

The 'JT Hughes Group' Shrewsbury Sprint Quadrathlon 2018 Race Information Pack

Dear Competitor,

Thank you for entering the **Shrewsbury Quadrathlon**, which is taking place on **Sunday 2nd September 2018**. Please carefully read all of the below as it contains information that will affect your race. A full list of Wave Start Times will be posted on the website separately nearer to race day.

The Quadrathlon is run alongside a larger Triathlon event, which uses the same swim, bike and run legs. The two events are organised and co-ordinated by the members of Shrewsbury Triathlon Club (SYtri) and is sanctioned by the British Triathlon Federation (BTF); the event is therefore governed by their rules and regulations. Any monies made from the event go to help fund the running and development of the club, also making improvements to the event year on year. **No individual benefits financially from this event.** We are grateful for the support of [The JT Hughes Group](#) our main sponsor, also Torq Fitness, Dave Mellor Cycles, Castle Country Club, and Aqua Sphere UK.

The event is being held at the **West Midlands Showground, Berwick Road, Shrewsbury SY1 2PF**. There is plenty of parking on site and all car owners should enter from Gate 1, the first entrance you come across upon arrival. There will be a £2 charge per car, which will all go to '[Hope House Children's Hospice](#)' our local charity for this year. **Please ensure that you are on site early enough to allow yourself time to register and rack your bikes, as registration closes at 8.40am and bike transition closes at 9.15am sharp. Please note that for the safety of the competitors no vehicles will be allowed to enter or leave the site from 9.15am until the last cyclist is back into transition, which we expect to be at around 12.30pm.**

This venue allows us the unique opportunity for an open water downstream swim of 500m in the River Severn (wetsuits are required), followed by a 4km kayak leg, 2km downstream with a return against the flow. This is followed by a 23km leg out and back on open roads, finishing with a 5km traffic free run on the Shropshire Showground site with plenty of space for spectators. There will be a goody bag for all competitors and there will be a presentation ceremony when the triathlon finishes, for overall male and female placings and age categories – please stay for this if you can.

This event takes place under the rules of British Triathlon to ensure fairness and safety to all competitors **it is your responsibility** to familiarise yourself with those rules
<http://sytri.org/download/british-triathlon-rule-book-2016/?wpdmdl=2750>

The BQA would like to remind Quadrathletes that when a Quadrathlon is run in parallel to a Triathlon BTF Rules apply to the Whole Race www.britishquadrathlon.org.uk

The very best of luck to you all in the competition, enjoy the **Shrewsbury Quadrathlon** and we look forward to seeing you on the day. If you have any questions, please email on events@sytri.org.

Yours Sincerely,

Sam Mountain and Phil Holden

(SYtri Event Organiser)

(Quadrathlon co-ordinator)

BEFORE THE START

1. REGISTRATION

Registration will be in the main Showground building, which will be clearly signed (see map), and will be open from **7.00am till 8.40am**. There are separate desks for the Quadrathlon. You will be required to show **'photo ID'** when you register. Please allow plenty of time to register, prepare and to familiarise yourself with the transition areas and site layout. At registration you will be body marked with your race number and issued with a goody bag, which will contain 2 personal race numbers, a large sticky number for your boat and 4 small sticky labels (one for the bike, one for the front of your helmet, one for your paddle and one for a bag/box you may take into transition). **The swim cap provided must be worn for the swim leg**. Also you will find a voucher that enables competitors to receive a FREE recovery drink from the TORQ stand with a purchase over £15 or buy a Recovery drink for £3.50, this should be exchanged at the Torq stand and is only valid on race day.

2. NUMBERS (the use of race belts is strongly recommended)

Race numbers must be worn in such a way that they are clearly visible on your back during the bike and on the the front during the run sections. If using race belts you are responsible for ensuring the number is clearly displayed at all times. **Do not fold or alter the number in anyway, they cannot be worn during the swim leg!** Boat numbers should go on the front right deck. In order to aid security the sticky label must be attached to your bike frame, you will not be allowed to remove a bike from the transition area unless your race numbers correspond with the bike you wish to remove.

3. KAYAK LEG - BUOYANCY AIDS

In normal conditions, provided you are experienced and confident in your boat, you can paddle without a buoyancy aid. If you are less confident or in any doubt, wear one. All competitors must bring a buoyancy aid with them, which must comply with either the European Standard EN393 or 395 or International Standard ISO 12402. **The organiser reserves the right to make the wearing of buoyancy aids compulsory for all competitors for safety reasons in poor conditions on the day.**

4. HELMETS WHEN RACKING

Please ensure that when you are racking your bike you have your helmet with you, which will be checked for the ANSI, Snell or equivalent national standard. Also that it has a sticky number attached to the **front** of the helmet.

