



**CAMBRIDGE**  
TRIATHLON CLUB

# **The Rob McLean Cambridge Junior Triathlon**

**SUNDAY 04 June 2023**



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

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



**CAMBRIDGE TRIATHLON CLUB**

## Welcome

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 03 June – All competitors

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

### Sunday 04 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
10.05am to 10.20am	Transition open to collect bikes	Transition
10.45am	Prize giving	Adjacent to transition

### Sunday 04 June – Tristar 2 & Tristar 3

Time	Activity	Where
6.50am to 09:40am	Registration open	Impington Village Sports Centre
6.50am to 09:55am	Transition open	Transition
09:55am	Transition closes	Transition
10.00am	Race briefing	Adjacent to transition
10.20am	Race starts	Swimming pool
12.45pm	Transition open to collect bikes	Transition
1:00pm	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.

**Please Note: As the event is held on a school field dogs are not allowed (with the exception of guide dogs).**

Triathlon is an individual event and no outside assistance is allowed, this includes counting laps for your child. Running or cycling with your children is also not allowed. Parents please note: your child risks being disqualified for any of the above and the British Triathlon Technical Officials will be monitoring parent conduct. Please support vocally and positively, as loud as you like!



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

## **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. Please note that the barbeque will be cash only payment.

## **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 03 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 04 June (Conference Room)**

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

06:50 to 09:55      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, body number tattoos and timing chip.

## **BTA Membership cars / Day Licenses**

**Production of a valid 2022/23 English Triathlon Association, Welsh Triathlon Association, or Scottish Triathlon Association race membership e-card is mandatory.**



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Anyone not able to produce a valid 2022/23 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 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.** BTF no longer issue day membership paper certificates, details of cover can be found at the following link: <https://www.bluefinsport.co.uk/british-triathlon-insurance-zone/>.

## 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 LEFT 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



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- 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**)

## 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.



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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.

## 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.

If for any reason a parent requires photographs or video footage not be taken of their child, please mention this at registration and a purple star sticker will be issued to be attached to the athlete's race number. **Photographs or video footage must not be taken of athletes who have a purple star sticker on their race number.**

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  
10:00      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.

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



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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 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. British Triathlon Rules do not allow parents to count laps for their children and the Technical Officials in attendance may penalize the child of anyone calling out lap counts with a time penalty or disqualification.**

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



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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.**

**Please note: you will be given a wristband for each lap at the far turnaround point.**

## **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 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 Open age group category.

## **Thanks**

The club would like to thank the following

- Impington Village College



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- The Cambridge Triathlon Club Race and Junior Committees for all their hard work
- A special thanks to all of our helpers & marshal

