

Sunday 12th September 2010

Race Notes

Welcome to the Somer AC Triathlon!

This is a British Triathlon event run under BTF rules (available at www.britishtriathlon.org)

PLEASE READ THESE NOTES CAREFULLY

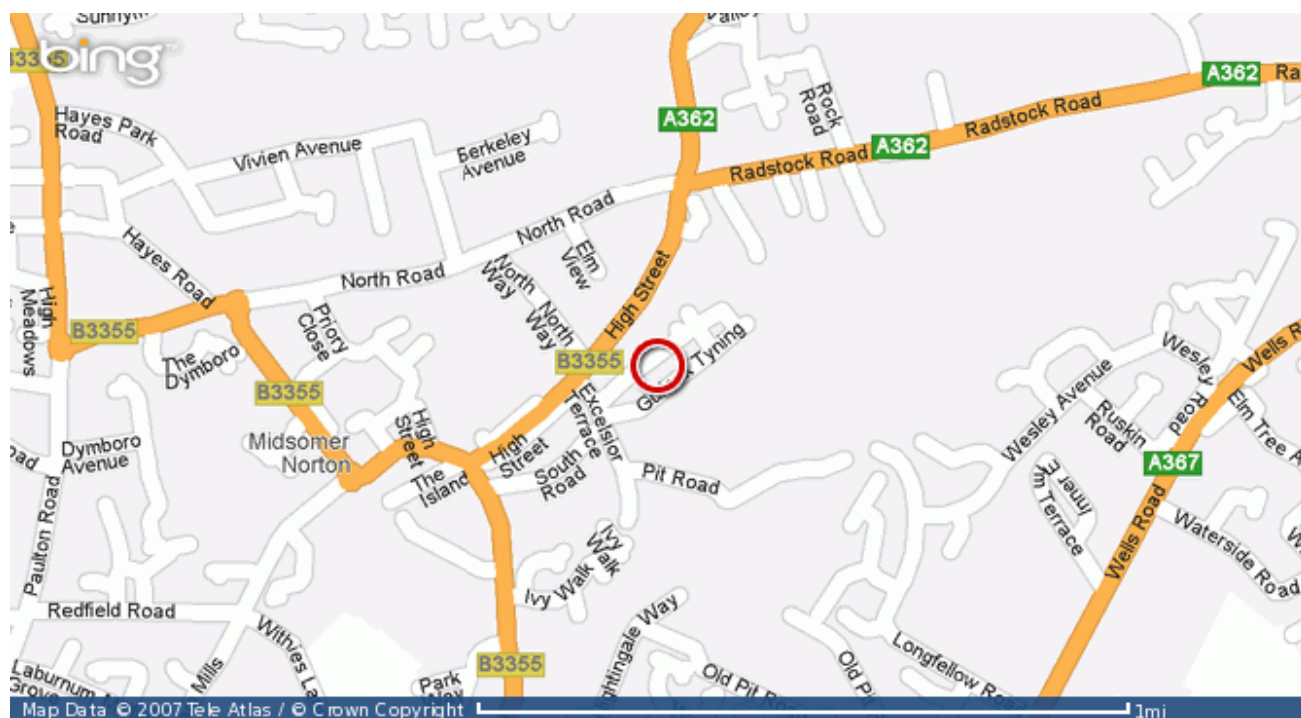
Start time from 8.00 a.m.
Registration opens 7.00 a.m.

Sprint distance

- 400m pool swim
- 25km cycle in the surrounding countryside
- 5km mostly cross-country run

Venue and location

South Wansdyke Sports Centre, Rackvernal Road, Midsomer Norton, Nr. Bath, BA3 2UG



Car Parking

- There is no car parking at the sports centre or Gullock Tying
- South Road car park close to venue (free)
- Limited parking on High Street
- Car park behind Sainsbury, entry from High Street

Registration

Registration opens at 7.00 a.m. You are asked to register at least one hour before your start time, and must register before racking your bike.

