

SOUTHPORT TRIATHLON

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- 1. Triathlon England National Standard Distance Championships 2018***
- 2. 2018 ITU Standard Distance Qualifier (draft Illegal)***
- 3. 2019 ETU Sprint Distance Qualifier (draft Illegal)***
- 4. British Universities and Colleges Sport (BUCS) Standard Distance Championships 2018***

Waterside Lodge, Marine Drive, Southport, PR8 1RY

Sprint distance – 750m Lake Swim – 20k Bike – 5k Run
Standard distance – 1500m Lake Swim – 40k Bike – 10k Run

Competitor Information Pack

***This Race Pack contains important information
Please read the whole document***

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Event Timetable

| Saturday 19th May | |
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| Registration Opens at Waterside Lodge, n.b. NO PARKING available at the Lodge please park on Marine Drive Car Park – please register on Saturday if possible as there will be limited time for emergency registration on Sunday | 13:00 |
| <i>Coached Swim in the Marine Lake</i> Limited places. Please register online in advance from Tues 15 th May http://www.epicevents.co.uk/triathlons/southport-triathlon.html | 14:30 |
| Saturday Registration Closes | 17:00 |

| Sunday 20th May | |
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| Emergency Registration Opens (Waterside Lodge) – <i>Please register on Saturday where possible</i> | 05:30 until 08:30 |
| Transition Opens | 06:00 |
| Road Closures come into effect | 06:45 |
| Wave 1 and 2 Race briefing | 06:50 |
| Wave 1 Sprint Distance Start (Male upto 39yrs) | 07:00 |
| Wave 2 Sprint Distance Start (Male 40+) | 07:15 |
| Wave 3 Race Briefing | 07:20 |
| Wave 3 Sprint Distance Start (Female) | 07:30 |

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| Wave 4 Race Briefing | 07:35 |
| Wave 4 Standard Distance Start (Female) | 07:45 |
| Wave 5 Race Briefing | 08:20 |
| Wave 5 Standard Distance Start (Male upto 39yrs) | 08:30 |
| REGISTRATION CLOSES – PLEASE REGISTER BEFORE 0830hrs | 08:30 |
| Wave 6 Race Briefing | 08:50 |
| Wave 6 Standard Distance Start (Male 40-49yrs) | 09:00 |
| TRANSITION CLOSSES – PLEASE RACK ALL BIKES BEFORE 0900hrs (n.b. no access back into transition post-race until 1030hrs – please take post-race clothing in a bag to Baggage Shelter at the Finish to ensure you do not get cold after the race – PLEASE LABEL ALL BAGGAGE WITH RACE NUMBER STICKERS PROVIDED) | 09:00 |
| Wave 7 Race Briefing | 09:20 |
| Wave 7 Std Distance Start (Male 50+yrs) | 09:30 |
| Wave 8 and 9 (BUCS) Race Briefing | 09:50 |
| Wave 8 Std Distance Start (BUCS Male) | 10:00 |
| Wave 9 Std Distance Start (BUCS Female) | 10:05 |
| TRANSITION RE-OPENS – for kit and bike collection (access via North End Only – next to Transition Run Out) | 10:30 |
| Swim Course Cut Off | 10:50 |
| Bike Course Cut Off | 12:55 |

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| Roads fully re-opened – vehicles can leave Marine Drive Car Park (n.b. please be careful there may still be runners on the route) | 13:00 |
| Run Course Cut Off | 14:00 |
| Prize Giving Presentation (Sprint Distance) | 10:15 Apprx |
| Prize Giving Presentation (Standard Distance, including presentation of the Triathlon England National Age Group Champions) | 13:00 Apprx |
| Prize Giving Presentation (BUCS Championship) | 13:30 Apprx |
| Final Finishers | 14:00 |

