

EVENT GUIDE



Thorpe Park Sprint Triathlon Sunday 2nd July 2023



RACE PACK COLLECTION

START TIMES & WAVES:

Wave 1 (Blue)- 7:00am- Senior Men (Under 40's)

Wave 2 (Green)- 7:05am- Vet Men (Over 40's)

Wave 3 (Red)- 7:10am- All women

Race pack collection- 5:30am- 6:30am

Please note there is a 2.5hr cut off to complete the race- if you think you will be longer than this time, please get in touch with our team [via email](#).

- On arrival make your way into Thorpe Park via the turn stiles. You will be asked to show your email confirmation of race entry to gain an access wristband to the venue.
- Once in the venue, head to the registration desks assigned to your wave to collect your race pack.

• Your race pack will include:

• Sticker for your Helmet → 

• Sticker for your bike (wrap around seat post) → 

• Timing chip (to be worn on your LEFT ankle) → 

• Swim cap (coloured by wave) → 

• Bib number → 

- Bib numbers are to be worn on your back during the cycle, and your front in the run. We advise wearing a triathlon race belt for easy transition. If you don't own a tri belt, you must wear your number on your back for both the bike and run.

[CLICK FOR ENTRY LIST](#)



Please take a couple of minutes to fill out the brief runner Information form on the back of your bib. This will help us in case of an emergency!



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RACE PREPERATION

The transition zone will be open from 5:30am for participants to rack your bikes and drop off any race essentials. You can choose where in the zone you would like to rack up.

Please keep the transition zone tidy, and only leave race essentials such as trainers, gels and water here (1 small bag). For any other belongings, please use the bag drop provided.



RACE BRIEFING & STARTS

There will be a mandatory race briefing at 6:50am, located at the swim start. This will be 1 brief for all participants.

From here Wave 1 participants will be asked to enter the water (Wave 2 and 3 participants may leave, or wait here until they're called to their start).

Once in the water, there will be opportunity to acclimatise before starting the race via a 10 second count down.

Once the first wave has set off, wave 2 participants will be asked to enter the water, and so on.

THE SWIM

The swim follows a 750m clockwise loop around the resorts lake.

This will be marked out by buoys.

If you are nervous about the swim, it is recommended that you avoid the melee at the front of the start and position yourself towards the back.

There will be a water safety team out on the water at all times.



[CLICK FOR INTERACTIVE SWIM MAP](#)

SWIM RULES

Water Temperature:

Under 14°C- Wetsuits Mandatory

14-22°C- Wetsuits Optional

Over 22°C- Wetsuits banned

(14°C-24°C optional for over 59yr olds)

Water temperature will be measured on the day.

Swim caps must be worn at all times whilst in the water.

Goggles are optional, but highly recommended.

TRANSITIONS

After completing the swim you will have a 500m run to reach the transition zone and find the spot where your bike is racked.

The start of the transition zone will be clearly marked.

Please follow the instructions of marshals who will guide you away from potential areas of congestion (eg near the entrance/exit to transition).

When you reach your bike you will remove your swim wetsuit and hat/goggles. Please leave them underneath your own bike area to avoid impeding other athletes. **You must put on your helmet and have it fully fastened before you touch your bike.**

Remove your bike from the racking and walk/run your bike to the 'Bike Out' exit.

You must not ride or scoot your bike until you have left transition and entered the mount zone. You must then mount before the final mount line. This will be clearly marked with flags and a solid line on the floor.

After completing the bike section **you must get off your bike before you cross the dismount line.** Yet again this will be clearly marked. **You must not undo or remove your helmet until your bike is racked back in its original position.**

Failure to comply with these rules will result in you being asked to backtrack and complete the action correctly.

If you don't comply with the marshals instructions your race number will be passed to the Technical Official who can issue a penalty or disqualification decision.

THE BIKE

After leaving transition, you can only mount your bike after leaving transition and within the mount zone. This will be clearly marked with flags and a line on the floor. Anyone mounting early will be asked to stop, go back and mount after the line.

The bike course follows a 20km out and back circuit on roads around Thorpe Park.

