



norwich
TRIATHLON

2023

**RACE
PACK**

Tri-Anglia Triathlon club is proud to be delivering the 18th Annual Norwich Triathlon on Sunday 25th June 2023. We are also delighted to have been awarded the British Triathlon East Region Large Event of the Year 2022.

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. The day itself will host two separate races over the distances of a Sprint and a Standard distance race including a relay option for the Standard race. This makes the Norwich Triathlon fully inclusive and the perfect event for those new to the sport and open water swimming, as well as those who are trying to improve their race.

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.

The Club 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.tri-anglia.co.uk>

We are excited to again be hosting the British University College Sport (BUCS) standard championships the evening before the Norwich Triathlon, in partnership with UEA Sports Park

To join our club visit 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

Location

Whitlingham Country Park, Trowse, Norwich, NR14 8TR



Getting there

As triathletes, we need a clean environment to train and race in. One of the most important ways we can make our sport more sustainable is to reflect on the way we travel to events. Traveling by public transport is more environmentally friendly than driving. If you must drive, consider vehicle sharing.

Car parking

If you must drive Whitlingham Park Car Parks are operated by RCP. You can pre-pay for your parking at rcpparking.com which is one less thing to do on the morning.

The closest car parks to the start are The Old Quarry car park or Lime Avenue.

Parking is the responsibility of all competitors and Norwich Triathlon 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 [Standard and Sprint competitors](#), and an [additional brief for Relay teams](#). **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.**

Extra information specific to Relay teams is flagged throughout this briefing with a blue rectangle in the left margin.

Decorum

BT rules (2.8 Uniform) 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 (2.1). 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

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.

Following the success of last years registration we are continuing this year with all race packs being placed in Transition. Therefore, you will pass through Registration with your bike. 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. "Supporter" and "Essential" memberships do not include a race license. If your membership is not in date or does not include a race license then you will be required to pay for a Day Licence which is £6. **Please note we will only be able to accept card payments, NO CASH. Sadly we cannot accept American Express.**

You will be given your competitor number which we will write on your hand (don't worry it will wash off after the race). You will need this to find your bike racking spot where your race pack will be when you enter Transition.

For Relay teams only the relay swimmer needs to come to Registration, although you are all welcome to pass through.

You then make your way to Transition where our friendly team will help you find your number to rack your bike and collect your race pack.

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.

SWIM HATS WILL NOT BE PROVIDED again this year. We took this decision because we end up with so many being left in Transition which isn't good for the environment. **PLEASE BRING YOUR OWN as swim hats must be worn.**

Registration will be open Sunday 06:00 - 07:45

Registration **WILL NOT** be open on Saturday. Therefore, please arrive on Sunday 25th June between 06:00-07:45. After this time Registration will be closed and sadly you will not be able to race.

What to remember for Registration

Arrive in plenty of time and within the times when Registration is open.

If you entered as a British Triathlon member you will need to show proof of your current (in date) British Triathlon membership. This must be the British Triathlon Core or Ultimate membership package which include a race licence.

If you entered as a British Triathlon Member and cannot provide proof of membership as above at registration you will be asked to purchase day membership at a cost of £6 (payable by card only - no cash). You will not be allowed to compete until this fee has been paid.

The next step is on to Transition...

On the day - Transition

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

Transition will be open from 06:00 - 08:00

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 where you will find your individual race pack. Remember, you will need to have your helmet on and strap done up for checking (and adjustment if needed) before you enter Transition.

Only the cyclist in the Relay team can enter Transition. The other team members will need to wait while they rack their bike (the swimmer may want to start heading towards the swim start).

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 by 12:45. We will look to open Transition for this from approximately 11:30. 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.

Bike and kit collection will be considered complete by 12:45. 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 13:00 will be recycled.

We recommend that you use the toilets in or close to Transition before heading to the swim start as we cannot guarantee entry to the toilets closer to the start.

For Relay teams only swimmers should make their way to the swim start.

Listen out for our man on the microphone to usher you to the start, but we advise that all competitors taking part in the Standard distance event are at the swim start by 07:50 and Sprint competitors by 08:45. Relay team swimmers will start with the Standard competitors.

Following the success of the rolling start for the last 2 years, and competitor feedback, we will once again be operating a rolling swim start. We will ask all competitors to gather by the swim time that best suits their expectations on the day. There will be clear signs marking these times and Marshals along the lakeside to assist.