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

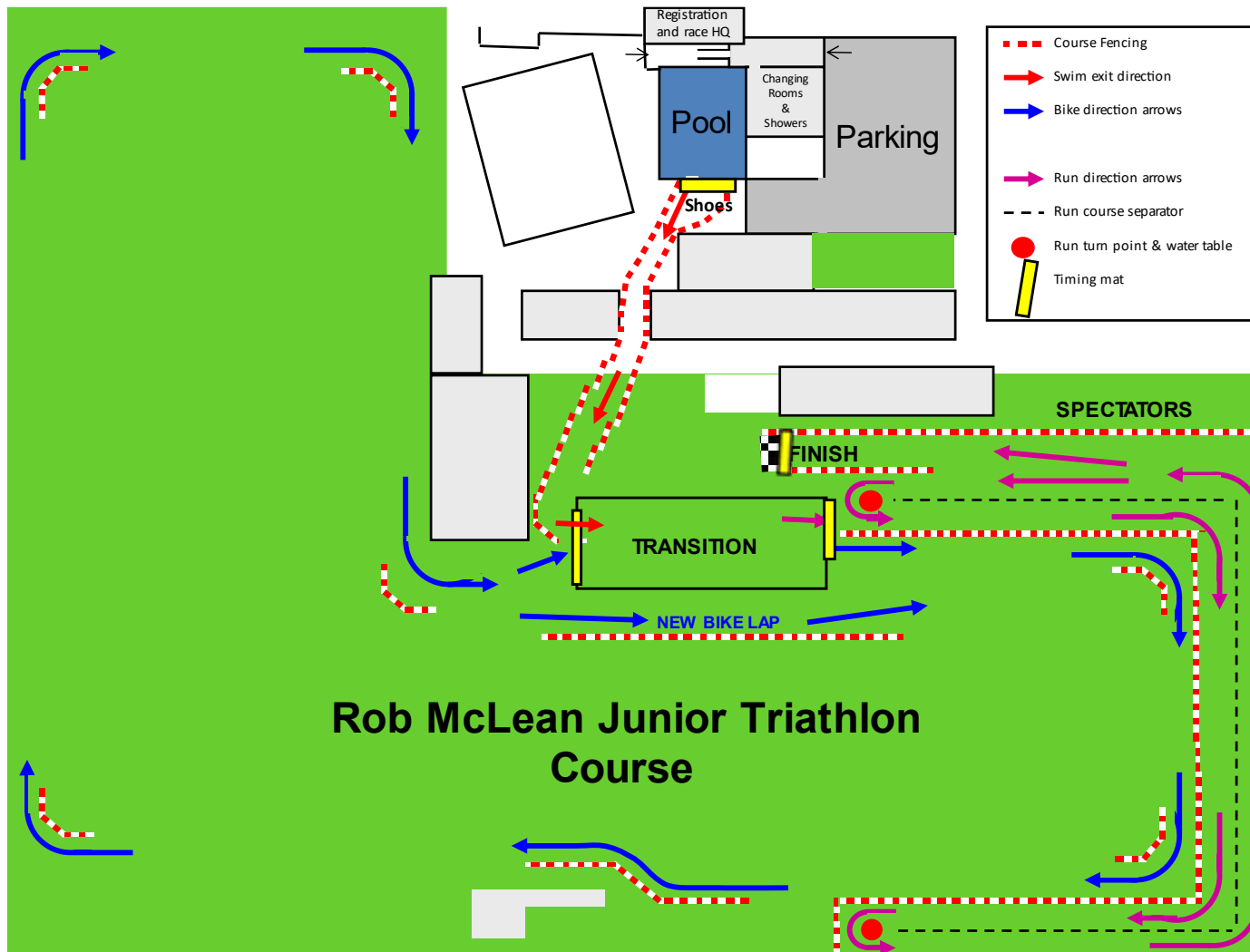
Best of luck in the race! We hope you enjoy it, have a good time and come back again in the future. If you are keen to join the club then we would be delighted to welcome you, please see the club website for details.

*Jim Mills*

Race Director



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## **Rob McLean Junior Triathlon - Terms and Conditions**

The following definitions shall apply within these Terms & Conditions;

"The Event Organiser" - Cambridge Triathlon Club : The organisation organising and delivering the event.

"The Event" - Rob McLean Junior Triathlon to be held on Sunday 4th June 2023 : The event entered.

"The Participant" - The individual(s) who wish to enter or have entered the Event via the online entry system.

Cambridge Triathlon Club whose registered office is at 3 Red Lion Lane, Sutton, Sutton, CB6 2NE. Cambridge Triathlon Club is using the British Triathlon online entry system to manage their event entries.

The British Triathlon Federation is a company registered in England and Wales with its registered office at Loughborough University, PO Box 25, Michael Pearson East, 1 Oakwood Drive, Loughborough, LE11 3WX. Registered company number 02995438. British Triathlon is the host of the online entry system.

### **1. Conditions of Entry**

By completing the designated entry process participants are agreeing to abide by the following terms and conditions. Where the entry has been submitted via the British Triathlon online entry system the Participant agrees that neither British Triathlon, nor any of the Home Nation Associations will be liable to the Participant for any matter connected with the Event. The contract is between the Event Organiser and the Participant.

### **2. Completion of Entry process**

It is the Participant's responsibility to provide accurate and truthful information when completing the entry process, any errors in data entered is the responsibility of the Participant.

If at any point the organiser discovers that the Participant has provided false or inaccurate personal information, or that the information provided means that the participant is ineligible to participate in the Event the Event Organiser reserves the right to refuse entry or disqualify the Participant, without any refund of the entry fee or administration fee.

### **3. Payment**

Each Participant is required to pay the entry fee in full, along with any administration fees which may apply at the time of entry. Once payment is received and entry is confirmed, the fee is non-refundable other than as set out in section 5 below. Administration fees are non-refundable in all circumstances.

