



## Final Race Details for Upton Tri+ Saturday 10th July 2021

We are so excited to be able welcome you to our Covid-secure 14th Upton triathlon on Saturday 10th July on Fish Meadow, Upton-upon-Severn, Worcester WR8 0PB. Here are the final race details. Please take time to read them and don't forget to watch the compulsory online video briefing before the race ([link will be on website](#) and emailed to you on 4 July). Also, familiarise yourself with [the course](#) and the [BTF rules](#), particularly the [Common Rule Infringements](#) and [Drafting Explained](#). There will not be a briefing at the start.

### **REMEMBER: IN THE EVENT OF AN ACCIDENT DURING THE RACE**

- Ensure your own safety
- Attend the casualty
- Call for help/ get someone to call for help
- Ask another competitor to notify the closest marshal who will contact race first aid and race control

### **Covid Measures**

Fortunately, there is a lot of space on Fish Meadow and the course to enable social distancing. We ask that everyone attending the event takes individual responsibility to follow the latest Government regulations and advice at all times including:

- keeping 2m from anyone you do not live with (unless you have formed a support bubble with them), or at least 1m with additional mitigations.
- groups no larger than 30
- washing or sanitising your hands regularly and avoiding touching your face. There will be sanitisation points around the site but please also bring your own
- wearing a face covering in registration and transition (unless racing).

Whilst you are racing please observe the following social distancing measures from the BTF:

- Swim: No less than 2m gap must be maintained between competitors unless overtaking.
- Bike: No less than 10m gap should be maintained between competitors unless overtaking
- Run: No less than 2m gap should be maintained between competitors unless overtaking.

Sharing of equipment is prohibited. Water bottles and cups must not be shared.

If you or anyone in your household or bubble has been unwell with any [symptoms of Covid-19](#) in the previous 10 days you must not attend the event. Symptoms include a high temperature (above 37.8°C), a new, continuous cough, a loss of, or change to, their sense of smell or taste. We recommend conducting a lateral flow test the day before the race to check your Covid status.

You must complete the online re-declaration of suitability/fitness to take part, together with the pre-event health declaration, before midnight 8<sup>th</sup> July. The link will be emailed to you on 4<sup>th</sup> July.

### **Registration – wear face covering**

Registration will be from 09:30-12:00. [YOU MUST REGISTER BEFORE MIDDAY.](#)

Check your race number [on the website](#) from 4 July and make a note of it in advance of the 10<sup>th</sup> July so that you know where to register on the day. Go to the appropriate queue to collect your race pack which will contain:

- 2 race numbers – number must be visible on back when on bike and front on run. Bring safety pins or a race belt. *Write your emergency contact & medical details on the back.*
- 3 labels with your number on - put 1 on front of your helmet, 1 on front of bike & 1 top right of Co-op bag if using the bag drop at the swim start.
- A latex swim hat (please let us know in advance if you are allergic to latex)
- Timing chip - put it on your left ankle (relay teams will have a timing chip each).
- Upton Tri+ neck warmer
- Camping wrist band and tent label if applicable

Check that all numbers match.

You will be given 2 race numbers per competitor or per team if you are a relay. **To avoid a time penalty ensure your number is clearly visible on your back during the bike and on the front during the run. Don't fold or cut your number.**

Don't forget your BTF licence if you are a member or some form of **ID** if you aren't (Driver's Licence, Passport, credit card) – you will need it to register. If you paid for day BTF membership you will be emailed a link to your electronic licence. You do not need to bring this with you but keep the email safe in case you need it.

### **Transition area – wear face covering**

Transition will be open from 09:30 – 12:30. **YOU MUST RACK YOUR BIKE BEFORE 12:30**

Ensure you have everything you need when you join the socially distanced queue for transition as re-entry will only be allowed at the marshal's discretion.

Only competitors showing their race numbers will be allowed access to the transition area. Strictly no spectators, including children.

Please adhere to the one-way system, rack your bike where shown by the marshal & exit transition as quickly as you can. There is plenty of space in the field to enable you to spread out in a socially distanced manner before your race start.

**Boxes** can be used to carry items into transition but **must not be left in transition**. A small soft-sided bag such as a rucksack may be used and remain in transition, though it must not impede the progress of another competitor.

Only bike shoes, glasses, helmet, and other bike equipment can be placed on the bike.

Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons or chalk) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking or on bike is classed as marking.

Competitors must place all equipment to be used at a later stage in the event within their 1m wide zone, ideally within 0.5m. All items a competitor needs for the event can be left in transition.

Cycling is not permitted inside the Transition Area.

