



TRI AND PARATRI FESTIVAL



ATHLETE'S GUIDE

26th August 2023



Welcome Note

Welcome to the Arctic One Tri and Para Tri Festival. We are delighted to be able to include the British Supersprint Championships and British Paratriathlon championships in this year's schedule, alongside our regular events. This is a fantastic opportunity to showcase every aspect of the sport from novices to Elites.

The event would not have been possible without all the people who helped and supported the event especially the marshals!

The Arctic One Team

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Pre-Event

Entry Queries

If you have any queries on your entry or race changes, please email thearticonefoundation@gmail.com

Race Day checklist

Registration

- Photo ID *or*
- If you have one, your British Triathlon Home Nation Membership card

Swim

- Wetsuit (recommended, but optional dependant on water temperature)
- Swimming Goggles
- Trisuit/swimwear



Bike

- Bike, in a road worthy condition
- Bike Shoes/trainers
- Race belt if you use one
- Bike Helmet - you won't be allowed to cycle without one
- Trisuit/Clothing
- Drinks Bottle
- Any nutrition you might need
- Sunglasses if you want to wear them
- Bike tool/puncture repair kit

Run

- Running Trainers (if not using on the bike)
- any nutrition you might need
- A cap/Sunglasses if you want to wear them

General

- Dry Clothes to put on after you finish
- Suncream
- Water

Event Day

Location

The triathlon is being held at Dorney Lake, Off Court Lane, Windsor, Berkshire, SL4 6FJ

What 3 Words: else.fact.rushed

Directions

By Driving:

After coming off Junction 7, follow slip road to roundabout. Turn left onto A4 towards Maidenhead

Turn left at roundabout onto B3026, signposted Dorney and Eton. Pass back over the M4 entering the village of Dorney.

On the sharp bend, follow the road round to the right onto Court Lane.

Enter the rowing lake through the large double white gates

You will be greeted by a staff member who will check to allow you to enter the venue.

Follow the road down towards the boathouse

By Train:

Main Stations for Dorney Lake are Slough and Windsor & Eton Riverside. These stations are within a 15 minute drive of the venue

Event Day

Parking

Once you have entered Dorney Lake, follow the road down to the Boathouse. You will be directed where to park by the parking marshals. There is a small section where the course joins the route where the cars enter. It will be barriered off, but please take extra care around this area and if you are asked to wait a few moments as athletes are going through, please follow the instructions and be patient.

Registration

The time that you will be allowed to register on the day will depend on which event you are doing. In order to register, you will need your photo ID or a valid British Triathlon Home Nations membership card. Failure to bring your BTF membership card (if you have one) will mean you have to purchase a day membership (£6). If you don't have a BTF membership, you do not have to do anything else - you will be given a day license when you register.

Registration times:

British Supersprint Championships, Para & Open super sprint: 06:30am - 07:45 am

British Paratriathlon Championships and Open Para Sprint: 07:00am - 09:00am

Sprint and Aquabike: 10:00am - 11:45am

Super Duper Sprint and Para Super Duper Sprint: 12pm - 1:30pm

British Paratriathlon Championships Registration

If you are taking part in the British Paratriathlon championships, there will uniform and Bike Checks at the registration when you receive your race packs in accordance with the World Triathlon rules.

Event Day

Race Packages

At registration you will be given an envelope containing the following:

Race Bib number: (worn on the back for the cycling and the front for the running)

Wristband: This must be worn to access and exit transition. Please keep it on for the entire event as you will need to collect your bike at the end.

Swim hat

Timing Chip and strap: Please wear this on your left ankle if possible. Please make sure you do not lose your chip as there is a charge of £80 for lost chips.

2 x bike number stickers: To be attached around your seatpost and on your handlebars

Helmet number sticker: This should be attached to your helmet

Safety Pins: Available on request

Merchandise Voucher: If you have purchased merchandise prior to the event, there will be a voucher to claim your merchandise which you can do either before or after your race.

Registration staff will be on hand to advise how to attach any of these items.

All numbers and wristbands should be attached before you enter transition.

Weather

Please make sure you have the right clothing for the weather including suncream/hats/sunglasses and plenty of water if it is hot as well as warm clothes to put on after.

Event Day

Transition check - in

All athlete will need to check into transition. Please make sure you have your numbers and wristbands on before entering transition. Your numbers and wristband will need to remain on until you leave transition for the final time and you will need them to collect your bike/equipment

You will only be able to check into transition at the times below. Please do not arrive before you transition check-in time as you will not be allowed to access the transition. Please be aware of any athletes racing already when you are in the transition.

British Supersprint Championships, Para & Open super sprint: 06:45am - 07:45 am

British Paratriathlon Championships and Open Para Sprint: 07:00am - 09:00am

Sprint and Aquabike: 10:00am - 11:45am

Super Duper Sprint and Para Super Duper Sprint: 12pm - 1:30pm

Transition will be live for most of the day so we will close the transition when athletes are coming through to ensure everyone's safety. Please be patient with the marshals if the transition is closed for a few minutes.

Each competitor is allocated a numbered transition space where you must place your equipment.

Bag Drop

Competitors are allowed to bring in and store one small bag in their transition area so long as it's no bigger than 50cm x 40cm x 20cm. Please only bring what you need for racing and some warm clothes to change into after you finish.

Event Day

Electronic Race Timing

Once you have been issued with your chip at registration, ensure that you don't get it mixed up with anyone else's. If you can, wear the chip on your left ankle. For para-athletes in wheelchairs, please place the chips on the handbike and chair you will use for the run.

You must return your chip to the volunteers at the finish area at the end of the race. Be aware that you will be charged for a missing chip. Please help the volunteers by removing your own timing chip once you have finished. Place the chip in the buckets at the finish area.

Withdrawal on race day

Pre-race: If you wish to withdraw prior to your race start, please let the marshals at registration know and return your timing chip. If you do not return the timing chip you will be charged for it's replacement.

During the race: if you feel the need to withdraw at any point during the race, please do so. It is vital that you inform the nearest marshal or Technical Official so that we know you are safe. Make sure that you hand your timing chip to them.

Race Briefing

This guide acts as your main race briefing so please read it carefully. A "key points" reminder will be given at the swim start, before each wave.

