



Olympic Distance Triathlon

THE CASTLES CHALLENGE

9am - Sunday 17th July 2011

Dear Competitor,

Thank you for entering The Castles Challenge Triathlon 2011. Please read this information carefully as the race has split transitions. For a detailed map of the entire course including start/finish, and facilities, please click this on this link www.tiny.cc/triathlon or visit www.totalracingint.com/castles-challenge-race-route.

RACE HEADQUARTERS

Pre Race HQ and Race Start will be situated at the Cricket Pavilion, Bamburgh Cricket Club, Bamburgh, NE69 7DF.

Once the race has left Transition 1, the Race HQ and finish will be Alnwick Gardens, NE66 1YU.

REGISTRATION

Registration will be at the Cricket Pavilion, Bamburgh Cricket Club, Bamburgh, NE69 7DF. Registration opens at 6am and closes at 8am on Sunday morning, 17th July. If you registered for the race as a BTF member, you will be required to show your licence at registration. If you do not have your licence with you, you will be required to purchase a day licence for £5. Non-members will be required to display another form of ID and will be given a day licence, which is inclusive of the entry fee you paid. You will be body marked with your race number at registration – please do not leave registration without having your number marked on your body.

RACE BAG

Please check your race bag given to you at registration – it should contain the following items;

- 3 Transition Bags – Dry Kit (Black), Swim Kit (White), Run Kit (Green).
- Swim Hat
- 2 Race numbers – visible from the back for the bike and visible on the front for the run. Number belts are allowed.
- Helmet number sticker
- Bike number sticker – you will not be allowed to enter Transition 1 or leave Transition 2 without this and it must match

your race number and body-marked number to retrieve your bike at the end of the race.

- Your Race Timing Chip and strap – please ensure that this is attached to your left or right ankle prior to the race start. No chip, no time!
- Castles Challenge T Shirt.

RACE BRIEFING

8.20am at the Pavilion at Transition 1.

IT IS COMPULSORY THAT YOU ATTEND THE RACE BRIEFING! All safety notices will be issued here together with any course amendments. The Race Director and Race Referee will talk you through the course and the race rules. It is also your chance to ask any questions you may have regarding the event.

TRANSITION BAGS

Please read carefully: (Relay Teams will not require the Transition Bags.)

At registration you will be given 3 kit bags – Dry Kit (BLACK), Swim Kit (WHITE), Run Kit (GREEN):

- **BLACK BAG - Dry Kit Bag.** Place any clothing that you may be wearing prior to the swim start into the BLACK Dry Kit Bag. Deposit it at the Collection Point next to the Pavilion where you register. This will be transported to the finish at Alnwick Castle and you will be able to pick it up after the race from the Pavilion Room, where the presentations will take place. Marshals will be on hand to offer directions to the Pavilion Room.
- **WHITE BAG - Swim Kit Bag.** Once you have completed the swim, place all your swim gear, wetsuit, goggles, etc, into the WHITE Swim Kit Bag. As you exit Transition 1 with your bike, deposit your Swim Kit Bag with a marshal at the exit. It will be transported to Transition 2 for you to collect after the race.





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- GREEN BAG - Run Kit Bag. You should place everything you need for the Run section in the GREEN Run bag and hand it to the Collection Point next to the Pavilion where you register. This bag will be transported to Transition 2 at Alnwick Gardens and placed next to your allocated bike racking slot in preparation for the run.
- Transition 1 will close at 8.40am prompt prior to the race start.

SWIM

1500 metre. The mass start sea swim will consist of two 750m clockwise laps starting from the beach in front of Bamburgh Castle. The course will be clearly marked by buoys. You will be required to exit the sea at the end of lap 1 and run around the Northumbrian Flag pole before entering back into the sea to commence lap 2. The temperature of the North Sea in June is expected to be approximately 14 degrees – Wetsuits are compulsory.

Swim Health and Safety – The RNLI will provide safety support in the water with a boat and there will be other safety boats present. If you get into difficulty during the swim please turn on your back and raise one hand in the air and assistance will come to you. Please do not swim if you feel unwell or are recovering from a virus or infection – seek advice from your GP.

