



Taunton Triathlon

Saturday 27th May 2023 | Start 17:00

Athlete Information

Event Address

Taunton School, Staplegrove Road, Taunton, Somerset TA2 6AD

Event Schedule

15:00 Registration opens
15:00 Transition opens
18:00 Registration closes
17:00 First swimmers start
18:30 Last swimmers start
18:30 First runners complete course
20:30 Last runners complete course

General Information

Car Parking

There is free parking available from 15:00, signposted off Greenway Road, [///sank.noon.wasp](http://sank.noon.wasp).
If this car park becomes full, Taunton School marshals will direct you to alternative parking.
Look for the signs to Athlete Parking.
Please park considerately and follow any marshals' instructions as parking space is limited.
Park your vehicles and then follow the signs to registration.
Strictly no dogs allowed at the venue.

Race HQ & Information Point

The Race HQ and information point will be the Ward Room (an octagonal open-sided building which will be well signed). The walking route to registration will be marked from the Car Park. Please follow this route. A live map showing the site layout can be found [HERE](#)
You will need to register at race HQ on arrival before you rack your bike in the transition area.

THERE WILL BE NO RACE BRIEFING BEFORE THE START OF THE RACE. YOU MUST READ THE INFORMATION BOARD FOR ANY DETAILS OF LAST MINUTE CHANGES TO THE COURSE OR SAFETY INFORMATION.

Facilities

Changing facilities, toilets and showers are available at the centre for your use, and additional temporary toilets will be located near the Pool. £1 coins are needed for the lockers, which are in the Pool Building. Facilities are limited so please allow plenty of time. There will be a Mobile Catering Unit on site. Hot and cold drinks and snacks will be available. We have been very fortunate to secure the use of this fantastic venue. Please help us work towards being invited back again by not dropping any litter.

Refreshments

Refreshments for the event will be provided by Taunton School. This will include hot and cold drinks and snacks.

Spectators

Spectators are particularly welcome to watch the event and are welcome in the pool viewing area, transition and by the finish area. The finish line will be clearly visible outside the Main School building. The final 300m of the run can be seen from here and we encourage spectators in this area. We would prefer no spectators on the Bike Course. **If your guests wish to volunteer as a marshal, please let us know before race day. The race cannot function without volunteers, in return we offer a race credit for any of our races.**

Race Instructions

Registration

Please collect your race pack from race HQ. Everything you need for the event will be in the race pack as follows:

- **Race Number**
- **Sticker Set**
- **Timing Chip**

We will mark both hands with your race number ready for the swim.

BTF Members

Please bring your current BTF card if you are a member, or you may be charged an extra £5 for a Day Licence.

Non-Affiliated Athletes

When you entered the event a fee was included in your entry fee to cover your 'day licence' which is issued by the BTF.

Race Numbers and Timing Chips

Race numbers must be clearly visible for all disciplines, on your back for cycling and front for running.

A race belt is the easiest way to display your number and if you do not have one, we will have these for sale on the day at a cost of £10 (High 5 brand).

Make sure your timing chip is well secured using the strap provided to your left ankle with the chip facing outwards.

We will not be able to record your race time if you lose your timing chip, a replacement fee of £50 will be charged if you lose it.

Sticker Sets

Numbered stickers need to be attached to both your helmet and bike before you are allowed into transition.

Race Equipment

You must have a roadworthy bike with handlebar end caps fitted. A suitable helmet, in good order, must be worn at all times when in contact with your bike. Random Spot Checks will be made in transition, any defective equipment may be withdrawn by order of the Race Director.

Drinks

There will be no drink stations on the bike or run courses so please ensure that your bike is fitted with bottle cages so that you can carry enough water for the bike course, you may also wish to leave a drink in transition. There will be water available at the finish in your keepsake RaceNation Events cup

Transition Area

This will be located in the Tennis Courts. This area is restricted to competitors and officials only.

You will only be allowed access with bike and helmet stickers in place. Your helmet must be on and fastened before you enter transition – this is to allow it to be checked by a marshal.

The bike racks will be numbered.

Please try to keep the transition area free of unnecessary clutter. You will need your bike, helmet, bike shoes, run shoes, and any additional clothing needed for the bike or run. This may be kept at your numbered location in a soft sided bag. Boxes may be removed. Make sure you take some time to look at the entrances and exits and make a mental note of where your bike is racked.

