

# Kingfisher Aquathlon, 14<sup>th</sup> April 2019

## Adults GoTri Race Pack

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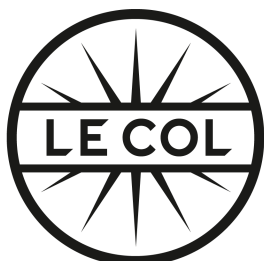
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## **General Information**

### **Race location, parking.**

Morden Park and Morden Leisure Centre, London Road, Morden, Surrey SM4 5HE.

**Please note the race will be held at the newly built Morden Leisure Centre for the first time this year, located on the right hand side of the road before the car park.**

Parking can be found in the pool car park. Entry is located off London Road next to the Merton Campus of South Thames College. Parking is free on Sundays.

### **Race setup**

The **Kingfisher GoTri Aquathlon** consists of a 200m pool swim followed by a 4.5k trail run (2 run laps). The race has an interval start format, start order will be based on estimated 200m swim time, ranked fastest to slowest. Intervals between competitors are 15 seconds.

Adult GoTri race start will be at approx 10:15am

This is also the sixth year the Kingfisher Aquathlon includes a race for children age 8 up to 18. Children age 8 to 14 in the TriStar categories race on the TriStar course and start at 8:30am and will be finished by the time the adult race starts. Children aged 15 -18 in the Youth and Junior categories will race on the adult course (only doing 2 run laps) and will start right before the adults at 9.55 am. So you might pass or get passed by these athletes doing their race.

We do encourage you, when you have some spare time before the race, to cheer on the future of multisport!

### **General race rules**

The Kingfisher Aquathlon race is governed by the BTF and thus BTF rules apply. The most up-to-date rules can be found in the BTF rulebook at:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

If you have any questions about the rules please contact the BTF beforehand or contact the BTF race official on race day.

Some of the main points regarding this aquathlon are:

- Enjoy the race in an atmosphere of sportsmanship, equality and fair play.
- It is the competitor's responsibility to know and correctly complete the full course of the event and competitors are ultimately responsible for their own safety and for the safety of others.
- Foul or abusive language is not permitted nor tolerated
- All competitors must ensure they are adequately clothed at all times.
- One race number will be issued per competitor. This is to be displayed at the front, attached using safety pins or a number belt.

- **A BTF day membership is included with your GoTri entry.**
- Any equipment that acts as an impediment to hearing or concentration is prohibited from use during the event (e.g. phones, MP3 players, headsets)

## ***Before the race***

### **Race registration**

Race registration for the adult Kingfisher Aquathlon opens at 8.30am and closes at 9.30am with the race briefing at 9:40am. Race registration is located outside the pool building. At registration you will collect your race number and timing chip and you will be marked up with your race number. Note that the number on your timing chip may differ from your race number.

A BTF day membership is included with your GoTri entry.

### **Changing facilities**

Changing facilities are available within the pool building, including showers/toilets. We suggest you leave your bags and other clothes in the lockers (£1 return type) inside the pool building. Please bear in mind that the changing facilities remain open to members of the public through our race.

### **Transition (setting-up)**

The outside transition area is located on the side of the pool building. Transition is where, prior to race start, you place your running kit (shoes, race number, and possibly extra clothes). Make sure you set up in the correct area as directed by the signs and the transition marshals. Access to adult transition is only allowed to competitors and between 8:30am and 9:50am. Please be aware that the children's race is ongoing in the hour before the adult race start.

Transition opens again for collection of your kit when the last competitor has left transition.

## ***The Race***

### **Race briefing and start times**

Race briefing will be held near the registration desk at 9:40am. The briefing will contain a short summary of the race pack content among other things.

The start of the GoTri aquathlon is at around 10.15am. A short delay may occur depending on the junior race. However we expect to start on time.

Race start order will be based on estimated 200m swim time, ranked fastest to slowest.

Race number assignments will be posted on the Entry List page of the race website on Friday 12th April.

	registration open/close	transition open/close	race briefing	category specific briefing	approximate race start	prize giving (approx.)
Adult GoTri	8:30 - 9:30	8:30 - 9:50	9:40	n/a	10:15	12:00
Adult					10:25	

## Swim

The swim leg of the race is 200m or 8 lengths of the pool. Swim start is in the fourth lane at the deep end. Please get ready at the balcony side of the pool. You will be called to the swim start in groups by race number, where you then line up in race number order. Competitors will start at intervals of 15 seconds. When it is your turn, you get in the pool and wait for the go ahead from the start marshal.

The pool will be divided into lanes. You swim each lane up and down then duck under the rope to the next lane. Repeat this 4 times for a total of 8 zig-zagging lanes. See the pool layout in the course maps section of this race pack.

At the end of your last length you will swim towards a set of stairs. Use this to get out of the pool and proceed to transition (**no running in the pool**). Please be careful on and around these stairs.

No people other than competitors and marshals will be allowed at pool side. There are viewing options from the balcony, from the café or from outside in.

