

Taunton Deane Triathlon

15th May 2016

at

Wellington Sports Centre

Corams lane, Wellington

Somerset, TA21 8LL

RACE INFORMATION PACK

Thank you for entering the Taunton Deane Triathlon 2016. This event is brought to you by Somerset RC Tri and is supported by Tone Leisure.

You should find all the details you require for the race in this pack, however if you have any further queries you may contact:
race_director@somersetrcetri.co.uk

tone
Helping you feel good



Taunton Deane Triathlon
www.somersetrcetri.co.uk

Registration:

Will take place in the Reception area of the Sports Centre between 8:30am and 11.00am. Competitors who have not registered by 11.00am will forfeit their places.

On arrival please look up your race number from the entrants list before approaching the registration desk. You will then tell the staff your race number, confirm your name and show your BTF race license, if applicable (day licenses will be issued to those who entered as “non-BTF”).

Race Numbers:

You will then be given a 3 race numbers: one which must be worn on your back during the cycle leg, one which must be worn on the front during the run and a sticky label which must be attached to your bicycle prior to racking for security.

NB: race belts are permitted. It is the athletes responsibility to ensure that numbers are turned the correct way and clearly visible throughout the race.

IMPORTANT: Please write your full name, an emergency contact number and make a note of any medical conditions that may be important in the event of an accident on the back of your race numbers (eg: asthma, epilepsy, insulin dependent diabetes, severe drug allergies etc). Also let us know at registration in order that the lifeguard can be informed.

Numbers must be pinned in all four corners to your vest using safety pins, or securely attached to a race belt. Pins will be available at registration. Your upper arm will also be marked with your race number.

Timing Chip:

You will be given a timing chip, coded to your number, to wear throughout the race (you will be given instructions on how to wear this). CHIPS WILL BE HANDED TO YOU AT POOLSIDE, just before the start of your race. The chip must be returned at the end of the race, K2 timing reserve the right to charge the cost of any lost or unreturned chips.

Bike Racking:

Take your bike to the Transition Area and hang it on the rack in the space allocated to you, which will be marked with your race number. **All bikes must be racked by 11am.** Finishers may not collect bikes until after 11am. NB: the access road will be closed to vehicles from 9:30am- 3pm, therefore bikes cannot be dropped or collected by car during this period.

Your running gear should be neatly arranged close to your bike space – any other bags or clothing should not be left here as it may be a hindrance to other athletes. It is not permitted to “mark” your spot in any way – just remember where it is!

Helmets are compulsory for this race. NO HELMET =NO RACE. Helmets will be checked at the entrance to transition when you come to rack your bike.

Competitors are entirely responsible for the road-worthiness of their bicycle. We highly recommend that you have your bike serviced before the race. Oli's cycle Servicing will be providing an on-site bike service during the event to help out with any last-minute issues and purchase of supplies. He will also be attending our training day on 8th May to offer pre race advice and will also take bookings for your pre race bike service via the website <http://www.ocservicing.co.uk>



GENERAL NOTES

1. Breaking of any BTF rules/instructions may result in disqualification
2. There will be a race briefing at pool side 10 minutes prior to the start of each wave - attendance of this is mandatory for all competitors.
3. The decision of the Race Director in the event of any dispute is final
4. Race numbers must be worn as previously indicated. The course marshals must be able to see your number so make sure they are worn correctly, pinned top and bottom or securely attached to a race belt
5. Approved cycle helmets (with a safety standard mark) must be worn. No helmet= No race.
6. Every effort will be made to clearly mark and marshal the run routes but we must emphasize that it is the responsibility of the competitor to negotiate the route correctly and safely
7. No physical assistance of any sort is allowed at any point during the Triathlon
8. Any competitor "dropping out" is required to report back to race officials at the race reception area
9. Supervision of the transition area will be in place from 8:30am and stand down 30 minutes after the last competitor has finished their race. Only competitors will be allowed entry to this area, athlete wrist bands will be issued at registration for identification

HOW TO FIND US

The address of the venue is:

Wellington Sports Centre, Corams Lane, Wellington, Somerset , TA21 8LL

Take Junction 26 off the M5 sign-posted A38 Wellington.