Please note, the roads are open to vehicles. The highway code must be followed at all times, and should there be vehicles on the course, normal rules of the road must be adhered to.

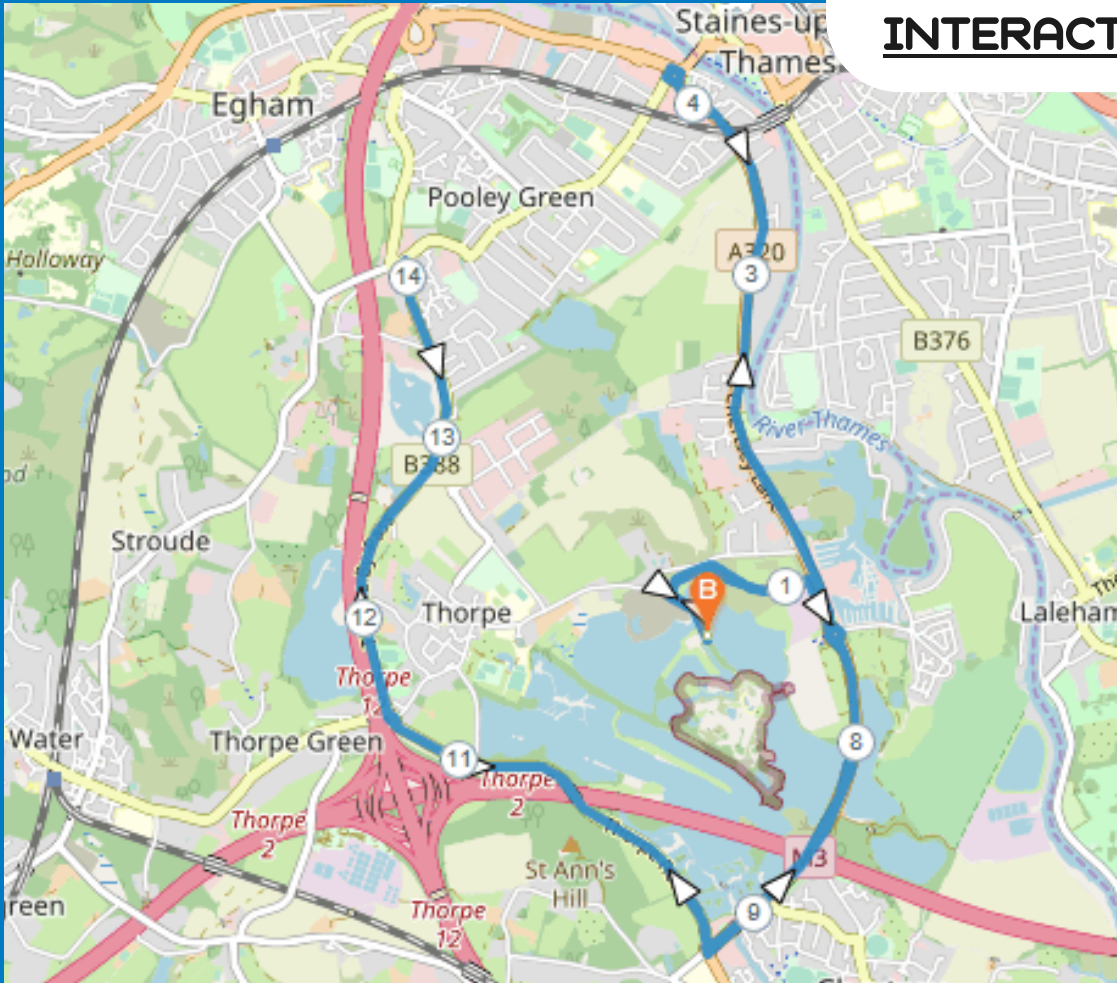
There will be a 40mph speed limit enforced on any vehicles along the race route to help ensure participants safety. Due to the event taking place early on a Sunday morning, we do not anticipate too many vehicles on the course.

