



**Sunday 28<sup>th</sup> April 2019**

**Athlete Information**

**Event Address**

Wincanton Sports Centre, West Hill, Wincanton, Somerset, BA9 9SP

**Timeline**

06:30 Registration Opens

06.45 Transition Opens

08:00 First group of swimmers start swim

09.30 Last group of swimmers start swim

09.45 (approx) First runners complete course

11:30 (approx) Last runners complete course

11:45 (approx) Presentation of finishers prizes

**Prize List**

Top three Male and Female finishers overall

First Male Junior (U20) First Female Junior (U20)

First Male 20-29 First Female 20-29

First Male 30-39 First Female 30-39

First Male 40-49 First Female 40-49

First Male 50-59 First Female 50-59

First Male 60-69 First Female 60-69

First Male 70+ First Female 70+

## General Information

### Car Parking

There is free parking available at King Arthur's Community School from 06:00. Enter the school grounds via the main entrance on West Hill. On arrival you will be directed to the parking area by the marshals. Please obey the marshal's instructions as parking space is limited. Please try to car share where possible. Strictly no dogs allowed at the venue.

### Race HQ & Information Point

The Race HQ and information point will be located in the Studio room next to reception. The route to HQ will be marked from the Car Park. Please follow this route. You will need to register at race HQ on arrival. THERE WILL BE NO RACE BRIEFING BEFORE THE START OF THE RACE. YOU MUST READ THE INFORMATION BOARD FOR ANY DETAILS ON LAST MINUTE CHANGES TO THE COURSE OR SAFETY INFORMATION.

### Facilities

Changing facilities, toilets and showers are available at the centre for your use. £1 coins are needed for the lockers.

Facilities are limited so please allow plenty of time. A Mobile Catering Unit will be on site. Hot and cold drinks will be available to purchase. We have been very fortunate to secure the use of this fantastic venue. Please help us work towards being invited back again, by not dropping any litter.

### Race Instructions

**Registration:** This will be located in the Studio room next to reception and will open between 06:30 - 09:00. You will need to register on arrival, before you rack your bike in the transition area. Please bring your current BTF card if you are a member or you will be charged an extra £5 for a Day License. Non BTF members have been issued with a Day Licence and this will be emailed to you before race day. You will be issued with a number pack. Numbers need to be attached to both your helmet and bike before you are allowed into transition. You will also need to have a race number attached to a race belt or a piece of clothing you will wear on your bike and during the race. We will mark your arm with your race number for the swim.

**Race Numbers and Timing Chips:** These will be issued at registration. Numbers must be clearly visible for all disciplines, on your back for cycling and front for running. We will not be able to record your race time if you lose your timing chip, and a replacement fee of £50 will be charged. Make sure it is well secured using the strap provided. No amendments can be made to any race entries. No transfers. No entries on the day.

**Spectators:** Spectators are particularly welcome to watch the event and are welcome in the pool viewing area and by the finish area. The first 500m, and the final 200m of the run can be seen from here and we encourage spectators in this area. We would prefer no spectators on the Bike Course. If your guests wish to volunteer as a marshal, please make us aware at registration.

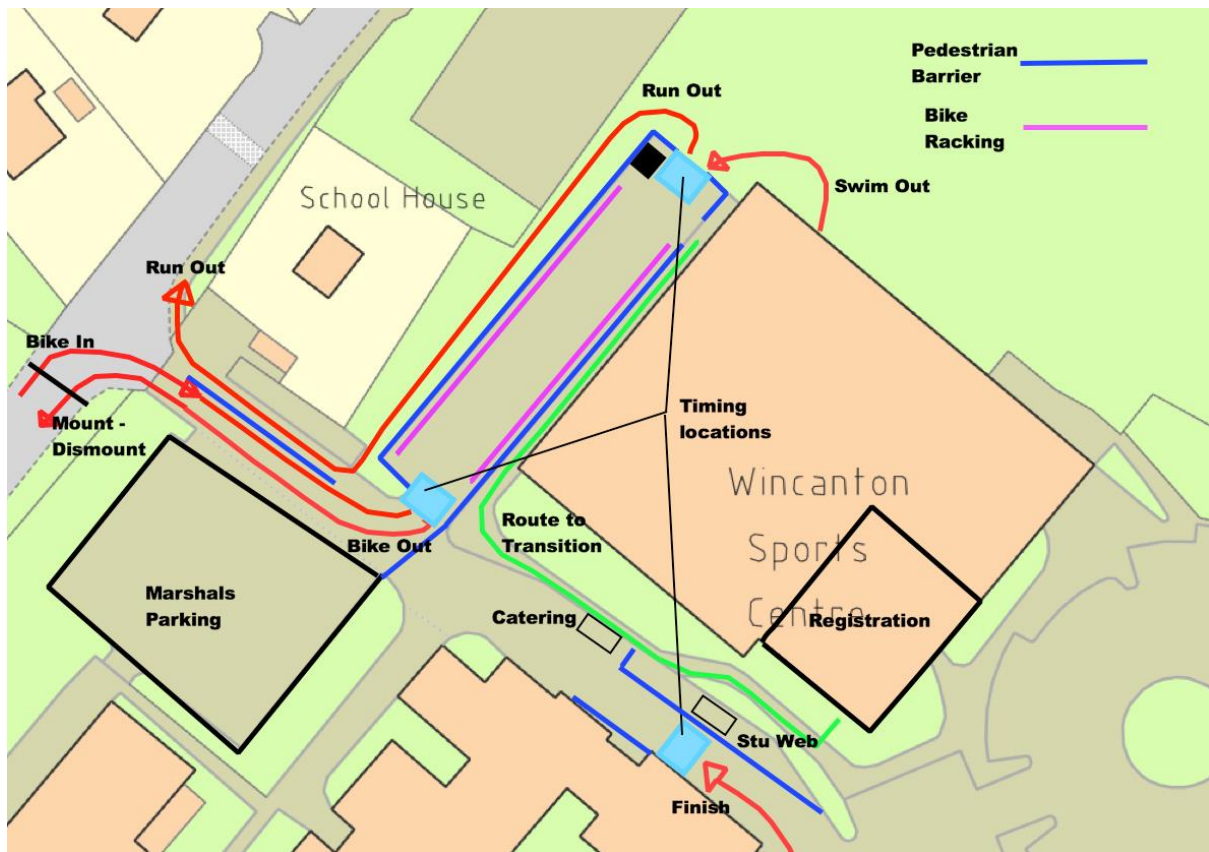
**Race Equipment:** You must have a roadworthy bike with handlebar end caps fitted. A suitable helmet, in good order, must be worn at all times when in contact with your bike. Random Spot Checks will be made in transition, and any defective equipment may be withdrawn by order of the Race Director.