5. MAIN TRANSITION AREA – (PLEASE NOTE THIS AREA WILL CLOSE AT 9.15am)

A marshal will be on duty at all entrance / exit points to ensure security of your bike and equipment. ONLY competitors and officials will be allowed in this compound to avoid any external assistance for those competing. Prior to competing please rack your bike on the numbered racking poles provided. **Please note the only items that will be allowed by your bike are the items you need for the race. All bags and boxes are to be moved to the fencing on the inside edge of the transition area. Any bags or boxes found by your bike will be removed by a race marshals to that area.**

6. KAYAK TRANSITION AREA

Take your kayak and paddle to the kayak transition area – you can drive across to here. There will be volunteers to help with positioning boats by the beach - leave your paddle in your boat. Note that boats may have to be moved by marshalls if space is limited e.g. if the water level is high. Leave your buoyancy aid and any other equipment for the kayak leg (e.g. shoes, sunglasses) in the roped off kayak transition area at the top of the bank, beside the marker with your number on.

7. MARSHALS

Be nice to the marshals. They give up their time so that you can race! Some will be on station for several hours. **We operate a 'zero tolerance' policy to either physical or verbal abuse to marshals.**

8. VALUABLES

We are not responsible for your kit. Please make your own arrangements for the security of your valuables.

9. CHANGING/TOILETS

The site contains ample toilets for all to use, with changing facilities. They are situated near the swim start; by the exit gate for the bike course and between the swim start and swim exit (see site map). The Quadrathlon starts first and the site is quite big - allow enough time to get around between transitions, toilets and the start.

DURING THE EVENT

10. COMPETITOR BRIEFING

This race pack is your main source of information for the race but we will hold a short briefing for all competitors at the swim start just before the start of every swim wave.

11. COURSE SUMMARY

The **500m swim (wetsuits compulsory)** is an open water, downstream swim in the River Severn emerging on the 'beach'. Kayak transition (T1) is by the swim exit. The **4km kayak** is 2km downstream into Shrewsbury, turning at marker buoy and returning 2km against the current. From the river it is a short run to Transition (T2) situated on grass in the Showground. The **23km bike ride** is an 'out and back' on open roads, with slight inclines on the outward journey along the B5067 to the Baschurch Traffic Island, which is after the Walford College campus. The return journey is mainly down hill back to transition (T3). The **5km run** is three laps of the West Midlands Showground site to finish in the Show Ring in front of the main stand. You will be given a wristband on your 2nd and 3rd lap - **only when you have two bands should you enter the finish lane.**

Maps of each leg of the course are shown below. **Please note, it is your responsibility to familiarise yourself with the course in advance.**

12. START AND SWIM

We cannot predict the level of the river or the quality of the water on the day, so we may need to alter/cancel the event on the day depending on conditions, which might include substituting the Swim and Kayak sections with a Run.

Information on the river levels gauge at the Welsh bridge, Shrewsbury can be obtained from the Environment Agency website: [River Level Welsh Bridge, Shrewsbury](#)

Assuming conditions are acceptable to proceed, following registration and preparing transitions, you should **move to the Swim Start at the riverbank at least 10 minutes prior to your Wave Start Time. Please ensure that you have your supplied race swim cap.** The swim start is a 5 minute walk away from registration so please allow time to get there. (We can't bring shoes back from here, but if you have no-one with you, the walk across is mostly on grass). It is a **deep-water start**, and you will be given time to enter the water and warm-up should you wish. After the 500m downstream swim, water exit is via the shingle beach where there will be people to help you exit the water and unfasten your wetsuit if you need it. Run up the bank to the kayak transition area, take off your wetsuit and leave it by your number marker. Collect your buoyancy aid (if using one) and return to the beach and your kayak and paddle.

TIMING – there is **no chip timing mat** at the swim/kayak transition. Call out your race number as you leave the kayak transition. The manual split time for your swim will be added into the race results.