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#TOGETHERWESTAND**



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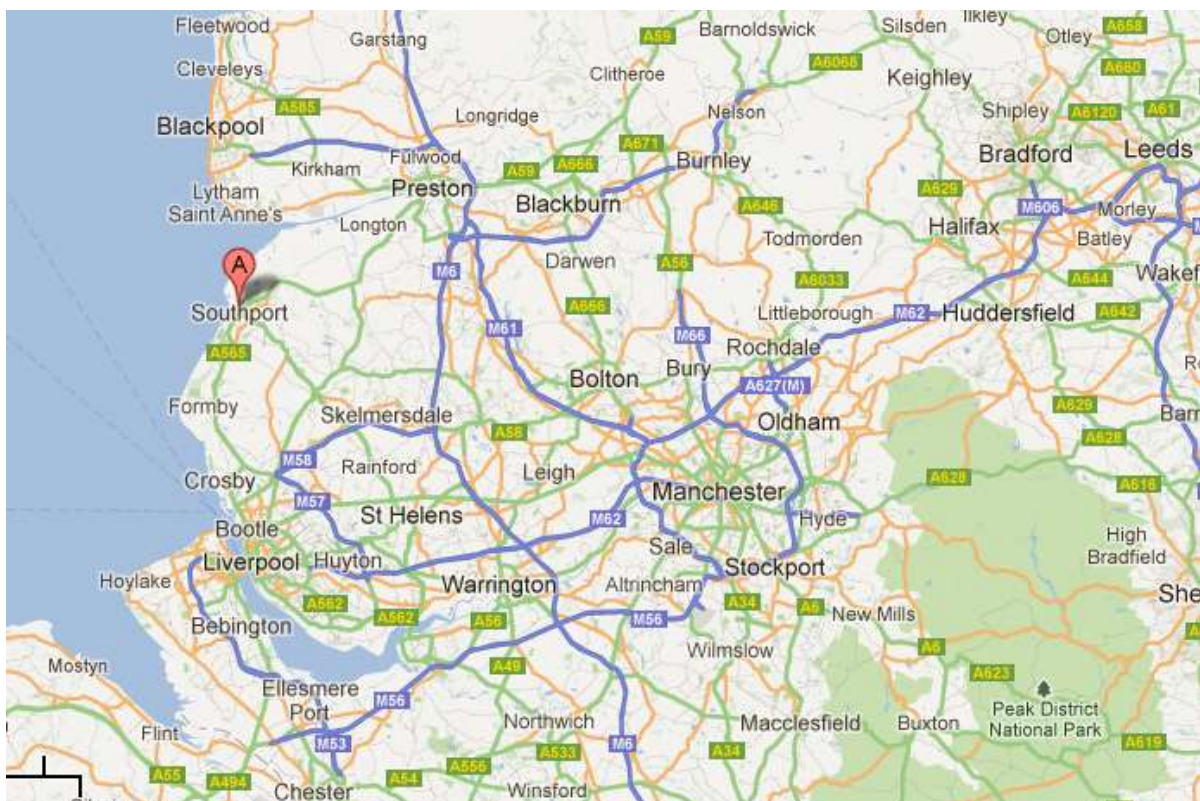
Race Day Location

Waterside Lodge is located on Marine Drive in Southport which is easily reached by exiting the M6 at Junction 26 and taking the M58 towards Liverpool before exiting at Junction 3 and following the A570 into Southport.

If travelling from Liverpool/Wirral area head for A565 North (Formby By-Pass) and follow signs for Southport.

If travelling from Preston/Blackpool area head for A59 South and then take A565 into Southport.

PLEASE NOTE, there is NO PARKING available at Waterside Lodge AT ANY TIME during the event weekend, please use the official car parks as directed.



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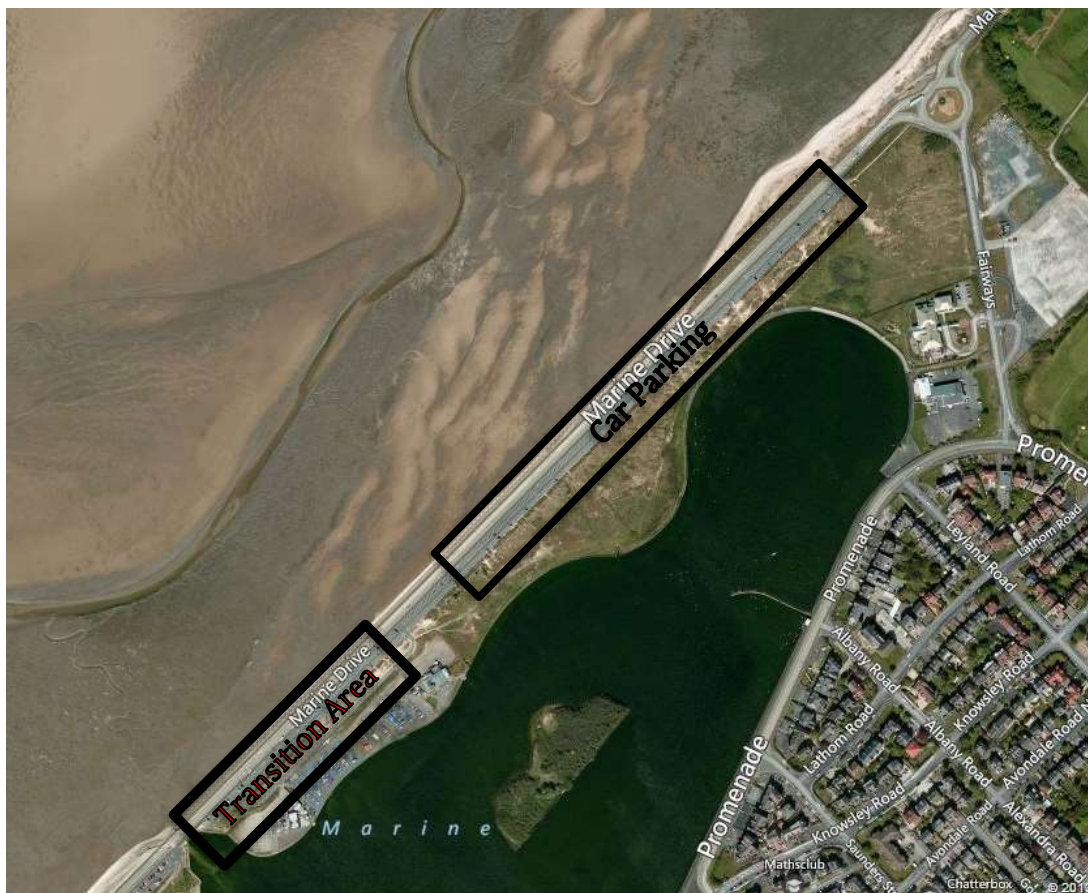


