



RACE INFORMATION

CONTACT@BOURNEMOUTHINTERNATIONALTRI.CO.UK

Within this booklet, we aim to give you all the information you need to know to have 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:

www.bournemouthinternationaltri.co.uk

[Please also like the challenging events facebook page for info](#)

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

REFUNDS AND DEFERRALS

We are too close to race day for a deferral or a refund. You can transfer your entry to another competitor free of charge. It is your responsibility to find someone to replace you if you wish to use the transfer option. The closing date for transfers is Wednesday 4th September, you can do this yourself by heading to your account at my.challenging.events. Here you will also find your race number once it has been issued

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LOCATION

Event Location: West Cliff Gardens, Bournemouth.

ON THE DAY PROGRAMME *times may be delayed if the weather and visibility is poor on the day *

From	Stage
05:30am	Registration Opens (next to transition)
05:30am	Transition opens for pre-registered athletes
07:30am	Registration closes
07:30am	Transition CLOSES
6:45am	Assemble at Swim Start on the beach Race briefing for Sprint Wave
07:00am	Sprint Wave starts
07:15am	Standard wave to assemble on the Beach for briefing.
07:30am	Standard wave start. Note – Men U49 will start at 7:30am Ladies aquabike and men over 50 will start 5 minutes after.
07:50am	Safety Briefing Aquathlon (On the beach)
08:00am	Aquathlon Start –
08:50am	Safety Briefing on Beach for Long Swim
09:00am	Long Swim start.

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REGISTRATION

Option 1 Saturday 7th September 3pm – 5pm Durely Dean Hotel. (recommended)

Option 2 SUNDAY 8th September 2018

Registration will be outside transition from 5:30 am. Please allow plenty of time to register and rack your bike before your swim start time.

At registration you will need to know your race number. You can find this by either looking on the start list (under News on the website) or long on to your my.challenging.events account.

When you arrive at registration, read and sign the competitor responsibility statement first. Then hand this along with your ID or BTF card to the desk at registration.

They will hand you your race pack. If you entered more than three weeks ago you will be able to collect your finishers T-Shirt. A tick will be placed on your large bib number to say you have collected your t-shirt. If you have entered recently you will get a finishers t-shirt at the end of the race (although your size is not guaranteed)

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)
- Transition Security Wristband (placed on your wrist at registration)
- Bike and Helmet Stickers
- Active Timing Chip (worn on the Left ankle)

All competitors need to show ID to register, Forms of ID include a bank card and Tri England card.

- BTF Home Nations members need to show their membership cards as ID. **If you are unable to produce your card, you will be charged £5 for a day licence.**
- Unattached\Day Licence competitors need to produce ID with a photo or a bank card in their name.

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. You must be a Triathlon England member, live in the South West or be in a South West club to be eligible for the South West Sprint title.

Please Note:

If you don't make registration you are unlikely to race. Expect to queue so please give yourself

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plenty of time to register.

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 one of the following ID listed below

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. Make sure your brakes are working and you have bar ends in your handle bars.
- Find your wave for racking
- Only competitors can enter transition for security reasons.
- Respect other competitors and keep within your allocated space.
- Only a competitors may remove their own equipment from the transition area.
- No boxes will be allowed. Bags will be places in the baggage area to the back of the transition area
- There will be a baggage area to the side for bags – Long swim can use this area too

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 a **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.

We will have a bike mechanic in transition from 5:30am to assist with any last minute issues. They can not assist you once the race has started

Be prepared!

Take spare inner tubes and a cycle pump and wear correct clothing for the conditions. If you have a technical difficulty on the bike course please let a marshal know and the sweep van will collect you.

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 helmet and seat stem of your bike. We have a limited number of sale at registration for £8

CHANGING FACILITIES

Please arrive ready changed. There are toilets available at west cliff gardens but not until 8am, please be prepared.

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, 5K turn point and finish. High Five gels will be on the run course.

PARKING

Please use the car parks within the town. These are all pay and display car parks (including

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Sundays).

The nearest Car Parking is Bath Road South followed closely by Bath Road North. Both car parks are within 200 metres of transition. Due to being beach car parks they are £2.50 per hour. If you don't mind a slight walk of approx 10 minutes you can park for free on The West Cliff, directions can be found [HERE](#)

Bournemouth use Pay By Phone for cashless parking payments, you can register [HERE](#) for an account. Cash payment machines are also available in the car park.

