



NFU Mutual

WINCHESTER | ALTON | WICKHAM



Marshal Information Pack

Kings School, Winchester





As we say “The difference between **TRY** and **TRI**umph is the **umph**”

Thank you for choosing Try Tri Events and volunteering to marshal at Winchester Tri-athlon.

Please take the time to read carefully through all of the race day information in this booklet, it provides you with EVERYTHING you need to know about the day.

Try Tri Events started in 2009 with a small event in Winchester with children and first timers giving it a go. We are a family friendly company, designed to ensure competitors and spectators alike have a great family day out.

Good luck,

Chris Rees

Race Director

Contents

- | | |
|-------------------------------|-----------------------------|
| 1. <u>General Information</u> | 8. <u>Cycle Course</u> |
| 2. <u>Timings on the day</u> | 9. <u>Run Marshal</u> |
| 3. <u>How to get there</u> | 10. <u>Run Route</u> |
| 4. <u>Parking Marshal</u> | 11. <u>Transition</u> |
| 5. <u>Site Map</u> | 12. <u>Race HQ Marshal</u> |
| 6. <u>Swim Marshal</u> | 13. <u>Kids Try Marshal</u> |
| 7. <u>Cycle Marshal</u> | |

Marshals need to arrive at 07:15 for registration and a short marshal briefing. The first race briefing for competitors will begin at 07:45 with the Sprint waves starting promptly after at 08:00 and 10:05 for Novice competitors.

A Marshal briefing will be held at Race HQ at 07:15 before the race. You will be given a high visibility vest and your individual role information. After the briefing you will make your way towards your marshalling point. [Bring your car if you can drive!]

Those on the cycle route will be dropped to your points by the cycle route leader, If you wish to make your own way that is completely fine - If you are unable to pick up a hi-vis and snack before we can arrange for the cycle lead to drop this off with the others.

MISSING PERSONS:

In the event of a lost child please report this to your director and arrange for other marshals to cover your location. Once this has been sorted, accompany them to Race HQ, where further action will be taken.

IN CASE OF EMERGENCY:

If there is a serious incident (i.e. life threatening) please call 999 immediately. Thereafter, please notify the Race Director / medical team of the incident as soon as possible.

If you believe the incident to be less serious, please call the medical team by speaking to your section team leader who can radio through. Finally, if the incident is minor and is only a case of needing to arrange for the competitor to be picked up, please call the Cycle team who can collect them in the vans.



06.45	Car Park Open
07:00	Registration Opens
07:45	Race Briefing 1
08:00	Sprint Wave 1 Start
08:30	Race Briefing 2
09:20	Race Briefing 3
09:45	Last Sprint Wave *Subject to change due to last minute entries
09:50	Race Briefing 4 (Novice)
10:05	Novice Wave 1 Start
13:00	Children's Transition Opens
13:30	Children's Race Briefing
14:00	Children's Waves Start

- Times are subject to change on the day.
- Please note that the 07.45 briefing is fine for the earliest Sprint Waves.



