

ATHLETE GUIDE

BETTER

JUNIOR TRIATHLON

Splash, spin, sprint!

30th August, 2pm
Hough End Leisure Centre


Manchester Triathlon Club
Junior Triathlon

 **Manchester Triathlon Club**

Introduction

Thank you for registering for this junior triathlon, hosted and organised by Manchester Triathlon Club. This is the first year of the event, so extra special for that reason as well, and we hope that it will become a regular event in Manchester and for yourself as you progress through the age groups.

The event is based at Hough End Leisure Centre, with the swim taking place in the pool and the bike and run element of the event on the playing fields, meaning it is all traffic free, flat and on grass. The course for the bike and run will be marked out and marshalled. There is also plenty of space around the course for spectators to cheer on all the participants.

Location and Car Parking

Hough End Leisure Centre, 480 Princess Road, Manchester, M20 1HD.

Google location: <https://g.co/kgs/YjVnw9a>

There is plenty of car parking available at the Leisure Centre, however, please try and car share where possible to reduce the number of vehicles used for both a logistic and environmental point of view.

The car parking will be in use by other members of the public using the other facilities at the leisure centre. Please be considerate in your parking and only park in designated spaces.

Public Transport

There is a tram stop, Withington, a ten min walk from the centre and Princess Road is well served by various bus routes as well.

Please plan your journey to ensure that you arrive in plenty of time of the start of the race.

Facilities

There are changing rooms and toilets available in the Leisure Centre for use during the event. There is also a Café in the centre that will be able to provide refreshments and snacks.

There will be no access to poolside, however, you will be able to watch from the viewing gallery. There is also plenty of space to watch and cheer on participants around the bike and run course, and at the finish line.

As the fields are a public space dogs are allowed, however, please make sure that they are kept on a lead, under control and any mess is cleaned up and disposed of.

Registration

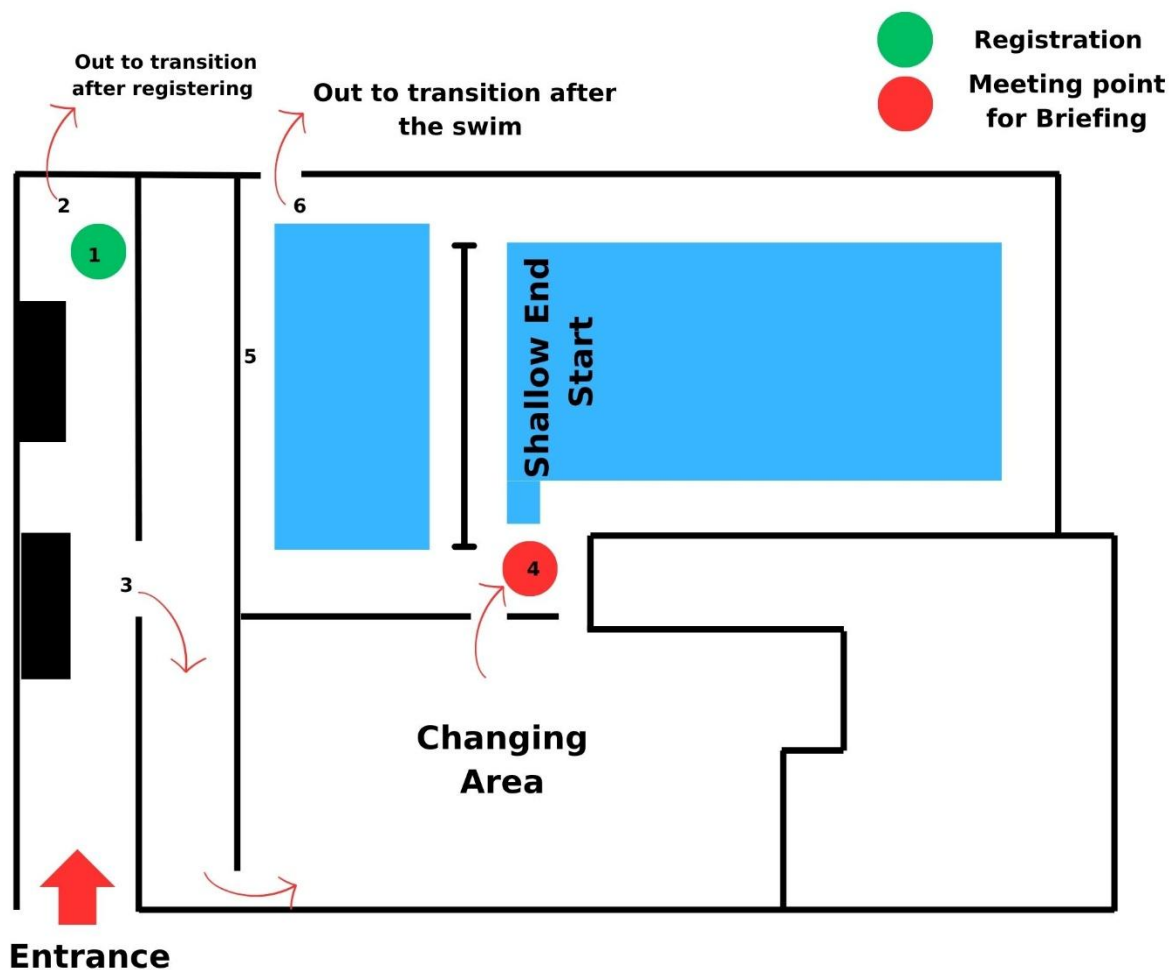
Registration for the event will be in the Leisure Centre in the main foyer near the reception desk/café - point 1 in the drawing below. There will then be access out to the transition area through the rear of the centre – point 2 in the drawing below. Please do not bring bikes into the reception area or to registration.