Event Weekend Car Parking

PLEASE NOTE, there is NO PARKING available at Waterside Lodge AT ANY TIME during the event weekend including Saturday registration, please use the official car parks.

IT IS RECOMMENDED TO ARRIVE AT THE VENUE 90MINS BEFORE YOUR WAVE BRIEFING TIME – THE RACE DAY SITE AND TRANSITION AREA IS LARGE. LATE ARRIVAL MAY RESULT IN FAILURE TO REGISTER, RACK AND ATTEND THE BRIEFING READY TO SWIM AT THE APPROPRIATE TIME AND WILL MEAN YOU CANNOT RACE.

The Official Race Weekend car park is located on Marine Drive (also known as 'Sea Wall') Car Park. This will offer the most convenient access to the venue and will cause least disruption to the residents and businesses of Southport. Please note this a Pay and Display Car Park. **However also note access to the Car Park on Marine Drive will not be possible after Road Closures come into effect from approximately 06:45hrs on Sunday therefore it is recommended all competitors arrive before 06:45hrs if possible. N.B. vehicles will not be able to leave Marine Drive Car Park until roads are re-opened at 1300hrs. Overflow car parking is ONLY for those arriving after 06:45hrs but please remember, registration closes at 08:30hrs and the overflow car park is a 10minute walk from registration.**



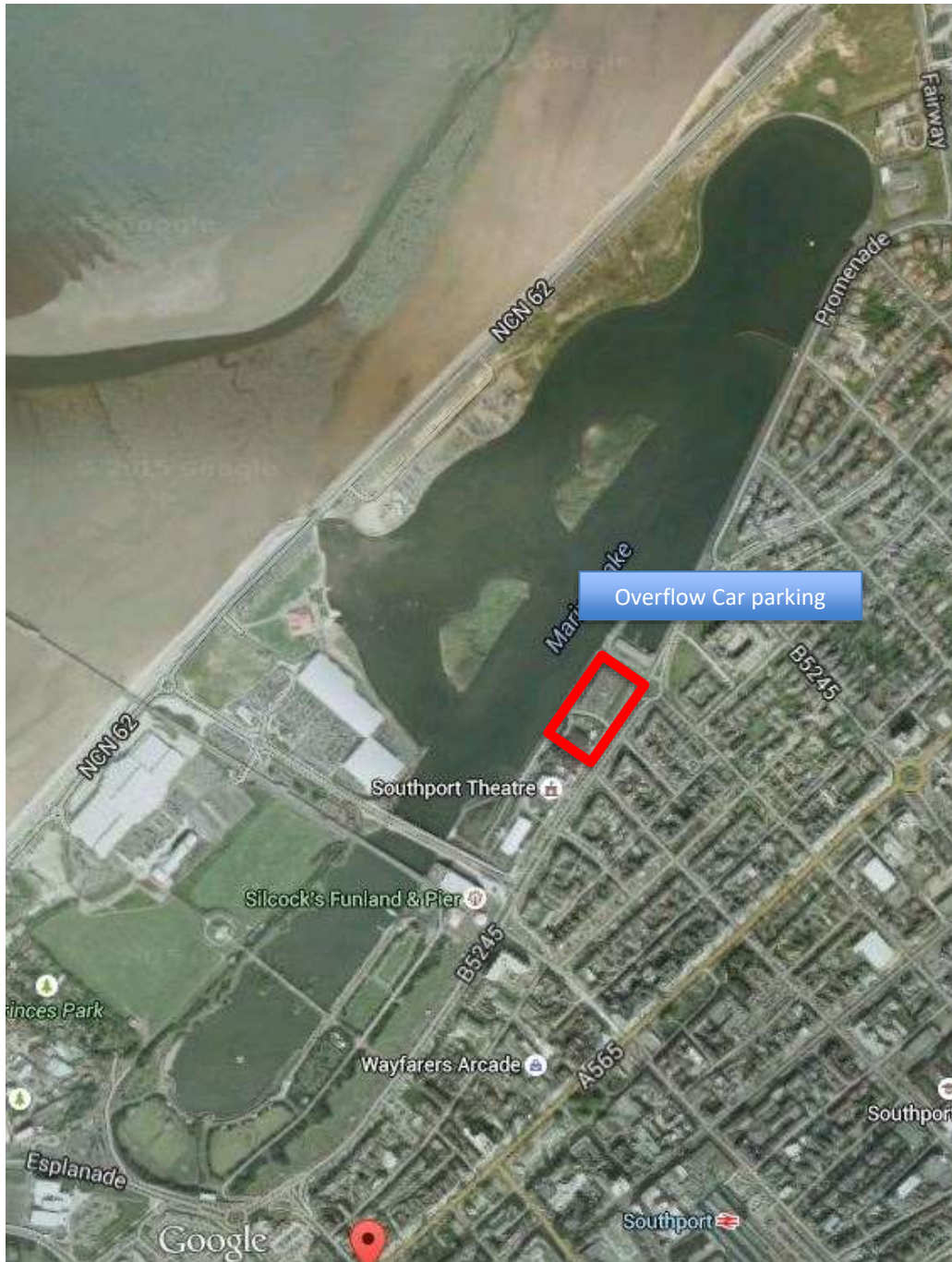
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Race Day Overflow Parking

