



# PROVISIONAL RACE INFORMATION

HUUB TRIATHLON RELAYS 2024  
SATURDAY 24 AUGUST  
NATIONAL WATER SPORTS CENTRE, NOTTINGHAM

## Provisional Race Information

This is the provisional information for the HUUB Triathlon Relays 2024. Please spend a few minutes to read & understand the format of the event, rules regarding the event categories and strict timelines that we all must adhere to.

## The Format

It's very simple, in teams of four, each person does one element of the triathlon, then tags the next person, sounds simple hey! The first person swims, then tags the second person, and so on until all four team members have swum. The fourth swimmer will hand over to the first cyclist, which is also the first swimmer, who then does the 15km bike. All four complete the bike course individually, tagging the next competitor once they have completed their 15km, and final cyclist then tags the first runner, also the first swimmer & biker. When all four runners have completed 5k individually, the final runner crosses the finishing line in front of the grandstand.

## The Distances:

Swim 500m (1lap) Bike 15km (3laps) Run 5km (1lap)

## The Categories

### Saturday Morning – Male, Female & Open Teams

Male Senior, Male Vet 40+, Male Vet 50+, Male Junior.  
Male teams must consist of 4 males.

Female Senior, Female Vet 40+, Female Vet 50+, Female Junior. Teams of 4 women.

### Saturday Afternoon – Mixed Teams & Open Teams

Teams to comprise 2 male / 2 female athletes in the following age groups: Junior, Senior, Vets 40+, Vets 50+ all in the same age category as of 31/12/24.

## Triathlon England Rules

To be part of the National Championships, all team members must be current members of Triathlon England, Triathlon Scotland or Welsh Triathlon and have the same club / team listed on their 2024 Race Licence.

Any teams not fitting into the above categories or if there are any Day Memberships in a team, then that team will automatically be placed in the Open Championships.

## Registration Opening Times

Friday	6pm – 7.30pm
Saturday	7am – 8.15am
Saturday	12noon – 1pm

## Start Times

Saturday 0845	- Male, Female & Open
Saturday 1345	- Mixed & Open

## General Information

### Team Captains

Team captains will be required to ensure that the whole team knows & understands all information about this event. Team captains will be responsible for providing all of the required information about all team members, including medical conditions.

### Updating Team Members

Team Captains are able to update Team Members & Team Categories until approx. **Friday 16<sup>th</sup> August 2359**. This must be done via your Results Base profile, which you used or created to enter the event. After this point, it is **not** possible to change team members or team categories.

### Home Nations Race Licences

Team captains should present a 2024 Triathlon England, Triathlon Scotland or Welsh Triathlon Race Licence (or colour copy) for all four competitors. If this is not possible, then the team captain will be required to purchase a Day Membership for each person without a 2024 Home Nations Race Licence.

### Registration

Registration will take place in the Conference Room upstairs in the main building at the National Water Sports Centre. Only Team captains or other nominated persons are allowed into registration. Team members are not required to register individually, the Team Captain or a nominated person is the only person required to register for the whole team.

### Registration Procedure

On arrival at registration, find your race number from the lists displayed downstairs in the main reception, or included on the Tri Society website. Then proceed upstairs, to the Home Nations Race Licence check desk. At this point, please show ALL 2024 Home Nations Race Licences. Please ensure that your competitors are



registered in the right order. At this point it will be confirmed which category your team is entered into.

Athletes purchasing Day Memberships have public liability insurance cover, but are not entitled to full Triathlon England membership rights, and hence the team will not be eligible for the Triathlon England Championships Awards. Instead the team will be placed in the Open Category. All teams that have a ratio of 3:1 either male to female or female to male will be placed into the Open Category.

If you have a query, please see the HELP DESK. If not, please pick up your numbers, team baton, security wristbands, timing chips, swim caps, t shirts etc. The security wristbands are for competitors only. This will allow competitors into the transition areas. Please note that non competing athletes / spectators will not be allowed onto the course during the event. This includes spectating on the cycle route during the swim section.

#### Team Categories

The following are the requirements for the different team categories:

Male	Four males, any age
Female	Four females, any age
Mixed	Two male & two females, any age
Mixed Vet 40 +	Two male & two females, all over 40 years as at 31/12/2024.
Male Vet 40 +	Four males all over 40 years as at 31/12/2024.
Female Vet 40 +	Four females all over 40 years as at 31/12/2024.
Male Vet 50 +	Four males all over 50 years as at 31/12/2024.
Female Vet 50 +	Four females all over 50 years as at 31/12/2024.
Male Junior	Four males all over 15 & under 20 years as at 31/12/2024.
Female Junior	Four females all over 15 & under 20 years as at 31/12/2024.

