



## SWANAGE TRIATHLON FESTIVAL

30<sup>TH</sup> JUNE 2019

### RACE INFORMATION

[CONTACT@SWANGETRIATHLONFESTIVAL.CO.UK](mailto:CONTACT@SWANGETRIATHLONFESTIVAL.CO.UK)

Within this booklet, we aim to give you all the information you need to know to have a fun, safe and well-organised race. Please have a good read, and if you still have any questions, please email.

We will publish any updates on our event website:

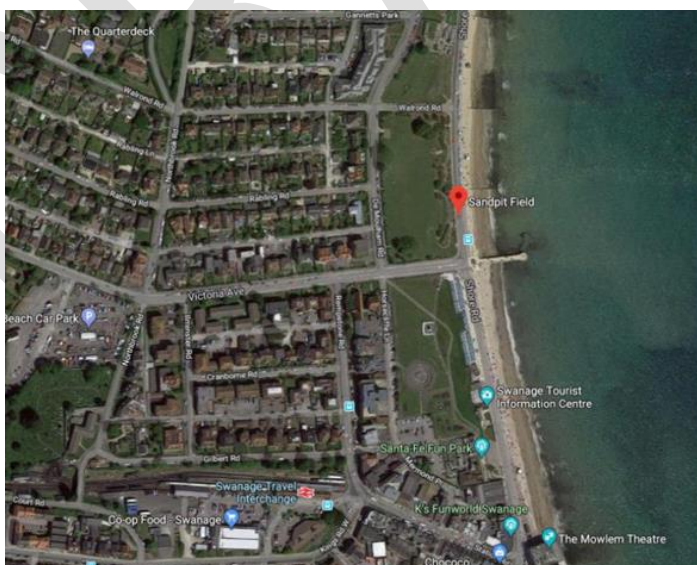
<https://www.swanagetriathlonfestival.co.uk>

THIS IS A DRAFT DOCUMENT AND WILL BE UPDATED AS WE GET CLOSER TO THE EVENT, SO THE INFORMATION REMAINS ACCURATE

### LOCATION

Sandpit Field, Swanage, BH19 1NR

Google Map link [HERE](#)



VERSION 2 – UPDATED 2018-01

CHALLENGING EVENTS LTD, APT 3844, CHYNOWETH HOUSE, TREVISSOME PARK, TRURO, TR4 8UN  
REGISTERED IN ENGLAND AND WALES, NO: 10440652



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### 1. WEEKEND PROGRAMME

#### SATURDAY

From	Stage
2:00 pm– 5pm	Registration Opens For ALL Events: YHA Cluny, Cluny Crescent, Swanage, BH19 2BS

#### SUNDAY

#### REGISTRATION

From	Stage
5:30am	Registration opens for those not registered.
5:30am	Transition Opens for pre-registered competitors
8:00am	Registration closes
7:30am	TRANSITION CLOSES

#### RACING

##### Middle Distance

Time	Stage
6:10am	Assemble at Swim Start (on the beach)
6:15am	Wave roll call at Swim Start
6:20am	Race Briefing for Standard wave
6:30am	Wave swim start – Middle Distance

##### Sprint WAVE -

Time	Stage
6:55am	Assemble at Swim Start (on the beach)
07:00am	Wave roll call at Swim Start
07:05am	Race Briefing for Sprint wave
07:15am	Wave swim start – Sprint Wave

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### Standard Wave

Time	Stage
07:10am	Assemble at swim start (on the beach)
<b>7:20am</b>	Roll call and Sprint Race Briefing at swim start
<b>7:30am</b>	Sprint Race start - Women (all age groups)

### AQUATHLON - ALL AGE GROUPS

Time	Stage
<b>7:45am</b>	Assemble at swim start (on the beach)
<b>7:50am</b>	Roll call and Aquathlon Race Briefing at swim start
<b>8:00am</b>	Aquathlon start – All age groups

### Long Swim - ALL AGE GROUPS

Time	Stage
<b>08:45am</b>	Assemble at swim start (on the beach)
<b>08:50am</b>	Roll call and Long Swim Race Briefing at swim start
<b>9:00am</b>	Long Swim Start

### REGISTRATION

#### OPTION 1

- Date: Saturday 29th June 2019
- Time: 2:00pm – 5:00pm
- Location: YHA Swanage Cluny, Cluny Cres, Swanage BH19 2BS

PLEASE NOTE:

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There is very limited parking at the YHA Swanage

There is no parking available on the field where transition and registration are located on either Sat or Sun. Parking is available in the surrounding roads for free on some of the roads or the Main Beach (Victoria Avenue) Long Stay Car Park. Details of car parking and charges can be found [Here](#)

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### OPTION 2

- Date: Sunday 30<sup>th</sup> June
- 05.30am – 08:00am
- Location: Near Transition Sandpit Field, Swanage, BH19 1NR

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### PLEASE NOTE:

If you don't make registration you are unlikely to be able to race. Expect to queue so please give yourself plenty of time to register.

