

**Southport Splash World Triathlon
Dunes Splash World, Esplanade,
Southport, PR8 1RX**

We would like to wish all of you who have entered this event good luck with your final preparations for the race, we request that you read all the details outlined in this race information.

Please note however that it is sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day.

CONFIRMATION OF ENTRY

Competitors will be automatically forwarded a confirmation of entry by e-mail. You are requested to check on the list of entries posted on the web site to confirm that you have been successful in your application.

PARKING

All participants and spectators are encouraged to park on Esplanade Car Park at the Eco Centre from 07:00 on Race Day as it will offer the most convenient access to the venue and will cause least disruption to the residents and businesses of Southport, if arriving before 0700hrs the car park will not be open therefore please use the one of the many local car parks.

Further information is available here; <http://www.southportecocentre.com/contactus>

Please note this a Pay on entry Car Park and a reduced rate will apply for arrivals before 09:00.

Please see the map at the end of notes.

REGISTRATION

Registration will be open from 6:00 am and takes place in the marquee on Princes Park. For those in Wave 1 (07:00hrs start) you will be prioritised at registration and may move to the front of the queue.

TRANSITION

Transition is in the car park at the back of the swimming pool and will be open from 6.00am. Racking will be numbered. Entries in Wave 1 will again have priority. Entrance and exit to transition will be by race number only, which must match your frame sticker number (see appendix).

To get into transition you will need to wear your bike helmet and show that it fastens and fits securely. You will need to show that your brakes work and that your race number matches the bike sticker number which will be attached to your bike at this point.

RULES GOVERNING THE EVENT

The event will be held under the rules of British Triathlon and competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence! If you require further information about Race Rules, please visit www.britishtriathlon.org



SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the www.epicevents.co.uk website.

COMPETITOR CONDUCT

Competitors are reminded that they share both the pool facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

RULES GOVERNING THE HIGHWAY

You are reminded that the cycle section takes place on mainly closed roads but there are some open road sections, so please ensure that you observe the rules of the road at all times on both the closed and open sections and follow the Highway Code. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ. It is also illegal and may result in a prosecution by the Police.

Please recognise that Race Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds

NON DRAFTING

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring ten metres long by three metres wide, which surrounds every bicycle on the cycle course (approximately the size of an estate car). The front edge of the front wheel defines the centre and top edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone.

A maximum of 20 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and DQs will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you during the event that a penalty has been applied, it is your responsibility to check.

CYCLE HELMETS

Approved hard shell cycle helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

BIKES

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon Federation.

RACE NUMBERS

On the day you will be issued with one race number which must be clearly visible on your back for the bike and your front for the run. Do not cut or fold these race numbers, as penalties will be issued for number mutilation. Please ensure your race number is visible as you exit transition for the bike, when leaving transition for the run and most importantly when you cross the finish line. For relay teams, the swimmers will not require a number, the cyclist will wear their number of their back and the runner will wear their number on their front.

You will need a race belt for your race number. These can be purchased on the day if you don't have one.

REGISTRATION PROCEDURE AND TIMINGS

Registration opens Sunday 6:00am. Please do not leave it until five minutes before your start time to attend. Ideally you should attend registration at least 1 hour before your wave start time. If there is a queue you may find yourself unable to complete registration in time to race.

Registration will take place in the marquee on Princes Park and not at the pool – All competitors will need to register on the morning of the race.

REGISTRATION PROCEDURE

To register you will need to show a personal photo ID or a valid British Triathlon Membership Card.

Collect your race pack, this will contain;
1 x Race Number (req'd for access to transition)
1 x Bike Frame Sticker (req'd for access to transition)
1 x Custom Swim Cap
1 x Custom Technical T shirt
1 x Timing Chip – prior to starting the race fasten the strap by placing it around your left ankle and secure it in place using the Velcro fastener (attachment anywhere else will jeopardise an accurate race time.

n.b. please check you have the correct and matching race number, frame sticker and timing chip before leaving registration

RACE INFORMATION AND TIMINGS

Transition area opening times are 6:00am until final finisher. Bike racking will take place on Sunday morning ONLY.

Please ensure that you affix the bike number sticker provided in your race pack to your bike for security reasons. Please rack using your seat on the support frame, in alternate directions (see appendix). Only Competitors will be allowed into the transition area. Please attempt to rack your bike at least 30 minutes prior to your wave start time.

