

BURNHAM-OM-SEA SWIM AND SPORTS ACADEMY TRIATHLON

SUNDAY 14TH JUNE 2009

Thank you for entering the annual Burnham-on-Sea Triathlon. Please take a few moments to read these details, as it will make both your and our job easier on the day. If you are not familiar with the rules of Triathlon, then you can go to www.britishtriathlon.org Go to 'events' and then 'rules' for all rules of competition. I hope you all have a safe and enjoyable day in Burnham-on-Sea.

RACE DETAILS

- How to get here:** Burnham-on-Sea is approximately 2 miles from Junction 22 of the M5 motorway. Follow Signs for Sea Front & Brea. Burnham Swim and Sports Academy is situated on Berrow Road TA8 2ET 100 yards from the esplanade.
- Parking:** There is limited parking at the pool. The adjacent road is closed for the duration of the event, therefore you will not be able to access or exit the car park between 6.15am and 11.00am. There are two car parks within ½ mile of the pool.
N.B. All car parks are Pay and Display.

REGISTRATION

Registration will open on **Saturday 13th from 12.00 noon to 8.00pm** and on race day from 5.00am to 9.00am at Burnham Swim and Sports Academy Tel: 01278 785909 Competitors who do not register by 9.00am on race day will forfeit their place.

1. Register your name and number.
N.B. You will be given three numbers. One must be worn on the **back** of your cycling vest, the other on the **front** of your running vest and the sticky label attached to your bike. Race belts may be worn. (Please bring safety pins)
2. You will be required to sign to say you have read and understood these race details and will compete within the rules of the British Triathlon. Full details available on: www.britishtriathlon.org.
3. B.T Members must show their valid license or pay £3 race levy. Non British Triathlon members will receive a day license.
4. A marshal will mark your upper arms with your race number.
5. We have opened registration on Saturday because of the early start. If possible, we would encourage you to register on Saturday to save time and congestion race day. You may even rack your bike as there will be overnight security.
6. Chip timing will be in use. You will be given your chip at registration.

BEFORE YOU START

Please note: The bike compound has moved to the grass area adjacent to the pool.

1. Check your bike. Competitors are entirely responsible for the road-worthiness of their cycles.
2. Take your cycle to the bike compound which is now in the grass area adjacent to the pool and rack your bike against your number. If you have separate running gear, then place this with your cycle.
3. Make sure you are familiar with the in's and out's of the transition area as this has changed from previous years.
4. Please write down on the back of your race number an emergency contact number and any ailments or medication you need, should you need to be treated (i.e. diabetes, epilepsy etc) and inform the marshals at the desk.
5. Approximately 10 minutes before your start time, wait by the entrance to the pool in the changing area and wait for your number to be called.
6. Your timing chip will be activated at this point.
7. When your number is called, proceed to the far side of the pool and wait there and a marshal will inform you which lane to proceed to.

SWIM SECTION

1. Start times are approximate, so please be patient if we are a few minutes behind.
2. When your number is called, you will be informed of which lane you are swimming. No one must enter the pool hall without instruction.
3. You will be given a swim cap that must be worn throughout the swim for identification and handed back to the marshal on leaving the water. You will be given a final swim briefing.
4. No swimming aids, e.g. flippers, wetsuits, may be used, but goggles may be worn.
5. There is no diving. All competitors must start in shallow water (0.9m - water max depth 3m) and will be instructed in which direction to swim.
6. There will be 4 or 5 competitors in a lane, starting in 5 or 10-second intervals, so please be aware of the swimmers around you.
7. The organizers have attempted to put each competitor in a lane with swimmers of the same ability according to the time given on the entry form.
8. Overtaking may take place in the middle of the lane, alternatively you may touch the preceding swimmer on the foot and he or she is compelled to let you overtake at the end of that length.
9. **Do not swim down the middle of the lane unless overtaking.**
10. All competitors must swim 500 metres – 20 lengths.
11. Any combination of strokes may be used with the exception of butterfly or backstroke.
12. Any competitors who swim in a dangerous manner or in a way that impedes other swimmers may be disqualified after one warning from the swim marshals.
13. After swimming 18 lengths a two to go board will be shown to each competitor.
14. After swimming 20 lengths competitors leave the Pool Hall by the exit to the grassed area. You must walk out of the pool hall as the floor can be slippery.

