



CASTLES CHALLENGE TRIATHLON

Sunday 19th August 2018

Bamburgh Castle, Northumberland, NE69 7DF

This Race Pack contains important information Please read it all!

Distances and number of laps:

(Click the links for interactive maps)

Middle Distance: [1 Lap 1.9km Sea Swim*](#) / [2 Lap 90km Cycle](#) / [4 Lap 21km Run](#)

Sprint Distance: [1 Lap 750m Sea Swim*](#) / [1 Lap 20km Cycle](#) / [1 Lap 5km Run](#)

Tristar 1 (9/10) [1 Lap 100m Sea Swim*](#) / [2 Lap 2km Cycle](#) / [2 Lap 1km Run](#)

Tristar 2 (11/12) [2 Lap 200m Sea Swim*](#) / [3 Lap 3km Cycle](#) / [3 Lap 1.5km Run](#)

Tristar 3 (13/14) [3 Lap 300m Sea Swim*](#) / [5 Lap 5km Cycle](#) / [4 Lap 2km Run](#)

**Please note, depending upon weather conditions and wind on the day, we may need to amend the swim course slightly*

Event Timetable

| Sunday 19 th August | |
|---|----------------|
| Middle Distance Registration and Transition Open | 06:30 |
| Middle Distance Registration Closes | 07:15 |
| Middle Distance Race Briefing in the registration/ transition area, this is a mandatory briefing before your swim start. | 07:15 |
| Middle Distance Race Start | 08:00 |
| Middle Distance Bike Course Cut Off | 13:00 |
| Sprint Distance early registration option | 13:00 |
| Tristar Registration and Transition Open | 13:00 |
| Tristar Registration and Transition Closes | 14:00 |
| Middle Distance Prize Giving | 14:00 (approx) |
| Tristar Mandatory Race Briefing | 14:20 |
| Tristar 1 Race Start | 15:00 |
| Tristar 2 Race Start | 15:20 |
| Tristar 3 Race Start | 15:40 |
| Sprint Transition Open | 16:00 |
| Tristar Prize Giving | 16:15 (approx) |
| Sprint Registration and Transition Closes | 16:30 |
| Sprint Mandatory Race Briefing | 16:30 |
| Sprint Race Start | 17:00 |
| Sprint Prize Giving | 19:00 (approx) |

Getting to The Event

The event will take place at the Castle Green, Bamburgh Castle, Northumberland, NE69 7DF. There will be many competitors visiting Bamburgh for the event and with limited street parking available we are advising all competitors to use the EVENT CAR PARK where a substantial amount of additional parking has been made available in the village next to St Aiden's Church. The parking fee is £3 for all day parking and it is a 2-minute walk from the race venue. The car park will be well signposted, as you arrive into Bamburgh follow the signs for 'EVENT PARKING'. Please avoid parking curb side in the village to prevent congestion during the race as this forms part of the bike course.

Registration

At registration please bring along proof of your identification. Here you will be provided with an envelope containing your race number x2 and stickers for your helmet and bike. Race numbers should be visible on your front during the run sections and on your back during the bike section. The helmet sticker should be placed on the middle front of your helmet and in a clearly visible position on your bike. Your timing chip is waterproof and should be attached to your left ankle with the chip facing outwards. At the end of the race the chip **must** be returned to the event crew who will be waiting at the finish line.

Relay Teams ... will need to share a timing chip, therefore at transition please ensure you give it to the next member of your team. It is also recommended that you use a race number belt for this purpose.

Race numbers are not to be cut, folded or defaced in any way.

T-shirts

If you have ordered a t-shirt you will be able to collect it at registration. Please be aware that the t-shirt size that you have requested on your registration form will be the size that you are given as they are ordered specifically based on your size selection.

Transition

Transition is located on the grassed area on the Links adjacent to the pavilion. It will be open from 06:30 and will be accessed by competitors only. Before entering please ensure your race numbers are attached to your bike and helmet and you will need to prove to the marshal on transition that your helmet fastens securely. **You will not be allowed to participate without a helmet.**

It will reopen for you to collect your bike once the last cyclist has returned from their bike leg and access will only be granted on production of your race number.

Bag Drop Area and Security of Personal Belongings

For safety reasons, bags boxes and other belongings should not be left in the transition area. You can keep your belongings in your car after you have changed, or there will be a designated bag drop area within a corner of the transition area. This area is controlled by event staff, but please be aware that these bags will be left **at your own risk**, and that Total Racing Events will not take responsibility for your belongings that you leave here.

Swim

Please note, depending upon weather conditions and wind on the day, we may need to amend the swim course slightly. Please be on the water's edge in plenty of time, remembering to **bring your own swim caps and goggles**. On exiting the sea make your way to transition, but take care as it may be stony underfoot on the beach. Marshals and signage will be there to direct you. **If you decide that you do not want to take part in the race once you have racked your bike you must notify our transition marshals and retrieve your bike. If there are any bikes left in transition once all swimmers are out of the water it will alert us that we are missing a swimmer. Obviously, this is a serious concern and will spark emergency search. If you have withdrawn after racking your bike and not retrieved your bike then you will be liable to the cost of this search.**

Transition to Bike

Once in transition, you must secure your helmet strap before removing the bike from the racking, and it must not be undone until your bike is replaced after finishing the bike section. Please remember that your race number must be visible from the back on the bike section.