If you have any questions, please email us at thearticonefoundation@gmail.com

Schedule

08:00 British Supersprint Championships and Open wave - Wave 1 (open)

08:03 British Supersprint Championships - Open wave - Wave 2 (females)

08:10 Para Super Sprint (all)

09:30:00 British Para Champs PTS2-5 and Para Sprint Tri 2-5 (all)

(Open and Female is now combined)

09:45:00 British Para Champs PTVI B1 and Para Sprint Tri 6 (**All**)

10:30:00 British Para Champs PTWC H1 and Para Sprint (Open and Female)

10:33:00 British Para Champs PTWC H2 (Open)

11:45 Sprint and Aquabike (Open and Female)

12:45 Super Duper Sprint (**Para, Individual and relay**)

Race Distances and Laps

SWIM

BIKE

RUN

British Supersprint Champs	400m (1 Lap)	10km (2 Laps)	2.5km (1 Lap)
Super Sprint	400m (1 Lap)	10km (2 Laps)	2.5km (1 Lap)
Para Super Sprint	400m (1 Lap)	10km (2 Laps)	2.5km (1 Lap)
British Paratri Champs	750m (1 Lap)	20km (4 Laps)	5km (1 Laps)
Paratriathlon Sprint	750m (1 Lap)	20km (4 Laps)	5km (1 Laps)
Sprint	750m (1 Lap)	20km (4 Laps)	5km (1 Laps)
Sprint Aquabike	750m (1 Lap)	20km (4 Laps)	-
Super Duper Sprint	200m (1 Lap)	5km (1 Laps)	1.5km (1 Lap)
Para Super Duper Sprint	200m (1 Lap)	5km (1 Laps)	1.5km (1 Lap)

All Races are NON-DRAFTING

British Paratriathlon Champs & ¹² Open Para Sprint

Swim Start

For the swim start, athletes will be put in small waves based on the athlete's paratriathlon classification. The athletes will enter the water from the pontoon. The starter will sound the horn to start.

No diving is permitted. Please respect the instructions of the marshals.

Wetsuit Rules

Wetsuit rules are as per British Triathlon Competition rules and are dependent on water temperature:

- <18oc – Wetsuits are mandatory
- >18oc – Wetsuits are optional
- >24.6 - Wetsuits are banned

Please note that we do not have wetsuits available to hire on the day. If you need a wetsuit you can hire them from www.wetsuithire.co.uk

British Paratriathlon Champs & ¹³

Open Para Sprint

Swim Hats

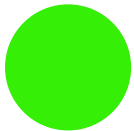
The colour of swim hats given will be determined by the assistance required by each athlete as they enter and exit the water. Athletes will indicate their hat colour in the pre-race information sent out in the week of the race, but this can be changed at registration if needed:



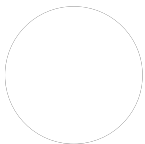
Red: Athlete need to be lifted out of the water



Yellow: Athlete needs to be assisted out of the water, but not lifted



Green: Athlete does not need any assistance coming out of the water



White: Guide to a Visually Impaired athlete



Orange: B1 Visually impaired Athlete

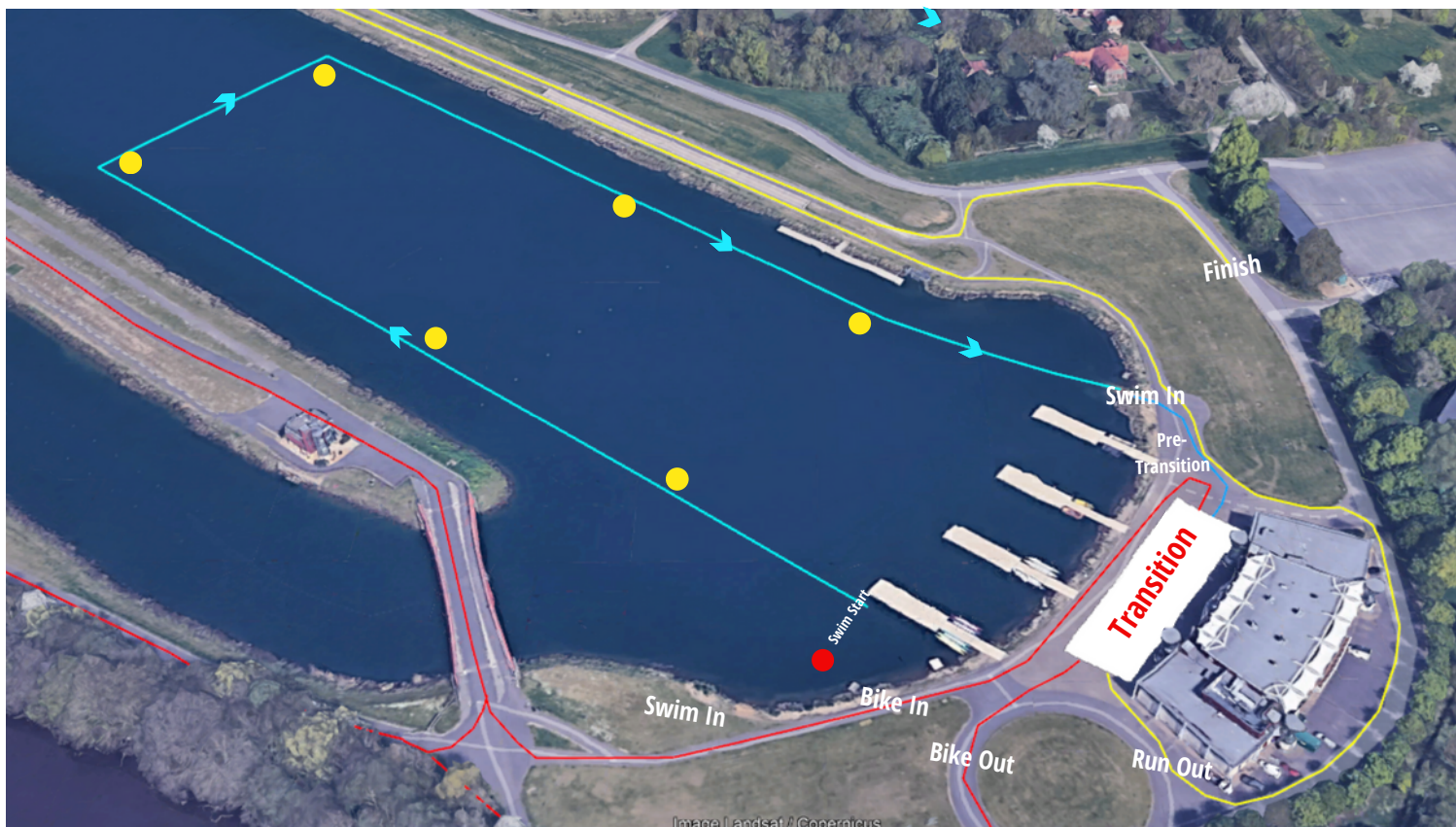
Swim Handlers

There will be swim handlers at the swim exit to help the athletes out of the water. These volunteers will help the athletes who need assistance to the pre-transition area so they can collect any equipment they need to get to transition.

British Paratriathlon Champs & ¹⁴ Open Para Sprint

Swim Course - 750m

You will start between the buoy and the pontoon. Once the horn is sounded, you will swim to the furthest buoy. All buoys should be kept on your right shoulder as you pass them. After the last buoy, the exit to the swim is a concrete ramp, which will be marked by an inflatable arch.



Swim Safety

There will be a large number of very experienced swim safety team to support competitors. If you need assistance or want to withdraw, lie on your back and raise your arm in the air and a kayak will come and assist you. Don't panic, your wetsuit will help your buoyancy.