To gain access to the transition area you will be asked to show your race number. Rack positions will be numbered. There is no distance advantage to be gained with any of the rack locations.

Transition for incoming competitors will close 30 minutes prior to the final wave start. During the race, only racing competitors will be allowed through the transition area. The transition area will be open for bike collection, please be aware of and have respect for people in transition, who are still racing.

Removal of your bike from the transition area will not be possible without your race number, which

must correspond with your stick-on bike frame number on your bike. If challenged, please be prepared to show race numbers at all times.

RACE BRIEFING

You will be issued with a briefing time which will require you to attend a short race briefing 15-30mins prior to your individual start time – this is mandatory for all participants. Any late changes (if required) will be included, as well as any questions can be answered here. DO NOT miss this briefing.

START TIMES

Start times have been allocated by estimated swim time submitted with your entry and will be confirmed prior to the event. Slower swimmers will start earlier in the day and faster swimmers later. There will be 3-4 swimmers of similar speed in your lane. Please note, once the swim times have been set, you cannot swap waves – please don't email and ask.

Swim start times will be confirmed and published on our website on the Monday prior to the event.

Anyone entering after the swim start times have been published will be added to the list on Friday afternoon before the race.

TIMING AND RESULTS

Please ensure your timing chip is in place on your left ankle for the duration of the race using the strap provided. There will be a timing points on the entry and exit of transition and at the finish line. When you have crossed the timing point at the finish, please remove your chip & strap and place in the bucket provided.

Live Results will be available online as soon as you cross the finish line and will be continually updated

until the final finisher. Please check the Results page on our website www.epicevents.co.uk. Any queries relating to provisional results posted on the web must be e-mailed to info@epicevents.co.uk by the Tuesday following the event, after which time all results will be deemed as final and complete.

PRIZE PRESENTATION

There will be a presentation on the day and will take place following the last finisher. You need to be in attendance at presentation to collect your prize. Prizes will not be posted out.

Prizes will be awarded for the following categories (subject to minimum entry of 3 per age group as per the finalised entry list):

- ❑ Open Male 1st 2nd 3rd (All Age Groups)
- ❑ Open Female 1st 2nd 3rd (All Age Groups)
- ❑ Male V40; V50; V60+ = 1st place
- ❑ Female V40; V50; V60+ = 1st place

If you win an Open Prize, you will not be eligible for either the V40, V50 or V60 individual Prizes.

COURSE DETAILS

SWIM 400m



The 400m swim will be conducted in the Pool at Dunes Splash World. Individual Start times have been allocated using the estimated swim times submitted on entry (with the slower swimmers first).

Each swimmer has been allocated a lane and a fixed start time which must be adhered to. Please refer to the start list which will be emailed to you prior to the event and will include your poolside briefing time and your swim start time.

Please report to poolside for your poolside briefing time and certainly no less than 20 minutes before your start time. If you miss your allocated starting slot, then you will not be able to start and unfortunately it will be race over.

Lane 1 will swim anti-clockwise, Lane 2 clockwise and so on.

ALL COMPETITORS WILL PUSH START IN THE WATER, DIVING INTO THE POOL IS NOT ALLOWED AT ANY TIME. TUMBLE TURNS ARE ALLOWED.

The lane order has been selected on swim times, however, if you do catch the swimmer in front, please tap their feet a couple of times, it is then the responsibility of the swimmer in front to let you pass at the end of the current length. Please be patient and do not attempt to overtake during the length. A 30sec penalty may be awarded if the front swimmer does not obey this rule and a 30sec penalty may be awarded for unsporting behaviour in the pool.

On completion of 14 of the required 16 lengths a "2 laps to go" board will be placed into the water in front of you.

