



THE WIRRAL TRIATHLON

Welcome to the Wirral Triathlon, organised in conjunction with Mersey Tri Club.

Full Address: West Kirkby Marine Lake, South Parade, West Kirkby, Merseyside, CH48 3HZ.

The Wirral triathlon provides competitors with the ideal opportunity to challenge themselves in a friendly and relax event.

The 750m swim takes place in West Kirkby Marina and is followed by an undulating two loop 21k cycle ride, which should allow for a fast bike split. The 5k run is a two-loop course around the marina.

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 fully all the details outlined in this race information, but please note that all information attached in this race information is now FINAL & CONFIRMED.

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.

CHANGING AND TOILETS

There are limited changing facilities and showers available at West Kirby Marina, we advise you to arrive already wearing your event clothing. There will be portable toilets available close to the start area, open from 6:00am.

RULES GOVERNING THE EVENT

The event is affiliated to BTF and will be held under the rules of the British Triathlon Federation 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

TERMS AND CONDITIONS OF ENTRY

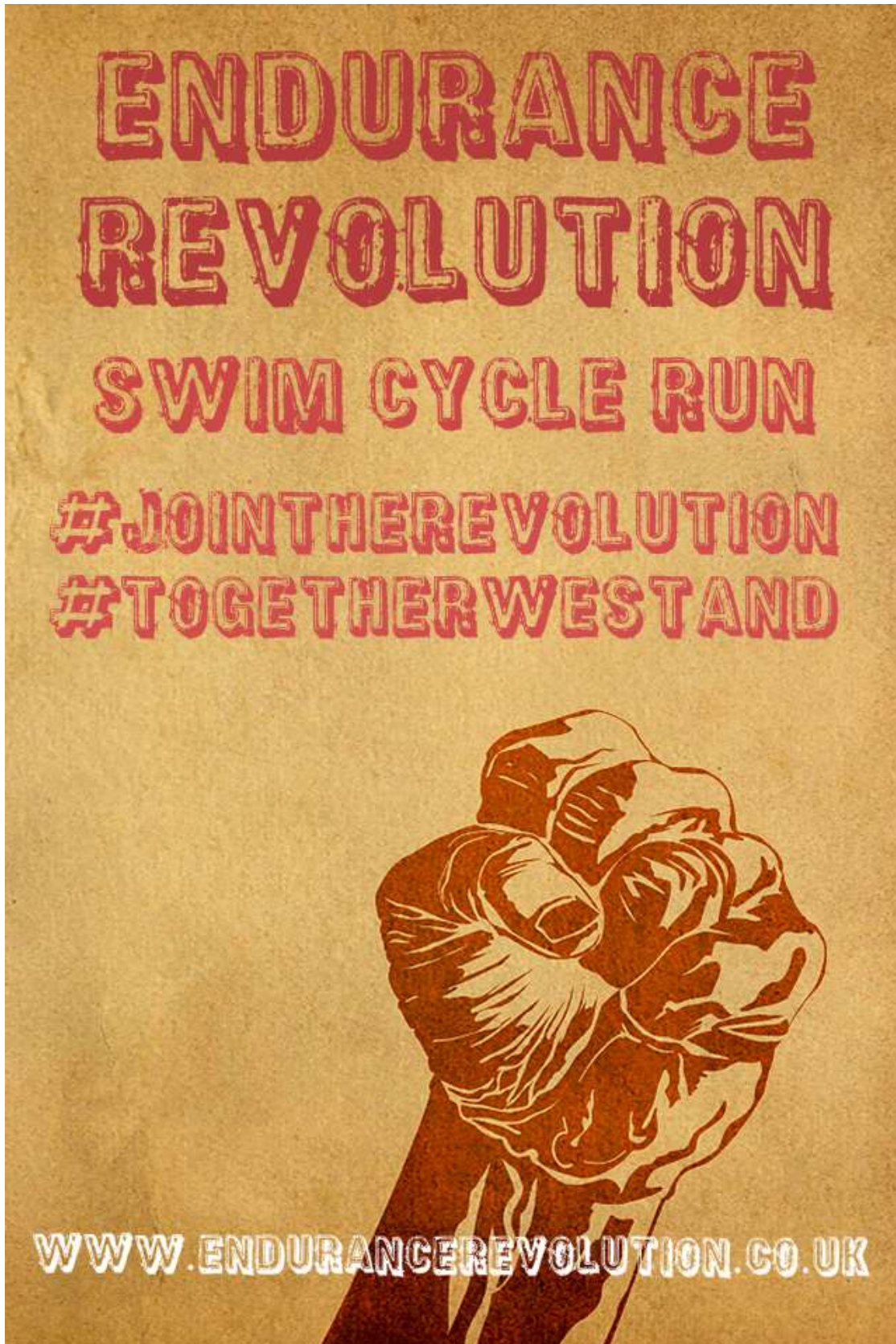
Terms and conditions of entry are clearly stated on the website www.epicevents.co.uk. In making the application competitors have agreed to abide by these terms and conditions of Epic Events and abide by the regulations of the governing body.

