



**NEVER SECOND
SPORTS EVENTS**

Race Information

This event information covers all events held as part of the 'Banbury Triathlon'

Race Location

Woodgreen Leisure Centre, Woodgreen Avenue, Banbury, Oxfordshire, OX16 0HS

Start times

Individual start times will be published on our website www.neversecondsportsevents.com from 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 20 minutes before your allocated start time. The first competitor will be set off at 8:30am; and competitors will follow at 30-second intervals. Within each 'race' we set off the slower swimmers first; Our general order is 'Para-athletes', SuperSprint, Relay, Aquabike, Sprint but we reserve the right to vary this.

Swim

Your swim will be in the amazing 50m Open Air Pool at Woodgreen Leisure Centre. **Tumbleturns** are **NOT** allowed at the shallow end of the pool. Swimmers will be set off at 30second intervals.

Super Sprint Competitors

You will swim 400m. You will start at the deep end, as indicated by your swim marshal. You will finish deep end, far side. Your 8 lengths (400m) will be completed by swimming **one length in your starting lane**, moving into the next lane at the shallow end. You will continue swimming **two lengths in each subsequent lane** and moving into the next lane at each shallow end. When you reach the last lane, you swim **only one length and exit at the deep** end as indicated by your swim marshal.

Aquabike and Sprint and Relay Competitors

Your will swim 750m: You will start at the shallow end, nearside of the pool and finish deep end, far side. Your 15 lengths (750m) will be completed by swimming **two lengths in each lane** (up and back) and moving into the next lane at each shallow end. When you reach the last lane, you swim **only one length and exit at the deep end** as indicated by your swim marshal.

Bike

All competitors

Your bike course is approx. 20km: The bike course is an 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 not there to check that 'all is clear' for you. This is your responsibility. Please take care through the village of Bloxham as this becomes very busy on a Sunday morning; likewise take care on Woodgreen Avenue as runners will also be on this route and traffic may be heavy.

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

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AquaBike

Competitors completing the Aquabike event will finish their bike ride and rack their bike and exit transition (in the same way as per a triathlon) but will immediately, run over the finish line.

Run

Sprint, Super Sprint and Relay competitors

The run is a simple out and back course. On Woodgreen Ave you will be asked, when clear, to cross the road to the centre reservation - this is a wide grassed area where you can run without risk of traffic. At the top of the avenue you will once again be asked, when clear, to cross the road (**please take extreme care!**) taking you on to the far side of the avenue, from here you will continue your run out onto the Broughton Rd to the turnaround point at Giants' Caves. Please be aware that the surface is uneven in places. On your return you will be asked to cross Woodgreen Avenue in the same manner as your outward journey.

NOTE: Please take care when crossing roads. Marshals are not there to give you the all clear.

Relay Teams

Please ensure that you hand over your timing chip to each team member, and follow all marshals' instructions. Your swim-to-bike hand over will be at the transition racking, your cyclist can be prepared and ready to go but their bike must be racked until the change-over has been completed. Your bike-to-run transition will take place at the racking and the cyclist **MUST** rack their bike before commencing the change-over.

Registration

Registration will be available on Saturday from 16:00 - 18:00 and from 07:00 – 08:30 on Sunday morning. If you are a member of the BTF remember to bring your BTF licence with you or you will have to pay the £5 non-member levy.

Chip Timing

The race is supplied by StuWeb Race Timing. **Your race timing chip will be issued to you either at registration or on the poolside as you line up for your start.** The time recorded by your chip is the only time accepted for the final results. If you lose your timing chip during the event, please inform a marshal promptly so that we can issue a replacement and continue to time your race. Please ensure you return your timing chip at the end of the day; if you head home with it after the race you may be charged for its replacement.

Transition

The transition will open from 7:30am. Please observe the marshals' instructions, before entry to transition. Please have 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 ASAP 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.

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Referee

This race will be overseen by a BTF 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!

Inclement weather

This event includes an open-air swim which can be affected by bad weather, particularly lightning & thunder. In such situations the pool will be cleared and swimming will cease until the conditions improve. If no improvement, competitors will be released at 1-minute intervals for a bike-run event.

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 no parking at the leisure centre on race day; there is car parking available up and down both Woodgreen Avenue and Orchard Way. Please be considerate to locals. Please do not part in Poolside Close as this can block the road for residents.

Results

Results and splits will be available as soon as you finish your race. Key your race number into the race timing system key pad and your results will be displayed on the screen. Results will also be available online at www.neversecondsportsevents.com later during the day.

Risk Assessment

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

First Aid

First Aid cover is provided by Acute Ambulance & Medical Services Ltd (AAMS). There will be a designated First Aid point within the centre, next to the Registration desks.

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