



Race Day Information Winchester Triathlon

Kings School, Winchester



Thank you for choosing TryTri and entering the May Day Triathlon!

This booklet provides you with EVERYTHING you need to know about the day, so please take the time to read carefully through it.

TryTri Events is the Home of Triathlon and started in 2009 with a small event in Winchester. We are a family friendly company, designed to ensure competitors and spectators alike have a great family day out.

We hope your training has gone well so far and we look forward to seeing you on the day!
Good Luck,

The TryTri team

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PARKING

1. On approach to Kings School please follow the signs to the designated 'Triathlon Car Parking'. Parking is free and limited. Alternative parking can be found at Pitt Park and Ride. The park and ride bus won't be operating but the Car Park is only a 10 minute walk and 4 minute cycle from Kings School. Parking for the day is FREE on bank holidays in Pitt Park and Ride

REGISTRATION

2. Once you have arrived, follow the signs to registration in our Race HQ (located in the main hall at the Sports Centre, just through the main entrance gates). Visit the desk and have your photo ID ready for collecting your race pack.

RACE PACK

3. Affix your race numbers; our team will be on hand to assist. The stickers are for your Bike, Helmet, Transition Bag/Box and Supporters. Your timing chip is given to you on the poolside. This goes on your LEFT ankle.

TRANSITION

4. Follow signs to Transition to rack your bike. Make sure you have attached your Bike stickers and your helmet when you enter Transition. Meet at the Sports Hall at any one of the briefing times (you MUST attend at least one briefing before your wave time).

SWIM

5. Make sure you arrive at least 20 minutes before your allotted swim time to poolside to collect your timing chip. The swim is 200m (8 lengths) for novice or 400m (16 lengths) for sprint. Make sure you count your own lengths!

CYCLE

6. Your bike route is ~11km for Novice (one lap) and ~22km for sprint (2 laps).

RUN

7. The run is 2.5km laps (1 lap for Novice, 2 laps for Sprint). You will finish on the school fields with spectators cheering you across the line!

FINISH

8. Collect your well-deserved finishers medal and water. Relax and enjoy the rest of the day with friends and family. Don't forget to collect your bike from Transition before you leave! You will need your race number on to identify you as the owner of your bike.

Photo ID: To collect your race pack

Swimsuit or Tri Suit

Swim Hat: This is given to you at registration in your Race pack (specific colours depending on your race number)

Towel: Only needs to be small to wipe the dirt off your feet before the bike

Bike: Mountain or road bike

Helmet: You won't be able to race without one so make sure it fits securely

Number Belt: For wearing your race number, no need for safety pins (optional)

Water: You will appreciate this when cycling

Appropriate Shoes: For the bike and the run

Extras that may help:

Lubricant: To stop chafing

Elastic Laces: No need to tie your shoes, save time in transition

Bag: For all your kit in transition



Timings on the Day

Pre Registration - (optional) - Day before the event

15:00 - 17:00 Race registration and race pack pick up.

