

## Crondall Triathlon Competitor Details 2018

Registration will take place on Saturday 2nd June between 5.00pm and 7.30pm at the front of the Plume of Feathers and on Sunday 3rd June between 8.00am and 9.45am in the courtyard at the rear of the Plume of Feathers.

Please advise the registration marshals of your name or competitor number.

You will then be given your tear off race number, your requested size T-shirt and a look of admiration from the registration team.

Whilst we do not insist on the T-shirt being worn for the race, we would hope that most of you do as it helps with our charity promotion.

Team entries need only one person to register but you must pick up the competitor numbers for your cyclist and runner.

In order to keep the roads free of unnecessary vehicles on Sunday could you please park your cars in the primary school car park situated off Croft Lane from the top of Church Street or any space available on Pankridge Street before the village shop.

The swim takes place at Lord Wandsworth College and you should arrive at the pool side at least 15 minutes before your start time.

Each competitor will enter the pool at forty second intervals swimming four lengths of the first lane, transferring to the second lane, then the third and finally the fourth lane, exiting the pool after the final fourth lengths. Should you catch up with a fellow competitor in the pool then you must tap them on the ankle to let them know you are there and they will stop at the next turn to let you pass.

You are responsible for counting your own laps in the pool.

There will be marshals at the pool to explain the rules if you are unsure of the system.

The first transition is in the quad outside the pool.

Please ensure that you have attached your race number.

Remember the clock doesn't stop, so you need to be quick!

You will need to set up your bike and cycling kit outside the pool. We recommend a towel to stand on to change, this prevents you taking a

small sharp stone with you for cycle ride. Any kit left behind should be put into a kit bag or similar.

If you don't have a support crew (i.e. your husband, wife, etc.) then we will bring this kit back to the Plume of Feathers for you.

On the cycle route, could you please shout your number to the marshals so that we can track your progress.

The second transition is in The Plume of Feathers car park (the entrance is a sharp left hand turn immediately before the pub).

If you are part of a team, please dismount from your bike before tagging your running partner.

Your bike will be racked for you. If you have specialized cycling shoes you should have left your running shoes here when you registered, don't forget where you left them!

The run is three laps of the circuit, turning left when exiting the car park.

There will be a water station opposite the entrance to the Plume car park.

The cycle and run routes are marshaled, but you should take a look at the map on the website, [www.crandall-triathlon.co.uk](http://www.crandall-triathlon.co.uk), since there are two long stretches with no turnings and no marshals, which can be a little unsettling if you don't know the way.

When you arrive at the finish ensure you run through the finishing tent and hand in the tear off strip from your number to the timekeepers.

You will then be presented with a thirst quenching bottle of chilled water from one of our sponsors.

There will be two massage therapists from Oak Park Clinic available to give a ten minute post event sports massage if required. They will also be offering £5 off a future treatment session if booked on the day.

We will hope to have a presentation ceremony at about 3.00pm

### **Important**

Please note that the cycle rack area will be marshaled up until the end of the race but it is your responsibility to remove your bike then, and we do not take responsibility for their security.