



# Deva Triathlon 2019 Race Info Pack

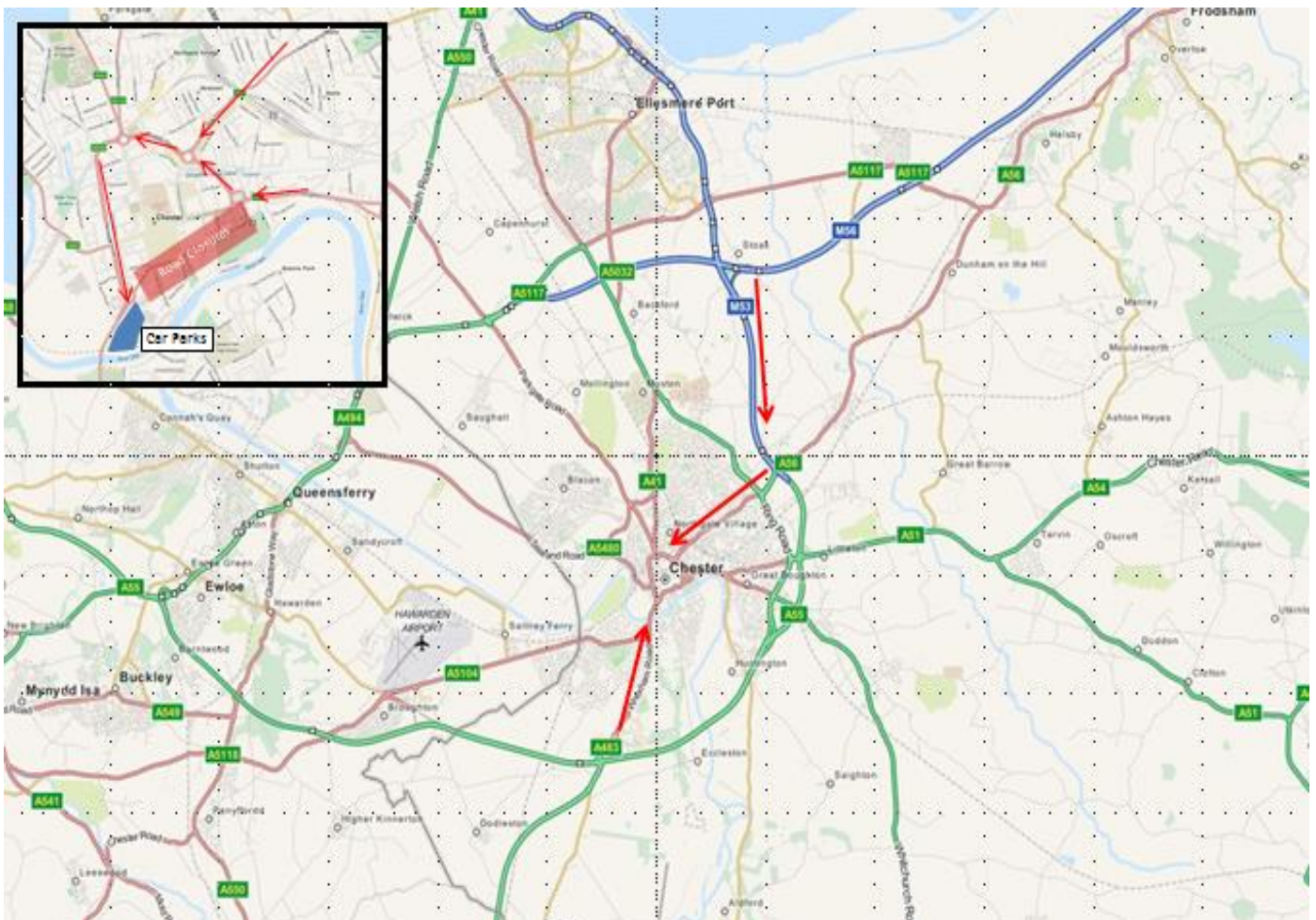
Thank you for entering the Deva Triathlon in 2019, this is our 22nd continuous year of the event. This year we have about 1000 athletes across the Olympic and Middle Distance events. Please ensure you read all the details in this pack, although the details in here are believed to be correct it is sometimes necessary to make last minute alterations. **Please make sure you attend the race briefing which is held 15 minutes before your start time at the swim start on the Groves.**

## Deva Triathlon?

Deva (pronounced Dee-Vah) was a legionary fortress and town in the Roman province of Britannia. The settlement evolved into Chester. The fortress was built initially in the AD 70s. Evidence of Chester's Roman past can be seen around the City, you will cycle past the Roman Amphitheatre and Gardens. Why not take the time to take a walk through the Roman Gardens, walk the city walls or visit the shops on the rows in the City Centre.

