

**Clacton Senior**  
**Children's**  
**Off-Road**  
**Duathlon 2019**

*In Aid of the Brain & Spine  
Foundation*

*Sanctioned by British Triathlon*



**Saturday 7<sup>th</sup> September**

*Holland Haven Country Park  
Holland on Sea, CO15 5TU*



**Competitors Race**  
**Information Pack**

**Tristar 2 (11 & 12 yrs\*)**  
**Tristar 3 (13 & 14 yrs\*)**

**Registration: 11.30am until 2:15pm**

**Competitors' Briefing: 2:25pm**

Chip Timing by StuWeb Race Timing



Kindly Supported by

**Tendring**  
District Council



Welcome to the Clacton Triathlon Weekend 2019, our 21<sup>st</sup> Anniversary, in aid of the Brain & Spine Foundation. This is a Charity weekend of events so we ask that you make a real effort to gain sponsorship - [Please download a Sponsorship Form from our website](#). The Triathlon Weekend is based in the district of Tendring best known for its seaside resorts of Clacton, Frinton and Walton. It makes an ideal setting for our events, including the now almost unique open water sea swims for the Clacton Triathlons. The races have been sanctioned by British Triathlon and an independent Eastern Region Technical Official will be in attendance.

**Getting Here** – Clacton is easily accessible from the A12 from either London or Ipswich. Turn off the A12 at the junction for A120 in the direction Clacton/Harwich and from the A120 at the junction for the A133 to Clacton. Then simply follow the signs for Clacton Town Centre and then the seafront. On reaching the seafront turn left and follow the road along the seafront to its end in Holland on Sea where, at the roundabout, signs will direct you to the car park.

**The nearest post code to the Country Park is CO15 5TU. Once you see our signs directing you to the car park please follow them rather than your Sat Nav.**

Tendring District Council have kindly agreed to suspended the car parking charges for the Triathlon Weekend for competitors and their spectators; although we will be very grateful for any donations in our Brain & Spine Foundation Collecting Boxes throughout the event!

**REGISTRATION FOR THE CHILDRENS' SENIOR DUATHLON WILL BE FROM 11.30am UNTIL 2:15pm.**

**Race briefing is at 2:25pm.**

**Tristar 2 Race begins at 2:40pm**  
(11 & 12 Years \*)

**Tristar 3 Race follows immediately at approximately 3.30pm**  
(13 & 14 Years \*)

(\* Ages as of 31<sup>st</sup> December 2019)

At Registration you will be issued with your race numbers, a race bag and your unique Electronic Timing Chip and ankle band. The 'Chip' must be worn on the LEFT ANKLE for your time to be recorded as you travel over the various timing mats during the race.

British Triathlon Home Nations members will be required to produce proof of their membership at registration. The following forms 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

Alternatively, a day licence will cost £1. Non-members of British Triathlon have already purchased their day licence as part of their entry fee and this will be supplied in their race bag.

Approved hard shell helmets will be compulsory and must be in a good state of repair. Your helmet will be checked on entry to the transition following registration. As a condition of entering, you accepted all responsibility for the standard and state of your race helmet. Remember – NO HELMET; NO RACE. We have received advice from British Triathlon that all cycle helmets to be used in the race must comply to the standards laid out in the rules (Snell, ANSI, BS) to ensure the safety of all competitors. Any helmet which does not meet the standard (such as novelty helmets) either by evidence of stickers in the shell or having been made by one of the major manufacturers, will mean that the competitor who's helmet it is will not be allowed to participate in the event. Please ensure you have a rule compliant helmet before the day of the race. If you have any doubts about whether your child's helmet meets the required standard please refer to its manufacturer's website or helpline for more details.

Under British Triathlon rules the strap, when done up, must be a snug fit with space for no more than two fingers between the strap and chin. If you do not ensure your helmet strap is tight enough the technical official will stop you during the race and you will be required to tighten it regardless of how long this takes.

In your race bag, given to you at Registration, you will find numbered stickers for your helmet to help the Marshals in identifying you; they should be **placed on the front and each side of your helmet**. One sticker is for your bike crossbar and ensures that only you leave the Transition Area with your bike after the race. Your race number should be presented and checked against the cycle number before you remove the cycle from transition following the race.

**Race Numbers** - You will be issued with one race number. **Do not cut or fold these race numbers as penalties will be issued for number mutilation.** Elastic Race Belts for race numbers are permitted and, if used, your race number must be clearly visible from the FRONT for each run section and from the BACK during the bike section. If you are **not using a Race Belt** then your Race Number must be visible from the FRONT for the duration of the race. Safety Pins will be available at Registration to enable you to fix your Race Number to your shirt.

**Transition** - Please rack your bike in the transition area as directed by the marshals; your equipment must be kept within your own racking space and not encroach upon any other competitor's equipment. Please remember you are not allowed to mark your space in transition in any way and this includes tying or hanging items on the racking. Only competitors and officials will be allowed in the transition area – **No Parents or Carers are permitted in Transition.**

# Tri Star 2



# Tri Star 3



## Run Course – No.1

**Tristar 2 = 1600m;**

**Tristar 3 = 2000m**

The first run section is a flat straight out and back course. The race start will be on the lower promenade - Tristar 2 just past the Haven Café and Tristar 3 further along the promenade 400m closer to the Radar Tower and virtually below the finish line – the start points will be signed. The run route proceeds along the lower promenade of Holland Seafront from Holland Haven towards the Pier to a point adjacent to Brighton Road where a marshal will direct runners up a slope to the upper promenade for the return leg of the run to bring Competitors back to the Triathlon Control and Transition Area. The run routes will be fully marshalled with all competitors in sight of a Marshal at all times to comply with the rules of British Triathlon concerning children's races.

