

## Aldeburgh FUN Team Relay Triathlon

**Sunday 10th September 2023: Start @ 11.30am**

**Teams Register from 8am until 10am Sunday.**

**any event changes will be notified on the day**

Dear Team,

Thank you for entering the Aldeburgh Team Relay Triathlon. We hope the following instructions will make the day go safely, smoothly and FUN for all of you and your teams and supporters.

### On the Day Arrival important information

Just one team member needs to visit **registration (in transition)** to collect your teams bag which contains **numbered swim hat, cyclist number** (worn on back of jersey) and **cycle number** (displayed on front of bike fully visible and not anywhere else), both are required to be displayed correctly, **runner number** (worn on front of shirt or attached to run belt worn on front). **Chip timing straps** will be issued at **Swim Start** to the swimmer not in registration.

**TRANSITION SETUP** – Cyclist to use **corresponding numbered racking** which will be provided for the bike.

**COURSE** – Approx. 750m sea swim, 22km bike (2 laps), 5km run

**RACE PLAN B (backup) - In the event of a declared too rough sea on the day (decided between RNLI and Race Director)** – If we have to cancel the swim, we will start in the original start place on the beach path, but will ask the teams to have a runner/walker instead of a swimmer in the water, so please be prepared for this within your team (any member) and if necessary bring appropriate/additional kit as the event will be a run/bike/run event, worst case (if you don't have a swimmer/runner) then your cyclist can start when the last team arrives from the start into transition (we will advise of this).

**RACE NUMBERS** – All race numbers will be provided (on **swimhat for swimmer**). **Runners** - please ensure that the number is securely fixed to **your front** and for **cyclists on the rear** of your top (and one small number board on the **front of the bike** to help identify you from the front and will match rider number to bike on collection after the event), numbers must be visible to officials at all times. Ensure your shirt number is fixed firmly with one pin in each corner (provided) and not folded. Number belts are permitted providing numbers remain visible at all times.

**Timing Strap (the Baton) and team changeovers** – The **team** will be issued **1 timing strap** (collected at Swim start) to use for the whole event from start to finish, the swimmer will wear it securely fastened to their **ankle**, then when arriving in transition after their swim at their numbered point the swimmer will hand it over to the cyclist to wear during the cycle on their **left ankle**, when the cyclist has racked securely back in transition they will hand the timing strap over to the runner who will wear on their **ankle** until after crossing the finish line and then **returning it**. Please note that Triathlon is an individual sport albeit this is a team and **no outside assistance** is permitted for each team member, however tempting. Please do not place the organisers in a position where we have to consider disqualifying anyone in this respect.

### Specific Race information by Section

**SWIM SECTION** – This is a sea swim, it will be tide assisted and distance will be approx. 750m. Wetsuits are optional (but recommended), costumes are not optional, goggles advised, you **MUST wear the assigned coloured & numbered swim hat** that will be provided in the team bag, if you have your own cap you can wear it underneath the assigned one if you wish. You must also wear the issued timing chip strap on your ankle. **No backstroke swimming allowed.**

We will leave the HQ 30 mins before race start to meet at the swim start (south of HQ) on the beach Nr the Brudenell Hotel, collect your numbered chip strap on entry to the swim pen, there may be a small amount of time to warmup in the water and on the beach prior to getting ready for the beach based mass start, once in the collection area please stay there so we can keep account of everyone. Once we are ready, we will line up on the shore in the designated area, weaker swimmers are advised to start to the south of the group as this allows more space to swim in and allows for more tide drift to get around the first buoy. Once we are happy we will advise that the starting signal will be soon sound and then when it does the swimmers will walk/run into the water and swim out and around the first marker in the water, remember this is a tidal swim and the tide will push you along so allow for some drifting in your aim to the first marker which you will need to go around and keep all markers on your **LEFT** hand side, if misjudged, the tide could push you the wrong side of the buoy making it difficult to get back round the buoy, so best to head out straight first and let the tide take you around the correct side of the marker. **If any anytime you require assistance please float on your back and raise your arm to attract attention, also call out to a support canoe/swimmer/boat.** There will be some markers along the main

length of the swim and a final marker (specifics covered in race briefing), once around the last marker on your left, swim to the beach exit markers (flags or arch), then make your way up the beach matting (you can have shoes waiting at the shore if necessary) in the direction of the transition to hand over to your cyclist at your numbered point.