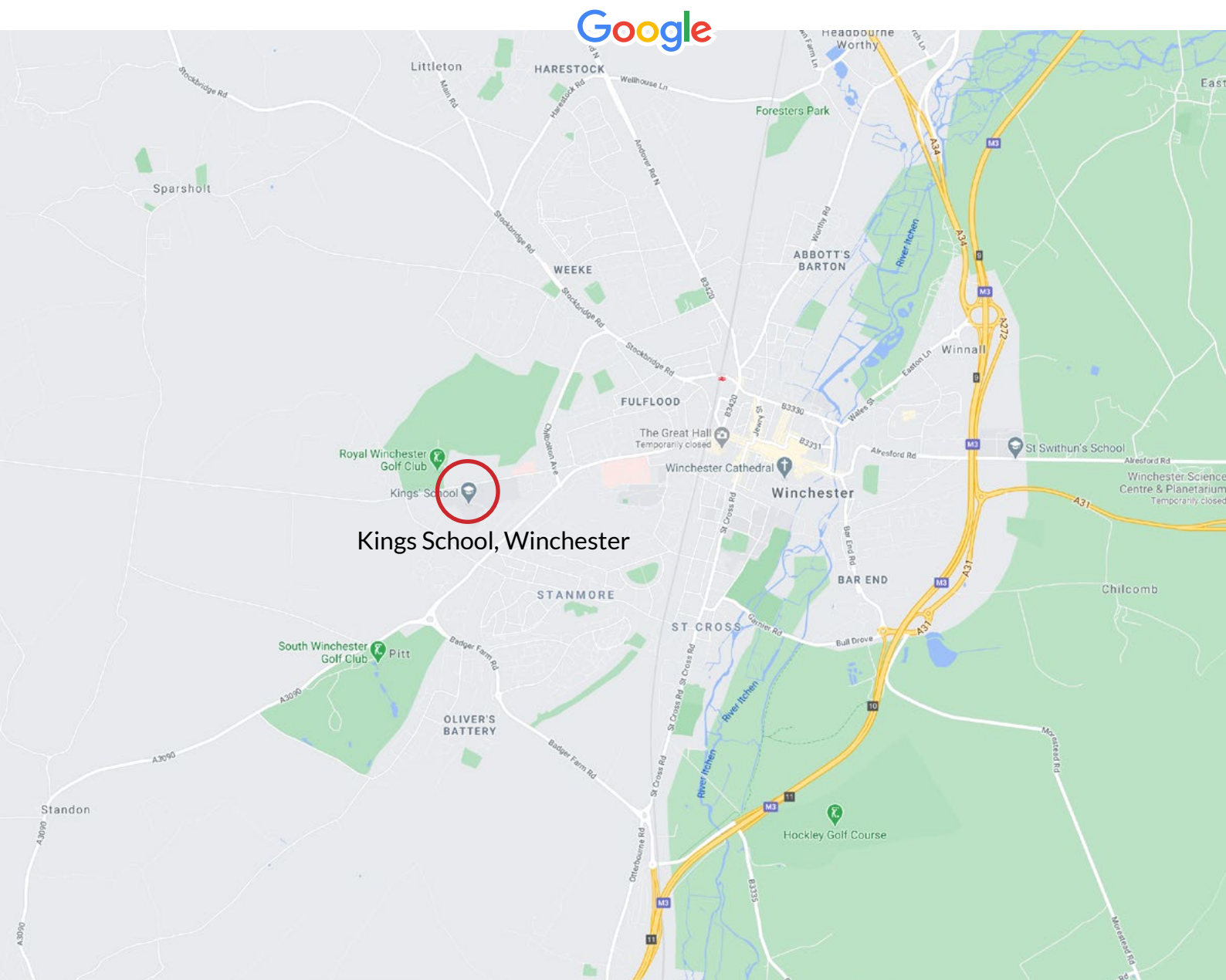
Top Tips

Plan your day in advance, making sure you have plenty of time to complete everything.



From the M3

- Take Junction 11 Exit to Winchester S&W A3090
- 0.2 miles - At the roundabout take 2nd exit onto Hockey Link/A3090
- 0.9 miles - At the roundabout take 2nd exit onto Badger Farm Rd/ A3090
- 0.5 miles - At the roundabout take 2nd exit to stay on Badger Farm Rd/ A3090
- 0.5 miles - At the roundabout take 2nd exit onto Romsey Rd/ B3040
- 0.1 miles - Turn Left onto Kings Rd
- Follow signage for Triathlon Car Parking



PARKING MARSHAL:

The car park is located towards the back of the school. There will be signs in place to direct cars but having marshals around is extremely helpful to manage the triathletes parking.

