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St. James's Place Charitable Foundation

# TRIATHLON

in aid of Hope and Homes for Children

## FAQs

### Signing up

#### Where does the event take place?

The event takes place at **Broughton Hall, Skipton, Yorkshire, BD23 3AE**. The Broughton Hall Estate features a beautiful historic home, set on 3,000 acres of spectacular landscape on the edge of the Yorkshire Dales National Park. The route will take you through the Yorkshire countryside on some of the country's most iconic roads, as made famous by the Tour de Yorkshire.

The nearest railway station is Skipton. Trains run frequently from Skipton station to all parts of the UK, and there is a direct service to and from London King's Cross St Pancras. Broughton Hall is a 10 minute drive away and there is a taxi rank right outside of the station. Parking will also be provided on-site.

#### What accommodation options are available?

##### Travelodge Skipton

Postcode: BD23 1UD

Tel: 08719 846177

Website: <https://www.travelodge.co.uk/hotels/176/Skipton-hotel>

Distance from Triathlon venue: 4 minute drive

Average cost (double room): £79

##### Premier Inn Skipton North Gargave

Postcode: BD23 3NB

Tel: 0871 527 8980

Website: <https://www.premierinn.com/gb/en/hotels/england/north-yorkshire/skipton/skipton-north-gargrave.html>

Distance from Triathlon venue: 7 minute drive

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Average cost (double room): £96

#### **Rendezvous Hotel**

Postcode: BD23 2TA

Tel: 01756 700100

Website: <https://rendezvous-skipton.co.uk/>

Distance from Triathlon venue: 8 minute drive

Average cost (double room): £102

#### **Boutique 25**

Postcode: BD23 2JE

Tel: 01756 79 36 76

Website: <https://boutique25.co.uk/>

Distance from Triathlon venue: 9 minute drive

Average cost (double room): £99

#### **What registration and fundraising options are available?**

Individual entry: £30 with a £350 fundraising target

Team of four entry: £90 with a £1400 joint fundraising target

'Pay as you go' entry: £100 with no fundraising target

If you sign up as part of a team we will ask you for a team name so that we can make sure that we track you together. If there are more than four people in your team we will take the times of your top four team members into consideration for the award categories.

#### **Why do I need to fundraise for this event?**

Children need and want to grow up in families, not orphanages. That's why Hope and Homes won't rest until every child, everywhere is able to grow up with the love and protection of family. Your fundraising means that we can carry out our vital work and take us closer to the day where no child has to grow up in the confines of an orphanage.

#### **Why are you charging for registration?**

We charge a registration fee to cover the cost of each entry. Each registration fee includes a T-shirt, race

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pack, chip timer and medal.

### **I'm not fit – can I still take part?**

The Sprint Triathlon is suited to everyone. Whether you are about to embark on your first Triathlon, or looking to beat a personal best, training for these disciplines is the perfect way to improve your fitness.

### **I have a medical condition – can I still take part?**

If you have a medical condition and are concerned that participating might be harmful to you, you should consult your doctor before registering.

Please ensure that we are aware of any medical conditions you have.

### **What is the minimum age requirement?**

The minimum age requirement is 15 years old. However, if you are under 18 years old, you will need to obtain parental consent in order to compete.

### **Is this event suitable for beginners?**

Of course, this event is suitable for all. Take a look at the British Triathlon website for some top tips:

<https://www.britishtriathlon.org/training/top-tips>

## **Preparing for the day**

### **What do I do if I can no longer take part?**

If you can no longer take part please let us know as soon as possible by emailing [triathlon@hopeandhomes.org](mailto:triathlon@hopeandhomes.org)

### **Can I hire a bike?**

We offer bike hire for £25 for those who do not have a bike, or are not able to bring it with them. We offer hybrid bikes, not road bikes. Hire includes standard bike lights, and a complimentary helmet.

Please let us know in advance if you would like to hire one, so we can pre-book it. Email us at

[triathlon@hopeandhomes.org](mailto:triathlon@hopeandhomes.org).

