

Transition

- When you register, your race number will be written on your arm or leg and you will receive two sticky numbers and two larger numbers for your T shirt or race belt. You will need to put one sticky number on your helmet and one on your bike. Pin one of the larger numbers on the front of your T-shirt and one on the back.
- Your race pack will also include a timing chip which straps to your left ankle.
- Put your helmet on and fasten the strap before you enter transition as it will be checked by marshals/officials
- You will need to take everything you need for the bike / run sections of the race into transition – bike, helmet, bike and run shoes, race number, drinks bottle and any clothing you intend to wear on the bike and run
- Before racking your bike, ensure it is a suitable gear to allow starting to cycle as easy as possible, and the pedals are in the correct position
- Rack your bike – there will be marshals to show you how to do this – and lay out your equipment neatly by your front wheel
- Before leaving transition, familiarise yourself with where your bike is in relation to the BIKE IN entrance. Also familiarise yourself with where the BIKE OUT and RUN OUT entrances / exits are
- Only competitors and officials are allowed inside transition
- If you leave transition, you will be allowed back in if you need to – show the marshal your number

Leaving transition to go for your swim

- Leave transition in plenty of time for your allotted swim time and remember to take your swim goggles – you will be given a swim hat inside the pool building
- Unless you bring spare footwear, you will have to make your way to the swim in bare feet across grass and tarmac (use the provided foot protectors to keep your feet clean). You will have to leave any spare footwear in the changing area
- Once poolside you will be given a coloured swim hat

Swim

- Hatch End pool is three lanes wide. You will be asked to get in to the pool by a marshal and they will tell you when to start swimming. You swim up one side of the lane, turn and come back the other side of the lane. You do not change lanes during your 17 length swim
- If you catch up with the swimmer in front and wish to overtake them, tap them on the foot. They will continue swimming until they reach the end, where they will stop, and you will be able to pass. You must touch the wall at the end of the pool to complete each length. If somebody touches your foot, please follow the same procedure
- After 15 lengths a sign will be inserted into the water saying '2 more'. This means you have two more lengths to swim
- At the end of your 17 length, exit the pool at the end of your lane, take off your goggles and remove your hat and give your hat to an awaiting marshal. If there is no marshal, drop it on

the floor and exit the pool building via the double doors in front of you. Take your goggles with you, leave them in transition

- As you leave the pool building, you will have to turn sharp left. This will be clearly marked. Be aware of small steps and uneven ground – you will be barefoot
- It is 150m from the pool exit to the transition area

Bike

- Locate your bike and get dressed for your bike ride
- YOU MUST NOT TOUCH YOUR BIKE UNTIL YOUR HELMET IS ON **AND** FASTENED
- Once dressed, unrack your bike and head for BIKE OUT exit
- It is 210m from transition to the start of the bike course and you have to run / walk with your bike until you reach the mount line
- At the end of the lane you turn left on to the Uxbridge Road where the mount line is clearly marked on the road. Once you have pushed your entire bike over the mount line, mount your bike and start cycling. Be aware of traffic on your left
- Follow the bike course. It is well marshalled and is 3 loops of an anticlockwise course
- You must follow the highway code
- At the end of your third loop you will have to dismount your bike before the dismount line. This is also on the Uxbridge road
- Run / walk with your bike over the dismount line and make your way back to transition
- Do not remove or undo your helmet during your 210m journey back to transition
- Once inside transition, rack your bike, THEN remove your helmet and put your run shoes on. Head for the RUN OUT exit.

Run

- The run course is designated by tape staked to the ground, and is a 3 lap course. Keep the tape on your left hand side at all times.
- After 500m you will have to perform a 180 turn and head back
- At this point a marshal will give you a rubber band. Slip it on to your wrist
- Run back to where you started and at the end of the tape there will be a marshal where you perform another 180 turn. You will have completed 1 lap. Run a further two laps collecting a band each time.
- Towards the end of the third lap you branch of to the right into the finishing funnel
- Cross the line and collect your medal
- Well done