



Pendle Triathlon 2021 Festival

Competitors Race Pack

Pendle Triathlon – 400m Swim – 22km Bike – 5km Run (2 Laps)

Super Sprint Tri – 200m Swim 11km Bike -2.5km Run (1 Lap)

Start Times, Maps of Transition, the Cycle and Run routes are available here

<http://www.pendletriclub.co.uk/>

Arrive at least 1 hour before your start time to Register, Rack your bike and be changed, briefed and ready **on the poolside 15 minutes before your Swim**

0700 – Pool opens and Registration

0800 – First Wave

0830 – 0900 **Go-Tri Wave**

0900 - 1230 – Pendle Triathlon Sprint 2021 Waves

1030 – Team relay Wave

1115 Adult Registration / Racking Closes

1145 Junior Registration / Racking Opens

1205 – Elite Wave

1400 – All Events Finished - THE TIME-KEEPER'S DECISION IS FINAL

1430 – Presentations to made by **Stephen Fraser**

1500 – Take Down, Tea and Medals!

If any of the above is not enclosed in this information pack, or if you require any further information, please do not hesitate to email admin@pendletriclub.co.uk

Event Information

Parking

West Craven Sports Centre car park is closed for the day, as transition and spectators are situated there. There are parking spaces on the West Craven High School carpark uphill of the Sports Centre. Please avoid parking on the roadside and use surrounding car parks:

Get Orientated

The Site is compact but being used creatively this year. Please spend a few minutes orientating yourself with Registration, the Pool, Transition, Timing mats and Sports hall, as well as familiarising yourself with the routes. Maps and Routes are printed out in Registration and on the Poolside

Rules

The event has been organised by Pendle Triathlon Club, a registered club of Triathlon England.

The rules are here: <https://www.britishtriathlon.org/events/competition-rules>

Pendle Triathlon, Go-Tri are permitted with British Triathlon.

Registration

Please arrive 1hr before your start time and report to Registration, located in the Main building and accessed from the rear door of the Sports Centre from West Craven High School, or the Main Entrance.

Please take proof of **your British Triathlon Federation Membership, you will be charged a day licence fee of £5 if your membership card is not presented if you have not already paid for this.**

There you will be given your **Race pack, swim cap and Goody Bag.**

Inform the Marshalls if there are any changes in your medical needs since you signed the declaration and complete the Next of Kin / Medical notes on the reverse of your Race Numbers.

Listen to the **Race Brief (run every 5 minutes)**, then make your way to the **Transition Area**, where you need to show your **Race number**, before you can rack your bike and get set up for your wave. If you are very early, a Marshal will ask you to place your bike in the **Sportshall**, adjacent to Transition. You may take a box / gym bag into the area while setting up, but it must be left in the dedicated area in the Sports hall before you leave to start your swim.

We are operating a **Rolling Transition**, so please return to clear your bike and kit into the Sports hall or to your car, immediately after you finish your race. This will let other waves use the racking.

Clothes Storage and Changing.

There is ample locker space, showers and changing facilities at West Craven Sports Centre. Please be aware Pendle Leisure Trust does not accept responsibility for any items left unattended and not placed securely in a locker.

Race Numbers will be issued at Registration.

You will each receive 1 pin on numbers (**please provide your own pins or race belt**),

1 x Race Number 1 x Bike label which needs to be attached before racking your bike

After entering transition following your swim, race numbers must be displayed at all times, for the cycle your number must be on your back and for the run it must be on your front. Your race number must always be worn to enter the transition area.

You can purchase **** Tri/race Belts (all £5) from Registration. ** While Stocks Last**

N.B. If you have a **medical condition**, please mark both numbers with a red cross on the number and provide full details of your condition in ink on the reverse.

Please make your way to the small pool **15 minutes** before your start time to receive the **Swim Brief**, warm up and attach your **Timing chips**

Team Relays need the Velcro ankle bands, swapping over after crossing the Timing Mat in transition.

The Swim

Pendle Triathlon 400m 16 Lengths / **Go-Tri 200m - 8 Lengths**

Competitors need to make their way to the poolside **15 minutes** before their start time.

A **Pool Greeter** will be on the poolside to give you the **Swim Brief** and your **Timing Chip** – attach this to the Left Ankle. **Team Relay swimmers must use the Velcro ankle band** and swop these over in transition before the Bike is handled.

It is the **participant's responsibility to count their own lengths**, but **Lane Counters** are there to assist, indicating you have 2 lengths remaining.