For overflow parking please use the Floral Hall car park (see map). The address of the car park is Promenade, Southport, PR9 0DY. Details are available [Click Here](#) (charges apply). Alternative parking is also available at Ocean Plaza (near to McDonalds) this is not a Sefton MBC car park and higher charges apply.



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Race Day and General Instructions

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| <p>Registration</p> | <p>Saturday at Waterside Lodge 13:00 - 17:00 or Emergency Registration on Sunday 05:30 - 08:30 at Waterside Lodge. At registration you will be asked to provide proof of ID or British Triathlon membership card if applicable. You will receive the following:</p> <ul style="list-style-type: none"> • 1 x Race Number to be attached to the back of your body on the bike and your front on the run (Race belts are allowed and will be available for purchase on the day) • Race number stickers for bike (to wrap around seatpost) and helmet (front) and all baggage should also be labelled • Race number tattoo for upper arm • Event swim cap (you can keep this after the event) • Race Timing Chip – this must be attached to your ankle and worn throughout the race (attachment anywhere else will jeopardise an accurate race time) • Wave numbers (n.b. dependent on final numbers - tbc closer to the event): <ol style="list-style-type: none"> 1. 0700hrs Wave 1 Sprint Distance (Male upto 39yrs) 2. 0715hrs Wave 2 Sprint Distance (Male 40+) 3. 0730hrs Wave 3 Sprint Distance (Female) 4. 0745hrs Wave 4 Standard Distance (Female) 5. 0830hrs Wave 5 Standard Distance (Male upto 39yrs) 6. 0900hrs Wave 6 Standard Distance (Male 40-49yrs) 7. 0930hrs Wave 7 Standard Distance (Male 50+yrs) 8. 1000hrs Wave 8 Standard Distance (BUCS Male) 9. 1005hrs Wave 9 Standard Distance (BUCS Female) <p>PLEASE TRY TO AVOID WALKING ON OR NEAR TIMING MATS BEFORE YOU START YOUR RACE AS THIS MAY AFFECT YOUR RESULT It is important that your chip is returned to the marshal at the finish line. If your chip is lost or not handed in at the end of the race you will be charged £25 for a replacement.</p> |
| <p>Insurance and British Triathlon Licenses</p> | <p>Your entry fee includes 3rd Party insurance cover provided by British Triathlon. If you're not a British Triathlon member you will automatically qualify for a day license, which will provide your insurance cover. We do not allow anyone to race without insurance. We do not allow transfers of entry as this invalidates insurance. If you entered as a British Triathlon member and a valid membership card is NOT produced at registration a Race Day License will be charged at a cost of £5.00 – there will be no exceptions.</p> |
| <p>Maps of Race Routes</p> | <p>Race routes are available to view online Click Here and will also be displayed at Registration</p> |

