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2020 Time Trial Athlete Information Guide

16 August 2020 | 13 September 2020 | 1 November 2020 | 29 November 2020



Contents

A message from our race directors	2
Schedule of events	3
Golden rules for racing in COVID conditions	3
Register for the event	4
Race schedule	4
Prior to the event	4
Parking at West Head	4
Arriving at the event	5
Starting your time trial	5
Aid station	5
Finish	6
Race results	6
The course	6
Lost property	7
Contingency	7

A message from our race directors

Welcome to the first race of its kind with Manly Warringah Cycle Club joining forces with Warringah Triathlon Club to host this time trial series.

We appreciate it has been a difficult year with many events being cancelled or significantly impacted by restrictions.

Our team remains committed to providing a high quality, safe, fun and fair race and ask that you remain respectful of volunteers, fellow competitors and spectators throughout the race.

It is also a privilege to race within the National Park so respect the road rules and if you drop any items or litter please collect and dispose of appropriately as soon as is safe to do so.

Please make sure you have read the athlete's information guide and know the course.

There is no briefing prior to the start of the race but our friendly team is available if you are unsure of anything.

Thanks again and enjoy your race

Richard Saunders
Manly Warringah Cycle Club
Race Director

Deanna Waters
Warringah Triathlon Club
Race Director



Schedule of events

Time	Event
6:00 am	Registration and timing chip collection
6:30 am	RACE START – First competitor
7:45 am	RACE FINISH - First competitor
8:15 am	Registration closes
8:30 am	RACE START – Last competitor
9:45 am	RACE FINISH - Last competitor
	Results available following the race

Golden rules for racing in COVID conditions

1. If you have any symptoms (sore throat, loss of smell, etc) stay home.
2. If someone you live with have any symptoms (sore throat, loss of smell, etc) stay home.
3. If you develop any symptoms, get tested, and tell us if you test positive so that we can alert any close contacts as quickly as possible.
4. The event will be run on a 'Get In, Race, Get Out' basis – no hanging around. Do not mingle in groups as we need to be able to contact trace by bunch.
5. There will be no entries on the day.
6. Please no spectators.
7. Hand sanitiser will be available – please use it before and after touching anything at the race.
8. Avoid touching other people and close contact, no shaking of hands, keep your social distance of 1.5m.



Register for an event

There are two ways to register for one of our time trial races. Members of Cycling Australia should visit:

www.manlywarringahcc.org.au

Triathlon Australia members or those requiring a One Day License to race should visit:

www.warringahtriathlonclub.com

There will be no on-the-day registration by either group and registration will close as soon as capacity is reached.

Race schedule

There are four events scheduled and if there is demand it is hoped the series will become a regular fixture on the race calendar next year.

16 August 2020
13 September 2020
1 November 2020
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Prior to the event

Registration will close on the **Wednesday** prior to each event. Competitors will be emailed an approximate starting time on Friday prior to your race.

Ensure you are familiar with the course and understand the rules, We ask that you aim to arrive at the registration tent 15 minutes prior to your allocated start time.

Parking at West Head

The race begins and finishes at the Elvina Walking Track Carpark. The carpark is located about one kilometre on the right from the start of West Head Road. There is no race day parking in this car park. Cars can be parked approximately 500 metres down the road before you reach the Elvina Track carpark.

There is also plenty of parking around Forest Way intersection and Terrey Hills, giving you a nice warm up prior to your start and allowing a trouble free exit at the conclusion of your time trial.

We do ask that if you are cycling through the field of play to or from the registration tent that you remain aware of your surroundings and do not impede on the progress of those completing their time trial at all times.



Arriving at the event

When you arrive at the carpark report to the registration tent. Please keep your social distance around the registration tent and come forward one at a time in an orderly manner.

The registration team will check your details and provide a disposable numbered timing chip. Swipe your chip on the desktop reader and confirm your details and the event distance is correct.

The timing chip is contained within your race number sticker and should be affixed to your seatpost.

Starting your time trial

The race starter will call the competitor number and you should quickly make your way to the start line. A 15 second warning will be given and countdown from 5 seconds.

Your time will start as soon as you pass the timing sensor.

Once a competitor has started the time trial, the next competitor will be called to the start line. As competitors will be despatched every 30 seconds it is important to only come forward when your name or number is called so other competitors are not impacted in any way.

Event organisers may ask competitors to start earlier if a time slot is vacant on race morning.

