roundabout you will take the second exit right and head over Hampton Court Bridge.

You will then follow the road to the Embercourt Road roundabout where you will go all the way round the roundabout to head back on yourself towards Hampton Court Bridge.

Before Hampton Court Bridge you will take a left and follow Hurst Road to the Excel Centre in Walton, where you will turn around and head back to Hampton Pool.



After you cross over Hampton Court bridge heading back to the race transition you will see a yellow U turn sign saying “LAPS” you must ignore this and follow the pink sign.

Pink overrules yellow!



ATTENTION

TRANSITION 2

SPRINT



TURNING RIGHT

Take care when turning right back into the venue for traffic coming from the opposite direction.

You must dismount at the sign which will be at the entrance to the venue.

You will enter transition from the same entry you used after the swim.



REMEMBER

You must dismount at the sign and not ride your bike into the venue carpark.

You must not remove your helmet until you have placed your bike back into the transition rack.

Do not take headphones out on to the run, you will be disqualified for using headphones.

RUN

SPRINT



COURSE DESCRIPTION

The run will be an out and back along Hampton Court Road to Hampton Court roundabout and back.

You will follow the same route as the bike course, remaining on the pavements the whole time.

There will be a cone and yellow turn around sign located 2.5km from transition, this will be the halfway turn around point for your run.

The run route can be viewed here –

<https://ridewithgps.com/routes/29605896>



REMEMBER

As the run course is along the pavement this will be shared with members of the public, please be courteous to other users.

Please take care when crossing over the residential side roads, these may not be marshalled but will be quiet.

RULES

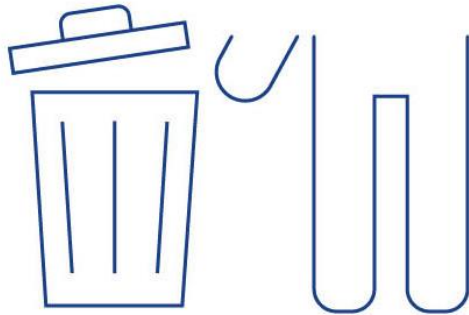
The event will be held under the British Triathlon Competition Rules, it is your responsibility to know the competition rules.

British Triathlon Competition Rules – [Click here](#)



RULES

RULE 2.1 Littering



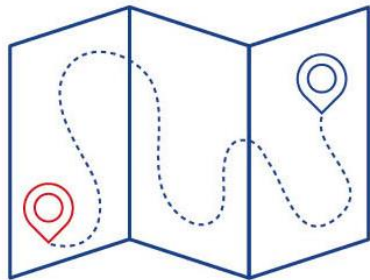
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



RULES

REMEMBER – TRANSITION



You must be wearing your helmet, fastened up, before you touch your bike.

You must not remove your helmet, until you have placed your bike securely back into your racking spot.

You must keep your transition area tidy.

You must **not wear headphones at any point during the race.**

We would advise you have a **working front (white) and rear (red) lights on your bike.**

You must have a helmet and be wearing this correctly before you leave transition.

Your bike must be in good working order.

You must not intentionally litter.

You must follow the Highway Code at all times, our marshals will be ensuring the rules are followed.



REMEMBER – ON COURSE

RULES

RULES
4.10|5.2|6.4

Illegal Equipment

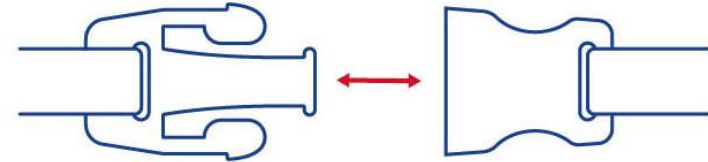
Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



RULE
5.2

Helmets

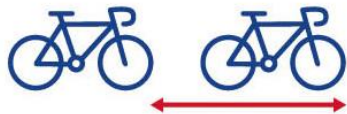
Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE
5.5

Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



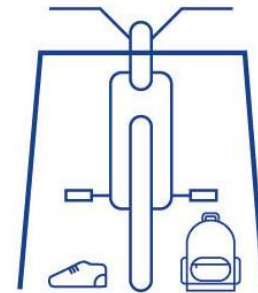
In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

RULE
7.1

Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



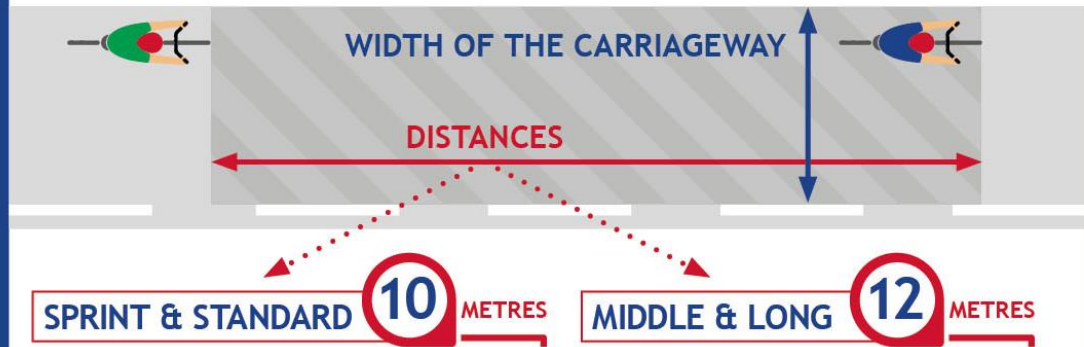
DRAFTING RULES EXPLAINED

WHAT IS DRAFTING?

IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

Sprint & Standard distance drafting rules will apply to all riders.

This document does not feature all rules.

