

BOWOOD TRIATHLON

Held on Saturday 24th June at the prestigious Bowood Estate

Bowood House, Calne, Wiltshire, SN11 9NF. Follow the brown signs from M4.

On Arrival

Please ensure you arrive 90 minutes before your start time to register for your event. There will be a traffic control point before reaching the car park, please be patient.

Grounds open 08:45am

Your race pack should have arrived in the post, ensure your wristband and stickers are on prior to arrival. Head directly to chip collection.

Children events

Roll Out - 08:50 - 10:30 before transition (for ALL TS2 & TS3 athletes in IRC qualifiers only).

No Dogs

Bowood do not allow dogs into their grounds and the car park is unsheltered, so please leave dogs at home.

Spectators

All spectators to the event will need to pay the normal visitors admission fees to Bowood House to view and watch the event. To view the most up to date fees, please visit www.bowood.org. We advise booking your tickets in advance online.

General Information

Bowood House Triathlon is now in its tenth year and we are proud to be presenting this in 2023.

All events take place on Saturday.



Whilst we welcome spectators to this event, as it will be a fantastic opportunity to see your friends and family racing, the grounds are open to the public. For this reason, we ask everyone who is part of this event to be courteous to everyone in and around the grounds.

All competitors and staff will receive an entry wristband for this event. Each entrant under 18 will receive one parent wristband to accompany them into the grounds. If you are not wearing a wristband, you will have to pay to gain entry. Please note this parent wristband will allow you into the grounds, it does not give you access to transition.

Access is only permitted on the day you are racing.

Chip Timing

You will be given a velcro strap which has your timing chip embedded into it, this must be worn on your left ankle for the duration of the event. **Put it on immediately and do not mix it up with a friend or sibling.** This chip will provide your split times and race times. If you do not have your chip, you will not receive any race times.

Live Tracking & Results

Times will be available live and you can view them using the event day app which can be downloaded by scanning this code.



Day Licensing

We will be following the rules outlined by Triathlon England at this event. Each competitor will be issued with a day licence (unless you are a member of the home nation), this will act as your insurance for the event.

If you have not purchased a day licence during registration and are unable to provide your race licence at registration when you collect your race pack, you will be required to pay for a day licence prior to racing.

Swimming in Open Water

Open water swimming is different to normal pool swimming. We recommend you familiarise yourself in the time leading up to the event by visiting a local open water venue, or at a safe coastal location. There will be swim buoys for your sighting as there are no lines on the lake bed. The procedure for needing assistance in the water is to remain as calm as possible, roll onto your back and raise an arm. Help will be with you quickly, and if required we can take you to the shore.

*Bowood Estate does not allow swimming in the lake at any time, except during this event.



Medical

Whilst we hope that these provisions will not be required, we have adequate medical cover at this event. They will be based at the finish line. We will also have a medical station by the swim start/exit for anyone who requires it. A mobile medical point is also located on the bike course. Should you require assistance anywhere on the course, please alert the nearest marshal.

Photos

Our event photography partners are Marathon Photos. They will be capturing photos and videos from around course.

Images will be available within 24 hours of the event and will be available via the event website.

Baggage

Please put all additional bags in your vehicles, a small bag can be left in your space in transition if required, but bear in mind, you do only get a limited space for this. Any additional baggage will be removed by the event team and penalties may be awarded.



Feedback

Share photos on our Facebook or Instagram pages

Tweet about us using the hashtag #BowoodTri

Refreshments

The Tree House Cafe is accessible to all before entering into the grounds. This will serve hot and cold refreshments. In addition there will be refreshments in the race village.



Toilets & Changing

There are several toilets located around the grounds, we have also got additional portaloos for this event. Please do not use any bushes or hedgerows, you will be disqualified for this infringement.

Photography & Filming

Promotional material will be filmed during this event and will include still images and video recording.

Littering

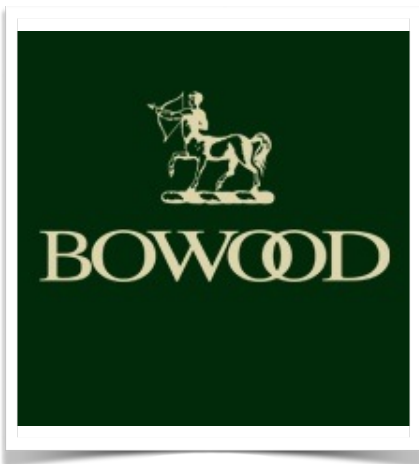
We have a litter drop zone which is available for 100 metres after the water station. Littering is not permitted anywhere else on the course. Please keep hold of gel wrappers until the finish line, you will be disqualified if you litter on the course.