## Getting to the event - Car park postcode **CHI ISL**

Chester is easily accessible from the M56, M53 and A55. If arriving from the North West we advise you take **A56 Exit** from the A55 (watch the speed cameras!!), you should follow the Parking Signs for Little Roodee. If approaching from North Wales please use the A483 into Chester. **Please be aware that that the road closures for the triathlon will restrict routes other than those listed above. Diversions will be in place but it may take longer than expected if you use a different route. When leaving we recommend all traffic to leave Chester via the A483 and A55 as the City Centre can become very congested.**





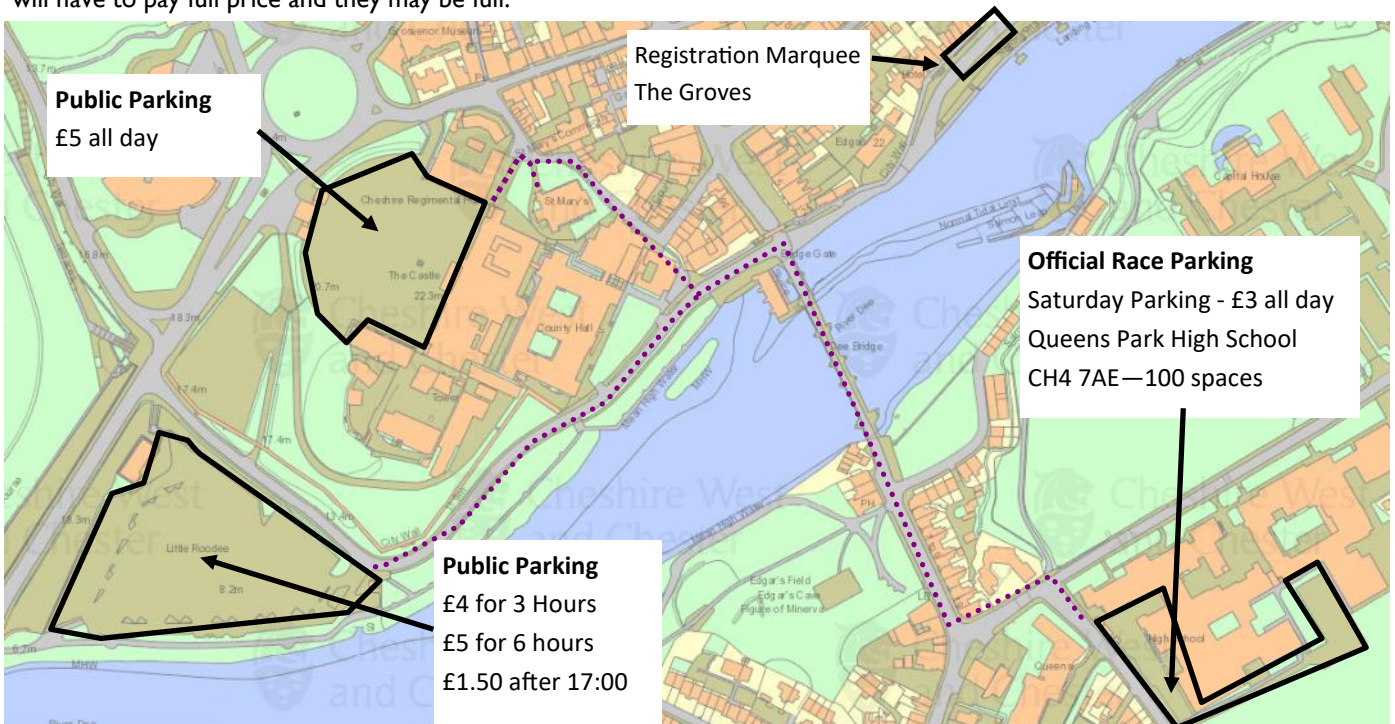
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## Saturday