### **4. Confirmation of Entry**

Entry into the Event is confirmed by the British Triathlon online entry system via email to the email address provided by the Participant upon completion of the entry process.

### **5. Participant's Withdrawal - Policy & Refunds**

If the Participant wishes to withdraw from the Event they must do so by informing the Event Organiser in writing by email to [junior2023@cambridgetriathlonclub.com](mailto:junior2023@cambridgetriathlonclub.com). The email subject title must be "WITHDRAWAL". No other method of withdrawal is accepted by the Event Organiser. Providing the withdrawal notice is provided within the applicable time limits, the Event Organiser will confirm the withdrawal by email to the Participant within 5 working days. If no response to the withdrawal request is received the Participant should call the Event Organiser on 07710416311.

Withdrawing from the Event is irrevocable; if notice of withdrawal is given under this section then the Event Organiser will remove the Participant's name from its start lists and other official documentation, whether or not the entry fee has been refunded in full, in part or not at all.

The Participant hereby acknowledges and agrees that any refund that may be due will be payable by the Event Organiser and that British Triathlon or any Home Nation Association will



not be liable in any way for the said refund. British Triathlon (and the Home Nation federations) will not be responsible for processing or obtaining any refund.

## **6. Transfer & Swapping of Entries**

Participants are not allowed to transfer or swap their entry to another person under any circumstances. Entries cannot be deferred to future editions of the Event. Transferring or swapping of entries risks that the Event Organiser's Event insurance will be voided or subject to limitations and conditions or limitations not anticipated by the Event Organiser. In this and in other ways attempting to swap entries creates additional risks for the Event and for the other Participants. Any participants and other involved individuals who are found to have swapped their entries will be banned from participating in all future events promoted by the Event Organiser, and referred to the relevant Home Nation Association who may choose to implement further disciplinary action.

## **7. Race information**

The race information is published on the Event website. It is the Participant's responsibility to read, understand and abide by the race information. The Event Organiser reserves the right to alter the race information at any time without notice.

## **8. Registration**

Details of the registration process are contained within the race information. It is the responsibility of the Participants to attend registration during the published times. Participants are required to attend registration to collect their race packs, those unable to attend may nominate another individual to collect their race pack if that individual is in possession of the entry confirmation email and a form of photo ID of the participant. Participants must have photo ID (drivers licences, passport, Triathlon membership card etc) to register for the Event and be issued their race pack. Race packs will not be posted out, and can only be collected during the published times. If you do not register for the Event you will not be entitled to compete.

## **9. Photography**

The Event Organiser has the right to use images, photographs and footage taken by their contracted photographers and employees at the Event. These images will be used for the purposes of promoting, reporting and broadcasting the Event, and any other promotion related to the business activities of the Organiser.

Any individual who does not wish to have their image used by the Event Organiser for these purposes must inform the Event Organiser via email no later than one week prior to the Event. Notification closer to, or after the Event can be made and the Event Organiser will use its best endeavours to prevent images of that individual being used but cannot guarantee it.

For events where children under the age of 18 years are competing, Participants and spectators attendees are required to comply with the Photography Policy published on the Event website.

## **10. Competition Rules**

The Event is run in accordance with British Triathlon Competition Rules, which can be viewed at <https://www.britishtriathlon.org/competitionrules> except where stated i.e. elite races. It is the Participant's responsibility to know and abide by the rules, and to ensure their equipment and its use complies with the rules. Where cut-off times apply, the Event Organiser reserves the right to remove Participants that do not meet those times or have, in their opinion, no realistic chance of meeting those times. In this situation no refund will be made to the Participant.

## **11. Event Changes**

The Event Organiser reserves the right to change or amend any details relating to the Event at its sole discretion due to circumstances beyond its reasonable control, including by way of changing distances or disciplines. This includes the right to alter start times etc.

## **12. Event Cancellation**

If the Event is cancelled for reasons beyond the Event Organisers control, including without limitation fire, storm, act of terrorism, "act of god", serious medical incident, then the



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Participant will not be entitled to any refund or compensation of other losses and any refund that the Event Organiser decides to make will be within the absolute discretion of the Event Organiser.

