

IAPS NATIONAL TRIATHLON 2023

SUNDAY 21ST MAY

MONKTON PREP SCHOOL, COMBE DOWN, BATH*

WELCOME TO MONKTON PREP SCHOOL

Thank you for entering the 2023 IAPS National Triathlon at Monkton Prep School, Bath. This is the second time the event has been held here and we are honoured to have again been asked to host such a popular and exciting competition. The event is organised under British Triathlon rules; the Race Director is Mrs Africa Mason, Head of Individual Sports, Monkton Combe School; the Technical Official is Mr Adrian O'Connor from British Triathlon. We hope you have an enjoyable and successful day. Set out below is some information that we hope you find useful. If you have any questions on the day, hopefully these will be answered at registration, in the pre-race briefing, or by any marshal, who will always be happy to help.

GENERAL INFORMATION

DIRECTIONS AND PARKING

The event takes place at Monkton Prep School, Combe Down, Bath; you should have received the map overleaf from your school's triathlon coordinator. ***Please use BA2 5DL as the postcodes for Sat Navs.**

Parking will be available on the school's top playing fields; should overflow parking be required, you will be directed to this by the marshals.

FOOD AND DRINK

There will be a free snack provided for all competitors after their event. However, these will not constitute a full meal. Hot catering will be provided, available to athletes, staff, parents and everyone attending. For this, payment will be via CARD ONLY, so please could all visitors plan accordingly. There will also be an ice-cream van, for which cash and card will be accepted.

CHANGING ROOMS AND TOILETS

Adults, siblings and other spectators must use only the toilets located outside the buildings; the changing rooms and indoor toilets are strictly reserved for boys and girls taking part in the triathlon. Athletes are recommended to use the school changing rooms, as indicated on the maps. All toilets and changing rooms will be clearly signposted. Monkton Prep School cannot be held responsible for any lost items or valuables.

PARENTS/SUPPORTERS

We hope that all athletes will be well supported, but we must insist that all spectators obey directions from the marshals and stay **off the course** at all times. No one, aside from officials and athletes, may enter the pool building. Only athletes and officials may enter the transition area before, during and after the race. Spectators must not help competitors, as this may result in penalties or, at worst, disqualification of the athlete.

Clearly defined spectating areas have been created, giving an excellent view of the cycle and run legs; please stay in these areas. Please do not attempt to walk the course before the event as this is sadly not possible due to the flow of the day.

FIRST AID

This is being provided by Cotswold First Aid and will be located both south of the main building of the school and on the cycle leg. If you need assistance, please alert the nearest marshal and they will be happy to help you get to the first aid station or get help to you.



HOW TO FIND US



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Approach Routes

If using a sat nav to travel the postcodes are BA2 7HG for the Senior School and BA2 5DL for the Prep & Pre-Prep. Monkton can be approached from various directions, and the Schools are easily located to the southeast of Bath town centre. The Senior School is situated at Monkton Combe and the Prep & Pre-Prep are at Combe Down.

Distances to Monkton are:

Bristol	15 miles	Warminster	14 miles
Heathrow	104 miles	Salisbury	36 miles
London	120 miles	Swindon	40 miles

Arriving by Rail

Trains run half hourly to Bath Spa Railway Station which is only a 10 minute taxi journey away. Direct rail services run to London Paddington, Bristol Parkway (near M32/M4), Bristol Temple Meads (city centre) and Exeter. For a local taxi company call: Abbey Taxis 01225 444444

Arriving by Air

London Heathrow is approximately a 2 hour drive to Bath, and Bristol International Airport is only 40 minutes away. A dedicated bus service, the Flyer Airport Express Link, runs every 10 minutes from Bristol Airport to Bristol Temple Meads Railway Station, which has a direct service to Bath Spa Train Station.

Arriving by Road

From the North: Senior School exit M4 at Junction 18 and take A46 towards Bath. At the A4 roundabout turn left onto London Road West towards Bath. After 0.4 miles turn right onto Toll Bridge Road (0.70p charge). Continue ahead along Mill Lane, cross the canal and bear right onto High Street. Travel for 0.2 miles and turn left onto Down Lane. After a further 0.2 miles turn left onto the A36 Warminster Road. Continue for 2.9 miles and at the traffic lights turn right onto Brassknocker Hill. Take the first turning left onto Church Lane to the Senior School. For the Prep & Pre-Prep continue along Brassknocker Hill and turn left at the roundabout, by Wessex Water HQ, onto Claverton Down Road. Travel for 0.9 miles along North Road and take the second left after Shaft Road for the Prep & Pre-Prep entrance.

