



# BERKHAMSTED TRIATHLON

## SUNDAY 17<sup>TH</sup> APRIL 2016



SWIM

400m



BIKE

12mi



RUN

5mi

For more information, visit:

**BERKHAMSTEDTRIATHLON.COM**  
**OR CALL 07977 486919**

Knox Johnston Sports Centre, Kings Road, Berkhamsted, Hertfordshire, HP4 3BG

 /berkhamstedtri  @BerkhamstedTri



# STANDING OUT FROM THE CROWD

At Knight Frank, we pride ourselves on providing the highest standard of quality and integrity in every property transaction - raising our game at every opportunity. Property is our passion, with triathlons coming a close second.

Knight Frank is proud to sponsor the **Berkhamsted Triathlon 2016**.

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ASK ITALIAN



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# **Berkhamsted Triathlon**

## **Sunday 17th April 2016**

Knox Johnston Sports Centre, Kings Road, Berkhamsted, Hertfordshire,  
HP4 3BG

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Welcome to the Berkhamsted Triathlon, brought to you by Cliff King Events. We have been working very hard to put together the first ever triathlon to take place in the Berkhamsted area. We hope that you are all looking forward to the event.

Supporting the Berkhamsted Triathlon are a number of sponsors; including Knight Frank.

On completion of the event, each competitor will receive a participant pack containing various goodies courtesy of our sponsors. There will also be bananas, sweets, biscuits and water on the finish line.

Whether you are going all out to win, achieve a personal best, or are simply anticipating the satisfaction of crossing the finish line, we hope that you enjoy the event as much as we intend you to!

## Timetable

06:00	Registration opens
06:15	Transition opens
07:45	Registration closes and a pre-race briefing for ALL competitors will take place in the Sports Hall. This will take approximately 5 minutes. As soon as the briefing is finished the first wave of swimmers will make their way over to the poolside.
08:00	First group of competitors start swim leg
09:45–10:00	First competitors complete whole course
10:45–11:00	Last group of competitors start swim leg
12:00–12:30	Last competitors complete whole course
13:00 (approx)	Prize giving

## Prizes

Prizes will be awarded to winners in the following categories and we will also be awarding five spot prizes and the Knight Frank Winners Trophies for the highest placed, local (HP4), male and female.

1 <sup>st</sup> female/male	£210 Ashmei voucher
2 <sup>nd</sup> female/male	£100 trainers voucher for Berkhamsted Sports
1 <sup>st</sup> female/male 40-50	£50 OMM voucher
1 <sup>st</sup> female/male 50+	£50 OMM voucher

Please attend the prize giving if you have won a category. You will be asked to pay postage if we have to send your prize to you in the post.

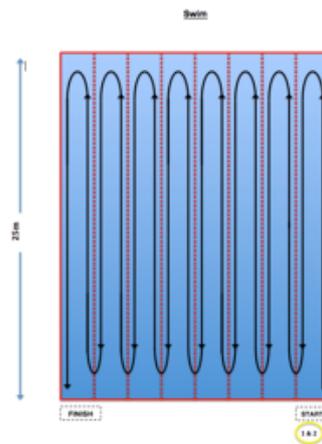
Berkhamsted Triathlon is based at the Knox Johnston Sports Centre. We are grateful to the centre staff, Berkhamsted School, Dacorum Borough Council, Hertfordshire Police, our volunteers, Cliff King Events Crew, for all their help with staging this event and all other support groups without whom this event would not be possible.

