

# Event Guide



**Oldbury White Horse Triathlon**

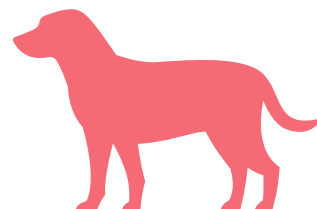
**Sunday 4th May 2025**

**Calne Community Campus, SN11 0SP**

**[www.lpsevents.co.uk](http://www.lpsevents.co.uk)**

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**Please do not bring your dog to this event, the school hire policy does not permit dogs on the school fields.**



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Please read this event guide in conjunction with the information available on the dedicated event page at [www.lpsevents.co.uk](http://www.lpsevents.co.uk) along with any information emails which arrive in your inbox.

Whilst we strive to ensure all details are correct, there may be inaccuracies or omissions due to late changes in the event delivery plan.

Following the event, please leave us a great review on [Racecheck](#) and share your experience with others. It helps us to make an even better experience for athletes like you.



# Welcome



## Venue

Calne Community Campus, White Horse Way, Calne, Wiltshire, SN11 0SP.

What 3 Words /// walking.market.smarting

Follow the brown signs for the sports centre.

## Parking

Free parking is available on site.

Please do not park in areas which are coned off as access is required.

## Travel

Walking or cycling to this event is possible.

The nearest bus stop is at The Strand, with links from the closest train stations in Chippenham or Swindon.

## General Information

This guide will help you understand more about the event.

Welcome to the Oldbury White Horse Triathlon, based at Calne Community Campus & Kingsbury Green Academy. For an exclusive race, join others in taking part in one of the options of multisport racing.

Choose from a Triathlon, Duathlon, Aquabike or Aquathlon event. All the swimming takes place in the inside pool, with cycling and running taking place in the Wiltshire countryside.

We have something for all the family, whether you are competing or supporting. Join in with the free family fun run, or enjoy a picnic.

1

### Event Guide

A few days before the event, read through this guide and the event page on our website to help you understand the event.

2

### Start List

Find your exact start time in the start list, we aim to have this available at least 5 days prior to the event in a separate document.

3

### Rules & Check List

Familiarise yourself with the rules of the event, pack your kit using the included check list so you have everything.

# Athletes

## Registration

The event site is open from 07:50 on the day of the event. Please do not arrive before this time as you will not be able to access the site.

Please arrive with your race licence or photo ID to collect your number pack which includes a wristband, bib number, helmet sticker, bike sticker and your timing chip for your left ankle.

**Please ensure you immediately put your timing chip on to avoid accidental mixing it up with a friend.**

## Transition

Once you have attached the relevant numbers and timing chip, please put your helmet on and fasten, then head to transition where you will have a visual bike check carried out and shown to your racking location.

Transition is restricted to event staff and athletes only, spectators will not be permitted to enter. Each athlete will have an allocated space with odd numbers on the left, even on the right.

Your bike should be racked by your seat post with the handlebars facing outwards. Any equipment should be placed under or to the side of your front wheel.

Boxes and large bags will not be permitted in transition and will have to be returned to your parent or vehicle.



## Helmets

At all stages during the event where you are in contact with your bike, you should have your bike helmet on and correctly fastened. You are only permitted to remove your helmet once your bike is racked in transition.

## Littering

Is prohibited on the event course and on the event site, unless it is a designated waste point or drop zone.

## Drafting

Is not permitted during the cycle element at any time during this event. Please refer to the poster 'Drafting Rules Explained' for a full explanation.

## Electronic Equipment

Is not permitted during the event, this includes headphones, mobile phones & video recording devices.

## Photography & Filming

Our designated event photographers for this event are Charles Whittton Photography. Photos will be available a couple of days after the event.

Our media team will be capturing photos and videos throughout the event which may include the use of drones for advertising and publicity use.

If you do not wish for any of your photos to be published, please ensure you request this at registration, a white wristband will need to be worn for identification. If safe to do so, when you see a photographer you may wish to cross your arms over your body as a sign you do not wish to have a photo taken. During registration you will be agreeing to our policy.



## Welfare Facilities

Toilets, changing rooms and showers are located inside the leisure centre complex, please follow the rules outlined by the facility. Additional toilets will be located near to transition.