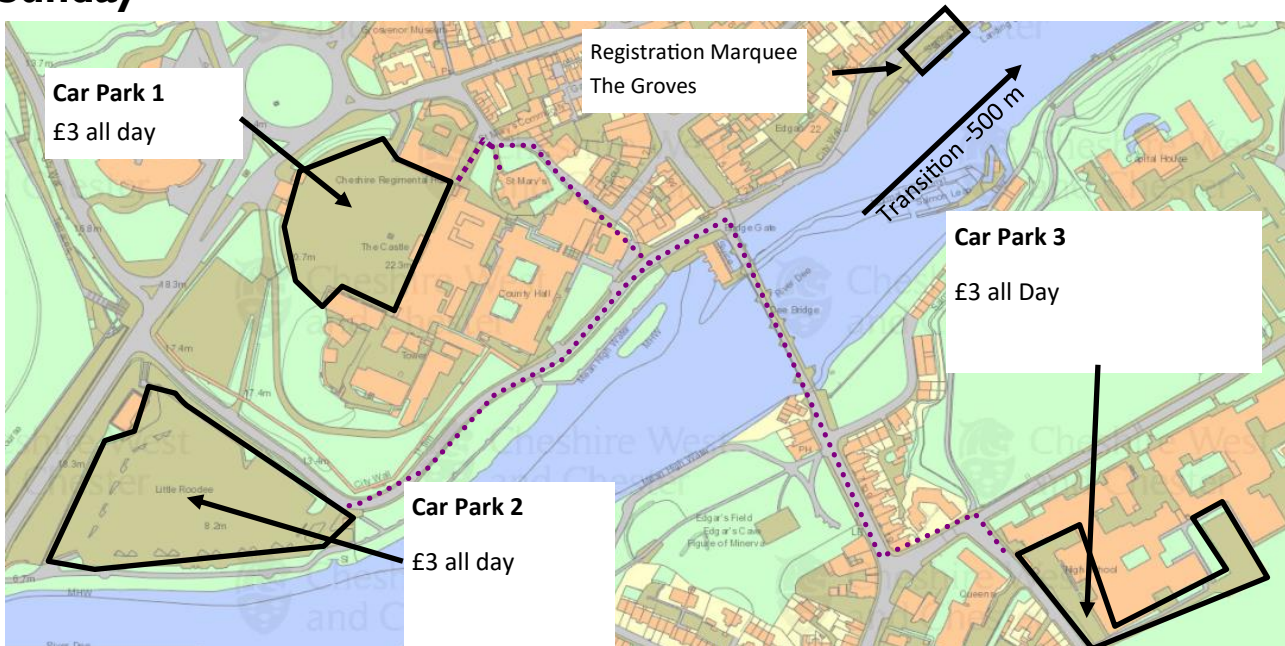
### Registration - Parking at Queens Park High School CH4 7AE

Registration will be open on Saturday 1st June from 14:30 - 18:00 at the Registration Marquee outside Hickory's Smokehouse (see site map). We have arranged all day parking at Queens Park High School, Queens Park Road, CH4 7AE for £3. It is about 500m from the car park to registration. There are approximately 100 spaces available but once this is full alternative parking will need to be found in the City. The Castle Car Park or Little Roodee Car Parks are closest to registration but you will have to pay full price and they may be full.



## Transition Tours

Transition tours will walk you through the race from the Swim Start into transition and explain the various points of swim in, bike out, bike in and run out. These will be given by a qualified coach and club member who can answer any questions you may have of the race. These will depart from the Bandstand on The Groves at 15:30 and 16:30 and are free to attend.



## Race Day Parking

The car parks will be open from 05:30 on Sunday Morning. Please follow the marshals instructions on where to park and park within the parking lines as you will likely get a ticket from the council if you don't. We have agreed a whole day parking charge of £3 with the council. Car Park 2 has a barrier system in operation, please take a ticket and you will be charged £3 when you pay for your ticket. In Car Park 1 **please pay the marshal with the correct change** and clearly display the parking voucher on your dashboard or you will risk a ticket from the council. You can pre purchase a car parking ticket on Saturday at registration to save time and hassle on the morning.

## Race Day Registration

Registration is open from 05:45 until 08:00. It is organised based on your surname, please proceed to the desk appropriate for the first letter of your surname, for relays this is the person who registered the team. Collect your numbers and bike stickers.

Please note a one way system is in operation in registration. Please follow the marked route through. A secure bike storage area will be available to leave your bike while you register. Please hand your bike to a marshal and collect a band. You will need to return the band to collect your bike.

## Registration Stages

**Register & License Check** - On arrival at registration go to the appropriate desk for your surname, have your BTF license ready for inspection or collect your Day License. If you have a valid BTF license you will receive a refund of £3.

**Collect Swim Hat, Race Numbers & Tattoo** - You will receive a sticker set that consists of a personalised helmet and seat post sticker. You will also receive one race number and a race belt, you must use either your own race belt or the one supplied. If you wear your number under your wetsuit please check it is visible when you take it off. Your number must be clearly visible on your back during the cycle and on your front during the run. You will also receive 2 tattoos with your number and age group. Water and sponges will be provided outside registration on Sunday. The tattoos should be applied to your right arm and left calf.

**Timing Chip** - Your timing chip should be worn on your **left** ankle. Please ensure you have the correct chip number before leaving registration.