Equipment & Gear Restrictions

Applicable to those in the drafting races which are part of the IRC Qualifiers Only; (TS2 & TS3);

Gear Restrictions - refer to separate document. You will be required to complete a roll out prior to entering transition, if your bike does not comply then your result will not count towards the IRC qualifiers and you will be moved to the non drafting wave.





Wetsuits

Wetsuits are optional for this event - youth, junior, sprint and super sprint races only. All Tri Stars 1, 2 & 3 events wetsuits are mandatory.

After Chip Collection

As soon as you have collected your timing chip, put this on your left ankle immediately. Proceed to transition to check your bike in and arrange your equipment.

Please familiarise yourself with the layout in transition to know which entrance/exit you will take and when.

Helmets

Whilst in contact with your bike, you must be wearing a correctly fastened cycle helmet. This will be checked when you check in to transition, **you won't be able to rack your bike unless your helmet is on and fastened before arriving at transition.**

Sports Massage

Massage will not be available at the event in 2023.

Safeguarding Policy

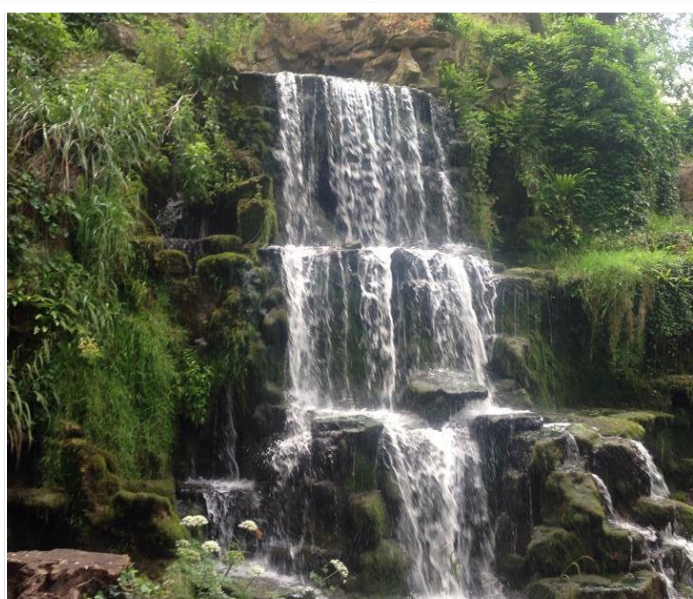
Any athlete who does not wish to have their photos published will need to make the staff aware at the help desk if they do not agree with the Parental Consent Form & Photography Consent Form. Forms available at the help desk or available at www.triathlonengland.org.

*Please note that official photographs will be filtered before being uploaded and any competitors. For this to be completed a race number must be visible.

Ensure you are at your race briefing 20 minutes before your start time by the lake.

Swim hats are issued during your race briefing.

Duathlon Starters - will congregate by the run start area in transition, please keep the exit clear for those who are racing.



Lap Counting

It is your responsibility to count your own laps on the bike and run course. Our staff will not count these. Athletes who have not completed the required number of laps will be registered as DNF.

To help you keep track of the bike laps, we will have distance markers every 5km around the course, these will be displayed with which lap you are on.

Other ideas to help you count your laps;

- carry jelly beans on your bike, eat one on each lap.
 - put strips of tape on your handle bars, move over to the other handlebar each lap.
 - wear a watch or GPS, split or lap the time each lap.
- Do not litter on course.

Race Numbers

Bib number - rear for cycling, front for running*

Sticker 1 - on your helmet

Sticker 2 - on your bike

Wristband - on your wrist

Wristband - for your parent/guardian (under 18s only)

Timing chip - on your left ankle

*Race numbers should be visible at all times, if you do not have a race belt, please wear this on your front.

You will need your wristband to retrieve your bike and belongings at the end of the race. Please ensure you do not remove this until it is collected.