British Paratriathlon Champs & ¹⁵ Open Para Sprint

Pre-transition

Pre transition will be located near to the swim exit. Athletes can leave equipment here that will help them get to transition. There will be numbered chairs and marshals to help in this area. Your equipment should be left on a chair corresponding to the last digit of your race number (eg. number 309 will place stuff of chair number 9)

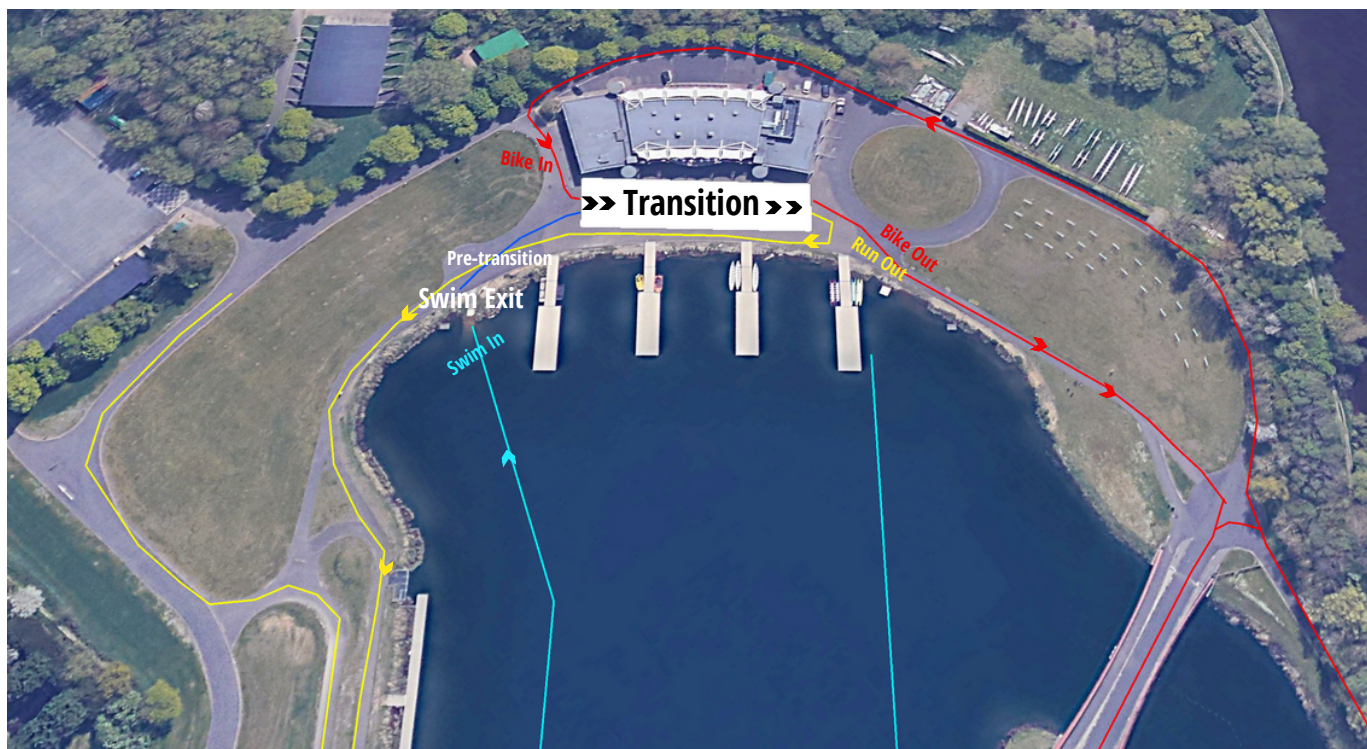
Transition

You will need to place all the equipment you are using for the race in the space allocated to you. Bike out and run out are in the same location. Swim in and Bike in are at the opposite end of transition to keep the flow of athletes going in the same direction. When you come back in off the bike section, you will need to ride along the back of the boathouse until you get to the dismount line and then you will dismount and run/walk with your bike back into transition. Those athletes competing on handcycles will need to stop completely at the mount and dismount line and then continue once the official has said go.

Personal Handlers

If you are a classified athlete and have a personal handler, or a non-classified athlete and think you may need a handler to help in transition, please include these details on the pre-race information forms that we send out in the week of the race. Handlers will be given wristbands to access transition. It is the athlete's responsibility to source a Handler, but if you are stuck, please let us know.

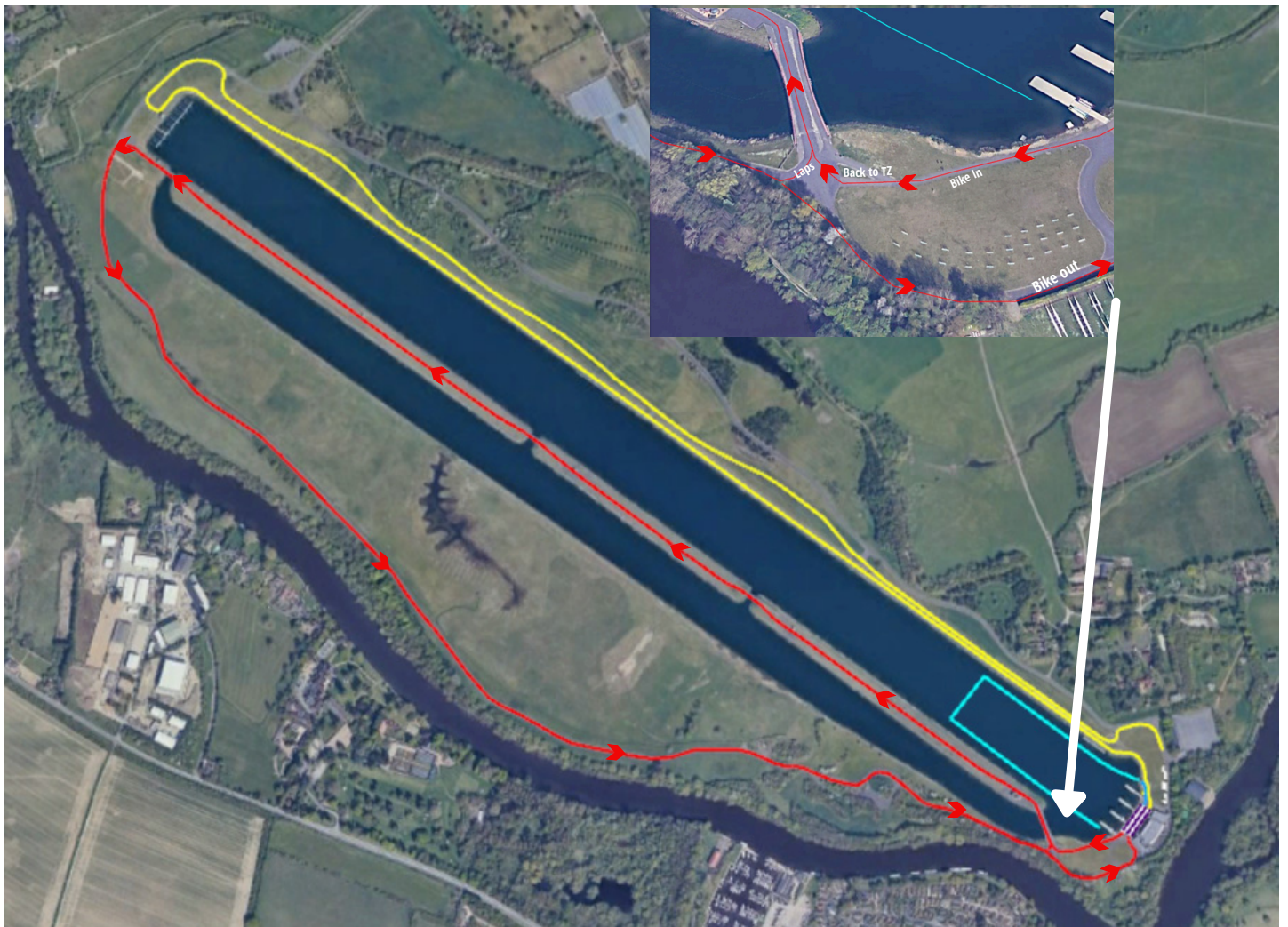
British Paratriathlon Champs & Open Para Sprint