There will be marshals along with signs, arrows and a medical team along the route. However, there will be no assistance available if a tyre was to puncture on the cycle route, we advise you bring a spare kits attached to your bike for such eventualities.

Drafting is not permitted at any time. This means you must keep a 10m gap between you and the cyclist in front. Please communicate clearly with other cyclists when overtaking to keep each other safe. Drafting rules can be seen [HERE](#).

You will not be allowed to compete without a helmet.

[CLICK FOR INTERACTIVE BIKE MAP](#)



[CLICK FOR INTERACTIVE RUN MAP](#)



THE RUN

After racking your bike you can remove your helmet and head out for the final discipline, the run.

The route follows an out and back section, before completing 3 mini laps around the theme park, taking in sights of colossus, quantum and angry birds land before finishing under the main arch way.

The circuit is entirely within Thorpe Park and will be signed with directional arrows, km markers and marshalled throughout.

AFTER THE RACE

Please continue through the finish to collect your medal and goodies!



BIKE COLLECTION

Once all the bikes have returned to transition, you will be allowed back in to the transition area to collect your bike.

Remember to take your race number with you as it will be required to match to the number on your bike and helmet before you'll be allowed to leave.

If you are heading into Thorpe Park to enjoy the rides, **please do not leave your bike in transition, this area will be packed down by**

9:30am.



REFRESHMENTS & LITTER



There will be a water station at the 1.5km point in the run.
Please help yourself to this as you pass.

We advise carrying your own drinks/gels on the bike as there will be no water station provided along the route.

Please discard all litter and bottles within the signed litter zones or with your belongings at transition. There will be large bags and bins within these sections. There will be a litter zone on the bike route, and just past the water station on the run route.

There will be a bottle of water waiting for you at the finish line.

We recommend bringing your own drinks to stay hydrated in the lead up to the event.



3 things to remember when running in the heat!



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BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an bag drop and changing area within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.

TOILETS

For this event, there will be toilets available in the park and sign posted from the event village.

If you live locally we recommend using toilets at home.



A promotional banner for 'Runner Retreats'. On the left, a male coach in a light blue shirt is speaking. The background features circular images: a group of runners celebrating, a runner on a path near a lake, and a runner in a blue shirt. A large white text overlay reads 'RUNNER RETREATS' with a red mountain graphic. A blue button with white text says 'Find out more >'. A blue banner at the bottom of the images lists retreat dates: 'Places available now for: Loughborough Performance Retreat : 4th - 7th August 2023' and 'Lake District Retreat: 13th -16th October 2023'. The Loughborough Sport logo is visible in the background.

Retreats, Camps & Workshops for runners of all abilities

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SPECTATORS & ENTRY REQUIREMENTS

For this event, all spectators are required to pre-purchase a spectator ticket. These can be purchased for £25 [HERE](#).

Once purchased, a confirmation email will be sent out, this confirmation email will act as your ticket into the theme park, and will be checked by Thorpe Park staff on arrival.

Entry to the resort will be open from 5:15am and Event village will open at 5:30am.

Thorpe park officially opens to the public at 10:00am.

Should you wish to leave and re-enter the park (eg to return to the car after the race) please ensure you get your hand stamped on exit to ensure you can get back in.

If you are heading into Thorpe Park to enjoy the rides after the race, please do not leave your bike in transition, this area will be packed down by 9:30am. There are bike racks by the entrance which you are welcome to use at your own risk.



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TRAVEL

Thorpe Park Resort, Staines Road, Chertsey, Surrey, KT16 8PN

(Some Sat Navs may lead you to Norlands Lane so keep a lookout for the big coaster track over the main entrance on Staines Road.)

Car Parking

All directions on where to park at the Resort when you arrive will be clearly signposted. **Car parking will be FREE for those participating in the event until 1pm, after this time you will need to pay for parking.**

Those leaving the car park before 1pm will need to push the help button to be let out of the car park. It is not necessary for guests to display a car parking ticket on their car.

- If you're looking to stay longer than 1pm, you can pay on exit which will be the equivalent of a full day parking which is £9, but if you pay online prior to the event, it will cost you £8.