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 marina 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 is on open roads, so please ensure that you observe the rules of the road at all times. 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!

RIGHT OF WAY

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.

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 cycle on the cycle course. The front edge of the front wheel defines the centre and top edge of the

RACE NUMBERS

You will be issued with one body number, which must be clearly visible on your back for the bike and your front for the run. You will need a race belt to

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.

CYCLE HELMETS

Approved hard shell 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. **Please ENSURE before you arrive at the event that BAR ENDS ARE PLUGGED and HEADSETS are TIGHT.**

WETSUITS

Wetsuits are compulsory for all swimmers. Shortie type wetsuits are allowed, but because of lake temperatures full body cover is recommended. Neoprene hats may be worn, but your event cap must be worn over the top.

display your number. 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.

YOU WILL NEED A RACE BELT TO DISPLAY YOUR RACE NUMBER.

REGISTRATION PROCEDURE AND TIMINGS

Registration Open Sunday 6.00am – 7.15am

Please do not leave it until five minutes before registration closes to attend. Ideally you should attend registration at least 60 minutes 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 a marquee close to the start area. All competitors will need to register on the morning of the race.

Registration Procedure

1. Phase one – Race Pack

Collect your race pack; this will contain 1 x race numbers, 1 x frame sticker (Please keep these safe, as they are required to allow entry into the transition area), bespoke event t-shirt, swim cap and timing chip.

2. Phase 2 – Timing Chip

Collect your electronic timing chip and ankle strap. Thread your chip onto the Velcro strap, pass it around your ankle and fix it by slotting the thin end of the Velcro bands together. It is better to use your left ankle to avoid the chip and strap catching your chain ring during the bike ride.

Any lost or missing chips will be charged at £10 each and this will be taken automatically from your debit/credit card.

- Fastening of Electronic Timing Chip

Please fasten the timing chip strap around your LEFT ankle. The strap is a simple Velcro strap. Please ensure it is fitted securely to your ankle.

RACE INFORMATION AND TIMINGS

Transition area opening times are 6.00am – 7.15am on Sunday Morning. **IMPORTANT:** Your bike must be racked and you must be out of transition by 7.30am or you will not be allowed to start the event.

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. 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. You must wear your helmet to demonstrate that it fits correctly. 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 at 7.30am promptly. During the race, only racing competitors will be allowed through the transition area.

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number on your handlebars. If challenged, please be prepared to show race numbers at all times.

RACE BRIEFING

There will be a race briefing close to the start area at 7:45am, following which, you will enter the water. You must attend this race briefing as any last-minute changes, as well as any questions will be answered here. DO NOT miss this briefing.

TRANSITION

Transition is on the Marina car park next to the start area and will be open from 6.00am and for the remainder of the event.