## Transition

In transition, put on your running kit. No changing out of your swimming costume, no MP3 players or similar. Your upper body must be covered before you leave transition. Make sure your race number is visible on the front when exiting transition.

## Run

Out of transition take left onto the path. Follow the rest of the run loop as guided by marshals and markings. You have to complete 2 loops of 2.25k each, for a total of 4.5k run, before finishing the race. It is your responsibility to correctly complete the full 2 loops.

Since the run course is mostly undulating trails it may be muddy and/or slippery in places. [There is also a small section of tarmac path.](#) Please be aware. Also be considerate to other competitors and to members of the public who may be using the same trails.

A water station will be present near the finish area.

If, for whatever reason, you step out of the race, please let a marshal know.

## After the race

## **Free cake**

At the finish the traditional Kingfisher free homemade cake buffet will be waiting to refuel your energy supplies. Non-competitors may purchase cake for a small donation to charity.

## **Catering**

There will be a catering van which will sell hot cooked breakfast sandwiches, hot drinks, snacks and cold drinks. Please make good use of this service.

## **First aid**

During the whole race, first aid services will be provided by First Aid Cover Ltd. We really hope you do not have to use this service.

## **Prize presentation**

We will proceed with the prize presentation near the finish area once the provisional results have been verified. This year we will be using chip timing provided by Race Timing Solutions so we will be able to provide you all with immediate results.

Prizes will be awarded to the GiTri race overall male and female 1<sup>st</sup> place only.

Prize winners must be present to receive. These will not be posted out.

## **Results**

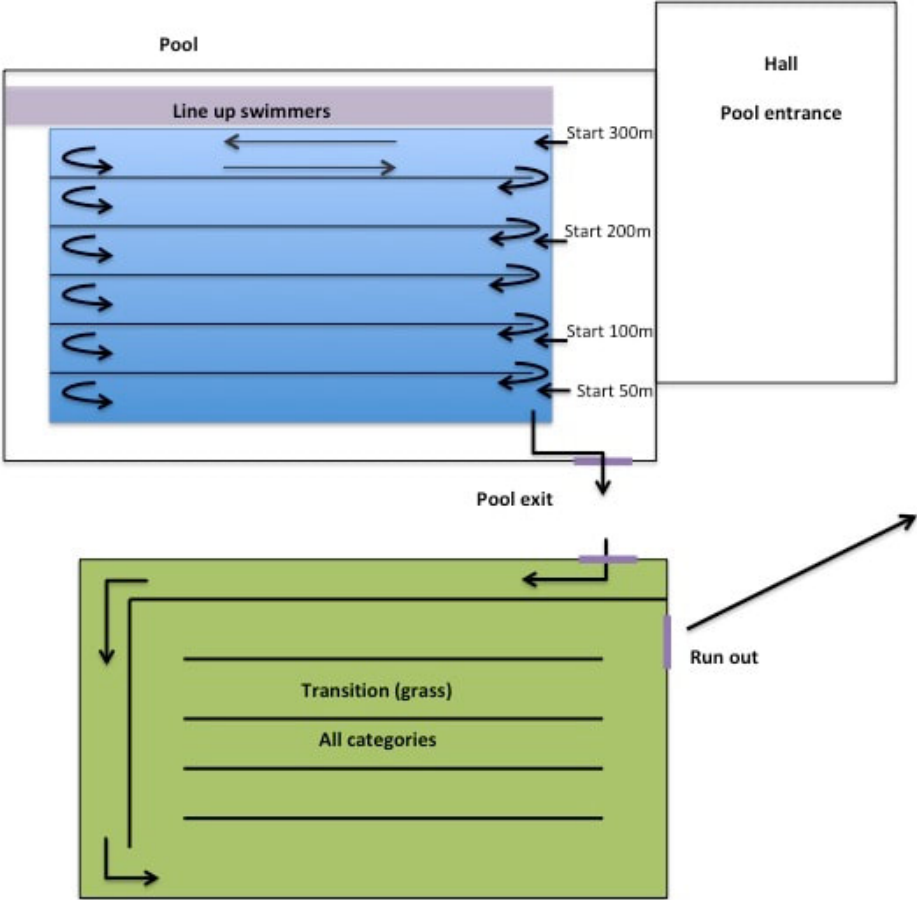
A complete list of results will be posted on the race website as soon all results have been verified. Live race results are available from  
<http://racetimingolutions.racetecresults.com/results.aspx?CIId=16269&RIId=1032>

## **Contact**

If you have any queries between now and the event you can reach the Race Director, via email at [kingfisheraquathlon@kingfishertriathletes.co.uk](mailto:kingfisheraquathlon@kingfishertriathletes.co.uk)

# Course maps

Below, the map of the pool layout.



Below is the map of the run course for the Kingfisher Aquathlon. Total length of the loop is 2.25km. Youth/Junior and GoTri competitors will run 2 laps (clockwise) for a total length of 4.5km, the standard distance competitors run 4 laps for 9km. The run course is completely contained within the park and is traffic free. The run is a trail run, mostly on grass and paths and short 150m stretch of new tarmac. Depending on the weather it may get muddy in some places.



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