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| <p>Transition Area</p> | <p>Transition will open from 0600hrs on Sunday and due to the large number of participants in the transition area at peak times will then close from 0900-1030hrs for pre and post-race access to drop off and/or collect your bikes and kit – n.b. this is for the benefit of all those racing to ensure the area does not become too congested.</p> <p>Therefore please ensure you take adequate warm clothing in a bag labelled with one of your race number stickers to leave in the baggage tent near the Start/Finish area (n.b. all baggage is left at your own risk).</p> <p>Before entering the transition area please attach your Race Number sticker to your bike and helmet and please wear your race number on your kit or race belt. The marshal at the entrance to transition will check the Race Number on your kit/race belt and helmet matches the number on your bike.</p> <p>Only entrants with a visible and corresponding Race Number on their bike will be allowed access to the transition area. Do not enter transition without permission from a Marshal and do not ride in transition. No spectators, family or friends will be allowed in transition. The use of mobile phones and MP3 players is NOT PERMITTED in the transition area.</p> <p>Your position in transition is identified by numbered stickers on the racking, which will match your Race Number. Make a note of your position in transition and also note the positions of the entrance and exit points. Rack your bike in your numbered event position using the handlebars or preferably the saddle to balance your bike on the racking.</p> <p>Lay out your equipment and if the weather is poor you may wish to keep your kit in a waterproof bag to keep your things dry.</p> <p>During the event you need to take care and pay attention in the transition area. Always keep a keen eye out for other competitors and if the weather is wet or inclement please take your time and slow down!</p> <p>You must put on and fasten your helmet before un-racking your bike <i>you must not mount your bike until you have crossed the Bike Mount line.</i></p> <p>On re-entering transition <i>you must dismount your bike before crossing the Dismount line</i> and must not unfasten your helmet until you have racked your bike.</p> <p>There must be no nudity in transition – you must wear appropriate clothing so as to avoid a full change of clothes.</p> <p>These are British Triathlon rules and will be closely monitored in and around the Transition area by marshals and British Triathlon officials in attendance. PLEASE NOTE the amendment to British Triathlon rules from 2017 onwards with the major changes being NO BOXES allowed to be left in transition and the DRAFT ZONE is now 10metres in which a competitor has 20 seconds to pass through whilst overtaking</p> |
| <p>Race Briefing</p> | <p>All entrants will be required to attend a Race Briefing prior to entering the water, this will be held in front of Waterside Lodge by the swim start area please refer to the event timetable on pages 2 and 3 for the timings for each race brief. The briefing is MANDATORY, it will include important information from the race referee, any final amendments and to ensure your health and safety and that of the marshals, officials and spectators.</p> |

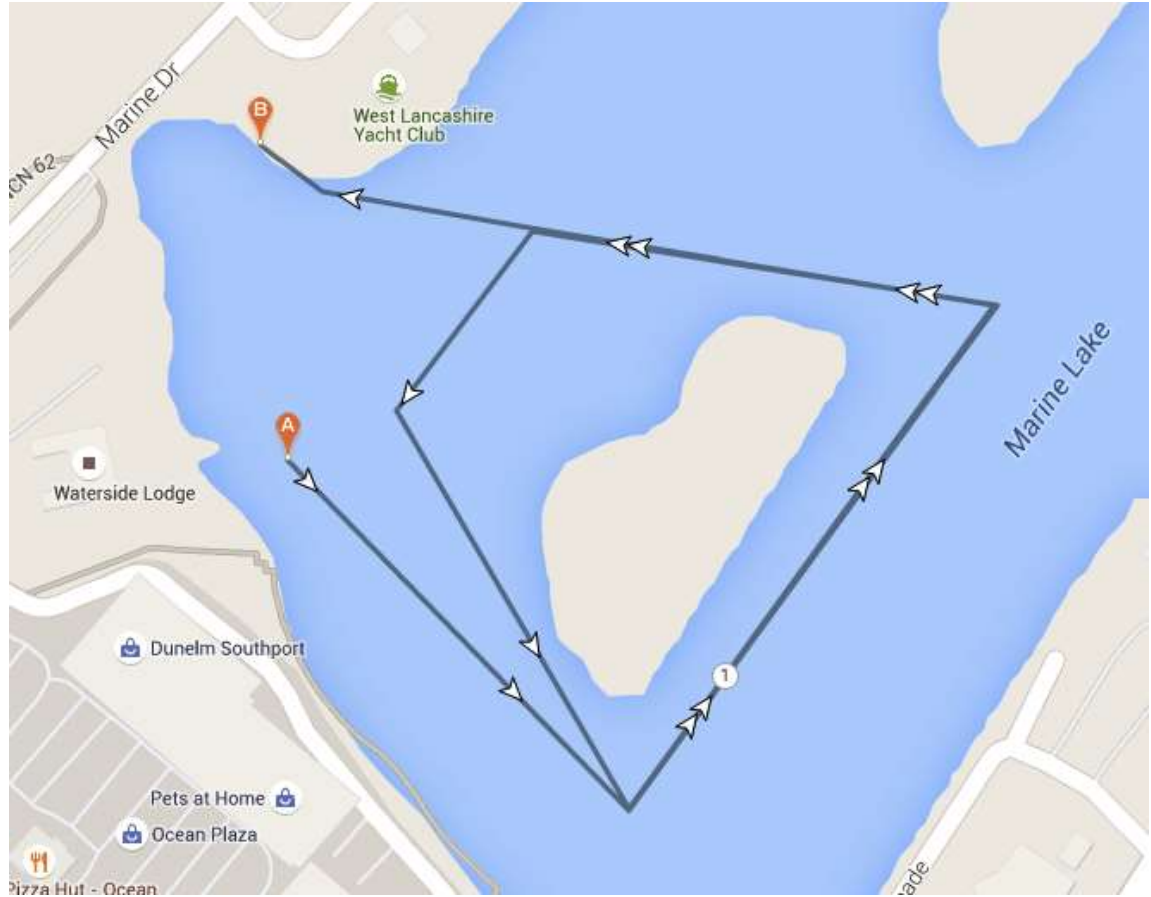
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Swim

Sprint and Standard Distance races cover the same 750m Swim course
Sprint = 1 lap around the island then home, Standard = 2 laps around the island



The swim will start in the bay in front of Waterside Lodge – the route then loops around the first island. Sprint Distance triathletes will then exit the water via the marked slipway whereas Standard Distance competitors will be required to complete a second lap.

