

Sunny Hunny Triathlon

Sun 19th May, 2024

200m Dool Swim
18km Bike
3½km Run



KING'S LYNN
TRIATHLON CLUB

RACE INFORMATION – PLEASE READ BEFORE THE EVENT

Thank you for entering the Sunny Hunny Triathlon 2024, organised by King's Lynn Triathlon. Please take time to read this race pack to familiarise yourself with the structure and rules of the event.

The race has been sanctioned by Triathlon England and will be run in accordance with the rules of British Triathlon. We encourage ALL competitors to take the time to read the rules associated with triathlon. Ignorance is no defence and there have been changes for 2024. A copy can be downloaded at <https://www.britishtriathlon.org/competitionrules> A Triathlon England official will be on site throughout the event to answer any questions and help you race within the rules.



Lifeboats

Fundraising in aid of the RNLI

Points to note

- Registration is on Saturday 18th May, 14:00 – 16:00 & Sunday 19th May 06:00 – 07:00.
- Photo ID is required to register.
- Competitors with a BTF Home Nation membership will have to show proof of a valid race license or pay £8 for a day license.
- If you did not purchase a race pass from the BTF during sign up, you will be able to purchase one for £8 during registration on the 18th and 19th.
- Transition is on the pedestrianised area outside Alive Oasis side entrance at Seagate Road and is for competitors ONLY.
- Helmets must be worn and fastened, race number must be on display and bike sticker must be attached to gain entry to transition.
- Bikes are to be safe, in good condition and fully working. Bikes will be inspected on way in to transition but marshals cannot fix anything. Bike mechanic may be available for anything minor. Please ensure you have closed bar ends.
- Racking will be number allocated, please keep transition space to a minimum. Any large bags can be securely stored within the grounds of the Oasis leisure centre – please ask a marshal.
- MANDATORY race briefing will take place at 07:20 in transition with transition open for a further 10 minutes.
- Race will start at 07:45 with most swimmers setting off at 30 second intervals based on estimated swim time.
- Entry to transition from the pool is via fire exit with no return to pool.
- Helmets MUST be fitted and fastened BEFORE removing bike from the racking.
- Bike exit is directly on to Seagate Road.
- Bikes are to be mounted after crossing the MOUNT LINE.
- Competitors must adhere to the Highway Code.
- Bikes are to be dismounted prior to the DISMOUNT LINE.
- Helmets are ONLY to be removed once your bike is racked.
- Competitors are to be courteous to all parties during the event.
- Access to transition post-race will only be allowed after the last competitor starts the run.
- Race numbers must be shown to gain access to transition. There is no access via the swim venue.
- Race number, Bike sticker and helmet sticker must match before exit from transition is allowed.

More details of the event and the routes are available on the following pages, please take time to read the full race pack. Thank you.

The Event Venue

The event is being held in Hunstanton in Norfolk. Event HQ, registration and the swim will be held at the Alive Oasis, Central Promenade, Hunstanton, Norfolk, PE36 5BD ([Click to view map](#))

The Bike and the Run routes will use the local roads and paths with the finish line on the Green in the central area of the town. The roads and trails will be open to other users during the event.

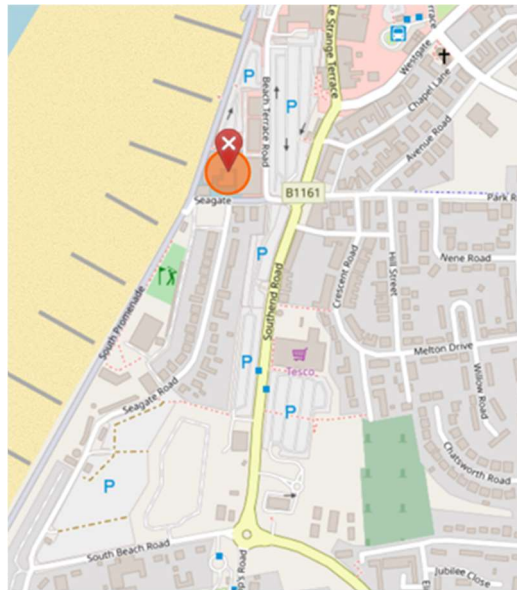
There are plenty of opportunities for spectators to view their friends and family race on the course and at the finish line.

Getting There and Parking

Alive Oasis,
Central Promenade,
Hunstanton, Norfolk,
PE36 5BD ([Click to view map](#))

Please allow plenty of time to travel, register and rack your bikes in Transition.

