

# BUCS STANDARD TRIATHLON



2023  
RACE PACK

Tri-Anglia Triathlon club in partnership with the University of East Anglia (UEA) is proud to be delivering the 2023 British University College Sport (BUCS) triathlon standard championships on Saturday 24th June (after previously successfully hosting the event in 2022). The day before the 18th Norwich Triathlon.

Held in the stunning Whitlingham Country Park in Norwich, competitors get to swim in the vast open waters of Whitlingham Broad. This is followed by a cycle race through picturesque South Norfolk's country roads and culminates in an off-road run round the lake to the finish line.

Tri-Anglia is a voluntary led club which was formed in 1992 to develop and promote the sports of triathlon in and around Norfolk. In 2018 it became a Charitable Incorporated Organisation registered with the Charities Commission.

On behalf of Tri-Anglia, the UEA and BUCS we would like to extend a very warm welcome to all of those competing and spectating. Tri-Anglia now boasts over 600 members including a junior section. Membership is unique in its makeup of an almost 50:50 split between males and females. The Club Trustees and committee are responsible for ensuring training opportunities are available for all abilities. An annual training programme is available to all members including pool and open water swimming, indoor cycling and running.

To find out more visit <http://www.trianglia.co.uk>

To join our club visit [www.tri-anglia.co.uk/membership](http://www.tri-anglia.co.uk/membership)

All of the event marshals and organisers are volunteers and their time is invaluable to the success of the club and Norwich Triathlon so please do give them a huge heartfelt thank you throughout the event.

Have a fantastic time with us and a great race.

Jane Hannah  
Race Director, 2023

# Travel / Sustainability

## Location

Whitlingham Country Park, Trowse, Norwich, NR14 8TR

## Travel

Transport is the biggest factor in this, so we are incentivising competitors taking alternative transport by offering a free sandwich/roll from our catering outlet if you can provide proof of using alternative transport e.g. physical train ticket. Whitlingham Country Park is a 10-minute bike journey from Norwich Station, so should be easily accessible for most competitors.

## Sustainability

We are taking as many steps as possible to ensure that we can reduce our environmental impact at this year's event. This includes only using ethical catering vendors, not using any single plastic, asking competitors to bring their own swim hat, only giving out one race number and calculating the emissions for all competitors to travel to the event in a bid to offset this with an improved scheme. Please speak to one of our volunteers at registration to receive your free food if you have taken public transport.

## Car parking

If you must drive Whitlingham Park Car Parks are operated by RCP. You can use the link <https://www.rcpparking.com/> on your phone and pay for parking on the day, as there may be a queue to use the machine.

The car parks will fill up quickly so please if you can cycle to the start please do. We have a parking restriction along Whitlingham Lane on the day for your safety on the bike so please also encourage spectators to get up early and come with you as once the car parks are full we will try and prevent traffic coming down the Lane.

The Old Quarry car park or Lime Avenue are the ones to park in. Please note the Norwich Triathlon organisers will NOT be able to help with change for the machines.

Parking is the responsibility of all competitors, organisers will not take any responsibility for any parking tickets.

**Please do not park along Whitlingham Lane. Restricted parking is enforced in this area for the duration of the event.**

## Race briefing

The race will be run under British Triathlon (BT) rules and if any competitor wishes to read any particular rule(s), the full rule book is available on the [British Triathlon website](#).

This year our race briefing has been posted as a video on YouTube for all competitors. **Please note there will be no race briefing on the day and it is therefore your responsibility to read and watch the information supplied to you.** You can find the race briefing here: <https://youtu.be/O6PXv5EEoJs>

## Decorum

BT rules (22.5) state that attire must be fully fastened at all times, both front and back. That means that zips pulled down to expose the chest will be asked to refasten. Tri shorts and tops are allowed, but there must not be any gap between them - the front torso must be fully covered. Failure to comply is now a disqualification with no appeal. We know it gets hot on the run, but fully exposed chests are considered unsightly so should be covered. Men are able to be bare chested if changing in Transition whilst observing suitable modesty.

Triathlon England East Region has a zero tolerance policy for inappropriate behaviour exhibited towards any volunteer, other athlete or member of the public. Please race with respect for everyone around you. The same goes for littering - instant disqualification.

## Technology

A quick note on your gadgets. Sports gadgets are fine to use throughout (Garmin, TomTom, Polar etc). Please don't wear any kind of headphones during the Transition setup, race or Transition collection. All are liable to a disqualification according to BT rules. And don't be sneaky and pop them out when you think we can't see you. If we see a couple of wires dangling behind you, there is only one reason they were there!

Smart watches and 'phones can be used as a recording device to track your speed, but you cannot use them to make a call or send a text while racing or in the Transition area, or use them for music, photography or video.

## Inhalers

If you need to use your inhaler immediately before the race, you can leave it with a marshal who will stick your race number on it and take it to Registration.

**On the day:**

# **Registration 14:15 - 15:30**

The first thing all competitors need to do is register for the race. This is where you will meet our lovely Registration team. Registration is situated near the Flint Barn Café, you won't miss us with lots of Tri-Anglia flags and our friendly Marshals who will point you in the right direction.