Also a chance to ask any final questions you may have

Event Day Timings - May Day

06:00 Car Park and Registration opens

07:15 Race Briefing 1

07:30 Sprint Waves Start

08:30 Race Briefing 2

09:30 Race Briefing 3

10:30 Race Briefing 4

11:30 Race Briefing 5

11:45 Novice Waves Start

13:30 Children's Race Briefing

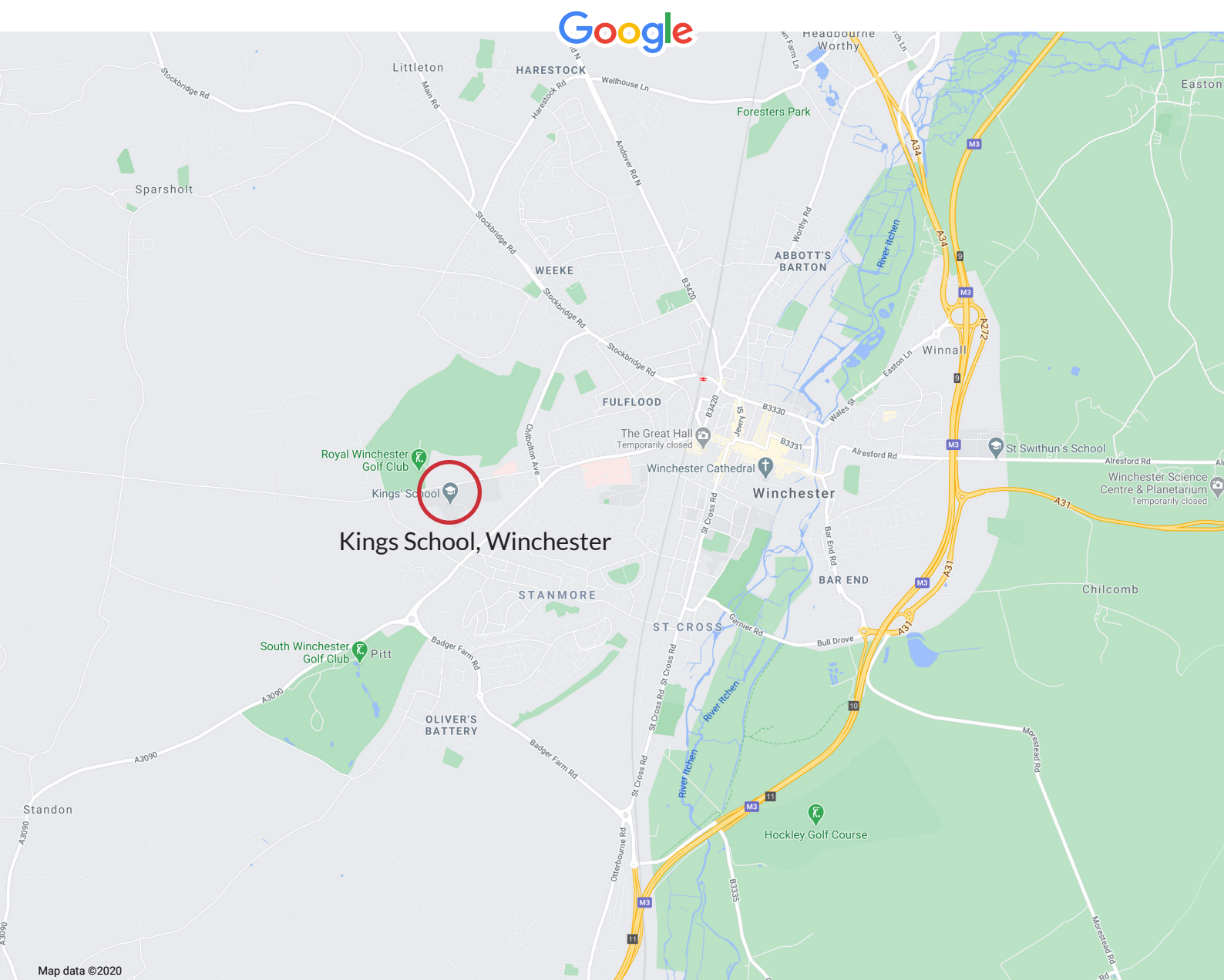
14:00 Children's Waves Start



How to Get Here

From the M3

- Take Junction 11 Exit to Winchester S&W A3090
- 0.2 miles - At the roundabout take 2nd exit onto Hockey Link/A3090
- 0.9 miles - At the roundabout take 2nd exit onto Badger Farm Rd/ A3090
- 0.5 miles - At the roundabout take 2nd exit to stay on Badger Farm Rd/ A3090
- 0.5 miles - At the roundabout take 2nd exit onto Romsey Rd/ B3040
- 0.1 miles - Turn Left onto Kings Rd
- Follow signage for Triathlon Car Parking



You should aim to rack your bike at least 1hr 30 minutes prior to the start of your race. We suggest you do this straight after you have been to the Registration area.

You will have a kit check from our race officials when you enter Transition, so please have your helmet on and strapped up, and your race numbers showing on your bike and helmet.

Bike racking won't be numbered, so it is entirely up to you where you rack your bike; but please remember to re-rack it in the same place when you enter transition during the race!

While in the Transition area you should familiarise yourself with where the Swim In/ Bike Out/ Bike In/ Run Out entrances and exits are, and plan the routes you will take.