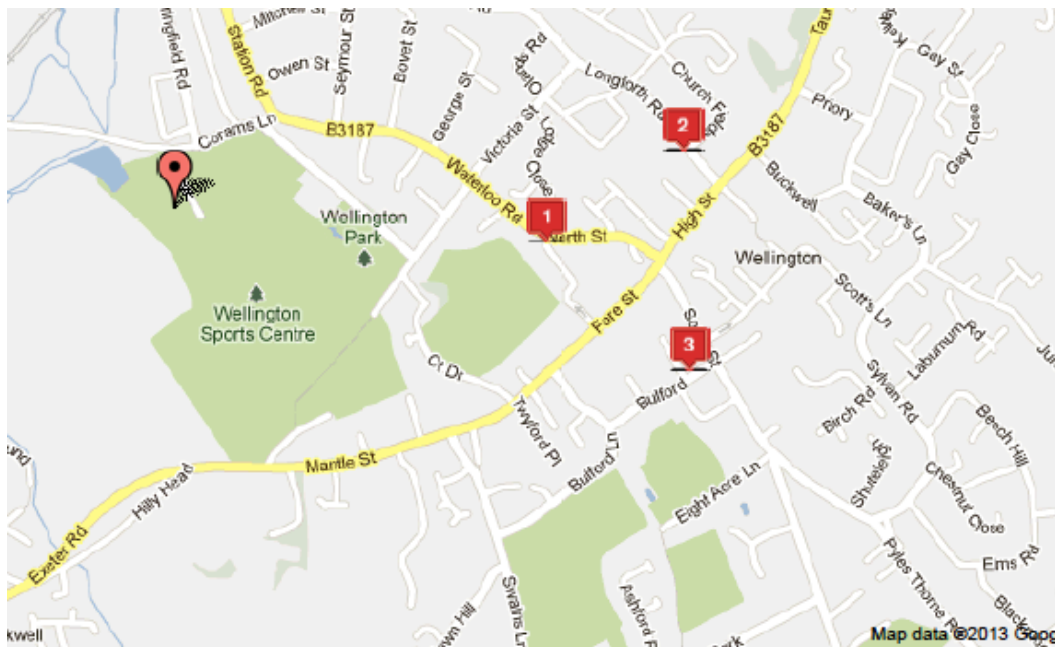
At the roundabout take the A38 exit to Taunton and Wellington.

At the next roundabout take the second exit for Wellington 83187.

After about a mile, at the first set of traffic lights in Wellington, turn right into Longforth

There is NO PARKING available at the Sports Centre during the event.

Wellington has a number of inexpensive public car parks within easy walking distance of the Sports Centre – we advise that you make use of these.



Address	Distance	Hours	Price
1 North Street	10 mins	Mon-Sun 8:00-18:00	£2.30 / max
2 Longforth Road	14 mins	Mon-Sun 8:00-18:00	£2.30 / day
3 South Street	15 mins	Mon-Sun 8:00-18:00	£2.30 / max
4 Silk Mills Park & Ride	60 mins	Mon-Fri 6:30-19:30	£2.00 / day
5 Taunton Gateway Park & Ride	60 mins	Mon-Fri 6:30-19:30	£2.20 / day

THE RACE

SWIM SECTION

The **swim** will take place in the indoor, heated 25m pool at Wellington Sports Centre.

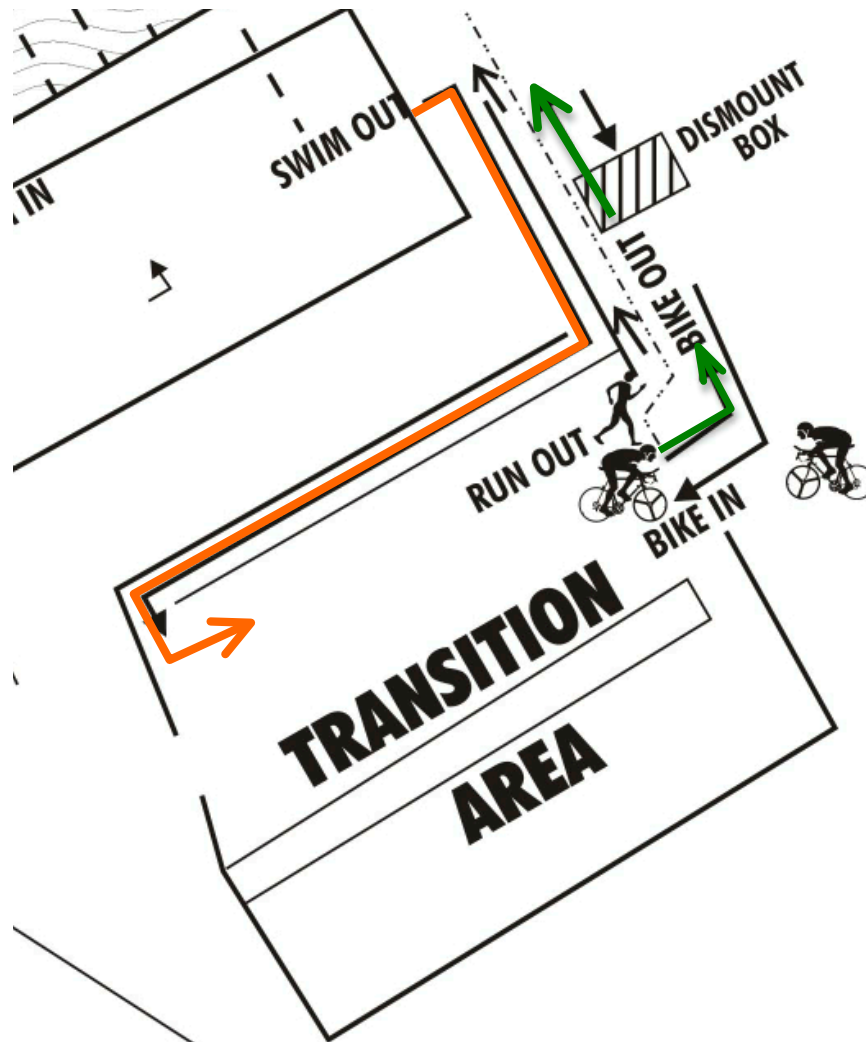
Novice distance will swim 200m (8 lengths)

Sprint distance will swim 400m (16 lengths).