The pool will be sectioned off into 4 lanes and you are expected to swim lengths as directed.

Tumble turns are permitted, so try to catch the Pool Counters eye if you have lost count!

Exclusions: Backstroke, wetsuits, calf and arm compression items are not allowed.

Overtaking: tap the feet of the person in front and pass them at the end of the length.

You can place suitable footwear to wear from poolside to transition. However, you must make yourself aware of the timing mats that may be triggered off by mistake if you place footwear to close.

The Bike: Pendle Triathlon 2 Laps, 22km / **Go-Tri, 1 Lap, 11km**

Cyclists will be required to provide themselves with protective headgear to A.N.S.I, S.N.L.L or B.S.I standards and must always be worn during the bike section.

Before touching your bike, and returning it when finished, please ensure that:

- You are wearing your Helmet
- Race number is visible on your back
- Your competitor frame number is attached to your cycle



Cycle instructions:

1. Follow the Yellow Signs
2. The circuit is all left-handed turns, ride straight on at all junctions unless directed by a marshal
3. Competitors must not be followed by people on bikes or in cars and must not receive assistance other than that from authorised Triathlon personnel
4. Pacing or drafting is **NOT** allowed – allow 10m between you and the bike in front
5. Follow the Highway Code – this includes stopping at any traffic lights if on red and to cycle safely. Failure to do so is both unsafe and will result in a hefty time penalty and possible disqualification.
6. If you witness an accident, please inform the nearest Marshal that you see.
7. Bike Marshals will have track pumps and basic tools for you to use if you have a mechanical. A Broom Wagon will also be driving the route on a regular basis.

The Run

Pendle Triathlon Sprint - 2 Laps, 5km / **Go-Tri – 1 Lap, 2.5km**

Follow the Red Run signs straight on, unless directed by a Marshall or arrow
Competitors must ensure that their run number is visible from the front during the run.



Pendle triathlon sprint only - You must run down the side and, around the back of transition and collect a wristband on completion of your first lap.

When returning to the Sports Centre run on the footpath.

The Finish

The finish line is in the car park of the sports centre, please follow the Marshals directions and run through the finish gantry and over the last chip timing mat.

Collect your Finishers Medal, Grab a Selfie in the Finishers Frame, have some fruit and water, then take a well-earned rest. Transition will be open until approximately 13:00 after removing your bike and kit on your way in!

Refreshments

Are available from the café in the pool spectator's area.

Water stations are located at the halfway point on the Run course, and at the Finish.

Medical Aid Supported by Outdoor Angels

First Aid will be available at the Sports centre and at the midpoint of the Bike and Run courses.

A water station will also be on the Run.

Weather

Unfortunately, we cannot book the weather for the event, so please bring warming or waterproof layers if there is adverse weather, and sunscreen / sun hats so you are safe and warm on the Bike and Run.

For Safety reasons, the Organisers reserve the right to reduce the event to a swim/run and will inform you at Registration if that is the case.

Final Preparation

On the day, remember to bring with you:

- Tri suit, Swimming trunks/costume, towel, sandals for the pool – transition run etc.

- Roadworthy bike, helmet, and clothing to suit the conditions
- Running shoes, socks, vest, waterproofs and shorts
- Warm clothing for after the event
- Triathlon England Race Licence/Membership Card
- Family, friends and a loud voice for cheering everyone on!
- Have a light, easily digested meal no less than three hours before your start time.

Updates

The Pendle Triathlon 2021 organisers will happily answer any of your questions on the day at Registration or contact the race organiser Stephen Fraser 07970427520 Pendletriclub@gmail.com

Please let us know if you are unable to attend at least 1 hour before the start of your race.

Enjoy your preparations and see you Sunday!

Pendle Triathlon 2021

Pendle Sprint Triathlon 2021

Take place from 14:00

Go-Tri

1st Male and Female

Pendle Triathlon – 14:30 Presented by Stephen Fraser

1st Local Finisher - Taken from Current PTC Members & those that live within 22 km radius of WCSC.

Cycle Safety Checklist

Competitors are asked to carry out the following checklist on their bike prior to the event.

Go Velo will have Bike Technicians available to assist in the morning – please arrive in good time if you have any minor problems that need sorting.

Marshalls will have track pumps when out on the ride that you can use if required.

