

BTF Youth Selection Triathlon, 19 July (Sat) 08

9.45am, Saturday, Youths Boys (400m/10.2km/2.5km)

10.00am, Saturday, Youths Girls (400m/10.2km/2.5km)

Please remember to bring your triathlon race licence and some form of identification. This will speed up registration. If you forget your licence, then you have to pay the £5 day membership fee. (You all should be members.)

RACE INSTRUCTIONS

The venue is private property - the Dorney Lake Rowing Centre, Boveney, near Eton Wick. Please leave plenty of time to get here. You will not be allowed access to the area before the day, so please do not go near the site. We are here as guests so please could competitors show some courtesy and politeness in order that we may be allowed back. **Parking** will be at the end of the run course to allow you entry and exit at any time. Just follow the signs as you come into the venue. **You will have an 800m walk to the transition area. Access and departure are allowed any time.**

Registration will take place in the Marquee from 8:30am. Upon arrival **SHOW YOUR RACE LICENCE!** You will need to find your race number from the lists on display, and then pick up your swim cap, race numbers, timing chip and event T-shirt from the registration tables.

At registration you will be given one race number to be worn **on your back for the bike and on your front for the run. Belts can be used.** The number must be easily visible. You will also be issued with a security wristband at registration, with your race number on it. This wristband will give you access to the transition area.

There will also be two sticky numbers, one for the **front of your helmet** and one for your bike; this you attach to **your top tube** as a security measure. Please show your race number and security wristband to gain access to the transition area. Your race number and your bike number (sticky number) must be the SAME for your bike removal. **Only competitors** will be allowed in the transition (bike racking) area. You must rack your bike in its allotted, numbered space. An approved cycle helmet must be worn for the cycle section.

Lots of toilets and showering facilities are available. Access to the venue and **catering services upstairs in the boathouse** will be available from 8.30am.

Remember we are here as guests, so please keep the place tidy.

triandrunk are the official retailer and will be with us all weekend. If you need them to bring any specific products then **please ring 020 8500 4841.**

The Course:

The swim is a rectangular course in the Rowing Lake. (see map) Wetsuits are highly recommended.

Make sure you mark your name in your wetsuit.

The bike section of the race will be drafting. The rules for drafting events require that only the shorter 'Spinaci' type bars are permitted. If used, these bars must be bridged and should not extend horizontally further forward than the brake levers. Athletes' bikes will be checked on entering transition so please make sure you do not need to change the bike on the day. Please contact the **BTF office 01509 226161** if you do not understand this.

It is a 2 lap bike course to cover 10.2km, which goes around the lake for each lap. You must count your own laps! Please obey the rules of the road. Cycle on the left at all times.

You are not allowed to draft off a different SEX.

The run: Finally, it is a one-lap 2.5km run. The final run will be clockwise round the right-hand side of the Lake, to finish just outside the transition area under the finish gantry.

Water and SIS will be available on the finish line.

BTF Youth Awards Ceremony is at 10.30am by the **triandrunk** tent. You must be present to collect your award from the BTF.

Results will be posted on the website as soon as possible after the race. **www.humanrace.co.uk**

If you need accommodation then we recommend the Copthorne Hotel, ask for the 'triathlon' rate. email: **leanne.Bennett@millenniumhotels.co.uk**

For other hotels in the windsor area call 01753 743907 or email: windsor.tic@rbwm.gov.uk