DRAFTING RULES EXPLAINED

DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE

⚠ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20** SECONDS

MIDDLE & LONG **25** SECONDS

If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.

OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

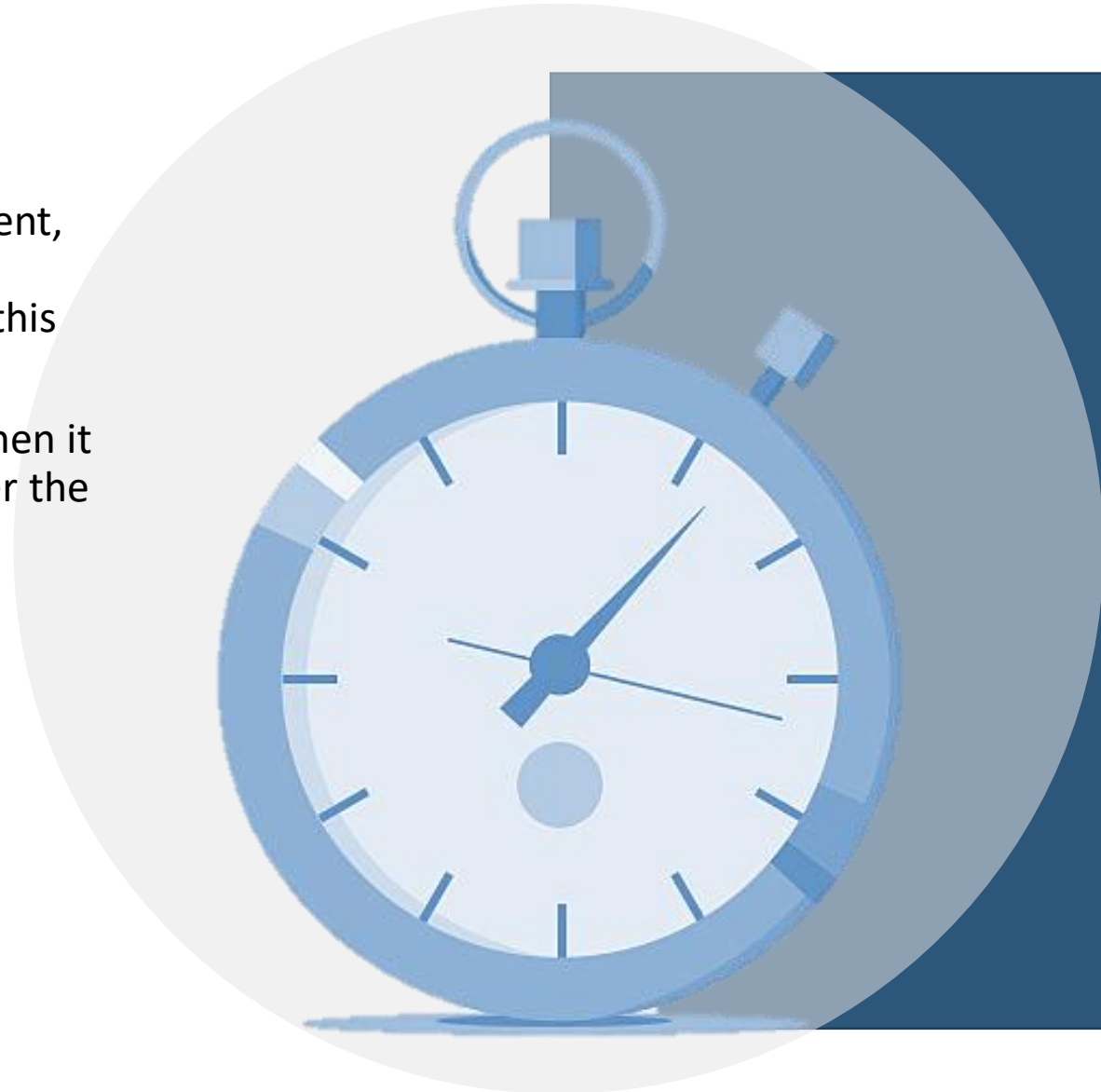
Sprint & Standard distance drafting rules will apply to all riders.

This document does not feature all rules.

CUT OFF TIMES

We do not have a defined cut off time for the event, however the car park must reopen at 9am. We typically expect competitors to have finished by this time.

We will always try to be as flexible as possible when it comes to cut off times, but we must also consider the welfare of our volunteers and marshals.



RESULTS & PRIZES

RESULTS



All finishers will receive a First Stride Events Triathlon medal!

Results will be posted online at www.netiming.co.uk

There will be 1st, 2nd & 3rd overall male and female prizes for the triathlon and 1st place prizes for the aquathlon and aquabike.

These will be vouchers and emailed out to the winners after the event.

PRIZES



TEAM



JAMES MITCHELL



LIAM GRIGGS



LAURA ADDIE



MARSHALS

James, Liam and Laura are the Event Organisers of First Stride Events triathlon.

We will be easily identifiable on the day with blue hi-vis jackets, if you have any questions on the day feel free to ask us or if you need any last-minute advice in the lead up to the event drop us an email, as keen athletes ourselves we're more than happy to share advice and tips!

Our marshals do a fantastic job of keeping you safe out on the course and are full of enthusiasm to encourage you throughout your race.

They're easy to spot with their bright orange hi-vis jackets so be sure to give them a smile, wave and "thank you!"



THANK YOU

PLEASE CONTACT US WITH ANY QUESTIONS



INFO@FIRSTSTRIDEEVENTS.COM



[HTTP://WWW.FIRSTSTRIDEEVENTS.COM](http://www.firststrideevents.com)