Transition will remain open for access pre-race and for removal of kit post-race. You must produce your race number which should correspond to the numbers on your bike and your kit.

Swim

Please be ready to start, be at the pool-side area 15 minutes prior to your start time. Start times are available here: <https://www.tauntontriathlon.com/>

PLEASE DO NOT BE LATE

A marshal will be there to meet you. The swim will consist of 16 lengths of the 25m pool. Your lane marshal will tell you which direction to swim (clockwise or anti-clockwise) and will tell you when you can enter the water. Coloured swim hats will be provided and must be worn. Please swim on your front only, but not butterfly. Backstroke is not permitted. Please keep a mental track of your lengths - the length counters will indicate when you have 2 lengths to go by placing a '2' paddle into the water as you approach. Please do not argue with the lap counters. If you have any issues, please raise them with the Race Director once the event is over. BTF rules will apply in the swim so please be familiar with the [rules](#).

If you feel a swimmer behind you touching your feet please let them pass at the next turn.

Transition - T1

Leave the pool area at the shallow end as directed by the marshals on poolside. No running whilst on poolside. You may leave a pair of shoes or flip flops outside as the ground could be stony.

Follow the coned running route across the sports field and into transition.

Locate your bike. ***You must put your helmet on and fasten it before you remove your bike from the rack.***

Ensure your race number is clearly visible to the rear.

You may take as long as you like in transition but bear in mind the clock continues to run.

Leave transition and push your bike to the -

Bike Mount Line

Only from this line can you get on your bike. Marshals will be on hand, but take care as you leave transition, you then exit the school grounds through a gate.

Only mount your bike when it is fully in the road.

Bike Course

[BIKE COURSE LINK](#)

Leave transition via the gate signed BIKE OUT, push your bike to the Bike Mount Line.

Marshals will be on hand but take care as you leave transition. You then exit the school grounds through a gate and across a pavement. Once you have passed the Bike Mount Line you can get on your bike. Only mount your bike when it is fully in the road.

Take care as the roads are open.

The route will be marked by large highly visible arrow markings.

Continue to follow the road ahead, unless you see arrows telling you otherwise.

All junctions where a change of direction is required will be clearly arrowed.

The bike route takes you to the roundabout at Milverton - here you will need to do a U-turn and re-trace your route back to Taunton.

There are two sets of traffic lights on the route. You will pass through these twice.

The signals remain 'live' and strict penalties will be applied by Judges of Fact who will be located at the traffic lights for any violation of Traffic Law.

Any breach of Traffic Law or abuse of motorists or marshals will not be tolerated.

Dangerous or abusive behaviour leads to disqualification.

Please adhere to the Highway Code and BTF rules.

Drafting is not allowed. You must remain at least 10 metres away from the bike in front.

You have 20 seconds in which to pass and then the other bike must drop back.
Mobile and static marshals will be instructed to report any breach of the non-drafting rules.
Maximum penalty is exclusion from the results.
If you see another athlete with problems, please notify the next marshal location.
We will have a collection vehicle to pick up competitors and their bikes who are unable to complete the bike course.

Transition - T2

Entry into T2 will be clearly marked and marshalled.
Take extreme care as you turn in to the school grounds.
Ensure you dismount before the dismount line and push your bike across the sports field in the coned section back to transition, placing your bike in your numbered location.
Please be aware of other athletes entering transition in the same direction.
If you are wearing cleats, please be careful, especially if the surface is damp.
Rack your bike before undoing your helmet.
Proceed to exit transition via the gate signed RUN OUT.
Please take time to ensure you now have your number facing forward.

Run

The run course initially follows a route through the grounds of the school.
It then leaves the school grounds onto Cyril Street; please remain on the pavements.
The route will be clearly marked by arrows.
The course includes a pedestrian footbridge and a run along the banks of the River Tone before re-entering the school grounds to the finish line in front of the main school building.
Please respect other users of the pavements and in particular the shared cycle / footway between the pedestrian bridge and the turnaround point.

Post-race

Please collect your kit from transition as soon as possible to allow this secure area to be cleared.

Results

We will endeavour to get finish times out half an hour after the last competitor has completed the race.
Full results with splits will be available from a link on the race website <http://www.tauntontriathlon.com/> and printouts will be available from the timing team.

