

## **Sprint Series 2009 FAQ**

### **What are the dates for the 2009 Race Series?**

Monday 13 <sup>th</sup> April 2009	(Easter Bank Holiday)
Monday 4 <sup>th</sup> May 2009	(May Day Bank Holiday)
Monday 25 <sup>th</sup> May 2009	(Spring Bank Holiday)
Monday 31 <sup>st</sup> August 2009	(Late Summer Bank Holiday)

### **What are the distances?**

Swim – 426M  
Bike – 21K  
Run – 5K

### **What is the refund / withdrawal policy?**

Our policy on refunds and transfers to other races is as follows.

Race entries are NOT transferable between people.

The only transfers available are for the same person to move their accepted (1) entry to a different race in the same race series (i.e. the same year) as per the rules below. If the competitor notifies us via email up to 14 days before the race we will allow refund (minus £10 admin fee) or transfer of entry to another TT race in the same year. Again, entries are NOT transferable between people. If the competitor notifies us up to 7 days before the race, and the race is not full, we will allow a transfer of entry to another race in the same year but no refund. If the competitor notifies us up to 7 days before the race, and the race is full, we will not allow any refund or transfer. This is because we will have turned entries away and so cannot offer the place to anyone else, hence it is unfair to the club, to then lose revenue by offering a transfer.

If you have entered 4 races using the January offer, any refund has this taken into account.

### **I need to pull out of the race as I'm injured, have to work or am going on holiday**

Please see the refund/withdrawal policy.

### **Where is the race held?**

All of our races are held at the same venue. The Hampton Open Air pool. The pool website can be found at:

[www.hamptonpool.co.uk](http://www.hamptonpool.co.uk)

Information on how to get there can be found at the above website. The address is:

Hampton Open Air Pool  
High Street  
Hampton  
Middlesex  
TW12 2ST

## Where can I park when I get to Hampton Pool?

The car park at the Hampton Pool will not be available for competitors to park in. You can park in the quiet roads around the pool. Please remember not to leave any of your wheels on the curb as the traffic wardens will award you with a penalty notice.

Also PLEASE DO NOT park on the grass in front of the houses directly across from the pool car park entrance.

When unloading bikes etc. please be mindful of the neighbour's wishes not to rise at such an early hour on a bank holiday!

## Are there any results available from previous races?

Yes, please see the results section of the website.

<http://www.thamesturbo.com/race-series/senior-race-series/results>

## What is a number belt and can I use one in your race?

A number belt is an elastic belt that you clip your number to. Leave it in transition with your bike, shoes and helmet. When you arrive at your racking position, pop the number belt on and voila. No need to mess around pinning numbers to shirts / jackets / etc. etc.

It's a great little device...cheap as chips (£5 ish from Sigma - <http://www.sigmasport.co.uk/> in Kingston) and saves a good minute or two in transition.

We actively **ENCOURAGE** their use, however it is imperative that your number is clearly visible at all times. In particular this means from the rear during the Bike and from the front during the Run

## Is the cycle route run on closed roads?

The roads are open and public.

There is negligible traffic because of the time of day...you may have noticed that the first swimmer goes in the water at 7am sharp. We then start you at 15 second intervals. This means that even with a full field of 495 athletes, a break between waves and applying the standard no show percentage, that means that our last swimmer starts by 8.40am. Thereafter, allowing about 10 mins for his/her swim and T1, and approx 40 mins for his / her bike split, that means that s/he is finished racing on the road at 09:20 at the latest.

We have measured traffic volumes on Bank Holidays and have identified 09:30 as the point at which traffic starts to build. Hence the race start time of 07:00, the number of competitors capped at 495, etc. etc. etc.

Some may say that the road to / from Hampton Court Palace is a slightly busy one, please remember that you are only on it for a short time, you are quickly sent on the Lower Sunbury / Shepperton / Chertsey section which is most definitely NOT a busy road.

## Will there be marshals?

Yes, there are marshals everywhere they are needed. British Triathlon tell us where we must put them. We make sure they are there. You however are riding at your own risk so do not expect them to control traffic or call "clear" for you. You MUST ride within the Highway Code.

## Will I have to stop at the traffic lights?

You **MUST** stop! It's in the Highway Code so you **MUST** do it. No exceptions. There is a marshal at that traffic light and if you jump red, you will be instantly **DISQUALIFIED**. This is a Health & Safety issue. No variations will apply. No exceptions will be made. Jump it. DQ! Not negotiable. The question of what to do if you do catch the red has been had many many times. The outcome is that all of the best athletes strongly advise you to remain seated on your bike, take advantage of the recovery and go on green. If you want to unclip, and push your bike along the path, re-mounting after the light, that is your choice (**note – no riding on pavement, this is also against the Highway Code**), but general consensus is that it is not a benefit and actually introduces additional risk of a fall / incident / mechanical trying to dismount and remount under race conditions. The lights at the Waterworks change quite quickly as priority timing is normally given to the busy Upper Sunbury Road.

