

South Aquathlon

Worcester

20 July



General Information

Welcome

The British Triathlon Federation would like to extend a warm welcome to all competitors and spectators to the Worcester Aquathlon on 20th July.

Venue

University of Worcester, Lakeside Campus
Worcester Road, Holt WR 6 6NH

Car Parking

Car parking is £5 and can be paid for in advance via this link. Advance payment will speed up entry into the site. **Please pay online before arriving - thank you**

[Lakeside Payment Page - University of Worcester](#)

Facilities

On site Café (card only, no cash accepted), toilets, changing facilities & showers. Dogs are not allowed on site – only medical alert assistance dogs.



General Information

Results

Provisional results will be available on the day:
<https://www.titaniumracetiming.co.uk/>

Home Nation Association Membership Cards

Please bring your British Triathlon membership card and ensure it is up to date and valid on race day. If you fail to bring your membership card, you will be required to pay £2.00 for a Race Pass.

Withdrawing during the race

If at any point during the race you feel the need to stop and pull out of the race, please do not hesitate to do so. It is mandatory that if you withdraw from the race then you need to find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed.

Please remember to return your chip to a marshal at the finish line area.

Medical

Trailmed medical services will be available during the event. If you require medical attention, please speak to a member of staff who will direct you to the medical tent/ambulance which will be located near the finish line/Registration.

Safeguarding

There is a designated Safeguarding Officer on site on race day:
Guy Punja: 07919 571827

Sustainability and waste

We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins.

Catering

Hot & cold drinks, crisps, confectionary, sandwiches, panini's will be available to purchase from 07:00 to approximately 16:00. **No cash, card only!**

Bringing the Children

If you are bringing younger children and want to have a break from watching or like to treat them afterwards, directly adjacent to the site is a free to visit farm park which also has a coffee cabin and farm shop. <https://www.topbarnharvestshop.co.uk/farm-park-home/>



Registration & Race Packs

Registration will be located within the marque by the main building onsite. Competitor information will also be available here together with course maps.

Registration will be open from 8.00 am and close at 9.30 am where you will collect your race pack and timing chip. [See Event Schedule for TS timings.](#)

Race Pack:

Race Packs will include the following items:

- Race Number Decal/Tattoo
- Swim hats
- Timing Chip

Please return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged £60 as per the terms and conditions of entry.

Event Schedule

| Schedule | |
|--------------|---|
| 08:00 | Race Registration Opens for Super Series/ Tri Stars 11.30am |
| 09:30 | Race Registration Closes for Super Series/ Tri Stars 12.30pm |
| | Transition Opens 30 minutes before each race |
| | Transition Closes 10 minutes before the start of each race |
| | Race Briefing – 10 minutes before the start of each race |
| TBC | <i>*Swim Warm Up/acclimatisation – 5 minutes before each race start</i> |

| Category | Race 1 | | Race 2 | | Race 3 | |
|------------------------------|----------|----------|----------|--------------------|---------|------------------|
| Youth B/Junior Open | 10:00 am | 800m/1km | 11:20 am | 500m/2km | 13:30pm | 300m/3km |
| Youth B/Junior Female | 10:20am | 800m/1km | 11:40am | 500m/2km | 13:50pm | 300m/3km |
| Youth A Open | 10:40am | 800m/1km | 12:00pm | 500m/ <u>1.5km</u> | 14:10pm | 300m/ <u>2km</u> |
| Youth A Female | 11:00am | 800m/1km | 12:20pm | 500m/ <u>1.5km</u> | 14:30pm | 300m/ <u>2km</u> |
| Tri Star 3 Open | 12:40pm | 300m/1km | 14:50pm | 300m/1km | | |
| Tri Star 3 Female | 12:50pm | 300m/1km | 15:00pm | 300m/1km | | |
| Tri Star 2 Open | 13:00pm | 300m/1km | 15:10pm | 300m/1km | | |
| Tri Star 2 Female | 13:10pm | 300m/1km | 15:20pm | 300m/1km | | |

Please Note: Tri Star 3/2 will follow the 300m swim course map & 1km run course map for both races – NO race 3 for TS

Transition

Transition Area Opening Times:

Transition Opens 30 minutes before each race

Transition Closes 10 minutes before the start of each race – briefing starts

Transition check-in will take place on race day only.