**Goody Bag** - Collect your goody bag and T shirt and proceed to transition. (Middle distance also receive a hoodie)

**Please note it will take 10 mins to walk from registration to transition, please ensure you have plenty of time.**



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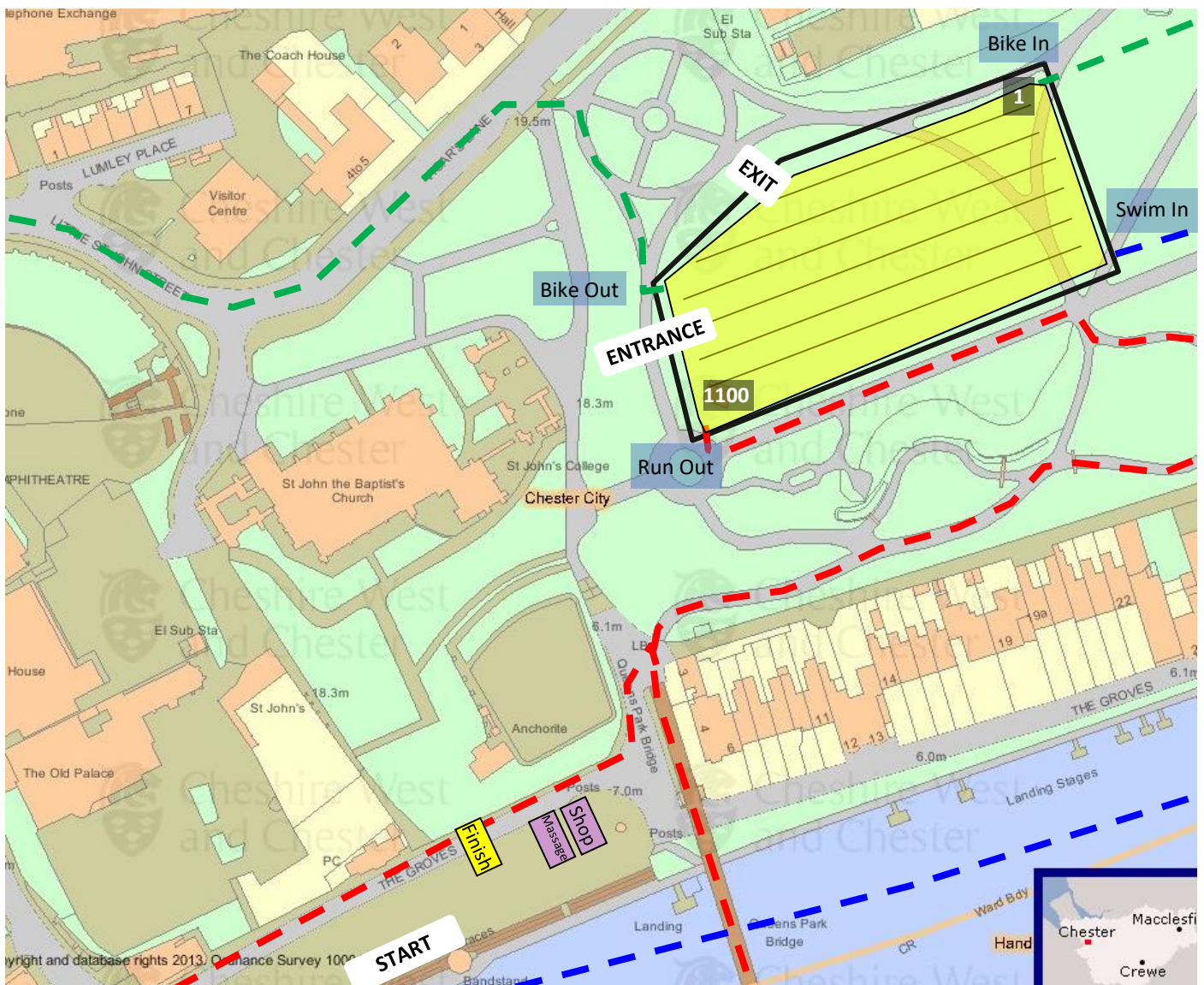
## Transition

Transition will be open from 05:45 on Sunday, you **cannot** rack your bike on Saturday. Racking is numbered and each row is marked with a rack number to aid location during the race, find your number and rack your bike, please rack your bike so that your shoes and bike are on the same side of the racking as your number. Every 100 positions is marked with a clear overhead sign. Make a careful note of where your bike is so you do not get lost when you are racing. **You may not mark your position in any way.**

You may only enter through the ENTRANCE gate, you must ensure your bike, your helmet and your body are marked with your number before attempting to enter transition.

Once all the bikes in your Wave have returned from the bike leg you will be able to retrieve your bike through the EXIT gate, the transition marshals and the transition PA will indicate when this is possible. You will have to show your race number in order to leave transition with your bike. Please show the marshal on the EXIT gate your number.

You should aim to rack your bike 1 hour before your race start. There are toilets in transition for athletes and showers at the Pagoda Building in the park, these will be clearly marked from the exit.





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## Wave Start Times and Categories

Wave	Time	Age Groups	Hat Colour	Est Wave Size
1	07:00	Middle Distance (inc Relays)	Red	500 (rolling start)
2	08:00	Olympic Age Groups : B,C,D,E (17—29)	Green	60
3	08:15	Olympic Age Group : F (30—34) + All Relays	Orange	70
4	08:30	Olympic Age Group : G (35-39)	Blue	70
5	08:45	Olympic Age Group : H (40-44)	White	60
6	09:00	Olympic Age Group : I (45-49)	Purple	70
7	09:15	Olympic Age Group : J (50-54)	Yellow	60
8	09:30	Olympic Age Groups : K,L,M,N,P,Q (55-85)	Turquoise	70

## Prize Giving (Age on 31st December 2019)

The prize giving will take place at the bandstand, approx. 13:00 and consists of:

Overall winners; Male & Female prizes for both Middle and Olympic  
1st £300 cash, 2nd £150 cash, 3rd £100 cash

Age groups 1st 2nd 3rd: (Age groups B - Q); Sports Nutrition Prizes

**Athletes are required to attend the presentation to receive their awards.**

Age category shall be determined as at 31st December in the current year.

