

# BOWOOD TRIATHLON

Held on Saturday 30th June & Sunday 1st July at the prestigious Bowood Estate

Bowood House, Calne, Wiltshire, SN11 9NF. Follow the brown signs from M4.

## On Arrival

Please ensure you arrive 90 minutes before your start time to register for your event. There will be a traffic control point before reaching the car park, please be patient.

**\*Drafting Races - please see separate arrival guidance.\***

## No Dogs

Bowood do not allow dogs into their grounds and the car park is unsheltered, so please leave dogs at home and not in your car during the event.

## Spectators

All spectators to the event will need to pay the normal visitors admission fees to Bowood House to view and watch the event. To view the most up to date fees, please visit [www.bowood.org](http://www.bowood.org)

## \*Registration\*

**Saturday - 09:00 - 10:45**

Tri Star & Youth Races Only

Roll Out - 09:15 - 11:00

**Saturday - 11:30 - 14:00**

Sprint & Super Sprint Races

**Sunday - 10:15 - 12:30**

Sprint & Super Sprint Races

**You will not be able to race once registration is closed.**



## General Information

Bowood House Triathlon is now in its sixth year and we are proud to be presenting this over a two day format.

The Tri Stars event will take place on the Saturday. In addition there will be a super sprint and sprint triathlon option during both days.

Whilst we welcome spectators to this event, as it will be a fantastic opportunity to see your friends and family racing, the grounds are open to the public. For this reason, we ask everyone who is part of this event to be courteous to everyone in and around the grounds.

All competitors and staff will received an entry wristband for this event. Each Tri Star entrant will receive one parent wristband to accompany them into the grounds. If you are not wearing a wristband, you will have to pay to gain entry. Please note this parent wristband will allow you into the grounds, it does not give you access to transition.

Registration is only allowed on the day you are racing. If you are late for registration, you will not be able to race.



## Chip Timing

You will be given a timing chip and velcro strap, this must be worn on your left ankle for the duration of the event. This chip will provide your split times and race times. Once given this in registration, it becomes your responsibility until returned at the finish line. Any timing chips not returned will be charged at £25.00 for replacement. Please note that the timing chip design varies and is the small plastic part on your velcro strap.

## Wetsuit Hire

We have a selection of wetsuits for hire during this event which can be hired. A hire charge of £20 is applied.

## Results

Will be available as soon as we can at [www.lpsevents.co.uk](http://www.lpsevents.co.uk)

If you cannot stay for the presentations we will post these for the cost of postage.

## Swimming in Open Water

Open water swimming is different to normal pool swimming. We recommend you familiarise yourself in the time leading up to the event by visiting a local open water venue, or at a safe coastal location. There will be swim buoys for your sighting as there are no lines on the lake bed. The procedure for needing assistance in the water is to remain as calm as possible, roll onto your back and raise an arm. Help will be with you quickly, and if required we can take you to the shore. We highly recommend you sip water immediately from leaving the swim section to flush the body through.

\*Bowood Estate does not allow swimming in the lake at any time, except during this event.

## First Aid

Whilst we hope that these provisions will not be required, we have first aid at this event. They will be based in the area between the finish line and transition. We will also have a first aid station down by the lake for anyone who requires it. A first aid point is also half way around the bike course. Should you require assistance anywhere on the course, please alert the nearest marshal.

## Toilets & Changing

There are several toilets located around the grounds, we have also got additional portaloos for this event. Please do not use any bushes or hedgerows as this is a prestigious estate.



## Photos

Charles Whitton photography is preparing his lens for this event and will post the link to the photos as soon as they are available after the event.

## Baggage

Please put all bags in your vehicles, a small bag can be left in the baggage area in transition if required, but bear in mind, you do only get a limited space for this. We will allow car keys to be left in your race envelope at registration. Once registration has closed, these will be moved to the finish line.

## Change of Details

If any details are published incorrectly, these must be changed no later than Wednesday 27th June.

## Feedback

E: [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk)

Share photos on our Facebook or Instagram pages

Tweet about us using the hashtag #BowoodTri

## Refreshments

The Tree House Cafe is accessible to all before entering into the grounds. This will serve hot and cold refreshments.

