



**CAMBRIDGE**  
TRIATHLON CLUB

# **The Rob McLean Cambridge Junior Triathlon**

**SUNDAY 09 June 2024**



*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 08 June – All competitors**

<b>Time</b>	<b>Activity</b>	<b>Where</b>
10.00-11.00am	Registration open	Sports Centre

### **Sunday 09 June TriStart, Tristar 1 & Youth**

<b>Time</b>	<b>Activity</b>	<b>Where</b>
6.50-7.45am	Registration open	Sports Centre
6.50am	Transition open	Transition
7.55am	Transition closes	Transition
8.00am	Race briefing	Next to transition
8.20am	Race starts	Swimming pool
~10.00-10.30am	Transition open to collect bikes	Transition
~10.45am	Prize giving	Next to transition

### **Tristar 2 & Tristar 3**

<b>Time</b>	<b>Activity</b>	<b>Where</b>
6.50-10.00am	Registration open	Sports Centre
6.50am	Transition open	Transition
10.10am	Transition closes	Transition
10.15am	Race briefing	Next to transition
10.35am	Race starts	Swimming pool
from ~1.00pm	Transition open to collect bikes	Transition
1:30pm	Prize giving	Next to transition



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## Getting there

### Venue Location

The event will be held at **Impington Village College, Impington, Cambridge, CB24 9LX** (see map).

Please note that the Flaming June Half Marathon is happening the same morning, starting and finishing on the Histon & Impington Recreation Ground next to the college. **We recommend approaching the college from the direction of Milton (Exit 33 of the A14).** Please be considerate of potential runners on the road towards the college.



### Parking

There is plenty of parking at the college. Please enter the main entrance to the college as shown below, 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.



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## Registration

Only pre-registered athletes can take part. You need to attend registration to receive your race pack. Registration is in the Conference Room, accessed via the main entrance to Impington Sport Centre. Registration will be open:

### **Saturday 08 June\***

- 10:00 to 11:00 All categories

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

### **Sunday 09 June**

- 06:50 to 07:45 TriStart, Tristar 1, Youth
- 06:50 to 10:00 Tristar 2, Tristar 3

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

## **British Triathlon Association Membership / Day Licences**

**Production of a valid 2024 English Triathlon Association, Welsh Triathlon Association, or Scottish Triathlon Association race membership e-card is mandatory.** Anyone not able to produce a valid 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 (cash only). 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 here: <https://www.bluefinsport.co.uk/british-triathlon-insurance-zone>.

## Race pack

Upon registering you will receive your race pack including race numbers, body number tattoos and a timing chip.

## **Body Marking**

You will find one set of body tattoos in your race pack together with application instructions. **Body tattoos are mandatory.** We will have a body tattoo station in the registration area where parents can assist their children with applying these. Alternatively, if registering on the Saturday, you may wish to apply your tattoos at home. **Please apply the tattoos to your upper LEFT arm & lower RIGHT leg.**



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## Race Number & Stickers

One race number will be provided per competitor. **We strongly recommend competitors to race with a number belt.** If you don't have a number belt, please consider getting one before the day (many places offer them cheaply or you can purchase them online). Please note:

- 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.
- If you choose not to race with a number belt, it will be necessary to re-pin your number in transition: it must be on the rear of your t-shirt/tri-suit for the bike section and on the front for the run section.

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**)

## Timing Chip

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.

## Setting up transition

There are 2 transition areas at the Rob McLean triathlon. The Pool Transition (optional) is directly outside the pool, Transition (bike racking) is on the main playing fields 100m or so from the pool.

The transition areas will close 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.



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## Pool transition (optional)

There will be a run along a marked route from the pool to Transition. This run includes paved and tarmac sections and will be cleared from debris before the start of the race; many competitors run this on bare feet.

However, **competitors can place running shoes and a towel (if desired) only** in the designated area outside the pool. Towels may be discarded here; 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).

## Transition

**On entrance to the transition area you will be asked to show that your brakes are working, you have bar end stops and your helmet is safe and fitted correctly.** Please queue up with your helmet on, and with the chin strap tight – ONLY 2 fingers should fit. You will only be allowed entry to the transition area if this is correct; any corrections required are the responsibility of the competitor and their parents/responsible adult. Please note the British Triathlon rules do not permit the use of tri-bars.