Please note that if you are a BTF member you will need to show your BTF licence at registration or purchase a day licence for £3.

Day Licences, Race numbers and timing chips will be issued and shoulders and legs marked. Please attach your timing chip firmly to your left ankle with the strap provided. Timing chips will be collected in the finish funnel immediately after your race.

You will be issued with 2 race numbers and a numbered bike sticker, numbers must be visible on your back during the cycle and on your front during the run. Race belts may be used. Be prepared to announce your race number to a Marshal during the race.

Cycle racking

You are responsible for ensuring your bike is in a Roadworthy Condition and helmets must conform to approved standards, Ansi, Snell, EN or equivalent.

Competitors will not be allowed into transition without their race numbers, and bikes must be numbered before being racked.

Swim 400m (16 lengths x 25m)

Please be at the Poolside 15 Minutes before your Start Time.

A Safety / Race briefing will be given before each swim start.

Competitors will be told which lane to swim in and the order of start and issued with a swim hat

No diving or backstroke will be allowed. When overtaking touch the foot of the swimmer in front. The swimmer should give way at the end of the length.

Competitors will be signalled two lengths from the finish.

On exiting the pool the swim hat is to be handed back to the timekeeper.

Swim/bike transition

After exiting the pool, competitors run to the transition area.

Please be aware of children in the public play area surrounding the transition area.

Your cycle helmet must be on and fastened before removing your bike from the racking.

No cycling is allowed in the transition area. Competitors must use the mount/dismount area outside of the transition.

Bike route (one circuit 25 km)

The bike route will be marshalled and signposted. Please note that most roads will not be closed, and that marshals cannot control traffic – you are responsible for your own safety.

The Highway Code must be observed at all times, in accordance with BTF rules.

Please take extra care at the chicanes in Stratton-on-the-Fosse between miles 10 and 11, and at the tight turning left into Welton Road at mile 14.

No drafting is permitted.

A map of the cycle route will be displayed in Registration, and is available online at http://gb.mapometer.com/en/cycling/route_668736.html

Bike/run transition (at the Sports Centre)

You must dismount in the dismount area and wheel your bike into transition'

Do not unfasten or remove your helmet until your bike is racked,

Run (2 laps, 5 km total)

Competitors exit the transition area and follow the marked route.

Drinks are available during the run and at the finish.

Two laps of the course must be completed. Please shout your race number to the marshal at the start of your second lap.

The route is mostly off road. Please take extra care in wet conditions as the paths may be slippery. Each competitor will receive a commemorative T-shirt.

Timing Chips must be returned. Marshals will collect timing chips at the finish. Please remember to hand in your chip if you drop out.

Results

Timing and Results are provided by DBMax, and available at www.dbmax.co.uk. Preliminary results will be screened live at the venue.

Presentation

Presentation of trophies and prizes will be after the last competitor has finished.

Trophies: awarded in age categories to male and female:

- Under 40 first, second and third
- 40-44 first, second and third
- 45-49 first and second
- 50-54 first and second
- 55-59 first and second

and first place for all BTF age groups thereafter.

Team: 1st male team and female team of 3 from a British Triathlon Federation Affiliated Club.

Individual prizes: Donated by **MOTI** awarded to 1st, 2nd and 3rd fastest overall male and female competitors.

Property

Please make all efforts to secure your personal belongings. Although the transition is fenced off, the organisers will not accept responsibility for loss or damage to the property of persons before, during or after the race.

Lockers are available at the Sports Centre (£1 returnable).

Race Rules Most Likely To Affect You

Have been underlined in these Race Notes. All BTF rules must be adhered to (www.britishtriathlon.org).

No mobile phones or MP3 players to be used while competing.

Competitors compete at their own risk.

After the race

Bikes should be collected as soon as possible after your race. You must present your race number to collect your bike.

The swimming pool is available to use after the Swim section is finished until 12 noon, free to Competitors and family/friends.

Good luck to all competitors and have a great race!