### **What are the race distances?**

The Triathlon consists of a 400m indoor swim, 23km road cycle, and a 5km run.

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### **Where does the swim take place?**

The swim is in an indoor pool in the Avalon Wellbeing Centre.

### **Why do I need to give my estimated swim, cycle and run times for the Triathlon?**

As there could be over 100 competitors taking part in the triathlon we need to split the swim into different start times. To do this correctly and to estimate rough race finish times we need your estimated swim, run and cycle times.

### **What do I need to bring with me?**

We suggest you bring the following items:

- Swimwear and goggles
- Towel/s
- Bike (hire bikes are available to book in advance)
- Bike helmet: you will not be allowed to race without a helmet
- Cycle wear: layers as the weather can be variable
- Waterproof jacket
- Water bottle
- Padded cycling shorts/leggings (optional)
- Cycle gloves (optional)
- Running gear, including trainers (you'll receive a race T-shirt on the day)
- Plastic bag or box to keep in the transition area: for any spare clothes or snacks you want to keep dry, should it rain.

## **On the day**

### **Is parking provided?**

Parking will be provided. We will email details on parking prior to the event.

### **What time does the triathlon start?**

The first swim will start at approximately 7:30am, however, exact start times are different for each competitor and are dependent on your estimated time for the 400m swim. Details of your exact start time will be emailed to you one week before the event. All competitors need to arrive one hour before their assigned start time.

### **Why do I need to arrive an hour before my start time?**

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You need to arrive at least an hour before you are set to start to allow time to register, collect and set up your equipment, rack your bike in transition, attend a race briefing and get changed and ready for your race.

**Do I need to wear a swimming hat?**

Every participant is required to wear a swim hat, one will be provided to you.

**Do I need to wear a helmet?**

Yes. All competitors for both the triathlon and duathlon must wear a helmet for the bike ride and it must be fastened on your head before you mount your bike. When choosing your helmet ensure that it fits comfortably and firmly on your head when the chinstrap is fastened. Failure to wear a helmet will mean disqualification from the event.

If you hire a bike with us, a helmet will be included.

**What is transition?**

Transition is the period of time taken to change between the individual swim, cycle and run components. In a traditional triathlon these would be timed, but we allow a 15-minute window for you to prepare yourself for the next event. This will not be added to your finishing time.

**Will my bike be safe in transition?**

Yes. The transition area will be marshalled until the race finishes, and only competitors can enter the transition area. However, please note we cannot take full responsibility for items left in transition.

**Does the normal Highway Code apply for the bike course?**

Yes, you must fully comply with and follow all the rules of the Highway Code. Your pre race briefing will cover all safety aspects and British Triathlon Federation rules.

**Can I listen to music on the run or cycle?**

No, unfortunately not. British Triathlon rules state that any equipment that acts as an impediment to hearing or concentration is prohibited from use during an event (including transition). This includes MP3 players, personal stereos, mobile phones and other such equipment.

**How will my time be recorded?**

We use timing chips to record competitors' start and finish times for each discipline. You will be given a timing chip when you register on the day. The timing chips should be worn around your left ankle from the

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start of the event until crossing the finish line (including during the swim on the triathlon). Your times are recorded by crossing over the large 'timing mats' which will be placed at the start and finish of each discipline (there won't be one at the start of the swim on the triathlon). How to wear and use your timing chip will be fully explained at your race briefing as will the exact position of each mat you must cross over. Your timing chip must be returned at the end of the day.

**Is there any medical assistance available?**

There will be a first aid team and support vehicle at the event.

**Will refreshments be provided during the event?**

Water will be provided in the transition area, and you will receive a goody bag on registration.

**Will complimentary refreshments be provided after the event?**

Yes, refreshments will be available at the post-race reception.

**Will there be a presentation after the event?**

Yes, there will be a post-race reception, where you can refuel after the race and hear about how your splendid efforts will help the vital work of Hope and Homes for Children.

**Are there any prizes?**

Yes, there will be a range of prizes for competing participants.