

ILKLEY TRIATHLON

22nd September 2024



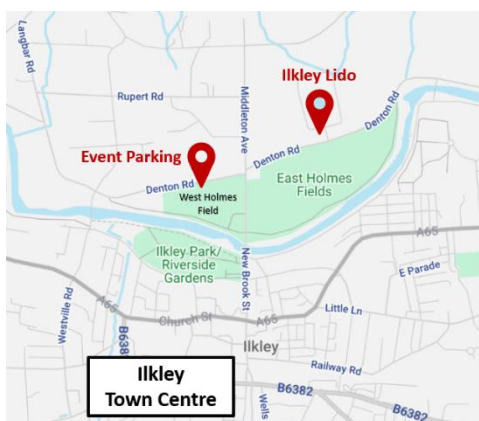
Race Instructions and Briefing Notes

Welcome to the 31st Ilkley Triathlon – we're delighted to have you with us.

The briefing notes contain important safety information, tips and guidance to ensure you have a safe and enjoyable event. **Please read these notes carefully even if you've completed the event before.**

EVENT ADDRESS

Ilkley Triathlon is based at the Ilkley Pool & Lido (LS29 0BZ)



If you're arriving by bike or on foot:

- From the main traffic lights in the centre of town, turn onto New Brook Street. After crossing the river, turn right onto Denton Road. The lido is 200m along on the left.

If you're arriving by car:

- If you're driving to Ilkley from the east (Leeds/Otley direction), please stay on the A65 into the town centre and do NOT approach via Denton Road as this is part of the course.
- PLEASE SEE PARKING INSTRUCTIONS BELOW.

TIMELINE OF RACE DAY

0730	Car Park opens & Registration opens
0830	First swimmer starts
1600*	Final swimmer starts
1700-1715*	Final athlete finishes
1730*	Prize Presentation and Raffle Draw

*Approximate timings

CAR PARKING

The parking arrangements are designed to minimise the number of vehicles on the triathlon course, to protect the safety of competitors and spectators.

There will be NO parking available 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 it's very wet). The entry point to the parking is on Denton Road and it will be signposted, [what3words location ///woven.loft.lawns](#).

We will have marshals at the gate onto West Holmes Field. The gate will be kept open until 15 minutes after prize giving finishes. **After the prize presentation, please collect your vehicle promptly** as we will need to lock the gate so that our marshals can go home.

If conditions are too wet for parking on West Holmes field, we suggest you park on nearby streets that are not part of the course. Please be considerate to residents.

Some streets in Ilkley now have parking meters (includes New Brook Street and Middleton Avenue).

REGISTRATION

When you arrive, please come to the red registration tent which will be on the grassed area in front of the Lido on Denton Road. Please be extra careful crossing Denton Road as this is part of the bike course.

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

If you entered as a **British Triathlon (BTF) member**, please show your BTF licence at registration. If you don't have 2024 membership, then you need a BTF Race Pass for our event (you can purchase this online, we'll have a QR code for it). If you entered as a **non-BTF member** then you have paid for a BTF Race Pass as part of your entry, you don't need to show any evidence of this at registration.

When you register, you'll be given **2 race numbers, 1 bike security sticker, 1 helmet sticker, a timing chip, a swim cap, and a goody bag.** If you ordered a **t-shirt** when you entered, please collect this too.

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

It's a good idea to put your timing chip on immediately, so you don't forget. **Your timing chip should be worn on your left ankle** (well away from your bike chain). The timing chip enables us to record your split times. The event is continuous and transition times (between swim/bike and bike/run) are included.

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

TRANSITION

You get to the transition area by walking to the left of the Pool & Lido building and then around the back into the grounds (see site map below). **ONLY COMPETITORS & OFFICIALS are allowed in the transition area.**

Attach your **bike security sticker** to your bike before you enter transition. You'll need to show that your race number matches the security sticker on your bike to remove it from transition after you've finished.

Attach the other number sticker on the front of your **helmet** before you enter transition.

Please wear your helmet fastened when entering transition. A marshal will check your race number/stickers and do a quick safety check of your helmet, brakes and the bar-end stops on your handlebars. Please ensure that your bike is in good working order with well-functioning gears and brakes.

The bike racking in transition will be numbered, and you must rack your bike and lay out your bike/run gear at your numbered slot. Please be considerate and don't take up more than your fair share of space.

Any large bags can be left in the **Bag Drop area** by the entrance to transition (we'll give you a sticker for your bag which will be labelled with your race number – you must show your race number to retrieve your bag).

The transition and bag drop area will be marshalled during the race, but bags and valuables are left at your own risk and the organiser cannot be held responsible for items lost or stolen.

Arrive early and familiarise yourself with the transition entrance/exit for the bike and run legs. The routes in and out will be signed and marshals can provide directions, but it's your responsibility to know the course.

RACE RULES

The race will be run under [British Triathlon Federation \(BTF\) regulations](#). Please make yourself aware of these regulations. The rules exist for good reasons, particularly the safety of competitors.

All our race marshals are volunteers, without them there would be no race. **Any abuse directed at marshals, race officials or members of the public will result in disqualification.**

The following are prohibited during the race:

- Dangerous riding: including crossing the centre line, overtaking on the wrong side
- Failure to fasten the helmet securely during the bike phase
- Riding before the mount line or after the dismount line
- Failure to clearly display your race number to the back during the bike leg
- Failure to clearly display your race number to the front during the run leg
- Use of music player, headphones, mobile phone, camera, video, listening or recording device

Please be aware that failure to comply with these rules may result in penalty or disqualification.

SWIM

IT IS ESSENTIAL THAT YOU ARE FULLY AWARE IN ADVANCE OF HOW THE SWIM OPERATES.

Access to the swim start is via the main entrance to the pool building and through the changing rooms.