## General Information and Race Instructions

<b>Registration/ information desk</b>	<p>This is located in the hall of the Sport Centre. It will be open from 06:00-07:45. This is your first port of call - you will not be able to enter transition without your race numbers. Please register at least 30 minutes before your start time and we recommend you arrive at least 45 minutes before your swim start time - this is to give you enough time to register, set up all your equipment in transition, get changed, make any other preparations and be onto poolside 15 minutes before your swim start time. You will be ticked off on the registration list, given your race number.</p>
<b>Race and safety briefing</b>	<p>A pre-race briefing for ALL competitors will take place in the Sports Hall at 07:45. This will take approximately 5 minutes. The race briefing is mandatory. It will confirm the format of the event and be used to advise you of any safety notes and changes. Please be aware of other competitors and spectators and other sport centre users (the sports centre will be closed to the public for the morning). Please be mindful of the forecast weather conditions and prepare appropriately.</p>

**Swim 400m (16 lengths)**

Indoor 8-lane swimming pool of 25m length. Format is a lane start of one competitor starting approximately 30 seconds apart. Once the competitors have completed the first two lengths in lane one they will move to the second lane and so forth through the eight lanes.



**NO DIVING INTO THE POOL.** Do not change your start time. Please note we will do our best to keep to your allocated start time, however, where other competitors have underestimated their swim times, this can cause delays - we hope this does not happen! If you need to overtake another competitor during your swim, please follow the normal etiquette of tapping them gently on the foot, and overtaking at the next available end. If you are tapped on the foot by another competitor, please allow them to pass you when you reach the end of that length of the pool. Tumble turns are permitted - if you are not doing a tumble turn then just touch the wall at the end of the lane with your hand.

You must climb out of the pool; you cannot use the steps.

Leave the pool with care, it may be slippery, via the emergency exit, into transition.

<p><b>Cycle</b> <b>Approx 20km (12 miles)</b></p>	<p>PLEASE ENSURE THAT YOU ARE FAMILIAR WITH THE COURSE PRIOR TO THE EVENT</p> <p>The course starts and finishes at the Knox Johnston Sports Centre. See later in the booklet for maps. Follow the orange signs. Obey the Highway Code.</p> <p><b>Competitors will not be allowed to start without a fastened helmet.</b> Reminder: during the race do not put on or take off your helmet unless your bike is on the racking. <b>Drafting will not be permitted.</b> You must walk your bike between transition and the mount/dismount line. Proceed with caution as you enter and exit the Centre entrance road as there may be other cyclists, runners and cars in this area.</p> <p>It is a LEFT HAND TURN out of the leisure centre and a RIGHT HAND TURN after approx. half a mile. It is well signposted and marshaled, but you need to be alert for signs and traffic.</p> <p>There are a couple of winding and steep sections, be careful if it is wet or raining. At various points along the course, marshals will be there to advise but have no power to stop or control traffic - you are responsible for your own safety.</p>
<p><b>Run</b> <b>Approx 8km (5 miles)</b></p>	<p>This is an out and back trail run. The finish is back at Knox Johnston Sports Centre. Please take care as it may be uneven underfoot.</p> <p>The route will be marked with red and white tape throughout, and at major turning or crossing points orange arrows or relevant signage will be used.</p> <p>There will be a drinks station and Marshalls checking in your number at the turning point.</p> <p>Use pavements where possible and follow the signage, see later in the booklet for maps. Please be careful and use the Highway Code, staying to the left hand side of the trail.</p>

	<p>Be aware of other cyclists and runners as you exit the transition area and extra careful when crossing the road at the marshalled point just after the stretch through the playing fields. Marshals will advise when it is safe, but you must take responsibility for your own safety.</p>
<b>Transition</b>	<p>This is located outside the swimming pool. It is a short distance from poolside to your bike.</p> <p><b>You will not be able to enter transition without showing your race numbers and having your bike sticker on your bike.</b> This is for security reasons. Please use the main entrance to put your bike and equipment into transition. You will need to place any race equipment (e.g. bike, cycle/run shoes, etc.) in your 'bay' in transition - please ensure this does not hinder other competitors.</p> <p>No bags or kit boxes can be left in the transition area. Please use a towel and place your kit on this. Any bags you have can be placed at the side of the area or pass them to a friend or relative.</p> <p>Only competitors may enter this area, for security reasons. Please find your race number marked on the relevant bay, and rack your bike and place equipment at this spot. Please be mindful of other competitors who are already competing. It is recommended that you walk through and familiarise yourself with the routes to/from your bay from/to the entrances and exits of transition prior to starting the race. <b>Remember to leave your bike in a low enough gear, ready for the cycle section.</b></p> <p>Reminder: there is <b>no cycling in transition</b> - mount/dismount your bike at the mount/dismount point.</p>