## Bike Course

**Tristar 2 = 4 Laps; Tristar 3 = 6 Laps**

[See above, as well as the last page, for a pictorial view of the Bike Course]

The Bike course is best suited to Cyclocross, Hybrids or Mountain Bikes.

The bike course is on grass and tarmac. The route utilises the Holland Haven Country Park Greensward and a tarmac loop around the Holland Haven Area. The road sections of the race will be closed during the races. The course has technical elements - three reasonably tight turns that competitors will need to negotiate each lap and a shallow hill to climb; marshals will be situated at all these turns as well as others along the course. Other than the tight turns the course is fairly simple and is well sign posted and marshalled; again competitors will be in sight of a Marshal at all times. We recommend that competitors walk the course in advance of the race to make themselves familiar with the tight turns and the points that the course descends and ascends.

### It is the competitors' responsibility to count their laps.

Remember your helmet must be on and fastened before removing your bike from the racks in transition, and your bike re-racked before your helmet is un-fastened and removed.

No drafting will be permitted (gaining unfair advantage by using the slip-stream of a competitor in front). All bikes must be roadworthy and left in transition in 1st - 3rd gear as the exit from transition is on grass and some competitors have had problems in previous years.

Please note that British Triathlon do not permit the use of Tri-Bars in youth races on grass and bar ends must be covered (the ends of the handle bar tube are plugged or taped over).

## **Run Course – No.2**

**Tristar 2 = 600m;**

**Tristar 3 = 800m**

This short run section takes competitors from the sea side of the transition area, turning RIGHT (away from the finish line) and down a slope to the lower promenade – Tristar 2 competitors will be directed down one slope whilst the Tristar 3 competitors will be directed further along the top promenade and down the next slope. Competitors then run **towards the Radar tower along the lower promenade** before ascending on a gravel track to the upper promenade and the base of the Radar Tower before turning back on themselves towards the finish banner on the top promenade beside the Transition area.

**Both Run and Bike courses will be covered in detail at the briefing, so it is important that you attend to avoid navigation errors!**

NO PACING BY NON-COMPETITORS WILL BE PERMITTED. Parents and supporters should note that it is not permitted to coach or pace any competitor. Shouted instructions also distract competitors and disturb their focus on the race and could result in the competitor being disqualified.

Statement from Triathlon England about parental and support conduct for children's and junior races:

*'Triathlon England appoints technical officials who are qualified and experienced to make decisions in order to ensure the event is both safe and fair. Whilst issuing penalties is a last resort, if the technical official makes the decision to do so it is because an infringement of the rules has taken place. Some penalties do have a right of appeal and there is a process for doing this however Triathlon England does not tolerate any form of verbal appeal to the technical official especially when it leads to the official being the subject of aggression or verbal abuse. If a child receives a penalty the technical official will explain the circumstances to you should you require this and will explain if there is a right of appeal as well as the mechanism involved. Please remember the poor behaviour of parents or supporters can lead the disqualification of the athlete even after the race has finished. Triathlon England supports its volunteer technical officials who give up their time to make sure safety and fairness prevail and asks that you do too.'*

## **Presentations & Results**

There will be medals awarded to every finisher and trophies for the winner and runner-up in each age group:

**Tristar 2 (11-12yrs)** Girls - Winner and Runner-Up; Boys - Winner and Runner-Up

**Tristar 3 (13-14yrs)** Girls - Winner and Runner-Up; Boys - Winner and Runner-Up

The presentation of awards will take place at approximately 4.30pm after the conclusion of the race.

**Tri 'N' Swim Well** are a swim coaching specialist based in Rochford in their state of the art Endless Pool swim coaching facility. We are delighted that will be with us one again for the entire Clacton Triathlon Weekend. If you have some questions about open water swimming or your freestyle technique in general, please pop along and have a pre-race chat with them. If you have some swimming footage of yourself on video, they will also be happy to take a look and offer free advice.



Stockists of Huub and Orca wetsuits, they can also give you expert fitting advice and even allow you to 'Try before you Buy'. They currently have a sale on wetsuits until the End of September.

If you have any last minute accessories to buy, they will have race belts, goggles and triathlon bags for sale throughout the weekend.

They are offering Wetsuit Hire for our events @ £25 – just let them know your height and weight to book your suit.

They also have kids tri suits available on their online store @ £29 (instead of £49) -

<http://www.trinswimwell.co.uk/accessories/junior-tri-suit1>

Save postage by collecting any orders from their stall onsite.

For more information on their services visit [www.trinswimwell.co.uk](http://www.trinswimwell.co.uk) or email [trinswimwell@gmail.com](mailto:trinswimwell@gmail.com) or give them a call - contact Gill on 07919205498, Dawn on 07533353228

## **Eat Natural - Simple... isn't it?**

We are delighted to be associated with local company Eat Natural and thank them for agreeing to support us and the Brain & Spine Foundation. Their cereal bars are full of healthy natural ingredients to provide an energy packed snack for that boost before training or racing. For more information visit [www.eatnatural.co.uk](http://www.eatnatural.co.uk)



**Simple... isn't it?**

If you have any queries or questions relating to any of the enclosed information, please do not hesitate to contact the Race Co-ordinator, Simon Kedge on 07966 671722 or email [duathlon@clactontriathlon.co.uk](mailto:duathlon@clactontriathlon.co.uk) and he will endeavour to assist you.

On behalf of the Clacton Triathlon team we would like to wish you well with your race and hope you have a safe and enjoyable event whether a novice or experienced athlete alike.

Regards and happy racing,

Jonathan Martin - Race Director

Published: 20<sup>th</sup> August 2019