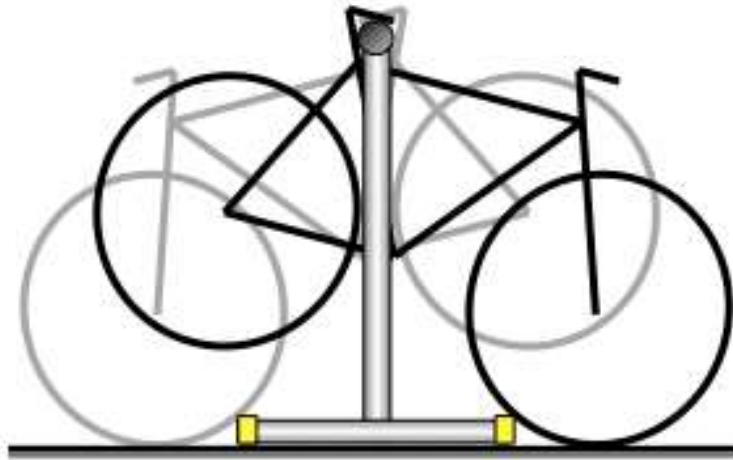
When you exit from the swim you will turn left and enter the transition at the South end (furthest from road) cross the timing mat and then collect your bike to exit at the North end. On return from the cycle section you enter the transition at the North end and exit at the South end, crossing the timing mat and then turning left to start the run. On return from the run you will again pass transition (will be on your right), then bear RIGHT into FINISH area.

Please keep the amount of equipment left in transition to a minimum. Boxes are not permitted in transition.

Transition & Layout



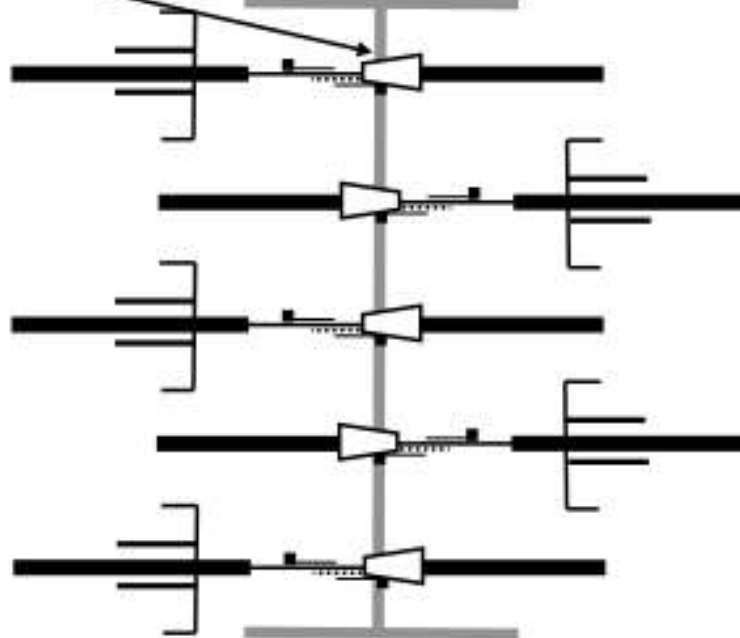
SECTION ON BIKE RACK



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

Wirral Triathlon
001 Racking

PLAN ON BIKE RACK



THE SWIM –750m

The 750m swim will be conducted in a series of three waves separated by 1 minute. The wave times have been selected using your submitted estimated swim times (fastest first).

The event briefing will take place at 7:45am and then all swimmers will enter the water. Wave 1 will wear orange caps and start on the first horn. Wave 2 will line up 10m back and wave 3 a further 10m back. Once Wave 1 has started, Wave 2 in green caps will move 10m forward to the start line. Wave 3 in pink caps will move 10m forward also. On the second horn, wave 2 will start and wave 3 will move 10m forward to the start line. Wave 3 will start on the third horn.

The course is a single lap 750m loop to be completed in an anti-clockwise direction. The course will be marked by large yellow buoys, which will always be on your left-hand side. You will start in the water and at the end of the swim will exit onto a slip ramp into transition.

Wetsuits

Wetsuits are compulsory for all swimmers. Shortie type wetsuits are allowed, but because of lake temperatures full body cover is recommended.