British Paratriathlon Champs & Open Para Sprint

Bike Course - 20km

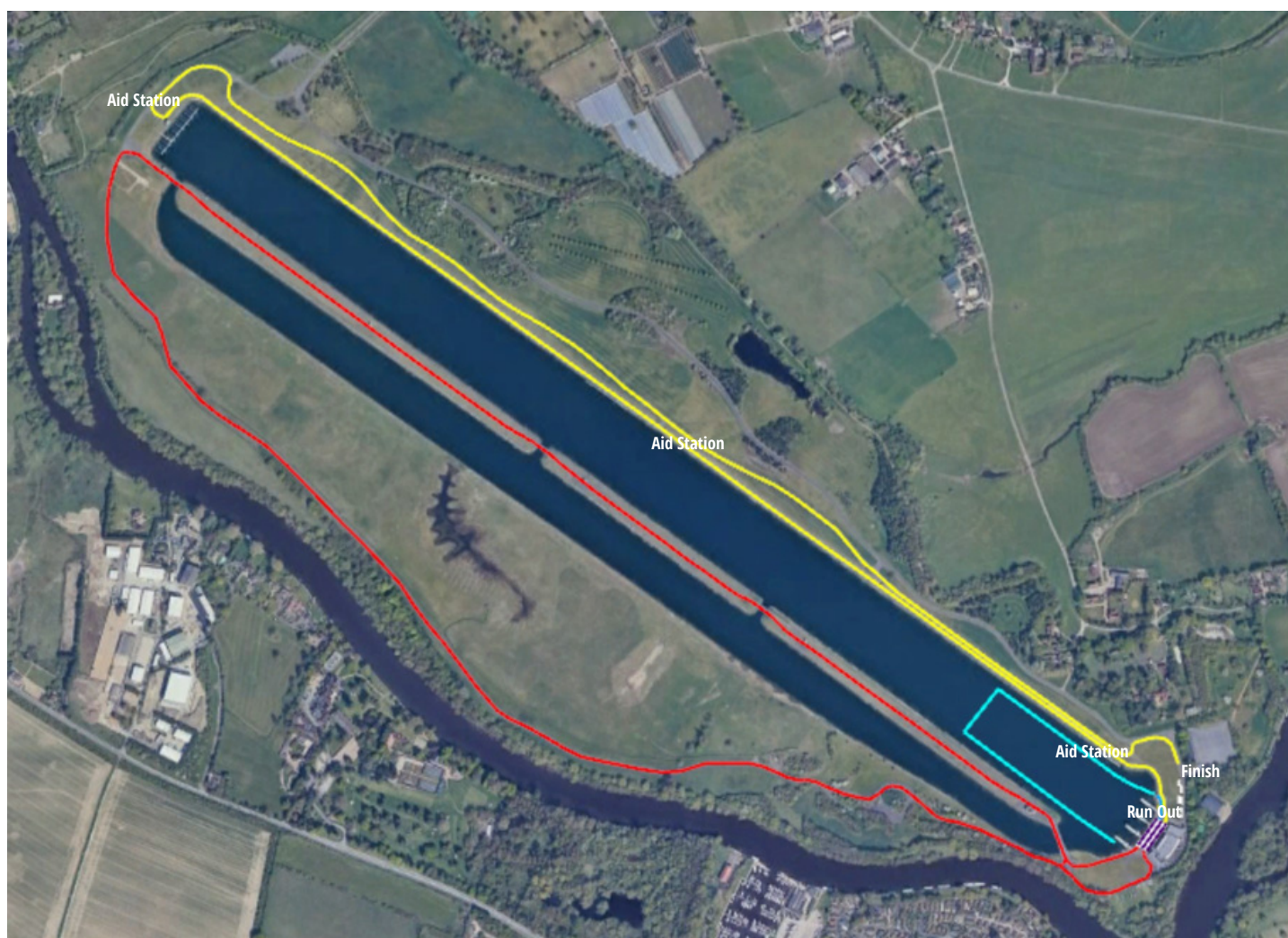
The Bike course starts from transition and heads up to the bridge. Participants will then complete 4 laps going in a **ANTI-CLOCKWISE** direction, up the island, around a sharp left turn at the top of the course and back down the Drove Road. To start the next lap, athletes will turn at the bridge. To come back to transition, athletes will stay on the right hand side and follow the road down to the dismount line. This is the opposite way to 2022's race!



British Paratriathlon Champs & Open Para Sprint

Run Course - 5km

Once you have exited the water, head to your numbered spot in transition to get ready for the run. Run out is the same end as transition as the Swim Start. You will head out along the left hand side of the lake. You will run 2.5km to the turn point and be guided onto a path that will bring you back along the lake towards the finish. You will then head to the finish. The run is 1 lap.



Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)

The information in this section is relevant for the Sprint, Aquabike, Super Sprint, British Super Sprint Championships, Para Super Sprint, Super Duper Sprint, and Para Super Duper Sprint.

There is additional information regarding the Para super Sprint and Para Super Duper Sprint on page 29

Swim Start

For the swim start, athletes will be put into waves. The wave that you are in will be communicated in the week of the race based on the entries.

All of the waves will have a different colour swim cap which must be worn as this identifies your swim wave to our swim safety team. You will be asked to line up near the swim start by hat colour. When it is the turn of your wave, each athlete will enter the water and swim to the start line between the first pontoon and the buoy. A horn will start the race. No diving is permitted. Please respect the instructions of the marshals.

