

Hello and welcome to the Weardale Triathlon.

The event is run entirely by volunteers, without which we would not be able to stage this event, so please be nice to them and show them a nice smile when you pass.

We are fortunate to have a beautiful and countrified course to race on. Whilst it is an excellent course, we have a duty to acknowledge and notify you of a number of safety points that go hand in hand with racing in rural settings. We have taken every step possible to ensure that the triathlon passes safely and without incident, but you take part entirely at your own risk.

The swim is 400 metres in the outdoor pool, please be poolside at least 10 minutes before your swim time – please enter the pool by the main entrance and go through the turnstile the passageways into the pool and the path to the pool exit should be kept clear at all times. If you miss your start time, you will be told to wait until there is a gap and you may not get an accurate finishing time. You will be swimming 16 lengths of the pool. The swim starter will explain which direction you are to swim in. you will start from in the water, please do not dive in. You will be in the lane with swimmers of different abilities to you, if you catch a swimmer up, please tap them on the foot and they should wait at the end of that length for you to pass. If you are tapped on the foot by the swimmer behind, please wait at the end of the length for them to pass safely, do not take a risks trying to overtake in the lane if there are swimmers coming towards you. There is a lane counter at the shallow end of each lane, the lane counter will tap you on whatever part of the body that they can reach when you have completed 14 lengths. Please remember that, after you have been tapped, you still need to swim 2 more lengths. You will get out of the pool at the shallow end and exit the building by the open gates at the side of the pool, do not run within the pool area, walk until you have exited the gate. There is no lane markings on the pool floor, please be careful when you are approaching the end of a length.

When you exit the pool, cross over into the park and into transition, where your bike is racked. Do not touch your bike until your helmet is on and fastened, penalties will be given to anyone moving their bike if they are not wearing a helmet. Do not ride your bike in the transition area, push your bike until you get to the mount line, you can mount at any point after you cross the mount line but not before. The cycle is a non-drafting event the draft zone is 7 metres behind and 3 metres each side of the cyclist in front. if you wish to overtake you have 15 seconds in

which to pass through this space. do not undertake. If you are being overtaken, once the front wheel of the overtaker passes yours, it is your obligation to drop back out of their draft zone. should the other athlete have slowed, you still need to do this and can operate a safe and legal overtaking once you've dropped back. We have marshals on the cycle course who will report any instances of drafting to the race referee.

If you are wearing a race belt, please ensure that your number is on your back during the cycle and on your front during the run. Make sure that you are wearing your number at all times during the bike and run – no number – no time.

The bike route is: turn left onto the A689 – we have traffic management at this junction who will stop traffic if they see a cyclist coming, you must follow the highway code at all times – it is your responsibility to ensure that the road is clear before you pull out and also to ensure that you overtake safely at all times, we cannot accept responsibility for any dangerous actions taken by you.

Stay on the A689 for approximately 7 miles where you get to St. John's Chapel. You will be directed to turn right here, again, we have traffic management to stop oncoming traffic to allow you to turn right, again, it is your responsibility to ensure that it is safe for you to cross the road, you will use the roads around the village green to turn round, please be aware that there is a right turn on the green where you are turning onto an uphill road, please be careful at this point and ensure that your outside pedal does not clip the road. We have a photographer at St. John's Chapel so please remember to put on your best smile for him.

You will return to Stanhope along the A689 and turn right at the Open air pool and dismount before the dismount line. You then rack your bike at the same place as you picked it up in T1 and remove your helmet AFTER your bike has been racked. As a rule of thumb, if you are touching your bike, you must have your helmet on and fastened.

If you see someone in need of help on the bike course, please inform the next marshal that you see, the marshals know exactly what to do and who to notify in cases of emergency. The marshals along the course are not allowed to stop or direct traffic, they are there purely for route marking and safety reasons.

There are two areas of risk on the cycle route:

1] road narrows at white house farm 2km in - avoid overtaking here

2] concealed entrance 8.6km in at hare and hounds, westgate

After T2, you will exit at the run out point and go onto the run. You will encounter several gates, stiles and level crossings on the run along with a low tunnel. The level crossings are not active today but, again, it is your responsibility to ensure that you cross them safely. The course is signposted and marshalled, there is a map at event HQ for you to study.

Weardale railway is operating this year, you have to cross the railway three times, **TRAINS TAKE PRIORITY**, all crossings will be marshalled, if a train is approaching, it is your responsibility to wait until it is safe to cross, **DO NOT TAKE RISKS!**

There are some Kissing gates on the run course, please don't try to kiss any runner coming towards you! Priority is given to runners coming back towards Stanhope at the one gate where there is two way runners. Please run to your left at all times.

You will be running through Heather View caravan park, please remember that this caravan park is in use and we have their full support to use the main road through the park. Please stick to the main road within the park and, if possible, don't bunch up on the way through. When you exit the park, there is a steep, stony path down to the fields below. There is a very steep drop to your right when on this path, please be extra careful especially if you are overtaking someone.

There is a low bridge under the railway, we have given advance warning on the course and we have a marshal there, please take care when running under it.

Please ensure that you keep your transition area tidy, bags are not allowed to be left in transition. There is a place to store bags at the side of transition, any bags left by the transition area will be removed and placed in the baggage area. Nobody without a race number will be allowed into the transition area.

Throughout the event, all roads and paths are open to the public, please respect their right to use the area and please be polite to anyone to see – if you smile at them as you run past you could make their day! There may be groups of motorcyclists on the road during the cycle – they have been made aware via signage of the event and should not cause you any issue.

The organisation that runs the open air pool have opened the café for you to purchase hot and cold drinks, cakes, bacon rolls etc. Please use their

facilities as we have had amazing support from them. There are changing facilities inside the pool area and very limited showers, I have asked to request that, if you want a shower after you finish, please keep it brief to ensure that there is hot water for the people behind you.

Stanhope is a lovely town, please spend some time here after you finish, the residents have shown great support for the event and it would be really good to give them something back. Weardale Railway are opening their café at 10am for you to call into after you have finished.

I would like to thank Peter Thompson and the staff at Weardale Open Air Pool, the staff at Premier Traffic Management, Barry at Team cycles, Tony at A1 Multisport for all their support. I would really like to say a big thank you to the team of dedicated volunteers that have given so much time and effort to get this event off the ground and lastly, I would like to thank you, the competitors for being here and making the event happen.

GOOD LUCK!