There will be no baggage store for this event. There will be space in transition for a small bag.

Sanitising stations will be located throughout the event site and we encourage to use these where possible.

## Medical Provisions

The main medical centre will be next to the finish line, should you get into difficulty or require attention anywhere on course, you should request help from the nearest marshal or another competitor.

If you are asked for help from another athlete, please do your best to help them and provide your location as best as you can. Our medical team are able to provide immediate attention and are just as equipped as calling an ambulance.

## Covid-19

Whilst face masks are no longer mandatory, we fully support the use of these should you wish to wear them. Please be considerate of others before shaking hands, hugging or coming into close contact with them as they may prefer to be more cautious.

## Permit

We will be following the rules outlined by Triathlon England at this event. Please familiarise yourselves with them prior to attending to ensure you know what to do. Each competitor is required to have a race pass (unless you are a member of the home nation), this will act as your insurance for the event.

If you have not purchased a race pass during registration and are unable to provide your race licence at registration when you collect your race pack, you will be required to pay for a race pass prior to racing.

To protect the event and the staff associated with it, any verbal or physical abuse from the athletes or their supporters will not be tolerated under any circumstances and disqualification will be instant. Any penalties referring to breaches of the rules will be awarded in line with the guidance.





## Athletes Briefing

Please ensure you are ready to go 10 minutes prior to your start time and arrive on poolside.

The athletes briefing will be visual and available online prior to the event.

A swim cap is optional, you may wear your own. If you wear one of ours please leave this behind on poolside so it can be reused.

## Start Times

All start times below are approximate, you will be able to find exact start times in the start list when published.

**08:00 -10:45**

- Registration opens

**09:10** - Triathlon start

**09:30** - Duathlon start

**10:15** - Aquabike & Aquathlon start

**11:45** - Presentations scheduled

**12:00** - Free family fun run

**See details on the website for presentation categories.**

## Distances

### Triathlon

250m Swim (Pool), 20km Cycle (Road), 5km Run (Road/Grass)

### Duathlon

5km Run (Road/Grass), 20km Cycle (Road), 5km Run (Road/Grass)

### Aquabike

250m Swim (Pool), 20km Cycle (Road), 250m Run (Grass)

You must make your way from T2 to the finish line for the end of the race.

### Aquathlon

250m Swim (Pool), 5km Run (Road/Grass)

### Free Family Fun Run

1.5km Run (Grass)

It is the responsibility of the athletes to ensure you complete the correct course during the event. If you do not complete the correct course or enough laps you will be registered as DNF (did not finish)

**There is a mandatory foot down and stop junction on this cycle route, please do not ignore this, if the traffic is clear, it is still a foot down and stop at the junction for all.**



# Spectators & Supporters

## Spectating

Whilst we wish for you to enjoy the event, the safety and fairness of all athletes is as much importance as the enjoyment.

Spectating of the swimming is only available from the upstairs viewing gallery (not permitted on poolside), you will be able to view transition from all sides, please ensure crossing points are used to get across the course.

The full bike and run course is possible to spectate, however if you are travelling to points on the course, be mindful of residents and other road users. Ensure if you are travelling by vehicle that you do not park in a location that obstructs or provides a risk to you, or others.

On site please stay behind the rope or barrier and only cross where crossing points

## Refreshments

Cafe 2 U will be serving hot & cold drinks along with light refreshments.

Charlie Croker Cafe Offering seating where you can enjoy freshly made rolls and award-winning cakes along with your hot or cold drinks. A great place to have something to eat or drink after an enjoyable event.

## Hire, Bike Shop & Massage

There is no service available for this event.

Helen Nixon-Lea will be providing Massage therapy at this event.

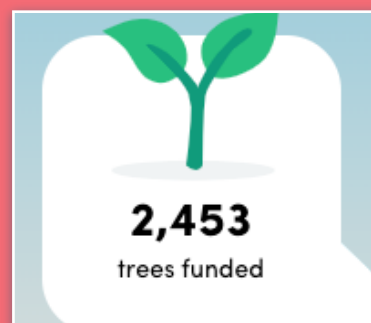
## Volunteering

We are always looking for additional volunteers to help deliver this event, if you would like to get involved please let us know.