Neoprene hats may be worn, but your event cap must be worn over the top.

British triathlon rules state that foot cover may not be worn for triathlon events. For our event, we will make an exception to this rule. The West Kirby Marine lake is known to have previously hosted 'Weaver Fish'. These fish are known for their sharp spines, which can present a hazard for swimmers. There has not been a case of any person standing on a weaver fish at the marine lake in the last 14 years, so the risk is very low. To reduce risk even further, we ask that once you enter the water keep your feet off the bottom (it is shallow enough to stand in many places). If you wish to wear neoprene socks this will also be allowed. We must stress that the risk is extremely low and we do not anticipate any issues on the day.

Water Temperature

At temperatures, less than 11°C it is recommended that no swimming take place. However, at this time of year the temperature is generally well above this figure and we do not anticipate the temperature impacting upon the race.

Water Safety

There will be a RIB (rigid inflatable boat) and several kayakers on the water providing safety cover.

During the race, if you find yourself in trouble please do the following:

1. Roll onto your back and raise one arm to attract a member of the boat/kayak safety team.
2. When approached by a kayak please only hold on to the front or the rear of the kayak as holding onto the side may capsize the kayak.

3. Pause and get your breath, it's likely you'll be able to continue and you will not be penalised for holding onto the kayak.
4. If you must leave the water, the kayaker will signal to the RIB which will in turn remove you from the water.

As a word of warning from several years' experience within the Epic Events team, panic attacks can be common in open water events especially for novices.

Panic attacks are more common in mass starts when other swimmers are 'thrashing' close to you. Panic attacks are commonly caused by a build-up of Carbon Dioxide (CO₂) in your lungs, which stimulates your heart rate and creates tension and anxiety. The build-up of CO₂ is largely because people forget to breathe deeply and most importantly, breathe out fully.

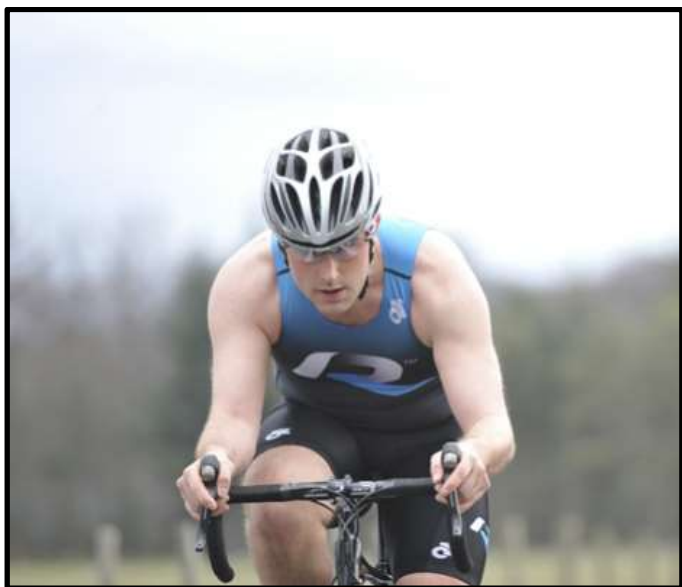
If this occurs, roll onto your back so you can see swimmers behind you and try and breath out normally to expel the excess CO₂ and relax. It is better to be aware and plan for this potential situation, rather than being faced with it on the actual day!

Remember, if you lie on your back, you cannot sink when wearing a wetsuit, you will float on the surface.

SWIM ROUTE 2015 – 750m



THE BIKE – 13.3 miles (21.4km)



For the bike section signs will be in place similar to those pictured below, these may point left, right or straight on and will only be in place before a junction or at a run turn. At specific points on the course marshals may be in place, this will generally occur where you join a busy road. If a marshal tells you to slow or stop you must do so or you will be disqualified, marshals cannot legally stop or direct traffic in any way. After leaving transition on the RIGHT-hand side, you will mount your bike.