Start Times - Saturday

Tri Star 1 [age 9-10] - Wave 1 - 10:00

*Tri Star 2 [age 11-12] BOYS - Wave 2 - 10:15 - IRC / Drafting

*Tri Star 2 [age 11-12] GIRLS - Wave 3 - 10:30 - IRC / Drafting

*Tri Star 3 [age 13-14] BOYS - Wave 4 - 10:45 - IRC / Drafting

*Tri Star 3 [age 13-14] GIRLS - Wave 5 - 11:00 - IRC / Drafting

Tri Star 2 & 3 non drafting (for those whose bikes do not confirm) - Wave 6 - 11:15

Super Sprint Triathlon (youth & Junior) - Wave 7 - 11:50

Sprint Duathlon - Wave 8 - 12:00

Sprint Triathlon - Wave 9 - 12:20

Sprint Triathlon - Wave 10 - 12:45

Sprint Triathlon - Wave 11 - 13:10

Sprint Triathlon - Wave 12 - 13:35

Sprint Triathlon - Wave 13 - 14:00

Super Sprint Triathlon - Wave 14 - 14:30

Super Sprint Triathlon - Wave 15 - 15:00

*Drafting races will be mass start.

All other races will be a rolling start, as you cross the timing mat, this will activate your start time.

Electronic Equipment

Electronic equipment is not permitted during this event, this includes the use of;

- MP3 Players & headphones
- Mobile phones
- Personal video recording devices (such as go pros)

Triathlon Distances

Tri Star 1 [age 9-10]

200m Swim - 1 lap

3km Bike - 1 lap

1.5km Run - 1 lap

Tri Star 2 [age 11-12]

DRAFTING LEGAL RACE*

300m Swim - 1 lap

6km Bike - 2 laps

1.9km Run* - 1 lap

Tri Star 3 [age 13-14]

DRAFTING LEGAL RACE*

400m Swim - 1 lap

9km Bike* - 3 laps

2.5km Run* - 1 lap

Youth [age 15-16]

400m Swim - 1 lap

12km Bike - 4 laps

2.5km Run - 1 lap

Super Sprint Triathlon

400m Swim - 1 lap

12km Bike - 4 laps

2.5km Run - 1 lap

Sprint Triathlon

750m Swim - 1 lap

21km Bike - 7 laps

5km Run - 2 laps

****Your bike must comply with the correct gear ratios and be a traditional racing bike for the drafting races.***



Triathlon England Permitting

We will be following the rules as outlined by Triathlon England during the permitting process. These can be found available via a link on the website. Please familiarise yourself with them prior to the race. We will have a Technical Official team present on each day of the event.

Each competitor will be provided with an electronic day licence (unless you are a member of the home nation), this will act as your race insurance for the event. You are not required to print this off.

Should any of the rules be broken, then disqualification may be awarded. Please note that to protect this event and the staff associated, any verbal or physical abuse from you or your supporters, directed to any member of the events team or another competitor will not be tolerated under any circumstance and you will be disqualified as a result of this.

Results & Prizes

Results will be uploaded to our website following the event.

On the day tracking is available and can be accessed by downloading the event app.



Affiliation

All events are affiliated with Triathlon England. Please familiarise yourself with the rules prior to competing.



Identification

You will be required to show proof of identification at chip collection. This can be one of the following;

- Wristband
- Bib number

Boxes/Large Bags

Please note that boxes or large bags will not be permitted in the transition area. This is inline with the update of rules with Triathlon England.

Water Station

A water station will be available at the start of the run and on the start of lap 2 (sprint). Water will be available at the finish line.

If you require water at any other stage, please be self sufficient.

Volunteer as an event champion

Rope your friends into the event - we are recruiting our team for this event, to encourage the triathletes around the course. Not only do they get a great day out, they will also get a credit towards a future event.

Email info@bowoodhousetriathlon.co.uk if you know someone who would like to be involved.

Don't forget...

On race day, we get numerous requests for equipment, don't forget to pack your swim goggles, bike helmet or a spare inner tube.

Tri Stars Bike Familiarisation

There will be a moto led familiarisation ride for all tri stars at 09:40 and will last 10 minutes. Riding is not permitted at any other time on the course as the races will be starting. The meeting point will be by the bike out bridge from transition. If you miss the ride, you will be unable to attend, this is targeted mainly for the drafting events however anyone can join.



Duathlon Race Distances

Sprint

5km Run - 2 laps
21km Bike - 7 laps
5km Run - 2 laps

Duathlon start will be by the run start in transition.

TS2 & TS3 athletes - Complete your bike roll out for gear restrictions between 08:50 - 10:30am before transition;

- If your bike fails, you will be asked to correct the gear ratios, or you will be unable to qualify for the IRCs. You will be moved into wave 6 which is the non drafting race.
- If your bike passes, you will be asked to sign that you agree to race with your bike as tested during the roll out, you will also receive a sticker confirming this and will be granted entry to transition.