Wetsuit Rules

Wetsuit rules are as per British Triathlon Competition rules and are dependent on water temperature:

<14oc – Wetsuits are mandatory

14oc-21.9oc – Wetsuits are optional

>22oc – Wetsuits are banned for athletes up to and including the age of 59

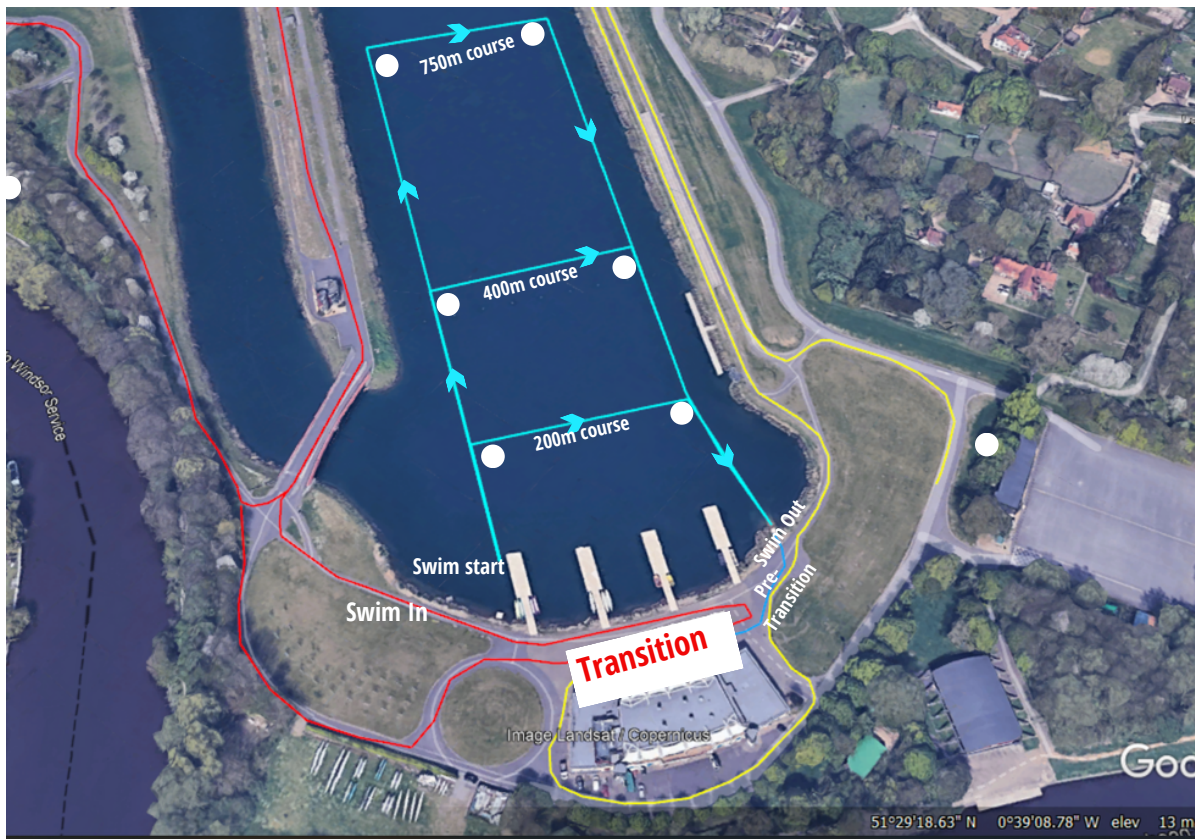
>24.6oc - Wetsuits are banned for athletes age 60 and above

Gloves and booties are not allowed to be worn during the swim. Calf guards are banned if wetsuits are banned. Please note that we do not have wetsuits available to hire on the day. If you need a wetsuit you can hire them from www.wetsuithire.co.uk

Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)

Swim Course

The swim will go clockwise around the lake. It will consist of 1 lap for all distances. The routes are shown in the maps below. The swim course will be marked by large inflatable buoys. There will be people to help you both in and out of the lake after the swim. If you withdraw during the swim, please inform a marshal to let us know you are safe



Swim Safety

There will be a large number of very experienced swim safety team to support competitors. If you need assistance or want to withdraw, lie on your back and raise your arm in the air and a kayak will come and assist you. Don't panic, your wetsuit will help your buoyancy.

Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)

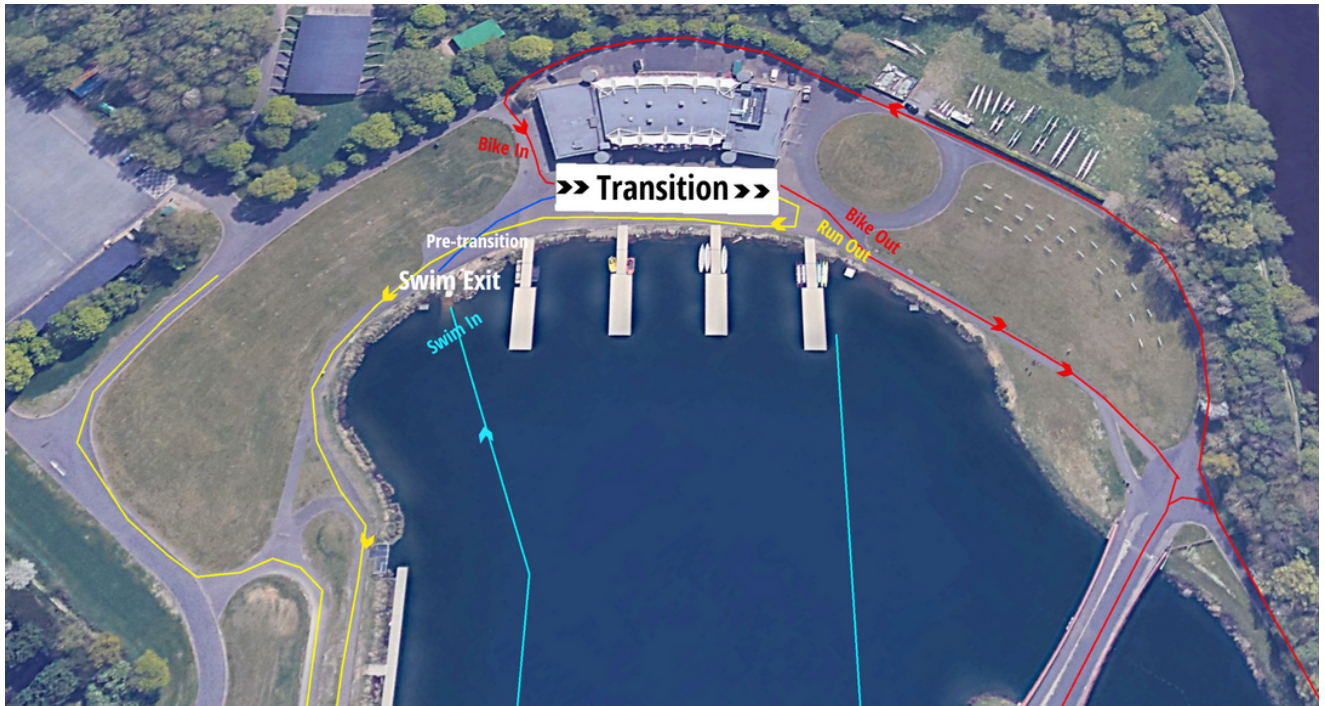
Transition

You will need to place all the equipment you are using for the race in the space allocated to you. Bike out and run out are on the same side and the opposite side to Swim in and Bike In. When you come back in off the bike section, you will need to ride along the back of the of the boathouse until you get to the dismount line and then you will need to do run/walk into transition with your bike.