Please place your bike on the racking provided by registration and pass through Registration in the appropriate funnel as per the letter of your surname.

If you entered as a British Triathlon member you will be asked to show that your membership is in date and that you are a "Core" or "Ultimate" member.

In registration you will be given your race pack which will include your timing chip, one race number and 2 stickers. You will also be given your swim wave number and competitor number which we will write on your hand (don't worry it will wash off after the race). You will need your competitor number to find your bike racking spot when you enter Transition.

Before entering transition you **MUST** complete the back of your race number with information on your emergency contact and any medical conditions. Our marshals on transition have been instructed to check this and will ask you to complete it before entering.

## **The race pack includes:**

### **Timing chip**

You need to fasten this to your left ankle using the Velcro strap. The timing chip is used to ensure we can give you an accurate result at the end of the race as the chip connects when you pass over the race mats in each section of the race.

Please note we reserve the right to charge competitors £10 for timing chips not returned to the organisers at the end of the race.

### **Two stickers**

One must be stuck to your bike helmet and the second to the seat post on your bike.

**Race number**

You will be provided with ONE NUMBER which needs to be attached to a race belt so that when you are on the bike it is on your back and on your front for the run. Your number must be clearly visible at all times except for in the swim.

**Emergency Contact details**

We also ask that everyone completes their emergency contact details on the back of their race number. Whilst we never expect or want to need these it is imperative that we have them in case we need to make contact. This must be someone who is available for us to call on the day.

**Please remember to bring your own swim hat as we will NOT be providing them.**

**On the day:**

# **Transition 14:15 - 15:40**

Once you have been through Registration and had your race number written on your hand you will be signposted to Transition.

Rows of numbered racking will be found in Transition and our helpful Marshals will signpost you in the right direction for your number. You will take your kit including your bike to your spot. Remember, you will need to have your helmet on and strap done up for checking (and adjustment if needed) before you enter Transition.

Please respect other competitors space and face your bike in the direction that your number is facing on the rack. This will allow space for everyone because alternate bikes will be facing in opposite directions.

You can then lay out your helmet, shoes etc by (but not extending beyond) your front wheel. Lots of people will be on hand to help if you are unsure on what to do. Please remember not to try and mark your space in Transition as anything that looks like it is identifying a space will be removed.

Please note that you are not able to leave bags or boxes in Transition, but instead we will have an allocated area outside of Transition where you can leave these. Any bags or boxes left in Transition will be moved to this area by one of our Marshals.

After the race you must collect your bike and kit. You **MUST** have your race number to collect your kit. Our marshals will check that the stickers on your bike, helmet and race number all match. We will reopen Transition as soon as all competitors are out on the run course

Bike and kit collection will be considered complete by 19:30. Please collect your kit before this time as we will then be clearing up the secure perimeter fences and your kit will no longer be secure. Bikes and kit still in Transition after this time may be relocated to the Flint Barn walls so the site can be cleared.



# The Event - swim section

## REMEMBER WE DO NOT PROVIDE HATS SO YOU MUST BRING YOUR OWN

The swim will commence from the Open Water Centre which, looking at the lake from Transition is to your left. Please allow between five and ten minutes to walk to the start and leave any supporters behind at this stage. You may want to bring a pair of flip flops to walk down in, you can then pop these in our shoe bag which will then be taken to near the finish line by our Marshals. Any shoes not collected by 19:30 will be donated to a local charity bank.

We recommend that you use the toilets in or close to Transition before heading to the swim start as toilets here are limited.

The swim start will be done in wave, with the open wave going off first followed by females. You must start in this wave as your start time will be based on this. Waves will start in the water so you will have time to acclimatise.

Please familiarise yourself of the swim route by looking out for the buoys that will guide your direction. *Maps are available on our web site* and will be available on the day.

Wet-suits are strongly advised for the swim, but under British Triathlon rules if the water temperature is above 22 degrees Celsius then the use of wetsuits will be forbidden.

All swim routes exit near the Transition area, which is marked by two buoys on each side and a pair of large exit flags. Upon exiting the water our marshals will point you in the right direction to collect your bike.

## Transition 1

Once in Transition you need to take off your wet-suit and prepare yourself for the bike. You must not pick up or remove your bike from the rack until your helmet is on your head and fastened.

The bike exit is at the opposite end of Transition from the swim entrance. When you have got your helmet on you can walk/run with your bike to the exit of Transition. Once out of the Transition area and across the mount line, you can get on your bike and continue onto the bike course.





# The Event - bike section

All competitors are required to abide by the Highway Code and follow the normal rules of the road. This includes obeying 'Give Way' and 'Stop' signs at junctions. Reckless riding will be grounds for disqualification and any infringement of the law and any subsequent legal action is the sole responsibility of the competitor.

The bike distance is a single lap route of 38 km.

