

# SHERBORNE SPORTS CENTRE SPRINT TRIATHLON - 21/6/2020



## Sunday 21<sup>st</sup> June 2020

We are delighted to announce you have successfully entered our 2020 Sprint Triathlon!

### Before the Race

0700 – Registration	Register inside The HUB Cafe. You will then receive your swim start time, race number, pins and any final instructions. (Remember, race numbers must be pinned to the garment you will be finishing in).
0730 - 0800 – Bike to Transition area	Put your bike into the transition area, with any other equipment you may need. <b>(Please ensure your bike is road worthy pre-race i.e. functioning brakes and that you have a helmet!)</b>
0815 – Pre-race meeting	Pre-Race meeting – will take place in the transition area (or The HUB Café if raining)
0830 – First swimmers start	It is essential that you are ready to swim, changed by the poolside <b>at least 10 mins before your start time.</b>

### Parking

The Sports Centre Car Park will be open and available for all. Although our address is Abbey Road, Sherborne, Dorset DT9 3AP, you will need to access our car park through **Acreman Street DT9 3PH**. If you have any questions, give us a ring or drop us an email.

### Spectators

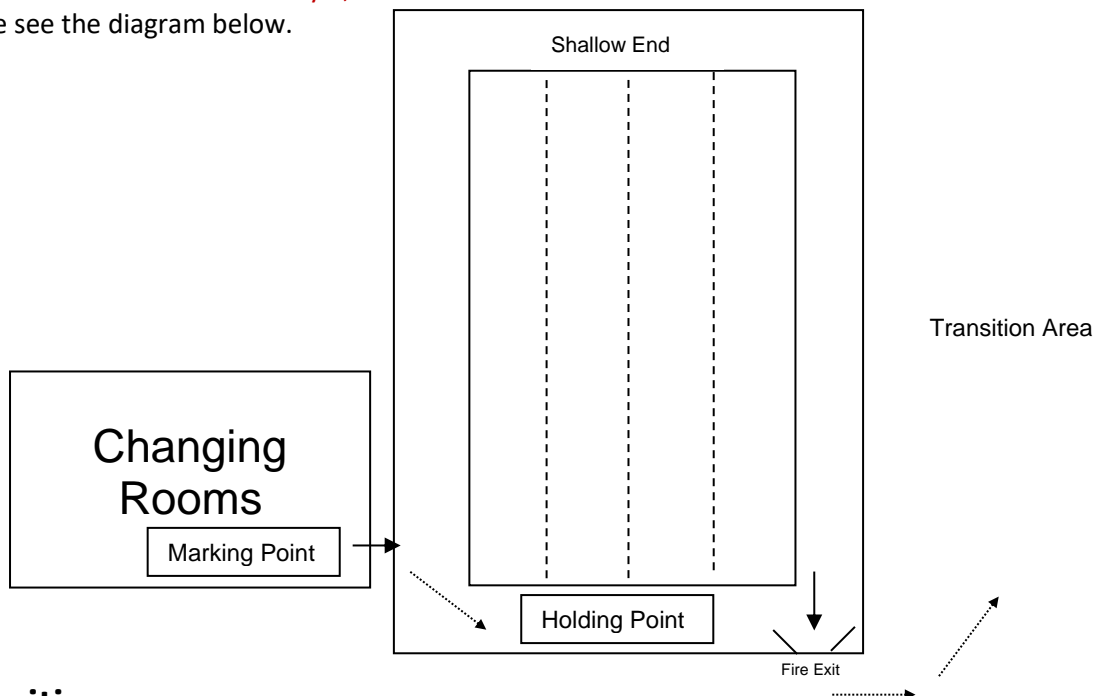
For those of you who will be bringing spectators I would recommend staying in the areas surrounding the Sports Centre reception; including The Hub, The Music School and pathways around the stream. Here you will be able to watch the swim, experience both transitions as well as cheer competitors through the finish line; complete with coffee in hand from The HUB café. (Due to safety considerations, unfortunately no non-competitors will be given actual access to the Transition area).

