

## PACTRAC MINI-SERIES COMPETITOR BRIEFING

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

Swim: In the pool

- 8 Lengths. Approx 400 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 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.
  - 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
  - WARNING - This road has been recently resurfaced. There may be loose chippings.
- 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.
- Dismount BEFORE the line

Transition 2

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

Run Just over 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 where you will find Marshall 3 moved down from Glaphorn turn.

- o Run around marshal and retrace steps
- o Right into Milton Road
- o Back into School
- o 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 marshal 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.

If there are insufficient members to marshal on the night club members who have neither marshalled this season, or confirmed a date to marshal a later event will be asked to marshal. Refusal to marshal may result in refusal of entry to future club events.

[https://www.britishtriathlon.org/britain/documents/about/rulebook\\_2012.pdf](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=6271145>