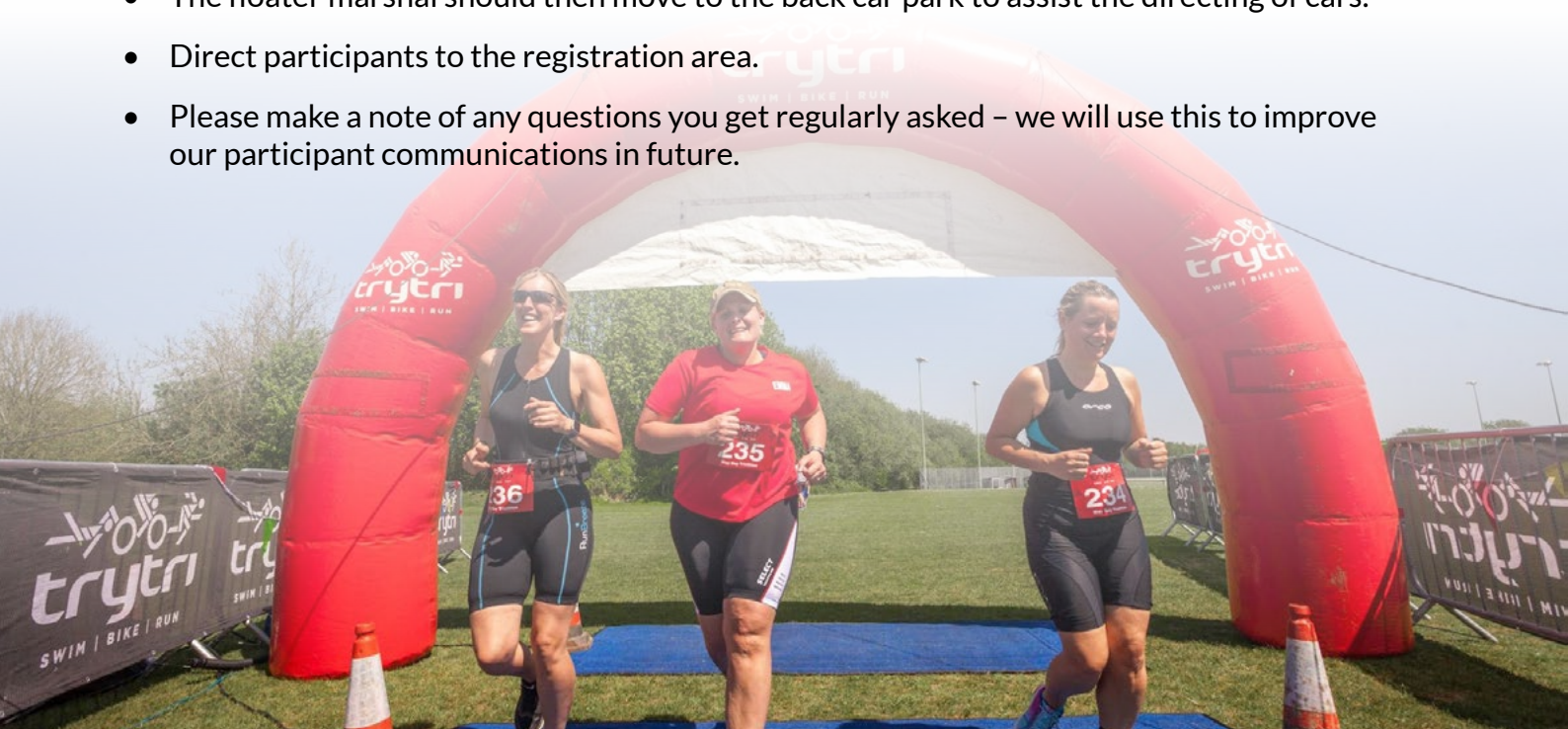
There will be 3-6 parking marshals in place.