**Mobile telephones can be brought into transition but may not be used whilst the transition area is live.**

### **Start times**

Note that because the triathlon is a downstream swim you will have to walk upstream along the riverbank to your start. This means a 1500m walk or a 750m walk. Please leave enough time to get to the start!! The duathlon start is at the 'Finish' line. Both the triathlon and duathlon will be a time trial start i.e. one at a time. Please queue up as directed, maintaining 2m+ from other competitors, and start when told.

If you don't want to walk barefoot to the swim start, put your number label on your Coop bag and take it with you to put your shoes (and other items) in. Put it on the trailer at the swim start in the appropriately numbered crate before joining the swim queue. The bags will be taken back to the registration tent where you can collect them at the end of your race. Please don't leave anything valuable in your bag as they won't be fully attended in the tents and we don't take any responsibility for lost possessions.

Here are the start times – check your race number on [the website](#) after 4 July to work out your time.

Race number	Start time	Distance
1 – 60	12:30	Standard (1,500m start)
61 – 120	12:40	Standard (1,500m start)
121 – 180	12:50	Standard (1,500m start)
181 – 200	13:00	Standard (1,500m start)
201 – 260	13:00	Sprint (750m start)
261 – 320	13:10	Sprint (750m start)
321 – 380	13:20	Sprint (750m start)
400 – 450	13:30	Duathlon – start at the 'Finish' line

### **The course**

Final course maps are available [here](#) on the website & you can download GPX or KML files if required.

- Standard distance: 1500m swim\*, 40km bike (2 laps), 10km run (2 laps).
- Sprint distance: 750m swim\*, 21.5km bike (1 lap), 5km run (1 lap).
- Duathlon distance: 2.5km run, 21.5km bike (1 lap), 5km run (1 lap)

*\*Swim distances will be closer to 1,550m & 770m due to starting off the pontoon.*

### **Timing**

Your times will be recorded by StuWeb Race Timing chips. Your timing chip should be worn on your left ankle. Each member of a relay team will have their own timing chip to wear for their race leg(s).

You must remove your timing chip at the finish & put it in the collection box (or box at transition out for relay team members) – competitors will be charged £10 for a lost chip.

Restrictions mean there will not be a live results service on the day. Results will be published [here](#) on the website as soon as possible on the day after 18:00. If wi-fi permits, they may be available during the afternoon but this is not guaranteed (we generally have poor wi-fi on Fish Meadow). Note: your final position is not confirmed until all competitors have finished. Please [submit any queries online via StuWeb](#) – do not ask on the day.

### **Prizes**

There will not be a prize giving ceremony, but there will still be prizes thanks to sponsors Fisher German & Sutcliffe Insurance Brokers! We will email or post prizes to:

- ★ Overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female for sprint and standard distance tri & duathlon
- ★ 1<sup>st</sup> sprint and standard relay teams

Thanks to you, our 2021 chosen charity, St Richards Hospice, will receive around £2,000, to help with their ongoing work. They are sorry they will not be able to thank you in person this year.

### **Health and Safety**

#### **Safety briefing**

Your safety during the race is of paramount importance. It is essential that you watch the online briefing video BEFORE the event in addition to reading this document. There WILL NOT be a race briefing on the day.

If at any point you decide to drop out of the race, please go to the registration tent and inform them of this to ensure we don't send out search parties for you.

## **Water safety**

The swim course will be downstream through a channel marked regularly by buoys. Please pay careful attention to these boundaries and **keep to the left of the buoys as the river will not be closed during the event and therefore some river traffic may pass during the swim.**

SARA will be providing safety on the water. They are a fully qualified inshore rescue boat and land search organisation. Their safety craft will monitor all swimmers from the start to the end and warn all river traffic.

**If you get into difficulty, turn on your back and raise one arm.** If you appear to be struggling in the swim or have been in the water for a long time you may be pulled out at the discretion of the safety crews.

**NOTE:** there is a large, mostly submerged, fallen tree about 200m from the swim exit. It should have been removed before the event but if this has not happened you will see a yellow hazard buoy and big blue buoys marking it and a SARA rescue boat. You must swim around it (i.e. keep right). It is very dangerous to try to swim over it.

Note that water safety is only provided during the race itself. Do not swim in the river outside the swim race times.

## **Water quality & reducing the risk of illness**

As outlined in Public Health England's [Swim Healthy Guide](#), open water is not considered to be of bathing quality as it can contain sewage, livestock contamination, and pollution from farming or industry. Anyone can become unwell from swimming in open water as there will always be micro-organisms present.