## What is the closing date for entries?

The closing date for entries is the Wednesday prior to each race, however as one of the UK's first Triathlon events, the TTTC series is very popular indeed and usually sells out long before the closing date and approx. 12 weeks before the race. You are therefore advised to get your entries in as soon as possible.

## What is the entry fee?

BTF members £30

Non BTF members £35 – This includes the BTF Day License

## How do I pay?

New for 2009; On-line entries are confirmed at the time of entry, you can pay by credit or debit card and have immediate confirmation of your place.

For very exceptional circumstances that you cannot pay by card, please email the Race Director at [race\\_director@thamesturbo.co.uk](mailto:race_director@thamesturbo.co.uk)

## What are the start times?

Registration opens at 06:00 and **closes** at 06:45.

All entrants must be registered **before** the race starts at 07:00.

Transition and helmet check opens at 06:00 and closes at 07:00

Race briefing starts at 06:45.

Your race number will determine your start time.

Entrants start at 15 second intervals with the order determined by stated 400m swim times

## I am in Wave 2 and have raced before; do I need to arrive so early?

Registration times will be strictly enforced to ensure that everyone is at the very important race briefing. Please arrive early enough to register before it closes at 06:45.

## What is the registration format?

The registration format is to arrive at 06:00, go to the Registration desk at poolside, state your name and collect your race numbers and 'goody bag'.

Now apply one of the two stickers to the front centre of your helmet, apply the other sticker to the front right fork of your bike and put your race numbers on your race belt or pin them to your cycle / run jersey.

Proceed to transition for bike & helmet check and rack your bike.

Make sure you are poolside for the Race Briefing at 06:45.

## What is the transition format?

Transition is on the large grass area on the far side of the pool.

Your bike must be positioned on the numbered racking in accordance with your race number.

You must **not** leave anything in transition that is not to be used in the race. All bags, pumps etc. must be returned to your car and transition clutter minimised to ensure safety. There is space around the outside of transition against the fence for "big bags".

You will **not** be allowed to enter transition without your race number (the physical piece of paper). This is for security reasons.

You will **NOT** be allowed to remove your bike from transition without showing your **PAPER** race number (simply flashing your arm with a series of blue numbers will not suffice).

## Why is there a 7 minute "non competing zone" between the Bike and Run?

This is an unavoidable requirement brought about by the right turn onto the main road at the traffic lights just before arriving back at Hampton Open Air Pool. Attempts to overcome this are thwarted each time given the impracticality of a road closure on such an important road.

Please note, you and we must comply with the Highway Code and BT regulations so those of you that jump the red light on the outbound route (left turn) will be **DISQUALIFIED**. See also section on 'Will I have to stop at the traffic lights?'

## How does the "non competing zone" work?

The bike section timing will end when you place both feet on the ground at a marshalled point by the water works. Wait here until signalled by the marshal to make your way back to Hampton pool. 7 mins allows sufficient time to return to Hampton pool at **non-race pace**. At Hampton pool you dismount on the left-hand side of the road and cross to the pool under the guidance of the marshals. Your race time will restart on entry into transition 2. Any time over the 7 mins allowed will be added to your transition time. The example below explains this.

<i>Swim time</i>	<i>Bike time incl. T1</i>	<i>Non-competing time</i>	<i>Run time incl. T2</i>	<i>Total race time</i>
10:00	45:00	5:30	27:00	1:22:00
10:00	45:00	7:00	27:00	1:22:00
10:00	45:00	9:00	27:00	1:24:00

The athlete in the 3rd example exceeded the allowed non-competing time by 2:00 and this has been added to their race time. There is no benefit in 'racing' back to T2, however athletes must enter T2 on arrival and not cause congestion in this area.

### **How do I get my bike out of transition after the race?**

Bikes can not be removed from Transition until all competitors have started the run course (approx. 09:00). Please note that you will need your paper race number.

### **When are the race results made know?**

"Splits" are posted during the race in the 1<sup>st</sup> floor cafe overlooking the pool though as there are still athletes that have not finished these are for early finishers to see their times and are **NOT** an indication of final race position.

Provisional results are posted and announced at the end of the race.

Provisional results are posted at [www.thamesturbo.com](http://www.thamesturbo.com) within 24 hours of the race.

Provisional "Series" results are announced at the end of race 4 in August.

### **Why is the TTTC Race Series so popular with athletes new to Triathlon?**

Because it is a very friendly low key environment ideal for beginners.

Because it is one of the least expensive races on the calendar at just £30 or £35.

Because the Swim is in a first class outdoor heated pool.

Because the Bike is flat and fast.