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### NOMINATE A FRIEND

If you are unable to attend registration on Saturday but still wish to register, you can nominate a friend or team mate to collect your race pack. They will need a signed letter of authority plus the following ID listed below.

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### WHAT TO BRING WITH YOU TO REGISTRATION

1. ID - Photo ID (driving licence/passport)
2. Triathlon England/British Triathlon Membership Card if a member
3. Bank Card with competitor's name on it

(helmets will be checked on entering transition rather than at registration to ensure they are in good condition and the strap can be secured)

### PLEASE NOTE:

If you are unable to produce your Triathlon England membership card at registration you will be charged £5 for a day licence.

We ask for ID to prove you are the registered competitor. If someone else competes using your details and has an accident, they may receive incorrect medical treatment and, regardless of fault, you won't be covered by insurance which is provided by the day licence or by being a member of Triathlon England.

At registration, you will be able to collect your race pack which will contain the following:

- Race Bib Number – (worn on your back for the bike and front for the run) You must fill out the

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details on the back of this number

- Transition Security Wristband (placed on your wrist at registration)
- Bike and Helmet Stickers
- Active Timing Chip (worn on the left ankle)
- Day Licence (if not a Triathlon England Member)

### TRANSITION

- The Transition Area will be open from 5.30am for competitors that have registered.
- Before entering Transition, place numbered stickers from your race pack on your bike and the front of your helmet. You cannot enter transition until these are in place.
- When entering Transition WEAR your helmet for visual checking of chin strap by an official.
- Please do not cycle in the transition area.
- Only competitors can enter transition for security reasons, ensure you have your wrist band on.
- Respect other competitors and keep within your allocated space.
- Only a competitor may remove their own equipment from the transition area.
- No large bags or boxes in transition.

### BTF RULES

We recommend you familiarise yourself with BTF rules that will be applied to this event. You may receive a penalty (including disqualification) for breaking any rule. A BTF official shall be in attendance on the day.

This event is **non-drafting**.

The BTF rules can be found here:

<https://www.britishtriathlon.org/competitionrules>

#### PLEASE NOTE:

The new rule on the storage of competitors' equipment in transition. Soft bags only, please.

We **DO NOT** provide storage boxes for competitors.

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### CHIP TIMING

You will be issued with a timing chip that is associated with your race number. This chip will be affixed to a Velcro band on your LEFT ankle.

Failure to return the chip will require a payment of £50 to cover the loss of the chip to the timing company.

### TECHNICAL SUPPORT

It is your responsibility to ensure that your bike is in roadworthy condition. This includes bar ends and your brakes work!

Be prepared!

Take spare inner tubes and a cycle pump and wear correct clothing for the conditions.

### NUMBERS

Ideally, a race belt should be worn to enable you to switch your number between the bike and the run course. Otherwise, your number will need to be pinned on your front. Two numbered labels will be in your pack to go on the front of your helmet and seat stem of your bike.

We will have race belts for sale at registration.

### CHANGING FACILITIES

CHANGING & TOILETS Please arrive ready changed. There are toilets available on the field near transition and close to the beach in the closed road section near the town centre

### WATER STATIONS

There will be no water stations on the bike course so please ensure you carry enough liquid refreshments on your bike. On the run course, water stations are located at the start and finish.

There is an aid station on the long swim in the aussie exit. Water will be available, you may buy your own drink or gels but this must be clearly labelled

