

YOUR FIRST EVENT? . . . NOVICE INFORMATION

Having made the decision to take part in a triathlon, it can be quite a nerve wracking experience to take those first steps. You will have lots of questions and we hope that the following information will be able to answer these along with any concerns you may have.

On-line Entry Form

When you complete your entry on-line check that you have:

- Completed your date of birth – in triathlon sports the ages groups are divided up in separate groups of 5 years. Your year of birth is important as the results report how you did against others in your age group. Your age is taken as your age on 31 December 2016.
- Please ensure you enter your email address correctly as this is the way we will communicate with you before and after the race.
- If you use a work email address make sure you can access your email account outside of office hours.
- Entries for Hedgehogtri events are now through 'triconnect' click below to see the Haywards Heath Triathlon event the first race of the season.



Equipment

To start training for a triathlon you do not need the most up to date equipment.

To swim you will need

- a swimming costume
- swimming goggles
- a towel

To bike you will need

- A road worthy bike that fits you. - This can be a touring bike or mountain bike. It does not need to be modern as long as it is in a safe condition and is comfortable. If you are in doubt take it to a cycle shop to be serviced.
- A cycle helmet – this must fit firmly to your head.
- Clothing – you do not need specialist clothing, but it must be safe to wear on a bike (i.e. no excess cloth that could get trapped in the wheels) and be easy to put on. Don't forget gloves if you are doing an event in early spring or late summer – the morning can be chilly.
- A drink on the cycle if you have a bottle attachment is a good idea so you can refresh yourself on this section.

To run you will need

- Trainers – these can be same as used for cycling
- Clothing – these can be the same as used for cycling

Other equipment

- Drinking bottle – to replace lost fluids
- Bike maintenance – a pump and spare inner tube are advisable



Training

Anyone who trains regularly should be able to enjoy taking part in a triathlon. It might seem tough to put three events together against the clock however; you can set your own pace. The important thing is to take it at your own pace throughout and to remember to enjoy yourself.

It can be helpful to train with others. Triathlon clubs offer coaching which will help with your preparation –

To look for other clubs in the area visit the Triathlon England' website <http://www.triathlonengland.org/>

Try to get at least two sessions of each discipline per week when training. Starting with short distances and building over a six week period to the full competing distance. In the few weeks leading up to your first event, try combining sessions with a short transition between them to get used to the changes.

You will find the most interesting change is from the bike to the run, but try not to go at it too hard.



Different types of events

To assist your training or to give a taste of other types of multi-sports events there are other combinations. In the Sussex and Kent area there are Aquathlons (swim/run), Duathlons (run/bike/run), Triathlons (swim/bike/run) and cycle time-trials (a cycle course to be undertaken in the quickest time). Also an Aquabike event which is a swim/cycle are now beginning to appear.

All the sanctioned events are listed on the Triathlon England website (<http://www.triathlonengland.org/>).

Race instructions

These are important to your race. The instructions are available online (www.hedgehogtri.co.uk) 14 days before the event and explain the courses, location of the venue, car parking, changing and everything you need to know. Also it will point you to print off your 'RACE TICKET' this will help you speed through the registration process.



How a Triathlon works.

All competitors are advised to arrive at least one hour prior to the start so that you can:

- Register your arrival and collect your race numbers/ labels / timing CHIP etc.
- Get body marked with your race number on your arm and leg
- After attaching your numbered labels and wearing your helmet make your way through the non-racing entrance to the cycle racking area.
- Rack your cycle set up your equipment
- Note: new rule for 2016, no boxes to be left in transition, only a small bag is permitted with what you need for the race.



The race briefing will be before the start please ensure you are there to listen to information.

The SWIM is usually an individual 'time trial' start over a snake swim, so you will start in numbered order every 30secs.

After the swim you will run to the cycle transition area and put on your clothing and Helmet before touching the cycle. Make your way to the MOUNT point.

The cycle course will be marked with large black arrows on bright green background. Raynet Emergency Radio will be there on each of the turns keeping track of your progress. Remember you must follow the Highway Code at all times. Your race number must be visible on your back.

At the end of the course you will DISMOUNT in the area indicated and then move back into the cycle transition area.

- Note race your cycle BEFORE taking off your helmet.

Now the RUN, usually lapping course, you will be offered a rubber writ band at the start of each lap to help you count your laps. Your race number must be visible on your front.

Day membership

All entrants have to be a member of the British Triathlon Federation. This will be added to your entry fee automatically. The cost of a Day Licence is £4.00



Race Rules.

There are a few racing rules to remember, some of which are mentioned below, others can be found at the website run by the Triathlon England. The rules are there to help improve safety. A Triathlon England Technical Official will usually be present as will a motor cycle official around the bike course. Any infringement of the rules would first be highlighted to the competitor to educate you in the rules, and failure to comply etc. might end in a time penalty awarded to your overall time.

A few rules:

- Helmet must be on the head and fastened when you have the cycle in your hands.
- Must mount / dismount in the zones indicated
- No drafting (be within 10 meters of the cyclist in front) unless your overtaking.
- No use of mobile phones or MP3 players anywhere on the course.

Timekeeping

You timing CHIP around your ankle is your responsibility and must be returned at the finish.

Split times for *Hedgehogtri* events will be taken at

- End of swim/ entry into transition
- Exit to start cycle
- Return into transition from cycle
- Exit to start run
- Finish.

Marshalling

To keep the entry fees as low as possible triathlons tend to use volunteers, friends & family as marshals. There is always room for more to help in the event so if you have people coming along that would like to help out let the organiser know. *Hedgehogtri* events please email us volunteer@hedgehogtri.co.uk

Triathlon England (British Triathlon)

This is the governing body for the sport they are connectable by:

Post - PO Box 25, Loughborough, Leics, LE11 3WX

Telephone - 01509 226161

Email: info@triathlonengland.org

Website: www.britishtriathlon.org

Your Next event

We hope that you will find the events you enter to be fun and rewarding. It is a wonderful feeling when you cross the finishing line having completed your very first triathlon.



Hedgehogtri events hope you will enjoy our events, keep an eye on the website for more in the future (<http://www.hedgehogtri-events.co.uk>). We look forward to seeing you soon. Paul Hedger

What you will need to bring!

Children

Swim Section:

- Swimwear
- Swim Goggles
- Towel

Cycle & Run Section:

- Cycle
- Cycle helmet (mandatory)
- Cycle/training/ running shoes
- T-Shirt/Vest
- Cycle Gloves (optional)
- Drink for Cycle & Run sections

Registration

- If the competitor is a BTF licence holder you will need to bring their licence with you.

Volunteer Marshals: in order for this event to go ahead & costs to be kept as low as possible, we would ask all parents if they could assist with marshalling the event, counting lengths/laps, helping in transition areas etc. If you can help please inform Registration on arrival.