## Review our race

Post your review on Racecheck for a chance to win an entry into the 2019 Bowood Tri.



## Filming - Via Drone

AAIR will be filming this event with an aerial drone. The video will be available after the event.

## Littering

We have a litter drop zone which is available for 100 metres after the water station. Littering is not permitted anywhere else on the course. Please keep hold of gel wrappers until the finish line, you will be disqualified if you litter on the course.

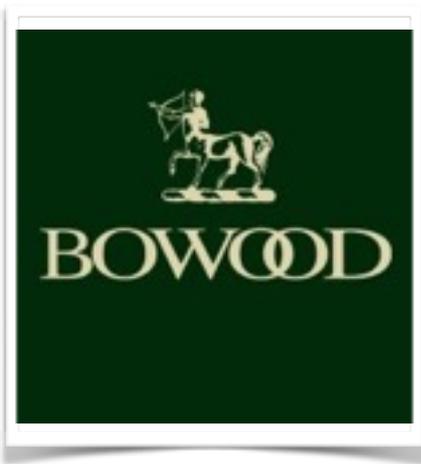
## Equipment & Gear Restrictions

Applicable to those in the Drafting Events Only;

**Gear Restrictions** - refer to separate document. You will be required to complete a roll out prior to entering transition, if your bike does not comply then your result will not count towards the IRC qualifiers.

**Bike Set Up** - refer to separate document. If your bike does not conform to the traditional racing bike set up then you will not be able to take part in the drafting race. TS<sub>2</sub>, TS<sub>3</sub> & Youth will be moved into the non drafting wave which has been made available.





## Wetsuits

Wetsuits are optional for this event - youth, Junior, sprint and super sprint races only. All Tri Stars 1, 2 & 3 events wetsuits are mandatory.

## After Registration

As soon as you have collected your race pack, you must put your wristband on immediately. You will need to have your sticker on your bike and helmet before accessing transition. Please ensure your timing chip is on too.

## Helmets

Whilst in contact with your bike, you must be wearing a correctly fastened cycle helmet. This will be checked when you check in to transition, **you won't be able to rack your bike unless your helmet is on and fastened before arriving at transition.**

## Sports Massage

Sports massage available for the duration of the event. This will be available before and after your event, costing £5 for 10 minutes or £10 for 20 minutes. SWSM will be on site with their team throughout the event.

## Safeguarding Policy (Saturday)

During the children's triathlon on Saturday, all parents will need to sign in at registration to agree with the Parental Consent Form & a Photography Consent Form.

\*Please note that official photographs will be filtered before being uploaded and any competitors with wristbands will not be uploaded.

## Brighter Futures - Partnership

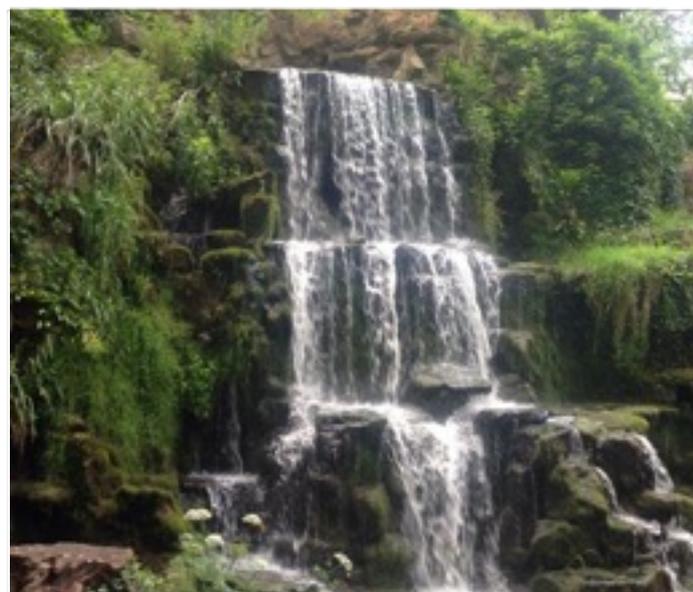
We have partnered with Brighter Futures charity for this event. What does this mean for you? If you wish to raise money for a good cause, then you are able to raise sponsorship with our event partner. Brighter Futures is the charity for Great Western Hospitals NHS Foundation Trust which includes Great Western Hospital in Swindon and the 69 community trusts in and around Wiltshire.