A kayak will lead each swim wave with additional kayaks and safety boats offering cover and support to swimmers. If this is your first open water swim you are advised to stay at the back of the group at the start of your wave.

If you find yourself in difficulty or distress during the swim then roll onto your back and raise a single arm – also please note The Marine Lake is relatively shallow and it is likely you will be able to stand up at any point if in difficulty. A safety crew will attend to you and you will be removed from the water at the discretion of the safety crew.

The wearing of wetsuits may be optional if the water temperature is high enough.

Details can be found in the British Triathlon Rule Book [Click Here](#)

Care must be taken whilst entering and exiting the water and swimmers must use the matting provided, failure to do so could result in a slip or fall on the slipways.

On exiting the water swimmers will cross the timing mat before bearing left and through the gate then up the steps and into transition. Please note due to other Lake users requiring access to the lake – any swimmers still on the swim course after 1050hrs will be picked up by the Safety Boat and deposited lakeside before continuing to transition – competitors will be allowed to continue the event and will receive a time but will not be

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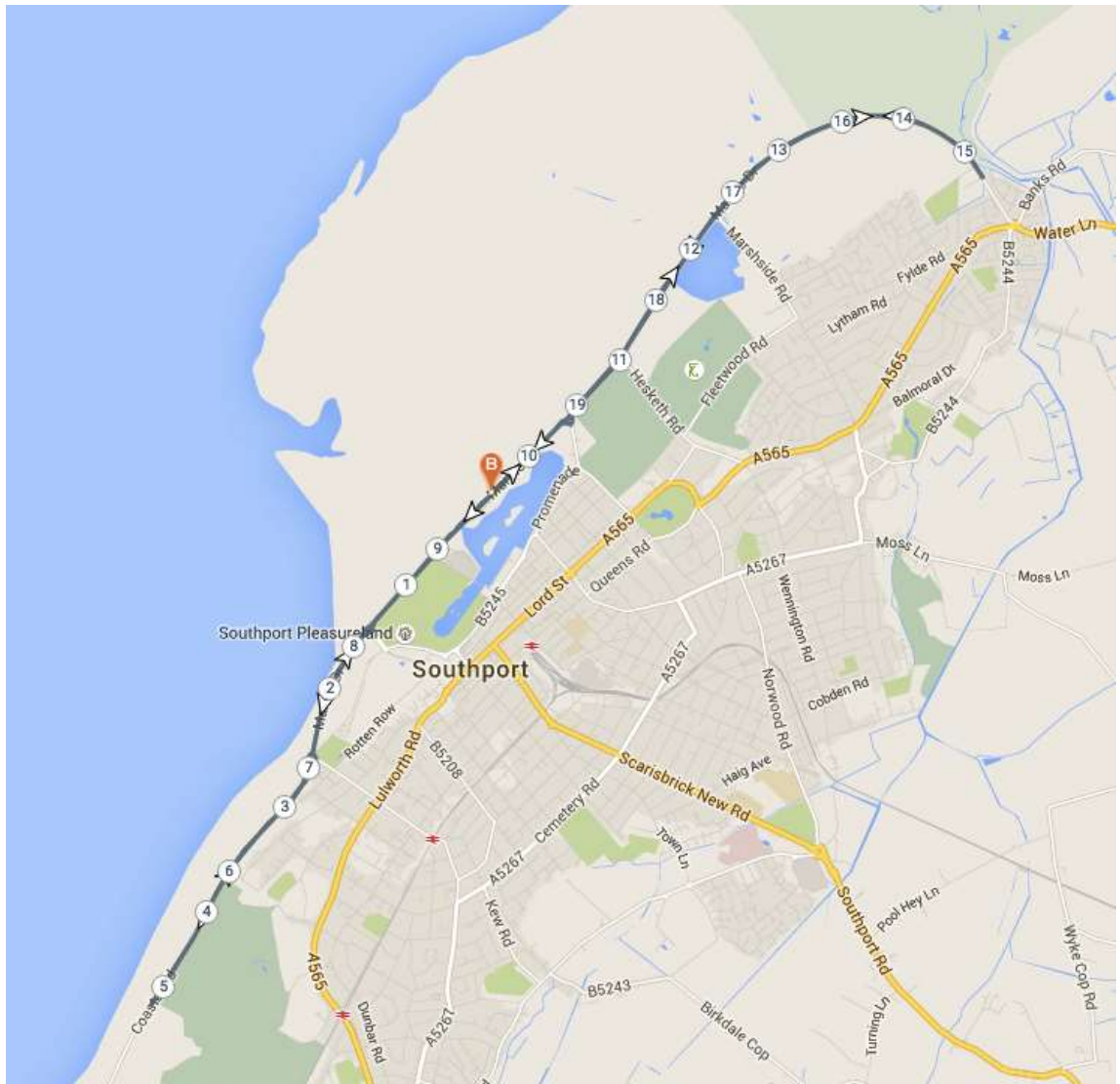
placed. Wetsuits can be collected and purchased on race weekend by arrangement in advance from <https://www.theendurancestore.com/> who will be present at Saturday Registration and on Race Day.