**TRANSITION T1** (swim to cycle changeover) – the incoming swimmer arrives at their specific numbered racking area and passes over the timing strap to the cyclist (who is already wearing their helmet and waiting at their racking numbered position), once the cyclist is wearing the timing strap on their left ankle they can remove their bike and walk with their bike across the mount line then safely moving onto the road. Get on your bike AFTER the mount line and start your cycling when safe to do so. **Strictly no cycling in transition area. Penalties can be applied for non-compliance.**

**CYCLE SECTION - All cyclists to have placed their bikes within transition on their respective numbered racking positions by 11am. Then all cyclists to be stood within transition at their respective numbered racking position by their bikes for the race start time.**

The circuit consists of **2 laps** of public roads (mainly left hand turns) where there will be traffic so please be careful. Do not expect Marshalls to stop or direct other road traffic, however they may advise YOU to stop for safety reasons, please respect their advice. The route will be marked and there will be marshals at key points, please observe their actions, if they tell you to stop you MUST do so as it will be for safety reasons, they cannot stop the traffic to let you thru. Note that there is a **mandatory STOP foot down each lap at the Church farm rd with Thorpeness rd junction. On returning to transition you must dismount BEFORE the dismount line and push your bike into transition. Strictly no cycling in transition area. Penalties will be applied for non-compliance of rules.**

**PLEASE REMEMBER - NO HELMET NO RACE.  
IT'S YOUR RESPONSIBILITY FOR BIKES TO HAVE WORKING BRAKES AND BE IN GOOD GENERAL CONDITION & SAFE.  
NO HEADPHONES ALLOWED AT ALL  
WE ADVISE BRIGHT CLOTHING AND A BRIGHT REAR LIGHT  
PLEASE OBSERVE AND RESPECT THE HIGHWAY CODE AT ALL TIMES.**

**TRANSITION T2** (Cycle to Run changeover) – Once the bike is racked at the correct numbered position the cyclist can remove their timing strap and hand it over to the waiting runner, then the runner will exit and start their run.

**Penalties will be applied for non-compliance.**

**RUN SECTION - NO HEADPHONES ALLOWED** - The run will be an out and back route and will be held entirely on the seafront paths between the transition and Thorpeness beach front, no runner should be on the road or cross the road. The course will be marked & marshalled, run on the left side and heading north to the turnaround point at Thorpeness and **collect a run band** from the marshal before heading back to the finish in Aldeburgh.

**DRINKS STATION AT TURNAROUND & FINISH, PLEASE DO NOT LITTER**

**FINISH** - On completing the run head straight into the finish, making sure your number is facing forward, cross the line to register your finish time and show your band you collected, you will return your timing strap and receive your teams medals and can have a well-deserved drink & rest with your team, take to the stage together to have your team photo taken. Well done on completing your team relay triathlon!

**TIMINGS** – The key time recording is from the mass start signal to the runner finishing, we will aim to get split times per section but this will depend on various factors on the day. Please make sure that your timing strap is **securely on the left ankle** and race numbers are clearly visible at all times, well pinned on and not folded. Showing and shouting your number as you pass the time keeper will also help.

**Awards Presentation** – Awards will be presented near the moot hall as soon as possible after the race, approx. 2pm, please enjoy stay around and enjoy the refreshments and atmosphere before and after !

Online results - <https://www.racetimeresult.co.uk/aldeburgh-triathlon-2023>

Best Regards,  
Matt Dye - Race Director  
On behalf of the Triathlon organising team  
[www.heritagecoastevents.org.uk](http://www.heritagecoastevents.org.uk)  
[www.facebook.com/aldeburghtriathlon](https://www.facebook.com/aldeburghtriathlon)  
[www.twitter.com/AldeTriathlon](https://www.twitter.com/AldeTriathlon)  
#AldeTri2023  
@AldeTriathlon

