



PACTRAC MINI-SERIES PARTICIPANT BRIEFING

All participants must read this briefing before they enter.

Swim: 400m

- 16 Lengths - 400 metres
- Direction of lane (clockwise or anticlockwise) will be confirmed prior to the start of the swim.
- Please keep to edge of lane.
- You are responsible for counting your lengths
- As you exit the pool, 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.

Transition 1

- Helmet on BEFORE you touch your bike. No helmet — no event!
- Walk your bike through the bollards - please take care!
- Mount after the mount line.

Bike: 14.4 km

- Follow the road to the roundabout
- Turn right at the roundabout where you will find a marshal.
- Go down Pavilion Drive towards Glapthorn Rd
 - Beware of any cars or pedestrians using Pavilion Drive
 - Turn left at the end of Pavilion Drive onto Glapthorn Road - be aware of any traffic on Glapthorn Road and obey the marshal's directions
- The bike course is neutralised (NO OVERTAKING) until after the turn onto Glapthorn Road.
- Along the road out of Oundle.
 - Beware there are a number of zebra crossings. **Pedestrians have priority!**
- Follow the road to the Glapthorn crossroads where you will find a Marshal.
 - Turn left
- Keep on the main road until you come to the junction at Upper Benefield where you will find a marshal.
 - Take care here — you are turning left onto a major road
- Follow the road through Lower Benefield, past the golf course, back into Oundle until you get to 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.**
- Turn left into the school grounds. Be aware of any cars and/or pedestrians on the road.
- Dismount before entering transition at the marked line

Transition 2

- Remove helmet **after** putting your bike down
- Exit T2 past the bollards. KEEP TO THE LEFT OF THE ROAD.

Run: 5.1 km

- Follow the bike route out
 - Right at the roundabout onto Pavilion Drive. Go around the roundabout - do not cut the corner.
 - Left at the end of Pavilion Drive and along Glapthorn Road
 - Cross over (CAREFULLY) onto the right hand side of the road and onto the footpath
 - Beware of the various road crossings
 - Past the George pub
 - Downhill along path where you will find a marshal.
 - Run around marshal and retrace steps
 - **Stay on Glapthorn Road past the Pavilion Drive entrance**
 - Carefully cross the road prior to the Milton Road turn then turn right into Milton Road
 - Turn right into the school grounds
 - The finish line is the dismount line just before the transition area 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 the road.
- That includes giving way to traffic, stopping for pedestrians at any of the zebra crossings and not crossing the central 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.

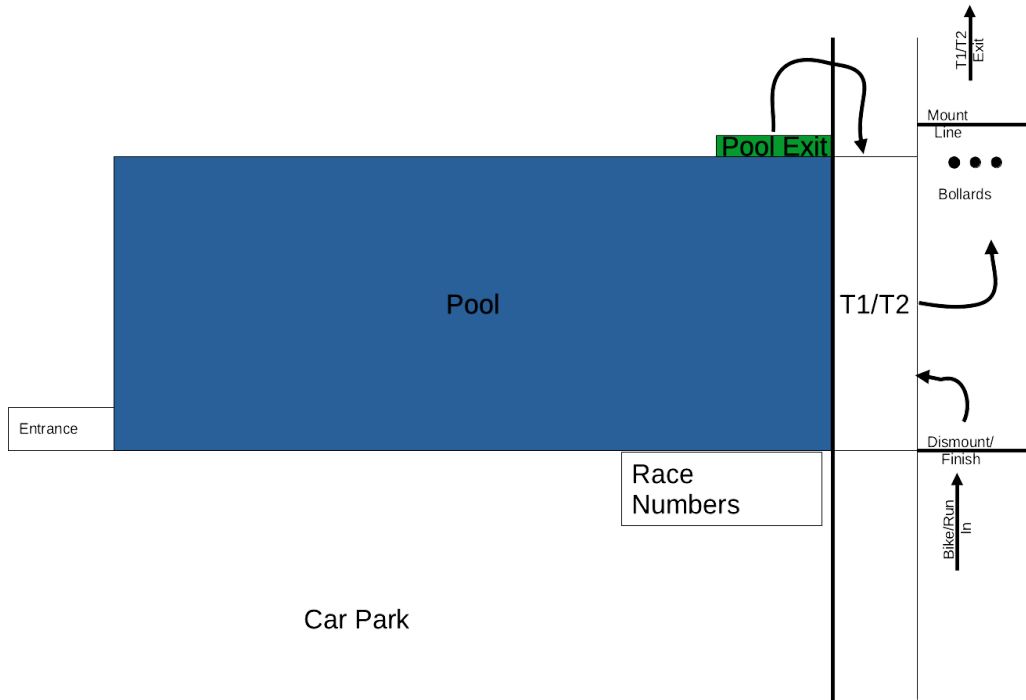
- Drafting will incur a Disqualification for this event
- Breaking the rules of the road is a series ban

