



Taunton Triathlon

Athlete Information

Event Date: Saturday, 29th May 2021

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

Contact: RaceNation Events 01460 298 338 or info@racenationevents.com

COVID-19

Due to COVID-19 and in line with current guidance from the BTF, this year's event will take a slightly different format to normal.

The amendments will not deter from the event but will ensure that the event remains safe.

There are a few **Key Points to remember**, and these are noted below:

- **Health Declarations** must be completed by everyone attending. These will be sent out on the Monday of race week and must be returned by Thursday. You will not be allowed to compete if you have not completed your health declaration.
- **No Spectators** are permitted.
- **Face Coverings** are strongly recommended before and after the racing element of the event.
- This year's **Swim Element** will be a snake style swim meaning that the total distance covered will be 250m. **No Overtaking Allowed on the Swim.**
- There will be **No Drink Station on the Run Element** of the event this year. Please plan to bring adequate fluids on your bike and to leave in transition.
- The traditional **Finish Area** of the event will be stripped back this year, with medals in the registration pack and only the barest of essentials on hand at the finish if required. There will be no results print outs.
- **Age Group Prizes** will be posted out after the event.
- **Swim Hats** will not be provided this year, in a change from the norm, so please bring your own.

Event Schedule

3pm	Registration Opens
6pm	Registration Closes
3pm	Transition Opens
5pm	First swimmer starts swim
6.30pm	Last swimmer starts swim
6.30pm	First runners complete course at around this time
8.30pm	Last runners complete course at around this time

Prize List

1st, 2nd & 3rd Male finisher overall
1st, 2nd & 3rd Female finisher overall
First Male Junior (U20), First Female Junior (U20)
First Male 20-24, First Female 20-24
First Male 25-29, First Female 25-29
First Male 30-34, First Female 30-34
First Male 35-39, First Female 35-39
First Male 40-44, First Female 40-44
First Male 45-49, First Female 45-49
First Male 50-54, First Female 50-54
First Male 55-59, First Female 55-59
First Male 60-64, First Female 60-64
First Male 65-69, First Female 65-69
First Male 70+, First Female 70+

Prizes will be posted out after the event this year as we must encourage participants to leave the venue as soon as you have finished.

Finishers' medals will be handed out at registration, and there will be no printed results.

Results will be available online as soon as possible at www.tauntontriathlon.com

British Triathlon Rules

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

[British Triathlon Rules of Competition](#)

Car Parking

There is free parking available from 3pm, signposted off Greenway Road, TA2 6NJ.

There is no parking on the School Site.

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.

NO SPECTATORS

Race HQ & Registration

The Race HQ and information point will be in octagonal wooden structure outside the Swimming Pool area. 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 before you rack your bike in the transition area.

Race Briefing

There will be no race briefing before the start of the event. You should read the information board at registration for any details on last minute changes to the course or safety information.

Facilities

Facilities will be very limited in 2021 due to COVID-19 restrictions.

There will be no changing facilities, please come ready to race and with warm clothes over your race kit if you need it.

There will be portable toilets, and these will be maintained to a high level of cleanliness throughout the day.

Registration

If you have registered as a BTF athlete, please bring your licence with you as we may require this on the day.

If you are an unaffiliated athlete your day licence can be downloaded one week before race day from www.tauntontriathlon.com

Please collect your race pack from the registration area and follow the one-way system.

Everything you need for the event will be in the race pack as follows:

- **Race Number** This must be clearly visible for both disciplines, on your back for cycling and front for running. If you require an additional number, then a blank can be provided to create your own. 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 on your equipment before you enter transition.
- Your **Timing Chip**. Please fix this securely to your **left ankle** before you start the race.
- A sustainable event t-shirt in the size that you specified as part of your online entry.
- A unique UK-produced, sustainable, race medal. *Of course, it is not standard procedure to hand out medals before completion of an event, but we must ensure minimum touch points for this event.*

Spectators

Sadly for 2021 NO SPECTATORS may attend the event, except in a Safeguarding or Duty of Care role. Please advise the Organisers if you require an additional person to be with you on the day so that we can arrange an access pass to be issued in advance of race day.

Race Equipment

Your bike must be in a roadworthy condition.

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 can be made in transition, any equipment deemed defective may be withdrawn by order of the Race Director.

Race Instructions

Transition area

Transition will be in the Tennis Courts. Bike racking 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 will allow a marshal to make a visual inspection.

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 will be removed (This is a BTF ruling).

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.

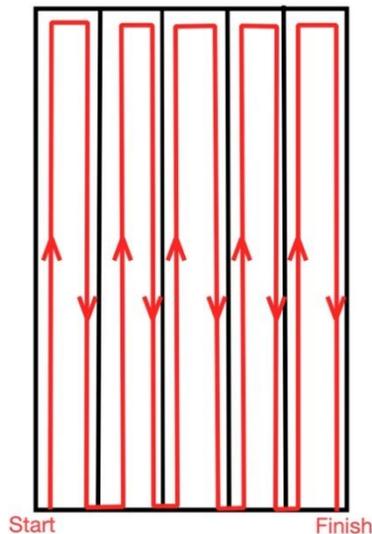
You must produce your race number which should correspond to the numbers on your bike and your kit.

Swim (250m)

Due to COVID-19 restrictions the swim will operate in a different way than previous events.

Prior to the event you will have been allocated an estimated start time. This will be based on the most up to date time associated with your online entry. Please be at the entrance to the pool **no more than 10 minutes before your start time**. If we are running ahead of schedule due to nonattendance be prepared that we may call you to the start earlier.

The swim will be 10 lengths of the 25m pool using the snake style layout as pictured below:



Each swimmer will be started individually with the gap between swimmers decreasing as the swimmers become faster. **No Overtaking Allowed on the Swim.**

Please swim on your front only, **but not butterfly**. **Backstroke is not permitted.**

1st Transition – T1

Leave the pool as directed by marshals 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. Please be respectful of fellow athletes and if passing please respect current social distancing guidance.

Locate your bike.

You must put your helmet on and fasten it before you touch your bike.

No nudity in transition please. Changing ponchos are a good idea and are readily available should you wish to change.

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 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, 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.

2nd 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.
The run course 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.
Please collect your kit from transition as soon as possible, to allow this secure area to be cleared.

Finish

This year the finish line will be a low-key affair and we politely ask you to make your way back to transition and collect your equipment as soon as possible after crossing the line.
Please leave your timing chip at your transition location wrapped around the bike racking.

Results

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

Presentation

There will be no presentation this year and all prizes will be sent to the overall winners and age group winners during the week after the event.
Please note overall winners can also win age group prizes.

**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!