1. Please be at the swim start ready to swim **10 minutes** before your allocated start time for the race briefing
2. Enter pool hall only when asked to do so by the pool supervisor
3. You will be instructed as to which lane to use and in which direction to swim
4. You will be given your race timing chip, which is to be worn for the whole race and returned after the finish.
5. You will be given a swim cap that must be worn throughout the swim so that you can be identified by your lane's lap-counter. Please hand this to a marshal on leaving the water
6. All competitors start in the water. No diving.
7. Overtaking may take place in the middle of the lane. Alternatively you may touch the foot of the swimmer in front, and he/she is then compelled to let you overtake at the end of that length.
8. If you plan to tumble turn please be aware of the handrails at either end of the pool, as well as the possible presence of other swimmers in your lane
9. No swim aids, flippers, wet suits etc may be used. Goggles and nose clips may be worn
10. No backstroke or butterfly is permitted.
11. Any swimmer who swims in a dangerous manner or in a way that impedes another swimmer may be disqualified after one warning from the swim judges
12. "2 lengths to go" boards will be put into the water at the appropriate time for all competitors to note.
13. On completing the swim section, competitors leave the water and make their way to their bike spot in the transition area.

SWIM TO BIKE TRANSITION

1. Change into your cycling kit in the transition area. Make sure that your numbers are secure and visible from the back
2. You must **put on and fasten** your bike helmet **before** you remove your bike from the rack. You will not be allowed out of transition without your helmet securely fastened and your race numbers clearly visible.
3. No assistance is permitted in the transition area.
4. No nudity is permitted in the transition area.
5. Push your bike out of transition, taking care of other athletes as you do so, and into the "Bike Mount" area. Here you will get on your bike and progress onto the bike course

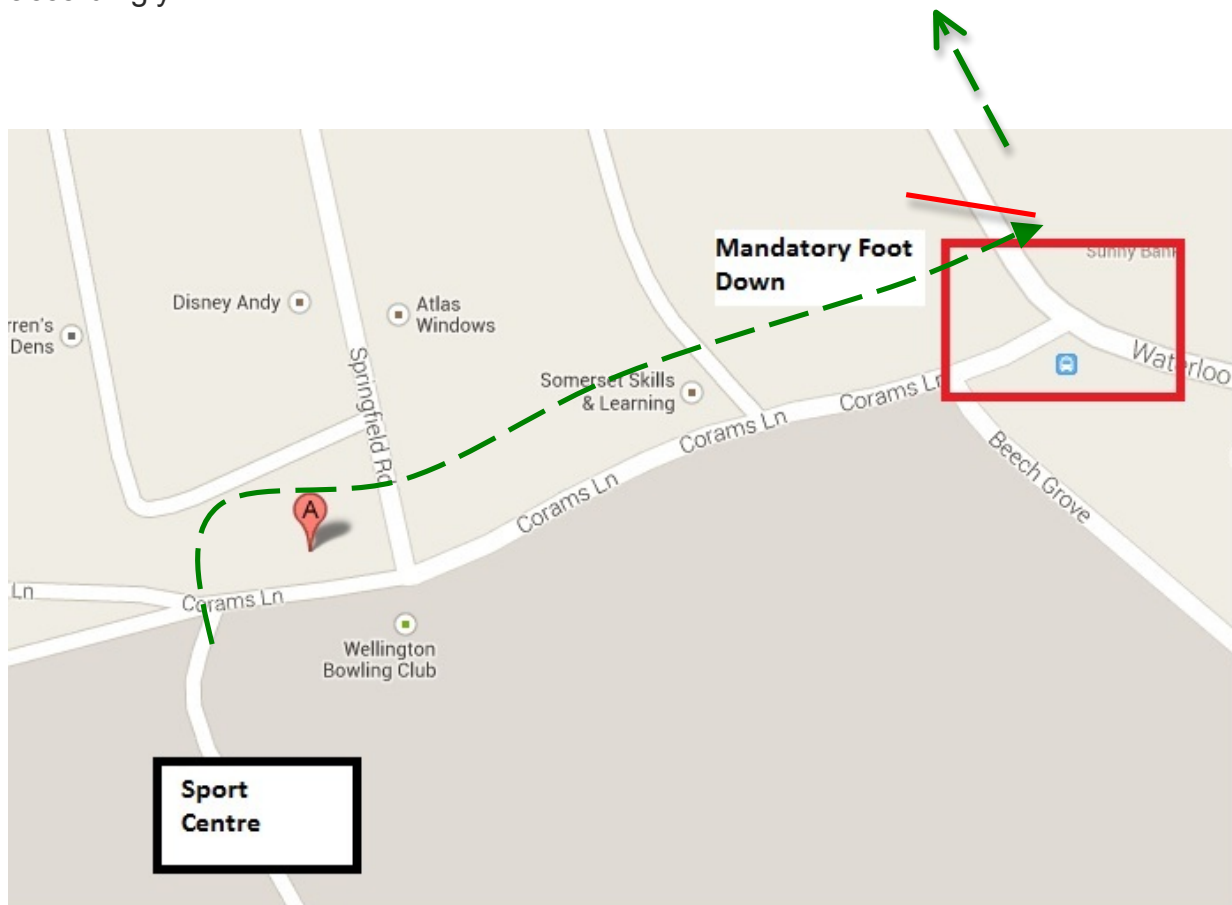


6. There is a mandatory FOOT DOWN rule in place at the junction of Corams Lane and Waterloo Road. This applies to all competitors in both races and is in place for your safety. Please refer to the detail on the next page.