Continue down South Parade and join Sandy Lane. At the end of Sandy Lane opposite Hickory's Smokehouse turn right onto Caldy Road. Please check for traffic from your right.

At the end of Caldy Road you will take a right at the roundabout joining Telegraph Road, which is the start of loop one of two.

You will reach another roundabout at the end of Telegraph Road where you will turn left onto Thurstaston Road.

At 6.8k/m you will take a left turn onto Manor Road. All competitors must slow down passing through Manor Road. Marshals will be in place to instruct you to slow down and pass carefully. Failure to do so can result in disqualification.

At the end of Manor Road take a left turn onto Mill Hill Road. You will now begin to descend passing Irby Cricket Club.

At the roundabout turn left into Hillbank Road and continue until the Farmers Arms where you will turn left onto Montgomery Hill.

At the end of Montgomery Hill, you will reach the roundabout where you will turn left into Telegraph Road and start loop two. Caution must be taken at the end of loop one and all riders must slow down as there may be riders joining the loop for the first time.

At the end of the second loop you will go straight on at the roundabout and join Caldy Road to head back towards transition at the Marina.

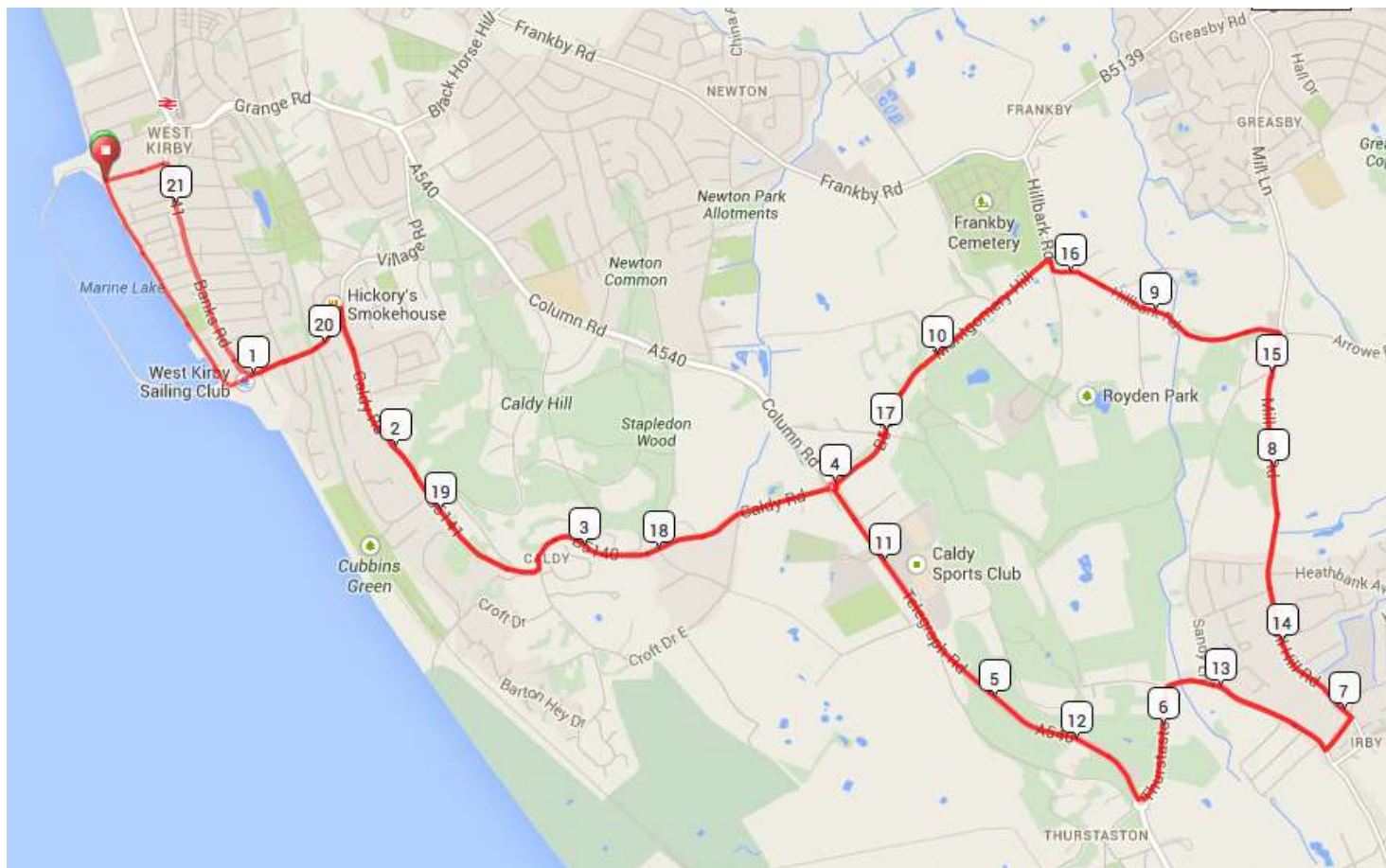
At approximately 19.8k/m take a left turn into Sandy Lane. The Hickory Smokehouse will be on your right-hand side.

