



**CAMBRIDGE**  
TRIATHLON CLUB

# **The Rob McLean Cambridge Junior Triathlon**

**SUNDAY 19 June 2022**



*Race under British Triathlon rules*  
<https://www.britishtriathlon.org/competitionrules>

**Organised by Cambridge Triathlon Club**  
[www.cambridgetriathlonclub.com](http://www.cambridgetriathlonclub.com)



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## Welcome

After a break of 2 years, Cambridge Triathlon Club is delighted to welcome competitors from across the region to the Rob McLean Cambridge Junior Triathlon!

Please read the following information carefully as it will help to ensure that the event runs as smoothly as possible for everyone.

## Event Schedule

\*Event timings can be subject to change. You will be notified of any changes at registration or in the race briefing.

### Saturday 18 June – All competitors

| Time               | Activity          | Where                           |
|--------------------|-------------------|---------------------------------|
| 10.00am to 11.00am | Registration open | Impington Village Sports Centre |

### Sunday 19 June – TriStarts, Tristar 1 & Youth

| Time               | Activity                         | Where                           |
|--------------------|----------------------------------|---------------------------------|
| 6.50am to 7.50am   | Registration open                | Impington Village Sports Centre |
| 6.50am to 8.05am   | Transition open                  | Transition                      |
| 8.05am             | Transition closes                | Transition                      |
| 8.10am             | Race briefing                    | Adjacent to transition          |
| 8.30am             | Race starts                      | Swimming pool                   |
| 10.30am to 10.45am | Transition open to collect bikes | Transition                      |
| 11.00am            | Prize giving                     | Adjacent to transition          |

### Sunday 19 June – Tristar 2 & Tristar 3

| Time              | Activity                         | Where                           |
|-------------------|----------------------------------|---------------------------------|
| 6.50am to 10.10am | Registration open                | Impington Village Sports Centre |
| 6.50am to 10.20am | Transition open                  | Transition                      |
| 10.20am           | Transition closes                | Transition                      |
| 10.25am           | Race briefing                    | Adjacent to transition          |
| 10.45am           | Race starts                      | Swimming pool                   |
| 1.15pm            | Transition open to collect bikes | Transition                      |
| 1.45pm            | Prize giving                     | Adjacent to transition          |



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## Venue Location



**Impington Village College, Impington, Cambridge, CB24 9LX**

## Parking

There is plenty of parking at the college. Please follow directions from the marshals and watch out for excited young triathletes when driving in. We will try and park everyone on site but cannot guarantee this. Additional parking can be found in the local vicinity but please park considerately and do not obstruct driveways. Please allow sufficient time to park.

## Spectators/Outside Assistance

There is plenty of space and places to watch the event, but please keep behind barrier tape so as not to interfere with race safety.

The race is held in the open area of the school field and as such offers little protection for spectators from either sun or rain. Please therefore remember to bring suitable shade or umbrellas.

Triathlon is an individual event and no outside assistance is allowed. This means no running or cycling with your children. Parents please note: your child risks being disqualified. Please support vocally and positively, as loud as you like!

All children attending the race, both competitors and spectators, must be accompanied and supervised by a responsible adult.



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## Stands & Refreshments

There will be plenty of water available at the finish as well as stalls selling a delicious selection of hot food, snacks, coffee, tea and other hot and cold drinks.

## Registration

When you arrive you need to register. Registration is in the sports hall on Saturday and the conference room on Sunday, which are accessed via the main entrance to Impington Sport Centre. Registration will be open from:

### Saturday 18 June (Sports Hall)

10:00 to 11:00      TriStarts, Tristar 1, Tristar 2, Tristar 3 & Youth

\* To ease congestion we strongly encourage anyone local and Cambridge Triathlon Club members to use this facility.

### Sunday 19 June (Conference Room)

06:50 to 07:50      TriStarts, Tristar 1, Youth

06:50 to 10:10      Tristars 2, Tristars 3

To ensure the efficient running of the event these times will be strictly adhered to. Please ensure therefore that you leave enough time for travelling, parking and registering.

After registering you will receive your race pack including race numbers and body number tattoos.