### **13. Liability**

Participation in the Event is at the Participant's own risk. The Participant irrevocably agrees to hold harmless, indemnify and reimburse the Event Organiser from and for any sum, costs or expenses (including legal and professional fees) incurred, payable or paid by the Event Organiser to any person (including the Participant and/or any of the Participant's insurers) in connection with any accident, loss, damage or injury (including death) arising out of the Participant's attendance at and participation in the Event or any part thereof (except where any such injury or death is caused by the negligence of the Event Organiser or any of its employees) and the Event Organiser's liability to the Participant is excluded to the fullest extent permissible by law.

Other than as stated below, the Event Organiser shall not be liable for any loss, damage or expense arising from an event of Force Majeure. The Event Organiser, its staff, agents or contractors shall not be liable for indirect or consequential loss or damage.

The Event Organiser will not be liable for any computer result errors or any technical malfunctions.

Whilst the Event Organiser takes every care with staging the event, the Participant acknowledges that personal accident and personal items insurance is his/her sole responsibility. The Event Organiser shall not be liable to the Participant for any loss or damage of or to personal equipment belonging to the Participant, or any indirect or consequential loss or damage whatsoever arising out of the Participant taking part in the Event; or for any loss of business; revenue or profit; loss of reputation; anticipated savings or wasted expenditure; pledges made on your behalf or by you to charity.

If you have purchased a British Triathlon Day Membership, you are required to adhere to the terms and conditions as set out on the British Triathlon website. These can be found at <https://www.britishtriathlon.org/day-membership/terms>. As a Day Member, you receive public liability insurance up to a £15million limit of indemnity to cover you whilst you are competing in a British Triathlon permitted event. The insurance also covers the cost of defending a claim against you if you are held responsible for loss, damage or injury to someone else or their property, less the £250 excess which you will be required to pay in the case of damage to third party property. Confirmation of your insurance cover can be found on the British Triathlon Insurance Zone website - <https://www.bluefinsport.co.uk/british-triathlon-insurance-zone/>.

The Event Organiser will not be liable for any actions of any spectators or other third parties.

### **14. Medical Conditions & Information**

All Participants are required to provide emergency contact details as part of the entry process, and to disclose any known medical conditions to the Event Organiser. The Event Organiser reserves the right to refuse entry and not to provide a refund, if a Participant fails to provide this information or the information provided is known to be false.

It is the Participant's responsibility to ensure they have the right level of physical ability to complete the Event. If you know or are concerned that you have a medical condition which might interfere with your safe participation in the Event, before you enter you should seek advice from a relevant medical professional and follow that advice. Please see our Health Commitment Statement for more advice (below).

### **15. Privacy Notice - Collection and Use of Your Personal Data**

Your personal information will be used for administrative purposes to complete your entry into the Event and for contacting you in relation to the Event you have entered.

Where you have consented to do so, your personal information will be used to send you details of future events and activities, and shared with official partners and sponsors to enable them to send you triathlon related information.



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Your personal information will not be used for any other reason and will not be shared with any other organisations unless we are legally required to do so, it is legal to do so or we have stated as such.

You may contact us if you wish us to stop using your personal information for these purposes. Further details on how we use your personal information can be found within our Privacy Notice.



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**Health commitment statement**

Your health is your responsibility. The Event Organiser is dedicated to helping you take every opportunity to enjoy your participation in the Events safely. With this in mind, we have carefully considered what we can reasonably expect of each other.

**Our commitment to you**

We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.

We will make every reasonable effort to make sure the Event is organised to accepted safe operational standards for you to enjoy.

We will make all reasonable steps to ensure first aid is available at the Event to an industry standard. If you tell us you have a disability we will consider what adjustments, if any, are reasonable for us to make to enable you to participate.

**Your commitment to us**

You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with your safe participation in the Event, before you enter you should seek advice from a relevant medical professional and follow that advice. It is the decision of the Participant, not the Event Organiser, to determine whether he or she is fit enough to participate in the Event. If the Participant is in any doubt, they should seek medical advice. It is up to the Participant where to seek that medical advice.

You should let us know immediately, if you feel unwell whilst participating in the Events. Our staff are not qualified Doctors, but there will be first aid provision in attendance at the Events. If you have a disability, you must follow any reasonable instructions to allow you to complete our event safely.

This Health Commitment Statement sets the standards that the Event Organiser and the Participant can reasonably expect from each other in regards to the health of the participant.

Any queries should be made by e-mail to: [junior2023@cambridgetriathlonclub.com](mailto:junior2023@cambridgetriathlonclub.com)



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