Competitors can utilise any of the town car parks. Please note parking is NOT free and the correct fee must be paid for the duration of your stay. You are also not allowed to park on some roads before 8am, such as Cliff Parade, and the parking officers are very efficient ! For more information on parking please [click here](#)



Registration Information

Everyone taking part must register and show some form of photo ID.

Registration will be held at the Alive Oasis Café which can be accessed via the Promenade.

The address is Alive Oasis Central Promenade, Hunstanton, Norfolk, PE36 5BD

At registration you will:

- Show your photo ID.
- Collect your race numbers (more details below).
- Have a chance to ask any final questions.
- View the routes and
- Double check your start time.

For insurance purposes ALL competitors are to be in possession of either a current valid BTF race licence, or for non-members have purchased a BTF race pass specifically for this event.

When you registered online and confirmed you were not a member of a BTF home nation (TE, TS, WT), you will have already purchased a BTF race pass. There is no need to bring proof on the day.

All BTF home nation members are to produce proof of a valid licence at registration. Failure to produce this will require the competitor to purchase a BTF race pass for £8, even if they claim to be a TE member. Your licence (digital or physical) is the only acceptable proof of being insured to race.

In making the application to race, competitors have agreed to abide by the terms and conditions of King's Lynn Triathlon Club, abide by the rules stated by British Triathlon and abide to the Highway Code.

Full details of the BTF race pass are available at www.britishtriathlon.org/race-pass

Registration timings

Registration will take place at the Alive Oasis Leisure Centre between the following times;

- **Saturday 18th May – 14:00 to 16:00 and**
- **Sunday 19th May 06:00 to 07:00**

We advise that you arrive in plenty of time and aim to complete registration by 07:00 at the latest.

Please note that bicycles cannot be left at the venue overnight.

Race numbers

Race numbers will be collected at registration. You will be provided with two copies of your main race number, a helmet sticker and a bike sticker. The main number is to be displayed at the rear when cycling and to the front when running. A race belt is advised for simplicity but is not compulsory.

Body marking (sharpie pen) or wrist tags will be used. Please inform the registration personnel should you have any allergy concerns.

Timings chips will be issued poolside before your swim start and secured to your left leg.

Race Briefing

The Race briefing is mandatory and will be conducted at 07:20 in the transition area. Transition will close at this time and afterwards all competitors will make their way to the pool side and line up in number order. The Race starts at 07:45

Changing rooms will not be available for changing in to cycle kit and the race should be conducted in a fashion consistent with triathlon i.e. changing bike side for a quicker transition. If you do have a specific need to use changing facilities during the race, please let us know in advance at events@kltri.co.uk.

Please be aware that nudity is not allowed in transition!

Note - changing rooms will not be accessible following the bike phase and all competitors will need to prepare for the run at bike side in transition.

There are no cut off times for this event.

Littering

There will be no feed/drinks stations located on the course other than at the finish line. Competitors are to provide their own drink and nutrition requirements for the race. Competitors are reminded that conduct during the sport is paramount and that littering will not be accepted or tolerated. Littering is a British triathlon Disqualification offence. If it can be carried full it can be carried empty! Please utilise the public waste facilities provided.

Catering

Alive Oasis Leisure centre coffee shop will be open from 06:00 for hot and cold drinks and light snacks. Hunstanton offers a wide range of catering facilities and we would encourage everyone to stay in Hunstanton after the event and explore the town and its cafes and restaurants.

Spectators and Supporting Other Athletes

This event is principally aimed at those new to triathlon and we are pleased to say that over 50% of those taking part have never done a Triathlon before. We encourage you to bring family and friends to cheer you along and help to create a welcoming and friendly atmosphere from start to finish for everyone.

We also are encouraging all Athletes to stay/return to the finish line to cheer others as they finish line and receive their medal.

Please note – Spectators or family members are not permitted in the Transition area, they can however view transition from the pedestrian area between Seagate Road and Beach Terrace Road.

Children

If you are bringing children to the event, please make sure that there is a responsible adult with them at all times, especially if you intend to race. We need to ensure that the course and the transition areas are kept clear and children, especially the younger ones, can easily stray into the path of fast moving bikes or athletes. Please keep them safe.

The Course

Conduct

Competitors are reminded this is not a closed road event. Whilst every effort has been taken to ensure prior knowledge of the event is passed to the local community there will be road users unaware of the event. We request you treat members of the public including other road users, marshals, other competitors, officials and venue staff with respect. Any use of profanity or aggression to any parties will result in an immediate disqualification and a ban from future events hosted by Kings Lynn Triathlon Club.