13. KAYAK

The beach provides a shallow water launch and you head downstream (away from the swim leg). On the kayak leg, hold to the right hand side of the river, leaving any boats travelling in the opposite direction to your left side. Turn around the bottom marker buoy by the Rowing Club in an **anticlockwise** direction and call out your number to the bank marshal there. There may be other river users - please be aware of other boats, fishermen and wildlife. There will be kayak marshals and a motorised boat to assist should this be needed but we cannot guarantee all paddlers will be in sight at all times. After the kayak section, leave your paddle and buoyancy aid with your boat which will be moved to a holding area. Run on the matting provided through the gate on grass in to Transition (T2) and prepare for the cycle section. **No nudity is allowed in transition.**

[\(We are grateful to Shrewsbury Canoe Club for providing the support to this element of the event.\)](#)

14. CYCLE

Please be reminded that helmets **MUST** be numbered and fastened on your head **BEFORE** you un-rack your bike and on returning from the cycle you should rack your bike properly **BEFORE** removing your helmet.

On exit of Transition **Helmets MUST be worn** and your race number should be visible on your back. Marshals will direct you towards the mount / dismount line that marks the start of the bike course, along 20m of track/grass. Once mounted you will be on the Showground road and directed to leave the site at Gate-2.

At all times, for your own safety and the safety of other competitors, **you must obey the Highway Code and rules of the road, direction signs and the instructions of the marshals.** The roads are not closed for this event and marshals have instructions to impose a penalty or even disqualify you. If you are told to stop, then **STOP.** No support vehicles are allowed on the course and please do not ride two abreast. **The race is a non-drafting event and BTF 'Draft Busters' will be patrolling the bike course to enforce this rule.**

15. RUN

Once your bike has been safely racked in Transition (T3), exit via 'Run Exit' sign ensuring that your number is visible to the front. You will then run 5km via the tracks and roads on the Showground site. You will be expected to complete **3 laps** of the circuit, collecting **2 lap wrist bands** before taking the finishing lane to the Show Ring in front of the main stand.

16. FAILURE TO FINISH

If you do not finish the course for whatever reason (injury, illness or bike damage), PLEASE ensure that you report to the Marshal recording times at the Finish line in the Show Ring in front of the main stand.

17. TIMING

Times will be recorded using 'TDL Event Services' timing chips, which will be issued at registration. This should be worn on your left ankle and is the responsibility of all competitors to ensure that your timing chip is kept safe and returned at the finish line. **There will be a charge for failing to hand over your timing chip.** Provisional Results will be available soon after the last person finishes. However if you have provided us with your mobile number you will receive a text when you finish. Full Results including Split Times will be posted on the TDL website after the event. There will also be a timing station where you can print out your times for the event. This will be situated near to the balcony by the registration building.

18. REFUND POLICY

Cancellations must be received in writing. A 50% refund will be given for cancellations received up to 12midnight on Sunday 29th July 2018 (4 weeks prior to the event). **No refunds will be given after this date.**

In the unlikely event that the race is cancelled then all competitors will be given a credit for the 2019 race.

19. GOODS & REFRESHMENTS

The provision of hot drinks, food, ice creams and coffee are available from outside caterers on the day of the event. They will be situated in the expo area, which contains stands for triathlon/sports goods together with a 'Torq' stand that will have nutritional items and advice for athletes. Also there will be a bouncy castle for the children.

20. RECOVERING EQUIPMENT FROM TRANSITION AREAS

Please retrieve your boat and paddle and any other equipment from kayak transition promptly after you finish so volunteers aren't waiting too long. Access to the main transition area to recover your bike may be restricted while Triathlon waves are still racing.

21. PRESENTATION CEREMONY

We hope to be able to present trophies and prizes at in the main stand within one hour of the last finisher. All competitors are encouraged to attend the Presentation Ceremony to collect their trophies and congratulate those who do. **Please note that we will not post trophies or prizes out to winners.**