***Ensure you are at your race briefing 20 minutes before your start time by the lake.***

***Swim hats are issued during your race briefing.***

## Tri Stars Bike Familiarisation

There will be coach lead ride for all tri stars and youths at 10:00 and 10:15 on Saturday. Riding is not permitted at any other time on the course as the races will be starting.



## Lap Counting

It is your responsibility to count your own laps on the bike and run course. Our staff will not count these. We will have bike lap splits available post event and anyone who has not completed the required number of laps will be registered as DNF (did not finish).

To help you keep track of the bike laps, we will have distance markers every 5km around the course, these will be displayed with which lap you are on to help keep track.

Other ideas to help you count your laps;

- carry jelly beans on your bike, eat one on each lap.
- put strips of tape on your handle bars, move over to the other handlebar each lap.
- wear the required number of plastic wristbands, swap arms on each lap.
- wear a watch or GPS, split or lap the time each lap.

## Race Numbers

Bib number - rear for cycling, front for running\*

Sticker 1 - on your helmet

Sticker 2 - on your bike

Wristband - on your wrist

Timing chip - on your left ankle

\*Race number belts will be available to purchase from registration for £4 or £5.

You will need your bib number to retrieve your bike at the end of the race. Please ensure you keep this after finishing.

## Start Times - Saturday

Tri Star 1 [age 9-10] - Wave 1 - 10:30 (non drafting)

Tri Star 2 [age 11-12] - Wave 2 - 10:50, boys (drafting)

Tri Star 2 [age 11-12] - Wave 3 - 11:05, girls (drafting)

Tri Star 3 [age 13-14] - Wave 4 - 11:20, boys (drafting)

Tri Star 3 [age 13-14] - Wave 5 - 11:35, girls (drafting)

Youth [age 15-16] - Wave 6 - 11:55, boys (drafting)

Youth [age 15-16] - Wave 7 - 12:15, girls (drafting)

Super Sprint Triathlon (including Juniors), Wave 8 - 12:45

Super Sprint Triathlon, Wave 9 - 13:00

Sprint Triathlon, Wave 10 - 13:15

Sprint Triathlon, Wave 11 - 13:45

Sprint Triathlon, Wave 12 - 14:15

Sprint Triathlon, Wave 13 - 14:45

Sprint Triathlon, Wave 14 - 15:15

## Start Times - Sunday

Sprint Triathlon, Wave 1 - 11:30

Sprint Triathlon, Wave 2 - 12:00

Sprint Triathlon, Wave 3 - 12:30

Sprint Triathlon, Wave 4 - 13:00

Sprint Triathlon, Wave 5 - 13:30

Super Sprint Triathlon, Wave 6 - 13:50



## Race Distances

### Tri Star 1 [age 9-10]

200m Swim - 1 lap  
3km Bike - 1 lap  
1.2km Run - 1 lap

### Tri Star 2 [age 11-12]

300m Swim - 1 lap  
6km Bike - 2 laps  
1.9km Run\* - 1 lap (longer than the recommended distance)

### Tri Star 3 [age 13-14]

400m Swim - 1 lap  
9km Bike\* - 3 laps (longer than the recommended distance)  
2.5km Run\* - 1 lap (longer than the recommended distance)

### Youth [age 15-16]

400m Swim - 1 lap  
12km Bike - 4 laps  
2.5km Run - 1 lap

### Super Sprint Triathlon

400m Swim - 1 lap  
12km Bike - 4 laps  
2.5km Run - 1 lap

### Sprint Triathlon

750m Swim - 1 lap  
21km Bike - 7 laps  
5km Run - 2 lap

## Electronic Equipment

Electronic equipment is not permitted during this event, this includes the use of;

- MP3 Players & audio equipment
- Mobile phones
- Personal video recording devices (such as go pros)

*Swim caps issued  
during the race  
briefing*

## Triathlon England Permitting

We will be following the rules as outlined by Triathlon England during the permitting process. These can be found available via a link on the website. Please familiarise yourself with them prior to the race. We will have a race official present on the day of the event.