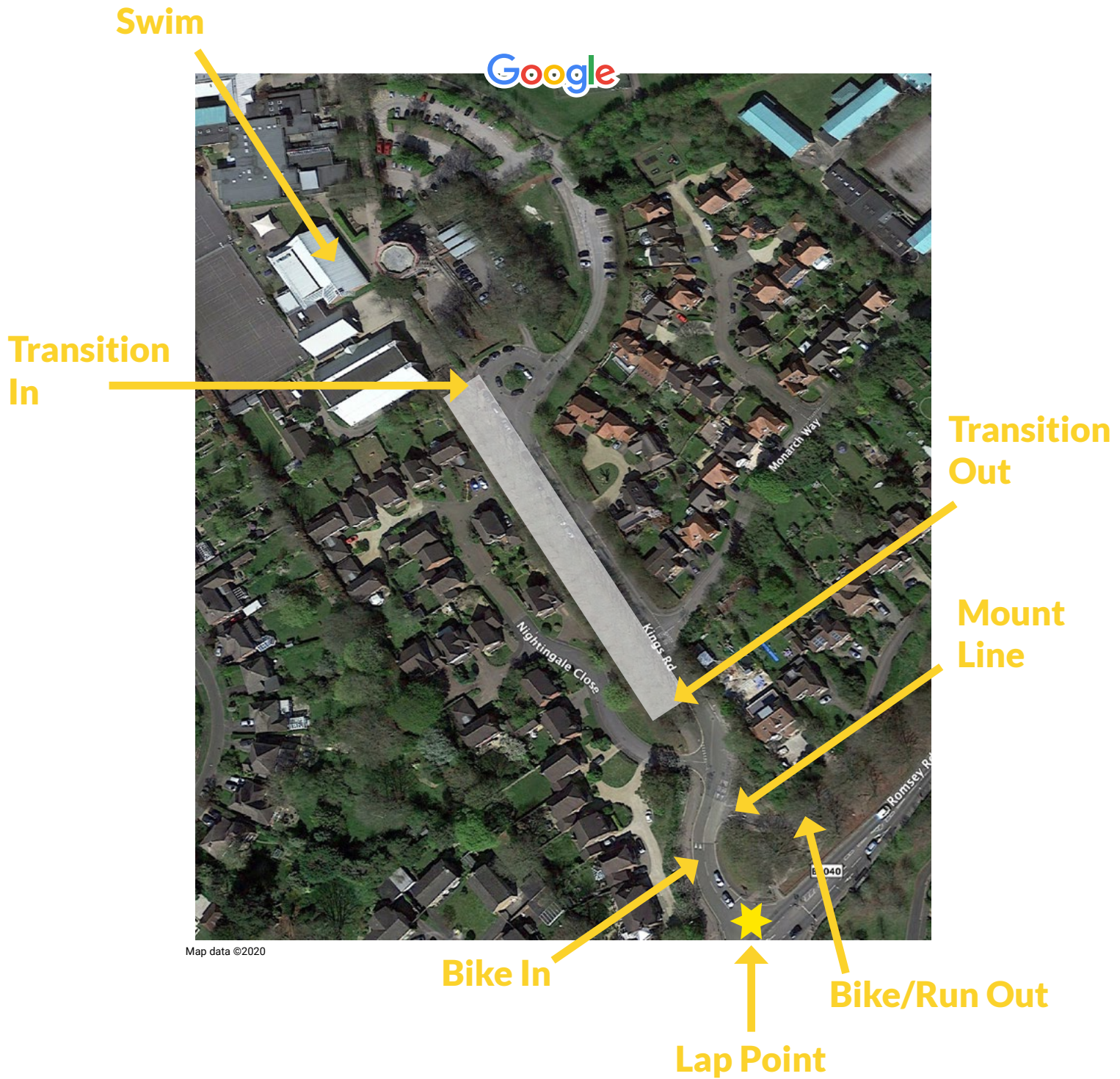
- Ideally, the front car park should be filled first, and marshals can be in place as follows:
 - One at the bottom of the hill, entrance to Kings, by Romsey Road, to direct cars up towards the car park / re-direct when full.
 - One marshal at the car park entrance to direct people in and into spaces if necessary.
 - One marshal as a floater in the front car park to direct cars into spaces.
 - One marshal on standby in the back car park.



Once the front car park is full, the lead parking marshal should radio to the marshal on standby in the back car park to let them know that they are now directing cars to the back car park.

- The floater marshal should then move to the back car park to assist the directing of cars.
- Direct participants to the registration area.
- Please make a note of any questions you get regularly asked – we will use this to improve our participant communications in future.





The swim is the first part of the triathlon that participants complete. Novice swim 8 lengths (200m) and Sprint swim 16 lengths (400m)

Including your pool leader, you will have 4-8 marshals on poolside to manage the area. Your pool leader will give a short marshal briefing and position you across the lanes to oversee the swimmers.

Participants will all have listened to a race briefing before they enter the pool area for their wave time. When the waves start there will be:

- One wave of participants in the pool itself
- One wave of participants waiting inside the pool area on the side (being briefed)
- One wave of participants waiting for their race briefing.
- When entering the waiting area, outside the pool, marshals must ensure that the participants are in the correct order (by lane and by swim hat colour) refer to the wave times for correct swim hat order.
- Marshals outside the pool must also ensure that all participants are wearing their timing chip on their Left ankle.
- Spectators are NOT allowed in the pool area; they should be asked to wait outside/around the transition area.
- Once the previous wave has finished in the pool, the next wave can be led in by marshals, and line up by the correct lane in the correct swim hat order.
- Participants must be reminded that they need to swim in a clockwise direction and are responsible for counting their own lengths.

