



## CHALLENGE LONDON RBC COMMUNITY CHALLENGE FAQ'S 2023

### General Information

#### **Which race categories are available within the RBC Community Challenge?**

RBC have partnered with LimeLight Sports to increase opportunities at the Challenge London through the creation of a series of new challenges.

The community new challenges include:

- A Cycle Event (25km, 50km)
- An Open Water Swim (400m, 1,500m)
- A Super Sprint Triathlon (400m swim / 10km bike / 2.5km run)

Within the Cycle and Open Water Swim challenges, for more advanced swimmers / cyclists we do have longer distance options available. If you are interested in taking on a longer challenge, please contact [info@challenge-london.com](mailto:info@challenge-london.com).

The RBC Community Challenge is in aid of Great Ormond Street Hospital Children's Charity, although participants are able to fundraise for a charity of their choice if they wish. The RBC Community Challenge will take place on Sunday 06 August 2023 as part of the Challenge London weekend.

#### **Am I able to participate in more than one of the RBC Community Challenges?**

Each RBC Community Challenge event is challenging and we recommend that you register to participate in one distance as part of one event outlined

above. The Swim and Cycle have differing distances to match each individual's ability.

### **Is there a minimum age?**

The minimum age for competitors is 16, as long as you are 17 on or before 31st December 2023.

### **Is there an entry fee?**

The RBC Community Challenge is free to enter, however participants who do not have a British Triathlon Membership number will be required to pay a one-off fee of £6 to obtain a British Triathlon Federation Day membership.

### **What is the British Triathlon Federation (BTF) day membership for?**

The BTF day license is a license for racing and covers your public liability insurance for the day.

If you're not already a British Triathlon member you need a day membership to comply with British Triathlon Competition Rules which require all competitors, be a member of the sport for the day. There will be an option during registration for you to input your BTF membership details or purchase a day license.

Day Membership includes:

- i) British Triathlon membership on race day
- ii) Race license to compete in the sport on the day of the race
- iii) Individual public liability insurance cover up to £15 million on the day of the race

For further information on race licenses please contact the BTF directly at: [www.britishtriathlon.org](http://www.britishtriathlon.org).

### **Do I need to fundraise?**

The RBC Community Challenge is in aid of Great Ormond Street Hospital Children's Charity, although participants are able to fundraise for a charity of

their choice if they wish to. Participants will be provided the chance to create their fundraising page once registered.

### **When will I find out my start time?**

Start times and wave allocations will be sent out to you via email and posted on the website around 2 weeks prior to the event.

### **How can I book accommodation for the event?**

For event specific accommodation information please visit the ExCeL Centre [website](#).

### **How do I get to the Excel Centre?**

The ExCeL Centre is located in East London in the heart of the Docklands. You can get to the event by car or public transport, the nearest tube station is Custom House on the DLR line / Elizabeth Line. If you visit our website you can find all of the relevant information to get you to the venue to ensure you arrive in time for your wave.

### **When should I receive my race pack?**

You will need to collect your race pack on race day at the Race Pack Collection area in the event village. You will be sent a QR code the week of the event which you will need to use to collect your race pack.

This will contain all the essential items for your race, including a security wristband, 2x bike numbers (for the cycle or super sprint triathlon), your race number and your timing chip.

### **What do I need to do with the items in my race pack?**

The bib number is used for the cycle or run elements of your challenge. The number goes on your back for the cycle and on the front for the run. This can be attached with safety pins, however, it is recommended to use a race belt. You simply attach your number to the race belt and then put the clip it around your midriff. It can then be moved to show the number on your back for the bike and on the front for the run.

If you are completing a challenge with a cycle, the bike number stickers are placed on the front of the bike and the top of your helmet which serves two purposes.

- To ensure you are taking the correct bike out of transition
- You can be identified on our official photos which you may wish to purchase

Your wristband needs to be worn to get you in and out of transition. Without this you cannot gain access to this area.

You will also be given a reusable timing chip that must be worn on your left ankle. These must be returned post event in the buckets at the finish line, there will be staff on hand to assist you in removing your timing chip. Any unreturned chips will be charged to the participant at £25 per chip.

### **Do I need a wetsuit?**

A wetsuit is compulsory for any challenge with swimming in it and it is your responsibility to ensure you have one on race day. The wetsuit will not only keep you warm but will also help you swim faster as it provides you with extra buoyancy.

Wetsuits must be worn up to 25°C. Should the water temperature exceed 25°C wetsuits are not permitted and changes to the event may be made at the organisers discretion.

Surf and shortie wetsuits are allowed, but these are totally different to a triathlon specific wetsuit, which is designed for swimming and fits like a second skin.

### **What do I wear underneath my wetsuit for the Super Sprint Triathlon?**

We recommend that you wear a tri-suit, but it is not compulsory. Regular sports kit is fine over a swim suit. Most triathletes will wear a tri suit as this can be used for the swim and the cycling element of the race.

### **How can I be sure that the water will be safe to swim in?**

We conduct numerous tests right up to the race day itself to ensure that the water is safe to swim in.

### **Can I use any stroke on the swim?**

Backstroke is not allowed, as this can be confused with our distress signal. We recommend that you try to swim front crawl but breaststroke is also permitted.

### **Can I use tri bars on my bike?**

Tri bars (and handlebars) must be plugged and they must be secure. There is no requirement for them to be shorter than the brake levers unlike in the elite races.

### **Can I listen to music or wear headphones whilst racing?**

Unfortunately, we do not allow participants to race with headphones in. The safety of our participants is paramount and through wearing headphones you will be less likely to hear other competitors or marshals, which could become a hazard on route. By not wearing headphones you will also be able to enjoy the experience more and soak up the encouragement from spectators. If you are seen to be wearing headphones on race day you will be kindly asked to remove them and if caught with them during the race you will be disqualified. Furthermore, no mobile phones or MP3 players are allowed to be used in transition or while you are racing.

### **Is the race draft legal?**

Drafting is against the rules for all but the Elite Competitors. You must not take shelter cycling behind or cycle beside another competitor during the race. You can be disqualified from the race for drafting. The draft zone is a rectangle measuring ten (10) metres long by two (2) metres wide. The centre of the leading 2 metre edge is measured from the back edge of the back wheel.

### **Is water available during the races?**

Water will be handed out on the run course and at the finish line.

There will be no water stations on the bike course – it is your responsibility to ensure that you have enough fluid to keep yourself hydrated on the bike leg.

### **Where do I find more information on rules and regulations?**

For more detailed triathlon rules and regulations please contact the British Triathlon Federation [www.britishtriathlon.org](http://www.britishtriathlon.org).