

Aquathlon Series

Race Notes



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1. Introduction

Thank you for entering our event!

Tewkesbury Tri's Aquathlon events are ideal for all competitors from the complete novice undertaking their first multi-sport race, to the seasoned swim run athlete seeking some early season motivation.

The 400m swim is in Tewkesbury Leisure Centre's 25m heated, indoor pool and the 5km run is an out and back course on mixed terrain.

The event starts with registration from 08.00 to 09.00 and a mandatory race briefing at 09.05. The race starts at 09.30 with competitors in each of the lanes starting at the same time. The following competitors start at 1-minute intervals. Start times are based on your estimated swim time with the fastest swimmers starting last. Start times will be emailed to you in the week before the event and will be available at registration.

The run course features trail sections so it's worth bringing your trail shoes if you have them.

2. Competitor Race Day Information

Registration

Registration takes place in the main reception area of the Leisure Centre on the morning of the race.

Registration opens at **08.00** and closes at **09.00**.

Please register as soon as you arrive to avoid any last-minute queuing. When you register you will be given a race number and start time. We'll write your race number on your shoulder and leg for you.

You won't need to pin a number on or to wear a number belt. During the race be prepared to shout your number to a marshal if you are asked to.

Race Briefing

The race briefing will take place at **09.05** in the main reception area of the Leisure Centre.

Attendance at the briefing is mandatory so please give yourself enough time to register and get to the briefing.

Information about routes and the race itself will be displayed at registration. Please make yourself familiar with the information displayed. Some details may be changed at the last minute.

Transition Area

Transition will be located outside in a paved area near the wall of the pool. Our marshals will guide you to transition when you exit the swim, but feel free to check the swim exit and run start ahead of the race. It is important that you keep your transition area organised and only leave essential pieces of kit there.

Race Start

The race starts at **09.30** prompt.

Please make sure you arrive at poolside of the main pool at least 10 minutes before your allocated start time and report straight to the swim marshal.

Competitors will start in the water in each of the lanes and will starting at the same time. The following competitors will start at 1-minute intervals in the same way.

Start times will be available at registration.

Even if you have a later start time you will need to attend the race briefing at 09.05.



Swim (400m – 16 lengths)

You will be issued with a coloured swim hat, which you must wear at all times while in the water.

You will enter and exit the pool at the shallow end. Diving is not permitted nor is backstroke. You start the swim in the water and, at the swim starter's command, push off from the wall.

When two lengths (50 meters) remain, your lane counter will signal this to you by placing a float underwater ahead of you. You are responsible for counting your own lengths.

When you exit the swim, please hand the swim hat back to the lane counter.

If you catch the swimmer in front then give their toes a tap and wait for them to let you through at the end of the length. If you get a tap from a faster swimmer behind then let them past at the end of the length you are on.

Run (5km)

The run route starts as you exit transition, heads down Lower Lode Lane and along the River Severn. It is an out and back course and can be viewed [here](#).

3. Results

The results will be available on our website (www.tewkesburytriathlon.co.uk) as soon as possible after the event has finished.

4. Facilities

Toilets, showers and changing facilities are all available at the Leisure Centre. The cafe will be open throughout the event for great coffee and a variety of snacks.

5. Property

Please make all efforts to secure your personal belongings. Although the transition area is marshalled, we cannot accept responsibility for any loss or damage to the property of persons before, during or after the race.

6. Rules

Please follow any guidance given by our marshals or race team. The event is sanctioned by British Triathlon and is run under BTF rules. Competitors compete at their own risk.

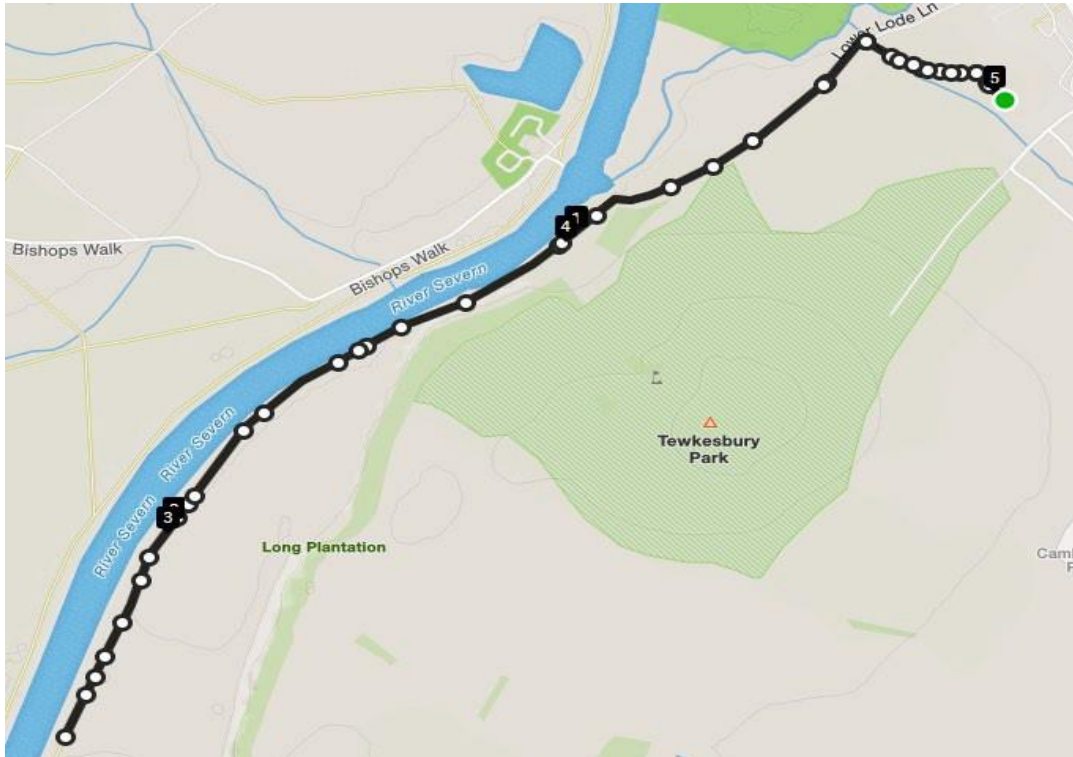
Any concerns or questions, please contact the Race Director, Stevie Robb:

racedirectorttc@gmail.com

7. Run Route

This map indicates the run route.

Run Route - <https://connect.garmin.com/modern/course/23387688>



The run route starts at transition at the Leisure Centre, across the field, turning left down Lower Lode Lane. At the end of this lane, you head onto the Severn Way footpath alongside the River Severn. You continue along the Severn Way until the turnaround point, and then return using the same path / lane to the finish line.

The route will be sign posted and our marshals will be there to guide you throughout the run.

8. And finally...

We want all of our competitors and their supporters to have a great time and to come back to our races again and again. If you have any questions on the day please ask any of the marshals or race team, we'll be pleased to help.

If you have any questions ahead of the day then you can email us here:

racedirectorttc@gmail.com

or take a look at our website to get more details:

<https://www.tewkesburytriathlon.co.uk/aquathlon-series>

We look forward to seeing you on race day!