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HATCH END – HARROW TRIATHLON

PARTICIPANT INFORMATION: ADULT RACE

Venue: Hatch End Playing Fields / Pool, Uxbridge Road, Hatch End, Harrow, HA5 4EA

The race will be run under British Triathlon Federation rules, copies of which are available on the [Race Info](#) webpage.

Maps of the course are also available to view on the [Race Info](#) page.

PARKING / ARRIVAL

Please arrive in plenty of time to park, register and set up. **Please refer to the start list on the [Race Info](#) page to find out your allocated time to report to the swimming pool for the start.** This list also shows the race briefing slot you should attend. **The start list won't be available until some time on Thursday 8th May. This is because we are likely to accept entries up until as late as 6th May. All start times will be between 6.30am and 8.30am.**

You are not permitted to park in the Morrison's or Harrow Arts Centre car parks. **Please arrive early enough** to allow time to park in local roads north of the Uxbridge Road. **There is a drop off point for bikes shown on the adult cycle course map. The what3words for this location is coherent.chef.spent.** From here you can easily access the Registration Tent and Event Village by walking through the art centre carpark and over the pedestrian bridge. See: <https://www.google.co.uk/maps/place/HA5+4EA>

REGISTRATION & RACE BRIEFINGS

Registration will open at 5.45am and close at 7.45am. Please **register early enough to allow time to prepare your transition area and to attend your race briefing** which will contain important information and updates on any late changes that may impact your race.

1. Use the pedestrian bridge to get to the Registration Tent. Put your bike on the rack just outside the tent before coming to the desk to register.
2. The registration team will book you in and will check to confirm you have a British Triathlon (BT) Race Day Pass. If not, you will have to show your British Triathlon current membership. If you can't provide either, you will have to purchase your own BT Race Day Pass via their website.
3. You'll then be given an envelope containing the following:
 - Two large waterproof and tear-proof race numbers that must be attached to your T-shirt/vest/number belt on the bike and run segments.

- Safety pins to attach your race numbers.
- Two race number stickers; the small one must be stuck on your bike helmet and the larger sticker to the seat post of your bike. **Both stickers must be attached before you enter transition.**
- A timing chip on a velcro strap that should be securely attached to your left ankle.

4. You'll have your race number written on your right arm/shoulder and the back of your left hand with marker pen (this is waterproof but will come off with a bit of soap and a scrub after the race).

TRANSITION AREA

The transition area is where you keep your bike, helmet and clothing and where you change into your clothes for the different parts of the event. Please arrive with enough time to familiarise yourself with the transition area, which will be open between 5.50am and 7.45am only.

For security reasons **no one is allowed into Transition unless they are participants in the race.**

You should rack your bike in the designated area of racking, setting out your kit in a tidy way so as not to impede other competitors. You are responsible for keeping your kit within your space throughout the race. The organisers cannot accept responsibility for any loss.

The Race

Once you start the swim, the clock runs until you go over the finish line at the end of the run.

Triathlon is an individual sport, where everyone appreciates your effort whatever your standard. Please enjoy watching others doing the same. Unsportsmanlike conduct will lead to disqualification. British Triathlon rules state that a number should be visible on your back for the bike section and on your front for the run section - you may use a number belt. **IT IS YOUR RESPONSIBILITY TO MAKE SURE YOUR NUMBERS ARE VISIBLE AT ALL TIMES.**

THE SWIM (400m - 17 lengths)

Please come to the pool wearing only your swimming costume / tri suit, after you have received your briefing. This is an important instruction, vital to ensure the race runs on time. Your swim start block has been allocated to keep you with swimmers of similar speeds. If you have not provided a swim time, you will be allocated in to the final block of swimmers. If you think that you have put down the wrong swim time and you wish to move to a different swim block (with someone of similar ability, say), then simply turn up to that block's briefing and stand in an appropriate place in the poolside start queue.

Make sure your timing chip is securely attached to your left ankle before you arrive at the pool!

1. Enter the pool building through the entrance for the male changing room and find your place in the queue. Please try to arrive promptly, but if you do miss your slot, do not stress, we will set you off as soon as possible.
2. **At poolside, you will be given a coloured swim cap, which must be worn for the swim.** The Starter will check your start number and you'll be directed to your swim lane. You'll be told when to get in and you'll wait in the water until the Starter sets you off. Swimmers will be set off individually, not in groups.