Aquabike

If you are doing the Aquabike, you will need to dismount, cross the timing point and re-rack your bike when you have finished the cycle. Your time will stop at the dismount line, but for safety you will need to continue and rack your bike (Your helmet will need to stay on and fastened until your bike is racked). You can then come to the finish to collect your medal.

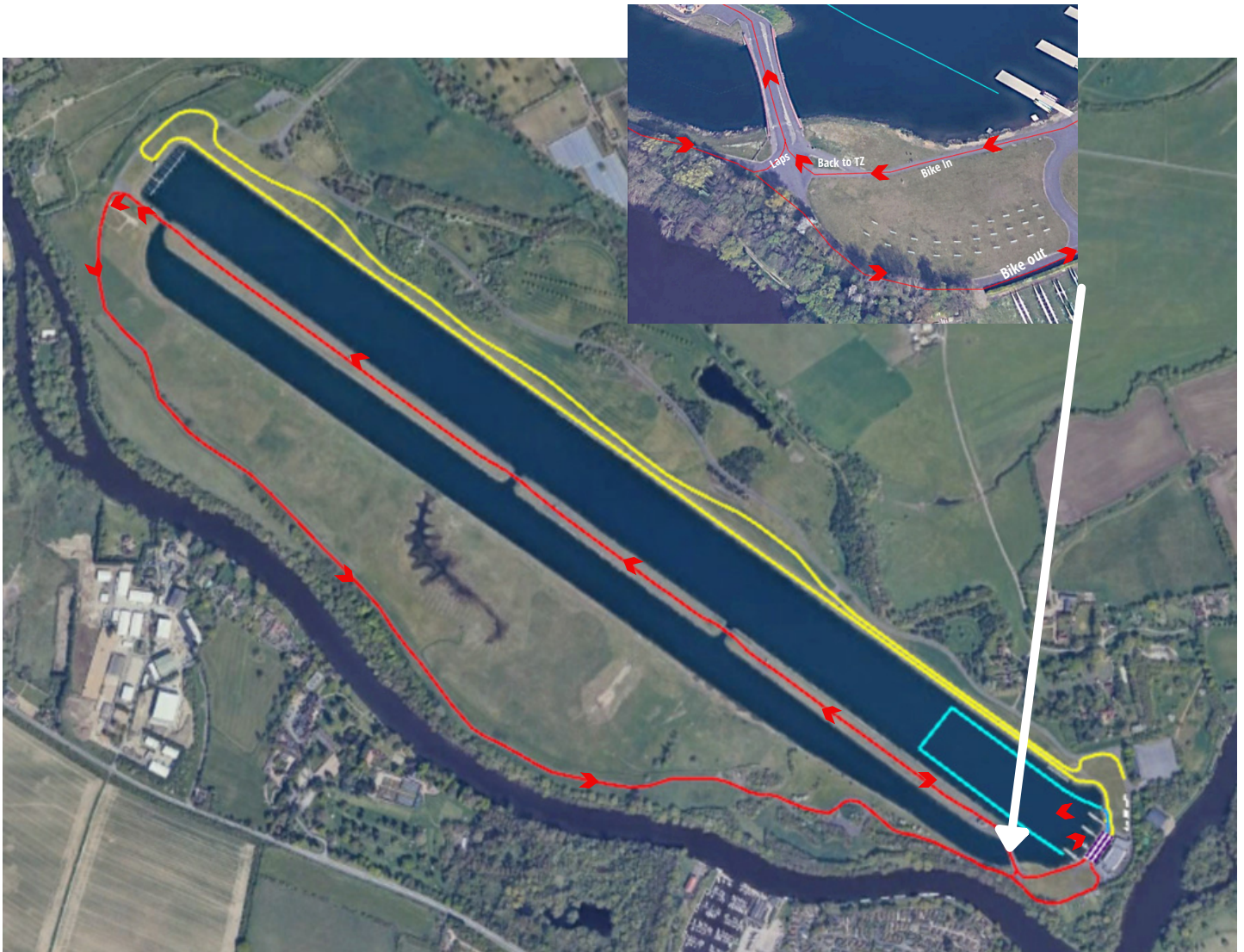
Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)



Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)

Bike Course - 20km, 10km 5km

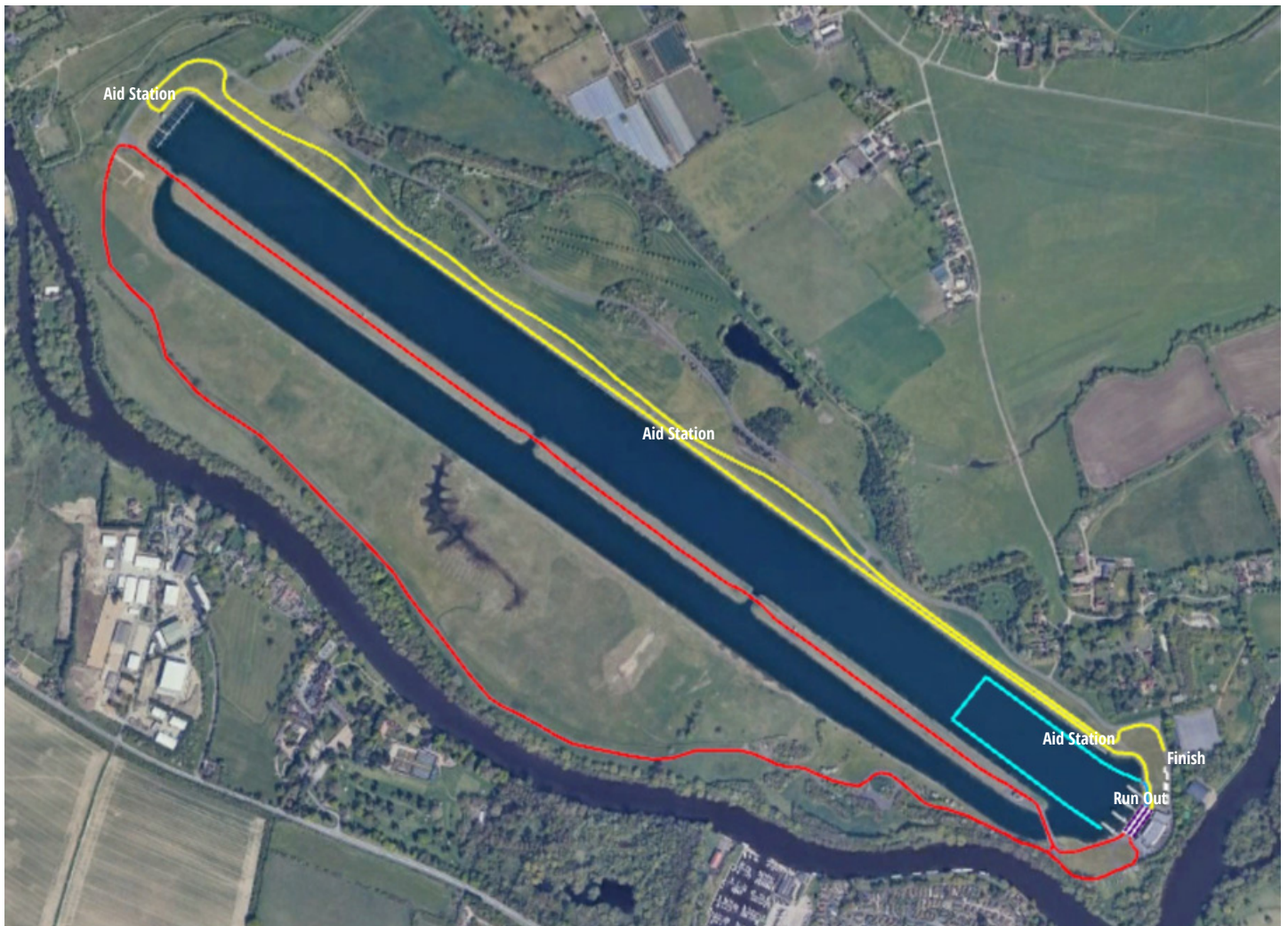
The Bike course starts from transition and heads up to the bridge. Participants will then complete 4 laps for Sprint, 2 laps for supersprint and 1 lap for super duper sprint, going in a **ANTI-CLOCKWISE** direction, up the island, around a sharp left turn at the top of the course and back down the Drove Road. To start the next lap, athletes will turn at the bridge. To come back to transition, athletes will stay on the right hand side and follow the road down to the dismount line. This is the opposite way to 2022's race!



Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)

Run Course - 5km,

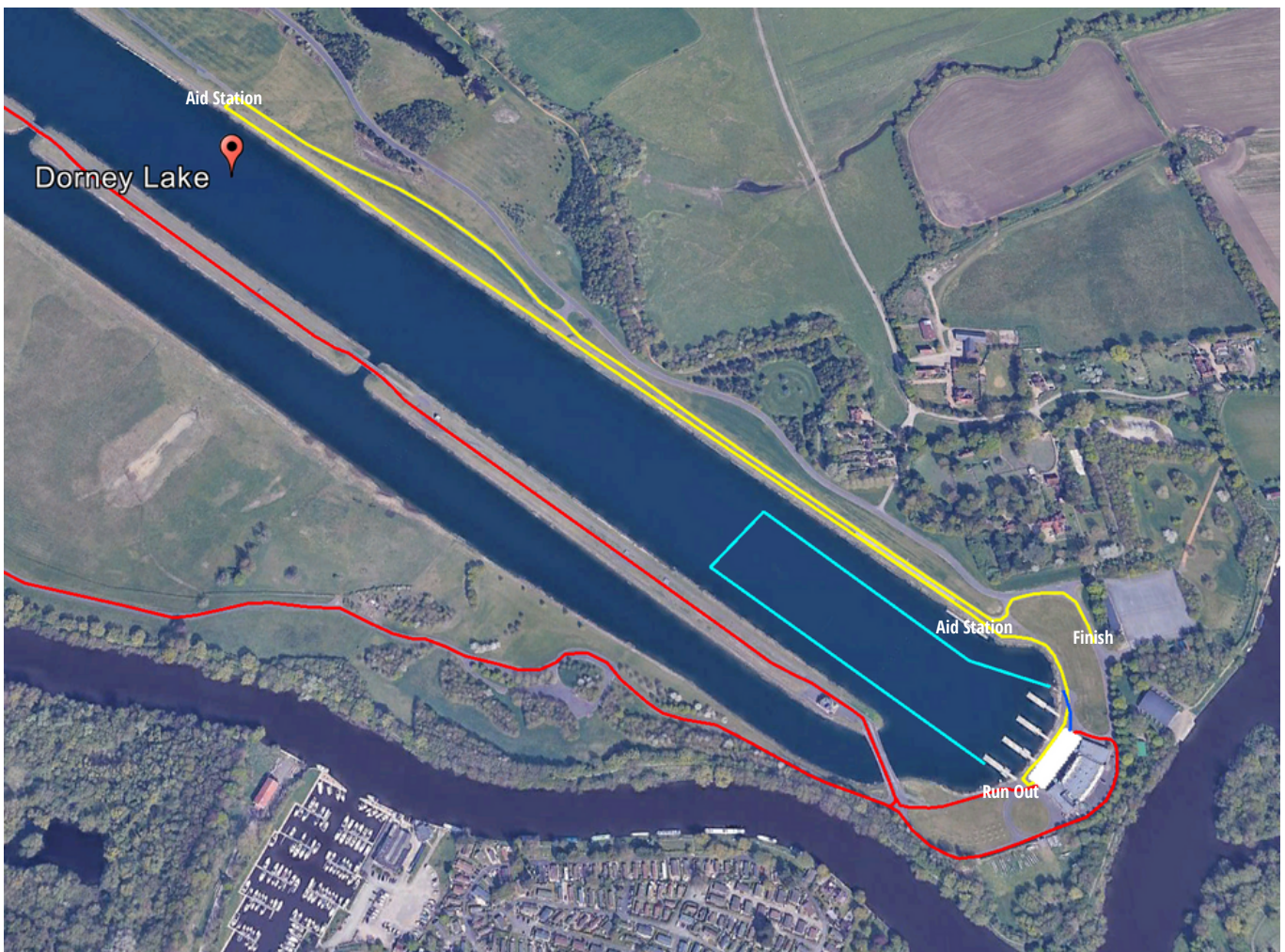
Once you have exited the water, head to your numbered spot in transition to get ready for the run. Run out is the same end as transition as the Swim Start. You will head out along the left hand side of the lake. You will run 2.5km to the turn point and be guided onto a path that will bring you back along the lake towards the finish. You will then head to the finish. The run is 1 lap.



Sprint, Super Sprint (inc. British Champs & Super Duper Sprint

Run Course - 2.5km

Once you have exited the water, head to your numbered spot in transition to get ready for the run. Run out is the same end as transition as the Swim Start. You will head out along the left hand side of the lake. You will run 1.25km to the turn point and be guided onto a path that will bring you back along the lake towards the finish. You will then head to the finish. The run is 1 lap.



Sprint, Super Sprint (inc. British Champs & Super Duper Sprint)

Run Course - 1.5km (Super Duper sprint)

Once you racked your bike on your numbered position in Transition 2, run out is the same end as transition as the Swim Exit. You will head out along the left hand side of the lake. You will run 750m to a turn around point and then do a U-turn and run back along the same road towards the finish. The run is 1 lap.