22. COURSE MAPS

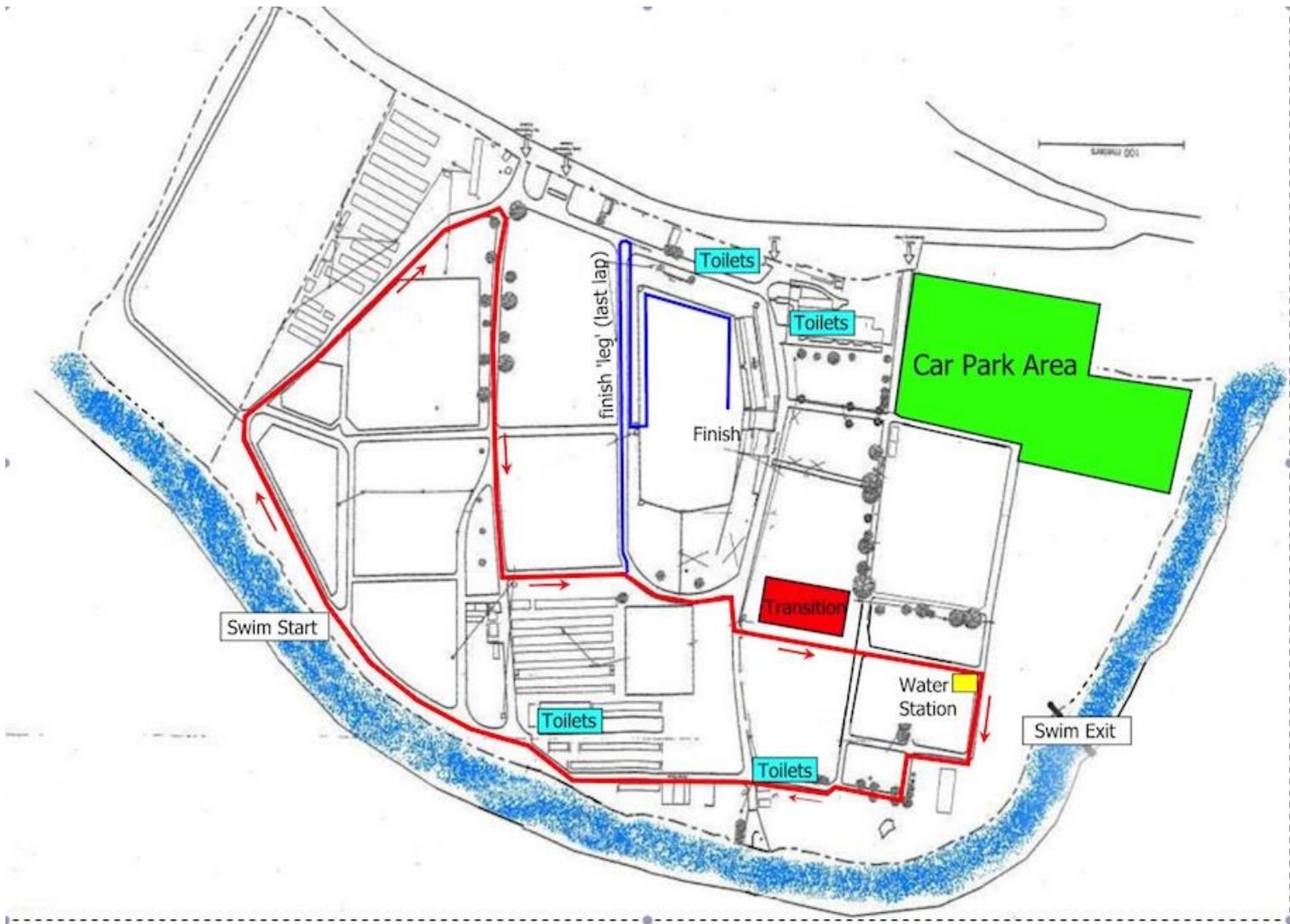
Please see the maps below of the Swim, Kayak, Run and Bike. The run map is shown in the layout of the showground.