Registration will be open from 13:15 for the first competitors and you must be registered, and your bike racked at least 15mins prior to your start time – see below for start times.

At registration you will be issued with a race number, which you can put onto a race belt or pinned onto a t-shirt and a race timing chip which needs to be worn on the left ankle. You will also be given stickers with your race number to put on your bike and helmet. You will also have a wristband as

well so that the Marshals know how many laps you have to do, although it is your responsibility to count your laps. For the Tristart and Tristar 1 competitors, a parent can also be given a wristband if they would want to go into transition to help set the bike up. You will **not** be allowed into transition to help once the race has started.

At registration you will be asked to show either your BTF Membership or the one-day race pass that you purchased for the event. **Please make sure you have these ready prior to registration.**



Race Briefing and Start Times

A race briefing will take place on the side of the pool 10 minutes prior to your start time. Please make sure that you are changed, ready and at the entrance to the pool side by this time in order to ensure that the event runs on time. The race briefing will be the opportunity to ask any last minute questions that you have and to confirm the arrangements for the event.

Start times:

	Time
Youth & Tristar 3	14:10
Tristar 2	14:30
Tristar 1	14:50
Tristart	15:10

Electronic Chip Timing and Race Numbers

The event is using electronic chip timing. You will receive this at registration along with your race numbers. Please make sure that the number on the chip and the race numbers match. The timing chip must be worn on your left ankle, as this is the optimal place for it and will ensure that you receive a time for your event at the end.

Please return the timing chip at the end of the event, there will be marshals collecting them at the finish line, however, please make sure you do not go home with it. If the chip is lost then you will be charged for the lost chip.

The timing chip will give you your official race time for the event. The time will start when you start swimming. Times will then be taken on each entry and exit from transition (4 times) and then on the finish line. This will give you a total time, including the transition time, for your race.

You will be given stickers with your race number on. These should be placed on your bike and the front of your helmet. You will also be given one large race number, which should be worn on the back of your t-shirt if you don't have a race belt. Please make sure you bring pins to attach the numbers, although there will be a limited supply available at registration. Alternatively, you can wear a race belt and only use one number, ensuring that whilst on the bike the number is on your back and on your front for the run.

Behaviour and Support

Although the event is a race, we want everyone to have a fun experience and to enjoy themselves, therefore please ensure that all members of your party, including the participant is supportive and encouraging to everyone at the event.

If we see or you are subject to any unacceptable behaviour please report this to the Race Director – details at the end of this pack.

Safeguarding

We take safeguarding seriously and you can find our Safeguarding Policy here: [Safeguarding | Manchester Triathlon Club](#)

If you have any safeguarding concerns you can report these to the Safeguarding Officer/Race Director:

Thomas Elphick – 07720058551 or headcoach@manchestertriathlonclub.org.uk

Alternatively you can contact:

- Manchester Safeguarding Partnership - [Report a Concern - Manchester Safeguarding Partnership](#)
- Tel: 0161 234 5001
- Email: socialcare@manchester.gov.uk

In the event of a lost or missing person then we will follow the procedure set out in the Missing Person policy, which is available here: [Missing-Person-Procedure-for-Events.pdf](#)

Photography

We are hoping that we will have a photographer at the event who will be taking photos, which will be shared on the website after the event. If you do not want to be included in any pictures, then please let the Registration Team know and they will give you a **purple** wrist band so that we know that you are not to be photographed.