There will be no marking permitted in transition, this includes the use of talc on the floor.

There will be 10-minute windows provided to clear your belongings from Transition. This opportunity will arise once all athletes have exited the water and Transition area of a particular wave. The Entry / Exit point will be clearly signposted for you. Do not cross any timing mats or enter Transition Area through any other location.

Transition Boxes will be provided and will feature your race number on them. Please allow sufficient space for your fellow athletes. Personal Bags/Boxes will not be allowed to stay in the transition. You must have your decals on to enter transition.

After the race, you will need your decal to re-enter the transition area. Once you have found your space, tidy your area and leave the transition as soon as you can. We would appreciate the Transition area being cleared as quickly as possible once permissions has been given by the Race Organiser – listen out on the PA.

Course Maps - Transition area

Once you have completed your swim, head towards transition where you will enter from the south side (closest to registration). Turn left to enter your designated transition area/line.

Remove your wetsuit and place in the transition boxes provided. Please ensure you leave your wetsuit, goggles & hat neatly in your box to avoid it getting in the way of others and receiving a penalty.

Once you are ready to head out on the run you should continue along the direction of travel, heading out the other end of transition, turning left to join the run route.



Swim Information

The venue have been working extremely hard on treating the water this year to ensure the lake is weed free. The lake water has been tested and has passed the required tests; however, open water is not completely free of disease risk. Therefore, to minimise any risk against water borne illnesses please cover any breaks in skin with waterproof plasters, avoid swallowing water and seek medical attention if you have any unusual symptoms after the event (e.g. high fever, headache, chills, muscle aches, vomiting, diarrhoea, rash etc).

The water temperature is expected to be between 18-20 degrees, so please take your time getting into the water to allow you to acclimatise.

There will be safety paddleboards accompanying the swimmers as well as onshore lifesavers on hand.

If you get into difficulty during the swim roll onto your back and raise your arm in the air, assistance will come to you.

Competitors are reminded that although the lake is clean, and the water is tested to comply with EC Bathing Standards no inland waterways in Britain are considered safe for Swimming.

Please do not swim if you feel unwell or are recovering from a virus or infection. In the case of illness after swimming you are advised to seek professional medical advice.

Further safety advice is at the end of this document and available via this link

<https://www.britishtriathlon.org/britain/documents/events/sh2out-safe-open-water-swimming-advice.pdf>

