

Race day info

Lake Temperature and Weather Forecast

The lake temperature at this time of year is usually around **18-20°C**. For up to date information on the water please check the Tri2O Swim Centre website www.mysportingtimes.com. BTF (British Triathlon Federation) rules apply regarding the wearing of wetsuits (please see page 11 of the rules here <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>) – but in short, if the water temperature drops below 13° (extremely unlikely!) then wetsuits will be compulsory; between 14° and 22° wetsuits are optional, and at 23° and above, wetsuits are prohibited due to risk of overheating. However, we strongly recommend that all but the most experienced athletes wear wetsuits if the water temperature is below 23°.

A limited number of wetsuits are available to hire through our friends at the Tri2O Swim Centre; please visit their website here <https://www.mysportingtimes.com/product/reading-triathlon-wetsuit-hire> and they will try to assist you. Alternatively you can call them on 01189 332761.

Kit Preparation

Ensure that your kit is in good working order; swim goggles should be leak-free and should not mist up, your bicycle must be roadworthy with tyres, brakes and gears fully functioning and in good condition, bike helmets are *compulsory*, and running shoes should be fit for purpose.

Think through each stage of the race: swim, T1 (first transition), bike, T2 (second transition) and run, to ensure you have covered everything that you will need for race day.

Parking

IMPORTANT NOTE, remember that there will be **NO ATHLETE OR SPECTATOR PARKING AVAILABLE AT THE VENUE** – if you come to the hotel to park you will be redirected to the designated parking area.

We are waiting for Green Park to confirm car parking arrangements with us. As soon as exact details are confirmed we will communicate these to all entrants.

Your Wave, Start Time, and Race Number

Wave Start times:

There will be two race briefings which last around 10 minutes, one for the Olympic distance and one for the Sprint distance. You **MUST** ensure that you attend your race briefing as it contains important safety and course information.

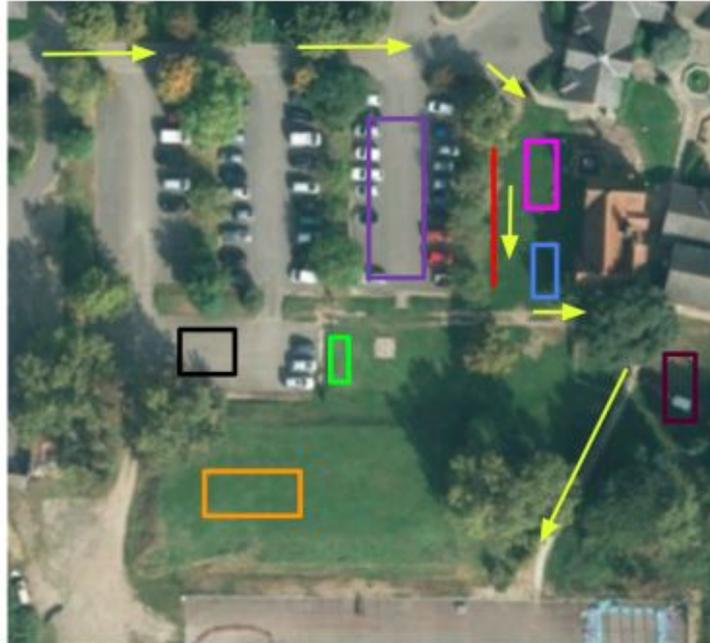
These are the PROVISIONAL wave start times, subject to confirmation:

Olympic briefing – 07:40		Sprint briefing – 08:30	
PINK	Wave 1	08:00	Male Under 40 Olympic
YELLOW	Wave 2	08:10	Male 40+ Olympic
BLUE	Wave 3	08:20	All Female Olympic & Relay Team Olympic
RED	Wave 4	08:50	Male Under 40 Sprint
ORANGE	Wave 5	09:00	Male 40+ Sprint
WHITE	Wave 6	09:10	All Female Sprint & Relay Team Sprint

Please Note: You will be called through to the swim start area for your race briefing and assembly in the water for the wave start. It is compulsory for every participant to attend a pre-race briefing, and we'll assume that you've listened to it!

Registration

- Registration Gazebo
- Scouts catering
- Bike racking for registration
- Ice cream van
- AW Cycles
- Massage
- Paramedics
- Arrival - to transition
- Athlete Exit



Registration will be on race day only, from 06:30am. Follow the signage from the car park to find the registration area.

You will need to go to the appropriate desk [Olympic / Sprint & Relay] to pick up your Race Pack and timing chip, **BEFORE** you enter transition and rack your bike. You will be provided with 2 race numbers, 1 Helmet sticker & 1 Bike sticker. Check that all of the numbers in your pack are the same and ask if you are unsure. The timing chip is valuable – please make sure the chip and Velcro strap are secure and wear the chip **UNDER** your wetsuit. If you lose it you will have to pay £50 to replace it – so please look after it!

There will be some bike racking at registration to facilitate registration prior to racking your bike in transition. Once you have registered, make your way to transition and rack your bike in your designated space according to race number. You cannot take anything *out* of transition without having your corresponding race numbers and bike/helmet stickers.

If you have pre-arranged to hire a wetsuit for the event, it will be ready for you to collect at registration.

The Reading Triathlon is a British Triathlon permitted event. If you are not a home nations e.g. Triathlon England, member, you would have purchased a day licence when you entered the race. For more details on what day membership provides you, see here: [British Triathlon Day Membership](#).