There is a MANDATORY FOOT DOWN rule in place at the junction of Corams Lane and Waterloo Road. This applies to all competitors in both races and is for your safety when turning from Corams Lane, which will be closed for the race, onto the “live” through-road where passing traffic has right of way.

Marshals and a race referee will be stationed at this point to ensure that all competitors adhere to this rule, failure to do so will result in disqualification.

Any competitor who is seen to have been delayed in exiting the junction by having to wait for passing traffic will have their number noted and their race time adjusted accordingly.



BIKE SECTION

The **bike** route is a moderately technical course on a mix of quiet country lanes, fast level sections, tight bends and a few hills. Take care at all times

Novice distance will ride 13.6km -refer to route map

Sprint distance will ride 23km - refer to route map

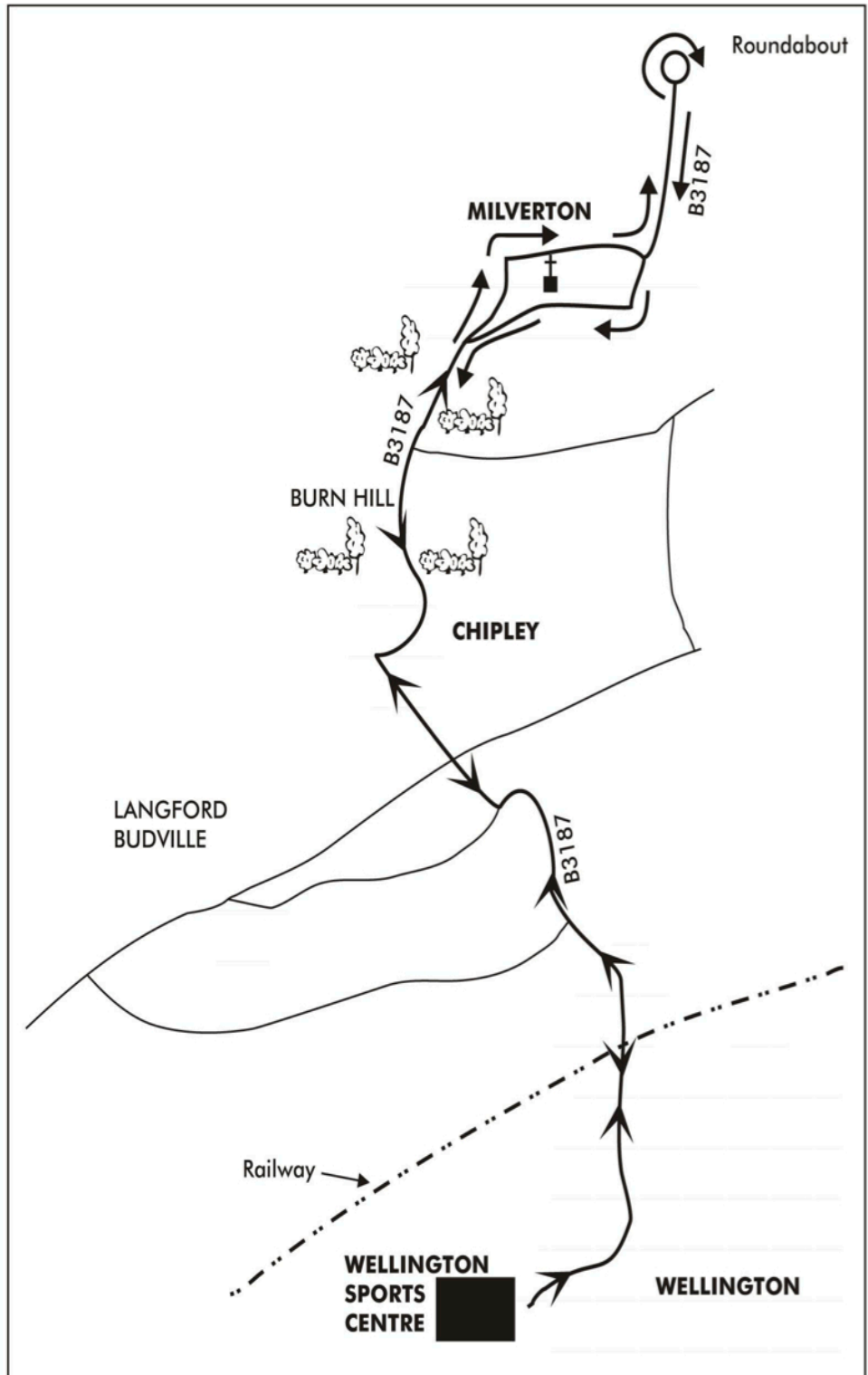
It should be noted that the Novice distance turns back towards Wellington when they reach Milverton, Sprint distance continues on towards Wiveliscombe. Both sets of cyclists should know their route and look and listen for directions in Milverton.