Event credits and refreshments are provided in return. Please email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk) if you are interested.

If you are able to spare an hour or two during the event, we would love to hear from you.

Results online following the event,  
[www.lpsevents.co.uk](http://www.lpsevents.co.uk)

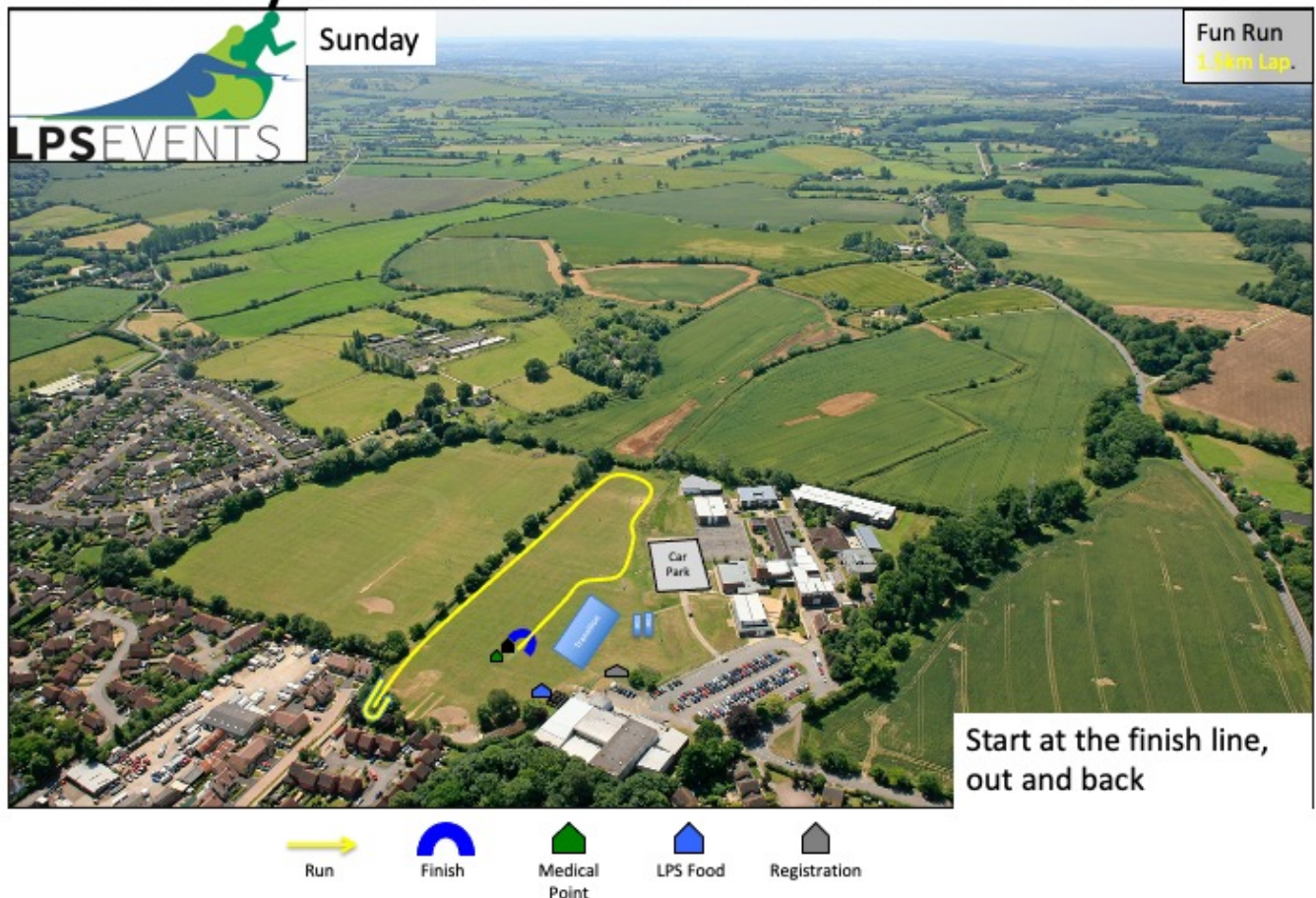


In our steps to continue reducing our environmental impact, swim caps are not mandatory for this event, so please bring your own or return ours before you leave the pool if you use one of ours so we can reduce the amount being used.

