



The Castle Country Club Darwin's Challenge Aquathlon

Monday 6th May 2024

Competitor Race Information Pack

Please take the time to read this important race information below before the event to ensure that you have a smooth and enjoyable race – we look forward to seeing you in Shrewsbury.



The Darwin's Challenge Aquathlon has been organised and coordinated by SYTri (Shrewsbury Triathlon) Club and is sanctioned by British Triathlon Federation (BTF) the event is therefore governed by their rules and regulations further information available at [BTF Event Rules 2024](#)

The Co-Ordinator for the event is Tony Smalley (on behalf of SYTri - Shrewsbury Triathlon) and the British Triathlon Technical Official will be Barbara Somers. Should you have any complaints or appeals on the day these must be forwarded to **Rebecca Furth** on the day. Please note that the Technical Official's decision is final.

Venue:

Darwin's Challenge Aquathlon will be held at Shrewsbury School Swimming Pool. The address for the venue is

Shrewsbury School Swimming Pool, The Schools, Shrewsbury, Shropshire, SY3 7BA

For Satellite Navigation Systems please enter the postcode SY3 7BA, but please enter in the via postcode of **SY3 7AA** to ensure that your route avoids the Town Centre.

Please note the whole site is NO SMOKING/VAPING, should you want smoke please leave the school grounds, failure to do so may result in you being escorted off the school grounds.

Directions:

Take the A5112 signposted to Shrewsbury from the A5-A49 at Dobbies roundabout. Continue past the retail park (Sainsbury's, McDonald's, etc. to your right) to the large Meole Brace roundabout (with traffic lights). Approach this in the left hand lane.

Take the second exit (B4380, signposted Porthill and Copthorne), keeping in the left lane and forking left immediately after the roundabout. You go up an incline, which is in fact a bridge over the railway.

At the next roundabout continue on the B4380 (second exit). The road heads down the hill and sweeps round to the right just as the road rises up again, take the right hand turn into **Kennedy Road**. Continue up the hill, and turn left at the tennis courts onto **Ashton Road**, Once parked please enter through the main school gates and follow the signs for registration.

Parking:

Please park along Ashton Road if possible or surrounding roads free of charge, however, this is a residential area so please be considerate when parking and keep entrances clear at all times. **You are not permitted to park on School premises at any time.** Should you need a parking space close to the school please contact us in advance via email at darwins@sytri.org

Registration:

Adult & Youth Registration will take place in the sports hall to the right of the main entrance into the swimming pool facility and will commence at **8.30am and close at 9.30am** (or when everyone has registered) **Photo ID is compulsory and will be required at registration.**

Junior registration will commence at 10:00am and close at 11:15 (or when everyone has registered). Please allow yourself plenty of time to register as registration will close promptly at the designated times above and those who do not register during these times will not be allowed to compete.

Please note there will be no entries allowed on the day of the event.

All competitors will need to register on the morning. Please ensure you know your race number before registering (these will be displayed on a notice board next to registration).

At registration each competitor will be provided with a race number for the run section, which must be worn on your front, **please fill out the emergency contact details on the rear and remember to bring at least 4 safety pins with you** (not provided). Race belts will be allowed on the day, however it is your responsibility to ensure they are correctly positioned on your front and clearly visible at all times during the run. Swimming caps will be provided, however they are all one size so please feel free bring your own swimming cap if you wish to especially juniors.

Timing chips will also be issued at registration it is your responsibility to keep them safe any lost chips will incur a charge of £50

At registration you will also find display boards detailing, route maps, risk assessment, event permit certificate, Individual race numbers and start times

Race Briefing:

There will be a race briefing at **9.45am for all adult & Youth** competitors and **11.30am for Junior** competitors, please make sure you are there as the race organiser and British Triathlon Technical Official will inform you of any race procedures, safety issues and changes for the day. If you have any questions you will be given the opportunity to ask them at the end of the briefing. **The first adult wave will then start at 10am promptly, and 11.45am (dependent on finish time of the last adult) for the juniors.**

What will I need to bring:

You will need to bring with you....

Photo ID (for all adults)

Swimming costume, trunks or tri suit.

Goggles.

Swimming Hat.

Running shoes.

T-shirt suitable for run and to pin your number to (if not wearing a tri suit with race belt).

Towel (2 if you require one for transition).

Race belt or Safety pins (x4) for race number.