- Frame**
 - Whether in track (wheels in line when straight)
 - For cracks in tubes or lugs

- Saddle**
 - For tightness of seat pillar in frame
 - For tightness of saddle fixing itself

- Handlebars**
 - For tightness of the handlebar stem in frame
 - For tightness of handlebars in stem

- Brakes**
 - that there is no wheel rotation when applied and clear rims when released
 - Tightness of fixing to frame
 - wear of brake blocks and tightness of fixing nuts
 - wear of cables
 - Tightness of fixing levels to the handlebars

- Bearings**
 - for play or tightness on the bottom bracket or headset (steering)

- Chain set**
 - tightness of chain wheel bolts and cotter less axle bolts if used

- Pedals,**
 - bearings
- Toe-clips**
 - straps are sound
- & straps**
 - fixing of clips for straps

- Chain** - for wear

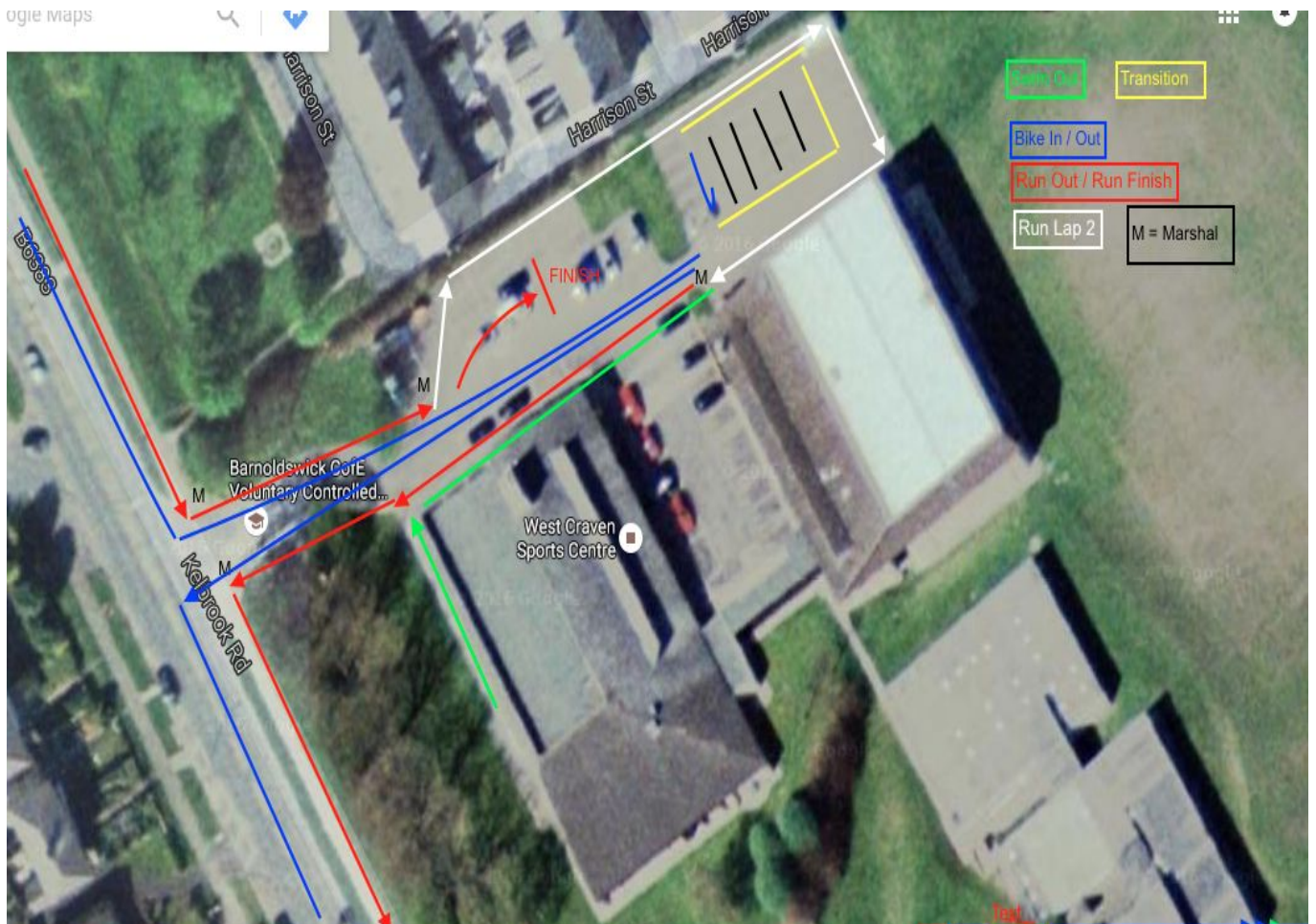
- Gears**
 - All fixings
 - Operation, particularly for over-shooting on top and bottom gears
 - Cables for wear
 - Free-wheel for smooth running and wear