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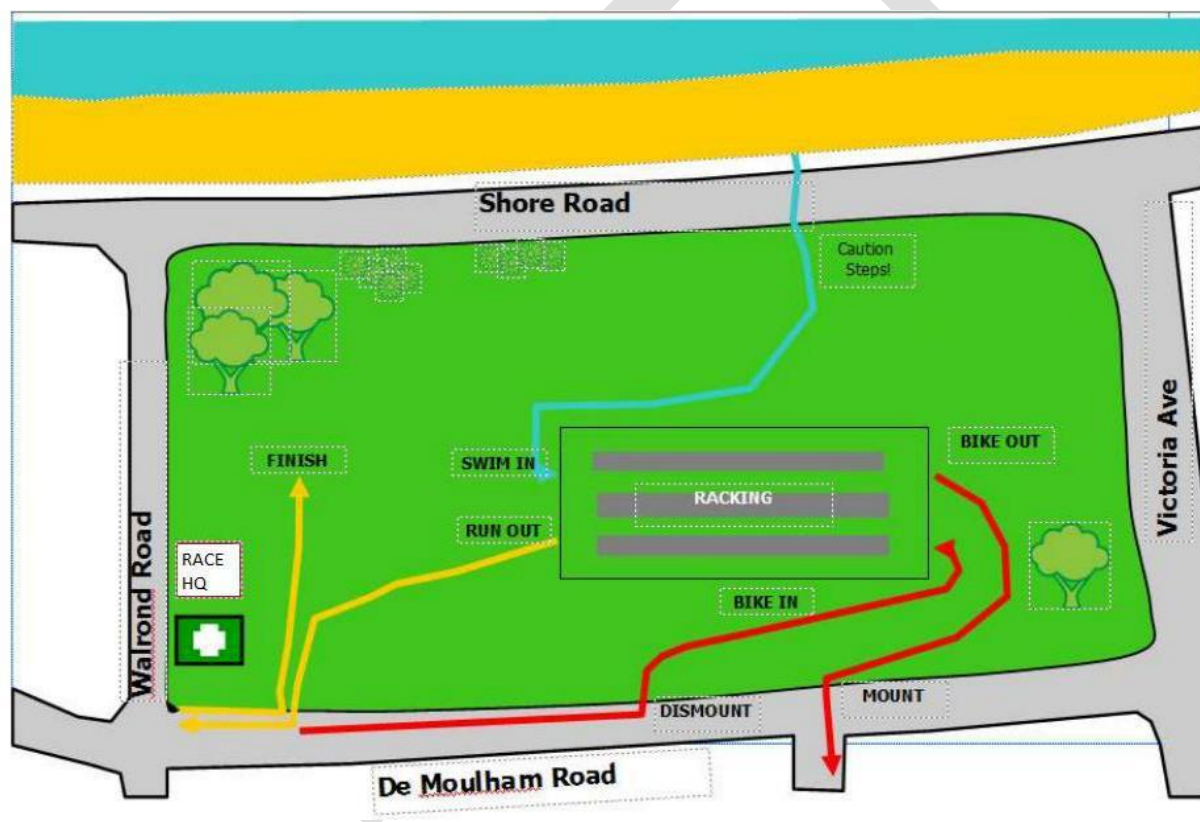
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### PARKING

Please use the car parks within the town. These are all pay and display car parks (including Sundays). There is free parking in some of the roads in and around the transition area. A list of car parks can be found [HERE](#). Main Beach (Victoria Avenue) Long Stay Car Park is approximately 5 minutes' walk to transition.

### 2. EVENT COMPONENTS

#### TRANSITION INFORMATION



- No headphones allowed in transition or on the course
- Note- the in and outs of transition is subject to change, always walk through the transition area on race morning.
- Only Competitors are permitted in this area

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### SWIM COURSE

The Long Swim.

Registration will close at 8:00am

The race briefing will take place at 07:50 and it is mandatory that you are there for it. The start will happen straight after the briefing.

It will be either one loop for the 2.5k swimmers and two loops for the 5km swimmers with an Aussie Exit (You will run out of the sea and through the drinks station, then back into the sea) IF the weather is bad or the beach is really busy the loop will be shorted to ensure safety and the event will be either two or four loops.

It is a beach start, which means you will start on the beach and on the hooter you will run/walk into the sea to start.

There is a time cut off of 1 hour and 15 minutes for the 2.5k and 2 hours and 30 minutes for the 5k. If you have not completed your first lap by 1 hour and 15 minutes you will be asked to head to the finish (don't worry you still get your medal and t-shirt)

Your swim time finishes when you head over the finish line on the beach.

The race is timed. A race number will be written on your hand and when you run through the finish line the timer will ask to see your number to stop your time.

Wetsuits are required.

Triathlon and Aquathlon

The swim start is located just below transition. Allow yourself plenty of time to make your way from transition to the mandatory roll call and race briefing. You must be at race briefing to be able to race.

Wetsuits are mandatory

Swim hats will be provided

Sprint & Aquathlon Swim Course is 750 Metres, Standard Swim Course is 1500 Metres

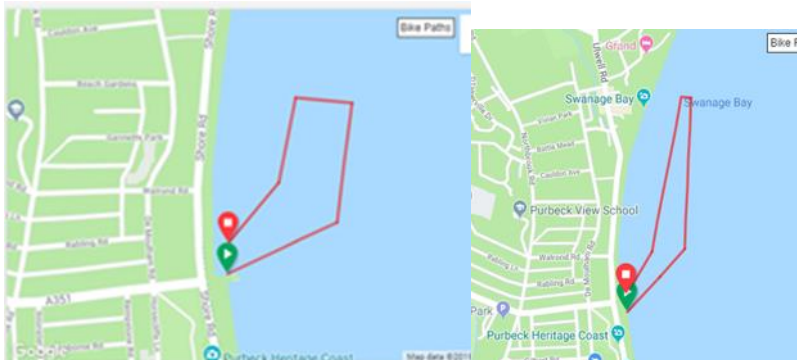




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Sprint

Standard – Middle extended.