N.B. The clock does not stop during the change-overs – the time taken to change is **NOT** deducted from your total finish time.

SWIM – CYCLE TRANSITION

1. Locate your bike. Make sure you have your helmet on and fastened before taking your bike. Failure to do so will result in a 2-minute time penalty. **BE AWARE OF OTHER COMPETITORS IN THE BIKE COMPOUND.**
2. Take your bike from the rack and **push** it out of the bike compound and on to the road. Do not mount your bike until you are on the road.
No assistance is permitted in the bike compound; in fact no physical assistance is permitted during any part of the Triathlon.

BIKE SECTION

Please refer to the map for directions. We recommend you make yourself familiar with the route before taking part. On occasions, there can be a build up of traffic on the route, please be patient and aware of other road users to avoid any accidents.

1. Competitors will be entirely responsible for the road-worthiness of their machines. It is advisable to take a puncture outfit and pump with you. No accompanying vehicles allowed on the course, anyone receiving assistance will be disqualified, but will be allowed to finish the Triathlon (and thus eligible for a memento) but not qualify for prizes.
2. Competitors must push their cycles out of bike compound onto road.
3. Competitors must have race number on **back** of vest.
4. The rules of the road **MUST** be obeyed, as should any instructions by police or race officials. The organisers accept no responsibility whatsoever regarding the conduct of competitors whilst on the public highway.
4. ***Helmets must be worn.*** Hard hats in accordance with BTF rules.
5. Ride with your head up!
6. Take care at all junctions and blind corners.
7. ***Slipstreaming/Drafting is cheating- any competitor doing so will be disqualified.***
8. There should be at least 10 metres between cyclists, except when overtaking; anyone caught by a faster rider should drop back.

9. Always keep well to the left; anyone crossing the centre of the road or continuously riding away from the kerb will be disqualified.
10. The bike route entails no crossing of roads, all changes of route are to the left or on roundabouts such turns will be marshaled.
11. There are two sets of pedestrian traffic lights in the first mile of the route. These will be marshaled but the Highway Code **MUST** be obeyed.
12. **WARNING!** There are Traffic lights at East Brent on the A370 to Weston-Super-Mare, four miles into the cycle route. **These lights MUST be obeyed** failure to do so will mean instant disqualification. If you have to **stop** at a red light a marshal will take your number and record the time you have been **stationary**, an extra ten seconds will also be allowed for loss of momentum. This time will be deducted from your overall time. You must have **stopped** to receive this allowance. E.g. time **stopped** at lights – 20 seconds plus allowance 10 seconds. ***Total time - 30 seconds deducted from overall time.*** FAILURE TO STOP MAY CAUSE A SERIOUS INJURY AND THE END OF OUR EVENT.
13. There are three coned sections on the course for your safety. You must stay inside these areas at all times and cycle with extra caution. You will need to slow down in these sections, as they are quite narrow.
i) Approach to M5 roundabout @ 4Km, ii) Approach to Berrow Road @ 17Km, iii) Approach to transition @ 20Km.
14. There will be motorbike marshals on the course to enforce these rules.
15. Dismount your bike as directed by a marshal. Beware of pedestrians and other competitors. Push your bike into the bike compound and rack your bike in your designated area.
16. You must not unfasten your helmet until your bike has been racked.

CYCLE – RUN TRANSITION

1. Change into running gear – race number on **front** of vest and must be clearly shown at all times.
2. Leave your helmet and cycle gear with your bike.
4. As you leave the bike compound to start your run, your number will be taken to give your cycle split time. Please make sure your number is clearly visible.
4. Water will be available as you leave the bike compound. Please help yourself.

N.B. the clock does not stop during changeover.