You can still race in 2023 if your bike does not meet the roll out criteria, you will however be unable to count your result towards the IRC rankings.

Ensure your equipment is in your space in transition and any bags or boxes are not left with your bike.

Ensure you are at your race briefing 20 minutes before your start time.



There will be moto and coach lead ride for all tri stars at 09:40am starting at the bike out bridge.

Riding is not permitted at any other time on the course as the races will be starting shortly after.

The Triathlon England South West Technical Series Officer will be Roger Martindale.

The cycle course is not accessible during the event as this goes through some of the more private areas of Bowood Estate.

Please respect the venue signage and boundary fences and stay within the event area.

You can view the cycle lap from the car park and spectating area outside of the admissions gateway.



Additional items to bring;

Hand sanitiser or anti bac wipes

Enough fluids to self support you during your race

Only 1 bag of equipment, additional bags and boxes will be refused and you will have to take back to your car.

Only equipment you require to race

Race number & wristband from your race pack (which was posted) for chip collection.



Race Licence

Don't forget your Triathlon England race licence if you are a member. If you forget or haven't purchased a day licence you will have to buy one at pack collection.

Break down on the bike course

We will have some static marshals on course and also motorcycle officials on course too.

They will aim to get you back up and running to be able to finish the cycle element.

Should a medical emergency occur, first contact one of our event marshals, and a medical unit will be deployed to your location.

We will have the facility to collect you if you are unable to complete the cycle element however please bear in mind that this may take a while.

If your bike breaks down, you can still complete the race by walking with your bike.

Event Village

Please take some time look around the race village and support our vendors.

There will be;

- The Box - champagne & fizz bar
- Cafe 2 U - coffee van
- Tray Cake - home baked cakes
- Sweet Shop - pick and mix
- Discover Bikes @ Performance Cycles - bike mechanic and gear tuning
- Big Bobble Hats
- Beyond Fitness - sports wear

Personal Items

- Required medication (inhalers)
- Spare contact lenses or glasses
- Hand sanitiser or wet wipes
- Small transition bag (no boxes)
- Personal ID/race licence (registration)
- Phone or camera for post race selfie (not in transition)

Useful Items

- Post race clothing
- Sun screen (check weather)
- Water
- Watch
- Heart rate monitor

Nutrition

- Pre race energy (banana)
- Race energy (bars or gels)
- Post race recovery
- Water bottle (pre filled)



Run

- Suitable running shoes
- Cap or visor
- Sunglasses
- Talc

Swim

- Goggles
- Swim suit (tri suit)
- Ear plugs & nose clip
- Swim cap (provided by LPS Events)
- Small towel
- Anti-chafe prevention
- Wet suit (if open water)

Bike

- Bike
- Suitable bike shoes
- Helmet
- Race belt (available to purchase)
- Socks
- Sunglasses
- Spare inner tube/small pump
- Small multi tool
- Cycling gloves
- Rubber bands (for cleated shoes)
- Gilet or jacket (check weather)

Additional Items

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-
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KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

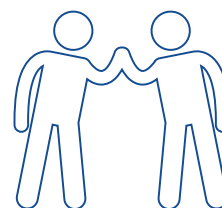
RULE 2.1 Littering



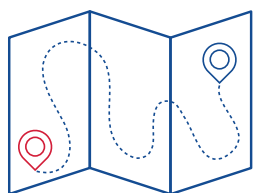
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



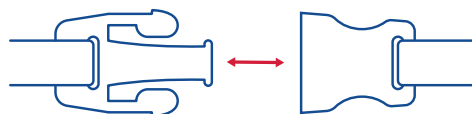
RULES 4.10 | 5.2 | 6.4 Illegal Equipment

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2 Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.5 Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.

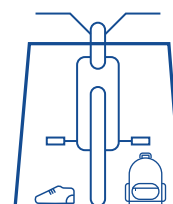


In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.





DRAFTING RULES EXPLAINED

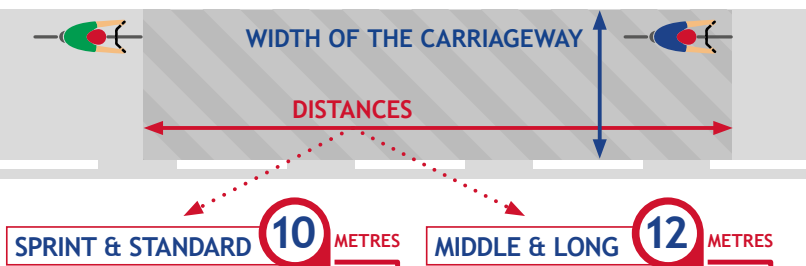
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WHAT IS DRAFTING?