### BIKE COURSE

Marshalls are located along the course for your safety. Please listen to them.

Please follow the highway code at all times and be courteous to other drivers and competitors. No littering.

Please take care on the steep descent between Kingston and Corfe village. Slow down signs will be in place.

Standard Bike Course - 38.5km Middle Distance x 2 laps 77K

<https://ridewithgps.com/routes/12486861>

Sprint Bike Course - 23.4km

<https://ridewithgps.com/routes/12535080>

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Sprint bike view



Middle Distance x 2 laps, Standard 1 lap Bike View

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### RUN COURSE

The course heads out of the east side of town before heading up Ballard Down. The sprint course takes a left turn.

Approximately 6km of the standard course and 2.3km of the sprint course is off-road up and across Ballard Down. This follows a defined foodpath. It may be muddy and wet depending on conditions, so a pair of trail running shoes are recommended if the weather is not dry.

The views across Swanage Bay and Poole Harbour are worth the climb!

- Sprint Distance Run Course – 6.5 kms
- Standard Distance Run Course – 10 kms

There will be a drinks station stocked with water and Precision Hydration when you leave transition. There will also be another drinks station at about 2.8k before you head up Ballard Down. If the weather is extremely hot there will be another station at the bottom of Ballard down.

Bottle water will be available at the finish.

Sprint & Aquathlon run



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Middle distance x 2 laps Standard x 1 lap Run course above.

### RACE RETIREMENT

If you retire from the race at any point, please inform a timekeeper. It is extremely important that we are aware of all competitors' whereabouts. You must hand in your Timing Chip on retirement from the race to either race registration or an official at the finish line.

### 3. MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us before the start of the race.

#### IMPORTANT:

Please write all personal and any medical details on the back of your race number and put a small, indelible red cross on the front of your number to indicate a known medical issue.

**Regardless of whether you have a medical condition, if you feel unwell on the day, DO NOT RACE!**

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**4. PRIZES**

**SWANAGE STANDARD TRIATHLON AWARD LIST**

- First three Men, First three Women
- First Man U20 yrs, First Woman U20 yrs
- First Man 20-29 yrs, First Woman 20-29 yrs
- First Man 30-39 yrs, First Woman 30-39 yrs
- First Man 40-49 yrs, First Woman 40-49 yrs
- First Man 50-59 yrs, First Woman 50-59 yr
- First Man Over 60, First Woman Over 60

**SWANAGE SPRINT TRIATHLON AWARD LIST**

- First three Men, First three Women
- First Man U20 yrs, First Woman U20 yrs
- First Man 20-29 yrs, First Woman 20-29 yrs
- First Man 30-39 yrs, First Woman 30-39 yrs
- First Man 40-49 yrs, First Woman 40-49 yrs
- First Man 50-59 yrs, First Woman 50-59 yr
- First Man Over 60, First Woman Over 60

**SWANAGE AQUATHLON & MIDDLE DISTNACE TRIATHLON AWARD LIST**

- First three Men, First three Women

**SWANAGE LONG SWIM AWARD LIST**

- 5km first three men first three women
- 2.5km First three Men, First three Women

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### PLEASE NOTE:

Prize categories may change depending on race entries.

All ages as at 31st Dec 2018

The top 3 male and female finishers are not eligible for their respective age group category. This is something that has been done for the past 20 years as it allows trophies to be distributed amongst a wider field of competitors.

Trophy presentations will take place within 30 minutes of the last competitor finishing. If you are unable to attend the presentation, there will be a charge of £7 to post your trophy (1st-3rd) and £5 for age group trophies (due to size, weight and packaging).

## 5. RESULTS

The Results will be published after the race has finished on the website. This is dependent on any timing quires.

Competitors will be emailed a link to provisional results after the race. Results will be finalised as of 6pm on Tuesday after the race. Only queries received by 12 pm on Tuesday will be considered.

Queries will only be accepted by submitting it via one of the following methods:

- Via email to [timing-queries@challenging.events](mailto:timing-queries@challenging.events)
- <https://helpdesk.challenging.events/timing-queries>

By either route, you will receive a ticket reference number which will confirm the query has been received.

Please note the Triathlon England rules, in force at the time of the race, will be used for appeals against time penalties and DQ's.

## AND FINALLY....HAVE A GREAT RACE!

[Contact@challenging.event](mailto:Contact@challenging.event)

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