## BTA Membership cars / Day Licenses

**Production of a valid 2021/22 English Triathlon Association, Welsh Triathlon Association, or Scottish Triathlon Association race membership e-card is mandatory.**

Anyone not able to produce a valid 2021/22 Triathlon Association membership e-card will be required to purchase a day-license under British Triathlon rule 2.6. These will be charged at £1 on the day. All non-BTF members will have been required to purchase day membership during the



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race registration process and therefore will not be required to provide proof. **There will be no exception to this rule. You MUST be insured in order to race.**

## Body Marking

You will find one set of body tattoos in your race pack. We will have a body tattoo station where parents can assist their children with applying these. Alternatively, if registering on the Saturday, you may wish to apply your tattoos at home. You will find application instructions in your race pack.

**Please apply to your upper RIGHT arm & lower RIGHT leg.**

**Body Tattoos are mandatory.**

## Race Numbers

One race number will be provided per competitor. **We strongly recommend competitors to race with a number belt.** Most competitors will already have a number belt. If not, please consider purchasing one before the day (many places offer them cheaply or you can purchase them online from Wiggle or Amazon). If you choose not to race with a number belt, it will be necessary for children to re-pin their number in transition: it must be on the rear of their t-shirt/tri-suit for the bike section of the race and on the front for the run section.

Please note the following:

- You must attach your race number to your belt securely.
- Remember to wear the number on the **BACK** for the bike and spin it round to the **FRONT** for the run.
- Do not fold or deface the number in any way.
- Your race number must be visible at all times.

You will also find a set of numbered stickers in your race pack. Please attach these as follows:

- 1 x bike sticker to be wrapped around the seat post
- 3 x helmet stickers; 1 to be placed on the front, 1 on the right and 1 on the left of the helmet
- 1 x set of trainer stickers; please attach to the insole of each trainer (optional)



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## Timing Chips

Each competitor will be issued with a timing chip which must be attached to their left ankle using the Velcro strap provided, before entering the pool for the beginning of their race.

## Changing/Showers/Toilets

There are changing facilities with showers and toilets next to the swimming pool changing area.

## Bike Racking

The bike racking will be numbered. You must rack your bike in your allocated position. Your cycle helmet will need to be located with your bike in this area, along with your clothing and race number belt. Trainers may be left in the area outside the swim exit as the run to the transition area includes paved and tarmac sections.

The transition area will close at least 25 minutes before the first wave for each half of the race, at which point all competitors will be asked to leave transition to allow the marshals to prepare for the race. For security reasons only active competitors and officials will be allowed in the transition area.

Following the race, marshals will be on hand to help retrieve bikes and helmets from the transition area. Proof of race number will be required before any items will be released. A short break is planned after the Youths have finished racing and this will be an opportunity to retrieve bikes from transition if you need to leave early. Note that if swim waves are running behind schedule this break may not happen.

## Cycle Helmets

**Approved cycle helmets are compulsory** (e.g. ANSI Z90.4, EN1078 or SNELL B90). **NO APPROVED CYCLE HELMET = NO RACE.**

Horse riding, canoe or other helmets are not permitted.

All cycle helmets used in the race must comply to the standards laid out in the rules (Snell, ANSI, BS) to ensure the safety of all competitors as prescribed by British Triathlon rules. Any helmet which does not meet the standard (such as novelty helmets) either by evidence of stickers in the shell or having been made by one of the major manufacturers, will mean that the competitor who's helmet it is will not be allowed to participate in the event. Please ensure you have a rule compliant helmet before the day of the race. If you have any doubts about whether your child's helmet meets the required standard please refer to its manufacturer's website or helpline for more details.



## Tri Bars

Please note the British Triathlon rules do not permit the use of tri-bars in junior races held on grass.

## Photography

This event is being run in accordance with the British Triathlon Federation's **Child Protection Policy** and Cambridge Triathlon Club's **Photographic Policy**. As such, anyone (parents, friends, coaches etc.) wishing to take photographs or video at this event will be required to register and wear identification throughout the day.

Cambridge Triathlon Club reserves the right of entry to this event and reserves the right to decline entry to any person unable to meet or abide by these conditions. Anyone taking or publishing unauthorised photos or video footage will be reported and appropriate action will be taken.

Thank you for helping to keep children safe in our sport.

## Race Briefing

There will be a mandatory pre-race briefing near transition at:

08:10      TriStarts, Tristars 1, Youth  
10:25      Tristars 2, Tristars 3

This will explain the course and remind all competitors about safety and conduct. It is essential that all competitors attend this briefing.