You are of course welcome to take pictures of your own, please just make sure that you only take pictures of your child doing the event or children who you have permission to take photos of. If you take any generally shots, then you should make sure that these are of the race generally.

There will be no photography or phones allowed in the changing area or on poolside.

If you do take any pictures and share these on social media, please tag Manchester Triathlon Club in the post using #manchestertriclub as it would be great to see.

Rules

The event is a permitted evented, which means that the British Triathlon competition rules apply. These can be found here: [british-triathlon-competition-rules-2024.pdf](#). The following rules also apply to the event:

General

- Listen to the race officials and always do as they say.
- Only race officials are allowed to help you during the race.
- Race suits (if possible) should be worn along with a number belt for your race number. If you don't have a race suit, you must be wearing the minimum of a swimsuit and T shirt/vest during the bike and run sections.
- If there is anything you do not understand, please ask one of the race officials

Swim

- Swim in the direction you are told and try not to get in anyone else's way.
- Keep to the sides of each lane, do not swim down the middle.
- If you are being overtaken or are tapped on your feet then please stop at the end and let the other person through.
- When you push off to turn, make sure another swimmer is not coming down the wrong side of the lane.
- Tumble turns (if you are confident are doing them) are allowed but remember there are others in your lane so take care.
- You should leave your clothes (if you are not wearing a race suit) along with your trainers in the box provided on the side of the pool and you must put your trainers on before going out to the transition area to get your bike. If you have bike shoes and do not want to run in them, then please notify the Race officials and you can run in your bare feet at your own risk to the transition area.

Bike

- Helmets are compulsory. Your helmet must be an approved ANSI Z90.4, SNELL B90, EN 1078 or equivalent standard and this can be checked by looking inside your helmet.
- Bikes must be race worthy and require bar ends and plugs. Bikes will be checked by marshals before they can be racked. Brake and gear checks will be performed.

Run

- Make sure your number can be clearly seen.
- Wear suitable footwear – NO BARE FEET PERMITTED

Litter

Please make sure that you do not leave any litter or anything out on the course, the transition area or in the pool. We want to make sure that the area that we are using is left clean and free of rubbish. There will be rubbish bins at various points across the site.

Kit Checklist

Essential	Desirable/Optional
Swimming Costume	Swimming Hat
Goggles	Tri Suit/Race suit
T shirt to put on for cycling and running	Race Belt
Shorts for cycling and running	
Shoes for cycling	
Bike	
Helmet	
Shoes for running	
Valid BTF Membership or Race Pass	
Drink	
Safety pins x 8	

Swim

The swim will take place in the 6-lane pool at the leisure centre. You can get changed in the changing area, only come into this area once you have racked your bike in transition. You will need to ask the reception desk to let you through the barriers (point 3 in the drawing below). Once you are changed, you should meet at the meeting point (point 4 in the drawing) on poolside 10 minutes before your start time. The only kit you should bring onto poolside is your swimming goggles and hat (if you want to wear one under the one you will be given), along with the shoes that you are going to cycle in (unless you decide at your own risk to run to transition without any shoes) put the shoes and anything else you want to out on for the cycle and run into an empty box at the back of the pool area (point 5 in the drawing below). **DO NOT** put your helmet in the box, this should be with your bike in transition.

There will be no more than 4 people in the lane at any one time. You will swim in either a clock or anticlockwise direction in the lane – you will be told which direction to swim before you get in the water. Please be aware of others in the lane and if someone is faster than you, and they tap your feet please let them by at the end of the length. If you are faster than other people in the lane, please be considerate and tap their feet and overtake them at the end of the lane.

You will be started at 5 second intervals by the starter, please only go when instructed.