Age group winners who also win an overall prize will receive both prizes, no roll down.



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## Routes

### Swim Route - Middle Distance

The middle distance race will be a rolling start this year starting from 07:00 until 07:15. You will not be allowed to start after 07:15. Proceed down the ramp, at the bottom of the mat will be a timing mat, once you cross the mat your time will start. **You must not dive in.** The swim is 1100m upstream and 800m downstream.

### Olympic Distance

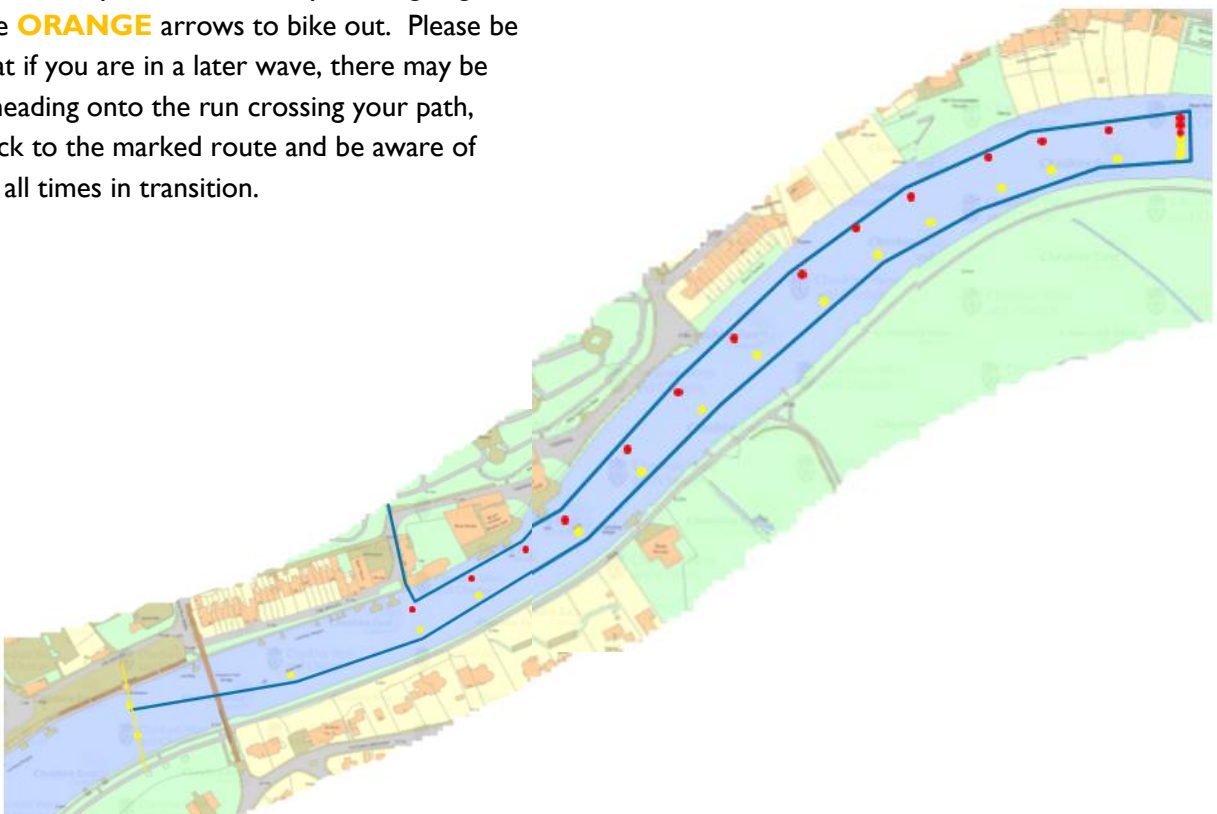
You must enter the start pen for your wave 15 minutes before the start time. You will be counted in after having a safety briefing. You can then enter the water for the start. The swim is 850m upstream and 650 downstream for the Olympic. Please obey the instructions of the safety canoeists. If you get into difficulty then roll onto your back and wave and a marshal will come to you, please hold onto the end of a safety canoe and follow the instructions of the marshal.

### All

Please make sure you have covered up any open cuts with a waterproof plaster, if you experience sickness, fever, headaches after the event please seek medical advice informing them you have been in open water.