## **FREE EVENT PARKING**

We have provided Event Parking **FREE** of charge at **Kings Field Aldeburgh** as shown on the map below just past the community centre, we will have signage out on the main road just after the roundabout. It is approx 10 mins walk to our central area of registration/transition/finish. We encourage parking here as Aldeburgh has very limited parking any closer and with the road closure at 8am it will be more difficult than normal in this end of the town, we want to keep the impact to a minimum on neighbours and businesses in the town. There is pay & display car park at the swim start if you want to use that and the [council website](#) has further parking information for the town - [Car Parking Information – Aldeburgh Town Council](#)

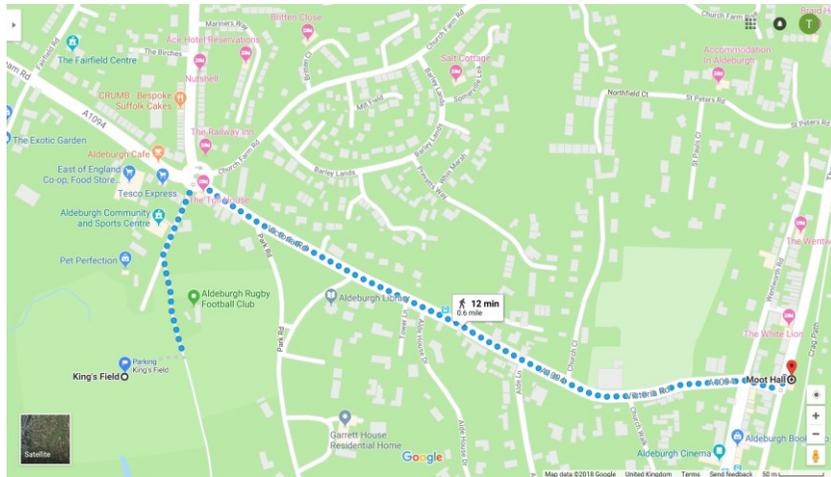


Figure 1

## **Swim Course is along the coastline from south to north with tide approx. 750m**

Swim starts South of HQ nr the Brudenell Hotel, once into the sea swimmers swim out approx. 25m round the first buoy and head north, with buoys to mark the course, keep them on your left as you swim, go round last buoy and then swim to the beach exit up the beach matting towards moot hall. Canoes and support swimmers will be in place in the water, as will the inshore RNLI boat. Example map, could change on the day:-

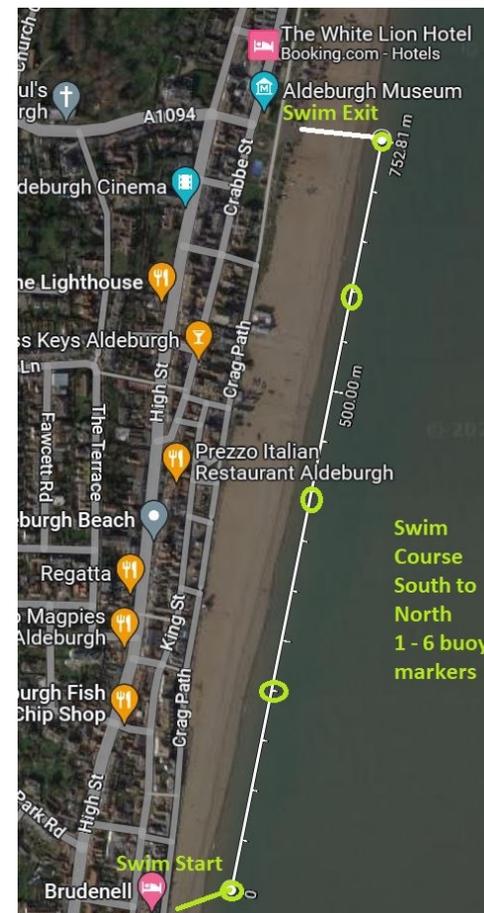


Figure 2

### **Bike Course (2 laps anti clockwise)**

The Bike course starts opposite White Lion Hotel Aldeburgh, after walking to the mount line from transition exit. Head north through Thorpeness, then follow the road west to Aldringham, at the junction opposite the Aldringham Parrot & Punchbowl pub turn left using the bus stop feeder lane to safely enter onto Aldeburgh Road. Head south to Aldeburgh along the roller coaster road ! Once into Aldeburgh at the Railway pub roundabout take the **1st exit** at the roundabout into Church Farm Rd leading to the seafront junction next to the caravan park where there is a **mandatory STOP foot down**. When safe to do so turn **right** onto Thorpeness Rd towards the moot hall/white lion turnaround point. Loop past transition where you start your 2<sup>nd</sup> lap of the course described above, on return here after that 2<sup>nd</sup> lap you dismount prior to the dismount line opposite the white lion, WALK into transition to secure your bike at your numbered racking prior to handover to your runner.