From the West: Prep & Pre-Prep approach Bath via the A39 or A4 to the Globe Inn Roundabout and take the exit for Combe Down. After 3 miles travel straight across at the Red Lion roundabout and then straight over again at the Tesco Express Petrol Station double roundabouts to join the A3062 Bradford Road. Travel for 1.3 miles onto North Road. Pass Ralph Allen Drive on your left and then the Prep & Pre-Prep entrance is on your right shortly after Tynning Road. For the Senior School pass the Prep & Pre-Prep entrance and continue to the roundabout by Wessex Water HQ. Turn right onto Brassknocker Hill and after 0.5 miles turn sharp right onto Church Lane to the Senior School.

From the South: Senior School approach Bath via the A36 to the traffic lights at the Limpley Stoke Viaduct and turn left onto Brassknocker Hill. Take the first turning left onto Church Lane to the Senior School. For the Prep & Pre-Prep continue straight along Brassknocker Hill and turn left at the roundabout, by Wessex Water HQ, onto Claverton Down Road. Travel for 0.9 miles along North Road and then take the second left after Shaft Road for the Prep & Pre-Prep entrance.

On Arrival

Visitor car parking is available at all Schools, you are requested to report directly to Reception upon arrival.

COMPETITOR INFORMATION

REGISTRATION, ENTERING TRANSITION AND PRE-RACE BRIEFINGS

Registration will take place in the school gymnasium and will operate as a one-way system; please rack bikes outside, as directed by the marshals and helpers.

You will receive a race pack, numbers, timing chip (which must be worn around the **LEFT** ankle) and a hard copy map of the course, if you require one. You will be told your start time, the time you can access transition and what time presentations are (see also timings sheet).

Pre-race briefings will take place in the school auditorium (known as the Law building), next to the gymnasium. Please ensure that you are on time for briefings, as we will start them exactly on time.

When it is your time to enter transition to set up, ensure that all of your numbers are in the correct place and that your **helmet is on and clipped up**. You can only take race equipment into transition, in a small, soft-sided bag, or in a small box, no bigger than a washing up bowl.

Please rack your bike in the area indicated by the signage, in accordance with your race number.

EQUIPMENT YOU MAY NEED

SWIM Tri suit/swimming costume/trunks, goggles, swimming hat

BIKE Bike, helmet, cycling shoes (if desired), water bottle (optional), race belt (preferable)

RUN Running shoes

OTHER USEFUL ITEMS TO HAVE IN TRANSITION: towel, talc, elastic laces in your shoes

THE RACE

SWIM SECTION

The pool is 25m long, has four lanes and is indoors. There will be lane ropes. You should ensure that you arrive poolside, changed and ready, at least 10 minutes before your start time. You will be asked to sit down in start order, as per the race list.

The marshals in the pool will check your name and your race number. You may then ask final questions about the swim and anything else, before you enter the water. Diving will be permitted if you wish, but tumble turns are not allowed. Make sure you touch the wall at the end of each length.

The swim will be a SNAKE SWIM. You will cross under the lane ropes after completing the required number of lengths in each lane. You may overtake in the swim but you must give way to oncoming swimmers if you choose to do this. At the end of your required distance, you will exit the pool, **walk** out of the building, then turn left and **run** to transition.

Year Group	Swim Distance	Swim Laps/Lengths
Year 5	150m (50m in each lane)	6 (enter lane 2; exit lane 4)
Year 6	200m (50m in each lane)	8 (enter lane 1; exit lane 4)
Year 7	200m (50m in each lane)	8 (enter lane 1; exit lane 4)
Year 8	300m (75m in each lane)	12 (enter lane 1; exit lane 4)

BIKE SECTION

Arrive in transition, cross the level crossing, then turn right. No competitor may touch their bike before they have securely fastened their helmet. Run out with your bike, staying on the left side of the road and following the arrows for the normal traffic flow. The run with your bike may be up to 100m. Do not start riding your bike until you have crossed the mount line, which is on the grass field. It will be clearly marked on the ground and by flags on either side. Look right as you merge with athletes already on the bike course.