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REGISTERED IN ENGLAND AND WALES, NO: 10440652**



EVENT COMPONENTS

SWIM (750M SPRINT OR 1500M STANDARD)

NOTES

The swim start is located on the West side of Bournemouth Pier.

We will call you to assemble on the finish line shoot. Here a member of the team will take down your race number and you will be invited into the start line holding pen. DO NOT enter the start line pen unless our crew member has taken your race number. This is for your own safety. You must be at the starting pen at least 15 minutes before your start time.

You must report to swim start for roll call and race briefing. If you miss the briefing you will not be able to race.

Wetsuits are mandatory

Swim hats will be provided and are mandatory

Sprint & Aquathlon Swim Course – 750 Metres -

Standard Swim Course – 1500 Metres -

Long Swim Course - There are two courses, one is one lap of 2.5k and one is 1.25k lap. The final decision will be made by the swim safety team at 6am on Sunday 9th September. Due to weather or numbers the swim maybe 2 laps for 2.5K/4 laps for 5K

Each lap will have an Aussie exit giving you the opportunity to take a drink.

There will be kayakers there for your safety, if you feel unwell or need assistance lay on your back with your arm in the air and one will come to you.

Relay – Once finished go to Transition and hand your chip to your rider.

CYCLE COURSE (20.5KM)

NOTES

This is a NON drafting event. There will be draft busters on the course who will issue warning and penalties.

Do not litter.

Marshalls are located along the course for your safety.

Please follow the highway code at all times and be courteous to other drivers and

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competitors.

Please take care on the A338, always shoulder check before overtaking a competitor.

We recommend competitors use a rear light in flashing mode during the bike section.

This is for increased visibility.

Relay – Rack your bike and hand your chip to your runner at your racking place.

RUN COURSE

NOTES:

- Take care! The prom is open to the public with walkers, dogs and the land train!
 - ☐ Sprint Distance Run Course & Aquathlon Run – 5.0 kms –
 - ☐ Standard Distance Run Course – 10 kms –

FOLLOW THE RUN COURSE SIGNS. LISTEN TO THE MARSHALS. LOOK OUT FOR OTHER USERS.

ALL COURSES CAN BE VIEWED HERE

[HTTPS://DRIVE.GOOGLE.COM/OPEN?ID=1ESJOFV9YLA6Z7GJVGYT0VGWCCV-FD6ZB&USP=SHARING](https://drive.google.com/open?id=1ESJOFV9YLA6Z7GJVGYT0VGWCCV-FD6ZB&USP=SHARING)

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.

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 and complete the back of your race number

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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 or not, if you feel unwell on race day, don't Race!

FREE POST RACE MASSAGE

Total therapy will be providing post race massage just outside transition.

You can see their full offer here <https://bournemouthinternationaltri.co.uk/partners/>

[Please take advantage of the pre race offers!](#)

FREE RACE PHOTOS

There will be free race photos available to download, you will find these attached to your challenging events account by logging into my.challenging.events

EXPO

We welcome, Pro Swimmer Wear, Triable Nutrition, RGMM Active, HOWL Multisport to the Expo

There will also be a coffee van for the pre race boost.

RESULTS & PRIZES

- Sprint and Standard Triathlon
- First Three Men, First Three Women
- First Man Under 20, First Women Under 20
- First Man 20-29, First Women 20-29
- First Man 30-39, First Women 30-39
- First Man 40-49, First Women 40-49
- First Man 50-59, First Women 50-59
- First Man Over 60, First Women over 60

Aquathlon & Aquabike

- First Three Men, First Three Women

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Long Swim 2.5k

- First Three Men, First Three Women

Long Swim 5k

- First Three Men, First Three Women

(All ages as at 31st Dec 2018)

The top 3 male and female finisher's move out of 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 presentation 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).

Presentations will happen after the last finisher which will be approx. 11:30am

RESULTS

A results ticketing service will provide online an over all time for each competitor immediately after the race.

Competitors will be emailed a link to provisional results after the race. Results will be finalised as of 6 pm on Tuesday 10th September . Only queries received by 12 pm on Tuesday 10th September will be considered.

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

- Via email to 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.

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AND FINALLY.... HAVE A GREAT RACE!

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