

Clacton Off-Road
Super-Sprint
& Sprint Triathlons
2019

*In Aid of the Brain & Spine
Foundation*

Sanctioned by British Triathlon



Saturday 7th September

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



Competitors Race
Information Pack -

Registration: 7.00am until 8:00am

Competitors' Briefing: 8:05am

Chip Timing by StuWeb Race Timing



Kindly Supported by

Tendring
District Council



Welcome to the Clacton Triathlon Weekend 2019, our 21st 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 race is 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!

Accommodation – For information on staying in Clacton please contact the local tourist information office on 01255 686633. There is also a [Premier Inn](#) on Clacton seafront or a [Travelodge](#), in the centre of Clacton. There will be limited spaces available for competitors to camp on the Friday and Saturday nights in a grassed sheltered camping area at the race site. Places will be allocated on a first come, first served basis, and all enquiries should be to Race Director, Jonathan Martin on 07980 695185 or by e-mail at: info@clactontriathlon.co.uk

**REGISTRATION FOR THE SUPER-SPRINT / SPRINT TRIATHLON WILL BE FROM 7:00am UNTIL 8:00am
LATE REGISTRATIONS WILL NOT BE ALLOWED.**

**Race numbers will be issued at registration on race day.
Heat numbers and Individual Start times will only be available to view on race day.**

Race briefing is at 8:05am

Super-Sprint start is at 8:30am

Sprint start follows at approximately 8.55am

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 £5. 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. 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. If you fail to do so you will be disqualified. Please also note the British Triathlon ruling that front zips on tri-suits must remain fully zipped up at all times during the race unless there is underneath a top covering up to the neck; in any case the suit must be completely fastened during the final 200m of the run (or on the finish straight.)

In your race bag you will find numbered stickers for your helmet and saddle stem to help the Marshals in identifying you. **The small sticker should be placed on the front of your helmet and the long sticker folded in half as it is wrapped around your saddle stem so the number is to view behind your saddle.** The saddle stem sticker also 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 two race numbers, which must be clearly visible from the FRONT for the run section and from the BACK during the bike section. **Do not cut or fold these race numbers as penalties will be issued for number mutilation. Elastic Race Belts for race numbers are permitted.** Safety Pins will be available at Registration to enable you to fix your Race Number to your shirt or race belt.

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 (including wetsuits) on the racking. No boxes are permitted to be left in transition; only small soft bags that are no bigger than your allotted racking space; A bag drop area within transition will be available to leave items away from your racking space. Only competitors and officials will be allowed in the transition area.

The Clacton Super-Sprint and Sprint Triathlon bike course has been classified as an Off-Road course by British Triathlon. There is NO restriction on bike type. Mountain Bikes or Hybrids are recommended; road bikes would be liable to damage due to some of the course terrain.

British Triathlon Rules - You are recommended to familiarise yourself with the British Triathlon rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence! For more information on the rules see the BRITISH TRIATHLON website www.britishtriathlon.org or phone the BRITISH TRIATHLON on 01509 226161.

Prizes - The presentation of awards will take place shortly after the race has finished.

Super-Sprint

1st Male; 1st Male Youth
1st Female; 1st Female Youth

Sprint

1st Male; 2nd Male; 1st Male Veteran
1st Female; 2nd Female; 1st Female Veteran

In the Sprint race, if any Veteran finishes in the top two places they will be awarded the respective 'Overall' trophy and the next Veteran to finish will be awarded the respective Veteran trophy. There is an award for the 'Best Combined Time' for those entering both the Off-Road Sprint Triathlon on the Saturday and the Standard Triathlon on the Sunday. The presentation of awards will take place next to the transition area, as soon as possible after the race is completed. Provisional results will be available on the [StuWeb website](#) after the race and fully verified results will be posted on the Clacton Triathlon Website a few days after the race.

Swim Course

Each Swim course is point-to-point swim starting a short distance south-west of the Transition Area, along the promenade towards Clacton Pier. The Super-Sprint will start on the beach approximately 500m from the transition followed shortly afterwards by the start of the Sprint triathlon a further 350m along the promenade.

A trailer will be available at the swim start for you to deposit any clothes/footwear that you wear to the starting point. Please use the numbered plastic bag, found within your race bag, for this purpose. DO NOT put any items in your bag that you require during the race; the trailer will be towed back to the Transition area during the race for you to collect your belongings after you have finished.

Most of the swim is tide assisted, however the first and last 50m will be cross tide, but at no time will competitors have to work against the tide. Competitors will start the swim in waves, departing at 10 minute intervals. The time between heats is also subject to increase as dictated by the Coastguard officers covering the swim along with the RNLI lifeboats on the water, dependant on the conditions on the day.

