

Tadcaster Triathlon 6th May 2019

What time is the start?

The Tadcaster Tri is on Monday 6th May 2019.

The first swim wave goes off at 09:00 and the last around midday.

Your individual start time is on the EvenSplits site <http://www.evensplits.events/tadtri> (scroll to **START TIMES**)

Where is Race HQ?

[Tadcaster Community Swimming Pool](#)

32 Westgate

Tadcaster

LS24 9AB

Registration will be in the foyer of Tadcaster Community Swimming Pool and will open at **7:30am**.

Where can I park?

We suggest that you use the town centre car park off the A659 (entrance next to The Falcon Inn, 10 Chapel St, Tadcaster LS24 9AR). Roadside parking is available on the streets off Station Road, but do not park on Station Road as it is on the cycle route.

How do I register?

BTF members

If you have a valid British Triathlon (BTF) licence, you will need to show it at registration. If you do not have proof of membership with you, you will have to pay £5 for a day licence.

The following proofs of membership are acceptable as a race licence:

- Plastic membership cards,
- Digital membership cards shown on smart phone (or screenshots of these)
- Print outs of digital membership cards,
- Membership confirmation email from British Triathlon accompanied by photographic ID

Non-BTF members

You need a day licence, which costs £5. If you specified 'Non-BTF member' when you entered, this cost will have been included in your entry fee.

Your day membership is available to download here <http://www.evensplits.events/tadtri> (scroll to **DAY LICENCE**). You do not need to bring this with you on the day of the event as we have a record of those who registered as non-BTF members.

Once registered you will receive:

1. A race pack containing 2 race numbers, stickers for your bike, helmet, bags and a swim hat.

2. A timing chip and strap. You must wear the chip around your ankle throughout the event. Make sure that your chip corresponds to your race number (if not, report this to registration). You **MUST** return your chip after you cross the finish line. Anyone not returning their chip will be disqualified and liable for the cost of replacement (up to £20).

One race number must be displayed on your back while cycling, and the other on your front while running. Or you can attach one number to a race belt and move it from back to front when you move from the bike to the run.

Don't forget to bring safety pins (although we will have a supply if you do!).

Marshals located by the registration and transition areas will write your race number in indelible ink on your left leg and hand.

Where do I rack my bike?

Having registered you can now rack your bike in transition. This is situated at Coors Brewery car park on the junction of Station Road and the A659, about 400m from Registration.

You will need to attach your bike and helmet numbers prior to entering transition. No one except competitors and officials will be permitted into transition. Transition will be marshaled throughout the event. You must show your race number to gain access to and exit from transition.

Please give yourself plenty of time to rack your bike, sort out your kit and get back to the pool.

What is the route?

There is a 400m run from the pool to transition. Watch out for pedestrians on the footpath from the pool and take care crossing the road to transition.

The bike route can be viewed here: <https://www.mapmyrun.com/routes/fullscreen/2456726416/>

The run route can be viewed here: <https://www.mapmyrun.com/routes/fullscreen/2456707036/>

What are the swim rules?

Swim start times have been published on the EvenSplits site <http://www.evensplits.events/tadtri> (scroll to **START TIMES**). Your swim wave is based upon your predicted 400m time, with slower swimmers going earlier and faster swimmers starting later.

Each swim wave consists of 24 swimmers across 6 lanes (4 swimmers per lane). The 4 swimmers in each lane will be started at 5 second intervals.

You will swim 16 lengths of the 25m pool. Lane marshals will count your lengths and give you a signal when you have 2 lengths remaining.

You must be poolside 15 minutes before your swim wave start in order to hear the race briefing from the Swim Director. If you miss your race briefing, you will not be allowed to enter the pool and will have to wait until the next wave that has an available swim slot.

Tumble turns are permitted.

If you wish to overtake the swimmer in front of you, touch his/her toes to indicate this. If the swimmer

behind you touches your toes, pull up at the end of the lane to allow the faster swimmer to pass.

What are the bike rules?

You must put on your helmet before you take your bike from the rack in the swim-cycle transition. You must not remove your helmet until your bike has been racked in the cycle-run transition. BTF race rules require that a cycle helmet is worn throughout the bike stage.

British Triathlon (BT) rules on drafting will be followed. Competitors must be 10 meters behind the rider in front unless they are passing which must be done within 20 seconds. A copy of the drafting rules is available here <http://www.evensplits.events/tadtri> (scroll to **DRAFTING RULES**).

Motor cycle marshals will patrol the cycle route and award for penalties including disqualifications for infringement of the rules. These rules also include dangerous riding which results in automatic disqualification.

After completion of the cycle section of the course, competitors must dismount their bikes at a marshalled dismount line and run into transition.

Cycles must not be ridden in the transition areas. You must mount and dismount within the designated areas immediately outside the transition zone.

During the event, all roads will be open to normal traffic. You must follow the Highway Code. Cycle on the left: if you are overtaking a slower rider, pull in as soon as you have passed.

Remember that you will not have priority at junctions and must therefore follow all normal traffic signs, especially GIVE WAY and STOP signs. Please be particularly aware of horses and riders: if you do encounter them, please make them aware of your presence by shouting "Rider on the right", then slow down and give a wide berth.

Any cyclist who is reported by marshals, officials, police, other road users, competitors or spectators for riding dangerously or without due care will be disqualified without appeal. Dangerous riding includes (but is not limited to) riding in the centre or on the right side of a road, cutting across the centre white line at a junction, or failing to obey a marshal's instruction.

What are the run rules?

Competitors do not have right of way on the run course.

The route includes sections on footpaths and pavements alongside the A659 and in the town centre. Please watch out for pedestrians and other road users and follow all marshal instructions. Remember to give horse riders a wide berth; when approaching from behind, shout to make them aware of your presence.

Use of headphones in conjunction with a phone or MP3 player is strictly forbidden and will result in immediate disqualification.

Are there aid stations?

There are no aid or fuel station on the bike route. There is one aid station, supplying water, in transition.

There is a second aid station, supplying water, in Newton Kyme; approximately 2.5km into the run

stage.

You may wish to carry your own drink bottles, gels etc.

Please dispose of any rubbish responsibly (bins will be provided approximately 100 metres after the run aid station and marshals will have bin bags too). The race is held in a rural area and thoughtless littering may impact upon our ability to stage the race again in future. Anyone seen deliberately littering will be disqualified from the race.

What's at Race HQ?

- Registration
- Toilets
- Changing
- Showers
- Food and drink on sale
- Massage provided by Alison Jackson

There are toilets at Race HQ, including disabled facilities. There are no toilets on the course.

Where can I find photographs?

Race photographs are available for you to download free of charge, to share with your friends and family. Our official photographer, Wildman Media, will be positioned in various locations around the course, so make sure you give a big smile when you see the camera! Images will be tagged with your race number and name a day or two after the event at <https://www.wildman-media.com/events>.

Feel free to share your own photos too in the [Facebook event](#).

What do I get when I finish?

You will get an EvenSplits triathlon medal, a buff and some post-race nutrition (i.e. chocolate) too!

What are the prizes?

Prizes will be awarded to the first 3 men and first 3 women.

Where will I be able to see the results?

A printout of your results will be available at the finish line with your swim, bike and run splits.

The full results will be published at <https://racebest.com/results/tadtri> as soon as possible after the race.