You will then be ushered onto the pontoon and lined up in rows and told when to enter the water. Your time will start as you walk over the timing mat located by the water's edge. You must not dive in. 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.

Please note there will not be an opportunity to enter the water before you start.

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

Relay Teams - The swimmer exits the water and heads for Transition. The swim to cycle changeover is immediately before the entrance to the secure Transition area. When they reach the changeover area, the swimmer removes their timing chip and passes to the awaiting cyclist who should attach it to their left leg. The cyclist can wear their shoes, but NOT their cycle helmet which should be stored with their cycle in Transition.

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 Standard bike distance is a single lap route of 38 km, while the Sprint bike distance is a single lap of route of 18km.

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.

Relay teams - you must remove your cycle helmet and store with your cycle before exiting the secure Transition area. The run exit is at the opposite side to the bike entrance. The cycle to run relay change over is immediately outside the secure Transition area. Only once inside the change-over area can the cyclist remove their timing chip from their leg and pass onto the runner to secure to their ankle before starting the run.



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 Standard run distance is 2 laps of the course and the Sprint run distance 1 lap.

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.

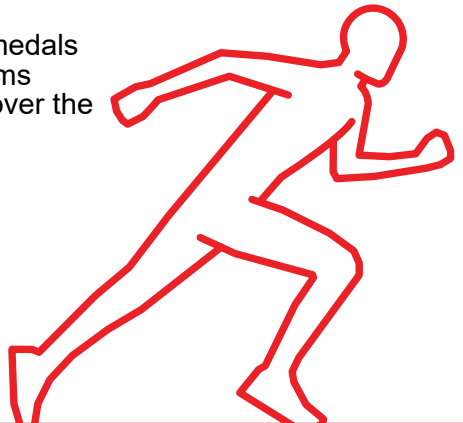
Your race number must be clearly visible on your front at all times during the run so please turn your race belt round to allow for this. Competitors must follow the directions and instructions of all race officials

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. You will then collect your finisher medal to wear with pride.

Relay teams - your runner can collect 3 medals to pass onto their team mates. Relay teams cannot have their team mates join them over the finish line (sorry).



A reminder of what to bring

Swim

Goggles

Swim hat

Swimmers/wetsuit/Tri suit

Bike

Race number belt

T-shirt or tri-top if not wearing a Tri-suit (this 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 any tools you might need to mend a puncture

Run

Running shoes

Cap/visor

Socks

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 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. We cannot guarantee that the toilets at the swim deck will be open, so we recommend you go before heading to the start! ...but we won't tell anyone if you go in your wet suit!

Photographs

We will have our official photographers out on the course and I would like to thank Chris Roberts and his team. We are making all official photos available free of charge to competitors. In return we will be popping our logo on all of them, so please share far and wide.

Prizes

Everyone is a winner at the Norwich Triathlon and will receive their finisher medal after you cross the finish line!

There will be a "no more than one prize per athlete" rule for individuals.

Please listen out for announcements about prizes after the race.

The Event - schedule

Time	What	Where
0600	Registration & Transition open	Registration / Transition
0745	Registration CLOSES	
0750	Standard and Relay competitors to be at the Swim Start	Open Water Centre
0800	Transition CLOSES	
0840	Sprint competitors to be at the Swim Start	Open Water Centre
1130/1145	Kit collection	Transition
1245	All kit out of Transition	Near Transition
1300	All shoes must be collected by now	Near Transition

Finally, enjoy the race.

The marshals and technical officials are all volunteers and are there for your safety. The occasional “thank you” does wonders.

We are honoured to be able to hold the race in such a beautiful environment. Therefore, please respect the area keep it clean and tidy by taking your rubbish home, and smile at the locals!

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 support and all your triathlon needs

Tri-Harder will be on hand on the day for last minute bike mechanical support and also for any purchases you might need/want for the race. Check out Norfolk's only triathlon store triharder.co.uk

Photography

Chris Roberts and his team will again be capturing images from around the course. These will be available on the Norwich Triathlon website shortly after the event free of charge. Chris is available for corporate work, weddings and more - chris-roberts.com



Tri-Anglia Triathlon Club, PO Box 3412, Norwich, Norfolk, NR7 7AP

Tri-Anglia Triathlon Club is a Charitable Incorporated Organisation (CIO) registered to the Charities Commission with charity number 1177797