Your responsibilities:

- Manage the safety of swimmers - ensure they do not run as the ground will be slippery.
- Act as an information point for competitors and members of the public.
- Direct swimmers in the right direction and ensure they are in the right wave.
- Direct them safely to transition after the race.
- Be as friendly and welcoming as possible – this is often the scariest part of a triathlon for many people so reassurance may be needed.

Cheer them on!! Even if you say the same thing to every competitor, they'll only see you once so it's the encouragement they may need!

The cycle route is an anti-clockwise 11km course, a map of the course is shown below. Novice completes 1 lap of this course and Sprint completes 2.

There will be around 11-15 marshals in place around the cycle route. Some may wish to collect their hi vis from Race HQ in the morning before being dropped off to their designated spot around 7:20. You may make your own way to your point by car or bike.

Your cycle leader will be checking in with you throughout the day via Enterprise Van to ensure marshal safety and wellbeing around the route - providing water/snacks and checking you have enough layers and protection to keep warm/cool and comfortable in the sun.

Double check the signage near your point is clear and remove any debris or obstructions that would make the route unsafe.

Please make a note of any questions you get regularly asked – we will use this to improve our participant communications in future.

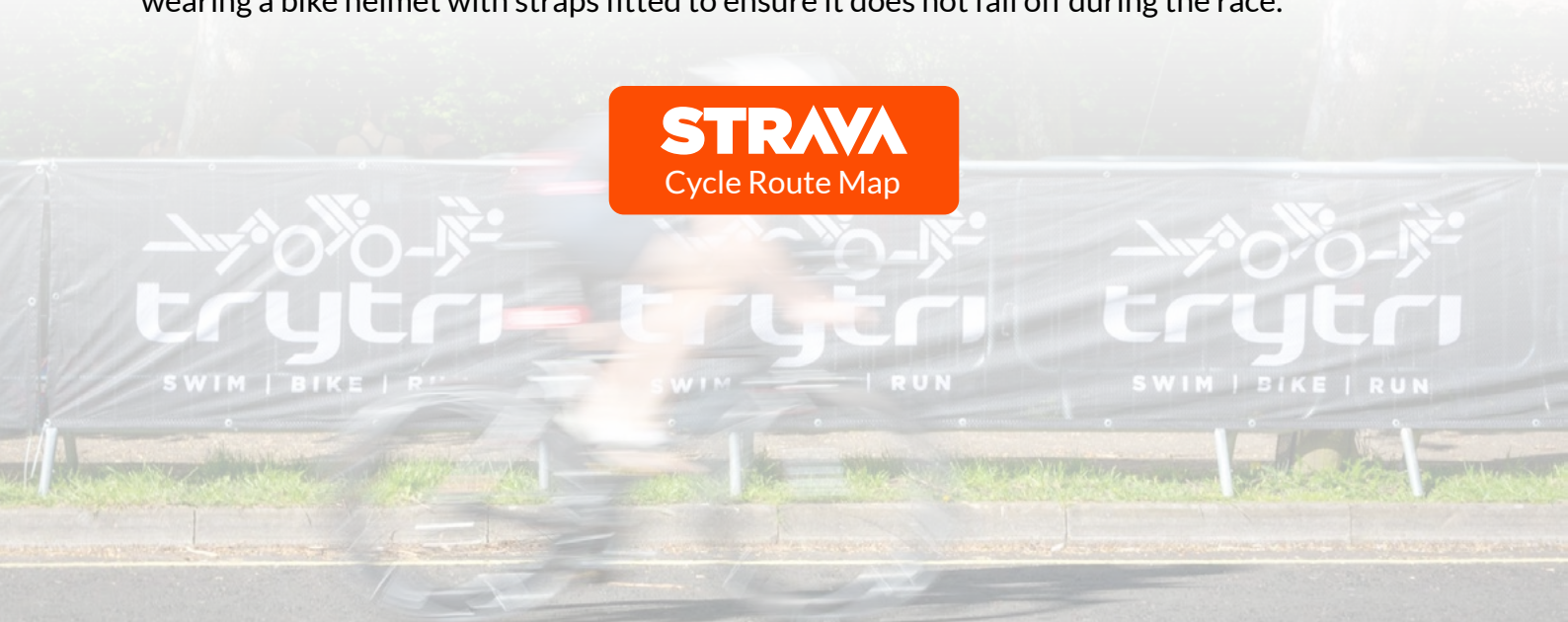
Cheer them on!! Even if you say the same thing to every competitor, you'll only see them once!

