



## Taunton Sprint Triathlon Athlete Information

**Event Date:** Saturday, 25<sup>th</sup> May 2019

**Address:** Taunton School, Staplegrove Road, Taunton, Somerset, TA2 6AD

**Contact:** Immortal Sport 01935 315470

### Event Schedule

2.30pm	Registration Opens
6pm	Registration Closes
3pm	Transition Opens
5pm	First group of swimmers start swim
6.30pm	Last group of swimmers start swim
6.30pm	First runners complete course at around this time
8.30pm	Last runners complete course at around this time
8.30pm	Presentation of finishers' prizes as soon as possible once the final competitor crosses the line

### Prize List

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male finisher overall  
1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Female finisher overall  
First Male Junior (U20), First Female Junior (U20)  
First Male 20-29, First Female 20-29  
First Male 30-39, First Female 30-39  
First Male 40-49, First Female 40-49  
First Male 50-59, First Female 50-59  
First Male 60-69, First Female 60-69  
First Male 70+, First Female 70+

## **British Triathlon Rules**

Please make sure you have read and are familiar with the following (click the link):

[British Triathlon Rules of Competition](#)

[Know the Rules Poster](#)

## **General Information**

### **Car Parking**

There is free parking available from 15:00hrs. No parking please on the School Site.

There will be free parking signposted off Greenway Road, TA2 6NJ.

Look for the signs to Athlete/Spectator Parking.

On arrival you will be directed to the parking area by the marshals.

Please obey the marshals' instructions as parking space is limited. Please try to car share where possible.

Park your vehicles and then follow the small signs to transition and then to Race HQ.

**Strictly no dogs allowed at the venue**

### **Race HQ & Information Point**

The Race HQ and information point will be in the Centenary Hall. The walking route to HQ will be marked from the Car Park. Please follow this route.

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 ON 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.

### **Race numbers and timing chips**

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

A number/ race belt is by far the easiest way to display numbers.

A sticker set with bike and helmet stickers will be issued.

These must be in place before you enter transition.

Your timing chip, and a coloured swim hat will be issued to you Poolside whilst you await your swim start.

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

Make sure it is well secured using the strap provided, preferably on your left ankle to avoid your bike chain etc.

No amendments can be made to any race entries. No transfers. No entries on the day.

### **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, and in return we offer a race credits for any of our races.

### **Race Equipment**

You must have a roadworthy bike.

Plugs must be fitted into the ends of the handlebar tubes.

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, and any defective equipment may be withdrawn by order of the Race Director.

## Race Instructions

### Registration

Registration will be located in the Centenary Hall and will be open between 2.30pm and 6pm.

You will need to register on arrival before you rack your bike in the transition area.

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

Non BTF members have already paid for their day licence as part of their entry fee and this licence may be downloaded [here](#) or found online at [www.tauntontriathlon.com](http://www.tauntontriathlon.com)

You will be issued with a race pack at registration which will include the following:

- Timing Chip on a neoprene strap; to be worn on your left ankle
- Sticker Set with stickers for your bike, helmet and transition bag. Please attach these before you enter transition to rack your bike
- A race number which must be worn on your back for the bike element and your front for the run

### Transition area

This will be located in the Tennis Courts. Racks will be numbered.

**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.

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/ 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.**

### The swim

Please be ready to start and at the poolside area **15 minutes prior to your start time.**

**PLEASE DO NOT BE LATE.** A marshal will be there to meet you.

The swim will be 16 lengths of the 25m pool. Your lane marshal will tell you which direction to swim in (clockwise or anti-clockwise) and 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 lap counters will indicate when you have 2 to go by placing a float or paddle into the water as you approach the wall. 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.

### **1<sup>st</sup> Transition – T1**

Leave the pool area near the far end and exit through fire doors.  
You may leave a pair of shoes or flip flops outside as the ground could be stony.  
Follow the edge of the building out to the sports field and into transition.  
Locate your bike.  
You must put your helmet on and fasten it before you touch your bike.  
No nudity in transition please.  
If the weather is likely to be hot, please apply sun cream and make sure you are well hydrated.  
There is no drink station on the bike section.  
Ensure your race number on the bike 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.

### **Bike Course**

Leave transition and push your bike to the Bike Mount Line.  
Only from this point 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 and across a pavement. 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 - at which you will do a U-turn, re-tracing 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.

### **2<sup>nd</sup> 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 at the dismount line and push your bike across the field to your transition point.

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 "Run Out".

Please ensure you have your number facing forward.

### **Run**

The run course initially follows a route through the grounds of the school.

A drinks station is located within approximately 300m of transition.

This is the only drinks station on the event.

Water will be available in biodegradable plastic cups.

Please place your empty cups in the bins nearby.

The run course then leaves the School Grounds onto Greenway Road, before leaving the School Gates and following a route alongside the public highway.

Please remain on the pavements.

The route will be clearly marked by arrows.

It follows an entirely new route for this year and 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.

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

### **Finish**

At the finish line you will receive your finisher medal, t-shirt and bottled water (please recycle responsibly).

Please ensure your timing chip is returned at the finish line.

### **Results**

We will endeavour to get finish times out 'live'.

Print outs of results will be available from the timing team at the finish.

Full results with splits will be available at <http://www.tauntontriathlon.com/>

### **Presentation**

This will take place as soon as possible after the last competitor has finished and will take place, weather dependant, at the finish area.

In the event of adverse weather, awards will be presented in the Centenary Hall, near registration.

There will be awards for the first 3 male and female competitors, and prizes for the age group winners.

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

**Many thanks guys!**

**If you have any questions regarding the event, please get in touch.**

**Good Luck with your race!**