## Marshals

There will be marshals everywhere, and they are there to help you. If you have any concerns please ask, they are all very friendly.

Remember that all our marshals are volunteers. Please treat them respectfully.

## First Aid

The swimming pool staff will provide first aid in the pool areas. Please approach any marshal for assistance. Hearts First Aid will also be in attendance to provide first aid in the sports field area.

## Race Start

**Please note:** For TriStar Starts (8 yrs) and Tristar 1 (9-10 yrs) the swim will be a snake formation with competitors starting one by one at 20 second intervals.



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The swim for all other categories (ages 11-16 yrs) will consist of 'waves' starting at specific times based on age group. Swimmers have been grouped by timings provided at entry for the event. It is not possible to change your allocated start time. The format will be explained fully at registration and the pre-race briefing.

## Swim section

The pool is heated, indoor and 25 meters long. You must complete the swim on your front. Tumble turns are allowed and competitors will complete the following number of lengths, according to their age group:

|           |            |      |
|-----------|------------|------|
| TriStarts | 2 lengths  | 50m  |
| Tristar 1 | 6 lengths  | 150m |
| Tristar 2 | 8 lengths  | 200m |
| Tristar 3 | 12 lengths | 300m |
| Youth     | 12 lengths | 300m |

Lap counters will indicate when you have 2 lengths to go, but **it is the responsibility of all competitors to count their own lengths and complete the correct distance for their age group.**

## Swim exit

Competitors should place a towel (if desired) and running shoes **only** in the designated area outside the pool. There is then a run along a marked route to Transition 1. Towels may be discarded in the designated area outside the pool; they will be moved to one side by the marshals in that location for collection by competitors once their race has finished (no responsibility for lost or stolen towels is accepted).

**Competitors should place number belts in Transition 1 and not outside the pool. Goggles and swim hats should be carried and left in Transition 1, not discarded outside the pool.**

## Transition 1

This will be on the main playing fields 100m or so from the pool.

Please make sure that your helmet is securely fastened before touching your bike. If it is not you will be stopped. **Do not mount your bike until you have crossed the mount line, which will be marshaled.**

## Bike

The bike section is held on an L-shaped (grass) playing field behind the college buildings. The route from the transition to the field will be signed



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and marshaled. The course is clockwise around the perimeter of the field. There will be markers (sign posts with arrows), which you must keep to your left (see course map). Your helmet must remain fastened until you have deposited your bike back in transition before the run. Competitors will complete the following number of cycle laps, according to age group:

|           |        |     |
|-----------|--------|-----|
| TriStarts | 1 lap  | 1km |
| Tristar 1 | 2 laps | 2km |
| Tristar 2 | 4 laps | 4km |
| Tristar 3 | 6 laps | 6km |
| Youth     | 6 laps | 6km |

Marshals will record your laps, but **it is the responsibility of all competitors to count their own laps and complete the correct distance for their age group.**

This event is non-drafting. You can be disqualified from the race or issued with a time penalty for drafting (sheltering behind or by the side of another competitor). The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor. If you are overtaken, it is your responsibility to drop back out of the draft zone of the overtaking competitor.

## Transition 2

You will return to the same transition area to rack your bike in the same numbered place you picked it up from. Parents will not be permitted to enter the transition area. If younger children require help, this will be provided by the marshals. **Do not, under any circumstances, remove your helmet before your bike is securely back on the rack.**

## Run

This is on an out and back course, which is 600 meters in length. It is located next to the bike course and is entirely on grass. The course will be clearly marked and contained with marker tapes. Competitors will complete the following number of run laps, according to age group: -

|           |        |       |
|-----------|--------|-------|
| TriStarts | 1 lap  | 600m  |
| Tristar 1 | 2 laps | 1.2km |
| Tristar 2 | 3 laps | 1.8km |
| Tristar 3 | 4 laps | 2.4km |
| Youth     | 4 laps | 2.4km |



Marshalls will record your laps, but **it is the responsibility of all competitors to count their own laps and complete the correct distance for their age group.**

## **Finish**

On completing the run, turn off to the finish to collect your finisher's medal.

Congratulations – you did it!!

## **Timings**

Your times will be recorded as you cross the timing mats. Please ensure that race numbers are clearly visible and call out your number if asked to by a marshal.