As part of our swim safety plan, you will find a coloured numbered swim hat in your race bag. You will not be allowed to swim without this numbered swim hat; you will be checked into the water at the start and out again at the finish – your numbered swim hat will be collected from you by the Swim Safety Officer as you exit the water as a double check of those left in the water.

The sea temperature is very warm this year, but usually wet suits are made compulsory. However, the sea may still be warm enough on the day to give you the choice, but be prepared to wear a wetsuit.

Rescue Boats and Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn onto your back and raise one arm; a rescue craft will then come to your assistance. **DO NOT grab hold of the craft.** Listen to the instructions given and you will be removed from the water. If you appear to be struggling during the swim, or if you have been in the water for a long time, you may be required to leave the water by our safety team.

If you are removed from the water, you must report to the Swim Safety Officer at the swim finish and present your numbered swim hat to ensure that we account for all competitors.



Bike Course

The bike section is off-road. **There is NO restriction on bike type - Mountain Bikes or Hybrids are recommended; road bikes would be liable to damage due to some of the course terrain.** The Super-Sprint 8km course is 2 LAPS and the Sprint race is 16km course is 4 LAPS of the 4km off-road course behind the sea wall of the Holland Haven County Park out towards Frinton and back.

It is the competitors' responsibility to count their laps.

The course is basically flat with a few undulations and will be fully marshalled. There are a variety of surfaces during the course including grass, compacted mud tracks, loose gravel tracks and concrete paths; dependant upon the weather preceding the Triathlon Weekend, some of these tracks may become less compacted and muddier! The course will be well sign posted and marshalled. There are a number of sections where the course becomes a two way track. Care should be taken on these sections by using the left hand side of the track and limiting over-taking. There are also three open gate-ways on the course which are all situated on the two-way sections these should be negotiated with additional care and overtaking should be refrained from when approaching or negotiating these width restrictions. Approved cycle helmets must be worn, and 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.**

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.

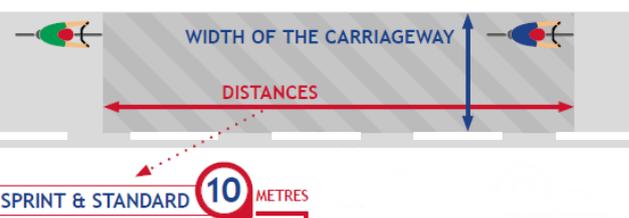
The race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

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.

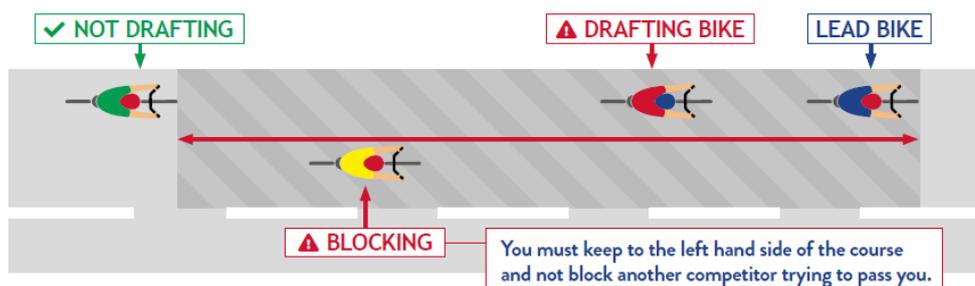
THE DRAFTING ZONE



The draft zone the bicycle draft zone is 10 metres long measured from the leading edge of the front wheel. If following a motorbike the draft zone extends to 12 metres long and to 35 metres behind any other motor vehicle.

A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. **A maximum of 20 seconds will be allowed to pass through the zone of another competitor.**

DRAFTING & NOT DRAFTING



If an overtaking manoeuvre is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and DQ's will be issued by the Technical Official for infringements.

It is not a requirement for the Technical Official to inform you until the event is completed and there is no appeal against a drafting penalty. If you are unsure of the Drafting rule please ask the Race Director or Technical Official before the race.