Should any competitor wish to withdraw from the event at any time following race start they are to approach the nearest marshal and state that they wish to withdraw. The marshal will provide instructions on what to do next.

Route

The Swim, Bike & Run sections are as follows;

- 200 m Pool swim (competitors will be released depending on estimated swim times provide at the time of application)
- 18 km Cycle route (Consisting of 3 loops around the town of Hunstanton)
- 3.5 Km Run (Starting at Alive Oasis and finishing on the green near the bandstand)

Course maps are available at the end of this race pack

Transition

Transition will be open from 06:10 to 07:30 on Sunday 19th May.

Transition will be located adjacent to the Alive Oasis Leisure Centre, Hunstanton. Entry to transition is restricted to competitors only. Once transition is closed all competitors will make their way pool side for the start of the event. There will be no entry to transition from this point other than for competitors whilst competing or once it is reopened when all cyclists have returned.

On checking into transition to rack your bike, helmets must have the race number sticker adhered front centre. Bike stickers are to be adhered to the bike and competitors must be displaying their race number. Bikes are to be in a roadworthy condition and must adhere to the rules set by British Triathlon. Bikes and helmets will be checked prior to entry and any bike deemed to be unsafe will not be allowed to be used in the event. A bike mechanic will be on hand for any minor technical issues but we recommend that you inspect your bike prior to attending the event as repairs will be limited.

Racking positions will be allocated to each competitor. Please be courteous to other competitors and ensure your transition area is kept to a minimum.

All transition bags/ boxes are to be stored away from the racking area. Secure storage is provided.

Swim

In the spirit of reducing waste we ask that competitors wear their own swim caps for this event. Swim caps are NOT compulsory for pool based events.

There will be a table at swim exit for glasses, medication such as inhalers and other items required between the swim and transition. All medication should be labelled with the competitor's name. There are toilet facilities adjacent to the swim exit but expect them to be busy immediately prior to race start.

Any swim stroke is permissible with the exception of backstroke as swimming on your back may be mistaken for needing assistance and can also cause collisions in the pool.

To minimise the requirement of overtaking during the swim competitors will be released according to the estimated swim times provided when registering for the event, normally at 30sec intervals.

If there is a need to overtake a fellow competitor the general rule is to tap their feet to let them know you are there. The competitor being overtaken should then stop at the end of the current length to allow the quicker swimmer to pass safely. Please do not attempt to overtake mid length as this increases the risk of head on collisions with competitors coming the other way. The swim is 8 lengths of a 25m pool divided into 4 lanes. After every 2 lengths, competitors will be required to pass under the lane rope to continue.

TUMBLE TURNS ARE NOT PERMITTED DURING THIS EVENT

If you miss your swim start time, we may need to move you to the last swim position and manually adjust your finish time after the event. Please make sure you are poolside in plenty of time!

Swim to Bike (T1)

Competitors will exit the pool at the steps and make their way outside to transition via the marked exit route. Competitors must walk inside the pool area – this will be enforced by marshals. Once outside re-entry to the swim area will NOT be permitted, this is to reduce the risk to other competitors. Competitors can jog between pool exit and transition.

Bike

Important: Event Marshals have no authority to control traffic or give you right of way. You are required to follow the highway code at all times.

Helmets must be worn prior to removing their bike from the transition racking. Competitors must walk with their bikes in transition and up to the mount line.

Once competitors have crossed the MOUNT Line they can mount their bikes and start the bike course. The route will be well signed, and marshals will be on ALL key junctions/turns.

Follow Seagate Road to the "TESCO" roundabout where competitors will start the 1st of 3 laps around the town. At the "TESCO" roundabout go straight over up Oasis Way to the next roundabout where competitors will take the 1st exit onto King's Lynn Road (A149). Stay on this road for approx. 1.4km (passing the High School, The Police station. **When passing the Glebe school (it will be on your right), there will be a car boot sale in progress and there may be card queuing to turn right into the school. Please keep to the left of the queuing cars.**

Turn left onto lighthouse Lane/Cliff Parade – DO NOT cross the centre white line as you turn left.

Competitors will pass straight over (AROUND) a small roundabout adjacent to the Green. It is mandatory to follow the curve of the roundabout. Do not go directly over the roundabout. This is a DQ offense.