<p><b>Amendment of entry details</b></p>	<p>Competitors must notify the organisers of any corrections to entry details before starting the event. No exceptions will be made afterwards.</p>
<p><b>Race numbers</b></p>	<p>Arrive in good time to be able to collect your numbers from race registration before you start.. Race numbers must be clearly visible for all three disciplines. <b>Use safety pins or a race belt to attach your numbers. If wearing a race belt, please ensure the number can be seen through each timing point</b> - during the cycling phase a number must be displayed to the rear; and during the running phase a number must be displayed to the front.</p>
<p><b>Electronic chip timing</b></p>	<p>When you come to the poolside, you will be guided to pick up your chip timing device - this should be attached to your left ankle before you enter the pool (this is where it has been designed to work at its optimum and fixing it anywhere else will jeopardise you getting your race times). <b>You must wear your race strap throughout the whole race.</b></p> <p>You will also need to mark clearly on both upper arms, your race number with the waterproof pens provided. Following this, you will be guided by the poolside marshall to your starting point.</p> <p>Please return your chip to the marshal at the finish line. You will not be allowed to remove your bike without returning your chip and ankle strap. If you have lost your timing chip you will be charged £10 to remove your bike from transition.</p> <p>The chip timing system will give you detailed results including all of your splits and a print out of your results will be available at the finish line.</p>

<p><b>Timing points</b></p>	<p>The timing points we use between stages are:</p> <ul style="list-style-type: none"> <li>• Swim: from when the whistle goes in the pool, to when you enter transition</li> <li>• T1: from when you enter transition to when you leave transition on your bike</li> <li>• Bike: from when you exit transition on your bike to when you re-enter transition at the end of the cycle</li> <li>• T2: from when you enter transition to when you leave transition for the run</li> <li>• Run: from when you exit transition to start the run, to when you cross the finish line</li> </ul>
<p><b>Waterproof marking pens</b></p>	<p>We are using these as well as the race numbers You will have opportunities at registration and poolside before you start the event to add your race number to your skin.</p> <p>We suggest marking the back of your hand and upper arms.</p>
<p><b>Triathlon sport guidance</b></p>	<p>Check the Triathlon England Website for general information.</p> <p>Also see our section in this booklet on common rule infringements.</p>
<p><b>Bike mechanic service</b></p>	<p>Lovelo Cycles – <a href="http://www.lovelocycles.co.uk">www.lovelocycles.co.uk</a></p>
<p><b>Withdrawing partway through</b></p>	<p>If you withdraw from the event at any stage before the finish, please inform a race official, preferably at registration desk. This is for your own safety (and saves us spending hours searching for you out on the course!). Please return your timing chip at the finish line. Let us know if you need any medical help or advice.</p>
<p><b>First aid</b></p>	<p>First aid is available on site, and qualified first aiders are able to attend to casualties out on the course.</p>

<p><b>Changing facilities and baggage storage</b></p>	<p>Changing rooms are available in the Sport Centre, along with showers and lockers.</p> <p>There will be an option next to registration in the sports hall for you drop bag/baggage.</p> <p>The sports hall is very large so competitors do have an option to change in this area.</p>
<p><b>Refreshments</b></p>	<p>Knox Johnston has fantastic facilities and the cafe will be open for tea, coffee and bacon rolls. There is ample room for competitors and friends in this area.</p>
<p><b>Massage</b></p>	<p>We will be providing free massages in the sports hall both before and after the race.</p>
<p><b>Photography</b></p>	<p>Event photography will be provided by Adam Hollier Photography - <a href="http://www.adamhollier.co.uk">www.adamhollier.co.uk</a></p>
<p><b>Results</b></p>	<p>Winners will be announced at the prize giving which we will be held at approximately 1pm. A provisional listing of the full results will be posted on the website within 48 hours of the event ending. After this competitors will have 72 hours from the time of its posting to make any queries.</p>
<p><b>Penalties</b></p>	<p>Any penalties issued will be displayed at the finish line. Any queries regarding these must be referred to the race official.</p>
<p><b>Post-race collection of kit from transition</b></p>	<p>You are asked to <b>collect your bike and kit from the transition area as soon as possible</b> after you finish - <b>by 12.30pm at the latest</b>. This helps us to comply with the wishes of the sport centre - after this time we cannot guarantee the security of your equipment.</p>
<p><b>Lost property</b></p>	<p>Any lost property handed in will be kept for 4 weeks after the event.</p>

