



PACTRAC MIDDLE DISTANCE COMPETITOR RACE BRIEFING

As part of the terms of entry all competitors must read this briefing before they sign in.

Swim: In the pool

- 18 Lengths. Approx 900 yards
- Direction of lane (clockwise or anticlockwise) will be confirmed prior to the start of the swim.
- No tumble turns on the first length. Please keep to edge of lane.
- You are responsible for counting your lengths
- As you leave, please shout your number or you will not get a time
- Due to the risk of slipping, you must WALK until you have left the outside door.
- Please be careful of the matting as it may slip.

Transition 1

- Helmets on BEFORE you touch your bike. No helmet – no race!
- Leave through the far entrance
- Mount after the dismount line. Marshall 2.
- Beware of cars and the speed bumps as you drop down the hill

Bike Approx 20 miles (2 loops of 10 miles)

- Turn left at the gate where you will find Marshall 1:
 - Beware of the traffic along there. There are parked vehicles both sides of the road and vehicles coming through. You do not have any special privileges.
- The bike course is neutralised (NO OVERTAKING) until after the first zebra crossing on Glaphorn Road.
- To end of road.
 - Beware of traffic from the right
 - Turn left.
- Along the road out of Oundle.
 - Beware there are four zebra crossings. Pedestrians have priority
- Follow road to the Glaphorn crossroads where you will find Marshall 3. WARNING - this road has been recently resurfaced. There are loose chipping which are a skid hazard.
 - Turn left
- Keep on the main road until you come to the junction at Upper Benefield where you will find Marshall 4
 - Take care here – you are turning left onto a major road
- Follow the road through Benefield, past the golf course, back into Oundle until you get to the other end of Milton Road
 - Turn left here.
 - Take care – traffic comes down the hill. Stay on your side of the road. DO NOT CROSS THE CENTRE WHITE LINE.
- Complete second lap.
- Dismount BEFORE the line

Transition 2

- Into transition the way you came out.
- Remove helmet after you've put bike down,
- Come out the same way you came in – beware of in coming bikes. KEEP LEFT.

Run Just 7.5 km

- Follow the bike route out
 - Left at the gate and along Milton Road
 - Left at the end
 - Cross over (CAREFULLY) onto the Right hand side of the road
 - Beware of the various road crossings



- Past the George pub
- Down hill along path
- Right turn towards Cotterstock at junction.
- At next junction turn right, follow road back to Oundle.
- At T-junction turn left.
- Right into Milton Road
- Back into School
- The finish line is the gate at the top of the drive.

Warnings

You must follow the rules of the road.

- You are responsible for your safety and ensuring you comply with the rules of that road.
- That includes giving way to traffic, stopping for pedestrians at any of the four crossings and not crossing the white lines.

You must ride safely

- Do not endanger yourselves, other triathletes or other road users
- It is your responsibility to ensure it is safe at junctions – not the Marshall.
- If a marshall says stop, then do so

You must not draft. The marshals have sheets to record any incidents.

- Drafting will incur a Disqualification for this race
- Breaking the rules of the road is a series ban

You must not walk at any part of the swim. Repeated walking will result in a disqualification.

https://www.britishtriathlon.org/britain/documents/about/rulebook_2012.pdf

Maps

Bike Route

<http://www.gmap-pedometer.com/?r=6271134>

Run Route

<http://www.gmap-pedometer.com/?r=6271156>