If you see anyone disobeying the Highway Code or cycling unsafely, please make a note of their race number and inform the Race Director when suitable by text.



DO NOT stop or direct traffic unless there is an incident.

Note: Bike helmets are mandatory and competitors will not be allowed to race unless they are wearing a bike helmet with straps fitted to ensure it does not fall off during the race.



STRAVA
Cycle Route Map

The course is anti clockwise.

Novice

Complete a 12km single lap.

Sprint

Complete 2 laps of the 12km Loop.



The run route is the final part of the triathlon for the competitors. Novice complete 1 lap of the route and Sprint complete 2 laps. It is a combination of grass paths, road and trails.

- There will be around 8-15 marshals in place around the run route. There are 8 locations where marshals **MUST** be placed and then any extra can be placed anywhere around the route.
- Your Run Route Leader will ensure marshal safety and wellbeing around the route, checking in frequently, providing water and making sure you have weather appropriate clothing.
*Please prepare for all conditions.
- Please ensure the signage in your area is visible and clear of any obstructions.
- Please make a note of any questions you get regularly asked – we will use this to improve our participant communications in future.

Cheer them on!! Even if you say the same thing to every competitor, you'll only see them once!

The route is well marked out and the signage should ensure competitors are racing in the right directions; however, your role is to reaffirm the competitors receive clear instructions for race direction and routes at important points along the course and to ensure the safety of everyone on site. If you see anyone competing unsafely, please make a note of their race number and inform the Race Director when suitable by text.



DO NOT stop or direct traffic.



Course

A combination of grass paths, road and trails. An undulating run around the school for the 2.5km Lap. Its not going to be easy but it will be fun!

Race number

Should be facing forwards during the run.

Take Care

As with any trail run there are some uneven surfaces so take care while running.

Laps

Novice 1 lap | Sprint 2 laps



The transition area is one of the busiest zones on site, located between the bike and run stages. It is for competitors only and must be carefully managed to ensure a smooth, safe flow throughout the day.

Key Roles & Structure:

- 6–8 Marshals, including a Transition Leader
- Entry at the top (by registration hall)
- Exit at the bottom (towards the bike course)

General Marshal Responsibilities:

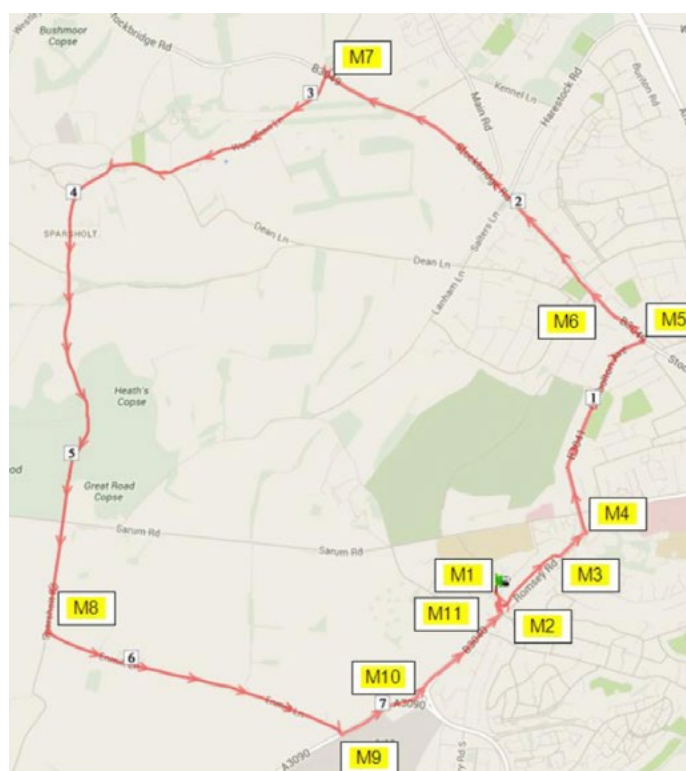
- Ensure only competitors enter transition (no spectators).
- Enforce one-way flow: entry at the top, exit at the bottom.
- Be a friendly, helpful presence to athletes and spectators.
- Keep pathways clear and assist with any competitor needs.
- Report any emergencies via radio to the medical team or event directors.
- Note down frequently asked questions to help improve future events.