Then follows a pedestrian crossing and at the end of Cliff Parade turn right onto Southend Road. At these two points only we have provided dedicated authorised traffic control marshals with the authority to manage pedestrian and traffic flow. However, please ensure you are vigilant and be prepared to stop if necessary.

Continue AROUND a mini roundabout, passing Tesco on your left and to the TESCO Roundabout where you will turn left to start your 2nd lap.

Competitors must complete 3 laps of the bike course, please remember it is your responsibility to count your laps.

Once competitors have completed 3 laps of the bike course, turn right at the TESCO roundabout and return to Transition via Seagate Road.

Rules Governing Riding on the Highway

You are reminded that the cycle route is carried out on open roads so please adhere to the rules of the Highway Code at all times. Please do not cross the white centre line of the road. The roads are sufficiently wide enough for safe overtaking. There is one right hand turn on the cycle route which will be negotiated 3 times. Competitors are NOT to cut the corner and are to ensure they remain on the correct side of the highway at all times.

Overtaking is only permitted on the right side of a fellow cyclist and a courteous call ahead using the phrase “On Your Right” can sometimes be a help.

Marshals are present at major turn points and junctions and are there to give direction only. They are not there to provide instructions and it is the competitor’s responsibility to ensure all junctions/ roundabouts are clear prior to continuing. The Highway Code must be obeyed at all times. Better to lose 2 seconds than to risk not finishing at all.

Drafting

This race is NON-DRAFTING meaning competitors are not allowed to take shelter behind or besides another competitor or motor vehicle during the bike phase. Competitors are to remain no closer than 10 metres to the competitor if front. The front edge of the front wheel defines the distance. A competitor can enter the 10 metre zone but must be seen to be progressing through the zone to complete a pass. The rules allow a 25 second period for the pass to be completed at which point the overtaken competitor must drop back out of the 10 metre draft zone. There will be posters illustrating this at registration. Time penalties and disqualifications will be issued by the technical official for infringements. Technical officials are not required to warn of a drafting infringement.

Bike to Run (T2)

Competitors returning from the bike phase will dismount prior to the DISMOUNT LINE. -PLEASE KEEP TO YOUR LEFT. Bikes should be returned to the competitor’s allocated racking position. Please be courteous to

other competitors and ensure your bike is securely racked and that your equipment is not blocking the exit/entry route prior to running.

The run exit from transition will be via the ramp, turning right onto the promenade.

Run

The run route follows the promenade to the end. Competitors will climb the cliff up the zig zag pathway making a U turn at the top passing the café. The run continues to the lighthouse, past the ruins and back to the café. The run then enters the gardens where it turns right at the war memorial. Once across the road the run continues to the finish chute located at the bandstand on the green. The route goes around the bandstand to the finish.

The run is conducted on the promenade and pathways. Whilst it is unlikely that vehicles will be present it is the competitor's responsibility to give way. Please be mindful of members of the public utilising the pathways. The run course towards the lighthouse from the café and back is conducted on grass. Please be aware it may be slippery depending on the weather.

Collecting items from Transition

Entry to transition at the end of the race to collect bike and kit will only be permitted once the last competitor has begun the run phase. Entry to transition will be monitored and competitors must display their race number to gain entry.

Prizes and Presentations

Trophies will be awarded for 1st, 2nd & 3rd Open Category, 1st, 2nd & 3rd Female Category and Junior categories will be for 1st Open and 1st Female only.

Presentations of trophies will take place on the Green next to the bandstand between 10:30 – 11:00

Time Penalties and Appeals

If you have a query over any result, please inform us immediately on the day. All appeals must be lodged with the Technical Official within one hour of your finish. A fee of £30 is payable to the Technical Official which will be refunded if the appeal is successful. Remember there is no duty on the Technical Official to tell you if a penalty has been awarded, the penalty sheet will be located near the finish.

A copy of the current appeal procedure and form is available on the BTF website at:

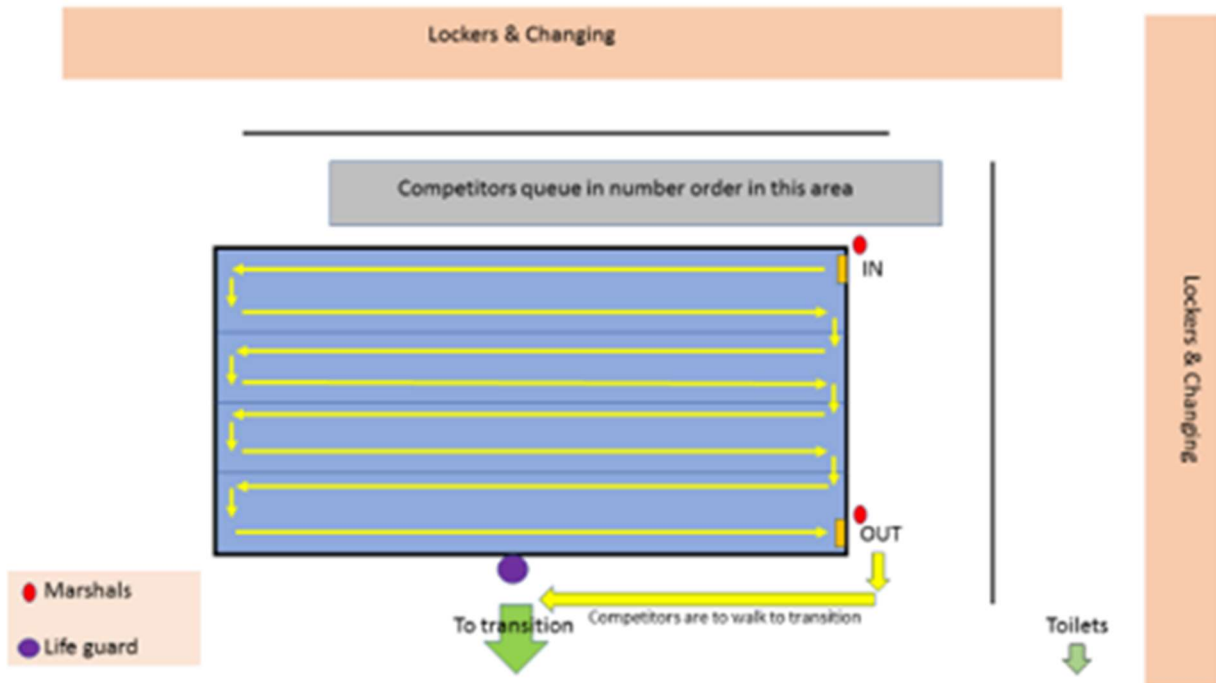
<https://www.britishtriathlon.org/britain/documents/get-involved/volunteers-and-officials/officials/officiating-resources/competitor-appeal-form-2018.pdf---to-delete>

Feedback

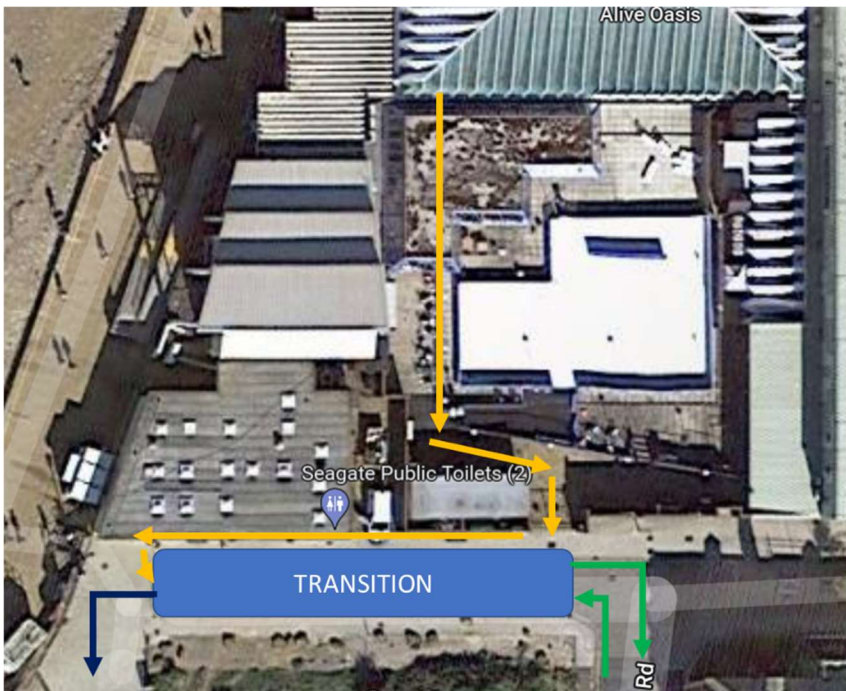
If you have any questions leading up to the event or would like to leave feedback post event, then please do not hesitate to get in touch by using our email: events@kltri.co.uk

Maps and Diagrams

Swim layout



Transition layout



- Swim exit
- Bike out/in
- Run out

Bike route



Run route