By Train

Regular services run from across London to Staines which is the recommended railway station for travelling to Thorpe Park Resort.

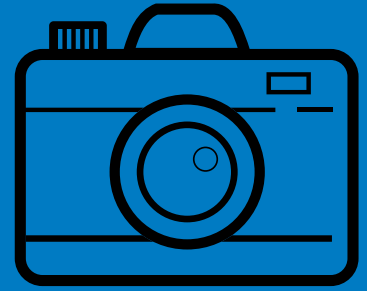


what3words

If using the app What3Words, use the words ///spin.living.tribal for exact event village location

PICTURES

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



Click the camera to visit the page!



SOCIAL MEDIA

For updates leading up to the race, please check out our Twitter @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.

If you want to talk all things running before and after the event join our RunThrough Chat group on Facebook.

If you #RunThroughUK on Instagram with your race day collages, the best ones will feature on our page!



Click the icons to visit our pages!



RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK



Purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and cool all year round.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)





VOLUNTEER WITH RUNTHROUGH!

Here at RunThrough we are always looking for likeminded people to join our community.

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

[SIGN UP HERE!](#)

[FIND OUT MORE!](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

16

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at info@runthrough.co.uk if you plan to take more than 2.5hrs to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend?

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the run course for you to help yourself to. There will be no water station on the bike course.

Am I allowed to wear headphones?

Headphones are not permitted at any point. You must be aware of your surroundings at all times and ensure you can hear any marshal instructions during the race.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

How should I get to the event?

Parking is located in Thorpe Park, and is free before 1pm. If traveling by train, Staines Station is the closest to the resort.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the park, however if you're following the race course route, we ask spectators to be respectful of other participants on the paths.

Will there be a prize giving?

The top 3 male and female participants and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. Check out our podium and photo wall to get your celebratory pictures!

F.A.Q'S

What should I bring to the event?

Please ensure you bring a helmet, your bike (of course), any water/nutrition, and your wetsuit. Please also bring your phone so you can show your order confirmation when collecting your race pack. They will likely just ask for your name, but it's best to have your order confirmation to hand just in case!

Will I need a Wetsuit?

Water temperature will be taken on the morning of the race and this will dictate whether wetsuits are mandatory, optional or prohibited. They are mandatory below a water temperature of 14 degrees Celsius and prohibited above 22 degrees Celsius. It is always advisable to bring your wetsuit just in case it is needed.

Section 4.2 of the Brit Tri rules provides the relevant water temperatures at which decisions are made. British Triathlon competition rules can be seen [HERE](#).

Can I hire a wetsuit or bike?

We don't offer bike or wetsuit hire unfortunately – we require all participants to bring their own bikes/equipment.

You can find services for this online if you do need to rent one.

What bike can I use?

You can find all the British Triathlon rules here which will fully detail what's permitted/not permitted in terms of equipment and kit.

Any fully functioning bikes can be used (mountain, road, racing, TT, hybrid etc), but no E-bikes or things like Bromptons.

What will be in my race pack?

This will include your race number to be worn on your back during the cycle, and your front in the run. We advise wearing a triathlon race belt for easy transition. If you don't own a tri belt, you must wear your number on your back for both the bike and run.

2 numbered labels (one for the front of your helmet and one for the top tube of your bike).

You will also receive a timing chip with an ankle strap (This must be strapped to your LEFT ankle) and a Swim hat corresponding with your wave start.

Do I need a BTF permit?

You do need a permit to take part however if you are a Non-BTF member you can purchase a day licence when entering the event (please select Non-Member when purchasing your entry).

If you are already a BTF Member, please ensure that you complete your licence number accurately during the registration process. All licence numbers will be validated by BTF before the event and any participants with an invalid BTF licence number will be asked to show an online copy at registration.

How long before the start should I arrive?

Please arrive as early as possible – We would recommend arriving at least an hour before your start time to allow for time to walk from the car park, collect your race pack and get ready.

Entry to the resort will be open from 5:15am and Event village will open at 5:30am.

Are there changing and toilet facilities?

Changing and Toilets Changing facilities are available within the event village.



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