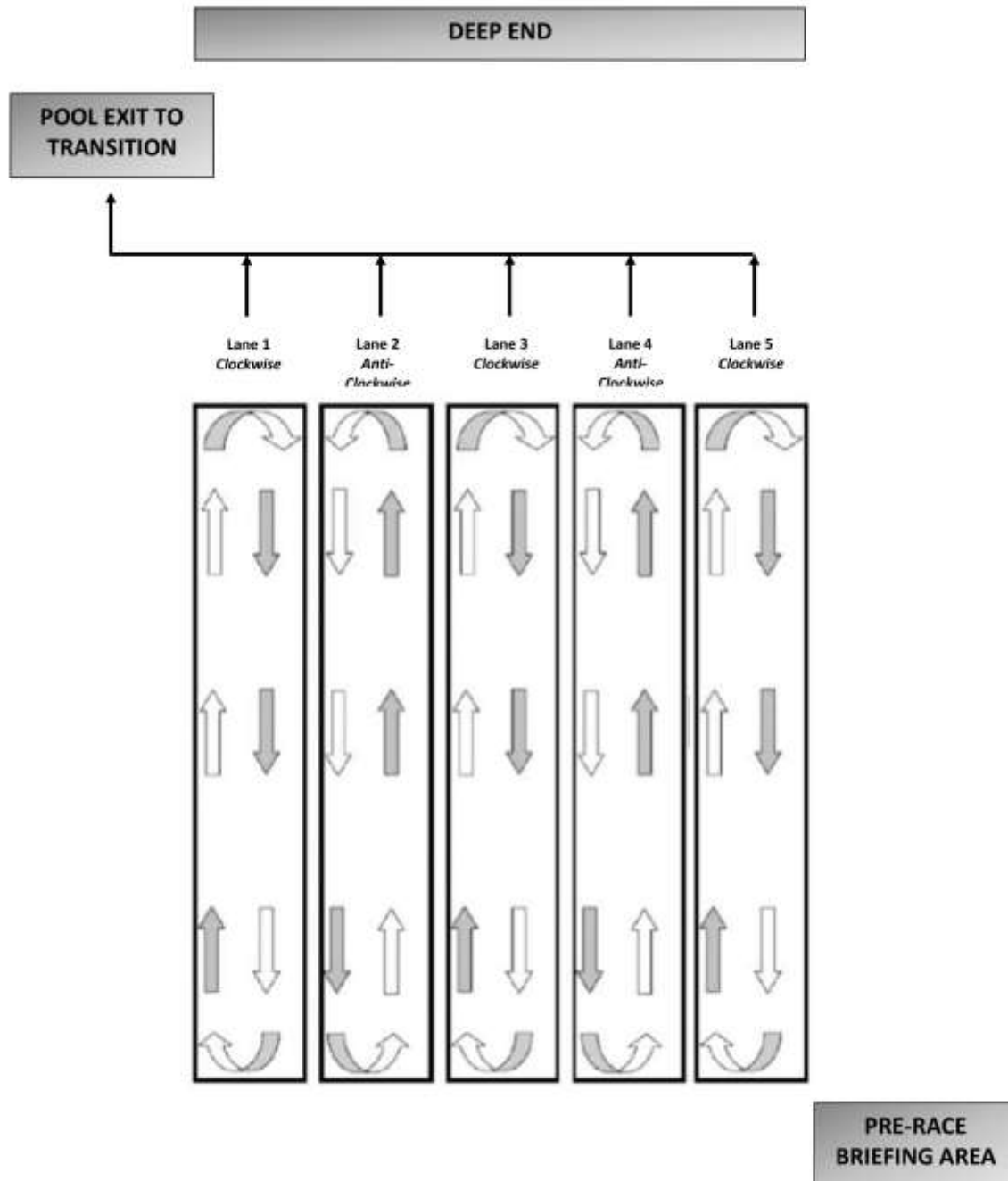
YOU ARE ULTIMATELY RESPONSIBLE FOR COUNTING YOUR OWN LENGTHS – DO NOT RELY ON THE LAP COUNTER.

There is a short run to the transition area, please be careful running barefoot. Exit to the rear of the pool through the fire doors and turn right to follow the route around the back of the pool to the transition area.

ALL CLOTHING TO BE USED DURING THE RACE MUST BE IN TRANSITION, IT IS NOT ALLOWED ON POOLSIDE. HOWEVER, YOU MAY LEAVE A PAIR OF TRAINERS BY THE POOL EXIT IF YOU DON'T WISH TO RUN TO TRANSITION BARE FOOTED.

As per British Triathlon rules competitors are not allowed to wear neoprene shorts/swim suits or calf guards of any material for a pool based swim and tri/race suits with sleeves longer than the elbow are also not permitted.