*Maps are available on our web site.*

Please note: conditions outside of our control may cause changes to the course. Should this happen, they will be communicated on the website prior to the day and will be communicated on the morning of the event.

There is one "stop and foot down" junction on the ride as Arminghall Lane turns right onto Stoke Road. It will be clearly marked and marshalled with red flags. Athletes must come to a complete stop, place their foot on the ground and then only proceed when they deem it safe to do so. Failure to comply will result in automatic disqualification for which there is no appeal.

Every competitor must ensure that his/her bicycle is in a safe and roadworthy condition. There will be a bike mechanic on site to sort any immediate issues. Competitors must wear the race numbers provided at all times throughout the cycling section of the event and in such a way that it is clearly visible from behind.

Cycle helmets approved by the BSI, ANSI, Snell or equivalent standards authorities must be worn and must be fastened before competitors remove their cycles from the transition racking.

Your race number must be visible from behind when you are on your bike so please make sure your race belt is positioned to allow this.

Helmets must be worn and fastened up at all times during the cycling section of the event, including the return of the bike to the cycle rack. The strap should be tight enough to allow only two fingers placed horizontally inside the fastened strap. If your strap is seen to be too loose you will be asked to stop and tighten it, so make sure you don't adjust it after being checked in to Transition.

Drafting: the draft zone is now 10 metres measured from the front edge of the front tyre of the competitor in front. There is no longer a side zone and competitors have 20 seconds to pass through or drop back. Likewise, if overtaken the competitor has 20 seconds to drop out of the draft zone.

## **Transition 2**

Dismount from your bike before the dismount line (which is the same as the mount line) and run or walk with your bike, following the same route as on the way out, back to the Transition area to park your bike at the same position you took it.

Note: you must not unfasten or remove your helmet until your bike has been re-racked.



# The Event - run section

The run route is on pathways and tracks that follow a loop around the main park area in an anticlockwise direction. The run extends from the lakeside into the surrounding woodland to return to the lake as a 5km circuit.

The run distance is 2 laps of the course.

A timing mat will record each lap split to ensure you complete both laps. Water will be available during the run which you will pass on each lap.

Your race number must be clearly visible on your front at all times during the run so please turn your race belt round to allow for this. Competitors must follow the directions and instructions of all race officials

There will be other people using the country park and the paths, so please treat them respectfully.

## Finish

Under British Triathlon rules, competitors who have already finished, family members and supporters are not allowed to accompany you as you run or approach the finish line. We will be asking all competitors to take off their own timing chips and place these into a bucket.



# A reminder of what to bring:

## Swim

Goggles

### Swim hat

Swimmers/wetsuit/Tri suit

## Run

Running shoes

Cap/visor

Socks

## Bike

Race number belt

T-shirt or tri-top if not wearing a Tri-suit (can be used for the run as well)

Bike

Bike shoes and socks

Helmet and sunglasses

Water bottle(s)

Hand-held bike pump, spare inner tube and tools to mend a puncture

## Refreshments

Water will be available for competitors on the run and at the finish area. Other refreshments will be available for purchase from our event caterers Nourish (<https://nourish.norwich.cafe>) and Blue Bear Coffee. We are trying to do our bit for the environment so will not be providing plastic bottles of water at the end. Instead we will supply you with a biodegradable cup of water which you can then refill from the water available outside of the finish line.

## Race results

Use of chip timing will mean results will be available almost immediately. These will be put on the event web site as soon as possible after the event. Timing chips must be worn for the entire duration of the race and worn on the left ankle.

## Toilets

We will have a number of portaloos available to competitors which will be situated in Transition and close to the Registration area near the Flint Barn. Competitors will also have access to the showers near the swim start until 19:30.

## Photographs

UEA Sport will have photographers and drone footage being taken during the event which will be available to all competitors after the event via BUCS.

## Prizes

Medals for the top three open, women & paras plus top three teams (Unis) will be made after the race near transition. The prize giving will include photographs and announcements of the top finishers. Please listen out for announcements about prizes after the race.

# The Event - schedule

Time	What	Where
1415	Registration & Transition open	
1530	Registration <b>CLOSES</b>	
1540	Transition <b>CLOSES</b>	
1550	All competitors to the Swim Start	Open Water Centre
1555	First wave of swimmers enter water	Open Water Centre
1600	Race starts	Open Water Centre
1845	Prize giving	Close to Transition
1930	All kit out of Transition and shoes collected please	
2000	<b>Site closes</b>	

## A few people to thank...

### All of our race organisers and Marshals

Please thank the Marshals and organisers (basically anyone wearing High Vis) and the British Triathlon Technical Official as they have all given up their time for free to support you in your race.

### Catering

Emma and her team from Nourish will be on site to keep you and your adoring fans fed (with a charge) and Bryn from Blue Bear Coffee.

### Bike Mechanics

A big thank you to Paul from Black Cat Cycles who will be available to help do any servicing or repairs: <https://www.blackcatcycles.co.uk>

### UEA Sport

A big thank you to Hugh and the team for working in partnership with Tri-Anglia and BUCS to bring you this amazing event.