1. Competitors are entirely responsible for the road-worthiness of their bikes. You are advised to carry tools necessary to repair a puncture with you. No Accompanying vehicles are allowed on the course and anyone receiving assistance will be disqualified.
2. Helmets must be worn and properly fastened throughout the entire bike section
3. The majority of the course is on open public highways. The rules of the road must be obeyed, as should any instructions given to you by police or race marshals
4. The race organizers accept no responsibility whatsoever for the conduct of competitors on public highways. Please be a good representative of our sport and be considerate to other road users and pedestrians.
5. Take care at all times, especially at junctions and blind corners
6. This is a "Non-Drafting" race – slipstreaming is not allowed. There should be 10 meters between cyclists, except when overtaking. An overtaking move must be completed within 30 seconds. Anyone caught by a faster rider must drop back once the overtaking rider's front wheel has passed theirs. Anyone caught in breach of these rules will receive one warning before disqualification
7. Keep well to the left at all times – crossing the centre of the road will lead to disqualification. Allow faster riders to pass safely on your right. NO overtaking on the inside.
8. All turns will have marshal and signs. Pay particular attention at any right turns where marshals/police will indicate who has right of way.
9. Where there are coned sections riders must stay inside of them.
10. At the end of the ride, cyclist must dismount in the "Dismount Box: and push their bike into the transition area. You will replace your bike in your spot and then remove your helmet and change into your run kit. Note: Helmet must remain secured until your bike has been racked.

NOVICE CYCLE ROUTE

Distance 13.6K

- Minor Roads
- Residential Area
- Railway
- Church
- Roundabout
- Woodland









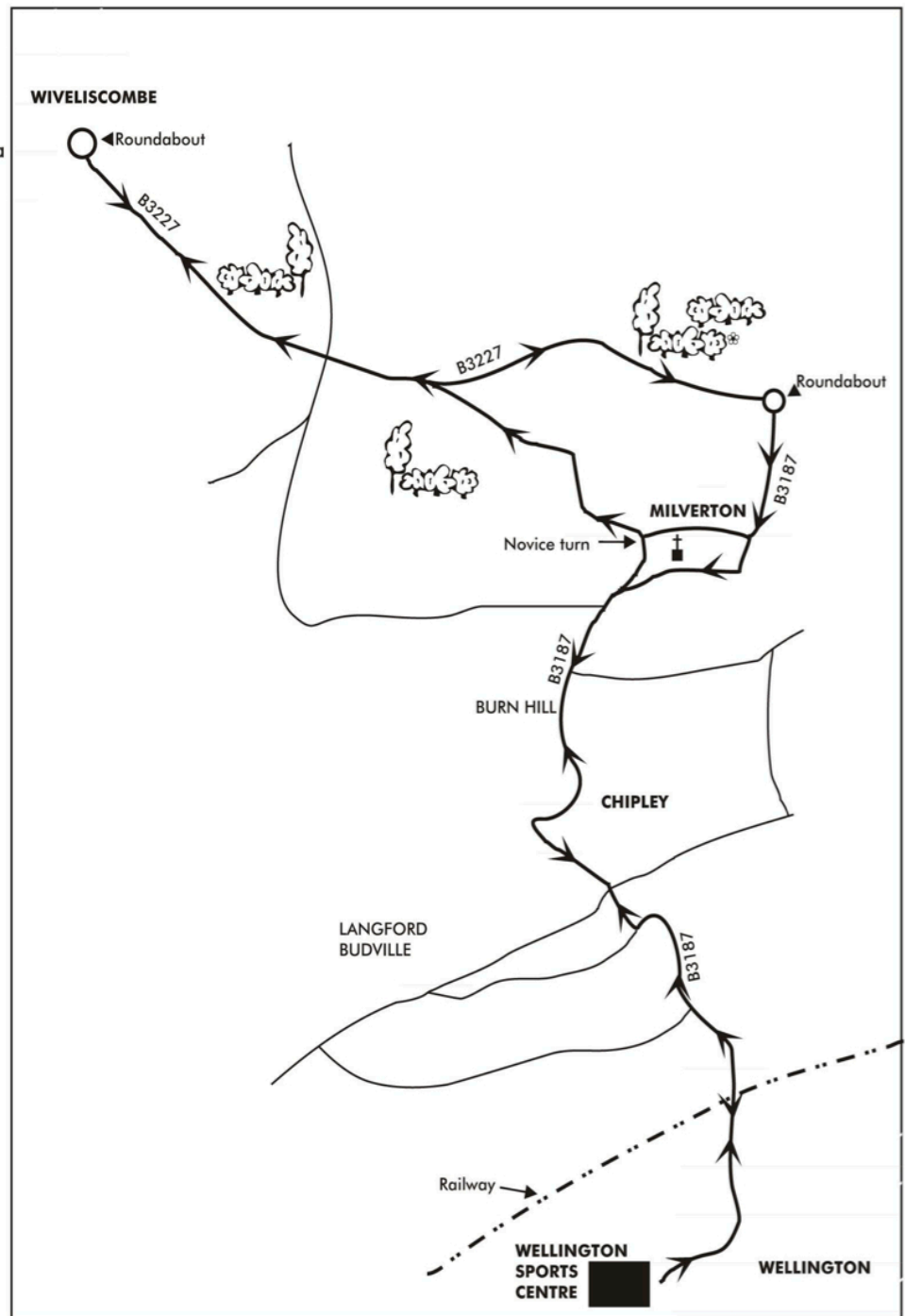
Google Maps Link for Novice Bike Route:

https://www.google.com/maps/d/viewer?mid=z6rLr_ai56VY.klaA8j8y6FXE&ie=UTF&msa=0

SPRINT CYCLE ROUTE

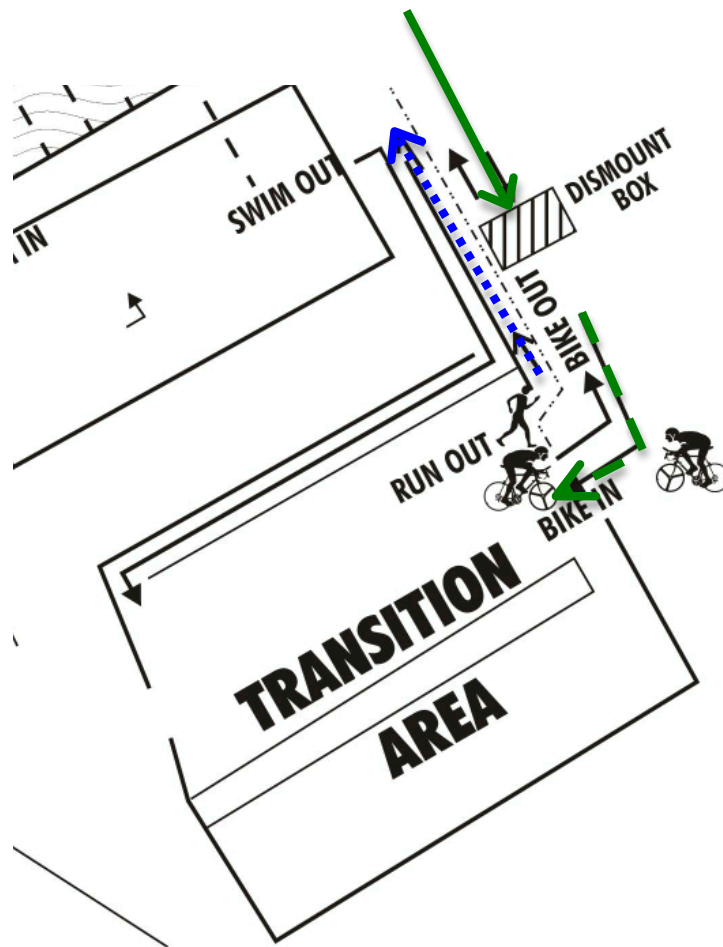
Distance 23K

-  Minor Roads
-  Residential Area
-  Railway
-  Church
-  Roundabout
-  Woodland



Google Maps Link for Sprint Bike Route:

https://www.google.com/maps/d/viewer?mid=z6rLr_ai56VY.klnNU_3sdLFk&ie=UTF&msa=0



BIKE TO RUN TRANSITION

1. Change into your run kit in the transition area. Make sure that your numbers are secure and visible from the front.
2. Leave your cycling gear near your bike.
3. Take care as you exit transition and be aware of other athletes passing through
4. No assistance is permitted in the transition area.
5. No nudity is permitted in the transition area.

RUN SECTION

The **run** route loops through a mix of residential streets, foot paths and quiet country lanes, with a few hills. Take care at all times

Novice distance will run 2.5km (one lap) -refer to route map
Sprint distance will run 5km (two laps) -refer to route map

Google Maps Link for Run Route (1 Lap):

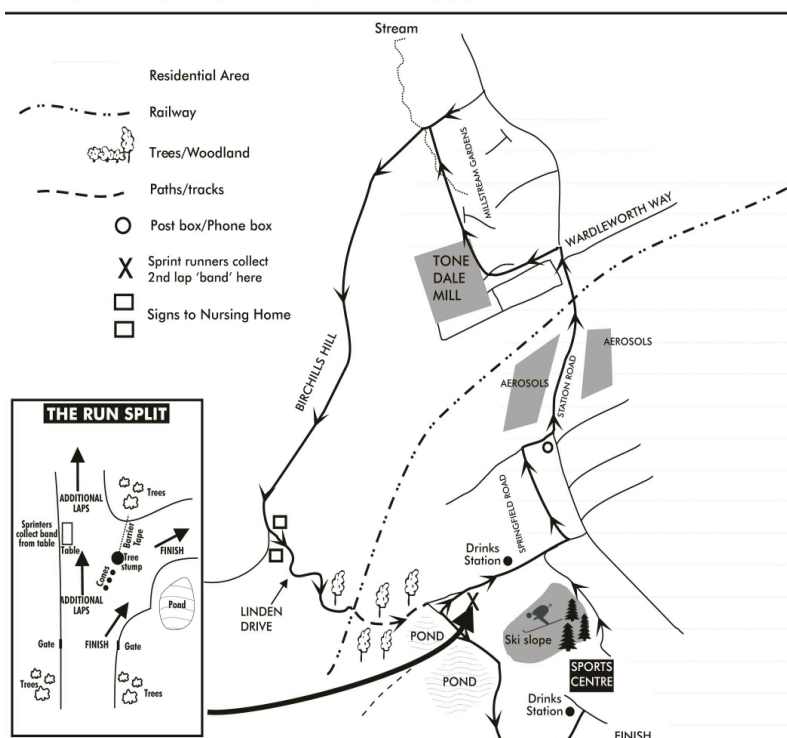
<https://www.google.com/maps/d/viewer?mid=zuUFNnSkqbMo.kqs5XFg6OAU8&hl=en&ie=UTF8&msa=0&t=h&ll=50.982508,->

