

Dear Competitors

Thank you for your patience, we have been working very hard with BTF to make sure we can put on a safe Covid secure race.

Here are your final details – there will be a few minor changes with timings so please read.

**PLEASE DO NOT ATTEND IF YOU OR YOUR IMMEDIATE FAMILY ARE SHOWING ARE COVID SYMPTOMS – A pre health questionnaire will be emailed out later this week please fill it in or fill one in at registration.**

Registration : By now most of you have booked a registration slot either on Friday Afternoon at my address, Or on site on Saturday,  
<https://etchrock.com/challenge/buy-ticket/womens-only-registration>  
PLEASE REMEMBER TO BUY YOUR CAR PARK TICKET FOR RACE DAY BEFORE YOU LEAVE REGISTRATION. (£3.00 CASH ONLY)

**For Saturday registration please park at Lake 32 - FOC, just say you are here to register.**

For those who cant make those times there will still be time to register EARLY ON SUNDAY MORNING FROM 6.30AM – 7.25AM AND YOU CAN PAY FOR PARKING ON THE DAY. PLEASE NOTE £4.00 ON RACE DAY

**CAR PARKING IS AT GO BY CYCLES AND WILL BE CLEARLY MARKED – UNLESS YOU ARE BRINGING A VOLUNTEER THEN YOU CAN PARK AT LAKE 32 FOC.**

AND IS OPEN FOR 6.15 ONWARDS, PLEASE HAVE YOUR PREPAID TICKET VISIBLE FOR THE MARSHALS OR CORRECT MONEY OF £4.00 READY.

**At Registration you will be given your number, timing chip and small sticker that needs to be visible on your Bike before you enter transition on race day**

**We do need to see some photographic ID – driving licence etc or a copy of your BTF Licence (upto date) if you hold one. – so please do not forget it and a copy of anyone elses ID if you are registering on their behalf,**

**There will be a small stand to purchase any last minute items eg, race belts, elastic laces etc.**

## **TRANSITION AND HOLDING AREA**

**ALL COMPETITORS MUST HAVE THEIR BIKES RACKED BY 7.40AM AND YOU WILL BE HELD IN TRANSITION AREA TO LISTEN TO THE RACE BRIEF.**

**SO IF YOU NEED TO USE THE TOILET OR GRAB A COFFEE – NEED TO DO THIS ALL AND BE RACE READY BEFORE YOU ENTER TRANSITION. (Wetsuit/Swim Hat on and Goggles close to hand)**

**7.44AM THERE WILL BE ONE MINUTE CLAPPING – THIS IS IN HONOUR OF ONE OF OUR LONG STANDING MARSHAL/VOLUNTEERS WHO LOST HIS LONG FIGHT WITH CANCER EARLIER THIS MONTH**

7.45AM A RACE BRIEF WILL BEGIN FOR ALL COMPETITORS – YOU WILL STAND BY YOUR BIKES IN TRANSITION TO LISTEN TO THIS, TO MAINTAIN SOCIALLY DISTANCED,

ONCE BRIEFED – YOU WILL BE WALKED DOWN TO THE START OF SWIM BY A MARSHALL DEPENDANT ON YOUR WAVE.

PLEASE SEE WAVE ORDER BELOW

Order of waves:

Wave 1 – RELAY (Blue Hat) and Age Groups (16-39) Pink Hat

Wave 2 Age Groups 40+ Green Hat

Wave 3 SUPERSPRINT ALL AGE GROUPS White Hat\*\*

Wave 4 NOVICES ALL AGE GROUPS Orange Hat\*\*

\*\*There will be a small time gap here – to allow for safety crew to get in position\*\*

Please note that your time will not start until you cross the timing mat, please do not run and respect you fellow competitors, and allow them time to enter the water. You will be sent into the water in 5 second intervals.

COURSE MAP WILL MARKED OUT – AND WILL BE EXPLAINED DURING THE BRIEF, marked out with Big Yellow Buoys – please note that the course will be put out early on the morning of race day – This is to make sure that the course is completely safe for our competitors – Total Promotions Event Staff will not know the exact course until the morning.

If you get into difficulty roll onto your back and put your arm in the air and a boat will assist you.

### Transition

Run to transition on grass maybe slippery take care. Please note that the transition area is neutralized this year – to allow more social distancing – this means your time in transition will not be added to your final time – but please note that 5 mins is maximum time we can allow you to be in transition.

### Bike one lap

Take note the roads are open to all traffic and be aware of the normal hazards you may encounter.

Be aware as you start the course there is a couple of sharp bends within 100m.

There are Traffic Marshals at the spine road cross roads, but you MUST slow down and prepare to stop if asked. Keep to nearside of road.

There is a drainage system just near the kerb on the Spine Road.

Our Arrows are Yellow and Black please follow them.

You must obey the Highway Code - anyone cutting the corner at roundabout on the industrial estate will be disqualified.

This is a non-drafting event.

### Run

Two laps, clockwise around this lake on grass and gravel

One lap clockwise around this lake on grass and gravel

There is NO drinks station at this event – please make sure you hydrate on bike and in transition area, if need be take your own water out on run course.

If you drop out for any reason please report to finish or transition and hand in your chip. If you are pulled from the water other than for medical reasons you can continue but will be placed at bottom of results.

### FINISH

You will be asked to place your timing chip and strap in a container, please take your medal off the table and help yourself to water if needed.

Once recovered, please enter transition where and when directed to collect your bike etc from Transition Area and try and leave Site as soon as you can.

There will be NO prize presentations and awards will be forwarded on.

I realise that things will look a little different this time – but your safety is and has always been paramount – Thank you for your patience and understanding.

FOR THOSE THAT REQUIRE A DAY LICENCE (your insurance for your race) this will be forwarded out shortly .

An online walk through of transition and swim start will be on our Facebook and Instagram page the day before – so please look out for that.

Any other questions, please feel free to ask at registration or email [tritotal2017@outlook.com](mailto:tritotal2017@outlook.com)