#### Finding the National Water Sports Centre

Holme Pierrepont, the National Water Sports Centre, is located just off the A52. Sat Nav - NG12 2LU.

#### Parking – Parking Charges Now Apply

There is now a fee which is imposed by the venue for parking within the grounds of the National Water Sports Centre.

There are four car parks at the National Water Sports Centre, which will all be marked. Please follow the instructions of the Parking Stewards. It is vital that you do not use the car park at the main entrance, since this is part of the run course, and entry to this car park is only possible with an Officials Parking Permit. Depending upon

which car park is in use when you arrive please be aware that some car parks are a 10 minute walk from the Race HQ.

Do not leave any valuables inside or on your car & ensure your car is fully locked & secure. All vehicles are left at the owners own risk.

#### Additional Contacts

Holme Pierrepont – Venue/Camping/Accommodation  
Tel. 0115 9821212

Triathlon England – Rules & Membership  
Tel. 01509 226161

#### Timing

To ensure quicker, more accurate times and live results, teams will receive four individual timing chips to use whilst racing. Please remember to get your timing chips in the correct order.

When you have finished, please remember to return your timing chips to our officials after the run – either transition area 3 or at the finish line. Failure to do so will result in a £10 charge per missing chip being made to the team for the loss of equipment.

Please also ensure that you do not cross the mats, which register your times except when you are competing. To avoid this problem do not climb over barriers as they are in place to prevent access from these areas prior to the event. Failure to comply with this request will trigger your timing chip and potentially will invalidate your result.

#### Relay Tagging

We will be using the old traditional tagging system of passing a rubber band from team member to team member. As all athletes will have a separate timing chip, we will also be taking individual splits for each discipline. Please do not lose your teams' rubber band as this is the only proof that you have completed each tag correctly.

#### Team Order

Each team will be allocated a race number, which can be found onto the event website [www.trisociety.co.uk](http://www.trisociety.co.uk) on the week before the event.

At registration, your team will be issued with four colour coded race numbers which relate to the sequence of your team members in the race which should correspond to the order of competitors as submitted on your entry form via Results Base.

#### Race number colour band sequence is:

RED [1] – WHITE [2] – BLUE [3] – YELLOW [4]

#### Swim hat colour sequence is:

RED [1] – WHITE [2] – BLUE [3] – YELLOW [4]



### Swim - 500 metres

The start will be a mass start with all swimmers starting in the water. The route is 215metres to the first buoy, turn right, swim a further 75metres, turn right, and swim 210metres to the swim exit. On exiting the swim after 1 x 500 metre lap swimmers are requested to leave their swim hats on until they have tagged their next team mate. Triathlon wetsuits may be compulsory subject to the water temperature as determined by the referee on the day in line with Triathlon England rules.

### Bike Course – 15km – 3 laps

This is a 5km lap course and competitors are required to complete the laps in anticlockwise circuits. The bike course is flat and fast but has some extremely tight right angle corners. Please note that the first team member (the RED team member) starts from a different transition area at the bottom of the lake in front of the boat houses.

### **BIKE ON THE LEFT AT ALL TIMES! RUNNERS WILL BE USING THE SAME COURSE.**

Helmets must be fastened prior to mounting your cycle and not undone or removed until you have dismounted. This race is a non-drafting race for all categories on the bike course and the 'two minute time penalty rule' will be in force. Please ride on the left and overtake quickly on the right before returning to ride on the left.

Please note that the venue is a country park and that from time to time ducks & geese will be on the pathway. Ride with caution, as sometimes they do not move!

### Transition Area – Our Request

We ask that all competitors leave helmets and cycle shoes on their bikes in the transition area – this is to stop pointy helmets from poking people in the eyes and toes being broken by cleats, which has occurred in previous years.

### Run – 5km – 1 lap

A one-lap clockwise circuit around the perimeter of the regatta lake with some grassed sections. Where possible please run on the grass verge to avoid conflict with oncoming cyclists. Please note that the first team member (the RED team member) starts from a different transition area. (See event map for details.)

### **PLEASE RUN ON THE LEFT AT ALL TIMES! CYCLISTS WILL BE USING THE SAME COURSE.**

All competitors will run one loop before tagging the next team mate in the appropriate transition area T3. When your final runner has completed their lap they should continue straight past T3 into the finish straight in front of the grandstand to finish under the gantry.

