

Sywell Sprint Distance Triathlon 26th and 27th September 2020

This paper should tell you all you need to know and do on Race Day and I hope you really enjoy the event.

Arrival and Parking



The Race is based at Sywell Country Park, Washbrook Ln, Ecton, Northampton NN6 0QX. [Directions](#)

Car Parking will be in Country Park in two locations

Follow the signs to the car park and you will be directed to the designated car parking areas.

From the Car Parking please make your way to Registration following the signs.

Toilets

There are toilets in the Country Park near the Café and there will also be portable toilets near the transition area. There will also be hand sanitisers at the porta loos and social distancing must always be maintained.

Registration

Due to the COVID-19 restrictions please try and collect your race pack on Friday afternoon, Collection will be available from the signed area **16:00 – 17:30** on **25th September** or from **07:00 – 07:45** on both Race Days **26th and 27th September** your race pack will include:-

- 1. Your Race Numbers for bike, helmet and body. Sticky labels should be attached to your bike and helmet and the race numbers to the front and rear of your top.**
Number belts are permitted.
- 2. Your timing chip which should be worn on your left ankle**
- 3. Your commemorative race Swim Hat**



Transition and Security

All bikes need to be racked and transition clear by 07:45. See map above for transition location – we will sign the location with "To the Start" signs from the car parking area.

Due to the COVID restrictions only 4 bikes will be racked per pole (loads of space!)

Race Day Timings (Both Days)

- Race pack collection – 07:00 – 07:30
- Transition – 07:00 – 07:45
- **Race briefing at 07:50** at the swim entry
- **Start at 08:00** there will be one wave on each day, please see start process details below with course diagram:-

Saturday All Males under 49 and under

Sunday All Females – All Males 50 and over



In accordance with BTF guidelines all starts will be on a time trial basis.

- Competitors will be asked to form two lines meeting at the start point, **please self-seed to ensure the minimum of "swim over", fastest swimmers to the front.**

- Two competitors will be released every ten seconds and timing will commence as they cross the timing mat. See diagram left

- After the swim collect your bike from transition, you must put your helmet on and fasten the strap before touching your bike.
- No cycling is permitted in transition, you can only get on your bike when you reach the mount line – you should familiarise yourself with the location
- Complete the two lap bike course and dismount on the prescribed line and return your bike to transition, your helmet must stay on until your bike is racked.
- **Time Limit** – all competitors must have racked their bikes within 2 hours from their start in order to start the run.
- Enter the run route (single lap of the lake) before crossing the finish line

Courses –

Swim Course

The swim course is a single 750 meter lap in an clockwise direction. The start is from the shore on centre of the dam wall and heads out 170 metres towards the left bank and at the first turning along the bank for another 130 meters before heading across the lake mark for 220 meters.

Finally, you will turn right at the last turning mark and swim along the bank for 230 meters to the shore for the swim exit and then on to transition.

Water Temperature provided the water temperature is 12 degrees or above we will run the full course, if 11 degrees we will shorten the course to 400 meters. If the temperature is below 11 degrees, we will run the event as a Duathlon with an extra run replacing the swim. Wetsuits must be worn if the temperature is below 14 degrees. This is consistent with British Triathlon Competition Rules and Guidelines.

The expected temperature is between 15 – 17 degrees

Bike Course

The bike course is a two lap of 6.1 miles and 227 feet of gain. There are three particular points of caution on the course where you will be **required** to sit up and slow down or stop.

1. **Turning left and entering Earls Barton Road**
2. **When entering Sywell Road at Beckworths and be conscious of any traffic exiting or entering the emporium**
3. **At the Horseshoe Pub where traffic entering the mini roundabout to turn right has right of way.**
4. **As you come to the end of the lap there is a fast downhill on Washbrook Lane into a dip which has loose gravel, we will clear this as far as possible and this together with the **distinct possibility of oncoming traffic on what is effectively a single track road this demands caution****

The Mount & Dismount Line is at the edge of the upper car par at the transition end.

For your own safety and in accordance with BTF race rules bike helmets must be worn at all times on the bike course. No one will be allowed to compete without a helmet.

Race hard but please ride safe we want you to all get back from the bike section in good shape. For the GPX Bike Course - [Click Here](#)

Run Course

Head out from transition and run the marked single lap course; the course is very pretty with runs through woods and open tracks and always the stunning view over the reservoir.

Course Stats: 2.9 miles 128 feet of gain. For GPX course [Click Here](#)

Athletes Recovery area

Hot Drinks, food etc

Hot drinks and refreshments are available at café in the Country Park which and will be open earlier on the event days.

Prizes

Prizes will be awarded for the top athletes in each age group category and gender. Although the results will be published in each ITU/ETU age category prizes will be awarded 10 year spans.

In accordance with BTF guidelines there will be no prize giving, but we will announce prize winners and prizes will be available for collection

Race Results, Race Reports:-

Race Results will be posted [Here](#)

Race Photography

TBC