For security reasons only active competitors and officials will be allowed in the transition area. **Only Tristart parents can join their Tristart child into transition to help them set up.** There will be helpers available for all other competitors if they need support setting up transition.

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 race number belt, your running shoes (if not in the Pool Transition) and any clothing.

A note on cycle helmets: **Approved cycle helmets are compulsory** (e.g. ANSI Z90.4, EN1078 or SNELL B90). 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. 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 whose helmet it is will not be allowed to participate in the event. **NO APPROVED CYCLE HELMET = NO RACE.**

## Changing rooms>Showers/Toilets

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



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## Race Briefing

There will be a mandatory pre-race briefing on the field near Transition at:

08:00 TriStarts, Tristars 1, Youth  
10:15 Tristars 2, Tristars 3

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

## The Race

### Race Start

The swim 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.

You can enter the pool area through the pool changing area, where you will be called up for your start. **Please make sure you are in the pool changing area at least 10 minutes before your allocated start time.** You can find your individual start time on the swim waves sheet attached. Start times will also be displayed in the registration area.

### Swim

The pool is heated, indoor and 25 metres 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:

TriStart	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 - Pool Transition - run to Transition

Competitors will exit the pool into the Pool Transition area.

- Competitors that left running shoes here can change into these before commencing their run into Transition.
- All other competitors run to Transition on bare feet.



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**Goggles and swim hats should not be discarded outside the pool, but should be carried to and left in Transition.**

## **Transition 1**

Please make sure that your helmet is securely fastened before touching your bike. If it is not you will be stopped. Don't forget to put on your number belt with your number at the back. **Do not mount your bike until you have crossed the mount line, which will be marshalled.** Parents will not be permitted to enter the transition area. If younger children require help, this will be provided by the marshals.

## **Bike**

The bike course 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 marshalled. The course is clockwise around the perimeter of the field. There will be markers (sign posts with arrows), which you must follow (see course map below). Competitors will complete the following number of cycle laps, according to age group:

TriStart	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 penalise the child for 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 have to dismount your bike before the dismount line.** This will be marshalled. Your helmet must remain fastened until you have deposited your bike back in transition before the run. 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.** Do not forget to make sure your number is displayed on your front when starting your run.

## Run

This is on an out and back course, 600 metres 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:

TriStart	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.**

Water will be available on the run course

## Finish

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

Congratulations – you did it!!

## Timings

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



## After the race

### Results

Full results will be posted on the Race Timing Solutions website 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 Female and Open age group category. Prizes will be given out after the last competitor of the session has finished.

### Retrieving your belongings from Transition

Following completion of the entire 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 for early competitors to retrieve bikes from transition if they need to leave early. Note that if swim waves are running behind schedule this break may not happen.

### Marshals

There will be marshals everywhere, and they are there to help make sure the event runs safely. If you have any concerns or questions please ask, they are all very friendly. **Remember that all 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.

## Spectator information

### Allergy information

We have several children registered with severe allergies. We therefore kindly request **not to bring food containing nuts** and **not to allow children to play with grass cuttings.**



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## Photography

This event is being run in accordance with the British Triathlon Federation's **Child Protection Policy** and Cambridge Triathlon Club's **Photographic Policy**.

Please note:

- Anyone (parents, friends, coaches etc.) wishing to take photographs or video at this event will be required to register in the registration area and wear identification throughout the day.
- No photography is allowed in the pool area or the pool viewing area.
- Do not post photographs/videos on social media.

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 competitor's race number. **Photographs or video footage must not be taken of competitors who have a purple star sticker on their race number.**

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

## Spectators

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. Parents are not allowed to enter transition or the bike or run course.

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

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. There is no seating available. Toilets are available in the Sports Centre.

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

## Outside assistance

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!

## **Refreshments & snacks**

There will be plenty of water available at the finish as well as stalls selling a delicious selection of snacks, coffee, tea and other hot and cold drinks. Impington Sports Centre also sells drinks and snacks near the pool viewing area.

## **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
- A special thanks to all our helpers & marshals

## **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.

# **Alice Missenden**

Race Director



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