Brown – Swim

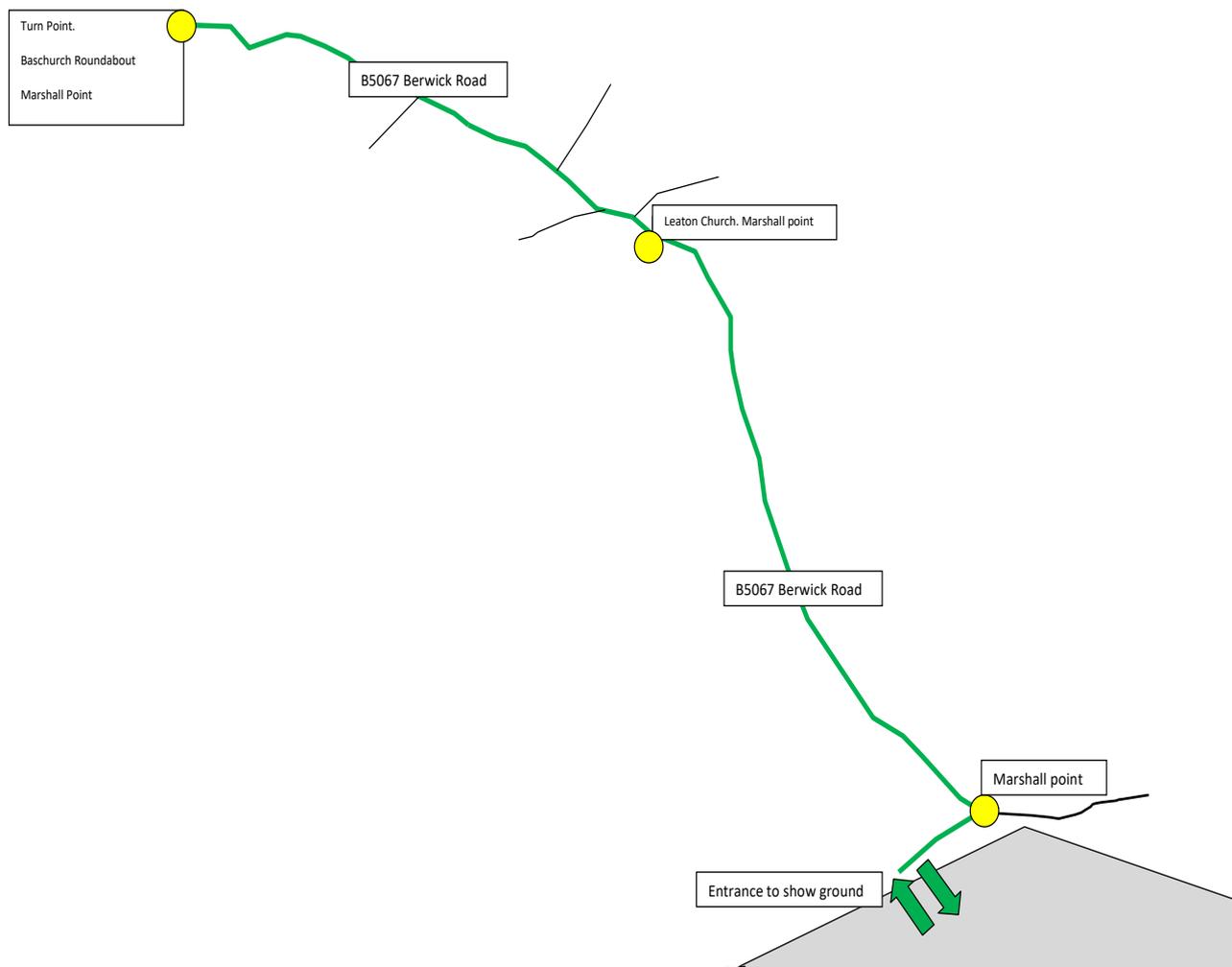
Blue – kayak route, with numbers showing approximate positions of safety kayaks.

Showground layout with run route (main lap in red, finish in blue) and swim



Kayak Transition (T1) is by the Swim Exit

Cycle route



23. EVENT PHOTOS

There will be events photographs being taken on the day by T7 Proshot which will be available from their FB page at <https://www.facebook.com/T7Proshot/> as soon as possible after the event

24. EVENT MESSAGE

Both pre and post race massage hopefully will be available on the day. Details of where this is located will be at registration. The proceeds of this will go to Hope House Children's Hospice.

25. WATER SAFETY

The water quality is safe however it cannot be guaranteed, we would still advise you to be in good health and try to avoid swallowing the river water. Some swimmers may be more susceptible to infection through immune suppression. In open water swims there are no walls to push off every 25m, so practice swimming the race distance accordingly prior to race day. If this is your first triathlon, or swimming is not your strongest discipline, we recommend that you position yourself towards the back of the wave. It may add a few seconds to your time, but it will enable you to get into your rhythm and enjoy the swim more. If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you. The river is mostly shallow enough to stand up near the edges.

26. CONTACT US

We hope we have answered all of your questions in the race information Pack, should you have any further queries please do not hesitate to contact us on events@sytri.org.

27. OUR THANKS

It takes a great amount of work to organise an event such as this. Special thanks go to the event organising committee, the SYtri (Shrewsbury Triathlon) club members and Shrewsbury Canoe Club members who marshal the event, all of our sponsors/supporters **and finally you the athlete!**



Dave Mellor
Cycles



torq

