

WENLOCK  
OLYMPIAN  
SOCIETY

Founded by William Penny Brookes (1809-1895)



## **28<sup>th</sup> Wenlock Olympian Triathlon** **Sunday 8<sup>th</sup> July 2018**



### ***FINAL ATHLETE INSTRUCTIONS***

There will be NO RACE BRIEFING on the morning of the race due to the staggered start.

This document contains all the information you need to know, please study it so that your day is more enjoyable, and our day is easier.

## 1. Introduction

Welcome to the 28<sup>th</sup> running of the Wenlock Olympian Triathlon. This race is one of the longest running races in the country and has always been an event for first-timers up to very experienced athletes alike.

We are very proud to have brought this event to its 28<sup>th</sup> edition. This event is run entirely by local volunteers who give their time so that the athletes can enjoy their day. We hope you will enjoy your day in and around Wenlock, have a great race!

## 2. Parking

There will be limited parking at the leisure centre. For safety reasons in order to protect triathlon competitors, the car park will be CLOSED between 10.00 and 12:30. Any cars in before 10.00 will be allowed to leave under marshal instruction giving priority to competitors setting out from T1 onto the bike course. Cars in before 10.00 are allowed to stay in.

### **DO NOT ATTEMPT TO ACCESS THE LEISURE CENTRE CAR PARK AFTER 10.00 hrs.**

If you are unable to park at the leisure centre, please look for alternative parking in Much Wenlock and walk or ride into the leisure centre, and access registration via the pedestrian gate if you are after 10.00.

## 3. Registration and Helmet Check

will be held at Much Wenlock Leisure Centre, Farley Road, Much Wenlock, TF13 6NB. Registration will open at 09.00hrs. Please register minimum 30 minutes before your scheduled start time. First swim start time is 10.00hrs. Helmet check: you must bring your helmet to registration, it will be checked. If you fail to come with a safety approved helmet you will not be allowed to start the event. **NO HELMET, NO RACE.**

At registration you will receive:

**3 stickers** with your race number on: 1 for your bike frame, 1 for your helmet (front), 1 for bags in transition.

**2 numbers:** Number belts are allowed: You must cycle with a number facing backwards. You must run with the number facing forwards. If you do not have a number belt, use 2 numbers. If you change between bike and run, have a rear facing number on your cycle clothing, and front facing on your run vest.

## 4. Bike racking

The bike park will be open from 09.00. Register before racking your bike, only bikes with numbers on will be allowed into the bike park. Entrance for competitors only. Rack your bike on the numbered slot according to your race number.

This event has wave starts so please make way for racing competitors if you are in a later wave.

You may place your shoes and helmet on or by your bike. Please place all bags at the side of the tennis court so that you do not obstruct other athletes.

## 5. Swim

Swim times will be posted as soon as all entries have been finalised. Please check the website.

Please be at the swim 10 mins before your scheduled start time. No late starts will be allowed. You must swim in your allocated swim heat, lane and sequence, which you can check at registration. Marshals will also call out. The swim is 500m – 20 lengths. The swim will be in wave starts of up to 18 athletes with up to 3 athletes per lane.

There will be up to 3 athletes in each lane which have been seeded according to their stated swim split on the entry form. The first sequenced swimmer will start at for example at 10.00, the second sequenced swimmer at 10 seconds later, and the third a further 10 seconds later. Your time will start from the order to start by the marshals. Your swim split will be measured when you finish the swim (touch the end of the last length).

## 6. Transition Area 1

is adjacent to the swimming pool. The same area will be used for T1 and T2. Pass through transition area to your bike. Do not touch your bike until you have put your helmet on. This is a very strict rule for your safety and our referees will stop you from proceeding further if you do not comply. Walk/run with your bike to the mount line, then you may cycle.

## 7. The bike leg

The course can be seen on mapmyrun with the following link  
<http://www.mapmyrun.com/gb/much-wenlock-eng/wenlock-tri-bike-course-route-76996738>

19km, takes an anti-clockwise loop. At all points on the bike course please be aware of deer, ride with enough control to avoid a collision with them.