The bike course is on grass, on a field with a slight hill on it. The surface is largely smooth and the grass is cut short. If it is likely to be wet or damp, please consider the type of tyres you use. Competitors are solely responsible for ensuring their bike is roadworthy. Tri- and Aero- bars are not allowed.

The bike course is made up of a series of 1000m laps, with some good straights, tight corners, uphill and downhill and technical sections. It is sometimes difficult to remember how many laps you have completed when racing, **but it is solely the athlete's responsibility**. Failure to complete the correct number of laps will result in disqualification. Athletes will pass over a lap counting pad which will count whether they do the correct number. Look left as you complete a lap to watch for athletes merging from the mount line. **BE CAREFUL ON THE DOWNHILL SECTION** - staying on your bike is more important than gaining a couple of seconds.

At the end, dismount before the dismount line, again clearly marked on the ground and with flags. Run your bike back into transition on the left hand side. Do not unclip or take off your helmet until you have racked your bike.

Year Group	Cycle Distance	Cycle Laps
Year 5	2000m	2
Year 6	4000m	4
Year 7	4000m	4
Year 8	6000m	6

RUN SECTION

Exit transition, run down the gravel path and turn left onto the run course, which is on grass, around the school astroturf and then across the side of a hill to the south of the school. The course is largely smooth and the grass is cut short. However, it is a semi-rural setting and rabbits and badgers live nearby. Every effort will be made to fill or mark all holes in the ground, but athletes should be aware of where they are running and keep an eye out for potential hazards. There will be a drinks station on the course, near the lap point, with fluids also available at the finish.

The run course is made up of a series of 600m laps. Again, it is the competitor's sole responsibility to count the number of laps they have completed. Failure to complete the correct number of laps will result in disqualification. Athletes will pass over a lap counting pad to ensure they do the correct number.

Year Group	Run Distance	Run Laps
Year 5	1200m	2
Year 6	1800m	3
Year 7	1800m	3
Year 8	2400m	4

FINISH LINE

The finish line will be clearly marked under the finish banner. Congratulations on completing the course!

PRESENTATIONS AND RESULTS

The presentations will take place in front of the main building, overlooking the south side and valley; please refer to the timings sheet. Results will be available at the timing company table or on their website. A QR code will be posted in registration and around the school/near the finish.

TIMINGS

8.30AM - SCHOOL OPENS - ARRIVAL FROM THIS TIME ONWARDS

YEAR 5 (U10s)

9.15am – registration opens for U10s;

9.15am to 10.30am – transition open for U10s;

10.15am – registration closes for U10s;

10.30am – briefing for U10s;

11.00am – First U10s start;

12.30pm – end for U10s; clear transition between 12.30pm and 1.00pm;

1.00pm – Presentations for U10s.

YEAR 6 (U11s)

11.15am – registration opens for U11s;

12.15pm – registration closes for U11s;

12.15pm – briefing for U11s;

12.30pm to 1.00pm – transition open for U11 (U10s clear out at this time);

1.00pm – First U11s start;

2.30pm – end for U11s; clear transition between 2.30pm and 3.00pm;

3.00pm – Presentations for U11s.

YEAR 7 (U12s) AND YEAR 8 (U13s)

1.15pm – registration open for U12s and U13s;

2.15pm – registration closes for U12s and U13s;

2.15pm – briefing for U12s and U13s;

2.30pm – 3.00pm - transition open for U12s and U13s (U11s clear out at this time);

3.00pm – First U12s start (end by 4.00pm);

3.45pm – First U13s start (end by 4.45pm);

5.00pm – Presentations for Y7 and Y8;

5.15pm – final athletes depart.

5.30PM - SCHOOL CLOSED

FREQUENTLY ASKED QUESTIONS

CAN WE WALK THE COURSE?

Sadly, due to the flow of the day, **walking the course will not be possible**. Please refer to the maps and give yourself plenty of time on arrival to observe the course from the viewing points, to familiarise yourself with the route and terrain.

WHERE AND WHEN IS REGISTRATION? HOW DOES IT WORK?

Registration will be clearly signposted; you should refer to the timings in this pack for your registration time. Please see the information above for how registration works.

WHAT TIME IS THE RACE BRIEFING? WHEN/WHERE DO I RACK MY BIKE IN TRANSITION?