Bike

Road closures will be in place throughout the course, which takes a left along Marine Drive and travels South onto Coastal Road and out towards Pontins.

Sprint and Standard Distance races cover the same 20k Bike course

Sprint = 1 lap, Standard = 2 laps. (click the picture for an interactive map)



Road closures will be in place throughout the course, which takes a left out of transition onto Marine Drive and travels South onto Coastal Road and out towards Pontins, the turning point is situated approx 2.2k passed Weld Rd roundabout. Cyclists then return along the same route and passed Waterside Lodge, through Fairway roundabout and turning at the entrance to Crossens Way (Railex site) to head back south and towards transition where Sprint competitors will enter transition after ONE LAP with Standard Distance requiring a SECOND LAP.

This is a non-drafting race. There will be static and mobile draft busters on the course looking for offenders and giving time penalties. Drafting means that you must not travel

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within 10 metres of the wheel of the competitor in front unless progressing through to overtake when a competitor is allowed 20 seconds to pass through the draft zone. For a definition of drafting and how to avoid a time penalty or disqualification see the British Triathlon Competition Rules [HERE](#). The bike stage takes place on public highways which will be closed to other road users however competitors must follow the highway code, keeping to the left unless overtaking and avoiding crossing the white line in the middle of the road, any competitors found riding dangerously will be disqualified. All competitors must follow any instructions given by the Police or marshals in attendance. Any infringement of the law and the subsequent legal action is the sole responsibility of the competitor. It is your responsibility to ensure that your bike is roadworthy and that your helmet conforms to BSI standards.

n.b. to ensure the safety of your fellow competitors when entering and exiting transition the bike course includes a short 250metre **NO OVERTAKING ZONE** when passing the transition area in either direction whilst on the bike – failure to comply with this no overtaking zone will result in a penalty and possible disqualification if dangerous riding is observed by the moto or static technical officials

Please note due to pressure to reduce road closures – any competitors still on the bike course at 1300hrs will be picked up by the Safety Vehicle and deposited into transition – competitors will be allowed to continue the event and will receive a time but will not be placed.

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Run

Runners will exit transition in a Northerly direction and run clockwise around the lake, this is a change in direction from previous years 2012-2015 but was in place from 2016 onwards. Please consult the map and click the image to take an interactive tour.

