



## **Ilkley Triathlon 2023 Race Instructions and Briefing Notes**

### **Directions to Ilkley Lido**

Arriving in Ilkley on the A65, turn north onto New Brook Street at the main traffic lights in Ilkley. After crossing the river, Denton Road is the next turn on the right, and the Lido is approximately 200 metres on the left.

<https://www.google.com/maps/place/Ilkley+Pool+and+Lido/@53.932626,-1.81831,16z/data=!4m5!3m4!1s0x0:0xfe1c933fd81aff9c!8m2!3d53.9318353!4d-1.8208301?hl=en>

**PLEASE SEE PARKING INSTRUCTIONS BELOW.**

### **Car Parking**

The following arrangements are designed to minimise the number of cars in the race area, and hence to protect the safety of competitors and spectators. Please do not approach the Lido from the east along Denton Road.

- There will be NO parking on the Lido site for triathlon competitors or spectators.
- Triathlon competitors and spectators must NOT park anywhere on the triathlon course.
- Free event parking will be available on West Holmes field (unless very wet). The entry point to the parking is on Denton Road (<https://w3w.co/woven.loft.lawns>) and will be signposted. The car park will close 15 mins after prizegiving.
- If conditions are very wet, we suggest you park on local streets that are not part of the course. Please note that some streets in and around Ilkley now have parking meters (this includes New Brook St and Middleton Avenue down to Denton Road).

### **Registration**

When you arrive, please come to the registration desk which will be in the tents on the grassed area between Denton Road and the Lido, close to the finish line. Be careful while crossing the road into the Lido as participants will be using it for the cycling section of the event.

It will be helpful if you know your race number to register at least 40 minutes before your race start time. IT WILL NOT BE POSSIBLE TO CHANGE YOUR START TIME.

Show your BTF licence if you have entered as a BTF member. If you cannot show your licence you will have to pay £5 for a BTF day licence.

When you register, you will be given two competitor numbers, a bike security sticker, a helmet sticker, a timing chip, a swim cap, and a goody bag.

This is a good time to put your timing chip on at this point, so you don't forget. **It should be worn on your left ankle.** This will enable your split times to be recorded. The event is continuous and our transition times (time between swim and bike and between bike and run) will be included in your overall time.

You need to wear one competitor number on your back for the cycle leg and one on the front for the run leg. You can use a number belt, but make sure that your number is visible for both the cycle and run legs. If you have a **MEDICAL CONDITION**, please write this on the back of your race number.

The bike security number sticker needs to be attached to your bike. You will need to show a race number matching the number on this security sticker when you remove your bike from the transition area once you have finished the event.

The other sticker will go on the front of your helmet.

You will also need to bare an arm at the registration tent so we can write your race number on it for the swim.

### **Transition**

The Transition area can be accessed by walking to the rear of the Lido buildings and into the grounds. **ONLY COMPETITORS** are allowed in the transition area.

The transition racking will be numbered and you may only rack your bike and lay out your bike/run gear at your numbered slot. Please be considerate and do not take up more than your fair share of space. Any bags can be left in the Bag Drop area.

Arrive early and make sure you know all the entrances and exits. They will all be well marked and the marshals will also provide directions, but it is your responsibility to know the course.

### **Race Rules**

The race will be run under [British Triathlon Federation \(BTF\) regulations](#). Competitors should make themselves aware of these regulations. The rules exist for good reasons, particularly the safety of competitors. All marshals are volunteers, and without them there would be no race. **Any abuse directed at marshals will result in disqualification.**

## **Swim**

You can access the indoor swimming pool via the pool's main entrance and pool changing rooms.

Be changed and on poolside with your swim cap (from your goody bag) and timing chip **10 minutes before your swim start time**. Every competitor is given a specific start time. After checking in at poolside, you will be asked to wait at a designated point on poolside until called by the starter.

You will be starting one at a time at one-minute intervals. **IT IS ESSENTIAL THAT YOU ARE FULLY AWARE IN ADVANCE OF HOW THE SWIM WILL OPERATE.**

When you arrive at the pool, please check in with the marshal at the changing rooms end of the pool at least ten minutes before your start time. Then line up down the side of the pool in the correct starting number order. If you arrive very close to your start time, you may need to 'jump the queue' to get in the proper order. The race clock will be on the poolside, so you will be able to see how long you have got before your start time.