[See the last page for a pictorial view of part of the Bike Course lap or view aerial footage of the course [HERE](#)]

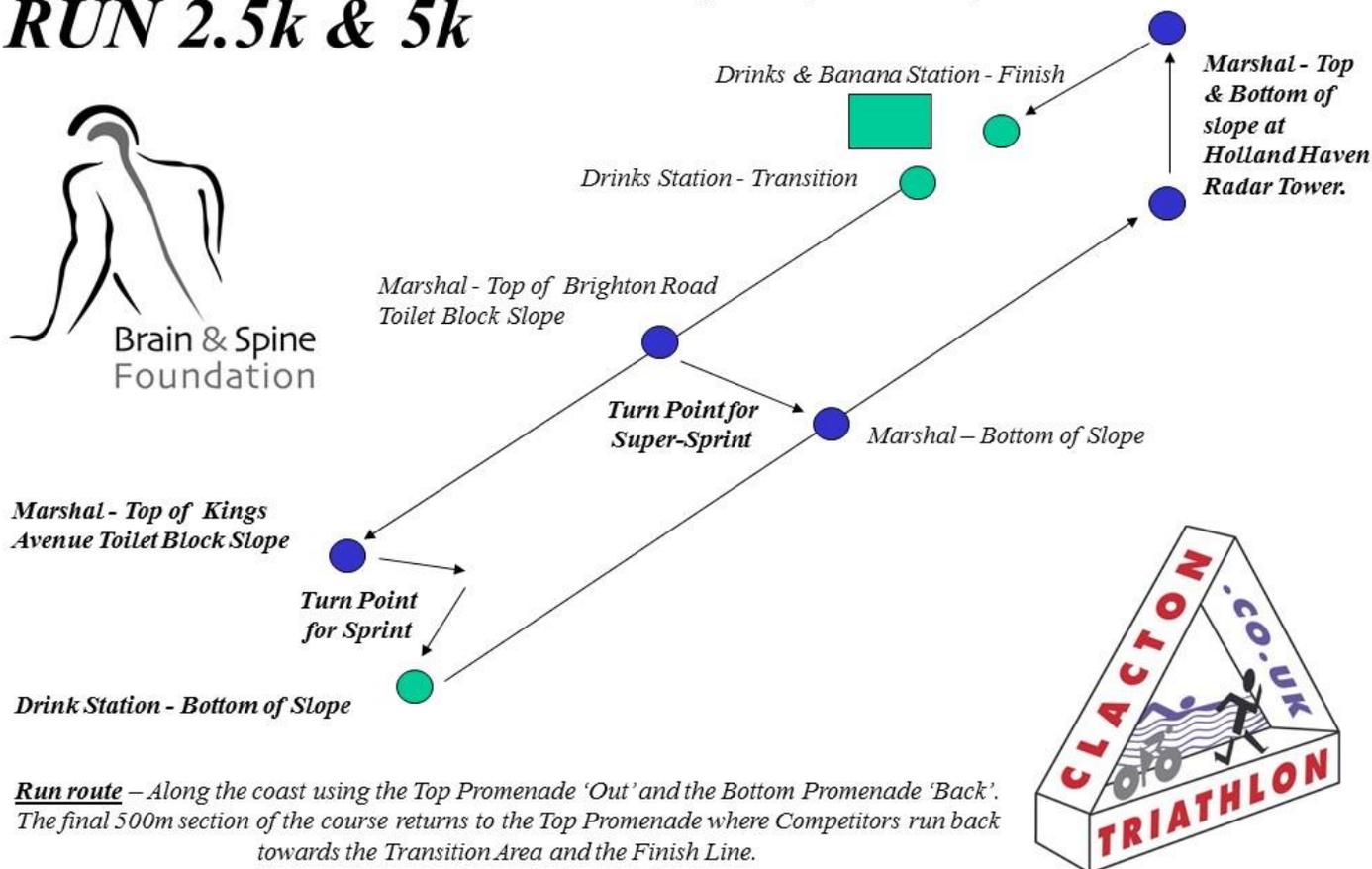
Run Course

This is a flat straight out and back course. On the way out, along the upper promenade towards the Pier and on the way back along the lower promenade. The route proceeds along the top promenade of Holland Seafront from Holland Haven; the Super-Sprint competitors will be directed down a slope next to the Brighton Road Toilet Block and then proceed back towards the triathlon site along the lower promenade; the Sprint competitors will be directed down a slope just before the Kings Cliff Hotel where a Marshal will direct Competitors down a slope onto the lower promenade for the return leg of the run. The run will finish on the top promenade beside the transition area. You must first pass the finish line above you whilst running along the bottom promenade. Run up a wide gravel slope by a tall radar tower (a good landmark for your return run) and then turn back towards the finish on the top promenade.

RUN 2.5k & 5k



Clacton Super-Sprint & Sprint Triathlons



Any changes to the advertised Swim, Bike and Run courses will be covered at the competitors' briefing, so it is important that you attend to avoid navigation errors!

NB: It is envisaged to set swimmers off in a number of mass starts but remember you are racing against the clock! You may get a false impression as to your position in the overall race dependant upon the wave you start in.