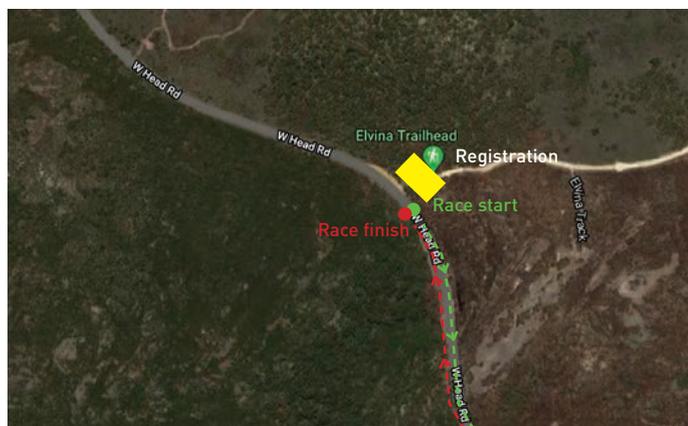
Aid stations

Aid stations are not provided during the race and competitors are required to be self-sufficient. It is recommended that all competitors carry at least one bidon with them on the cycle course.



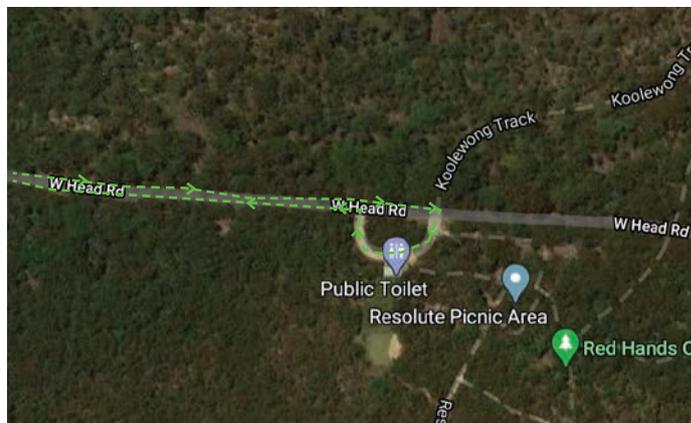
The course

The race begins and finishes at the Elvina Walking Track Carpark. There is no race day parking in this car park. Cars can be parked approximately 500 metres down the road on the left hand side. The carpark is located about one kilometre on the right from the start of West Head Road.



The race will start by rolling south from the carpark. When exiting the carpark at the start of your time trial please keep cones and bollards on your right and only merge onto the road after the last cone. The turn around point will be at the top of the hill before the junction with San Martin Drive. This is marshalled and you ride around the cones.

Riders then head back along West Head Road heading north. The riders will turn right and go through the parking bay at Resolute Bay, so NOT to the end of West Head Road. This is where the Public Toilets and Bus Parking Bay is. There will be a marshal advising you to turn into the carpark, we would take this advice.



You then head back towards the start line, you will go back past the start, up the hill, turn around and then come back towards the finish line, which is opposite the start. This is one lap.

Those completing the 20km time trial will complete one full lap of the course while those entered in the 40km time trial complete two laps.

Once you have finished your trial please clear the finish area, watching for other competitors still on the course.



Toilets

There are no toilets on site. Nearest toilets are Terrey Hills community centre, Resolute Picnic area and Church Point.

Finish

Once you pass over the timing sensor at the finish line and have completed one full lap for the 20km event and two full laps for the 40km event your time trial is complete.

After finishing we ask that you clear the area as quickly as possible to avoid unnecessary congestion, giving right of way to competitors who may still be on the course. Please then collect your belongings and leave the area.

Race results

Race results will be available online at:

www.manlywarringahcc.org.au

www.warringahtriathlonclub.com

Your results will include splits at the start/finish and far turnaround (approximately half way through the course).

Lost property

If you leave something behind after the time trial, contact either club via their facebook page.

Contingency plan

While the time trial will continue in most types of weather, but if it is deemed to be unsafe to hold the event, a note will be posted by both Manly Warringah Cycle Club and Warringah Triathlon Club via their social media pages.

Finally....

Please enjoy yourselves, have a safe ride and hopefully meet some of the people that make Manly Warringah Cycle Club and Warringah Triathlon Club such great clubs. If you have any further questions, please do not hesitate to approach any of the officials before or after the time trial.

Good luck!