### Run Cut Off Times

In order to facilitate the smooth running of the event we are forced to place restrictions of times to 4 hours and 30

minutes for each event. Over 95 % of all teams racing in previous years have come inside that cut off time. Should your team be outside of that time, the last two or three runners in a team will be permitted to run together. The times will then be adding together to create a total time for the team. Officials will advise teams in T3 when this ruling applies. For the morning event, we strongly advise all runners that have not started the run by 12.30pm to be at T3 (run to run transition). All runners not started by 12.45pm will be started together.

For the afternoon event, we strongly advise all runners that have not started the run by 5.30pm to be at T3 (run to run transition). All runners not started by 5.45pm will be started together.

Teams that are effected by the run cut off will not get their finalised results until the following day.

### Transition

For teams competing on Saturday morning, transition area will be opened from 8am. We recommend that the first two team members rack their bikes immediately. Transition will close at 8.30am.

For teams competing on Saturday afternoon transition area will be opened from 1.15pm. This will be confirmed by PA announcements. We recommend that you arrive at transition immediately as it opens so as not to delay the race start. Transition for the first two team members will close 15 minutes before the race starts.

### Transition Area Rules

This is a high security area. Only competitors wearing their security wristbands, a race number & bike security stickers will be allowed in any of the transition areas. No bags or race kit (other than your cycle helmet & shoes) can be taken into transition. No spectators will be allowed in. You must rack your bike with your cycle helmet in the allocated numbered space if there is a problem, please approach an official.

### Race Briefings

There will be a compulsory race briefing for all competitors at 8.30am for the Saturday morning wave, 1.30pm for the Saturday afternoon wave. This will be heard over the boat house PA system & will take place in the start area of the course immediately outside the boat houses at the top of the lake.

### Course Reconnaissance

You are not permitted to swim in the regatta lake at any time, other than during the race. However, you are permitted to cycle the bike course (wearing a helmet) up to 8.15am Saturday morning after which the course will be cleared of all competitors.



### **Race Office Closure**

The Tri Society race office will be closed from Wednesday 23 August at 5pm. Please do not leave messages or send emails regarding this event, as we will be on site from Thursday 24 August for setting up.

### **Nutrition**

There will be a drinks station on the start & finish of the run at Transition 3, which will include water & High5 Energy Citrus.

### **Food**

Food will be available from various food vendors on race day. Please keep the area tidy and put all litter in the rubbish bins provided. Please note BBQs are not permitted in the race village. This is a requirement of the venue under their health and safety rules.

### **Litter**

There will be a number of large bins around the site, situated close the club's area, please use the bins provided & don't leave any litter at all. Any teams leaving a lot of litter will be named and shamed after the event on social media.

### **Prize Giving**

Prize giving for all Saturday morning categories will take place in the race village immediately adjacent to the finish line, immediately after the completion of the morning race at approximately 2.00pm.

Presentation for Saturday afternoon waves is after the completion of the afternoon wave as soon as the last competitor crosses the line which is anticipated to be 6.30pm.

### **Race Rules**

The event will be held under the rules of Triathlon England. It is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – Triathlon England Members are insured as part of their membership package, and all other competitors will be required to purchase a Day membership from Triathlon England. If

you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone Triathlon England on 01509 226161.

### **Time Penalties & Appeals**

ALL penalties issued by the Triathlon England Chief Technical Official will be displayed on a Penalty Board in the main reception area. No other officials have the right to award a penalty and all penalties must be directed through the Chief Technical Official. Appeals against these penalties must be made in writing to the Chief Technical Official within one hour of a penalty being notified and be accompanied by a fee of £30.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

### **Team/Club Gazebo**

If you would like to bring a club/team gazebo on Saturday you are more than welcome to. We do request that it is safely erected and secured down with both pegs and guy ropes. If your gazebo is not safe, we will request you to take it down, or, we will take it down & remove it. Please note, do not take up excessive space, there will be a lot of teams wishing to pitch club gazebos.

### **Withdrawal**

Please refer to our Terms & Conditions for details of refunds available.

### **And Finally**

On behalf of Tri Society, the whole team would like to wish you well and hope you have a safe and enjoyable event. Whatever your reason for racing, we hope you race hard, race safely and race fairly. Good luck!

IAIN HAMILTON  
Race Director

### **For further information contact**

Tri Society  
Website [www.trisociety.co.uk](http://www.trisociety.co.uk)  
E-mail [hello@trisociety.co.uk](mailto:hello@trisociety.co.uk)

*NB. These details are true and correct at date of publication but are subject to change without notice*