Please refer to the timings sheet in this pack for all briefing and transition times. Bikes should be racked in the correct area, following the signage in transition, according to your race number. Please do not take up too much space, and do keep your area tidy. Please arrive in transition with your helmet on and clipped up, so that it is easier for the marshals to check you for safety.

WILL THERE BE FOOD AND DRINK AVAILABLE ON THE DAY?

There will be a free snack provided for all competitors for after their event. However, these will not constitute a full meal. Hot catering will be provided, available to athletes, staff, parents and everyone attending. For this, payment will be via CARD ONLY, so please could all visitors plan accordingly. There will also be an ice-cream van, for which cash and card will be accepted.

WHAT IS THE RACE LICENCE THAT THE SCHOOL HAS RECEIVED?

It is simply a licence that allows children to compete on the day. There is no requirement to do anything with this. To make the event official, it was acquired from British Triathlon and is visible in registration.

WHERE DO I CHANGE?

The school changing rooms will be available, as well as the pool changing rooms. All of these areas are out of bounds for adults and non-competitors. Either leave your bag in the changing room for collection later, or exit the buildings briefly, to hand your bag to your parent or helper, before you go poolside. All changing areas will be signposted. Monkton Prep School cannot be held responsible for any lost items or valuable.

HOW WILL THE SWIM START WORK?

It will be a snake swim (see information in the 'Swim Section' of this pack). Starts will be staggered by either one minute or 30 seconds. The marshals in the pool will ensure that each competitor knows exactly what they are to do in the pool, as well as where to exit to get to transition.

WHERE DO I LEAVE MY HAT AND GOGGLES?

Leave them in transition after your swim, before you touch your bike.

CAN I COMPETE IN JUST A SWIMMING COSTUME?

Yes, but you must put a t-shirt on over the top if you are only in a swimming costume or trunks. Those wearing tri suits or female race swimsuits to the knee, do not have to do this.

DO I NEED A RACE BELT?

Race belts are not compulsory, but are highly recommended, if you don't want to have to wear a t-shirt, or be pinning numbers to shirts upon arrival (please provide your own pins). You will need to have your number visible on the back on the bike and on your front on the run.

WHAT TYPE OF BIKE SHOULD I RIDE?

This is a difficult question to answer, as all types of bike would probably be suitable for the course. However, please note that no tri- or aero- bars are allowed, and that bikes must have bungs on the end of handlebars. If there is rain, then slick road tyres will be more challenging to control on the grass course which has a slight hill. Your own best judgement, based on weather, course and bike-handling experience, is advisable.

IS DRAFTING ALLOWED ON THE BIKE?

No. We will do our best to enforce the anti-drafting rules, but with so many cyclists on the course, this will only be possible if very obvious. If in doubt, keep at least 10m back.

CAN AN ADULT HELP ME DURING THE RACE OR WHEN SETTING UP?

Adults cannot help you during the race. Under rule 23.6(c), children can have an adult help them when setting up in transition; however, we would only expect TriStars 1 (Year 5) to *possibly* need this and we will be active in discouraging adults from entering transition with athletes unless absolutely necessary, and even then ONLY at the set time, as per the timings sheet.

WHAT DO I DO WITH MY TIMING CHIP AT THE END OF THE RACE? WHERE WILL THE RESULTS BE DISPLAYED?