Sprint = 1 lap,

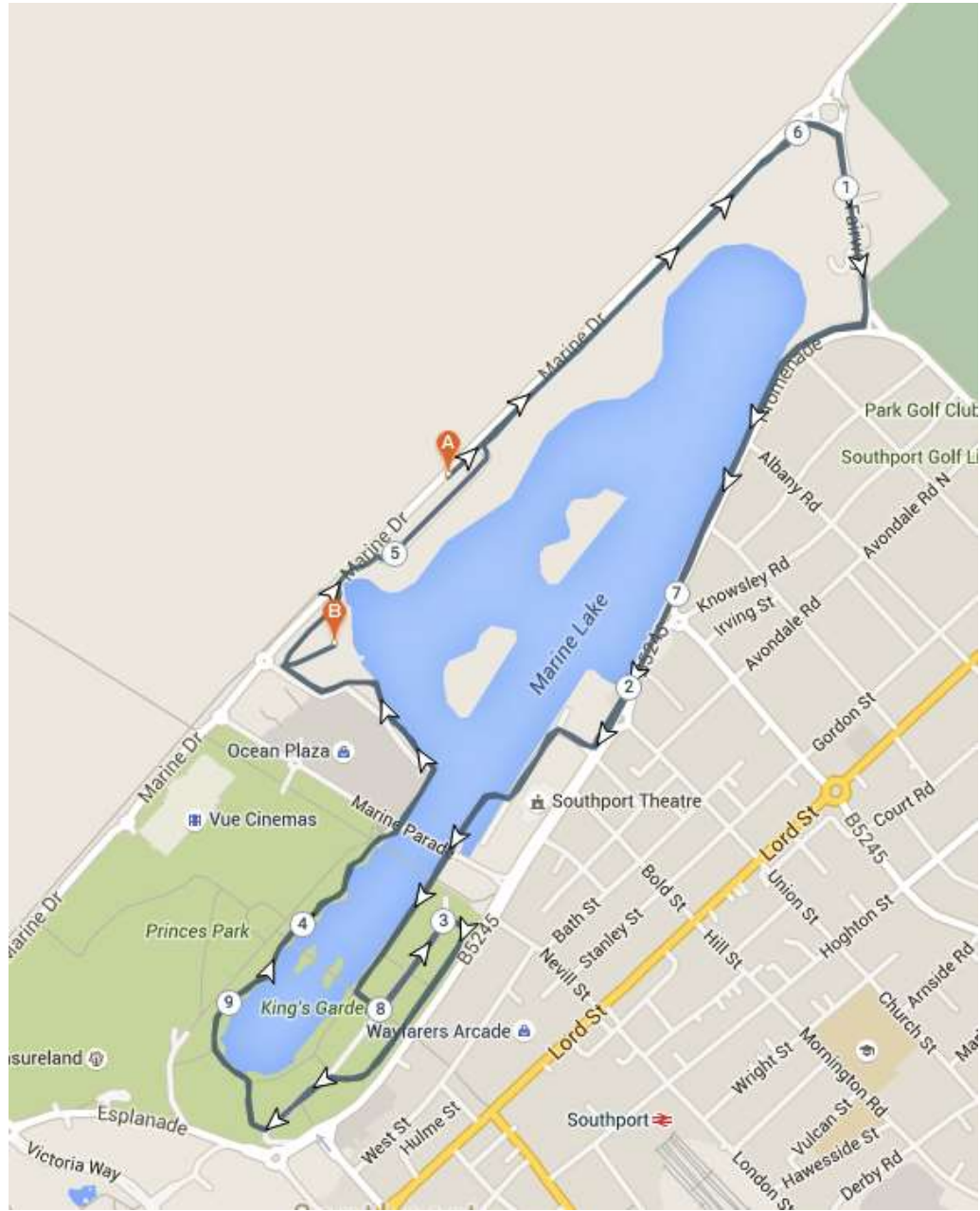


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Standard = 2 laps (click the pictures for an interactive map)



There will be a drinks station at the start of the Run course just after exiting transition where water will be available n.b. this is the only drinks station on the course and will be passed once by Sprint participants but twice by Standard distance athletes. Although the run avoids roads entirely this is not a closed course to pedestrians therefore please be aware of competitors, marshals and the general public on the paths/pavements around the route. The course will be signposted – please follow the directional arrows and marshal’s instructions.

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| Medics & First Aid | Safety crews will be in attendance on race day with a First Aid Unit and ambulance at Waterside Lodge, and mobile medics on the course. You should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhea or other forms of distress. If you have an existing medical condition you should check with your doctor that you are able to take part. If you are able to enter, ensure that full details of your condition are written on the reverse of both of your event numbers in case of an emergency ensuring you include all information such as current medication. |
| Hydration | You are advised to carry your own appropriate fluids with you on the Bike and there is a drink station at the start of the run course. It is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before – alcohol can have a serious impact on hydration. |
| Failure to finish | If you withdraw from the event at any stage before the finish – you must inform the officials at Registration or the Finish Area. This will allow us to account for all entrants. |
| Phones/ Cameras | Mobile Phones, MP3 players, iPods, Cameras, etc. are NOT PERMITTED on the course or in the transition area during the event in accordance with British Triathlon rules. |
| Nudity | In accordance with British Triathlon rules – nudity is not permitted at any point during the event. This includes changing at transition and being topless at any stage during the bike or run. |
| Photos | Race photographs will be taken by the Official Event Photographers and will be available as FREE hi-res digital downloads approx. 12-24hrs after the event via our social media pages/feeds and the official photographers website. Please be aware that all images will be published online, if you prefer your pictures not to be published please make us aware as soon as possible. |
| BTF Race Rules | The race will take place in accordance with the British Triathlon Rules. These are available HERE and must be abided by at all times. They are in place for the safety and enjoyment of all competitors, spectators, marshals and officials. |
| Results, Winners and Prizes | Results will be available real time via the timer's website which will be publicised pre/race and on a large TV screen as the competitor's finish and also via SMS if you have provided a mobile number. Prizes will be awarded for both male and female athletes by age group. A provisional listing of the full results will be posted on the Epic Events website http://www.epicevents.co.uk/results.html to which competitors will have 24 hours from the time of its posting to raise any queries. |
| Spectators | Spectators are welcome to come along and watch the event and support the entrants. But please be mindful of the competitors whilst racing and where necessary step out of the way of oncoming triathletes. Please don't be offended if asked to move and try to avoid congregating around the transition area and areas where the route is obviously busy. |
| Lost Property | The organiser cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event |