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

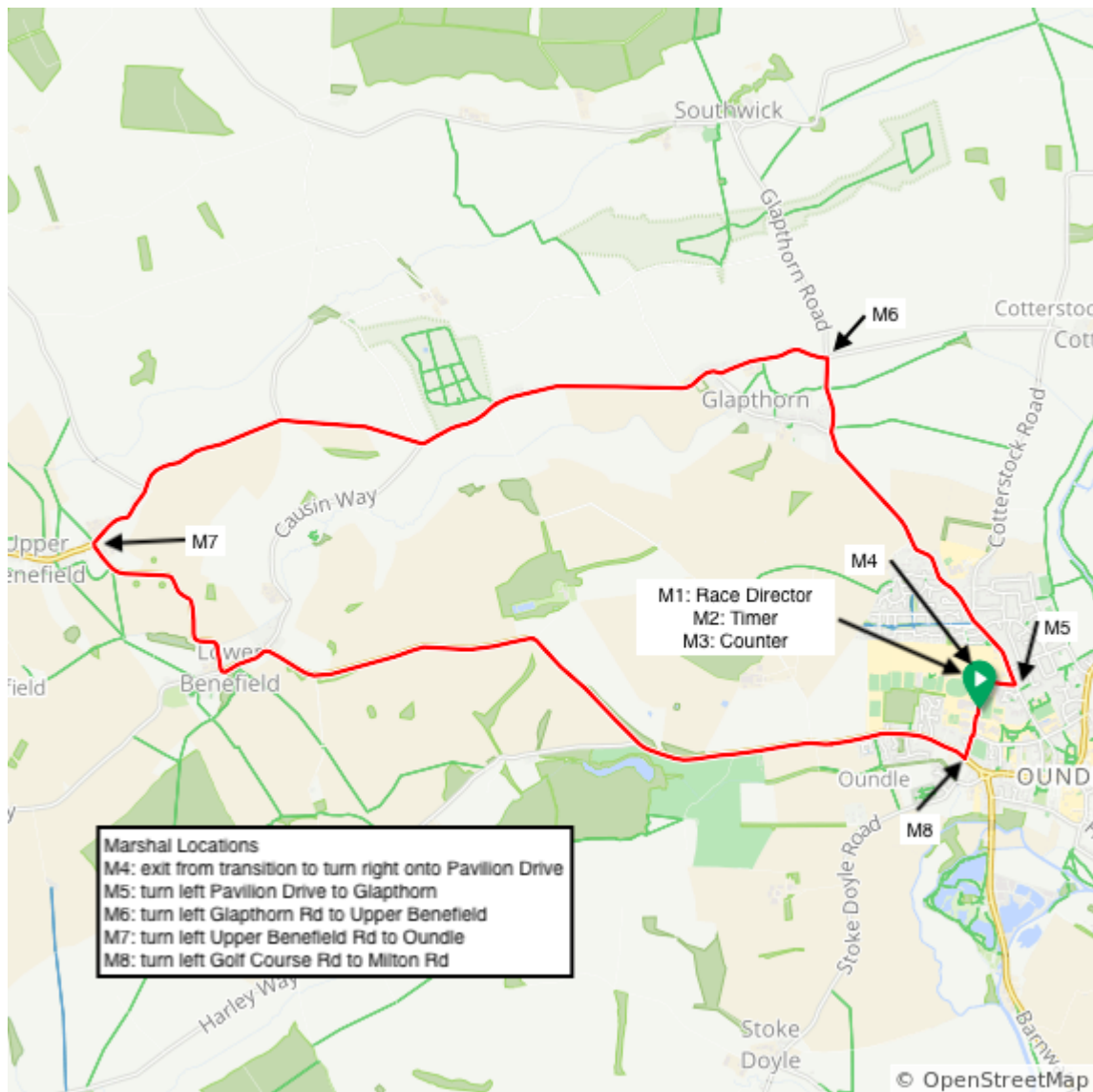
If there are insufficient members to marshal on the night club members who have neither marshalled this season, or confirmed a date to marshal a later event will be asked to marshal. Refusal to marshal may result in refusal of entry to future club events.

Maps

Transition



Bike Route



Run Route

