



WARRIOR

RULE BOOK - PLEASE READ CAREFULLY

[f /THELONDONTRI](https://www.facebook.com/THELONDONTRI) THELONDONTRIATHLON.COM





WEEKEND WARRIOR RULEBOOK

AIM: To cover the furthest race distance, during racing hours, over event weekend. Only completed triathlons will count.*

** Distance will be measured by taking the official course length (per race distance) times the amount of laps achieved.*

DECLARATION OF THE WINNER: The Official winner will be announced in the Post Event Newsletter once all entries have been verified. Weekend Warriors (WW) will also be able to view their split time for each triathlon completed.

THE WEEKEND WARRIOR RACE PROCEDURE

1. WW's should head to race pack pick up to collect their packs.
2. Once they have their packs, WW's should head to their transition area within the main transition and set up ready for the day.
3. Once ready WW's should head to swim assembly for their briefing.
4. At swim assembly, WW's will receive their safety briefing and introductions, please do not be late for this as it may result in you missing the start.
N.B. WW's do not need to attend subsequent briefings; they can go straight to the swim timing official, when they start their next wave.
5. Once WW's have finished a triathlon, they can take any official back to the start, however they must be considerate to the public.
6. WW's do not need to return to transition after each triathlon, however the need to co-ordinate getting their wetsuits back to swim start.
7. Before starting their next triathlon WW's must make themselves known to the swim timing official (this person will be pointed out to you in your safety briefing)
8. WW's must be granted permission by the swim safety team to walk onto the pontoon before entering the water; do not run on the pontoon.
9. WW's can start each new race when they want (except the first of each day). Except:
 - a. When there is a collection of WW's within 5 mins of each other, you will be requested to start as a group for safety reasons.
 - b. If you are within 5 minutes of an official wave start, you will be asked to start with that wave.
 - c. Male WW's will be set off 2 mins before any women only waves.
10. Weekend Warriors **MUST complete the distance of the wave in front of them**, this is because the course at London changes throughout the weekend. WW's will need to be tactical with their timings if going for the furthest distance.
 - a. WW's will not be allowed to race when the Elite competition is taking place.
11. WW MUST OBEY MARSHALLS AT ALL TIMES OR THEY WILL BE DISQUALIFIED.



THE WEEKEND WARRIOR RULES

- Wetsuits are compulsory.
- All BTF rules and regulations must be followed at all points.
- You are undertaking an extreme endurance challenge – there is qualified medical support at the event should you feel unwell, but please be sensible and compete within your own capability.
- In transition all participants will keep the same place on the racking throughout the race day, but you must take your bike home with you on Saturday night as we do not offer over-night racking for security reasons.
- WW do not take priority over other participants on the event. Other participants may hold you up or get in your way, please appreciate this is unavoidable at a mass participation event.
- Please remember for some people this will be their first ever triathlon, please treat everyone out on the course with respect.

SUPPORT TEAMS

- Each WW will be provided with 2 wristbands, one for the athlete and one for a member of their support team – this spare wristband will grant that person access to transition.
- Support crew are only allowed in transition, not on the course itself.

SUPPLIED TO WEEKEND WARRIORS

- Two swim caps (different colour from other participant)
- Two wristbands (one for WW one for member of support crew)
- Race Bib / Temporary Tattoos
- Bike Number
- Helmet Number

Enjoy yourself! And Good Luck!
The AJ Bell London Triathlon Team.