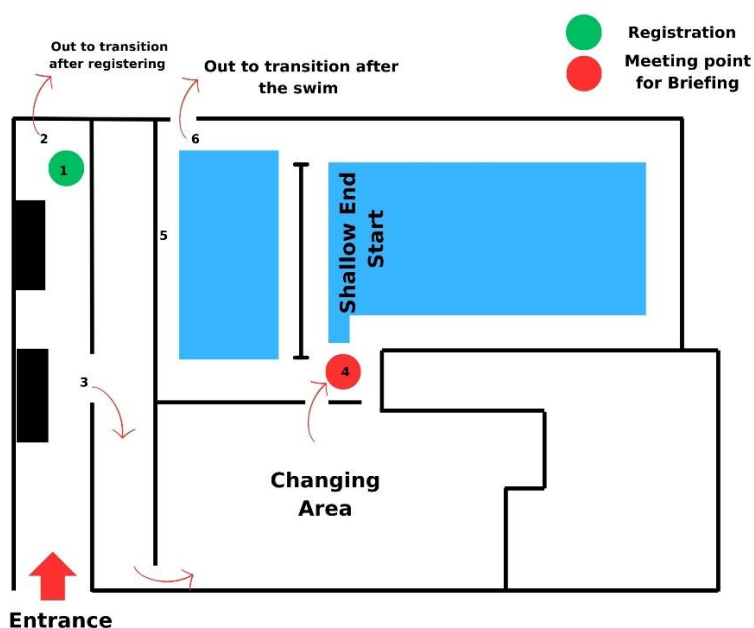
You should try to count your own lengths, however, there will be lane counters who will count as well and tell you when you have 2 lengths left to complete by putting a board in the water before you turn. See the table below for a reminder of the swim distances.

You will be given a coloured hat to wear for the swim by the lane counter, this to make it easier for them to count your lengths. Once you have finished the swim, please leave the hat at the end of the pool or give it to the marshal before you leave to go out to transition and start the bike section.

Once you have completed the swim you will go to the back of the pool, find your box and put on your kit before leaving the pool by the side exit to go to transition (point 6 on the drawing) where you will start the bike. The route to transition will be clearly marked. Take your goggles with you and leave these in transition.

Here is a reminder of the distance that you will swim depending on your age group:

	Distance	Lengths
Tristart	50m	2
Tristar 1	150m	6
Tristar 2	200m	8
Tristar 3	300m	12
Youth	400m	16



The transition area will be open from 13:30 and you will need to make sure you have racked your bike in plenty of time before your start time.

No parents will be allowed into the transition area, however, there will be Marshals who can help you rack your bike and set it up. You should only leave your bike and your helmet and running shoes (if you have a different pair to run in compared to cycling). No other kit should be left in the transition area.

Please make sure you know where each of the entry and exit points are in transition. They will also be clearly marked.

Once you have completed your race please collect your bike and helmet as quickly as possible so that other competitors can get their bike racked and ready to race.



Not to scale

Bike

The bike course will be a 750m lap around the playing fields, the course will therefore be on grass. Please make sure that your bike has suitable tyres for the terrain. The area is very flat and grass is short so all types of bikes will be fine to use. You must wear a helmet whilst cycling.

Please make sure that the bike is in good working order with tried and tested breaks before you come to the event. They will be checked on entering transition.

You will be responsible for counting the numbers of laps that you do of the course, please make sure you know how many that is before you start.

The race distances are set out below:

	Distance	Laps
Tristart	750m	1
Tristar 1	2250m	3

Tristar 2	3750m	5
Tristar 3	6000m	8
Youth	9750m	13

Please ride on the left side of the course and overtake on the right to avoid any collisions. There will be marshals on the main turning points and it will be fully marked out so that you will not be able to get lost. If you have any issues speak to a marshal on the course.

The mount and dismount line will be clearly marked.

Run and Finish Area

Once you have completed the right number of bike laps you will return to transition, rack your bike, take your helmet off and then head out onto the run. The run exit from transition will be clearly marked and you will then set off on a 600m lap around the playing fields.

If you are wearing a race belt (recommended) with your race number on, make sure you turn this around so it is on your front.

Please make sure that you count the number of laps that you do and that you do the right number. As a reminder the distances and number of laps is set out below:

	Distance	Laps
Tristart	600m	1
Tristar 1	1200m	2
Tristar 2	1800m	3
Tristar 3	2400m	4
Youth	4800m	8

On your last lap you will head down the finishing chute and across the finish line!! Your time will end once you cross the finish line. Once you cross the finish line you will get a medal and a goodie bag. You will also be able to get a print out of your time for the event.

There will be someone taking your timing chips, however, please make sure that you return these at the end of the event.

Congratulations on completing the event!! Once you have crossed the line, got your medal, goodie bag and returned your timing chip, you can collect your bike and helmet from transition and get changed in the changing area in the Leisure centre.

Course Map – not to scale



 **Finish**

 **Route from Pool to Transition**

 **Cycle route**

 **Run Route**