In the event of poor sea conditions it may be necessary, for safety reasons, to cancel the swim element of the triathlon. In this situation we will hold a Duathlon race with the swim element replaced with a 2.5km Run.

Medical Advice - If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the race. Please write all medical details on the back of your race number and put an indelible red cross on the front of your number.

Whether you have a medical condition or not, if you feel unwell on race day – please do not race.

Competitor Conduct - Competitors are reminded that they share both the country park with members of the public who may or may not be fully aware of the event. We request that you treat members of the public including other road users, marshals, other competitors, event officials and venue staff with respect.

Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event, a ban from all future events hosted by Clacton Triathlon. Such incidents may also be reported to British Triathlon.

The use of personal music equipment, earphones and mobile phones are prohibited at all times during the race.

NO LITTERING PLEASE - If you use energy gels or bars during the bike leg, please either drop the wrappers at a marshalling point or take them to the end with you. Bins will be set up after the drinks station on the run, so please use them. Anyone seen dropping any litter may be disqualified if they don't then subsequently pick it up.

Relay Teams – Your timing chip is the relay baton; the chip must remain on the incoming athlete's ankle until they reach the relay changeover box. The changeover box will be marked on the grass outside the Transition Area on the seaward side, beside the Swim In/Run Out entrance/exit. The cyclist will stand in the changeover box awaiting the arrival of their swimmer. They may wear their bike shoes but their helmet must remain with their bike in transition. The swimmer will hand the chip over to the cyclist which must be strapped to the cyclist's left ankle before they leave the changeover box. On return to the transition, after the bike section, the cyclist must rack their bike and remove their helmet before exiting transition to hand their timing chip onto the runner who will be standing in the same changeover box outside transition. Again, the timing chip must be strapped to the runner's left ankle before they leave the changeover box.

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, suit lube 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 or email 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



Simple... isn't it?

Notes for the first time racer - A triathlon event consists of a swim cycle and run, each undertaken immediately one after the other. Your time is measured from the start of the swim, through the bike section and to the end of the run.

We recommend that all entrants practice in open water in a wetsuit before the event if they have never done so before for safety reasons and to build confidence. Swimming in the sea is a little different than a lake but ensuring you are happy with swimming in a wetsuit is one less thing to contend with on the day. Practice taking the wetsuit off in a hurry to find the best way that suits you. Always try and practice being able to breathing to both sides in your swim training sessions; in the sea you are best to breath to the side looking towards the shore to avoid waves washing over your face as you are trying to breathe in.

The transition area is where you will change from one discipline to the next. You will have an allocated space to rack your bike and lay out the kit you need; take time to organise your race kit ready for you return. You will be hot and breathless when you reach transition after your swim, so before you start, make a note of where the entrances and exits are, also where your bike is within the transition. There will be marshals to help you. Wear more clothing if the weather is cool.

You must not touch your cycle until your cycle helmet is properly fastened on your head. If you are not in possession of a suitable cycle helmet you will not be allowed to complete in the race. The strap on your helmet 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. For safety of other competitors, you may not cycle in the transition area. There is a line at the bike exit and entrance where you will mount and dismount your bike.

On returning to transition REMEMBER to rack your bike before you remove your helmet.

The run course is traffic free and not too taxing, but after a hard cycle your legs will feel very different to when you run normally. Just run as smoothly as you can, the stiffness will leave your legs as the run progresses.

If the day is warm, remember to drink plenty of fluid, water will be available at the transition exit and finish area. If it is cold don't be afraid to wear more clothes.

Remember, the aim of your race is to finish and enjoy the experience. Everyone remembers how they felt after completing their first race.