POOL ORGANISATION





BIKE 20km

For the bike section signs will be in place similar to below, these may point left, right or straight on and will be in place before a junction or turn. At specific points on the course marshals will be in place, typically where you join a busy road or an area with reduced visibility. If a marshal tells you to slow or stop you must do so, or you will be disqualified, but please be aware marshals cannot legally stop or direct traffic on the public highway in any way.



When collecting your bike from T1 you MUST fasten your helmet BEFORE touching your bike. After leaving transition, you will push your bike to the mount line marked on the road and manned by a marshal who will remind you to mount AFTER the line. There will be a time penalty if you mount before the line

Once you have mounted your bike, the start of this section is open to traffic and after 80m you will reach the first roundabout where you will turn right.

You must obey the Highway Code and give way to your right.

After 290m you will reach the second roundabout where you will turn left to enter Marine Drive. Once on Marine Drive this section is closed to traffic. You must still obey the Highway Code at all times – ensuring you keep to the left.

At 1.3km you will reach the third roundabout, this is closed to traffic but you must still slow down on the approach and be prepared to give way if required. You will continue straight onto Marine Drive/Coastal Road which continues to be closed to traffic.

At 5.2km you will reach the turnaround point, this is a 'dead turn', please slow down on the approach. Once you have made the turn you will retrace your steps heading north back to the second roundabout that you came to from transition. Just before the roundabout you will take a 360 turn to head South again along Marine Drive and start lap two. This section is still closed to traffic but the roundabout itself is not and you must also be cautious of other riders joining the course.

You will complete a second lap. At the end of the second lap, you will take a right turn (second exit) and heads towards the first roundabout where you will take a left turn to head back towards transition.

You must dismount your bike before the dismount line which will be clearly signed and marked on the day.

View the bike course here:

<https://www.strava.com/routes/15985301>



Just before you reach KFC at Waterside Lodge, you will turn left again and follow the Lakeside footpath around the back of the retail park.

At the end of the loop, there is a right turn into Princes Park where you will finish the race.

The course will be fully signed posted and have marshals in place on all the turn points.

View the run course here:

<https://www.strava.com/routes/15985415>

RUN 5km

For the run section signs will be in place similar to those pictured right. There are no drink stations on the run course, so please ensure you carry sufficient provision or you are suitably hydrated before you commence the run (take a full drinks bottle with you on the bike).



Once you have re-racked your bike you will exit transition, cross the road and head into Kings Gardens. The run course is flat and fast and takes place on tarmac. The single lapped run course will keep the marine lake to your left-hand side, initially heading to Northern end of the Lake and then returning to the Southern end.

As you leave Kings Gardens, you will continue along Promenade and take a left turn onto Fairway. Continue along Fairway until you reach the junction at the bottom of the road where you will turn left onto Marine Drive. You will need to stick to the public footpath here then run along/through the Car Park on Marine Drive

RELAY TEAM INFORMATION

Each relay team will need to register together. Each team will be issued with a timing chip, which will act as the relay baton, two race numbers and one bike number sticker. The swimmer will start with the timing chip, the cyclist will take a race number for their back and the number sticker (for the bike) and the runner will take a race number for their front.

All team members will need to be at the race briefing on poolside before their wave start time. Once the swim starts the cyclists will make their way to transition, showing their race number on arrival through the South West corner and will await their incoming swimmer.

The cyclist may have their helmet in place and the cycle shoes on in advance. As the swimmers exit the pool they run towards transition, and then find their cyclist – the timing chip is then removed by the swimmer and placed on the leg of the cyclist. The cyclist then completes the bike route. At an appropriate time (at each team's own discretion) the runner will enter transition (showing their race number) and wait for the incoming cyclist in their allotted spot. When the runner is waiting please do not wander around transition, as this will be a hazard to other athletes AND DO NOT BLOCK THE ENTRANCE AND EXIT for other competitors.

As the cyclists return they will rack their bikes in a safe manner and then remove their timing chip placing it on the right ankle of the runner. The runner will then leave through the exit and then return across the timing mat at the finish on Princes Park.

CHANGING AND SHOWERS

There are changing and shower facilities at the swimming pool. It is not advised to leave valuables in any location unless in a 'paid for' locker.

PHOTOGRAPHS

Race photographs will be taken by the Official Event Photographers and will be **available as a FREE hi-res digital download** approx. 12-24hrs after the event. Please be aware that all images will be published online on our website and our social media pages, if you prefer your pictures not to be published please make us aware as soon as possible.