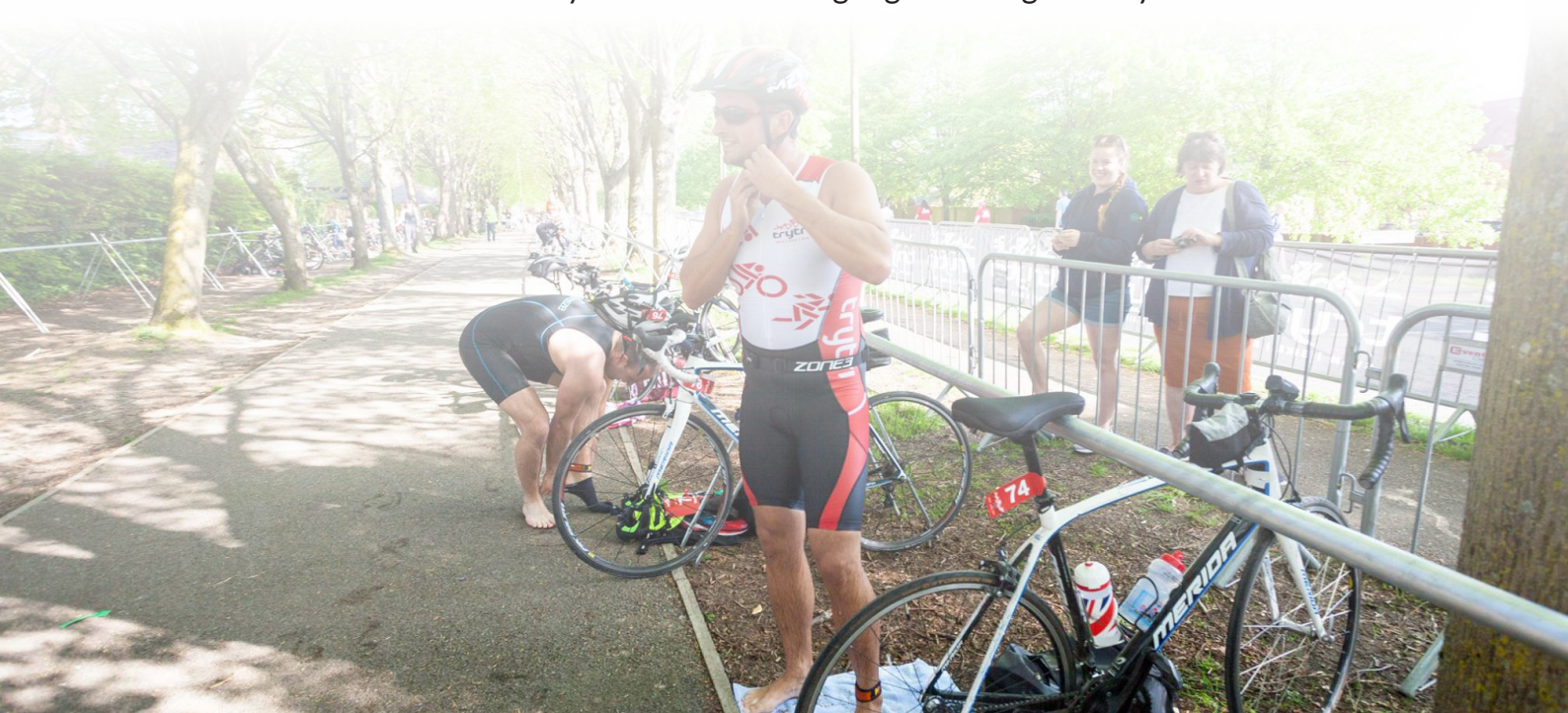
REMEMBER:

Transition is for competitors only, you are not allowed to mark your position in transition in any way that gives you an advantage over another competitor, and please have consideration for other participants who are racing.