Prize List and Presentation

The presentation will take place at the finish area as soon as possible after the last competitor has crossed the finish line. In the event of adverse weather, awards will be presented in the Centenary Hall, near registration.
Awards for the top three open and top three female finishers will be presented, there will also be age category awards. First open and female in the following categories: U20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ These will be posted out within one month of the race.

New British Triathlon Federation Gender Categories

This event will be run in accordance with British Triathlon policies, including the new Transgender Policy.

British Triathlon is taking positive action to ensure transgender people are welcomed and included, this will make a difference to transgender participants, providing a positive, non-judgmental space in which to enjoy swim, bike, run in all its forms.

For competitive activity for individuals above the age of 12 that is run in accordance with the British Triathlon Competition Rules and events permitted by British Triathlon, fairness of competition is paramount and so the policy stipulates a **Female** category (open to athletes who are the female sex at birth) and an **Open** category (open to all, including male, transgender and non-binary individuals who were the male sex at birth) be provided.

Only people who are female sex at birth are eligible to compete in the Female category. All individuals including transgender people are eligible to compete in the Open category.

Our online entry provider has been unable to provide updated gender categories in time for this event, and so if you wish to swap categories please drop us a line at info@racenationevents.com and we will be happy to assist.

The full transgender policy can be read here: [Transgender Policy](#)

We would like you to join us in thanking the many volunteer marshals, without whom this and all events would not be possible.

With many thanks also to Taunton School.

If you have any questions or queries after reading the athlete information, please do not hesitate to drop us a line at info@racenationevents.com

The RaceNation Events Team

We look forward to seeing you on the 27th May



**PERMITTED EVENT
ORGANISER 2022**



**EVENT
PERMIT
2022**

RaceNation Events is proud to be a Permitted Event Organiser 2023.

We are able to:

- Demonstrate that the event will be conducted in accordance with the British Triathlon (& ITU) rules, as outlined in the current Competition Rules.
- Demonstrate that the event will be conducted in a fair and safe manner.
- Demonstrate that the events planning, and preparation meets the standard of quality required by British Triathlon.
- Ensures the event has the appropriate volunteer and participant insurance.
- Signifies that the Event Organiser has completed a thorough review of the swim, bike and run courses and has evaluated and considered all medical, safety and emergency requirements for the event.
- Maintain a positive image of the sport of triathlon by setting minimum standards for staging of safe races which are accessible to the public.
- Provides a route for regress for members and competitors.

TAUNTON TRIATHLON

EVENT DAY MEMBERSHIP

RRP ADULTS £6, CHILDREN £1

Your British Triathlon Home Nation day membership is an essential part of your race experience and we hope you have a good race, safe in the knowledge that you are protected.

THANK YOU FOR PROTECTING YOURSELF AND YOUR FELLOW COMPETITORS

This British Triathlon Home Nation day membership provides you with public liability insurance. This day membership and public liability insurance is valid for the duration of the event ONLY and CANNOT be transferred.

Please keep this day membership as proof of your insurance cover. If you are involved in an accident, you will be required to provide proof of valid insurance for your participation.

You will be required to adhere to the terms and conditions of the day membership including a responsibility to cover payment of the insurance excess in order for public liability to defend you in the event of a claim made against you.

Find out how to make a claim, please visit:
britishtriathlon.org/insurance

Full details of British Triathlon Home Nation day membership including full T&Cs can be found at:
britishtriathlon.org/daymembership

STAYING

SUPPORTED CONNECTED PROTECTED

Become a British Triathlon Home Nation Member and support the sport you love as well as be part of a vibrant triathlon community.



Join a growing multi-sport community



Race License for when you compete



Benefit from discounted entry fees



Peace of mind when you train

JOIN US, GO TO: britishtriathlon.org/join

Use code **DAYMEMB21** at the checkout to get the cost of an Adult Day Membership off an annual British Triathlon Home Nation Membership.*



*New Triathlon England/Welsh memberships only



GET IN TOUCH

Email membership@britishtriathlon.org
Phone 01509 226 394

Follow us on social and tag us in your journey photos.



Members now keep connected and share their love of triathlon in our exclusive Membership Hub.

Search Facebook for 'The Membership Hub'

Write to us
British Triathlon Membership Services,
PO Box 25, Loughborough,
Leicestershire, LE11 3WX