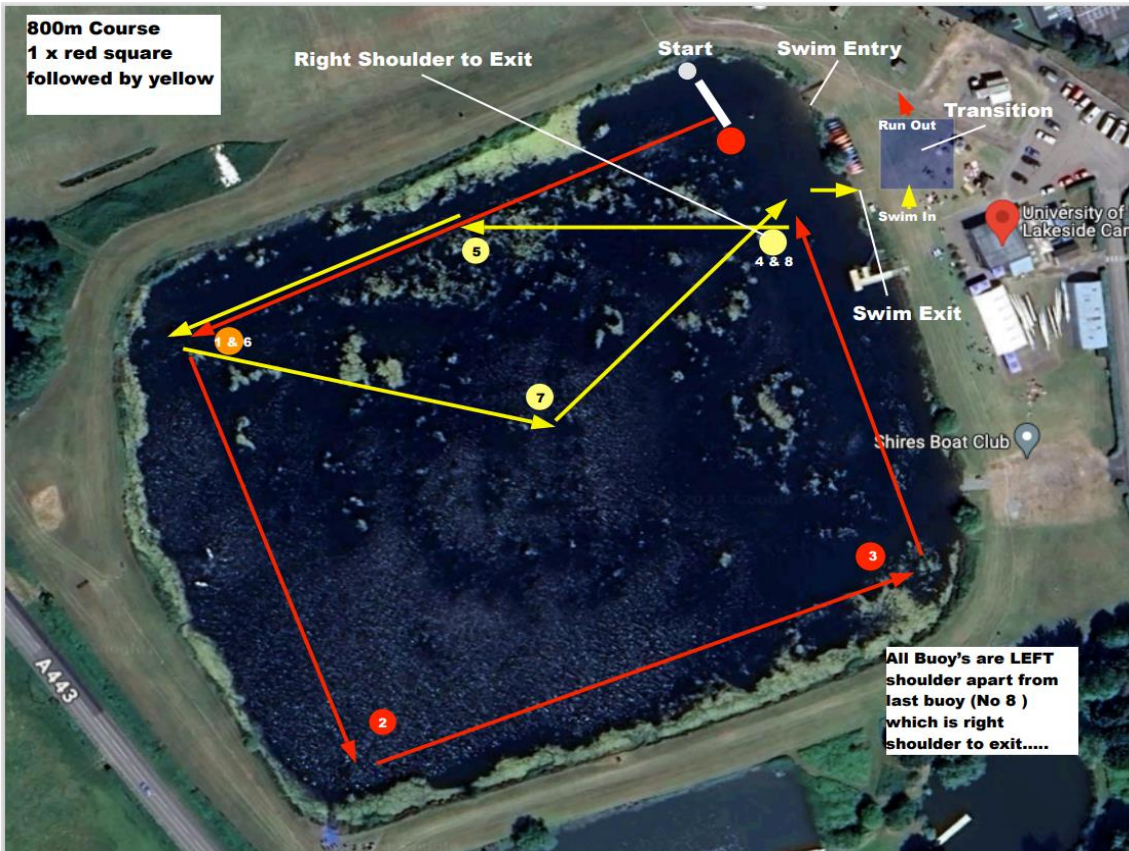
Course Maps – SS Race 1

Swim 1. 800m

All buoys are Left shoulder apart from the last buoy, which is Right shoulder before exiting.

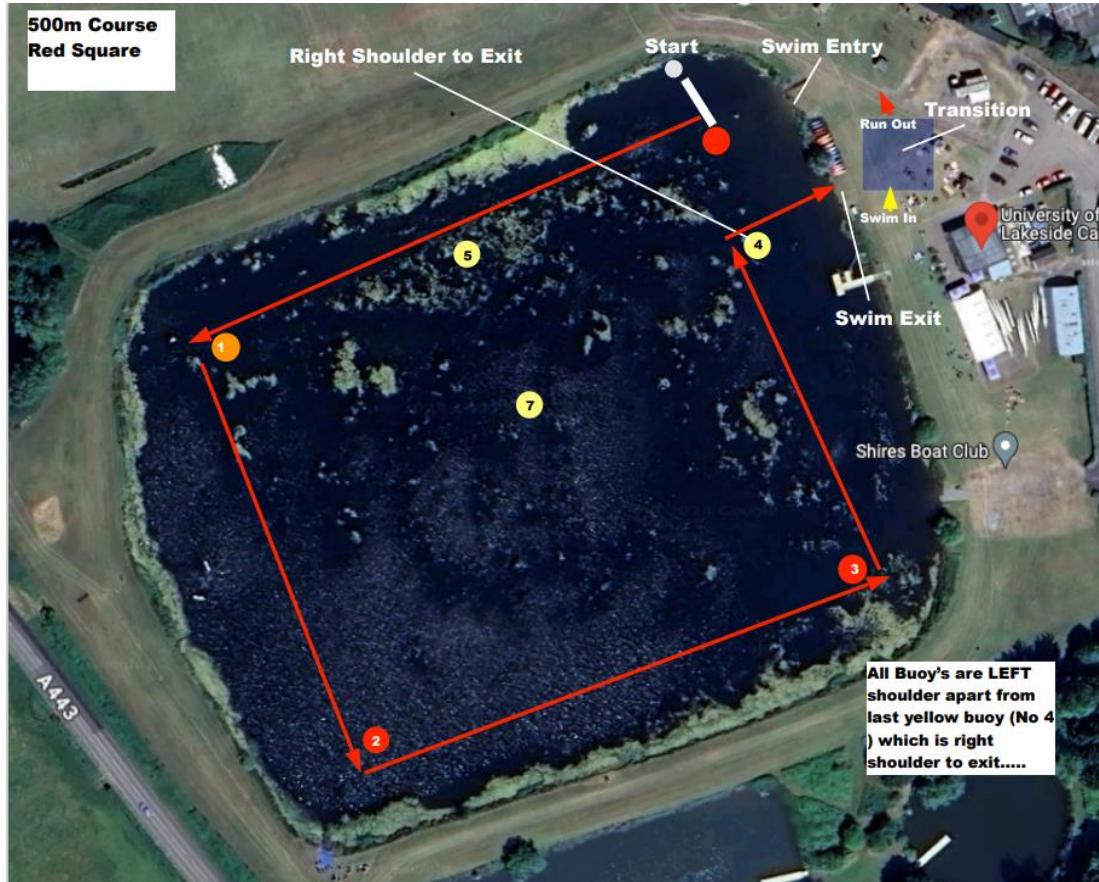
Run 1. 1km (1 lap)