This page and the next 2 pages show more detail on the maps.

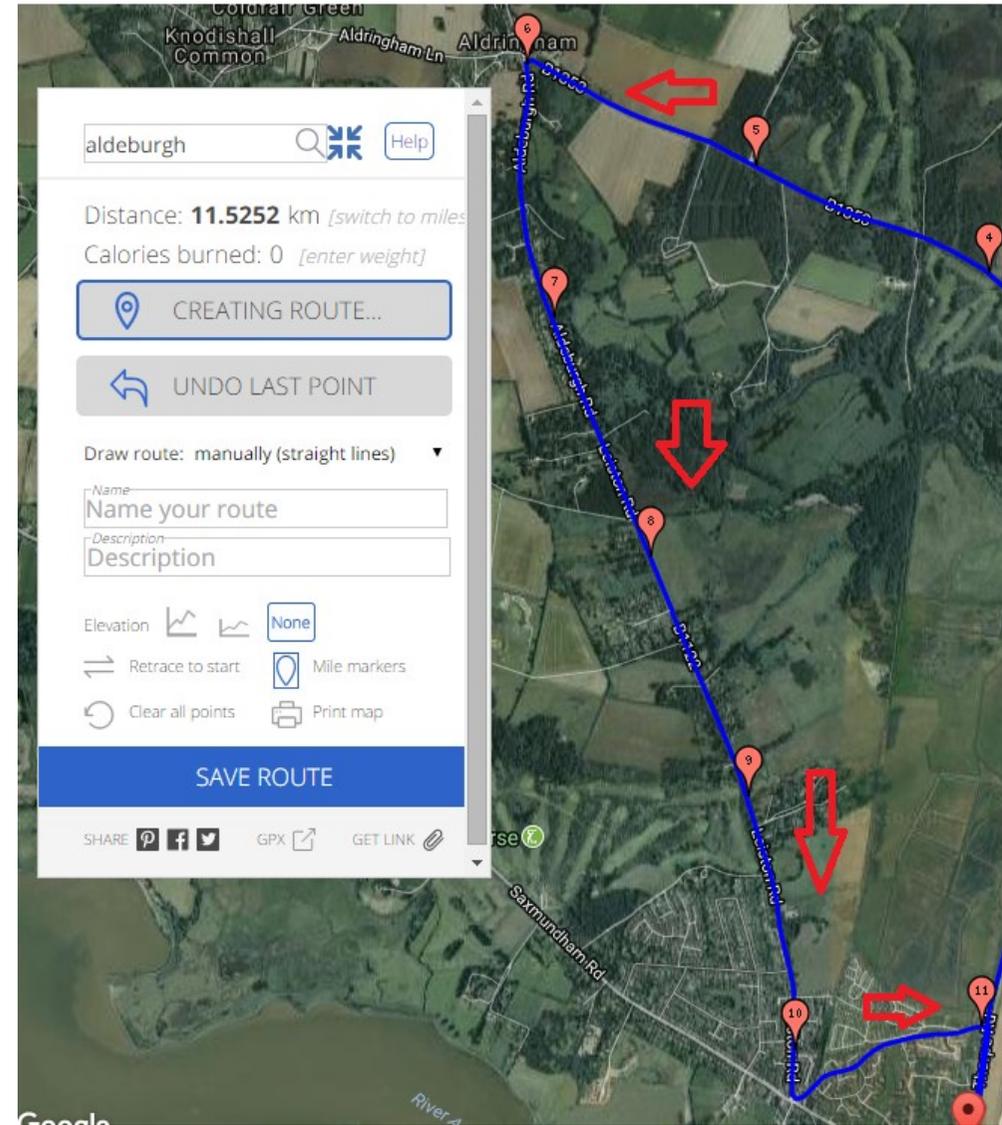


Figure 3

Km markers shown – marshalls at junctions or busy areas.