The course is marked with large yellow and red buoys. Please keep all the buoys on your left at all times, there is a 10m gap between the out and return swimmers which you must not enter. You must go round the line of buoys at the turnaround before coming back downstream. In the event of unseasonal flow it may be necessary to change the route. This will be notified at the start. The temperature will be displayed at 06:15 at registration and in transition. On leaving the river using the exit ramp you should proceed up the hill and up a small flight of steps into the park. Please take care as the steps will be slippery when wet.

Proceed into transition and locate your bike, overhead signage will indicate numbered positions in transition, please make sure you know where you are going, follow the **ORANGE** arrows to bike out. Please be aware that if you are in a later wave, there may be runners heading onto the run crossing your path, please stick to the marked route and be aware of others at all times in transition.





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## **Bike Route**

Please ensure you put your helmet on before taking your bike, you should leave your area tidy and not impede others with your discarded equipment. Ensure your number is visible on your back and proceed to the Bike Out exit. You may only mount your bike once you cross the mount line which is on the road as instructed by the marshals.

The bike route is fully signed and marshalled at every turn. The sections inside the city centre are on closed roads but the majority is open roads and normal highway rules apply. Anyone seen riding dangerously will be disqualified. There are distance markers every 5km on the Olympic Course.

The race is a non drafting race, we have done our best this year to increase the gaps between waves and reduce the wave numbers. We will have 7 moto refs on the course and all our bike marshal have been trained to be static marshals. If you are caught drafting you will receive a penalty as below. If you are unsure about the rules please see the [BTF rulebook](#)

Olympic Distance : 1st Offence 2min penalty, 2nd offence Disqualified

Middle Distance : 1st & 2nd Offence 5 min penalty, 3rd offence Disqualified

On returning to transition please rack you bike in your area before removing your helmet. Proceed to Run Out following the white arrows, please be aware that as you move through transition you may have to cross the path of later waves heading out onto the bike. Runners should give way to cyclists in the transition area.

You must not discard any litter on the bike route, anyone seen discarding litter by a motorcycle referee will be immediately disqualified.

## **Middle Distance Cut Offs**

Due to us having to open the roads in the City Centre the following Cut off times are in operation:

Lap 1 of the bike must be completed by 10:30, anyone not completing the first lap by this time will be directed into transition where they may complete the run if they wish.

Lap 2 of the run must be completed by 14:15, anyone not on their final lap by this time will be directed to the finish line.

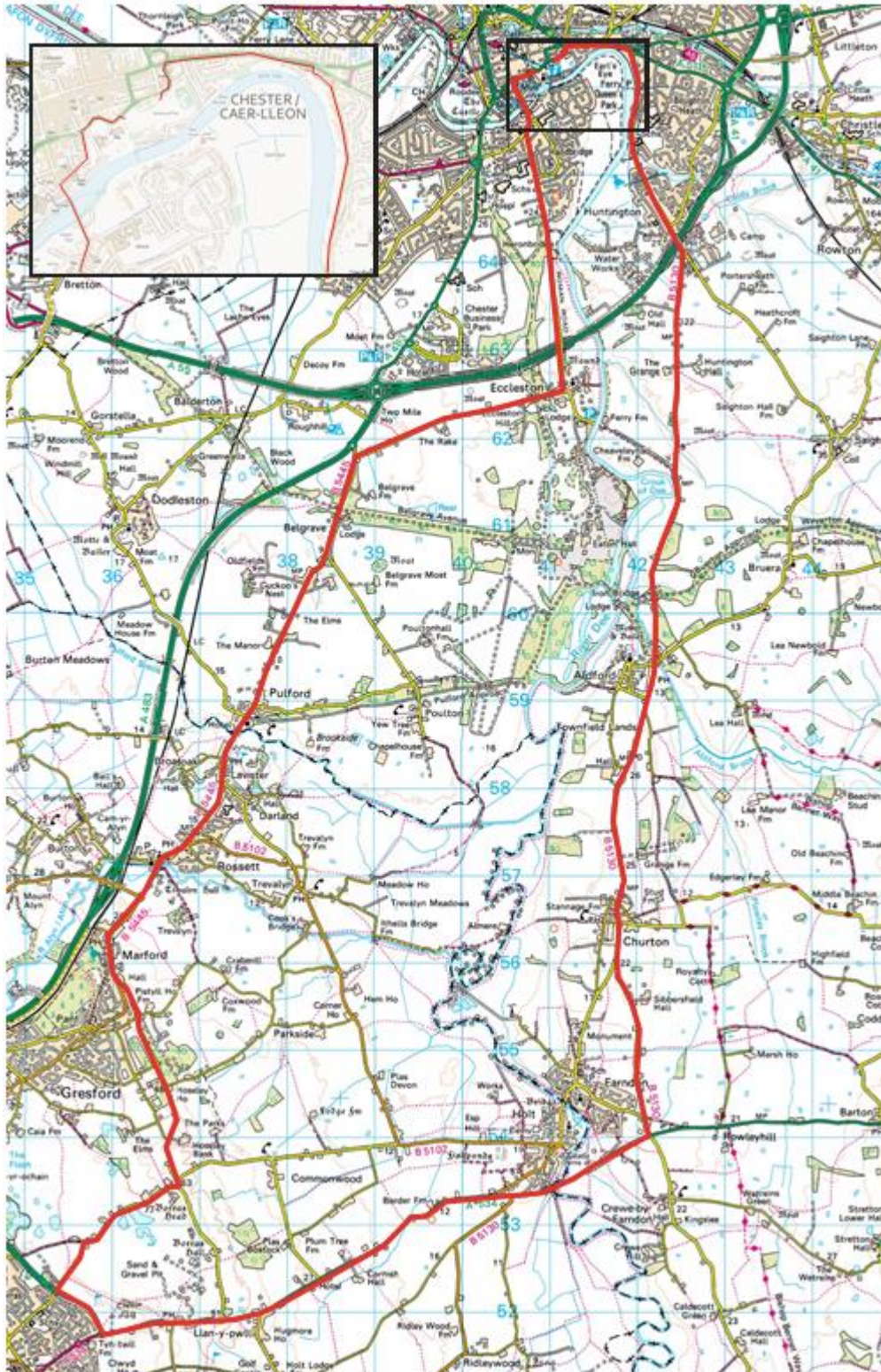
Unfortunately these cut off times are necessary to allow the roads to re-open on time.