- Wheels**
 - for true running
 - spokes for slackness and breakages
 - Bearings and fixing to frame

- Tyres**
 - inflated to correct pressure
 - tread for cuts, small stones and bulges
 - Tubular (if used) for adhesion to rims and spare tyre(s)

- Accessories**
- pump is firmly in place on bike
 - Tools and spare tyres are securely fastened
 - Bottle-cage(s) is firmly fixed to frame and fixing is not cracked

Transition Area



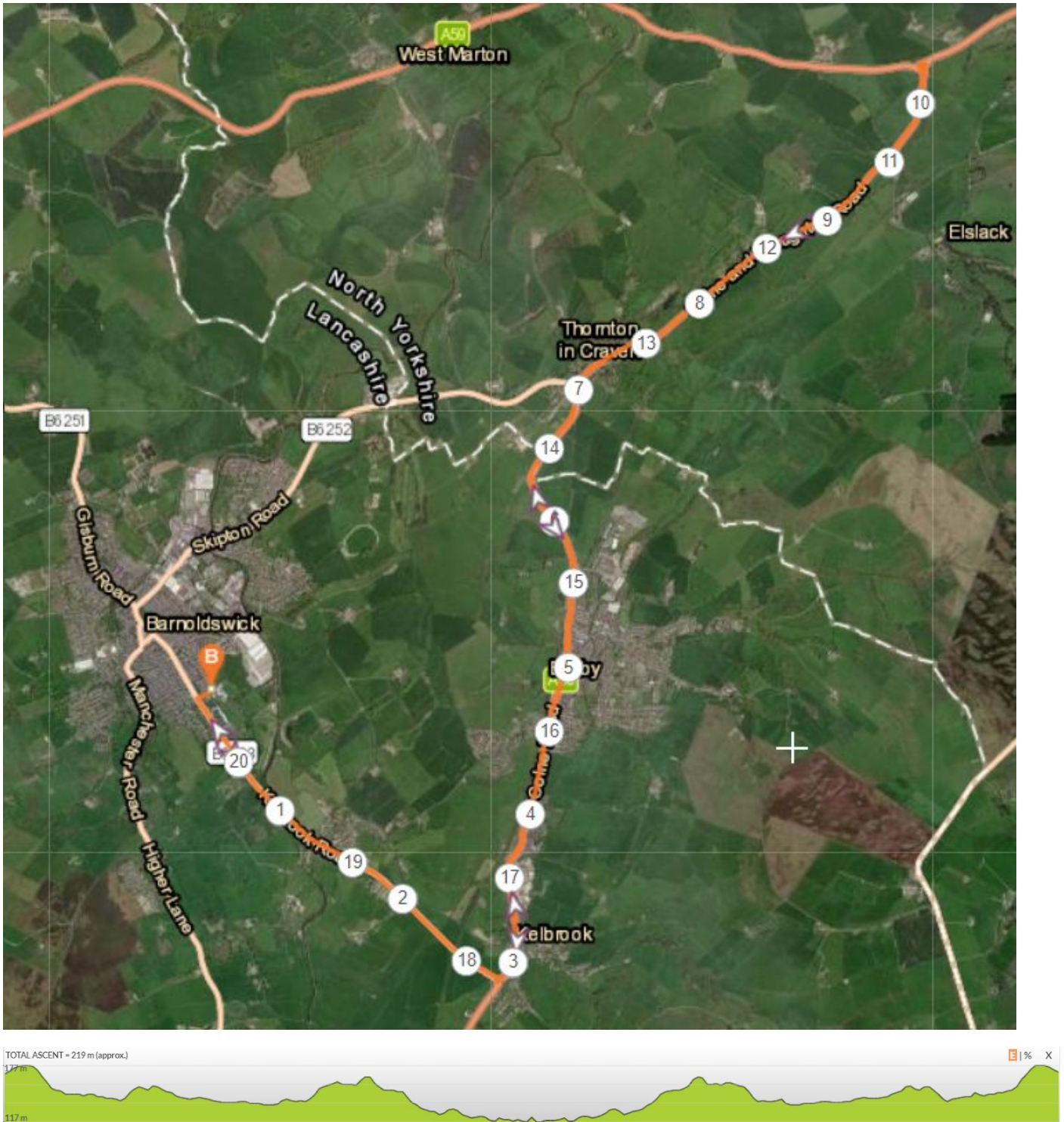
- Registration can be found located in the Main building and accessed from the rear door of the Sports Centre from West Craven High School, or the Main Entrance.
- The pool area and refreshment areas can all be accessed via the main entrance to the leisure centre.