Instead of continuing straight onto South Parade you will turn right onto Banks Road and head through the town before turning left into Salisbury Avenue.

At the end of Salisbury Avenue, you will cross the road and then dismount your bike before entering transition.

BIKE ROUTE 2015 – 13.3 miles (21.4 km)

To see the full route on web, go to: <https://www.strava.com/routes/3421628>



RUN ROUTE 2015 = 3 miles (5k)



For the run section signs will be in place similar to those pictured below, these may point left, right or straight on and will only be in place before a run turn. 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.



On completion of the bike section, having correctly racked your bike. Follow the same direction out of transition as the bike.

The run is two clockwise loops of the Marina. You will initially head down South Parade staying on the pavement. At 1.25k/m you will turn right and run on the footpath keeping the lake on your right-hand side. At 2.5k/m you will reach the transition area where you will start the loop for the second time. Please be careful of cyclists entering T2.

At the end of the second loop you will continue straight into the finish enclosure.

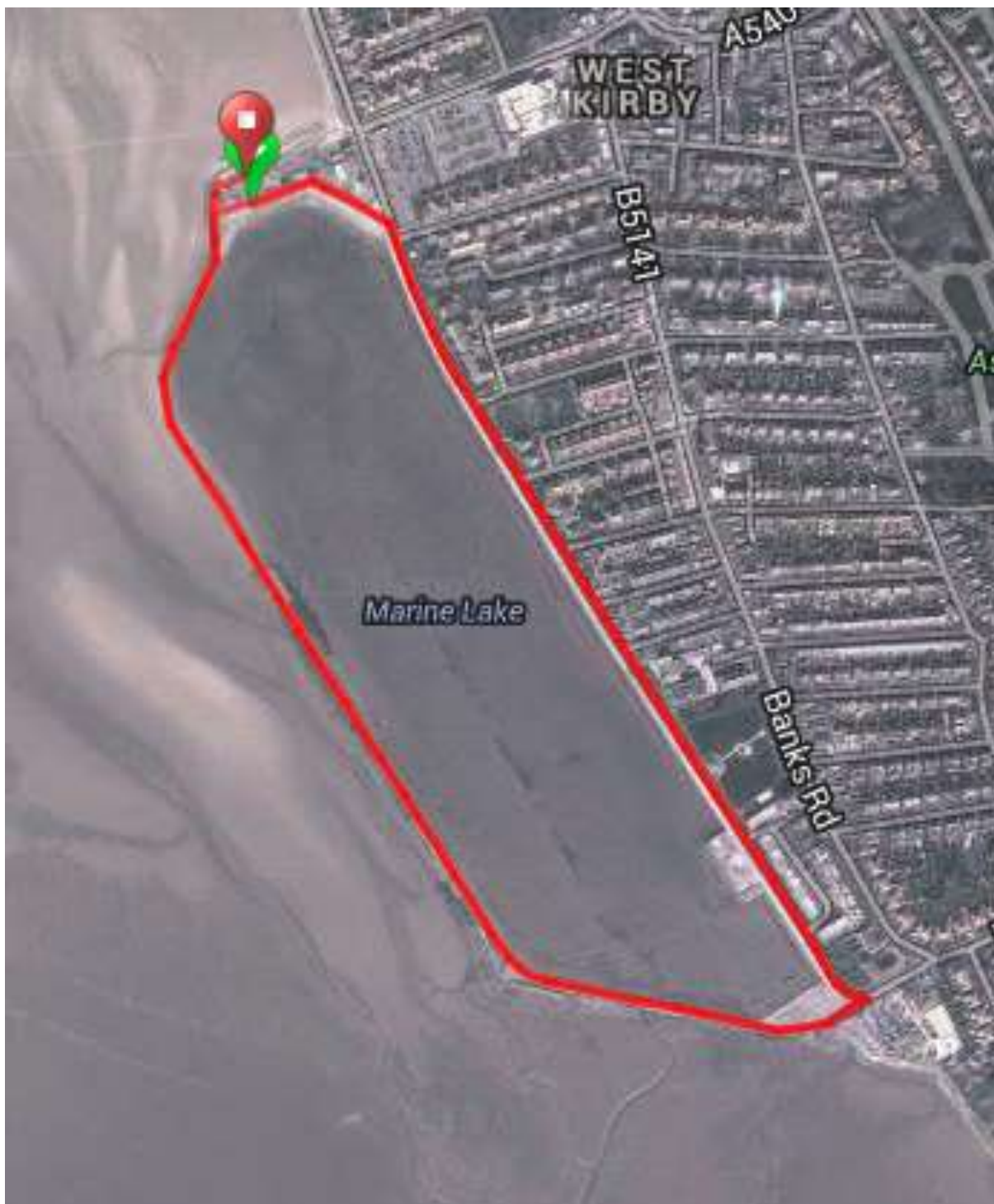
FINISH

As you cross the finish line, passing under the EPIC gantry, you will be awarded your finisher medal.

On the course there will be photographers from 'Mick Hall Photographers' so be sure to look like you are enjoying yourself. The photos will be available to download for free on the Epic Events Facebook Page on Sunday evening. The results will be emailed out to all participants on Sunday evening.

RUN ROUTE 2015 = 3.1 miles (5k)

To see the full route on web, go to: <https://www.strava.com/routes/3421628>



RESULTS