If you ARE a member, you **MUST** bring your membership card with you to registration, otherwise you will have to purchase a day licence, with cash. No exceptions!

Toilets

There will be plenty of toilets available on site, and the toilet blocks will be very visible adjacent to the finish line and registration area. We will be checking for toilet paper supplies regularly!

THE COURSE

Swim Course



The Olympic distance swim is a two-lap course and the sprint distance race is a single lap. Whilst the courses will be clearly marked with large marker buoys, it is your responsibility to ensure that you are familiar with the correct course for your event – details will be provided in the race briefing before you enter the water and you will be shown at registration. There will be marshals on hand to explain the course to you in advance of your wave start and kayakers on the water to ensure that you are heading in the right direction.

Each wave will have around 60 athletes who all need to enter the water within a 5 minute window. In response to feedback, we have changed the format to enable a longer time to warm up and acclimatise to the water before each wave start, by having only two race briefings, 20 minutes before the Olympic and Sprint waves. You will be told when to enter the water.

If, at any point during the swim, you start to feel unwell or are experiencing a problem, simply turn on to your back and raise your arm in the air; a kayaker or support boat will come to your aid. There will be emergency cover at the swim exit.

Bike Course

Whilst you are ultimately responsible for your own safety and your navigation of the course, we do have a great team of marshals to help keep you safe and make sure you are travelling in the right direction. Please obey the marshals, and treat them with respect and good manners; remember they are there for your benefit and are volunteering their time to ensure you have a great race. Remember that most of the bike course is on roads open to traffic, so take care and always obey the Highway Code.

IMPORTANT NOTES:

There are two right hand turns on the bike course; one minor, one major. For your own safety, you **MUST** stop and remove your foot from your pedal and place it on the ground, in view of the marshals at the major right turn; failure to do so will result in *immediate disqualification*. You'll see good warning of this junction.

There is also one set of traffic lights on the bike course. However, these are on a section of closed road near the end of each bike lap. **You are permitted to go through a red light here**, but please do so carefully. No cars should be using this stretch of road, but you never know!

The bike course is:

ONE LAP for the sprint distance

TWO LAPS for the Olympic distance

Here you will find full details of the course:

<https://ridewithgps.com/routes/30752500>

Run course



The sprint distance run section is 3 laps around the lake, whereas Olympic distance participants will complete 6 laps. On your final lap you run down to the finish straight instead of heading around to start another lap – the finish gantry is VERY visible. A sensible suggestion is to spend a minute checking the route to the finish once you've registered. **It is your own responsibility to count your laps.** If you are worried you will lose count under the pressure of race conditions, you can use elastic bands on one wrist, which you transfer at the end of each lap to remind you how many you've done.

Remember that the run course is predominantly on a track around the lake which may be affected by any recent weather – please watch your footing and run within your capabilities. If it has been very wet, then trail shoes may be more appropriate.

Relay Teams

Relay participants will all need to collect their race packs at registration – one team member can collect all three. Relay change-overs **MUST** take place by your designated space in transition – nowhere else – and you'll need to transfer the timing chip and strap from person to person here. Relay swimmers and cyclists should contact a transition area marshal to collect their finisher medal – you don't have to wait until the end.

Water Stations

There will be one water station located near the start of the run lap. Water will be in plastic cups; please use the bins provided to dispose of your cups where possible – we do understand that this can be difficult on the move! If it's a warm day sponges will also be available here. Water will be available at the finish.

Other Operational Information

- We will supply safety pins to pin your numbers to your shirt if required; alternatively you may use a race belt and some will be available to purchase on the day - bring £5 in cash if you will need to buy one.
- Please make sure you bring your own water bottles (there is no aid station on the bike course) and use sun block if necessary.
- Mark the inside of your wetsuit with your initials/name. Make sure you take the correct wetsuit home!
- For everybody's safety, ear pieces / iPods / phones are not allowed in transition or on the course on race day. You will be stopped during the race if you are using any of these devices.
- Bikes can only be removed from transition with matching race number and bike numbers.

- No bags or boxes will be allowed at your transition area adjacent to your bike, but there will be an allocated area just within transition for you to leave a small bag or box. We are unable to take responsibility for any loss or damage, so any valuables are left at your own risk, but we will do our utmost to keep this area restricted to competitors only and a marshal will be allocated to oversee it.
- Race Photos – Your race photos will be available to download the week following the event; further details will follow in the post-race email.
- When you are returning to the car park, please keep LEFT on the road, as there may still be cyclists on the route, coming the other way back in towards the hotel.
- We are trying to minimise waste and in particular single-use plastic, so will be providing water in compostable cups at the finish line and the water station on the run course, or you can bring your own water bottle to fill up.

Prizes

After you have finished your event please stay around for the Prize Giving Ceremony, encourage the athletes still out there racing the course and just enjoy the atmosphere. Prize Giving will commence as soon after 11:30am as possible in the area near the finish.

After the podium presentations we will be raffling prizes according to race numbers pulled out of a hat. So, for those of you who might consider themselves in the “I’m never going to win” category will have a chance of winning some great prizes, including sports massage, event entry, open water coaching, cycle shop vouchers to name but a few.

THE EVENT VILLAGE

There will be a range of support on hand for your every need before and after the event, and to keep your supporters and spectators happy and well fed. Our marshals are experienced and enthusiastic triathletes and if you have any questions or concerns, do not hesitate to ask.

We will have massage therapists, refreshments (hot food, cakes, coffee and ice cream) and bicycle support on site - watch this space for confirmation of details.