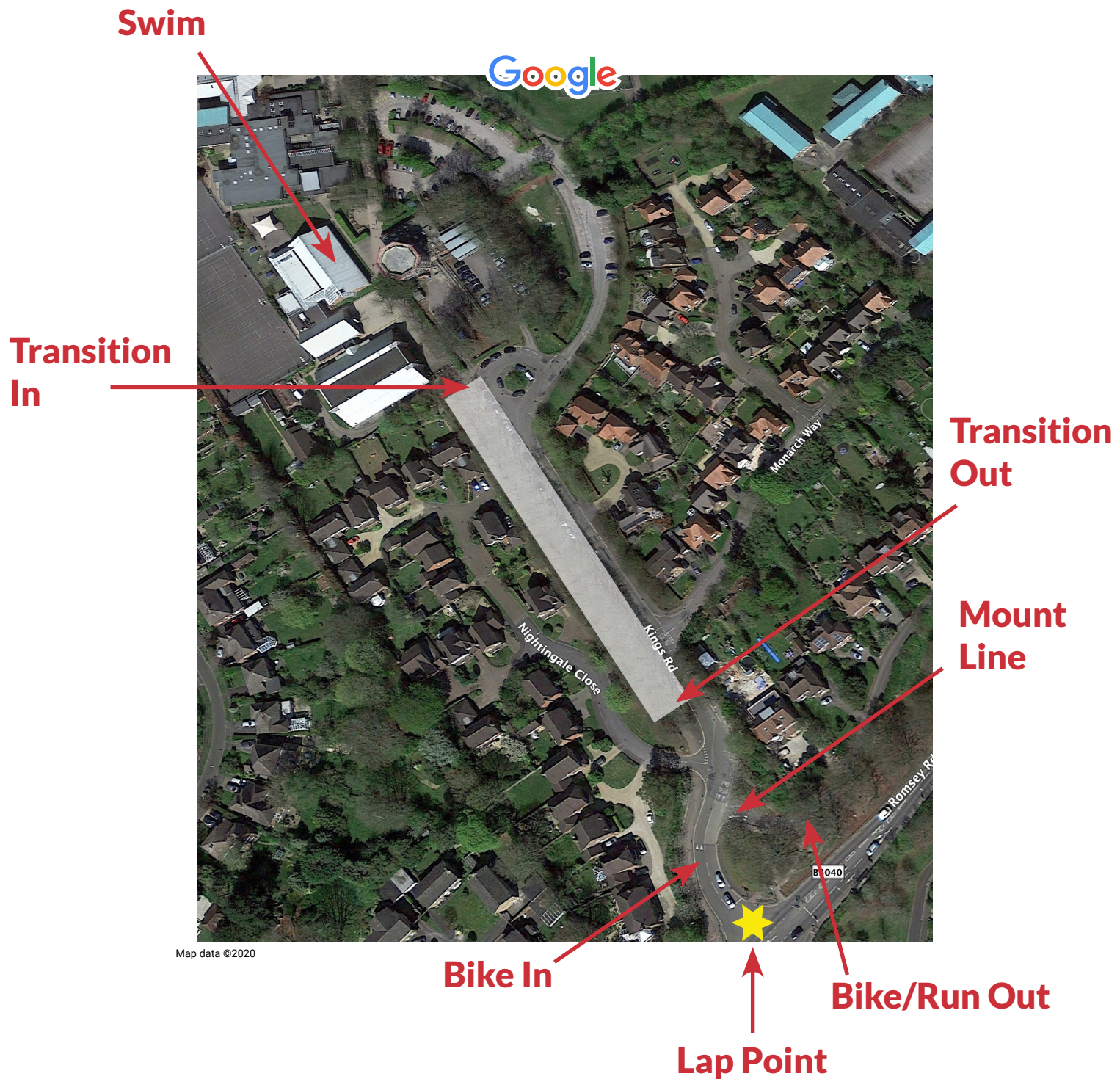


Top Tips

- Helmet straps open across your handlebars
- Shoe laces undone and shoes pulled open
- Make sure any water bottles are full and placed in your bottle cage
- Pin your race number to your belt or shirt
- Place your towel on top of everything to prevent blowing away
- Double-check that your bike is in the right gear to begin the cycle



Transition



You Should aim to rack your bike straight after you have been to the Registration area.

You will have a kit check from our race officials when you enter Transition, so please have your helmet on and strapped up, and your race stickers showing on your bike and helmet.

Rack your bike using your saddle (our friendly team can help if you're not sure how); lay all that you need underneath it. You can leave a bag or box in transition with your bike to put everything in but make sure you attach your sticker to it.

You will need to report to the Pool Side 20 minutes prior to your race start, to receive your timing chip. Make sure you are wearing your event swimming cap and goggles, so you are ready to go. Make sure you have warmed up prior to your race.

Course

It's 200m (8 lengths) for the Novice and 400m (16 lengths) for the Sprint. You will be assigned a swim hat colour and a lane. Make sure you line up in the correct lane on pool side. There will be 4-5 people per lane and you will be set off in 8-10 second intervals (the pool marshals will help you with this). It is your own responsibility to count your lengths.

Overtaking

If you feel you are significantly faster than the person in front, tap on their feet gently to indicate you would like to overtake. The swimmer will stop for you at the end and let you pass. Please be patient if it doesn't work first time, they may not have felt your tap.

Swim Stroke

You can swim either front crawl or breaststroke.
Please do not use backstroke as you may be mistaken for someone who is in trouble.