Upon leaving transition the run will be 1 lap of the course, the surface will be a short grass surface with 1x Turning point. You will finish by the marque where you registered earlier.



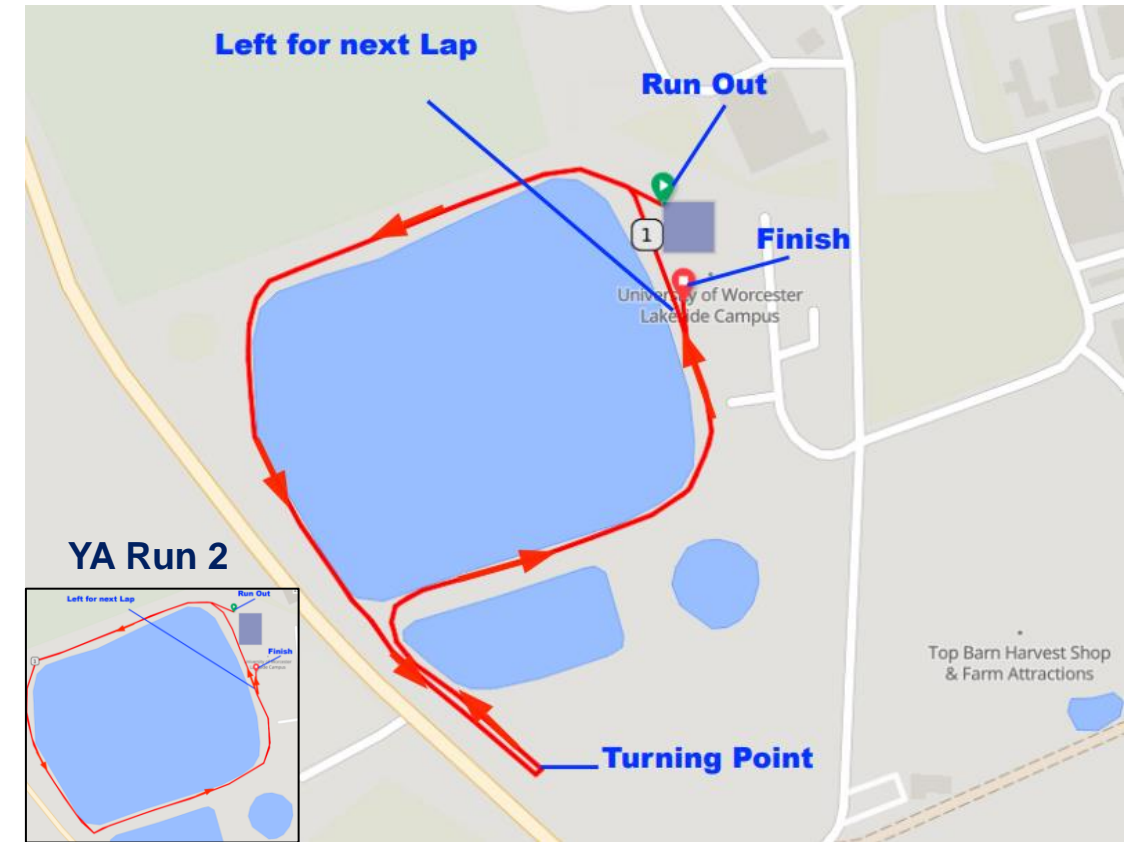
Course Maps – SS Race 2

Swim 2. 500m



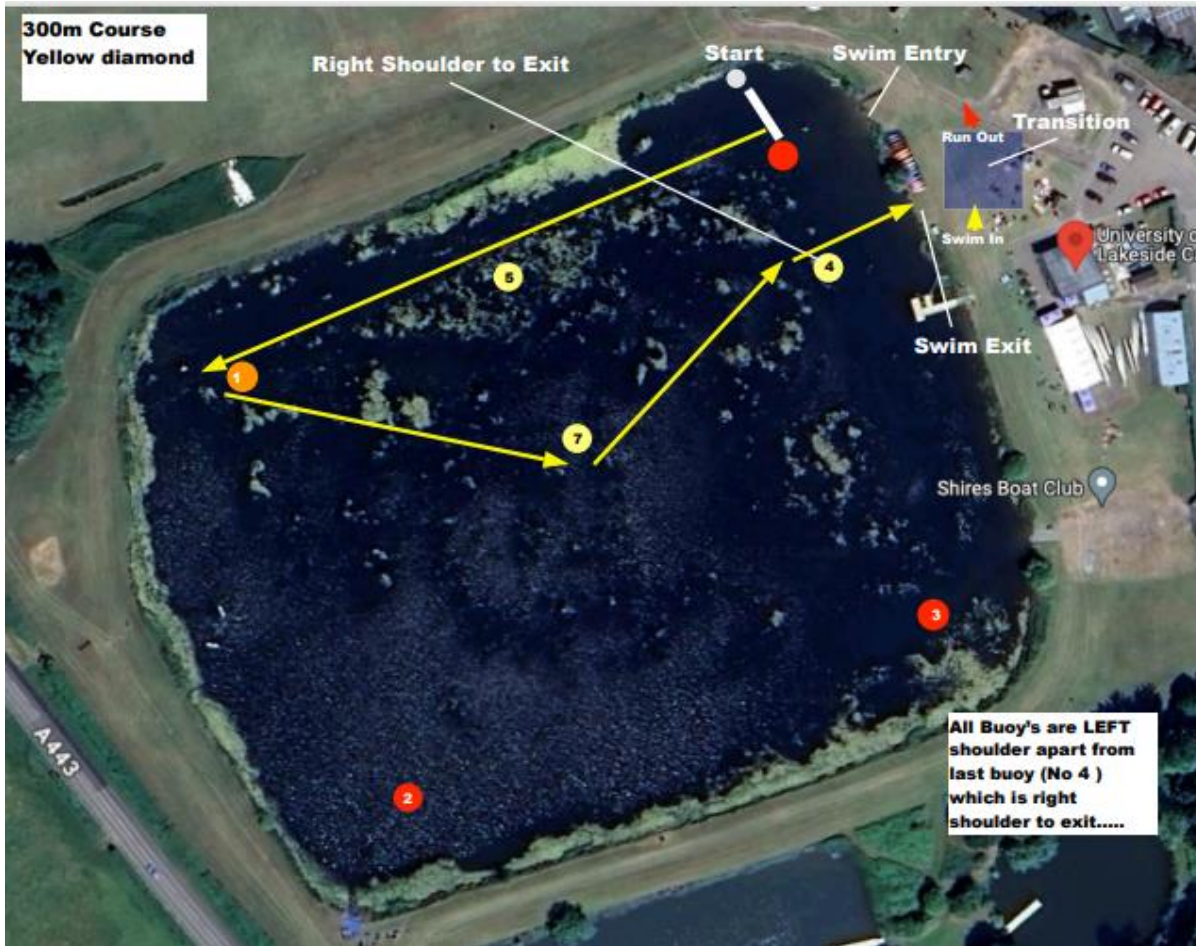
Run 2. 2km (2 laps) for all YB/Juniors. 1.5km (2 laps) for all YA - 2 laps around the lake - no turning point

Upon leaving transition the run will be two laps of the previous course, running out of transition, around the lake, heading for the same turning point & back towards the site's marquee. Repeat for lap 2, then right for the finish line.