### ***To reduce the risk of illness:***

- Don't race if you are not in good health.
- Cover cuts, scratches or sores with a waterproof plaster before swimming.
- Try to avoid swallowing and/or splashing water into your mouth whilst swimming.
- After swimming:
  - ensure you clean your hands thoroughly with disinfection gels or hot soapy water, particularly before handling/eating food.
  - thoroughly clean cuts or abrasions using soap and water
  - handle your wetsuit with care after use. Rinse it with clean water as soon as is practicable after swimming. Clean with detergent and rinse as advised by the manufacturer. Always wash your hands with soap and water after handling or cleaning your wetsuit. Allow the suit to dry thoroughly before reuse.

Seek medical attention if you have any unusual symptoms after the event (e.g. high fever, headache, chills, muscle aches, vomiting, diarrhoea, rash, ear and eye infections etc). Some people say drinking coke after a race helps prevent possible illness. This year everyone will be offered a can of coke at the finish.

## **Water temperature**

Wetsuits are recommended but not compulsory unless the temperature is below 14°C. The water temperature on the day will be displayed in the registration tent. Recent temperature was 16°C.

## **Bike safety**

**Bike helmets are compulsory and must be on and fastened before taking your bike off the racking and not removed until your bike is racked.** Ensure your bike and bike helmet are both in good condition before you race, that your brakes work and that you have bar end caps on your handle bars.

The bike course is on open roads with no road closures so ensure you **follow the Highway Code at all times.**

A 2 minute penalty will be given to anyone overtaking with their bike whilst on the pavement at the start of the bike route and to anyone joining the road before the designated point.

Just over 13km into the bike course you will see a marshal waving a yellow flag. This is to warn you that you are about 50m from the junction with the busy A38 road. Please SLOW DOWN. Do not join the A38 without fully checking that it is safe to do so. Be aware that the Route 32 bus turns around at this junction twice an hour and pay due care and attention if it is turning whilst you are cycling here.

This event is a non-drafting race i.e. you must keep your distance from the cyclist in front, so as not to gain an advantage. The gap between the front wheel of the leading bike, to the front wheel of the following bike should be at least 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone. You will be penalised if reported to be drafting.

Look out for the signs and marshals to keep you on the right course! Pay particular attention on the lanes and at the junctions.

### **Kit**

Front zipping trisuits are permitted for the race. Competitors wearing a front zip suit must ensure it remains fully done up for the duration of competition or a penalty will be awarded.

Where a two-piece uniform is used, the space between the top and the bottom may be not visible, so the two pieces overlap.

If the water temperature is such that the swim is deemed non-wetsuit, then clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is forbidden (including calf and arm compression items).

Competitors may not use communication devices of any type, including but not limited to mobile phones, smart watches, and two-way radios, in any distractive manner during the race. A 'distractive manner' includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs, or using as a one or two way radio communication. Using any communication device in this distractive manner during the race will result in disqualification.

Cameras, phone cameras and video cameras are prohibited unless permission is given by British Triathlon or the Event Organiser.

### **Relay teams**

For those racing as a relay team: delegate registration to 1 team member. We do not need to see ID for each team member on this occasion.

To be Covid secure you will not 'hand over' anything to your team-mate in the relay. Instead, there will be a timing chip for each team member in the race entry pack and they will complete their leg(s) as described below. It doesn't matter who wears which chip provided you each wear one! If you are doing 2 legs just keep the same chip for both legs. Your finish time will be calculated by adding up the swim, bike and run times only and exclude any time in transition.

Only the cyclist should enter transition before the race to rack their bike.

- Swimmer: you must exit the swim and run over the 'swim in' timing mat into transition, follow the one-way system and exit immediately out of the opposite end 'bike out/ run out', leaving your timing chip in the box by the exit. Please head quickly away from the competitor's area to the field to remove your wetsuit etc.
- Cyclist: you may start the bike anytime between 12:45 and 14:00 – you don't have to wait for your swimmer to appear. Enter transition at the 'swim in/ bike in', follow the one way system to your bike. Put your helmet on before removing your bike from the racking and proceed straight away to the 'bike out' to start the course. Do not linger in the transition. On return, cross over the 'bike in' timing mat and then collect any items you have in transition and proceed directly to the 'transition out' with your bike and possessions, heading away from the competitor's area to the field as quickly as possible. Please remove your timing chip and leave this in the box by the exit.

- Runner: you may start the run anytime between 13:30 and 14:45 – you don't have to wait for your cyclist to finish. Enter transition at the 'swim in/ bike in', follow the one way system directly to the 'run out' and start the course. Do not linger in the transition.

If you do want to wait until you've seen your team-mate before starting your leg, find a suitable place away from transition and the course where you can spot them.