## 500m Swim – 20K Cycle – 5K Run

# SWIM - 500m (20 Lengths)

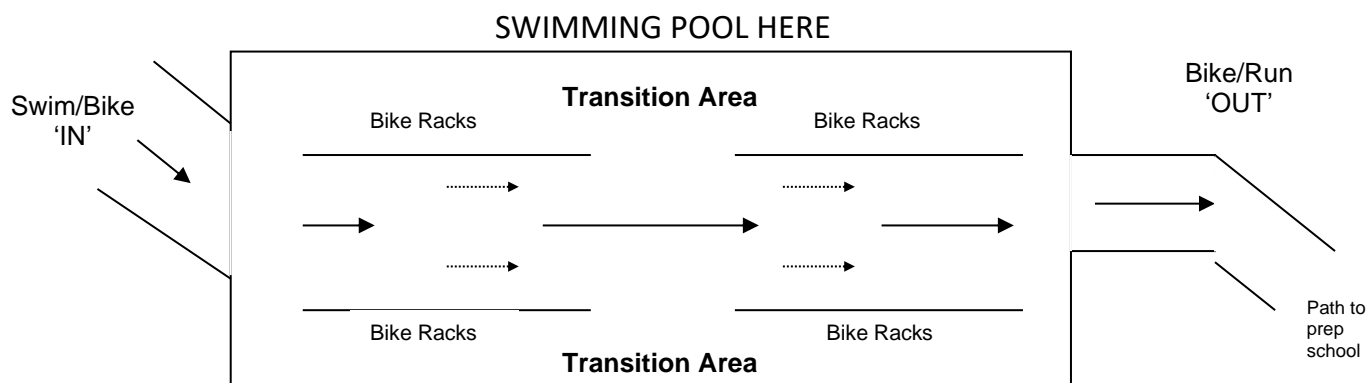
You need to be changed ready to swim 10 minutes before your swim start time. YOU WILL NEED TO KNOW YOUR RACE NUMBER. Competitors will be ushered into the pool & set off as soon as there is sufficient space within your specific lane. There will be a holding point just outside the changing rooms where you will be 'marked up' (a marshal will write your number on your arm and leg), and they will also tell you which lane you will be swimming in. We hope to have enough marshals to allow for counters (to count the number of lengths you have done, and entering a red pole in to the water when you have one to go). If we do not have enough volunteers unfortunately you may have to count the number of lengths yourself. Once you have finished your swim exit the pool (at the deep end) and enter the transition area via the Fire Exit at the top end of the swimming pool. If you would like to get changed in our changing rooms instead, please go back through the marking point & get changed, before entering the transition area through the fire exit. **Competitors MUST swim using a FRONT stroke i.e. Freestyle, Breaststroke.**

Please see the diagram below.



## Transition

The transition area is where your bike is stationed and where you change disciplines from swim to cycle and cycle to run. The transition area will be directly next to the swimming pool, keeping your transition time to a minimum. There will be a series of bike stands with a place for your bike, and any other equipment you may need. There will be a label on the bike rack with your Race Number on it to indicate where your bike and equipment should go.



# BIKE – 20k

\*Links to the route maps for the cycle and the run can be found on our website  
<https://www.sherbornesports.co.uk/triathlon2020/>

Please note this is a VERY technical course using country roads that are not always in the best state of repair.

**YOU MUST SECURE YOUR HELMET TO YOUR HEAD BEFORE TOUCHING YOUR BIKE.**

YOU ARE NOT ALLOWED TO CYCLE INSIDE THE TRANSITION AREA. You must not mount your bike until you are outside the transition area, and you must dismount before you re-enter the transition area, this is for your own safety. Please be aware that the main car park is not closed to cars - caution should be taken when mounting and dismounting your bike. **All competitors must wear a helmet**. The route is diagrammatically described in the separate 'route' document.

- ❖ On leaving the transition area, take a right down the path, heading towards Prep School. **[PLEASE PUSH BIKES ALONG THIS PATH]**.
- ❖ When you reach Acreman Street, turn right and heading up the hill.
- ❖ At the A30 go left and then left again into Bradford Road (this will take you past Sherborne Girls School).
- ❖ Cross the A352 (Horsecastles Lane) and continue along Bradford Road towards Bradford Abbas/Yeovil.
- ❖ Where Bradford Road meets Underdown Hollow, stay right, heading towards Yeovil.
- ❖ Continue straight on, then take 4th turning on left down towards Bradford Abbas.
- ❖ Follow the road straight, then round to the left on to 'Farm Road' (directly after the farm).
- ❖ Follow road on to Bishops Lane. Turn right at 'T' Junction on to Higher Westbury.
- ❖ Then follow the road left around the bend onto on to Church Road.
- ❖ Turn right at the next 'T' Junction, signposted Thornford.
- ❖ Take the 2<sup>nd</sup> right (signposted Yetminster) then immediate left towards Beer Hackett
- ❖ Follow this road all the way to the 'T' junction joining the A352 (Sherborne Hill) turn left heading into Sherborne.
- ❖ Follow this road for roughly 6.5km, all the way to the 'T' junction joining the A352 (Sherborne Hill) turn left heading into Sherborne.
- ❖ Continue on the A352 becoming Westbury.
- ❖ When you get to the cross roads, go straight across onto Acreman street on a slight incline.
- ❖ Cross the road to your right and enter the Sports Centre car park.
- ❖ Follow the 'Cyclists' signs right to the transition area. **PLEASE PUSH BIKES INSIDE COMPLEX WHERE INDICATED.**

**YOU MUST RACK YOUR BIKE BEFORE REMOVING YOUR HELMET.**

The Police have been informed of the route; however the competitors must comply with Road Traffic Legislation. Competitors will have no precedence over vehicular traffic. Lastly, NO COMPETITOR WILL BE ALLOWED ONTO THE BIKE ROUTE WITHOUT A HELMET.