Please make sure you get into the sea and get your head under the water prior to the swim start. This reduces the impact of the cold shock at the start of the race.

We will be operating a swim cut off 10.15am for safety reasons – if you have not completed the swim by 10.15am unfortunately we will not be able to allow you to start the bike.

In the unlikely event that sea conditions do not allow the swim to take place the race will be run as a duathlon. The swim will be replaced by a 5km beach run – 2.5km out and back. Please be aware that you would need another pair of running shoes should this happen (or run bare feet!)

TRANSITION 1

On exiting the sea at the end of lap 2 you will run up the beach to a clearly marked path where you will be asked to hand your swim cap to a marshal before continuing up the matted path to T1 which will be situated on the cricket pitch in front of the pavilion.

Relay Teams - your swimmer must remove the race-timing chip and securely fasten it around the left or right ankle of your bike competitor before removing the bike from the racking. Bike competitors will be allowed to have their helmets fastened in Transition 1 prior their swimmer arriving.

You must place your wetsuit and goggles in your Swim Kit bag prior to leaving T1 – any kit not placed in your Swim Kit bag will be considered lost property for which we cannot guarantee safe return to you.

You must securely fasten your bike helmet prior to removing your bike from the racking – you will be penalised if you fail to follow this rule.

Following exit of T1 walk/run your bike up the path in front of Bamburgh Castle to the bike mount line which will be marshalled and clearly marked.

BIKE

42km Bamburgh Castle to Alnwick Gardens. The bike course will be clearly signed and marshaled.

There are three right hand turns on the course; 1. Seahouses (at a roundabout); 2. Lesbury (at the bottom of a down hill section – you will be advised by signage to slow down in preparation) 3. Alnwick Castle (entry to T2). These will be heavily marshalled but please take extreme care when making these turns.

We will be operating a bike cut off time of 1.15pm – if you arrive at T2 after this time unfortunately you will not be allowed to start the run section.

Bike Safety Notice – Marshals **do not have the authority to stop traffic** - All roads are open to traffic and you will not have right of way at junctions. Please obey the highway code and marshal instructions at all times and be prepared to GIVE





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WAY or STOP at anytime as to not do so will jeopardise the event in the future. **Dangerous riding will be penalised with automatic disqualification.**

Cycle Rules – Drafting will not be tolerated and will be penalised accordingly. We will have motorcycle and static draft busters around the bike course. You must maintain a gap of 7 metres between yourself and the cyclist in front – on deciding to make a pass you have 30 seconds to complete the manoeuvre. Once your front wheel has passed the other riders front wheel it is the overtaken riders responsibility to drop back out of the draft zone 7 metres behind. If you are not overtaking please keep to the left hand side of the road to allow faster competitors to pass. Do not cross the centre white lines. Side by side riding is forbidden and will be penalised accordingly. An approved BSI/CNC hard shell cycle helmet must be worn at all times during the bike section. No riding allowed in transition areas – please listen to Race Referee(s) and marshals and mount/dismount when requested to do so.

TRANSITION 2

Alnwick Gardens. T2 will be on the field just past the Treehouse.

On arrival there is a right hand turn – please exert extreme caution when approaching; it will be signed and marshaled.

Dismount from your bike at the dismount line and run/walk your bike into T2 to your numbered racking spot – do not unfasten your helmet until your bike is securely racked or you will be penalised.

Relay Teams - *Your bike competitor must remove the race timing chip and securely fasten it to the left or right ankle of their run competitor before they exit Transition 2.*

You will find your run kit bag deposited at registration prior to the race start next to your numbered racking spot - you must place your bike kit in your Run Kit bag prior to leaving T2. Any kit not placed in your Run Kit bag will be considered lost property for which we cannot guarantee safe return to you.