# Oldbury White Horse Sprint Triathlon



# Oldbury White Horse Children's Fun Run





[www.lpsevents.co.uk](http://www.lpsevents.co.uk)

This bike course is measured at 20km. The course consists of steady climbs on wide carriageways with fantastic scenery. The turn around point will be at the 10km mark.

## Oldbury White Horse Triathlon

### Bike Course

Reference Locations:

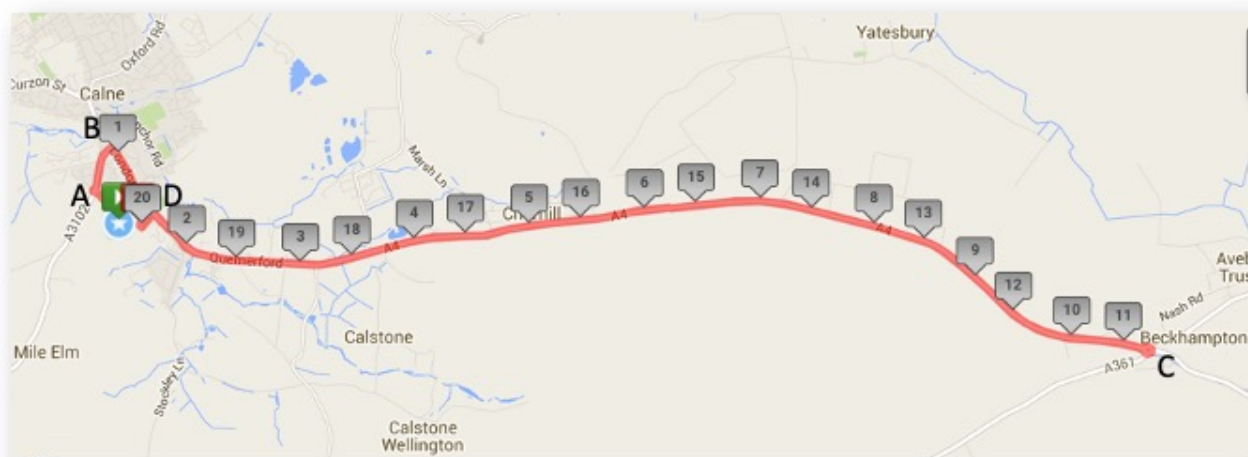
A - LPS

B – WILSAR, LPS

C - WILSAR

D – WILSAR, LPS

To view an interactive version of this route, please visit our website.



[www.lpsevents.co.uk](http://www.lpsevents.co.uk)

This run course is measured at 5km with the start and finish on grass playing fields. The course is fairly flat on quiet rural country lanes. The turn around point will be at the 2.5km mark.

## Oldbury White Horse Triathlon

### Run Course

Reference Locations:

D – WILSAR, LPS

E - LPS

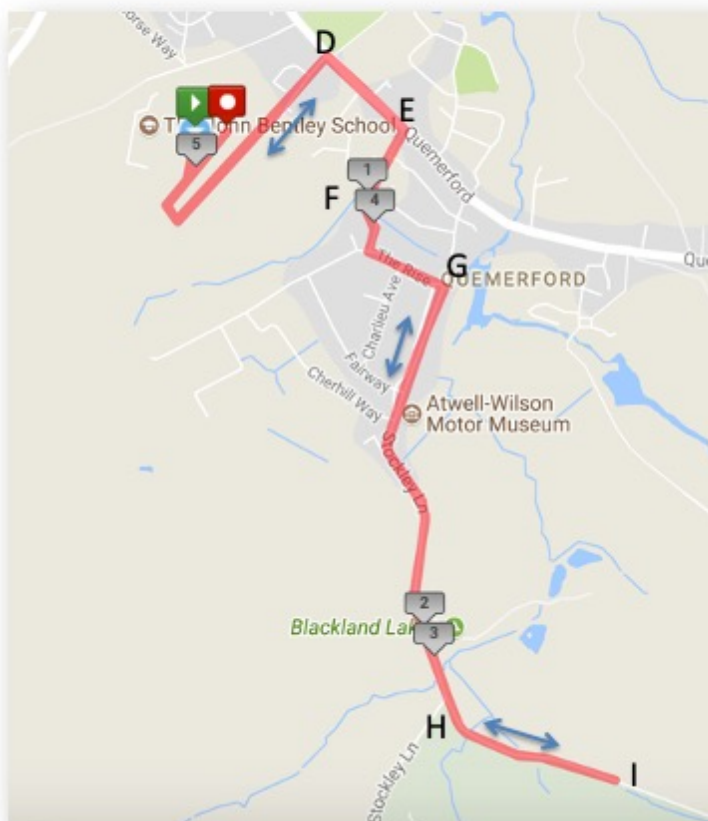
F - LPS

G - WILSAR

H - LPS

I - WILSAR

To view an interactive version of this route, please visit our website.



**Additional items to bring;**

Hand sanitiser or anti bac wipes

Enough fluids to self support you during your race

Only 1 bag of equipment, additional bags and boxes will be refused and you will have to take back to your car.

Only equipment you require to race

Race ID, text message or email with your entry for registration.

**Racecheck**

Place a review within 30 days of the event to be in with a chance for a free entry for 2026.

**Race Licence**

Don't forget your Triathlon England race licence if you are a member. If you forget or haven't purchased a race pass you will have to buy one at pack collection.

**Break down on the bike course**

We will have some static marshals on course and also motorcycle officials on course too.

They will aim to get you back up and running to be able to finish the cycle element.

Should a medical emergency occur, if possible first contact one of our event marshals, and a medical unit will be deployed to your location.

We will have the facility to collect you if you are unable to complete the cycle element however please bear in mind that this may take considerable time.



**TRIATHLON  
ENGLAND**



## Check List

### Personal Items

- ☐ Required medication (inhalers)
- ☐ Spare contact lenses or glasses
- ☐ Hand sanitiser or wet wipes
- ☐ Small transition bag (no boxes)
- ☐ Personal ID/race licence (registration)
- ☐ Phone or camera for post race selfie (not in transition)

### Useful Items

- ☐ Post race clothing
- ☐ Sun screen (check weather)
- ☐ Water
- ☐ Watch
- ☐ Heart rate monitor

### Nutrition

- ☐ Pre race energy (banana)
- ☐ Race energy (bars or gels)
- ☐ Post race recovery
- ☐ Water bottle (pre filled)

### Run

- ☐ Suitable running shoes
- ☐ Cap or visor
- ☐ Sunglasses
- ☐ Talc

### Swim

- ☐ Goggles
- ☐ Swim suit (tri suit)
- ☐ Ear plugs & nose clip
- ☐ Swim cap (provided by LPS Events)
- ☐ Small towel
- ☐ Anti-chafe prevention
- ☐ Wet suit (if open water)

### Bike

- ☐ Bike
- ☐ Suitable bike shoes
- ☐ Helmet
- ☐ Race belt (available to purchase)
- ☐ Socks
- ☐ Sunglasses
- ☐ Spare inner tube/small pump
- ☐ Small multi tool
- ☐ Cycling gloves
- ☐ Rubber bands (for cleated shoes)
- ☐ Gilet or jacket (check weather)

### Additional Items

- ☐
- ☐
- ☐





# KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

RULE 2.1

## Littering

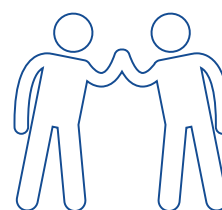


All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1

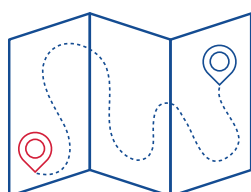
## Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1

## Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9

## Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



RULES 4.10|5.2|6.4

## Illegal Equipment

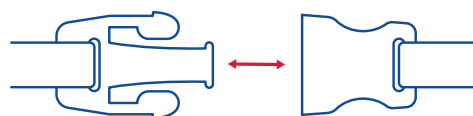
Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2

## Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.5

## Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



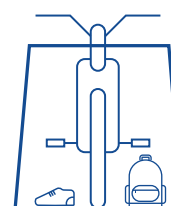
In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

RULE 7.1

## Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.