## **Results**

Full results will be posted up on the Race Timing Solutions web site as soon as they are ready on the day and will be put onto the club website within 3 days of the race.

## **Prizes**

Prizes will be awarded for first, second and third place in each girls' and boys' age group.

## **Thanks**

The club would like to thank the following

- Impington Village College
- The Cambridge Triathlon Club Race and Junior Committees for all their hard work
- All especially all of our helpers & marshals

## **And, finally....**

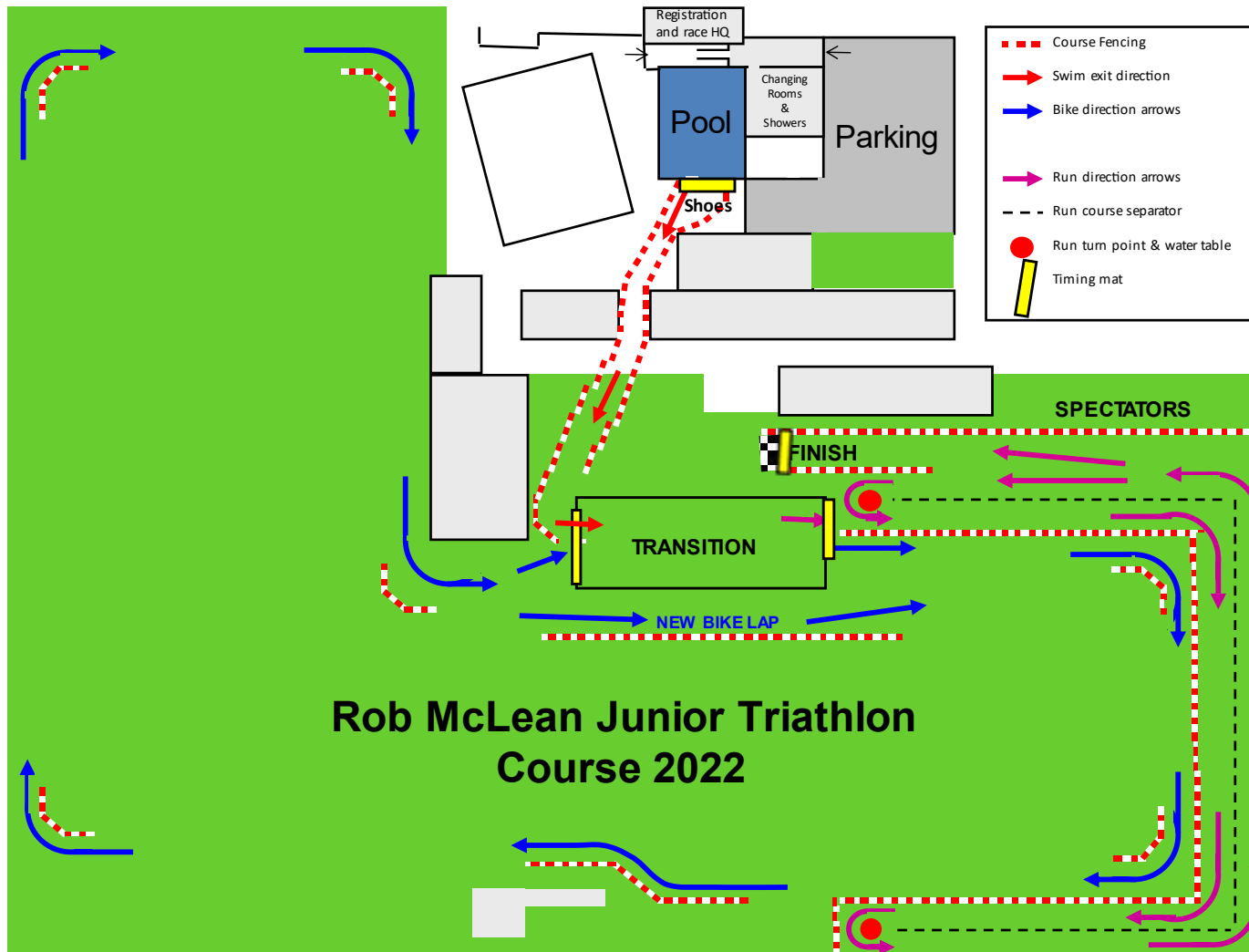
Best of luck in the race, it's great having you all back after the last two years! We hope you enjoy it, have a good time and come back again in the future. If you are keen to join the club then we would be delighted to welcome you, please see the club website for details.