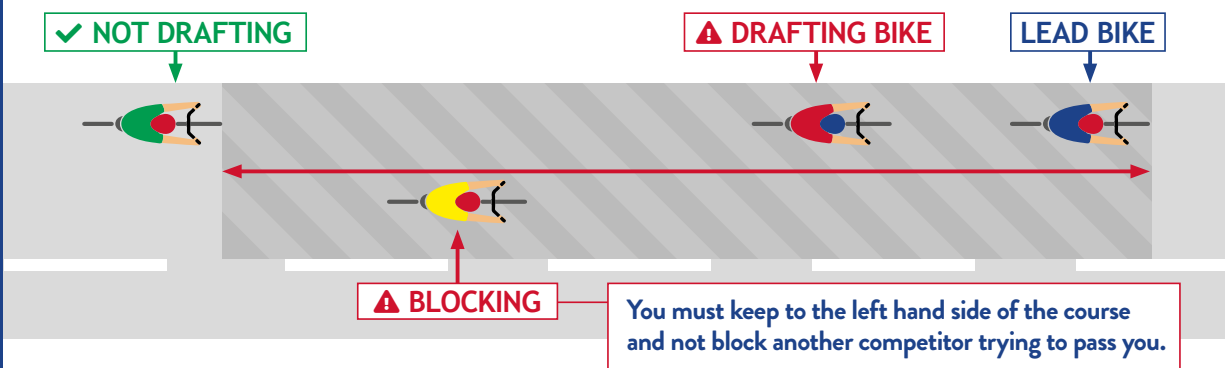
IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20** SECONDS

MIDDLE & LONG **25** SECONDS

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

What is Age-Group Triathlon?

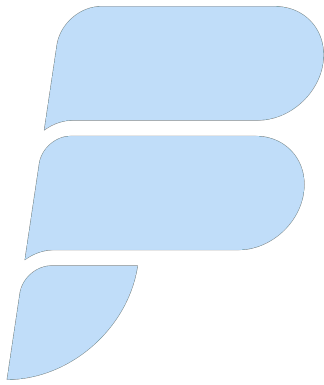
The non-elite format of the sport is known as Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by gender and age and are set apart by five year age bands, from 20-24 upwards to 80+.

There are also Tri Stars, Youth and Junior categories from ages 8 through to 19, with international competition starting at age 16 for sprint distances and 18 for standard distance and long distance. For international age-group competitions and age-group qualification all 16-19 year olds will be grouped as one Under 20 age category.

The age band category that you fall into depends on your age on December 31st in the year of competition. Example: If you are 35 on December 29th 2019 then for the whole of 2019 you will compete in the 35-39 age groups.

Key Category	Age	Key Category	Age
TSS Tri Star Start	8	H Veterans 1	40-44
TS1 Tri Stars 1	9-10	I Veterans 2	45-49
TS2 Tri Stars 2	11-12	J Veterans 3	50-54
TS3 Tri Stars 3	13-14	K Veterans 4	55-59
		L Veterans 5	60-64
A Youth A	15-16	M Veterans 6	65-69
B Youth B	17	N Veterans 7	70-74
C Juniors C	18-19	P Veterans 8	75-79
		Q Veterans 9	80+
D Seniors 1	20-24		
E Seniors 2	25-29		
F Seniors 3	30-34		
G Seniors 4	35-39		





Beyond Fitness

On a mission to normalise real bodies by celebrating diversity, body positivity and self love.

Royal Sweet Mix

Home of "The Best Pick N Mix Sweets"



Big Bobble Hats

Big Bobble Hats

Oversizes Bobbles, we have over 100 styles of Big Bobble Hats!

Performance Cycles

Precision tuning and bike hire, to get you racing your best.





Ranch Pizzas

Authentic stone baked pizzas freshly prepared, breakfasts, gourmet burgers, with vegetarian options.

Cafe 2 U

Freshly brewed coffee, hot and cold drinks, including alternative milks.



Tray Cake

Home baked cakes with vegan and gluten free options.

The Fizz Box

Champagne bar with premium beers & luxury hot chocolate.