No refunds will be given to people who do not make the cut offs.

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## Olympic Bike Route

The bike leg exits Chester on closed roads, some are narrow and the surface is not ideal, please take care on this first half mile. Once over Handbridge the road opens up. On returning through the City there are some narrow roads and tight turns, once again please take care.







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## Middle Bike Route

The bike for the middle is two laps, the first lap follows the Olympic Distance route until 20km, at this point, **on your first lap only**, you turn right and do a lap of Wrexham industrial estate. This deviation will be signed with bright pink signs. On returning to the Olympic course follow the same route back to Chester, do not enter transition on your first lap but continue along the road where there will be a bottle exchange with water and Nuun available. The second lap is the same as the Olympic route, follow the yellow signs all the way round. On returning to the City Centre the second time enter transition.





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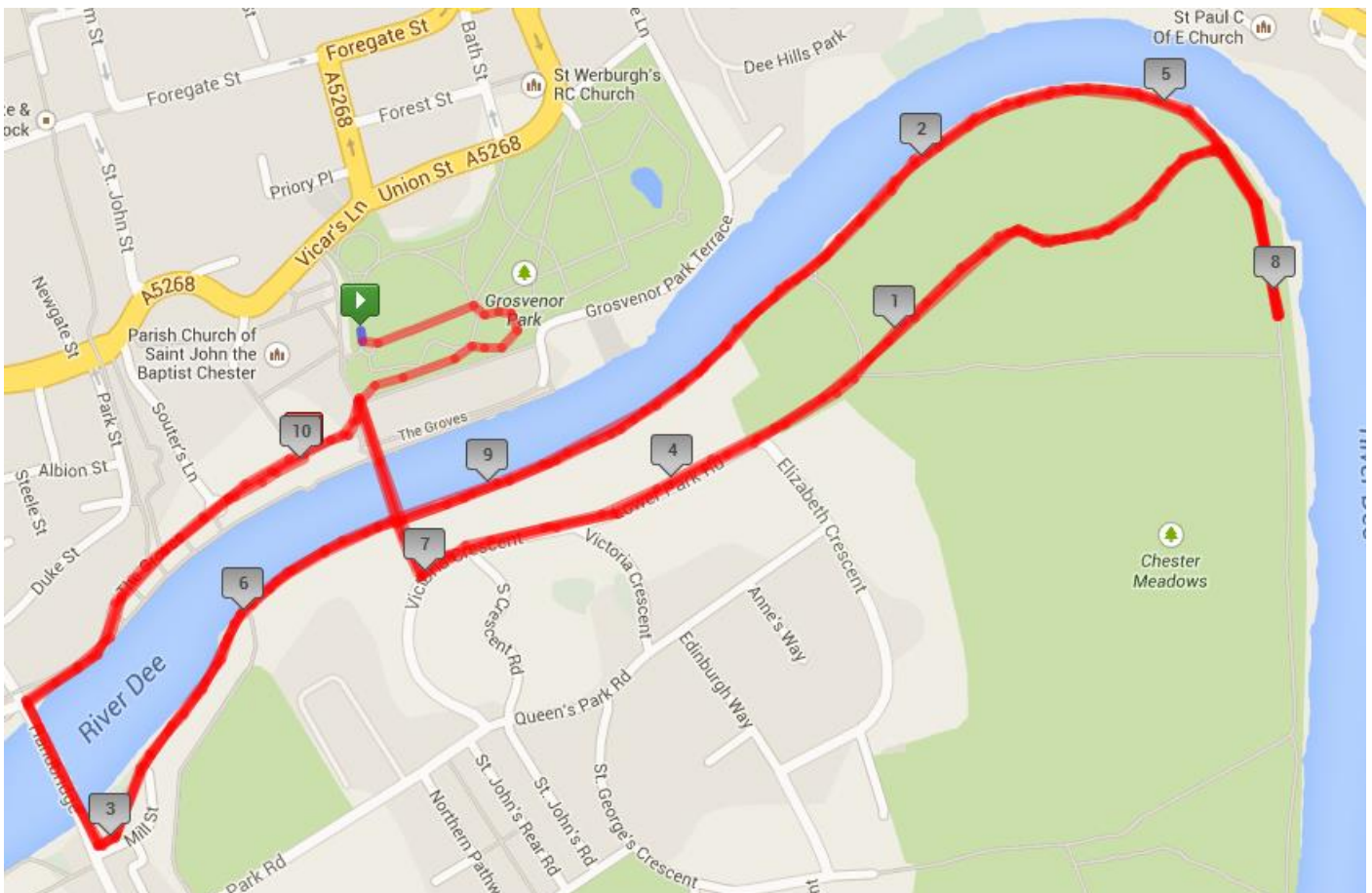