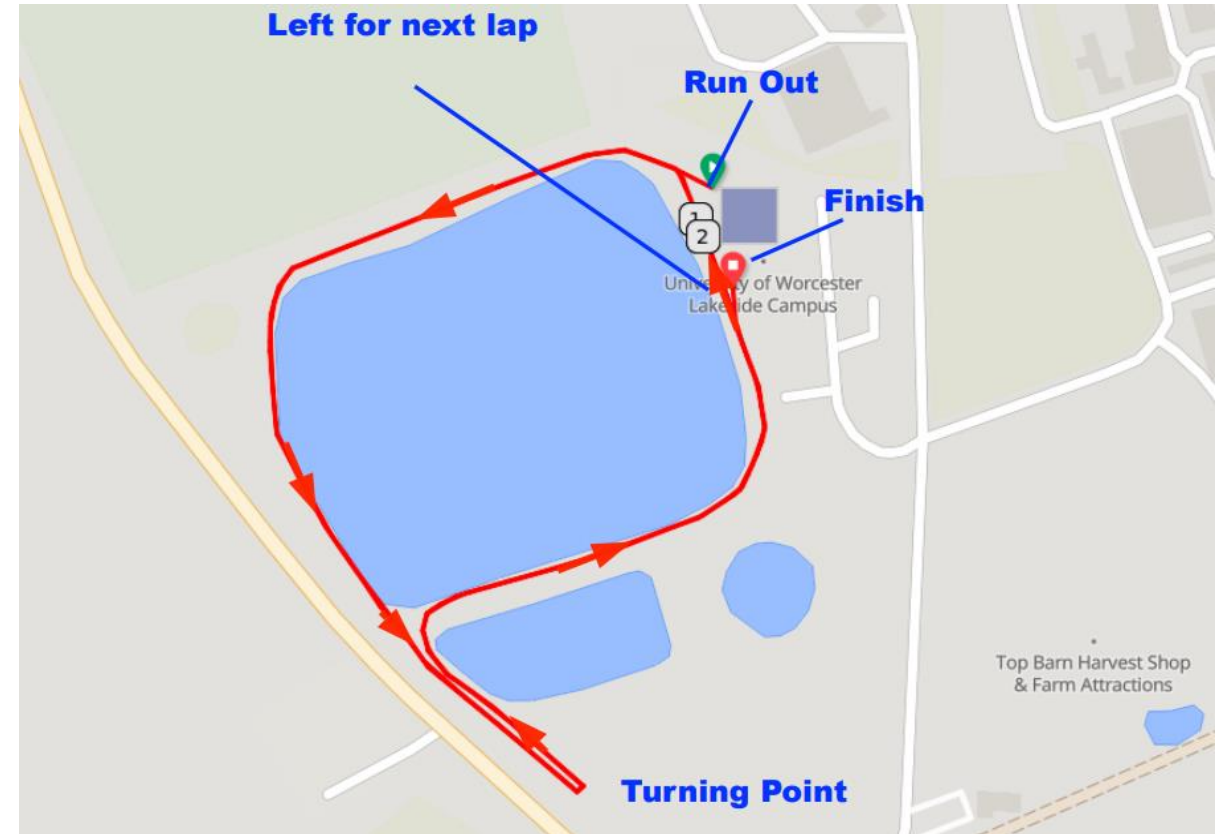
Course Maps – SS Race 3

Swim 3. 300m



Run 3. 3km (3 laps) for all YB/Juniors.
2km (2 laps) for all YA.

The 3rd run will be 3 laps (YB/J) of the 1km course & 2 laps (YA)
There will be a diversion around transition on the 2nd (YA) and 3rd lap (YB/J)



See you on race day!

If you have any questions, please email the team at

SuperSeries@britishtriathlon.org