A set of provisional results will be available to download immediately after the event from www.epicevents.co.uk any queries relating to provisional results posted on the web must be e-mailed to events@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final and complete.

PRIZE GIVING AND PRESENTATION

There will be a prize presentation on the day at 11:00am. The presentation will take place close to the start area.

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

- ❑ Open Male 1st 2nd 3rd (All Age Groups)
- ❑ Open Female 1st 2nd 3rd (All Age Groups)
- ❑ Male V40 (AG H-I); V50 (AG J-K); V60 (AG L+) = 1st place
- ❑ Female F40 (AG H-I); F50 (AG J+); V60 (AG L+) = 1st place

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

You must be in attendance at presentation to collect your prize. Prizes will not be posted out.

MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application. Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of

kin & emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request, it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day -don't race!

STRAVA

We have three Strava challenge section, on the course courtesy of our epic sponsors. The sections are:

Mountain Fuel's Montgomery Hill Climb:

<https://www.strava.com/segments/11484384>

Epic Events – Wirral Triathlon Marina Wall Sprint:

<https://www.strava.com/segments/11484450>

NOTE – You must be a member of the Epic Events Strava Club and you must ensure your race stats are uploaded no later than 12 noon Tuesday following the event. You can join the club here: www.strava.com/clubs/epicevents

On the afternoon of Tuesday following the event we will collate the results from all club members who raced and announce the winners via Strava, the Epic Events Facebook page and Twitter. Winning is a lucky dip draw.

Yours in sport

EPIC EVENTS

e-mail: events@epicevents.co.uk

website: www.epicevents.co.uk