*Jim Mills*

Race Director



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### **Terms & conditions of entry**

Please read these details carefully. By entering the race, you agree to all of the terms and conditions as set out below: -

### **Entry procedure**

Your application to enter our race must be completed using the online entry system provided by British Triathlon Federation (BTF), which operates strictly on a first come first served basis. Upon completion, your details will automatically be submitted to the entry database and payment will be made.

It is your responsibility to check the BTF website to establish whether or not your entry has been confirmed. Acceptance of your entry fee and confirmation of your entry does not constitute a contractual relationship in itself giving you the right to race. The race organisers have the ultimate right to determine who can and cannot compete in this race.

Most of our races are over-subscribed. The numbers allowed for each race are the absolute maximum based on course capacity and risk assessment, taking account of probable dropouts, therefore regardless of circumstance, we cannot accept more than the maximum of 370 entrants for this race.

Please enter this race with the name as shown on your triathlon membership card (DO NOT USE NICK NAMES such as 'Al' instead of 'Albert') as this may mean that the British Triathlon cannot match your membership to you, for insurance purposes.

### **Payment**

The individual Entry fee for British Triathlon members is £20.00 and a valid British Triathlon membership card will be required on race day. This evidence will be your new Triathlon England/Welsh Triathlon or Triathlon Scotland membership card. Membership cards not belonging to the Home Nation Countries MUST declare an 'INTERNATIONAL ENDORSEMENT' or picture the ITU logo to be valid in British registered races.

Non Triathlon Association members must pay an additional charge of £1.00 for an English Triathlon Day Membership when registering and paying online. The total cost for non Triathlon Assoc. members is £21.00. (Competitors will be sent an electronic copy of their English Triathlon Day Membership via email)

Payments can only be made via the BTF website. You will need to accept BTF's terms and conditions when entering.

### **Closing date**

The closing date for entries for this race will be 23:45 29 May 2022, but it is highly likely that the race will be full long before this date. There will be no entries accepted after this time, even if the race is not full, as we need this time to plan waves and organise the results system and so cannot add anyone after this time. There will be no entries allowed on the day under any circumstances.

### **Reserve list**

If the race is full before the closing date, then a waiting list will be operated, (please email the Race Directors at [junior2022@cambridhetriathlonclub.com](mailto:junior2022@cambridhetriathlonclub.com)). Your entry details will be taken including your payment details but you will only be charged if you are offered and accept a place in the race.

### **Withdrawals and refunds**

The club does not allow a competitor who has a place and cannot race to defer their entry to the following year, nor does it allow substitutions for any race entry. Withdrawals must be notified to us in writing (or by e-mail) before the closing date.

### **Eligibility**

I declare that I am the legal parent or guardian of the registered competitor and that they are fit to take part in this event. I understand that they participate entirely at their own risk and relieve the race referee and the race organisers/personnel of any responsibility for injury, loss or damage sustained to either person or property as a result of participation howsoever caused. I also declare that the registered competitor's bicycle is in a roadworthy condition and that I and the registered competitor agree to abide by the rules of British Triathlon.



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**Event Changes**

The Event Organiser reserves the right to amend the Event format at their sole discretion (such as by way of illustration from a Triathlon to a Dual Discipline Event or other suitable race format) or cancel the Event due to circumstances beyond its reasonable control or for any safety related reason. In the event of the Event being cancelled it shall provide the Participant with a full refund of the fee paid less an admin fee with no further liability whatsoever arising from such cancellation. If the event is changed to a Dual Discipline Event or other format the Participant will not be entitled to any refund and there shall be no further liability whatsoever arising from such change of format.

**Race details and results**

All race details and course maps will be published on the Cambridge Triathlon Club website and race entry pages as soon as they are finalised. Race results will also be published on the website as soon as they are available - which is usually on the day of the race.

Please continue to check back regularly for updates to your entry status and in case there are any last minute changes or announcements.

Any queries should be made by e-mail to: [junior2022@cambridgetriathlonclub.com](mailto:junior2022@cambridgetriathlonclub.com)



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