Changing facilities

There are both male and female changing facilities with showers and separate toilets, which are available to use during the event, **competitors only** will be allowed in the changing facilities. **Adult competitors are asked to vacate the changing facilities a.s.a.p. so to allow the Junior competitors to enter the changing facilities.** To all parents of junior competitors, please note that if juniors enter the changing facilities adult competitors may still be using the changing facilities. Please do not leave any kit unattended in the changing rooms, as **we will not be liable for any lost or stolen personal possessions.** Please note there are a limited number lockers available so, please do not bring valuables along with you.

Transition:

The transition area is located just outside the swimming pool fire exit. You will need to bring your numbered race bag issued at registration (containing your run kit) onto poolside, after the swim briefing on poolside leave your numbered bag at the end of your lane. On completion of the swim you will pick up your numbered race bag and go out through the exit to the outside transition area where you can prepare for the run. Any items such as swimming hat and goggles that you are not using for your run are to be placed in your numbered bag and handed to a marshal, these will then be placed in the holding area until you have completed the race. **You will need to show your race number to release your bag.** Please follow the marshal's instructions at **all times** whilst in transition.

Swim:

The Swim will take place in the 25m flat form pool at Shrewsbury School. Distances vary depending on your age group so please familiarise yourself with the number of lengths (shown in brackets) you are required to complete.

- Tri start (8 yrs.) - 50m - (2 lengths)**
- Tri Star 1 (9 to 10 yrs.) - 150m (6 lengths)**
- Tri Star 2 (11 to 12 yrs.) - 200m (8 lengths)**
- Tri Star 3 (13 to 14 yrs.) - 300m (12 lengths)**
- Youth (15 to 16 yrs.) 400m - (16 lengths)**
- Adults (17 plus) 400m - (16 lengths)**

The pool marshal will highlight the exit during the race briefing and again whilst waiting for your wave to start. To allow every athlete a good event experience in the swim discipline, we only have one person per lane. **This means that we cannot give you individual wave start times but instead start the next wave as soon as the previous wave have finished.** With that in mind please ensure that you are on poolside allowing plenty of time to be placed in your wave and briefed. **There will be a board at registration showing which wave is in the pool and it will be constantly updated for your information.**

Lap counters at the end of your lane will count your lengths for you and will let you know when you have only 2 lengths to go.

Please note that spectators will be allowed on poolside, but are only allowed on the blue seating area. You must remove your footwear prior to entering the pool area.

Run:

Adults & Youths

The run for adult competitors is a 5km undulating course mainly on pavement and off road around Shrewsbury; there is one steep hill towards the end of the run route (Darwin's Challenge) before re-entering the school grounds.

Adult & Youth run: <https://gb.mapometer.com/running/route/5446472>

Juniors

The run will be on a closed flat circuit around part of the school grounds and varies between grass and pathed areas; the number of laps you need to complete is dependent on your age group (see below).

Tri start (8yrs) 600m (1 Lap short course - 0 bands)

Tri Star 1 (9 to 10yrs) 1000m (1 Laps - 0 bands)

Tri Star 2 (11 to 12yrs) 2000m (2 Laps - 1 bands)

Tri Star 3 (13 to 14yrs) 3000m (3 Laps - 2 bands)

Please ensure you familiarise yourself with the number of laps you need to complete before the start of the event (**the number of laps you need to complete will also be written on your race number in the bottom right hand corner**).

Race Rules:

The event is being held under the British Triathlon Federation rules. This means that all competitors must be insured by an appropriate body. BTF members are insured as part of their membership and all other competitors will be insured as part of their Race Pass.

You are advised to visit and read the rules. Any decision made by the race Official is final.

Any appeal against any decisions must be made to the Chief Race Official within 15 minutes of the athlete's finish time.

Medical Advice:

The safety of our competitors is paramount, there will be first Aiders on site at all times, should you require any medical assistance, please approach one of the volunteers or marshals available on the day.

Results & Prize Giving:

Provisional results will be displayed on the SYtri website www.sytri.org as soon as possible after the event. Any disagreements over timings should be raised with the marshal on the day, we will endeavor to get official results on the website by the Wednesday after the event.

Adults - There will be prizes for the 1st Athlete in each of the two categories(Female & Open)

Juniors - There will be Prizes for the 1st Athlete in each category in each age group and will be awarded in the finish area or registration hall shortly after the last competitor comes in.

All competitors (both adults and juniors) will receive a finishers medal.

Contact Us:

We hope we have answered all of your questions in the race information Pack, should you have any further queries please do not hesitate to contact us on darwins@sytri.org

Thanks:

It takes a great amount of work to organise an event such as this. Special thanks go to the event organising committee, the SYtri (Shrewsbury Triathlon) club members who marshal the event. The staff at Shrewsbury School swimming pool, all of our sponsors & finally **you the athlete**.