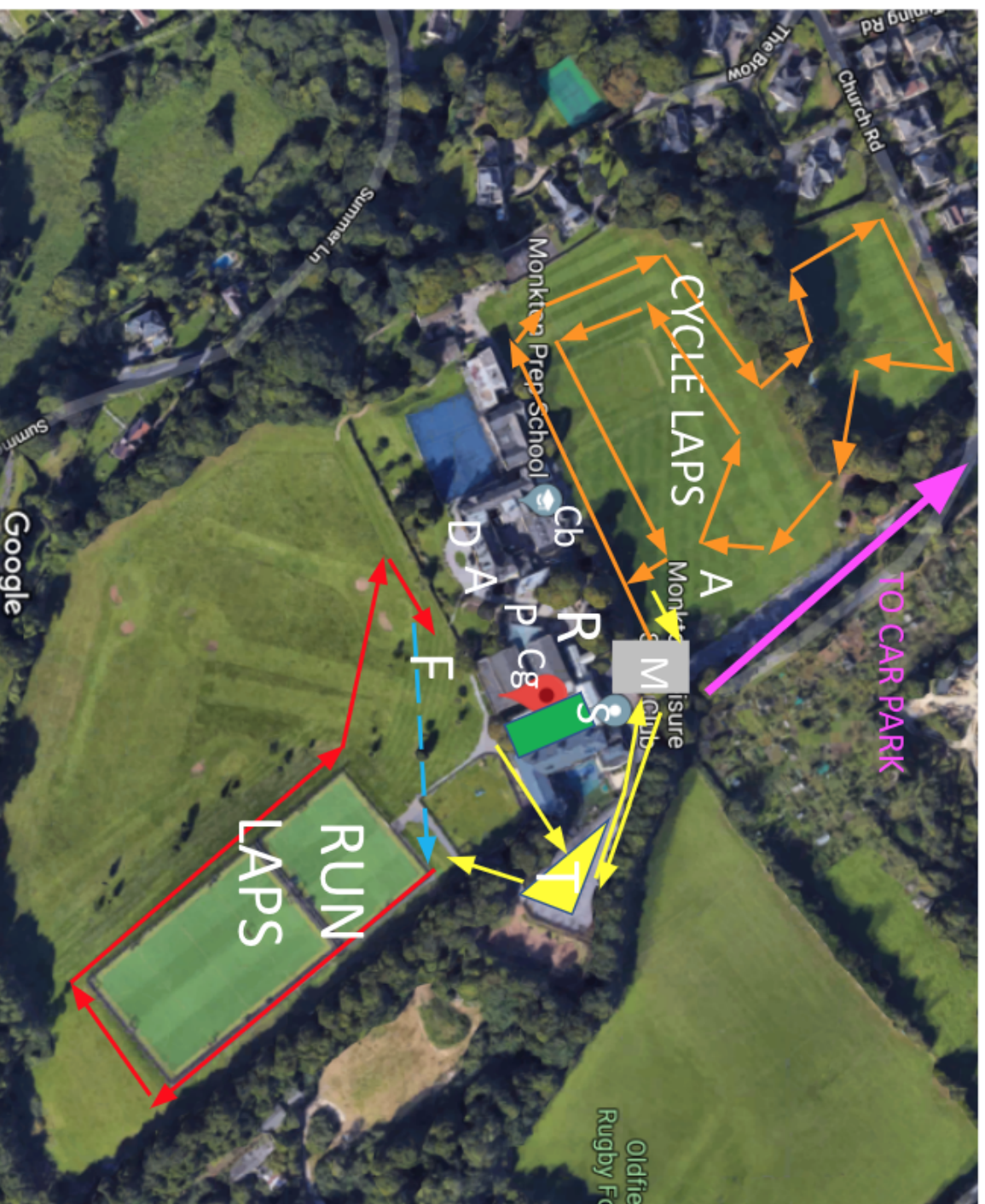
Please take it off and return it to the timing officials, or you may be charged for it. Results will be displayed at or near the timing officials' table, and on their website.

WHAT DO I DO IF I HAVE A COMPLAINT ABOUT THE RACE?

Please contact either the Race Director or the Technical Official. A Race Jury may then be formed to consider your complaint. Complaints must be made through/in the presence of your team manager, who must be a member of your school's staff.

I HAVE A QUESTION THAT YOU HAVE NOT ANSWERED.

Please speak to your school's triathlon coordinator, or ask your question as you arrive, or at the race briefing. We will be happy to answer questions from all competitors and spectators, as we are here to help you have a great day. Please do be aware, however, that the marshals and officials will be very busy! Above all, enjoy your experience.



Green – Swim;

T – Transition

M – mount and
dismount lines;

Orange –

Cycle (orange line
denotes ONE lap);

Red – Run (red line
denotes ONE lap);

F – Finish line;

R – Registration;

A – First Aid;

P – Portaloos;

D – Drinks and
food;

C – Changing
(b boys and
g girls);

S – swim entrance
and changing.



IAPS Triathlon @ Monkton Prep School, Sunday 21st May 2023

Green - swim;

Yellow lines and area - transition entries/exits and area;

Orange - cycle area; Red - run area;

M - mount line; F - finish; R - Registration; A - First Aid; P - Portaloos; D - Drinks and Food; Cg- Girls' Changing; Cb - Boys' Changing; S - Swim entrance and changing.