At the Transition Entry (Top):

- Check competitors have:
 - Helmet (for bike segment)
 - Race bib
 - Timing chip (must be worn throughout the race)
- Manage flow of people at the registration/pool crossover.
- Prevent spectators from entering.

Inside the Transition Area:

- Support racking/unracking of bikes.
 - Athletes can choose any spot but must return bike to same location.
- Remind competitors:
 - No mounting bikes inside transition.
 - They must dismount before the dismount line on return.
- Keep the area clear and watch bikes while participants are on the swim/run legs.



Registration is located in the Kings School Sports Hall and is where participants can pick up their race pack, swim hat and purchase any merchandise they may want. Also, this is the location of the race briefings before the waves start. A lot of triathletes will ask questions or queries in registration so it is important to have a friendly face to help them out where you can.

- Ensure that participants are picking up their assigned race pack and swim hat colour (refer to the Wave Spreadsheet to find the correct number and colour). Competitors are sent out the wave times prior to the event, so a lot of them will already know their race number. But please check to make sure the right name matches the race number they are requesting.
- Oversee the selling of merchandise to participants - display merchandise on registration tables, stock will be placed behind the registration tables.
- Please make a note of any questions you get regularly asked – we will use this to improve our participant communications in future.
- We use the RaceTec Toolkit app to check race No's at registration and assign day entries to unallocated spaces so please aim to download the app before the morning. You will be briefed on how to use it.



Key Responsibilities

Route Monitoring:

- Help guide children on the correct route through bike, run, and transition sections. Direct at key points and prevent wrong turns.

Safety & Oversight:

- Watch for hazards or children in distress. Keep kids within safe zones. Report incidents to the event team immediately.

Encouragement & Support:

- Offer friendly, clear guidance—especially for nervous participants. Help reorient those off-course.

Communication:

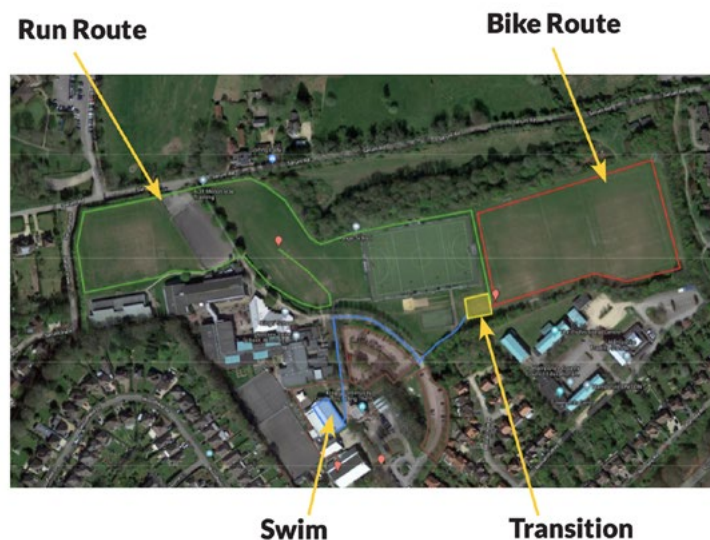
- Carry a mobile phone or radio. Report issues promptly to the Course Manager.

What You'll Need

- Friendly, observant attitude
- Fully charged phone
- Suitable outdoor gear
- Event-provided hi-vis vest

Marshal Positions May Include:

- Swim Exit / Transition Entry
- Transition to Bike Field
- Bike Corners / Boundaries
- Run Route Perimeter
- Finish Area



Arrival Time:

Please arrive at least 45-30 minutes before the Kids Triathlon start to check in, collect kit, and head to your assigned position.



Thank You

For all your help from all of us at TryTri!

ReesLeisure

www.ReesLeisure.co.uk

ReesLeisure Limited, 46 Leigh Road,
Eastleigh, Hampshire, SO50 9DT

02380 273 657

events@reesleisure.co.uk
www.reesleisure.co.uk

 [ReesLeisure](#)
 [@ReesLeisure](#)
 [ReesLeisure](#)