Because the Run is flat and fast.

Because as a 4 race series, it is ideal for benchmarking your progress during the year.

Because 3 of the 4 races are so early, they are ideal sharpeners for later races.

### **What do I wear?**

Ideally a tri suit as this allows you to swim, then bike and then run without the need to pull clothes on and off. If you do not have a tri suit, then for males a pair of tri shorts is probably the next best thing though you will need to add a layer before heading out on the bike as no nudity is allowed in our sport. For the females, tri shorts and a crop top may be sufficient though once again an extra layer may be needed at the first races in the series

### **Can I wear a wet suit?**

No. It is a pool swim in a delightful outdoor heated pool with at water temperature of as much as 28 celcius. Our BTF Referee will also not allow anything to be worn (including socks) on your feet during the swim.

### **Can I use a mountain bike / hybrid?**

Yes. As long as your bike is road worthy you may use it. At the Thames Turbo Race Series there are many novices just trying the sport out before making the investment in a road bike so we are accustomed to seeing mountain bikes in transition.

### **Do you accept race entries “on the day” (OTD)?**

No. The race start order is determined by swim times combined with overall times and prior knowledge of the race to reduce the possibility of congestion in the pool and ensure that you are all off the road as early as possible before traffic builds. All of this means that inserting random athletes into the start order is not feasible for us. Please note that due to the popularity of the TTTC Race Series our races are always sold out well before the deadline and as we do not have any entries available on the day, we recommend that you identify your preferred races as early as possible and get your entry in to secure your place.

### **Is there a reserve list?**

Yes. For 2009 we will be operating a reserve list.

### **Where can I get maps showing the Bike, Run, Transition, location, etc.?**

Please [download](#) the Race Pack.

### **I have another question about the Race Series – How can I contact you?**

Please email me at [Race\\_director@thamesturbo.co.uk](mailto:Race_director@thamesturbo.co.uk)

### **What are the categories at each race for a Trophy?**

- |                                |                                |
|--------------------------------|--------------------------------|
| • 1 <sup>st</sup> Overall Male | 1 <sup>st</sup> Overall Female |
| • 2 <sup>nd</sup> Overall Male | 2 <sup>nd</sup> Overall Female |
| • 3 <sup>rd</sup> Overall Male | 3 <sup>rd</sup> Overall Female |
| • 1 <sup>st</sup> 16 - 19 Male | 1 <sup>st</sup> 16 – 19 Female |
| • 1 <sup>st</sup> 20 – 29 Male | 1 <sup>st</sup> 20 – 29 Female |
| • 1 <sup>st</sup> 30 – 39 Male | 1 <sup>st</sup> 30 – 39 Female |
| • 1 <sup>st</sup> 40 – 49 Male | 1 <sup>st</sup> 40 – 49 Female |
| • 1 <sup>st</sup> 50+ Male     | 1 <sup>st</sup> 50+ Female     |

### **How do I collect my Trophy and prize?**

Prize Giving will take place upstairs on the balcony approx. 30 minutes after the final runner finishes, or down by the barbecue hut. That should be approximately 11am. Trophies and prizes will **NOT** be posted out, or available for collection later, so please check the “Finishers So Far” lists and if you are in the running for an age group prize please stay on for Prize Giving. There is massage available, and showers are available, a fabulous selection of hot and cold food, and surprisingly enough, a lovely swimming pool to keep you occupied whilst the results are prepared, the winners identified and the trophies handed out.

**Other than the obvious (i.e. bike, helmet, shoes, etc.) what would you say are the 3 essential items that I should bring for my race?**

Tri suit  
Number belt  
Swim goggles

**Do I need a bike?**

Yes.

**Will I be able to get a post race massage?**

Yes. Massage will be available to work away that lactic.

**Will there be photographers in attendance?**

Yes. We are still confirming our photographers for 2009, but we hope they'll be there.

**Why will my bike and helmet be inspected before I am allowed into transition?**

First of all, your bike must be considered safe. One key aspect of this is that the ends of your handle bars must be plugged. In the event of an accident, unplugged bar ends can inflict horrific injuries and as such you will not be allowed to race in any BT sanctioned race unless they are plugged.

Your helmet must be in compliance with the latest BTF safety guidelines and will be checked for any sign of cracking, impact, etc. before you are allowed into transition. Further information is available at [www.britishtriathlon.org](http://www.britishtriathlon.org)

**Is drafting on the bike course allowed?**

No. Please see the rules on the BTF website. We have many marshals on the bike course that will report anyone for drafting or dangerous cycling. In addition we have a Motorcycle Referee that will be monitoring the course for any offenders. Penalties or disqualifications will be applied.

**What are the BTF rules?**

<http://www.britishtriathlon.org/events/page.php?article=&category=/events/&folder=rules/>