RUN

10km (5x2km laps). The run course will be entirely in the grounds of Alnwick Castle and for the majority will be off road on hard packed trails and will be marked by high visible tape. There will be a water station at the halfway point of each lap. On completion of each of the first 4 laps you will be given a coloured wristband – it is your responsibility to ensure that you collect a wristband at the end of each lap. On completion of 5 laps you will be guided into a chute to the finish line in front of Alnwick Castle.

FINISH

At the end of the race you will be able to collect your Swim Kit bag (containing your wetsuit and goggles) from T2 and your Dry Kit bag from The Pavilion Room where the race presentation will take place – race marshals will be on hand to direct you.

POST RACE

We are delighted that Alnwick Castle & Gardens have allowed us the use of The Pavilion Room for after the race. It is a fantastic facility and has the Grand Cascade water display serving as a magnificent backdrop, a perfect place for recovery! Food and drinks will be available for purchase.

The race presentations will take place in The Pavilion Room at approximately 12.30pm. There maybe one or two competitors still out on course, sorry if you are one of them, but we'll have a cold drink waiting for you at the finish line!

Transport back to the race start at Bamburgh will be provided for competitors who have requested it. The coach collection point is next to the entrance gate to Alnwick Gardens, near to Transition 2, marshals will direct you. The first coach will depart after the race presentations have finished at around 1pm or when full.

FACILITIES

Toilets and small changing rooms will be available at Bamburgh Cricket Club prior to the race. It is advisable that you arrive at the race start in your race outfit.





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Competitors and their families will be given access to Alnwick Gardens on the day of the race, which has a range of food outlets including The Treehouse restaurant and a cafe together with ample toilets facilities.

There is ample parking in Bamburgh directly opposite the castle and cricket pitch. Parking for Alnwick Gardens is clearly signposted. Please park only in these sites. This is paid parking, so have some change available.

GENERAL RACE RULES

The use of MP3 players and mobile phones during the race is dangerous and will not be allowed. You will be disqualified if it is reported that you are using either.

All our marshals and race officials are volunteers. Any competitor abusing the marshals or officials will be disqualified. Please be kind to them, they've probably been standing there for hours!

Only competitors and race officials/marshals are allowed into Transition areas. Please remember to show your race number to gain access.

Bike Racking at T1 will be between 6am and 8.15am on the morning of the race.

Your chip will be collected from you at the finish line – Replacement and non-returned chips will be charged at £30. If you decide not to race after registering please return your chip to avoid being invoiced for a replacement.

We will lead competitors down to the swim start at 8.45am following the closure of Transition 1. Please allow yourself enough time to register, sort kit bags and rack your bike before the race briefing and T1 closure.

It is the responsibility of competitors to do their own continuous Risk Assessment of the course and to be responsible for their own safety.

DIRECTIONS TO RACE START

From the North – take the A1 southbound and exit left onto the B1341 just after the petrol station and follow this road for approximately 4 miles until you come into Bamburgh Village.

From the South – take the A1 northbound and exit right onto the B1341 just before the petrol station and follow this road for approximately 4 miles until you come into Bamburgh Village.

DIRECTIONS TO RACE FINISH

From Bamburgh to Alnwick Gardens - take the B1341 westbound out of Bamburgh for approximately 4 miles and then turn left onto the A1 southbound. Take the exit signposted for Alnwick and turn right onto the B1340 - continue for approximately 1 mile and you will reach Alnwick Gardens car park on your left hand side, which is well signposted.

ACCOMMODATION

- Waren Caravan & Camping Park, Waren Mill, Bamburgh, NE70 7EE. 01668 214366. waren@meadowhead.co.uk
- The Mizen Head Hotel, Bamburgh. 01668 214 254 www.mizenheadhotel.co.uk .
- Victoria Hotel, Bamburgh. 01668 214 431 www.victoriahotel.net
- For alternative information on accommodation in the area please go to www.visitnorthumberland.com and search for Bamburgh/Alnwick/Seahouses.

RACE PHOTOGRAPHY

Race images will be available in the week following the race courtesy of Kaleel Zibe at www.kaleelzibe.com

If you are no longer available to enter the event, please email castleschallenge@totalracingint.com

We hope you enjoy the event!