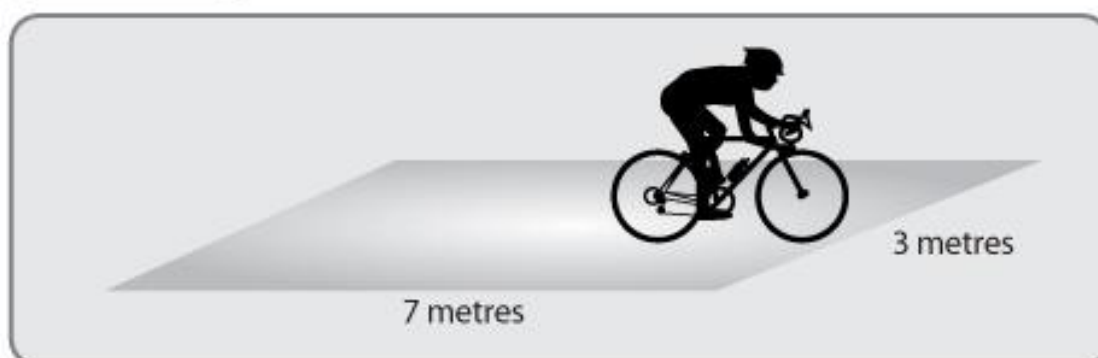
**500m Swim – 20K Cycle – 5K Run**

## Drafting

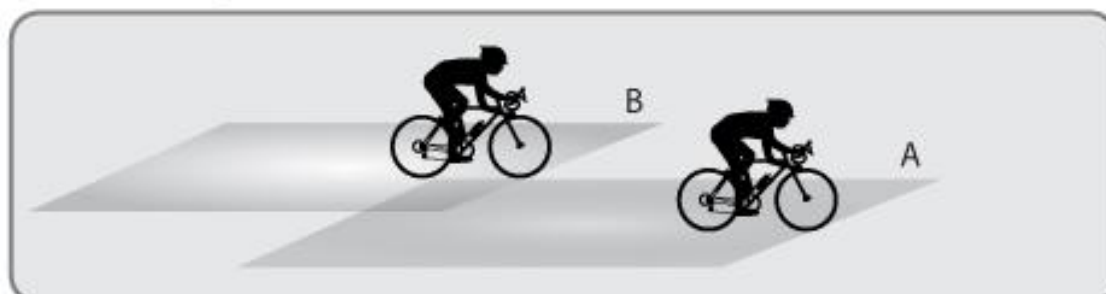
Competitors are not permitted to draft off other competitors during the cycle section of the race. The draft zone for sprint distance events is 7m (approximately 3 bike lengths) x3m and starts at the front edge of the bikes front wheel. Remember to keep left at all times when you are not overtaking and that if you are overtaken it is your responsibility to drop out of the overtaking cyclists drafting zone or you may incur a penalty.

### Drafting Diagram

**Diagram 1** Distance of drafting zone for ALL competitors



**Diagram 2** Drafting



**A** has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to re-pass **A**. **A** must move to the Left Hand Side of the road when safe. **B** can only overtake **A** on **A**'s Right Hand Side.

**Diagram 3** Drafting and not drafting



**A** and **B** are maintaining adequate separation. **C** is not attempting to pass **B**. **C** is drafting **B**. **A** and **B** are not drafting.

**500m Swim – 20K Cycle – 5K Run**

# RUN – 5k

Please make sure that your race number is visible from the front of whatever garment you finish the run in. **Please be aware that the main car park is not closed to cars - caution should be taken when running into and out of the car park.** Again the route is diagrammatically described in the separate 'route' document.

- ❖ On leaving the transition area, take a right down the path (heading towards Prep School) onto Acreman Street, turning right and heading up the hill.
- ❖ At the A30 go left and then left again into 'Bradford Road' (this will take you past Sherborne Girls School)
- ❖ Cross the A352 (Horsecastles Lane) and continue along 'Bradford Road' towards Bradford Abbas.
- ❖ After approximately 900m turn left down the track and continue through the gates.
- ❖ Take the next left onto a gravel track that leads onto 'Lenthay Road'
- ❖ Follow 'Lenthay Road' until you come to the traffic lights.
- ❖ \*Stay left and at the traffic lights, go straight across onto Horsecastles Road.
- ❖ \*Continue on and take the 3<sup>rd</sup> left onto Acreman Street.
- ❖ Cross the road to your right to enter the Sports Centre car park
- ❖ \*Now, follow the 'Runners' signs to the left through the car park barriers, before turning right onto the path past the music school to the finish line.

## After the Race

The finish line will be situated outside Sherborne Sports Centre and The HUB Café. Here we will have music and refreshments. Every finisher will receive a free race t-shirt sponsored by The HUB Café, FUEL 10k & BILL BUTTERS WINDOWS – as well as our event race pack. Once finished, feel free to cheer your fellow competitors in and add to the atmosphere!

**Results** will be posted online through [www.fullonsport.co.uk](http://www.fullonsport.co.uk), the official timers of the event. This will include a total time as well as individual discipline and transition splits. The results will also be posted on our website, social media and within the centre.

**Finally, we look forward to seeing you on the day & GOOD LUCK!**

**Sherborne Sports Centre Sprint Triathlon official sponsors:**



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