### **Water stations**

Ensure you keep well hydrated throughout the race, especially if the weather is hot. There will not be any water stations on the bike – please ensure you take enough water on the bike for the duration of the race. Please also take water with you on the run as there will only be 1 water station this year due to Covid restrictions. It will be self-service cups of water in the farmyard at Ryall Court Farm (2km). Those doing the Standard distance pass the water station again at 7km.

### **First Aid**

SARA will be providing first aid cover on land for the event. If you are injured or witness a fellow competitor getting injured please alert a marshal who will call for assistance.

### **Your health**

Do not race if you have been ill in the days leading up to the race or are not feeling 100%. If you are ill after the race please let us know via the link in the post-race email.

### **On-site Facilities**

#### **Refreshments and fully licensed bar**

There is reduced onsite catering this year. There will be Cafe2U serving hot and cold drinks and some snacks plus Churchfields ice cream van. There will also be a licensed bar.

### **Toilets**

There will be portaloos near the transition area only. There will not be any loos at the swim start. Don't leave it until the last minute as there will probably be others doing the same and you'll end up in a queue. You don't want to be running to the start!

### **Parking**

There is free car parking at the venue, Fish Meadow WR8 0PB. Please follow signs to the triathlon on the day. Check the [website for directions](#) to Upton-on-Severn.

### **Kids' Fun Run**

This will start at 11am on Fish Meadow, preceded by a group warm up at 10:50. There is a 100m race for under 5s (adult assistance permitted!) and a timed 1km race for 5+ year olds. Every finisher gets a medal, free drink and snack. Enter [online](#) before midnight on 8<sup>th</sup> July only. No on the day entries this year. Entry: 100m: £3; 1km: £5.

### **Information for supporters**

Spectators are allowed but please consider whether they are necessary. If they do attend, please remind them to adhere to social distancing rules at all times and not to come if they have any Covid symptoms. A great spot to watch the swim from is on the Upton bridge looking up the river. From here you will be able to see the competitors come down the river and exit just before the bridge. If you then cross the road and walk away from the town, you will shortly see the competitors come out on the bike. To watch the run head back into Fish Meadow and position yourself somewhere along the route on the farm.

### **Camping**

Those camping will find their wristband(s) & a luggage label in their race envelope. Camping wristbands must be worn and the label visible on your tent/ caravan from 17:00 as security will be making checks. Onsite camping is still available – book [online](#) before midnight on 8th July. No tickets are available on the day.

You may arrive anytime from Friday morning. Please follow signs for camping and pick your spot. Maximum of 30 people in an area and ensure you are 6m+ from the nearest group of campers. Security

may ask your names to check you have booked camping but you don't need your wristband until Saturday.

**British Triathlon Federation (BTF)**

The race will be run according to the [BTF rules](#). Ensure you are familiar with them. Anyone breaking the rules will be penalised and may be disqualified. The race official's decision is final.

**THANK YOU**

Lastly, a bigger than normal thank you to all the competitors, marshals, SARA and sponsors who have worked with us to make this event possible in such a challenging year. A special mention to BTF who have provided excellent support and guidance to ensure the event can be Covid secure. This has enabled us to raise around £2,000 to help St Richard's Hospice continue with their great work.

If you have any questions that aren't answered by our [Frequently Asked Questions](#) don't hesitate to contact us on [info@uptontriathlon.com](mailto:info@uptontriathlon.com) or 07939 068 128.

We hope you all have a great day and achieve your goals.

Good luck!

Jessica, on behalf of Upton Tri+

**NO MERCHANDISE WILL BE ON SALE ON THE DAY SO PLEASE CHECK YOU HAVE EVERYTHING YOU NEED WITH YOU. HERE'S A HANDY CHECK LIST:**

- Face covering
- Hand sanitizer
- Note of your race number
- ID (driving licence, passport, credit card) or BTF membership card
- Spare shoes for walking to the start
- Swimming goggles
- Wetsuit
- Anti-bac gel or wipes to clean hands and face after swim
- Large bag to carry wetsuit in until you have chance to wash it
- 8 safety pins (to attach race numbers) or race belt
- Bike
- Bike helmet (good condition, no cracks, meets required standards)
- Bike shoes
- Water bottle(s)
- Sunglasses
- Saddle bag (with spare inner tube and tyre levers)
- Mini pump
- Track pump
- Running shoes
- Running cap
- Water/ carbo drink/ energy bars / gels / bananas
- Sun block
- Directions to get to the race!

If you're new to triathlons you will find more race day advice [here](#) on our website

***A HUGE thank you to our partners:***



***2021 chosen charity***