# DRAFTING RULES EXPLAINED

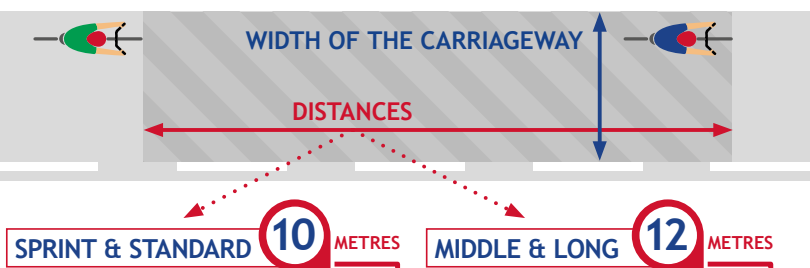
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

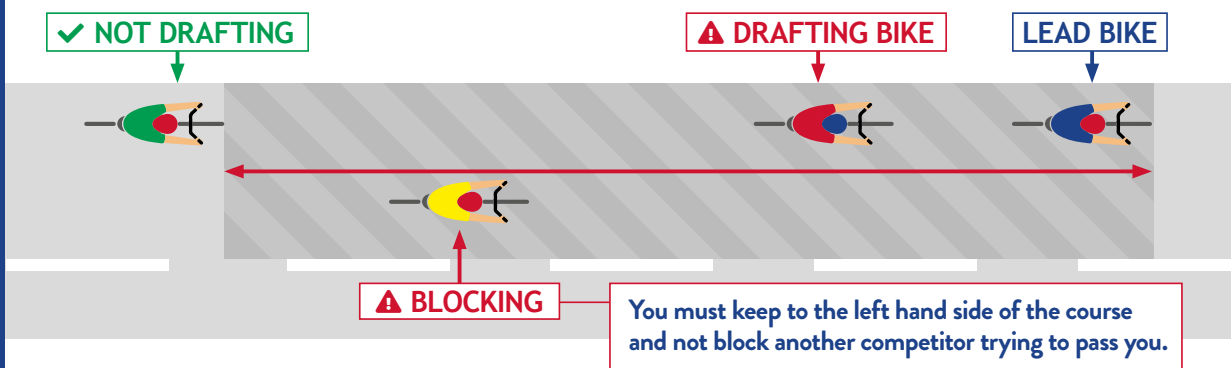


**IT'S AGAINST THE RULES**  
Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE



## DRAFTING & NOT DRAFTING



## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20** SECONDS

MIDDLE & LONG **25** SECONDS

If the pass cannot be made you must drop back.  
Any overtaken cyclist must drop back once passed.



## OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

## What is Age-Group Triathlon?

The non-elite format of the sport is known as Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by age and are set apart by five year age bands, from 20-24 upwards to 80+.

There are also Tri Stars, Youth and Junior categories from ages 8 through to 19, with international competition starting at age 16 for sprint distances and 18 for standard distance and long distance. For international age-group competitions and age-group qualification all 16-19 year olds will be grouped as one Under 20 age category.

The age band category that you fall into depends on your age on December 31st in the year of competition. Example: If you are 35 on December 29th 2024 then for the whole of 2024 you will compete in the 35-39 age groups.

**The categories will be preceded by MALE (age 12 & under), FEM (for athletes who were female sex at birth) and OPEN (for all other athletes).**

Key Category	Age	Key Category	Age
TSS Tri Star Start	8	H Veterans 1	40-44
TS1 Tri Stars 1	9-10	I Veterans 2	45-49
TS2 Tri Stars 2	11-12	J Veterans 3	50-54
TS3 Tri Stars 3	13-14	K Veterans 4	55-59
		L Veterans 5	60-64
A Youth A	15-16	M Veterans 6	65-69
B Youth B	17	N Veterans 7	70-74
C Juniors C	18-19	P Veterans 8	75-79
		Q Veterans 9	80+
D Seniors 1	20-24	TR Team Relay	
E Seniors 2	25-29		
F Seniors 3	30-34		
G Seniors 4	35-39		



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**LPSEVENTS**