This map below shows the bike route coming from Thorpeness to the left turn at Aldringham Parrot and heading back towards Aldeburgh:-



Figure 4

The map below shows the bike route coming into Aldeburgh then turning first left at the Railway pub roundabout into Church Farm to the seafront junction where there is a mandatory STOP footdown before you turn right towards the moot hall transition area for both lap1 and lap2:-

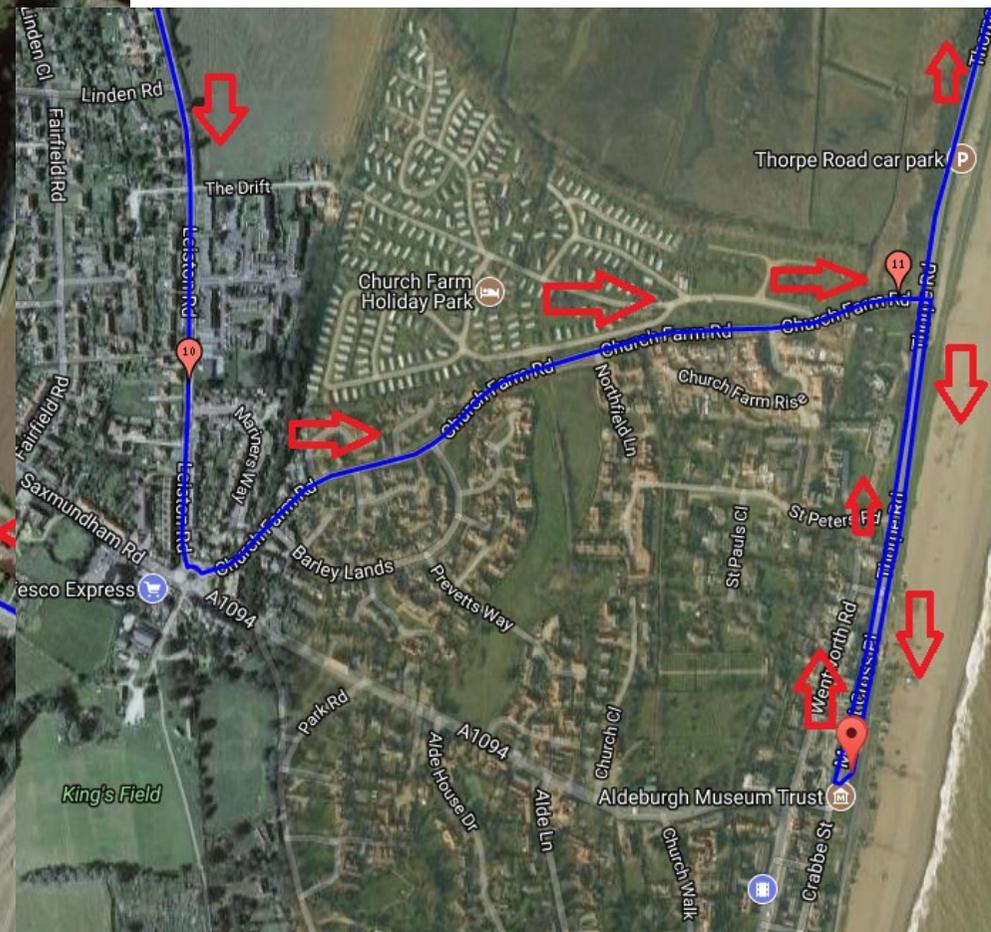


Figure 5

The map to the right shows the direction of cycles on the seafront road. As described above the junction between church farm rd and Thorpeness Rd has a mandatory STOP footdown before turning right and getting on the left hand side of the road towards transition. At the church Farm/Thorpeness rd junction note that traffic and cyclists could be coming from your right and they have right of way as per normal road rules, In the short area from the junction to the moot hall the road is a one way in the Aldeburgh to Thorpeness direction for cars but cycles will be going both ways on the normal sides of the road.