You will be starting one at a time at one-minute intervals. When called, you will be allocated to a swim lane. Give your number to the lane marshal. The starter will tell you when to enter the water, which will be approximately twenty seconds before your start time. You will start on the starter's whistle.

All swimmers will swim **clockwise** in the lane. If you need to overtake, do so down the middle of the lane; there should be plenty of room, but make sure there is no 'oncoming traffic'. If you are tapped on the toes by the swimmer behind, please allow them to go in front when you reach the wall. Tumble turns are allowed and you may swim breast stroke or front crawl. Backstroke is not permitted.

The lane marshal will show you a card when you have 2 lengths left to swim, but it is your responsibility to swim the correct number of lengths (which is 20).

When you have finished, climb out of the pool and **WALK** to the exit door. The tiles can be slippery when wet and running is dangerous. **Anyone running within the pool area will be penalised**. Once outside, you may run as fast as you like, but please make sure that you pass over the timing mat at the foot of the steps or you will not record a swim split. Follow the taped path to transition.

## **Cycle**

Put on any clothing you require and ensure your race number is visible from the rear. No nudity in the transition area. If you intend to change out of your swimwear, you can use the pool changing rooms.

Fasten your helmet strap before removing your bike from the rack (BTF rule).

Take your bike through the Bike Out exit to the mount line. Once across this line, you may get on your bike, head to the junction, take a left turn, checking it is safe to do so and enjoy the scenic three-lap route (see map below)

The route will be well marked and marshalled. Take care and abide by the Highway Code. Ensure at all times to keep left and **do not cross the white line in the middle of the road under any circumstance.**

Curly Hill is steep and curly! The descent is fast, and it will **not** be closed to traffic. Residents have been advised in advance of the race, but there will still be a possibility of cars reversing out of driveways and of dogs being walked, so extreme care is needed on this part of the course. At the bottom of Curly Hill, there is a left turn where you need to be in control. **If you cross the white line, you WILL be penalised/disqualified.**

You should also note that the junction of Middleton Avenue and Denton Road is a sharp left turn where there is also likely to be traffic. Please be sure to slow down early and stay to the left. **If you cross the white line, you WILL be penalised/disqualified.**

After you've completed the three laps, dismount before the dismount line and take your bike through the Bike In gate to your transition position. You must rack your bike before unfastening your helmet.

### **Run**

Change into any run wear and follow arrows and tape to leave the transition area. There will be a drink/water station here.

The run route will be very familiar to you because you will have just cycled around it three times. Remember that cyclists will be going past you, so make sure you keep to the left. If you need to overtake a cyclist, let them know. The run course is one lap.

Run through the finish line and make sure the marshals can see your number.

### **Relay Teams**

There will be a designated zone and racking for relay teams.

The timing chip handovers will be at the racking in the transition area. **THE CHIP MUST BE WORN ON THE LEFT ANKLE.** The cyclist must rack the bike before handing over the chip to the runner.

### **Upon Completion**

Water and your medal will be available on finishing. Then you can celebrate your achievement! Please move away from the actual finish line and make sure your timing chip has been removed from your leg.

You will be able to view your race results live on <https://timemyrace.co.uk/results>

If, for any reason, you do not complete the event, please inform the marshals at the run finish.

The prize presentation and raffle will take place by the finish area as soon as possible after the last competitor has crossed the finish line. This will be around 5pm.

Prizes will be awarded as follows:

Overall: 1st 2nd 3rd male and female  
Youths and juniors: 1st male and female  
Age 20-29: 1<sup>st</sup> /2<sup>nd</sup>/3<sup>rd</sup> male and female  
Age 30-39: 1<sup>st</sup> /2<sup>nd</sup>/3<sup>rd</sup> male and female  
Age 40-49: 1<sup>st</sup> /2<sup>nd</sup>/3<sup>rd</sup> male and female  
Age 50-59: 1<sup>st</sup> /2<sup>nd</sup>/3<sup>rd</sup> male and female  
Age 60-70: 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> male and 1st female  
Age 70+: 1st male  
Teams : 1<sup>st</sup> Team

We will have a charity raffle with some excellent prizes, so make sure you buy a ticket or two while the event is taking place.

Light refreshments and snacks will be available on site.

Two photographers will be around the course, so keep smiling!. Details for how to access photographs will be made available after the event.

**Good luck, take care, and enjoy the race!**