<p><b>Spectators</b></p>	<p>Spectators are very welcome to watch all stages of the event. Marshals may warn you of oncoming competitors - this is for your own safety. Please also stay out of the marked competitor only areas. Importantly, enjoy the event!</p>
<p><b>Parking</b></p>	<p>There are 50 parking spaces in the girls school next to the Knox Johnston sports centre. Directly across the road at the Prep school, there are 50 more spaces (accessible from Doctors Common Road). Other parking is available in the streets directly around the centre of Berkhamsted (no restrictions) or in Tesco and Waitrose car parks just 5 minute's walk away.</p>
<p><b>Local residents</b></p>	<p>The start and finish are located in a residential area. Please respect this and keep noise and rubbish to a minimum.</p>
<p><b>Please note</b></p>	<p>The organiser cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event.</p>

# Common rule infringements

This information is designed to help you enjoy the race and to not incur penalties

## **Drafting**

Competitors are not permitted to draft off other competitors during the cycle section of a race. The draft zone for sprint and standard distance events is 7m (approximately 3 bike lengths) x 3m, and starts at the front edge of the bike's front wheel. Remember to keep left at all times when you are not overtaking. If you are overtaken it is your responsibility to drop out of the overtaking cyclist's draft zone.

## **Helmets**

Helmets used for events must meet the minimum standards of ANSI Z90, SNELL B90, EN1078 or equivalent - a CE mark is not an approved standard. Helmets must be on and securely fastened before removing your bike from its transition space and remain fastened until you have re-racked your bike.

## **Outside assistance**

Athletes must not receive outside assistance from anyone who is not part of the event team, including being passed drinks or helped with equipment. The only exception relating to outside assistance is for medical issues, or when safety may be compromised.

## **Transition area**

Each athlete has their own space within the transition area, for their equipment. You are not permitted to 'mark' your space, and your equipment must not hinder other athletes as this will be considered as 'unsporting impedance'.

When leaving transition for the cycle leg, do not ride your bike until you have reached the mount line. Similarly when returning to the transition area you need to be off your bike before the dismount line.

### **Race numbers**

Athletes need to wear their race numbers at all times during the cycle and run section and they must be clearly visible. **During the cycle section the number needs to be displayed at the rear and during the run it needs to be displayed at the front - a race belt is useful for this.** The waterproof marker pens should be used in conjunction with the official race number and are not considered a replacement.

### **Unsportsmanlike conduct**

Our race officials, event volunteers, spectators and other competitors should be treated with respect and courtesy. Please comply with requests from the race official and event volunteers as it will probably benefit you, or help you avoid a penalty.

*Abusive and aggressive behaviour and language will not be tolerated under any circumstances.*

### **Course**

You are required to follow the course outlined in the race booklet and the race briefing. Not completing the specific course or the right number of laps will result in you being disqualified. It is your responsibility to know the course for each element and the number of required laps.

## **Nudity**

Competitors who are publically nude at any point of the race risk disqualification. You cannot therefore get 'completely changed' in transition. Nudity also includes being topless during the bike or the run, or having front fastening tops unfastened.

## **Calf guards**

These cannot be worn in the swim.

## **Mobile phones, MP3 players and other similar equipment**

These cannot be used at any time during the race, including the transition area at the risk of dis-qualification.



# Cycle Route



# Run Route



## **Start List**

The start list will be added to the website one week before the event.

**[www.berkhamstedtriathlon.com](http://www.berkhamstedtriathlon.com)**