Figure 6

### Run Course – out and back once

– Aldeburgh to Thorpeness turnaround point on Thorpeness beach front, stay on left and off road at all times, collect band at turnaround point 2.5km each way. Water available at turnaround.

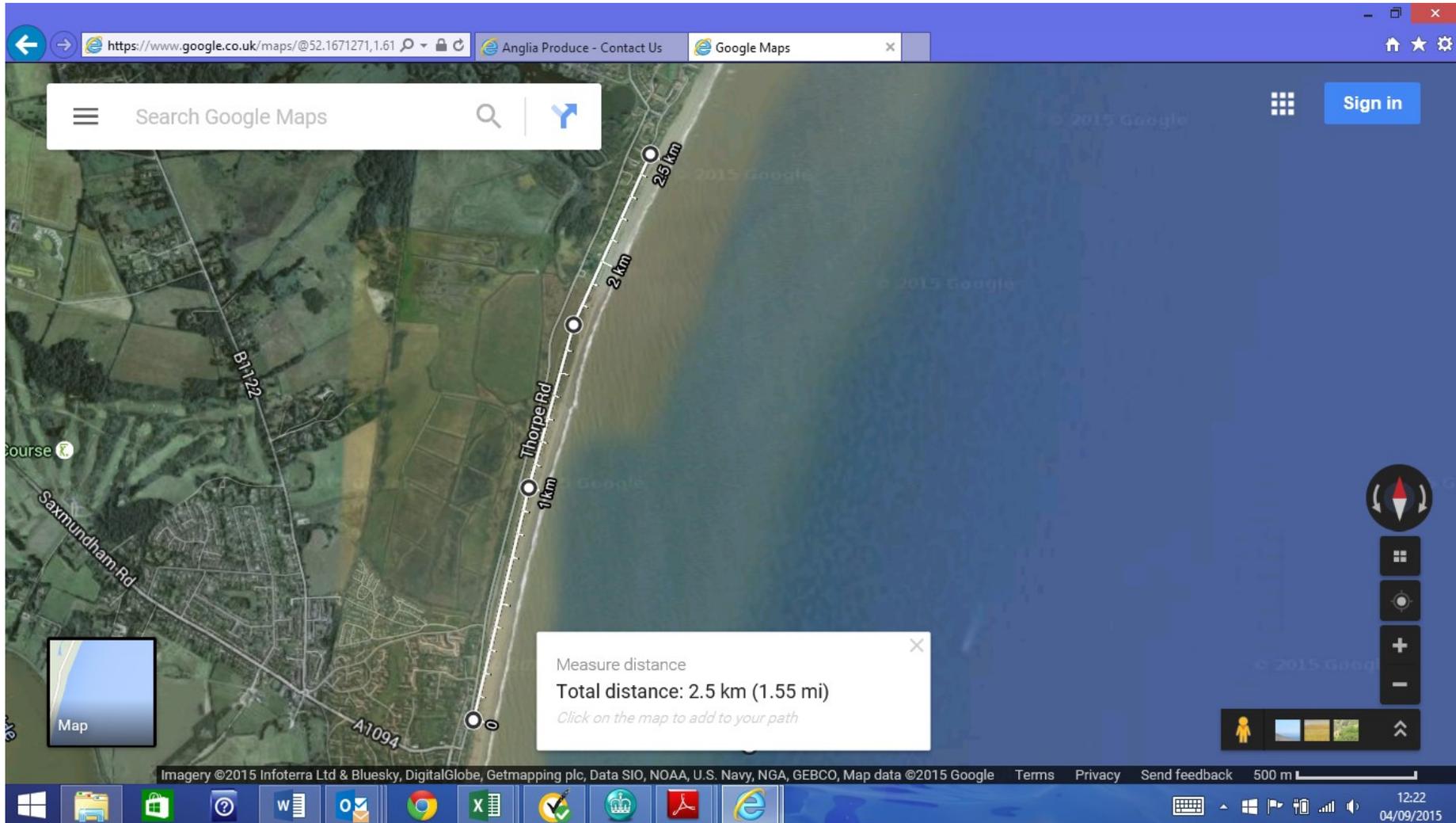


Figure 7