

Sibford Super Sprint Triathlon Race Information

Race Location

Sibford School, Sibford Ferris, Banbury. OX15 5QL

Registration

Registration will be open from 12:00 until 13:30. If you are a member of the BTF remember to bring your BTF licence with you, otherwise you will have to purchase a 1-day BTF licence.

We will be accepting 'on the day' entries; these will incur a £3 surcharge.

Start times

The first competitors will be set off at 14:00; and competitors will follow at 1 minute intervals. Individual start times will be published on our website www.neversecondsportsevents.com on the Wednesday prior to the race. In the unlikely event that your start time needs to be adjusted, you will be informed of this at registration. Please ensure you are on poolside 15 minutes before your allocated start time.

Swim

The swim will be in the indoor, 25m pool. You will swim 16 lengths in the same lane. There will be **no tumble-turns** at the shallow end of the pool. Swimmers will be set off at 1 minute intervals.

Bike

The bike course is single, 15km, anti-clockwise route. It is signposted and marshals will be on some junctions. Please proceed with extreme caution at junctions and remember that the marshals are there for direction and not to check that 'all is clear' for you - this is your responsibility. Please take care on your return to the school through Sibford village.

NOTE: Be aware of all others on the road, including other competitors and general road users. Follow the Highway Code at all times.

Run

The 5km run is a scenic, rural, out-and-back. It will be signed and will be marshalled at the turn around point.

Transition

The transition will open from 12:00 noon and close at 13:45. Please observe the marshals' instructions, before entry to transition. Please have the following ready for inspection **Race Number, Helmet with number sticker, Body Marking, and Bike with number sticker.** Rack your bike as instructed, being aware of other competitors around you. Remember the race may be in progress while you are racking so please be considerate of those racing. Please remove your bike as soon as possible after you have completed your race. You will need to show your race number and bike number before you will be allowed to remove your bike.

Referee

This race will be overseen by a BTF Level 3 Senior referee. The referee's decision will be final - so behave yourselves 😊

Rules

This race is being conducted under the rules of the BTF: for your reference this includes, No Drafting, No Cycling in Transition, Helmet protocols before touching and racking your bike, and obeying the laws of the road.

Drafting

This is strictly a **no drafting** race, anybody observed drafting will receive a 2min penalty and risk subsequent disqualification. You will also jeopardise the future running of this event. It is only with a strict understanding that there will be no drafting that permissions have been given for the race.

Helmet

No helmet – No race; It's as simple as that!

Marshals

All of our marshals have volunteered and given up their day to give you the opportunity to race so please be courteous to them and thank them at every opportunity.

Car Parking

There is ample car parking at the school. You will be directed where to park. It may be necessary to close the car parks while the race is in progress so please bear this in mind.

Results

Results will be available as soon as possible after you finish your race. They will also be published on our website www.neversecondsportsevents.com

Risk Assessment

The event Risk Assessment, Event Insurance and BFT Licence will all be available at Registration.

First Aid

First Aid cover is provided by St John Ambulance. There will be a designated First Aid point within the centre alongside the Registration desks.

We wish all competitors a great race and a great day!
Thank You