1. No assistance or "pacing" is allowed. Infringement will lead to disqualification.
2. Running vests/tops must be worn at all times
3. Your race number must be clearly visible on your front. Number belts are permitted.
4. Marshalls and signs will be placed at all junctions/turns
5. Competitors must obey any directions from the police/marshalls at all times
6. Mp3 players/personal stereos etc are not permitted
7. Corners must not be cut – where cones or barrier tape have been laid out, runners must go round. Failure to do so will result in disqualification
8. Competitors in the Sprint race will run 2 laps and must collect (and wear) a band from the marshal at the end of the first lap. Failure to wear the band through the finish line will result in disqualification.
9. Drinks stations are available at the start of the second lap and at the finish, as indicated on the route maps.

RUN ROUTE

NOVICES - 1 LAP 2.6K

SPRINT - 2 LAPS 5K



AFTER THE RACE

1. There will be drinks at the finish line
2. Changing and showers are available in the Sports Centre and you can enjoy a complimentary post-race massage from therapists of The Crescent Clinic.
3. Collect your swimming gear and bike. Transition security will check you out on production of your race number
4. There are vending machines available at the Sports Centre for snacks and drinks and mobile catering next to the finish area for hot food
5. Results will be available shortly after the final competitors finish. Presentation of awards will take place in the upper hall at approximately 3:45 pm.
- 6. The race entry fee include a FREE download of your race-day photos!!**
Race day photography will be provided by Charles Whitton Photography, and your racing images will be available from <http://www.charleswhittonphotography.com> soon after the event.

PRIZE CATEGORIES

The fastest 3 competitors (regardless of category) in the Sprint race will be awarded prizes for 1st, 2nd and 3rd overall category rather than their own age group prize, as this is the most 'valuable' prize.

The time given freely by our club members in hosting this event, enables us to offer generous CASH prizes for these top finishers in the Sprint Triathlon as follows:

1st - £100, 2nd - £60, 3rd - £30

The age-group winners in BOTH the Sprint and the Novice triathlon will receive locally made customised trophies for this years event.

Awards will be given for the Sprint Distance podium subject to the number of starters in the category:

1-5 competitors - 1st

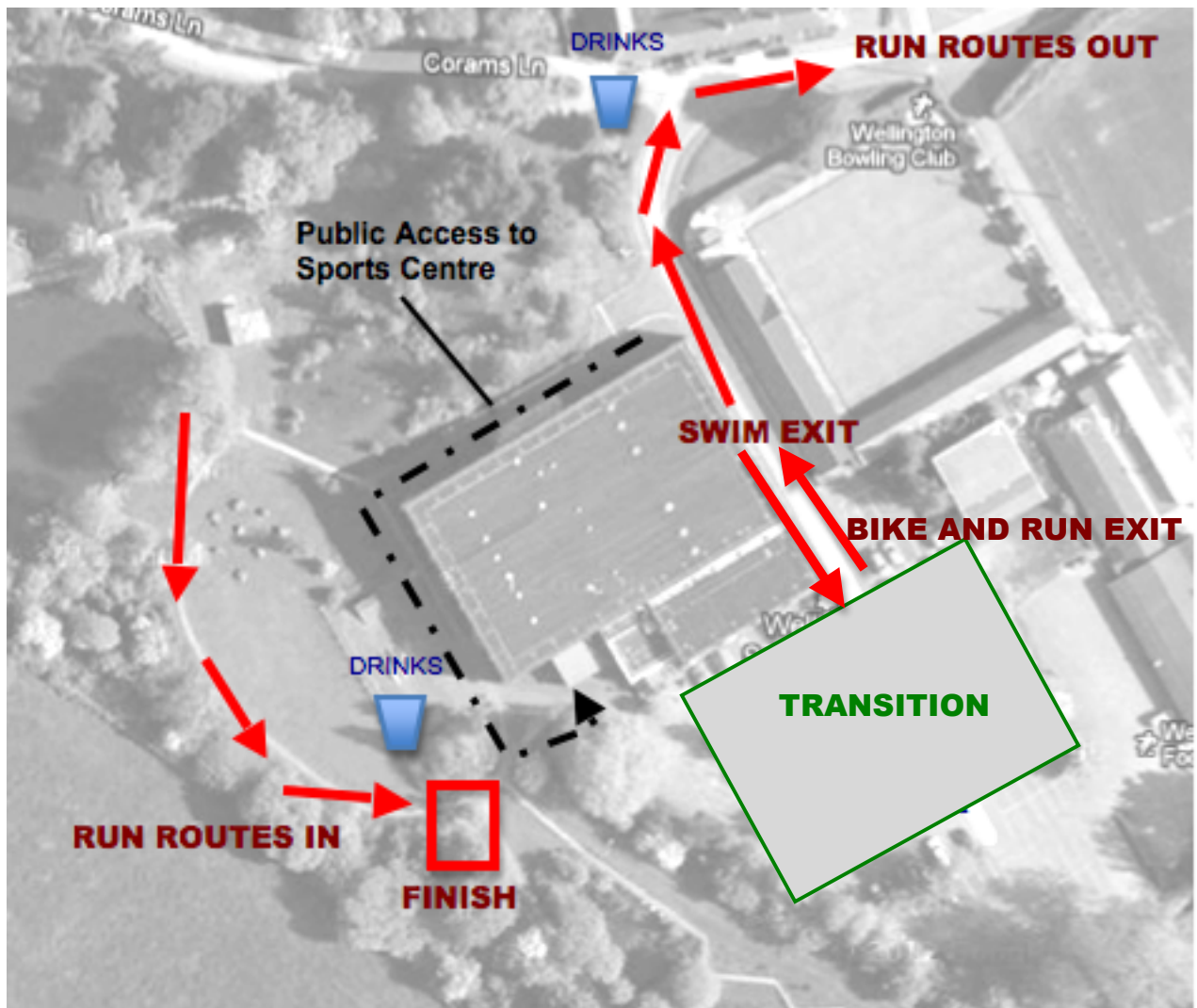
6-15 competitors - 1st and 2nd

15+ competitors - 1st, 2nd, 3rd

If the highest placed competitor in a given age category has won one of the "fastest overall" prizes, then that age-category prize will be rolled down to the next placed finisher in the category – therefore we do recommend that you attend the awards presentations!

Prizes not collected at the award-giving will not be posted on

SITE PLAN



EVENT SPONSORS

Taunton Deane Triathlon events run on a “break-even” basis, existing solely to provide affordable opportunities for local triathletes of all standards to compete in a fun, friendly and safe environment with a modest entry fee.



Somerset RC Tri

This is possible thanks to Somerset RC Triathlon Club members for giving their time and organizational skills to organize and marshal the event, to Tone Leisure for the use of the Sports Centre and support and assistance in making this a safe and accessible event, and from contributions from other local sponsors.

If you are a local business and are interested in a sponsorship opportunity at these popular and well-publicized races then please contact us through :

www.somersetrcetri.co.uk



Tone Leisure's recently refurbished Wellington Sports Centre holds a split level fitness Gym, studio, Z3 (Junior Gym), Indoor swimming Pool and sports hall.

Wellington Sports Centre holds a variety of activities for Juniors as well, with Courses available throughout term time and camps throughout the School holidays. There are a lot of pay and play activities also available for the younger children including bouncy fun! Parents can also book in Birthday Parties with Wellington Sports centre too and can choose from a variety of packages and relax whilst the party planners do all the work.

The centre is also the main SwimSchool for Wellington. No matter what stage your child is at, children can learn to swim, learn new techniques or brush up on their skills.

If you are looking for a little indulgence, customers can also enjoy use of the sauna after a workout.

To top all the above off, the centre has FREE Car parking to all our Customers 7 days a week!

Wellington Sports Centre offers the ONE Membership which allows you access to all the facilities not only at Wellington but at Blackbrook Pavilion, Wellsprings Centre, Taunton Pool and Vivary Golf Course.

To check out all the facilities available to you at Wellington Sports Centre, please visit

www.toneleisure.co.uk or please call 01823 663010 or email

wellingtonleisurecentre@toneleisure.com

Wellington Sports Centre is proud to be one of the sponsors for the ever popular Taunton Deane Triathlon.

RACE LICENCES

If you are a British Triathlon member, please bring your 2016 race license along with you to registration. Those who entered as Non BTF members are covered for insurance purposes by a Day Membership (this was included in your entry fee), which is attached. If you entered as a BTF member but do not produce a current race license, you will be required to purchase a day license at registration for £4.

TAUNTON DEANE TRIATHLON 2016



EVENT DAY MEMBERSHIP

RRP Adults: £5 Children: £1

Your Home Nation day membership provides you with public liability insurance, ensuring you are:

- INSURED
- PROTECTED
- SUPPORTED

This is valid only on day of event and cannot be transferred

Full details of Home Nation Day Membership including Terms and Conditions can be found on www.britishtriathlon.org/daymembership



WHY NOT JOIN YOUR HOME NATION?



MEMBER BENEFITS INCLUDE:

- Lower event entry costs as you don't need to pay the day membership fees.
- Peace of mind when training and participating with accident legal service, third party public liability insurance and personal accident insurance.
- Exclusive discounts and offers from some of the country's biggest triathlon brands including Garmin, MaxiNutrition and TrainingPeaks.

Adult
memberships
starting from
£40



JOIN AT BRITISHTRIATHLON.ORG/JOIN