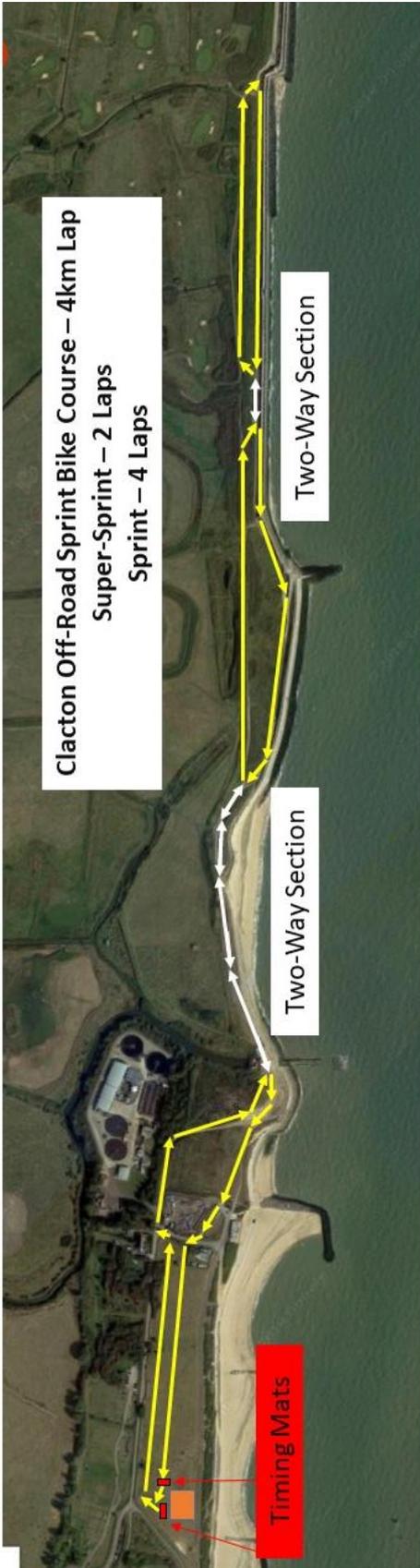
If you have any queries or questions relating to any of the enclosed information, please do not hesitate to contact the Sprint Race Co-ordinator, Paul Crawford on 01255 814487 or email sprint@clactontriathlon.co.uk and he will endeavour to assist you.

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.

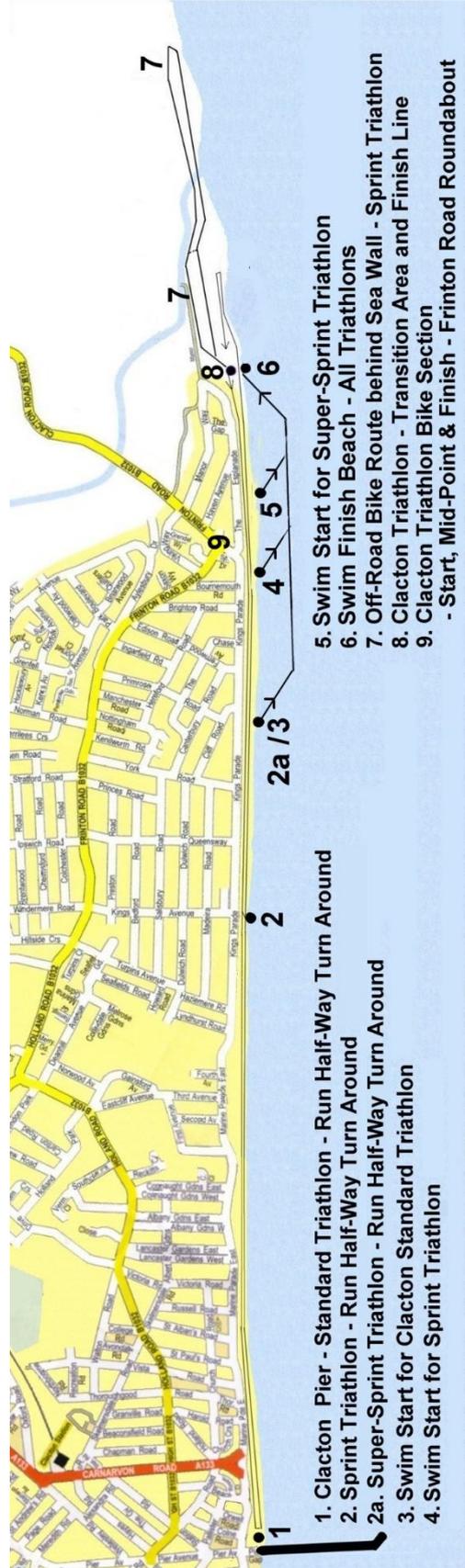
Regards and happy racing,

Jonathan Martin - Race Director

Published: 20th August 2019



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Clacton Triathlon



- 1. Clacton Pier - Standard Triathlon - Run Half-Way Turn Around
- 2. Sprint Triathlon - Run Half-Way Turn Around
- 2a. Super-Sprint Triathlon - Run Half-Way Turn Around
- 3. Swim Start for Clacton Standard Triathlon
- 4. Swim Start for Sprint Triathlon
- 5. Swim Start for Super-Sprint Triathlon
- 6. Swim Finish Beach - All Triathlons
- 7. Off-Road Bike Route behind Sea Wall - Sprint Triathlon
- 8. Clacton Triathlon - Transition Area and Finish Line
- 9. Clacton Triathlon Bike Section
- Start, Mid-Point & Finish - Frinton Road Roundabout

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