## Olympic Run Route

The run route leaves the park on paths, these are closed to the general public. Once out the park you cross the suspension bridge before going into the meadows and returning across the river using the main road bridge and along the groves. **The run course is 3 laps which you are responsible for counting**, there is a timing mat at the far end of the course for us to check your laps. On your first two laps through the Groves please keep left and proceed back across the suspension bridge. On your third lap make sure you go down the finish funnel. On finishing please ensure you hand over your chip to the marshals and get a drink and some food from the finish tent. We recommend you drink a can of coke after the event to mitigate any potential bugs from swimming in the river. There are no distance markers this year to avoid confusion with the middle distance, each lap is approx. 3.3km long.

There is one drinks station with water at 1.5km which you pass three times, please discard your empty bottles only in the areas provided. There will be water, energy drink, coke, jaffa cakes and bananas at the finish.

Anyone seen dropping litter anywhere except within 100m of the drinks station will risk a penalty or disqualification.





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## Middle Run Route

The run route follows the Olympic course for approx. 1.8km. At the Olympic turnaround point proceed onwards following the pink arrows. Run alongside the river until approx. 2.6km where you turn through 270 degrees onto a well made track. The turnaround point is at the end of the track along with a water and gel station. Ensure you cross the timing mat and then return along the same route to rejoin the Olympic course. On your first two laps through the Groves please keep left and proceed back across the suspension bridge. On your third lap make sure you go down the finish funnel. On finishing please ensure you hand over your chip to the marshals and get a drink and some food from the finish tent. We recommend you drink a can of coke after the event to mitigate any potential bugs from swimming in the river. There are no distance markers this year to avoid confusion with the Olympic distance, each lap is approx. 7km long.

There is one drinks station with water at 1.5km and another with water and gels at 3.3 km both of which you pass three times, please discard your empty bottles only in the areas provided. There will be water, coke, jaffa cakes and bananas at the finish.

Anyone seen dropping litter anywhere except within the designated areas will risk disqualification.





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## Post Race

After the race you will receive your finishers medal and finisher commemorative towel in the finish funnel. Instant time print outs will be available from the timing booth at the end of the chute.

## Post Race Showers & Changing

There will be portable showers available in the park, follow the signs from transition to the Pagoda building. This year, we also have access to the fabulous Victorian City Baths, you can use the pool for a cool down, the changing rooms to get changed in and the showers (they are pool side showers so no naked showering!).

Tea and coffee will also be available in the City Baths Café. Located opposite the park exit by the pagoda building



## Penalties

Please check the penalties board for any misdemeanours, if you are unsure of any of the rules please check the BTF Handbook <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

A few new-ish rules:

- Competitors can't be accompanied by any non-competing person in the finish chute.
- Where the suit has a zipper, the following apply:
  - Rear zippers (across all distances) are allowed but can be no more than 40cm in length.
  - Front zippers are allowed in all distances in Britain, with no restriction on length, but must be fastened:
    - To at least no lower than the bottom of the breastbone whilst racing, and done up to the top in the final 200m in middle and long distance events;
    - To the top completely whilst racing (unless wearing a top underneath), and done up to the top in the final 200m in sprint and standard events

### 3.3 Time Penalty

b.) Drafting infringements:

(i) 5 minutes in long and middle distance races (first and second drafting violation noted by a Motorcycle or Technical Official);

(ii) 2 minutes in a standard distance race (first violation noted by a Motorcycle or Technical Official);

c.) Other infringements:

(i) Stop & Go



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## Race Site

Please note that registration is close to the race car parks but it will take at least 15 minutes to get from registration to transition on race day morning. Make sure you leave enough time to get racked and to the start in time for the race briefing.