Once you have your bike, proceed to the transition exit (please note that the transition area will have an IN and OUT so please familiarise yourself with this on the day) and head to the mount line which will be clearly marshalled. You MUST NOT get on your bike before this line.

Relay Teams ... your timing chip acts like a relay baton. Bike competitors will be allowed to have their helmets fastened in Transition prior to their swimmer arriving and remember that your race number must be in place before you exit transition.

Bike Course

Remember – it is YOUR RESPONSIBILITY to know the event route. Please follow the links to the interactive course maps below and familiarise yourself with them. Please ensure you follow the signage, and marshals will also be in place to assist and advise you. Please take note of their advice and warnings as this is in place for your own safety. The roads remain open to the public, so please take extreme caution when overtaking and be aware that the rules of the Highway Code still apply. This is not a closed road event. You must follow the highway code always, please use your own judgment and be responsible. There could be traffic on the road and pedestrians crossing.

Middle Distance: [2 Lap 90km Cycle](#)

Sprint Distance: [1 Lap 20km Cycle](#)

Tristar 1 (9/10): [2 Lap 2km Cycle](#)

Tristar 2 (11/12): [3 Lap 3km Cycle](#)

Tristar 3 (13/14): [5 Lap 5km Cycle](#)

Water Stations, Keeping Hydrated & Mile Markers on Course

There will be a water station on the Middle-Distance course adjacent to the castle green, you will be responsible for keeping yourself hydrated. Make sure you fill your bike water bottle. There will be a water table at the finish line.

Cycle Rules

This is a NON-DRAFTING event. Drafting will be penalised accordingly. WE WILL be taking a zero-tolerance approach to drafting and if reported will be taken seriously. DRAFTING IS CHEATING DON'T DO IT. All our marshals have been briefed on these rules and if your number is continuously identified and reported to the race referee, you WILL be penalised. You must maintain a gap of 10 metres between yourself and the cyclist in front. On deciding to make a pass you have 20 seconds to complete the manoeuvre. Once your front wheel has passed the other riders front wheel it is the overtaken riders responsibility to drop back out of the draft zone 10 metres behind. If you are not overtaking please keep to the left-hand side of the road to allow faster competitors to pass. Do not cross the centre white lines (if there are no white lines visible please use common sense and keep to the left). Side by side riding is forbidden. If you are unclear about this rule please contact the race organiser or visit www.triathlonengland.org to find out more information.

Transition to Run

Dismount from your bike before the DISMOUNT LINE which will be marshalled. Run/walk your bike into the transition area. On entering transition proceed to your numbered racking spot. DO NOT unfasten your helmet until your bike is securely racked. You can then proceed to the transition exit and head onto the run course.

Relay Teams... Your bike competitor first racks the bike, then removes the race number and passes it to your run competitor to put on before they exit transition.

Run Course

The run course follows footpaths, with grassed and gravel areas which may be uneven in places. Please be careful and conduct your own risk assessment always looking for trip hazards, particularly in wet conditions and wear suitable footwear. Overtake with caution, be aware of signage and be considerate to other competitors. Marshals will be positioned on the run route to assist.

Your run route maps are below:

Middle Distance: [4 Lap 21km Run](#)

Sprint Distance: [1 Lap 5km Run](#)

Tristar 1 (9/10): [2 Lap 1km Run](#)

Tristar 2 (11/12): [3 Lap 1.5km Run](#)

Tristar 3 (13/14): [4 Lap 2km Run](#)

Finish

The event finishes in the event village area where **you must hand in your timing chip**. You can also collect your time print out from the Results Base timing van. Transition will reopen for you to collect your bike once the last cyclist has returned from their bike leg and on production of your race number.

Medical & First Aid

There will be a medical first aid station located at the event control area, next to registration and the finish line. We will also have medical staff out on course.

Emergency Procedures

Should it be necessary to stop the race for any reason and/or evacuate the course you will be alerted via the marshals and the public-address system. The marshals will direct you to safety. Please follow their instructions.

Miscellaneous

Please note that the use of MP3 players and mobile phones during the race is dangerous and will not be allowed.

You must be aware that the event will be taking place as an open water sea swim and open roads for the run and the bike section, and will always conduct their own personal risk assessment and follow the highway code. It is your responsibility to look out for trip & fall hazards such as tree roots, stumps, potholes and loose gravel. Just because you are participating in an organised event does not mean you stop accepting responsibility for your own safety. It is your responsibility to know the route and marshals are for assistance only. The route will be signposted throughout. Please treat both the course and other users with respect, and especially don't litter. There will be extra litter bins provided in the event village/start/transition areas. Our race crew and many of our support staff have given up their own time to allow you to compete. Please be courteous. Any abuse towards marshals, event staff and other competitors will not be tolerated and will result in you being disqualified.