FINAL NOTE

On behalf of Epic Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event.

Yours in sport,

Epic Events

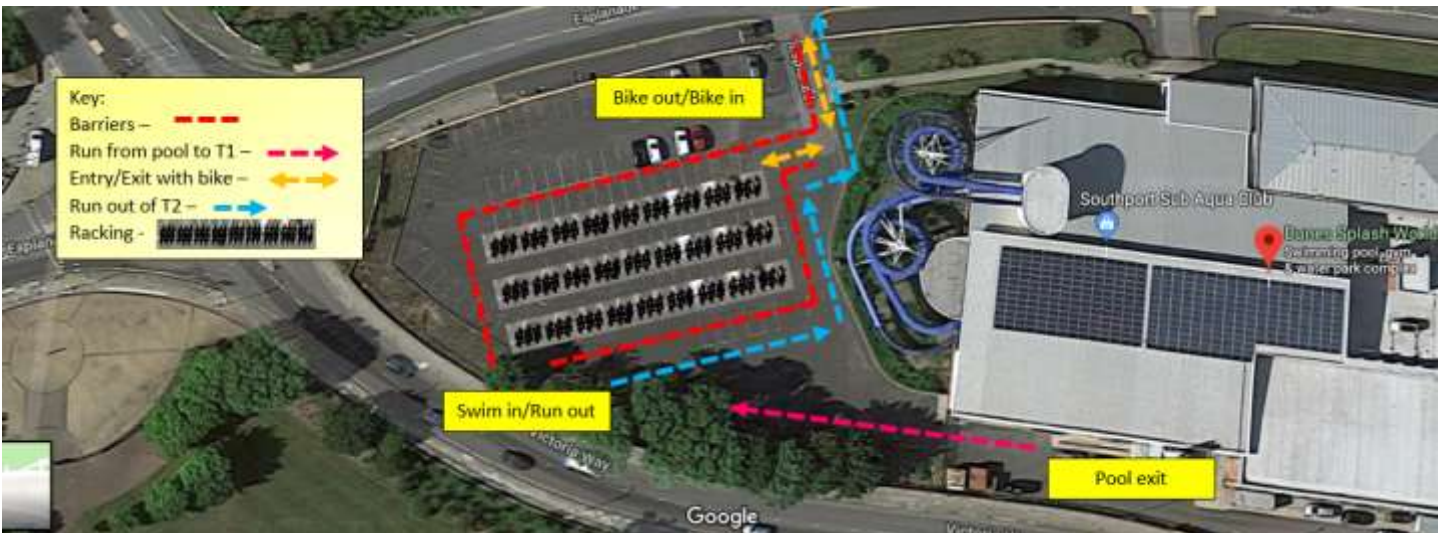
e-mail: events@epicevents.co.uk

website: www.epicevents.co.uk

LOCATION PLAN

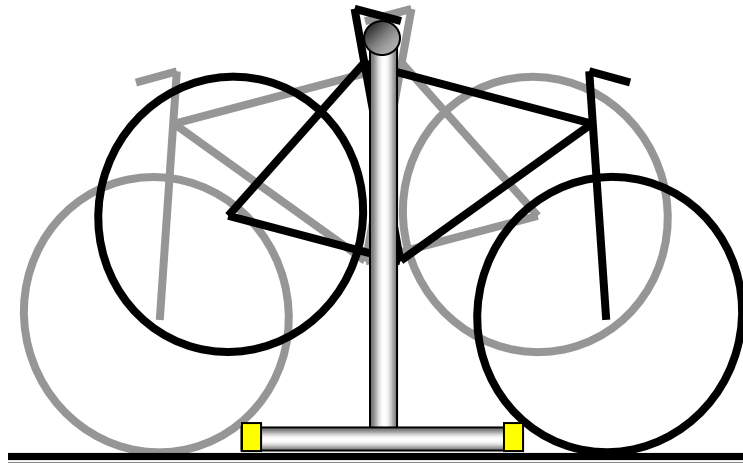


TRANSITION LAYOUT



BIKE RACKING OPERATION

SECTION ON BIKE RACK



Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number.

SOUTPORT SPLASH
WORLD TRIATHLON
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PLAN ON BIKE RACK