At the exit of the leisure centre car park TURN RIGHT.

Starting downhill on the A4169 through Farley to Buildwas.

After crossing the river Severn, TURN LEFT on the B4380 on an undulating road and taking in fantastic views of the Severn's meander by Leighton.

1.5km after Leighton at the Eaton Constantine crossroads, TURN LEFT towards Cressage.

After re-crossing the river Severn carry on into Cressage.

TURN SHARP LEFT on the minor road to Sheinton.

After Cressage you have a steady uphill return through Sheinton and then the 15% final climb up to Wenlock.

At the top of the hill TURN RIGHT at the fork in the road, into the Road Closed section which is there for your protection.

AT the junction with the A4169 TURN RIGHT back to the leisure centre. Take special care at this junction. We will have marshals at this junction, but we have no authorisation to stop or control traffic. You do not have right of way. If you need to stop, you must stop. There will be no timing adjustments. You must obey the instructions of marshals and Police.

For the last 200m or so to the leisure centre please be aware of traffic queues on the road.

Please be aware of speed bumps at the entrance to the car park.

Please obey marshals' instructions and dismount at the dismount line.

**Potholes: Shropshire roads are in a terrible state this year and unfortunately the course is no different. Please be especially careful on the A4169 long hill down to Buildwas where you will be travelling faster. The worst potholes are on the minor road back through Sheinton, this is mainly flat or uphill, so you will have more time to see them, however they are big so please take special care.**

## 8. Transition area 2

Rack your bike in the numbered slot where you put it before your swim. Do not take your helmet off until your bike is on the rack in its correct position.

## 9. The run

<http://www.mapmyrun.com/gb/much-wenlock-eng/wenlock-tri-run-course-route-76984662>

7km, is over an undulating course with a mixture of trails, country lanes and footpaths.

Take special care through transition and down some steps at the start of the run, and for the first 150m or so until you get away from the crowds. Follow marshals' instructions.

Athletes will run from the back of the leisure centre, down some steps, to the Gaskell field.  
TURN SHARP LEFT to the top of the field where there is a gate.

In the next field (Windmill field) TURN SHARP RIGHT. Follow the path to the old railway.  
TURN LEFT on the old railway line and descend towards Farley.

On meeting the country lane (tarmac road), TURN RIGHT. The course has a steady uphill stretch, then a downhill and then a steeper climb to Wyke, where there is a TURN AROUND POINT and water station.

Athletes will retrace their steps on the lane as far as Bradley Farm, and then TURN LEFT along the farm track. At the end of the track, follow straight along the left side of the hedge (straight on in the left field) to a metal kissing gate. Cross straight over the next field down to a wooden bridge. Cross the bridge and follow the path through the driveway to the minor asphalt road. At the top of the hill at a sharp left hand bend TURN RIGHT into a footpath.

After 70m TURN LEFT back up the railway track, and re-trace your steps from the beginning of the run back to the Gaskell Field.

The finish line is down by the cricket pavilion, and gravity will help even the most leaden legs appear to sprint.

Please make sure your number is visible as you pass through the finish line in order to record your time.

#### 10. **Changing Facilities:**

Showers and changing rooms are available in the leisure centre.

#### 11. **Prize-giving**

will be held as soon as possible after the last competitor has finished.

#### **Presentations to:**

Fastest athlete of the day:

Under 21 male and female

Under 40 male & female

Over 40 male & female

Over 50 male & female

Over 60 male and female

Over 70 male and female

The R. Waterer Memorial Trophy

1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup>

T Shirt & Medal for all finishers. Computerised results service.

12. **Results** will be posted to the website asap after the event.

#### 13. **Recovery of bikes from transition area.**

Please take your bike and gear from the transition area as soon as you have recovered. Athletes only, show your number to verify it is your bike.

14. **Last minute changes:** Please keep an eye on the website [www.wenlock-olympian-society.org.uk](http://www.wenlock-olympian-society.org.uk) for last minute changes and notifications. In the past we have had to make last minute course changes due to emergency road works etc etc, so please keep an eye on it so we can keep you safe.

Enjoy your day!

Simon MacVicker  
Race organiser.