Additional Information for Para Races

There are some rules which differ slightly to the ones mentioned above that are applicable to Para-Triathlon:

Categories

We shall be using the open Para-Triathlon categories for our event for ease of classification. These are as follows:

Tri 1 – wheelchair based.

Tri 2 – Severe leg impairments

Tri 3 – Les autres including Multiple sclerosis, muscular dystrophy and cerebral Palsy

Tri 4 – Arm Impairments

Tri 5 – Moderate leg impairment

Tri 6 – Visual Impairment – must compete with a guide

It does not matter if you have not been categorised before and these categories are just for guidance for equipment and support available. Please contact us if you have any queries regarding the categories.

Para-Tri Handlers

Para-triathletes are allowed aides “handlers” to assist with transition and the responsibility of securing handlers is the responsibility of the paratriathletes. All handlers should be signed in at registration and will be given wristbands/bibs to allow access into transition. All Handlers are Optional!

Handlers are allowed to assist paratriathletes in transition with helping with prosthetic devices, lifting participants in and out of wheelchairs, removing wetsuits or clothing, helping with equipment.

Handlers must not propel the competitor forward

Handlers are allocated as follows:

Tri 1 – up to two handlers, Tri 2 – Tri 5 – Up to 1 handler, Tri 6 – No Handler, but a guide who can act as a handler.

Additional Information for Para Races

Swim Hats

The colour of swim hats given will be determined by the assistance required by each athlete as they enter and exit the water. Athletes will indicate their hat colour in the pre-race information sent out in the week of the race, but this can be changed at registration if needed:



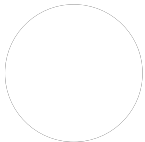
Red: Athlete need to be lifted out of the water



Yellow: Athlete needs to be assisted out of the water, but not lifted



Green: Athlete does not need any assistance coming out of the water



White: Guide to a Visually Impaired athlete



Orange: B1 Visually impaired Athlete

Swim Handlers

There will be swim handlers at the swim exit to help the athletes out of the water. These volunteers will help the athletes who need assistance to the pre-transition area so they can collect any equipment they need to get to transition.

Additional Information for Para Races

Wetsuits

Wetsuit rules are as per British Triathlon Competition rules and are dependent on water temperature. The ParaTri rules are slightly different to other triathlon rules and areas follows:

- <18oc – Wetsuits are mandatory
- >18oc – wetsuits are Optional

Further rules and advice can be found in the [British Triathlon rule book](#)
It is the competitor's responsibility to know the rules.

There is a cut-off of 45 minutes for all para Competitors in the swim phase.

Wheelchair Athletes

The full list of rules are available in the British Triathlon Rule book regarding Handcycles and chair sizes.

Athletes must stop completely at the mount and dismount lines. Once stopped, the Technical Official will say "Go" and the athlete can continue with the race. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied. Helmets must be worn for the Bike and Run phases.

Further rules and advice can be found in the [British Triathlon rule book](#)

If you have any queries regarding the event, please don't hesitate to contact us.

Additional Information for All Races

Aid Stations

There are three aid stations on the run course for the 5km, 2 aid stations for the 2.5km and 1 aid station for the 1.5km course. There will be one just after the start of the run, 1.25km and 2.5km and at the finish.

Rules

- All of the British Triathlon rules can be found [here](#). Below are some key rules:
- When cycling your bib number should be on your back and whilst running on the front.
- No Personal music and communication devices, including bone conduction headphones, are permitted at any stage of the race.
- You must have your helmet on before you touch your bike and it has to stay on and fastened until your bike is racked (including for aquabike)
- Please respect the venue and avoid littering
- Outside assistance is not allowed
- Athletes who abuse marshals or Technical Officials will be disqualified.

Relay Teams

A relay team can consist of 2 or 3 participants. Only two participants can be in the transition area at any one time. Transition will clearly marked where each relay member is to stand and wait for their team mate. Once you have finished your leg, please leave transition immediately and hand your chip in to the transition team.

Additional Information for All Races

Finish

You will be able to collect your medal and a drink of water at the finish and this will be self-service. Please remove your chip and place it in the buckets and leave the finish area as soon as you can.

Medical

If you need medical assistance, this will be available on site, located near to the boat house/Finish area.

Transition Check out

Once you have finished the race, please head straight to the transition area to check your bike out as the transitions need to be cleared for the next races. You will need your race numbers and wristbands to re-enter transition and re-claim your equipment.

Please be aware that the transition may still be live and other people may still be racing.

Results

Results will be available on [Active Training World](https://www.activetrainingworld.com) and www.arctic1.co.uk after the event. The results will be provisional until they are finalised on or before 10th September 2023

Ceremonies

The medal Ceremony for the British Supersprint Champs will take place at 09:15. The medal Ceremony for the British Paratri Champs will take place at 11:30. The Prizes for the Open Para race will be at 1pm. The prizes for all other categories will take place once the last finisher has finished

Photos

There will be a couple of photographers out on the course, capturing your experience! The photos will be available to download for free after the event.

Additional Information for All Races

Super Duper Sprint Relays

For those who have raced in earlier wave, we are offering you the chance to race again as part of a relay in the Super Duper Sprint. There will be some pre-information before the event so if you have some teammates you would like to do the event with, you will be able to select these beforehand. If you don't we will be forming teams on the day.

Covid-19 protocols

Whilst all restrictions have been lifted by the UK Government, there are a lot of competitors taking who are still vulnerable. Please be aware of this and Do not attend the event if you are feeling unwell or have any COVID-19 symptoms. Hand sanitiser will be provided in all high-traffic locations.

- Continue to wash hands regularly and maintain good personal hygiene.
- Wear a face covering in crowded places or if you are a vulnerable person.
- Follow the advice of stewards and marshals for yours and others safety.

Merchandise and Refreshments

There will be refreshments available throughout the day provided by Dorney Lake. On offer there will be Tea/Coffee, Jacket Potatoes, Bacon rolls and cakes plus other things.

We will also have a range of merchandise available for sale, including the race t-shirts. The proceeds from the clothing goes towards our "forward Motion" Grants which helps provide equipment and opportunities for those with additional needs to get involved in sport. For more details on this, please have a look at our website: www.arctic1.co.uk

We would prefer to take card payments or bank transfers for any clothing but will accept cash.



Spectators and Volunteers

Spectators

We are please to welcome back spectators this year! There will be food and refreshments available and would love to see the spectators cheering on all the athletes.

Volunteers/Marshals

The event can simply not run without marshals and volunteers and we would always welcome more people to help. In addition to the normal roles such as course marshals, transition, registration etc, we need quite a few people to be Water Assistants who the para-athletes out of the water. This role will suit anyone who doesn't mind getting wet!

If you would like to volunteer for a couple of hours in any role, please let us know! All training will be given for all the roles and any help is very much appreciated!

We look forward to seeing you on the 26th August