**Transition Area:** This will be located at the rear of the swimming pool. Racks will be numbered. This area is restricted to competitors only. You will only be allowed access with bike and helmet stickers in place. Please try to keep the transition area free of unnecessary clutter. You will need your bike,

helmet, bike shoes, run shoes, and any additional items needed for the bike or run. Make sure you take some time to look at the entrances / exits and make a mental note of where your bike is racked.

**Swim:** Please be ready to start and at the pool-side area 15 minutes prior to your start time. **DO NOT BE LATE.** A marshal will be there to meet you. The swim will consist of 16 lengths of the 25m pool. Your lane marshal will tell you which direction to swim in (clockwise or anti-clockwise) and tell you when you can enter the water. Coloured swim hats will be provided and must be worn. Please swim on your front only, but not butterfly. Backstroke is not permitted. Please keep a mental track of your lengths - the length counters will indicate when you have 2 to go by placing a float or paddle into the water as you approach the wall. Please do not argue with the lap counters. If you have any issues please raise them with the Race Director once the event is over. BTF rules will apply in the swim so please be familiar with the rules. [www.britishtriathlon.org.uk](http://www.britishtriathlon.org.uk). If you feel a swimmer behind you touching your feet please let them pass at the next turn.

### Transition Layout:



**Transition – T1:** Leave the pool area at the shallow end through the double doors. No running whilst on poolside. Turn left out of doors and on to the sports field and then into transition. Locate your bike. You must put your helmet on and fasten it, before you remove your bike from the rack. No nudity in transition please. If the weather is likely to be hot please apply sun cream and make sure you are well hydrated. 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. Leave transition and push your bike to the

**Bike Mount Line:** Only from this line can you get on your bike. Marshals will be on hand, but take care as you leave transition, you then exit the School Grounds through a Gate. Only mount your bike when your bike is fully in the road.

**REVISED Bike route:**

PLEASE NOTE THAT THE BIKE ROUTE HAS CHANGED FROM THE ORIGINAL DUE TO ROAD CLOSURE/ ROADWORKS. PLEASE SEE THE WEBSITE FOR THE NEW ROUTE.

Take care as the roads are open. The route will be marked by 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. 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 15 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 bikes who are unable to complete the bike course.

**Transition – T2:** Entry into T2 will be clearly marked and marshalled. Ensure you dismount at the dismount line, and push your bike to transition. If you are wearing cleats please be careful especially if the surface is damp. Rack your bike before you undo your helmet. Proceed to exit transition “Run out”. Please ensure you have a forward facing number.

**The Run:** The run course will exit through the rear exit. There will be one drinks station on the course. This is the only drinks station at the event. Water will be available in biodegradable cups. Please hand your empty cups to the marshals or place them in the bins nearby. The run course is a mixture of road and off road. Take care on the run route, as all highways and footpaths are open to the public. The run route will be clearly marked by arrows and is a clockwise single lap before entering the school grounds at the front entrance and on to the finish line.

**Post race:** Please collect your kit from transition as soon as possible, to allow this secure area to be cleared.

**Results:** We will endeavour to get finish times out half an hour after the last competitor has completed the race. Full results with splits will be available from a link on the race website and printouts will be available from the timing team.

**Presentation:** This will take place as soon as possible after the last competitor has finished and will take place in the Leisure Centre if the weather is poor.

I 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.

With many thanks to the following: Wincanton Leisure Centre, King Arthurs School, FJ Chalke EV-R, Wincanton Racecourse

We look forward to seeing you on the 28<sup>th</sup>! If you have any questions or queries please don't hesitate to drop us a line at [info@immortalsport.com](mailto:info@immortalsport.com)

Lucy Ridout

Race Director