Swim Exit

Once you have completed the correct amount of lengths please exit the pool carefully and walk towards the exit - there is a 50m flat run to get to transition



Bike

It is your responsibility to bring a bike which is road worthy for your own safety and the safety of fellow competitors. A mountain or road bike would be suitable.

Helmets

Are mandatory. You must put your helmet on and have it strapped up before you touch your bike and do not remove your helmet until your bike is back in its racking position.

Race number

Should be on your back facing backwards during the cycle.

Mounting/ Dismounting

No cycling is permitted in Transition itself. You must get on your bike after the 'Mount' line, and must get off your bike before the 'Dismount' line. Marshals will help remind you of this.

Transition

When you return to Transition after the cycle, make sure you rack your bike in its original position.



The Cycle Route

You will leave transition through the Bike Out and mount between the bollards on the road. There will be a marshal to direct you. The course is anti clockwise.

Novice

Complete a ~11km single lap.

Sprint

Complete 2 laps of the ~11km Loop.



This is where it all ends! Run out of transition through Run Out. Enjoy the scenery on your way round. When you have completed your correct amount of laps then you can head for the well deserved finish line. The run route is in GREEN below

Course

A combination of grass paths, road and trails. An undulating run around the school for the 2.5km Lap. Its not going to be easy but it will be fun!

Race number

Should be facing forwards during the run.

Take Care

As with any trail run there are some uneven surfaces so take care while running.

Laps

Novice 1 lap | Sprint 2 laps





Finish

You will be met by our fantastic volunteers who will hand you your well-deserved medal and water. Relax & enjoy the location and celebrate completing the Winchester Triathlon!



Results

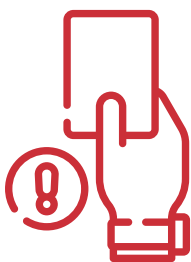
Full splits will be available on the website www.trytri.co.uk.



Transition Check-out

You will need to show your race number in order to collect your bike from the Transition area. Once you have collected your things you won't then be permitted back into the Transition area.

Please collect your bike as soon as transition has been reopened after the last competitor has finished.



Additional Rules

- Personal stereos, MP3s, iPods or equivalent are not permitted at any point during the race
- It is advisable not to wear jewellery
- You are not allowed to mark your position in transition in any way
- Your cycle helmet must be fastened on your head before you touch your bike and remain fastened on your head until your bike is back on the rack.
- No nudity in transition





Baggage Facilities

We recommend that you arrive ready to race. There will not be any baggage storage facilities. You will be able to leave a small number of items in Transition but all personal belongings are left at the owners risk.



Catering

There will be “The Good Stuff, Proper Coffee” at the event, selling hot and cold drinks and snacks in transition and Baker and White at the finish area.



First Aid

Medical and first aid facilities will be located at various stages throughout the course. If you need medical assistance at any point, please notify a marshal immediately and they will be able to call for assistance. If you do feel unwell on the day or have been ill in the lead up to the event, please consider carefully if you are fit to compete.



Littering

Please be aware that the event is taking place on a private site and it is essential we respect the environment. Please use the bins provided or take your litter home with you. Lost/ Found Property - Please visit the Race HQ located in the main hall.



Toilet Facilities

There will be toilets located on site, within the main sports building.



Water Stations

There will be no water stations on the run or cycle course. We recommend you bring your own bottle of water to have in Transition and in a bottle cage on your bike for the cycle leg. There will be water supplied at the finish line.

Children's Triathlon

This is a mini version of the main triathlon which is designed to be FUN and inclusive for all. It is for ages 8-14 years old and has only one distance.

- Swim 100m (4 Lengths), Cycle 2km (4 Laps), Run 1km (1Lap)
- Your child will not need any specialist equipment.
- A mountain bike or road bike will be suitable.
- You will not be allowed into transition to help your child, there will be dedicated marshals to help with their bike.
- There is a changing area for your child to leave trainers and clothing to change into after the swim before running to transition.
- Results will be available that evening
- Specific wave information will be emailed out a couple of days before the event, with their individual wave times.

Registration from 12:00 - to collect race pack with Swim hat and numbers

Briefing - 13:30, First Wave - 14:00

Run Route

Bike Route



Swim

Transition

Good Luck

Enjoy the race from all of us at TryTri!

Looking for your next challenge?

Check out ReesLeisure.co.uk for details of our upcoming events and virtual events!

Join us on



[Click here to join](#)



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