The cycle distances are as follows

Pendle Triathlon 2021 – 20.5km Bike (Out&Back)

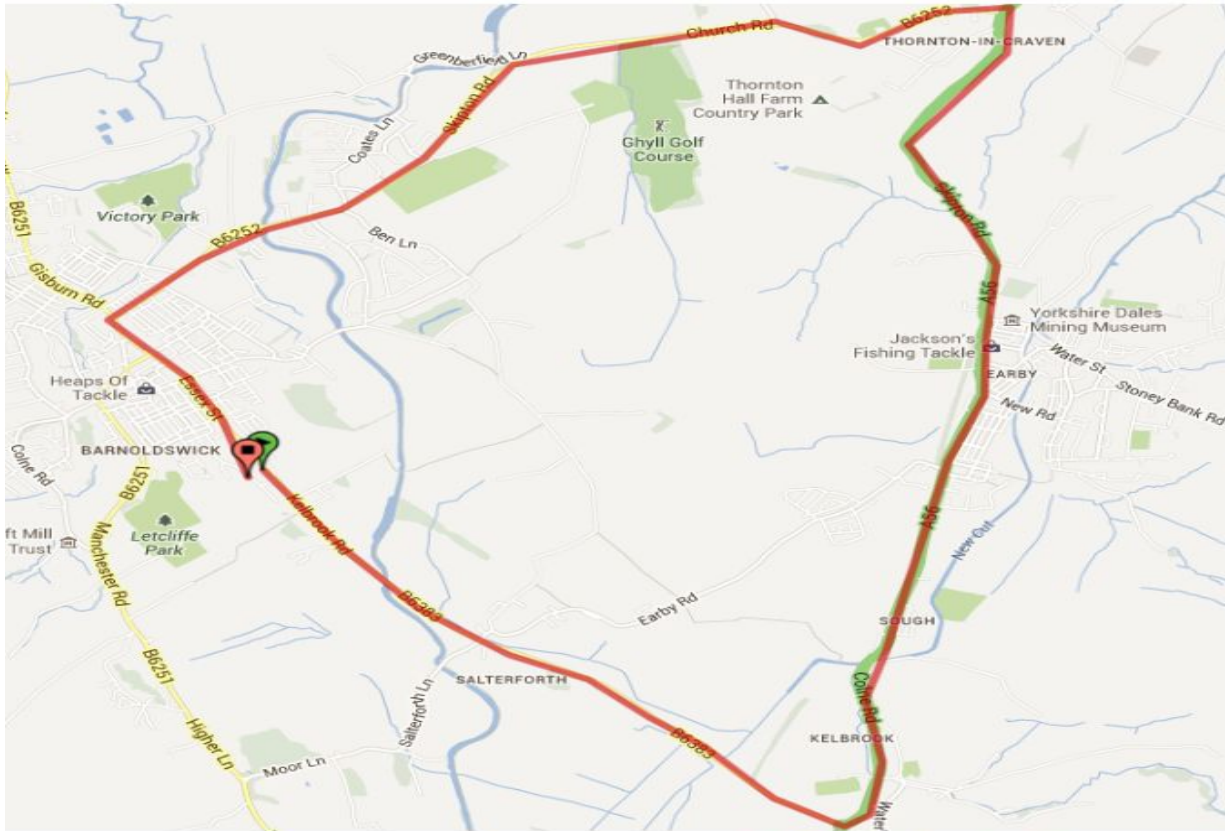
Go-Tri – 11km Bike – 1 Lap

Pendle Triathlon 2021 - 1 lap(out&back)



Cycle Route - Go Tri - 1 lap

Go-Tri – 11km Bike – 1 Lap



The run distances are as follows

Pendle Triathlon 2021 – 5km Run (2 Laps)

Go-Tri --2.5km Run (1 Lap)

Run Route – 2 laps or 1 Lap Go Tri



Pendle Triathlon 2021

Pendle Triathlon Club would like to thank all sponsors & support companies for their generous and continued support of The Pendle Triathlon Club.