Each competitor will be provided with an electronic day licence (unless you are a member of the home nation), this will act as your race insurance for the event. You are not required to print this off.

Should any of the rules be broken, then disqualification may be awarded. Please note that to protect this event and the staff associated, any verbal or physical abuse from you or your supporters, directed to any member of the events team or another competitor will not be tolerated under any circumstance and you will be disqualified as a result of this.

## Results & Prizes

Tri Stars & Youth - in each of the races, 1st, 2nd and 3rd male and 1st, 2nd and 3rd female overall will be awarded to each age group.

Super Sprint (on both days) - 1st, 2nd and 3rd male and 1st, 2nd and 3rd female overall will be awarded.

Sprint (on both days) - 1st, 2nd and 3rd male and 1st, 2nd and 3rd female overall will be awarded. In addition there will be category prizes for the 1st place category A - Q. We anticipate the awards to



## Affiliation

All events are affiliated with Triathlon England. Please familiarise yourself with the rules prior to competing.

## Identification

You will be required to show proof of identification at registration. This can be one of the following;

- Photo ID
- Race Licence
- Email confirmation of entry
- Text with race number

## Boxes/Large Bags

Please note that boxes or large bags will not be permitted in the transition area. This is inline with the update of rules with Triathlon England. They can be left in the baggage area next to transition.

## Good Luck

We wish you good luck with your event and look forward to seeing you smile on the finish line.



This is your event, achieve your goal...

take place approximately 1 hour 15 minutes after the final wave has started.

If you are unable to stay for the presentations we will forward your trophy for the cost of postage after the event.

## Bowood Duathlon

Our next event at Bowood House will be in October, where we have the Bowood House Duathlon. This event is using the same bike and run circuit at the triathlon event. It remains traffic free and suitable for all levels of athletes, whether you are just starting out or you are aiming for a personal best.

## Volunteers

Rope your friends into the event - we are recruiting our team for this event, to encourage the triathletes around the course. Not only do they get a great day out, they will also get a credit towards one of our events later in the year. Email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk) if you know someone who would like to be part of it...

## Organising an event?

We not only organise our own events, we also supply many other events with equipment and services. If you require chip timing, inflatable gantries or other items to make your event more professional, please get in touch for a quote. We can cater for most types of event.

## Don't forget...

On race day, we get numerous requests for equipment, don't forget to pack your swim goggles, bike helmet or a spare inner tube. We sell number belts if you forget this.



## Drafting Races Guidance

On race day, please ensure you follow the following guidance to ensure you don't miss out on your race.

This applies to all participants in the following categories;

- Tri Star 2 (Drafting) - Wave 2 & 3 - top 4 finishers must register with the JSO after the race
- Tri Star 3 (Drafting) - Wave 4 & 5 - top 4 finishers must register with the JSO after the race
- Youth (Drafting) - Wave 6 & Wave 7

**Register between 09:00 - 10:45am.**

**Complete your bike roll out for gear restrictions between 09:15 - 11:00am next to transition;**

- If your bike fails, you will be asked to correct the gear ratios, see links to videos on our web page or you will need to race in the non drafting super sprint event (wave 8).
- If your bike passes, you will be asked to sign that you agree to race with your bike as tested during the roll out, you will also receive a sticker confirming this and will be granted entry to transition.

Ensure your equipment is in your space in transition and any bags or boxes are not left with your bike.

Ensure you are at your race briefing 20 minutes before your start time.



**There will be coach lead ride for all tri stars and youths at 10:00am and 10:15am on Saturday starting next to registration.**

Riding is not permitted at any other time on the course as the races will be starting shortly after.

**The Triathlon England South West Technical Series Officer will be Roger Martindale.**