Competitors will start at one-minute intervals. Everyone will have been given a specific start time.

Be changed and on poolside 10 minutes before your swim start time. Make sure that you're wearing your timing chip and that you have your swim cap (from your goody bag).

Please check in with the marshal who will be standing at the end near the changing rooms. Then line up along the side of the pool in starting order. If you arrive very close to your start time, you may need to "jump the queue" to get in the proper order.

A race clock will be on poolside, so you'll be able to see how long you've got before your start time.

When you're called by the starter, they'll allocate you to a swim lane. Go to the lane and give your race number to the lane marshal. The starter will tell you when to enter the water, which will be about 20 seconds before your start time. **Pay attention to the starter, you will start on their whistle.**

All swimmers must swim **clockwise** within the lane.

Other swimmers in your lane should be of similar pace, based on the estimated swim time on your entry forms. If you need to overtake, do so down the middle of the lane; there should be plenty of room, but check there is no 'oncoming traffic'. If you're tapped on the toes by the swimmer behind, please allow them to go in front when you next reach the wall to turn. Tumble turns are allowed.

You may swim breaststroke or front crawl. Backstroke is NOT permitted.

The lane marshal will put a card/float in the water to indicate when you have 2 lengths left to swim, but it is still your responsibility to swim the correct number of lengths (which is 20).

When you've finished, climb out of the pool and WALK to the exit door. The floor can be slippery when wet and running is dangerous. **Anyone running within the pool area will be penalised.**

If you intend to change out of your swimwear, you can use the pool changing rooms. Nudity is not allowed in the transition area (BTF rule).

Once outside, you may run as fast as you like. Make sure that you cross the timing mat at the foot of the steps, or you will not record a swim split. Follow the taped path to transition (about 100m).

BIKE

In transition, put on any clothing you need and ensure your race number is visible from the back. Fasten your helmet strap **before** removing your bike from the rack (BTF rule).

Take your bike through the BIKE OUT exit and walk/run to the mount line. Once across this line, you can get on your bike. Turn left at the road junction, after checking it is safe to do so, and enjoy the scenic 3-lap route (see course map below).

The route will be well-marked and marshalled. Take care and abide by the Highway Code.

Please be courteous to others and stay safe – always make sure that you're in control, observe any instructions from marshals, and please watch out for other riders, vehicles and pedestrians.

Ensure that you ride on the left-hand side of the road and do NOT cross the centre line under any circumstance. **You may be disqualified for riding on the wrong side of the road.**

Curly Hill is steep and curly! The descent is fast, and the road surface might be a bit slippery if wet. The road will NOT be closed to traffic. Extreme care is needed on this part of the course.

Residents will have been notified of the triathlon, but there may still be cars turning/reversing out of driveways, pedestrians crossing, and/or dogs being walked.

At the bottom of Curly Hill, there's a sharp left turn into Middleton Avenue where you must slow down and be in control. **If you cross the central white line, you WILL be penalised/disqualified.**

There's another left turn at the junction of Middleton Avenue/Denton Road which can be busy. Slow down early and stay to the left. **If you cross the central white line, you WILL be penalised/disqualified.**



A 20mph zone has recently been introduced in Ilkley. The triathlon course just touches the edge of the 20mph zone (by just 10m either side of the junction of Middleton Avenue/Denton Road). You need to slow down for this corner anyway - please respect the 20mph speed limit here.

After completing the third bike lap, turn left into the Pool & Lido entrance. Get off your bike **before** the dismount line (BTF rule) and then take your bike through the BIKE IN gate to your transition position.

You must rack your bike **before** unfastening your helmet (BTF rule).

RUN

Change into any run wear and make sure your race number is visible on your front. Follow arrows and tape to leave the transition area. There will be a water station as you leave transition.

The run route will be very familiar to you because you will have just cycled around it 3 times. Remember that you are on open roads and 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 1 lap.

At the end, run through the finish line and make sure the marshals can see your number.

RELAY TEAMS

There will be a designated rack for relay teams. Each team has one timing chip which is your “baton”.

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

WHEN YOU FINISH

Congratulations! You'll be given your medal just after the finish line and there will be a water station. Please make sure your timing chip has been removed and then move away from the finish line.

You'll 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 finish.

PRIZES

The prize presentation and raffle draw will take place by the finish gantry as soon as possible after the last competitor has crossed the finish line. This will be around 5:30pm. Prizes will be awarded as follows:

- Overall, Open and Female: 1st/2nd/3rd
- Youths and Juniors, Open and Female: 1st
- Age 20-29, Open and Female: 1st/2nd/3rd
- Age 30-39, Open and Female: 1st/2nd/3rd
- Age 40-49, Open and Female: 1st/2nd/3rd
- Age 50-59, Open and Female: 1st/2nd/3rd
- Age 60-69, Open: 1st/2nd/3rd
- Age 70+ Open: 1st
- Age 60+ Female: 1st/2nd/3rd
- Teams: 1st team

EVENT VILLAGE



Refreshments will be available for you and your supporters in the event village - catering vans for **hot drinks** and **falafels**, plus an **ice cream van**. The Leeds Bradford Triathlon Club **Juniors** will be running a **cake stall**.

TLN Musculoskeletal Therapy will be on hand to give free **post-race massages** (optional charity donations).

Two photographers will be taking photos around the course, so keep smiling! Photos will be posted online and will be free to download. We'll post details of how to access photos after the event.

We also run a **charity raffle in aid of Yorkshire Air Ambulance** with excellent prizes, so please make sure you buy a ticket or two while the event is taking place. The raffle will be drawn before the prize presentations.

There will be a **First Aid** post near the finish line and a medical services vehicle on the bike/run course.

Thank you for reading. Good luck, take care, and enjoy the race!