3. When you have two laps left (15 done!) a board with the number 2 will be placed in the water against the wall. You'll see it in front of you, but it won't get in your way. Remember, it is ultimately your responsibility to keep track of your laps!!
4. When you've finished your final two laps, please get out of the pool quickly as others will be finishing behind you. **Take your swimming cap off, and drop it in the collection bin as you exit the building.**
5. Exit through the double doors at the end of the pool **(be careful of the step here)** and then run or walk to Transition, following the signs around the corner of the pool building. Marshals will be there to guide you.
6. **Important additional notes about the swim:**
 - Your swim start time is not exact, it's a guide. The swim team will endeavour to get you swimming as soon as possible.
 - Please observe the following lane etiquette:
 - **Overtake ONLY at the wall after gently tapping the toes of the swimmer in front to indicate that's what you want to do.**
 - If your toes are tapped please let the faster swimmer through.
 - If you need a rest only do this at the end walls and make sure you move over to the side to keep out the way of other swimmers.
 - **Backstroke is NOT allowed.**

THE CYCLE (17km - 3 laps)

1. Find your bike in the transition area. Put on any clothing you want to wear for the cycle section of the race. **YOU MUST PUT ON AND FASTEN YOUR HELMET BEFORE YOU TOUCH YOUR BIKE.**
2. **You must not cycle in the transition area.** Push your bike out of transition, and all the way out (follow directions) and up to the mount line on the Uxbridge Road. You must mount **AFTER** the mount line.
3. Follow the course **three times** and at the end of the 3rd lap, turn left off the Uxbridge Road, into the lane leading to the swimming pool, and dismount **BEFORE** the dismount line.
Note: the dismount line is in a different safer position to that used in previous years.
4. Wheel your bike back to Transition. Re-rack your bike in its original position but **do not unfasten your helmet until your bike is re-racked.** Then prepare for the run section and follow directions to the run course.
5. **Important additional notes about the cycle:**
 - You must follow the Highway Code, including observing traffic lights, pedestrian crossings etc. There are no road closures and you do not have the right of way. Non-compliance will lead to disqualification. Take care at the roundabout by Morrison's supermarket – beware Sunday shoppers! Be prepared to stop at the 3 pedestrian crossings on the Uxbridge Road, this will be marshalled and failure to comply will result in disqualification!
 - **BEWARE!!!:** Sections of the road surface on the course are poor and there are some potholes. Please be careful.
 - This is a non-drafting race so you must pass another rider swiftly and not draft behind them (i.e. do not ride directly behind them) otherwise this will also result in a time penalty.

- If asked by marshals please call out your race number.
- **If you have done this race before, please note that we have introduced a new diversion on the route from George V Ave left into Hillview Gardens and left into Headstone Lane. For safety reasons You MUST put a foot down and stop at the eastern end of Hillview Gardens to check the road before turning left into Headstone Lane. You will be given a time penalty if you don't comply with this. There are speed bumps for you to negotiate in Hillview Gardens. Please check the updated adult cycle map on our website so that you are familiar with this change in the route.**
- **Please also take care at the width restrictions in Headstone Lane. You can use either the left hand lane or the central lane to get through the width restriction, but beware buses use the central lane in both directions.**
- **We have marshals at both the above hazards to help look after you, but ultimately it is your responsibility to negotiate these hazards safely.**

THE RUN (3 km - 3 laps)

1. All competitors (adult and junior) follow the same course, from transition to the finish, which will be marked out on the grass. Please make sure you are familiar with the course before the start of the race. There will be marshals and a water station on the course.
2. As you complete each lap, you'll be handed a rubber band to put on your wrist - on your third lap you should run down the finish straight, into the finishing funnel (please stay in the order you finish), hand in your three rubber bands and your timing chip. It is your responsibility to ensure that you have completed the correct number of laps.

Well Done you are a triathlete!!

When your race is finished you must show the marshal your large number to retrieve the correct bike. If you cannot, you will have a long wait until all the other bikes have been retrieved!