

MEDWAY SPRINT TRIATHLON

RACE INFORMATION

This is the 3rd event in our Sprint Tri Series. Our H.Q. is the 100 of Hoo Leisure centre on the Main Road in Hoo.

PARKING.

I have managed to secure the car park of the Comprehensive School opposite the Leisure Centre which will comfortably accommodate all competitors vehicles.

REGISTRATION - BIKE RACKING.

Registration in the Leisure Centre will be open from 6.00am. Please bring your BTF Membership Card if you have registered as a member - failure to do so will result in a £5.00 charge. You will be issued with your race numbers and bike/helmet numbers. Your race number will also be marked on the top of your arm and bottom of your leg. All bike racking will be numbered, please be tidy and keep to your space. For those arriving after the race has started please be aware of competitors and bikes in transition and **do not** impede their progress.

THE SWIM.

The pool is 25m x 10m. It will be divided into 8 narrow lanes and you will swim up the 1st lane and back down it, then duck under the ropes and continue to repeat the process until you have completed all 8 lanes (2 x 8 = 16 x 25m = 400m). Exit the pool area via the rear door which will take you into transition. Do not attempt to un-rack your bike until your helmet is securely fastened to your head.

THE BIKE ROUTE.

Outside of transition on the road is a mini-roundabout, a marshal will instruct you here to turn left - providing the road is clear and safe to do so. From here all turns and roundabouts will be either marshalled and/or signed. **Do Not** attempt to consider leaving the route you are on unless you see a sign or marshal instructing you to do so. **Do Not** wear headphones of any description. **Do Not** "draft" the competitor in front (exclusion zone 7m x 3m) unless you are overtaking. The first part of the bike route is Dual Carriageway (A228 Ratcliffe Highway) until the left turn into Christmas Lane. At the end of this lane another left turn will take you into Cooling Road which will be continuous all the way to Cliffe. **Please take extra care on this road, it has several 90° bends and can be quite narrow in places!** From Wainscott you will re-join the A228 at the Four Elms Hill roundabout - this can be quite busy with fast moving traffic but, I will have at least 4 marshals here so that motorists are well aware of an event taking place. At the top of Four Elms Hill is the roundabout that was previously used to get onto the A228, a right turn here will take you back to Hoo via Main Road. Once outside the Leisure Centre at the mini-roundabout turn right and **dismount** outside transition.

THE RUN.

Please **Do Not** remove your bike helmet until your bike is racked. Leave transition the same way as the bike route but cross the road and bear right. Then it's a pavement run all the way until a left turn into Bell's Lane, this will climb all the way up until another left turn into the Old Ratcliffe Highway - which is very rarely used by traffic. At the end of this road just bear left again and keep to this side as the **finish** will be on the school side opposite the Leisure Centre.

Your results will be available immediately on the screen in the timing van and then on the website later in the day. We award **Trophies/Prizes** to the 1st Male/Female competitors and ALL Male/Female Age Group winners. Please stay for the prizes if you have won something.

Have a safe and enjoyable race.

Mike.