

Welcome to our third annual triathlon. This event pack contains important safety information which you should read carefully before the event. We aim to provide a fun, enjoyable and safe race but, as with all sporting activities, there is a risk to anyone taking part. We take your safety very seriously. A full risk assessment has been carried out and will be displayed in the registration area on race day.

All our marshals and volunteers give their time freely and without their assistance we would not be able to run this event. Please obey their instructions and be polite to them; any abusive behaviour will result in immediate disqualification.

General

This is an international distance triathlon consisting of a 1500m open water swim, followed by a 40km bike ride and finishing with a 10km run along the seafront. The race cut off times for each component are:

swim: 60 minutes

bike: 1 hour 40 minutes

run: 1 hour 20 minutes

It is your own responsibility to ensure that you are fit and able to take part in the event. Medical cover is provided and an ambulance will be based at the leisure centre ready to respond to any incident. If you need assistance, please alert a marshal.

Registration

Race registration will take place in the Leisure Centre on Saturday morning from 06:00 to 08:45. If you arrive after this you will not be able to register or compete. All competitors must show a valid race licence or purchase a day licence at registration. You will be required to sign a registration form and provide an emergency contact number.

You will be issued with a race pack containing two identical paper race numbers, one must be displayed on your back whilst cycling and the other on your front whilst running. These race numbers must not be folded or modified in any way. Please enter any medical details on the reverse of your race number. This information is invaluable to the medical support staff in the unlikely event of an emergency. Failure to do so may prolong the time taken to give you the appropriate treatment. The race pack will also contain numbered stickers for your bike, helmet and transition bag, a coloured swim hat and a timing chip device that must be worn around your left ankle throughout all three disciplines.

Race Briefing

This is an important part of our safety procedures and attendance is compulsory for all competitors. The Race Briefing will take place in the transition area at 09:00 on the morning of the race. It will include any safety issues that may affect your race and any last minute changes to the course will be explained. Any athlete not present at this briefing will be disqualified.

Race Details

Only registered entrants will be able to enter the transition area which will be controlled by barriers and security checks. Your bike and helmet numbers must be attached and correspond to your race entry. Your bike must be in a safe and roadworthy condition. A safety check will be carried out and any unsafe equipment will be refused entry. You must rack your bike, lay out your kit and make your final preparations at least 45 minutes before

your start time.

Competitors will be allocated a swim wave and start time at registration. There will be a maximum of 100 starters in each wave. You must wear the swim hat issued in your race pack which will have a unique colour for each start wave. You should be waterside and ready to start the race 15 minutes before your start time.

Swim Wave Details	Time	Distance	Swim Wave	Hat Colour
	10:30	Full	1	Black
	10:45	Middle	2	Red
	11:30	Middle	3	Green
	11:10	Sprint	4	Yellow
	11:20	Sprint	5	Blue

High tide is at 07:30 so the tide will be on the way out at the start of the race. Wetsuits are mandatory for the swim. Short style suits can be worn but offer less protection against the cold. The swim course will be patrolled by rescue boats with trained lifeguards on board. Should you get into trouble, or wish to retire from the swim for any reason, roll over on your back and raise your clenched fist in the air, stay calm, and a rescue boat will come to your assistance.

Please follow the Race Director's instructions for a safe swim start. All swimmers will step over the timing mats as they access the water from the transition area. Slower swimmers should keep to the back to avoid being swum over. Competitors may use any stroke to propel themselves through the water. Swim direction is anti-clockwise and the marker buoys should be kept on your left as you swim. Kayakers will flank the swimmers in an effort to keep them on course. Anyone cutting corners will be immediately disqualified. The swim exit will be marked by two yellow buoys in the water and a banner on the shoreline. After the swim all changing must be done in the change tent.

The bike route is open to traffic. An approved cycle helmet must be worn. Helmet cameras or other video devices are not permitted. Marshals will be monitoring the route. They are there for directional and safety reasons and to assist in making approaching traffic aware of your presence. They are not permitted to stop traffic or to tell you whether the road is clear, it is your responsibility to ensure that it is safe to exit junctions.

This is a non-drafting race. Drafting is cycling closer than two bike lengths behind the cyclist in front to gain an advantage from wind protection. Please obey the rules of the road and keep to the left, unless race signage indicates otherwise. Faster riders must be allowed to pass - violation of this rule is blocking and will result in a time penalty. Competitors are responsible for counting their own bike laps. The timing system will produce results for each lap and anyone not completing the required number of laps will be disqualified.

The final section is a 10km run along the seafront. The route will feature water and feed stations at the half way point and at the finish. Your race number must be clearly displayed on your front and visible at all times.

Rules, Regulations And Penalties

These events are often crowded and require a significant amount of officiating to prevent chaos from erupting before, during, or after the race. Racing rules and regulations help to protect triathletes from the numerous hazards that exist whilst competing and are enforced to ensure everyone has a safe race. As a competitor it is your responsibility to know and correctly complete the full layout of the course, and to understand all the competition rules and regulations relating to the event. Failure to comply with the rules may result in a verbal warning, a time penalty or disqualification. Time penalties will vary depending on the type of infringement. Time penalties for rule violations must be served at the next penalty box on the course. Failure to do so may result in disqualification.

Any form of outside assistance such as puncture repair, giving of drinks or other help by spectators, or coaching on the cycle or run is strictly forbidden and will result in immediate disqualification. Outside assistance can only be provided by marshals or race-sanctioned aid volunteers who distribute food and water on the course. You are not allowed to use any equipment that acts as an impairment to hearing or concentration such as headphones or audio listening equipment. This carries a time penalty. Unsportsmanlike conduct, littering or abusive behaviour will result in instant disqualification. Full details of the competition rules can be downloaded from our website.

After The Race

When you cross the finish line please move away to the post-race area as soon as possible so as not to hinder those athletes coming in behind you. Complimentary refreshments of water, sports drinks, fruit and sandwiches will be available. A marshal will remove the timing chip from your ankle. Provisional results will be displayed live in the transition area. Full verified results will be posted on the website where you can download your timing splits. Please remove your bike, personal belongings and any rubbish from the transition area promptly.

The Prize Giving ceremony is scheduled to take place in the registration area at 17:00. This part of the day is a time to relax and have fun whilst acknowledging the great achievements of all entrants. All competitors who finish the race will get an individual medal and certificate to commemorate the event. There will be trophies for the overall winners and prizes will be awarded to the top three competitors in each category.

We do hope your final preparations and training go to plan and we look forward to seeing you on race day. In the meantime if you have any questions or concerns please feel free to contact us via the website contact form.