THE RUN

1. Only walking or running permitted, anyone receiving assistance or being paced will be disqualified. No bare torsos.
2. Leave bike compound as directed, and make your way along the pavement until you reach Myrtle Drive. Head up Myrtle Drive towards the Esplanade.
3. You must cross the road onto the Esplanade using the zebra crossing. A marshal will assist you, but you must cross with caution, as vehicles may not stop. Turn right along the esplanade to Maddocks Slade.
4. Turn left down the ramp and then turn right and run along beach.
5. NEW RULE: There will be cones on the beach to mark the course. Please keep these on your left hand side as you run up the beach.
6. Shortly after the Lighthouse, turn off the beach and follow footpath until you reach the Golf Course. This footpath may be a bit muddy and uneven. Watch out for any overhanging branches!
7. On reaching the Golf Club, follow the cones and then turn left and run across fairways following the public footpath.
8. Follow footpath until you reach the beach.
9. Turn left on beach and head back towards the finish. You must keep the cones on your right hand side
10. You must not cut the bend on the beach – soft sand and mud!
11. Run along beach until you reach the finish.

AFTER THE RACE

1. Collect your drink and medal at the end of the finishing tunnel.
2. Please return your timing chip to the official at the end of the run, **before** heading back to the Pool.
3. Please collect your bike as soon as you have finished the race. This will provide more room for others. Be aware of other still racing.
4. Changing and showers available in the Swimming Pool. Please remove your shoes before entering the foyer.
5. Presentation of Prizes at approximately 11.30am.
6. **RESULTS:** A full list of results will be sent to all competitors and available on our web site www.bospool.com
7. Our International Multisports retail outlet will be open along with a number of trade stands here on the day.
8. There will be a pre and post race massage available provided by Central Somerset Physiotherapy for a fee of £5.

PRIZE CATEGORIES:

(One prize per competitor)

MALE- OVERALL 1st – 5th

Age Groups

15-19	1 st	50-54	1 st
20-29	1 st	55-59	1 st
30-34	1 st	60-64	1 st
35-39	1 st	65-69	1 st
40-44	1 st	70+	1 st
45-49	1 st		

FEMALE – OVERALL 1st – 5th

Age Groups

15-19	1 st	40-44	1 st
20-29	1 st	45-49	1 st
30-34	1 st	50-54	1 st
35-39	1 st	55+	1 st
40-44	1 st		
45-49	1 st		

LOCAL

MALE	1 st – 3 rd
FEMALE	1 st – 3 rd
MALE VET 40	1 st
FEMALE VET 40	1 st

N.B. PRIZES NOT COLLECTED ON THE DAY WILL BE FORFEITED

GENERAL NOTES

1. The breaking of any of the above rules may result in disqualification.
2. The decision of the Race Director is final.
3. **PARKING** Car parks are 'pay and display'. Parking near the pool and bike compound is limited and the road will be closed to all motor vehicles between 06.00am and 11.00pm.
4. Make sure your race numbers are clearly shown on the **lower back** of cycling vest and **front** of running vest. The course will be supervised at various points and any number not recorded may result in disqualification. Therefore, make sure your numbers are correctly worn.
5. Supervision of the bike compound will start at 12 noon on Saturday and cease 30 minutes after the last competitor has finished. Competitors only will be allowed into the bike compound, removal of cycles after the race will only be allowed on the production of your race number.
6. Cycle helmets must be worn.
7. *While every effort will be made to clearly sign and marshal the bike and run courses, we must emphasise that it is the competitors' responsibility to negotiate the routes correctly and safely.*
8. Anyone competing with another person's number/name will be disqualified.
9. The use of bad language or ungentlemanly conduct to any marshal, competitor or member of the public will lead to instant disqualification.
10. Should you, for any reason, not complete the course, please inform a timekeeper or an official at the pool.
11. **Accommodation:** Anyone wishing to stay in the area overnight can get accommodation at Laburnum House Hotel. www.laburnumhh.co.uk They are offering an early breakfast (from 5:00 am) at a special price of £28.00 pp. For bookings contact Laburnum House Lodge Hotel direct on 01278 781830 and quote triathlon to get this special rate.

ENJOY YOUR RACE!