

# OFFBEAT EVENTS

## Swanage Triathlon Festival

Sunday 14<sup>th</sup> August 2016

Race Information Programme

Incorporating

Triathlon England 2016 South West Championships

For Standard Distance



Within this race programme we aim to give you all the information you need to know in order to have a great race. Please have a good read and if you still have any questions please email us on [info@offbeat-events.com](mailto:info@offbeat-events.com)

## REGISTRATION

### OPTION 1

- **Date:** Saturday 13th August
- **Time:** 2pm - 5pm
- **Location:** Sandpit Field, Swanage, BH19 1NR

#### **Please Note:**

Please use the local pay and display car parks. There is no parking available on the field where transition and registration are located.

### OPTION 2

- **Date:** Sunday 14th August
- **Time:** 05.30am - 06.30am
- **Location:** Sandpit Field, Swanage, BH19 1NR

#### **Please Note:**

If you don't make registration you are unlikely to race. Expect to queue so *please* give yourself 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 the following ID listed below.

### WHAT TO BRING WITH YOU TO REGISTRATION?

#### **(one of the following)**

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 license.

## RACE PACKS

Your race pack will include everything that you need to race. The race packs are collected from registration.

- Race number (worn on your back for the bike and front for the run, race belts are recommended)
- Helmet Number (to be stuck on front of your helmet)
- Bike Number (to be attached your handle bars)
- Timing Chip (worn on either wrist)
- Transition Security Wrist Band (to be attached before entering transition)
- Need a race belt? Wiggle sell them [HERE](#)

## BRITISH TRIATHLON RULES

We recommend you familiarise yourself with the rules that will be applied to this event. A Triathlon England Referee shall be in attendance on the day as will a motorcycle official on the bike course. This is a non-drafting event. The British Triathlon rulebook can be downloaded [HERE](#).

## CHIP TIMING

You will be issued with an active timing chip that is allocated to your race number. The chip will be affixed to a Velcro band on either wrist (not your ankle!). You will be moving past yellow EMIT timing boxes rather than mats. Chips will be collected at the finish line.

### **Please Note:**

- Wear your timing chip underneath your wetsuit, or you risk losing the chip when removing your wetsuit.
- If you pull out during the event, it is your responsibility to hand the timing chip to the finish marshals. There is a charge of £50 for lost chips.

## AMENDMENT OF ENTRY DETAILS

Competitors must notify the organisers of any corrections to entry details, in particular the team represented, before starting the race. It is not possible to make amendments during or after the event.

## TECHNICAL SUPPORT

It is your responsibility to ensure that your bike is in a roadworthy condition. Be prepared! Take spare inner tubes and wear correct clothing for the conditions.

## RACE NUMBERS

- **BODY MARKING** – Body marking is not required. Your race number, helmet number, bike number and timing chip identify you. So no more scrubbing in the bath post race!
- **BIB NUMBER** - race belts are recommended to allow your race number to be changed from the back for the bike course to the front for the run course. Alternatively, your number can be pinned on all four corners. You will need to move the number manually if you are using the pinned. Do not cut or fold your number. Doing so will incur a 2 minute time penalty.
- **BIKE NUMBER** – On your handle bars, clearly visible to transition marshals. To be kept on until you leave site.
- **HELMET STICKER** - on the front of the helmet for easy recognition
- **SECURITY WRISTBAND** – given to you at registration. To be kept on until you leave transition after the race.
- **Removal of your bike from the transition area will only be possible with your security wrist band and helmet which corresponds with the sticker on your bike frame.**

## RESULTS

A full set of provisional results will be available during the race. Click [HERE](#) to follow the live results. A provisional set of results will be posted on the Offbeat website by late afternoon on the day of the race. Competitors will have 48 hrs to make any queries before a final set is published.

Please check the [Offbeat website](#) or our [Facebook](#) page for links to the results. These are usually in place by 6pm on the evening of the race.

# RACE DAY

**Date:** Sunday 14th August 2016

**Event Location:** Sandpit Field, Swanage, BH19 1DN

## TIMETABLE

05:30	Sunday registration opens
05:30	Transition Opens for pre-registered competitors
06:20	Sunday registration closes
06:30	TRANSITION CLOSES for EVERYONE!!

### STANDARD WAVE - Men 40+, All Women and Relays

06:10	Assemble at Swim Start (on the beach)
06:15	Wave roll call at Swim Start
06:20	Race Briefing for wave
06:30	Wave swim start - Men 40+, All Women and Relays

### STANDARD WAVE - Men Under 20s, Men 20-29, Men 30-39

06:35	Assemble at Swim Start (on the beach)
06:40	Wave roll call at Swim Start
06:45	Race Briefing for wave
06:55	Wave swim start - Men U20s, Men 20-29, Men 30-39

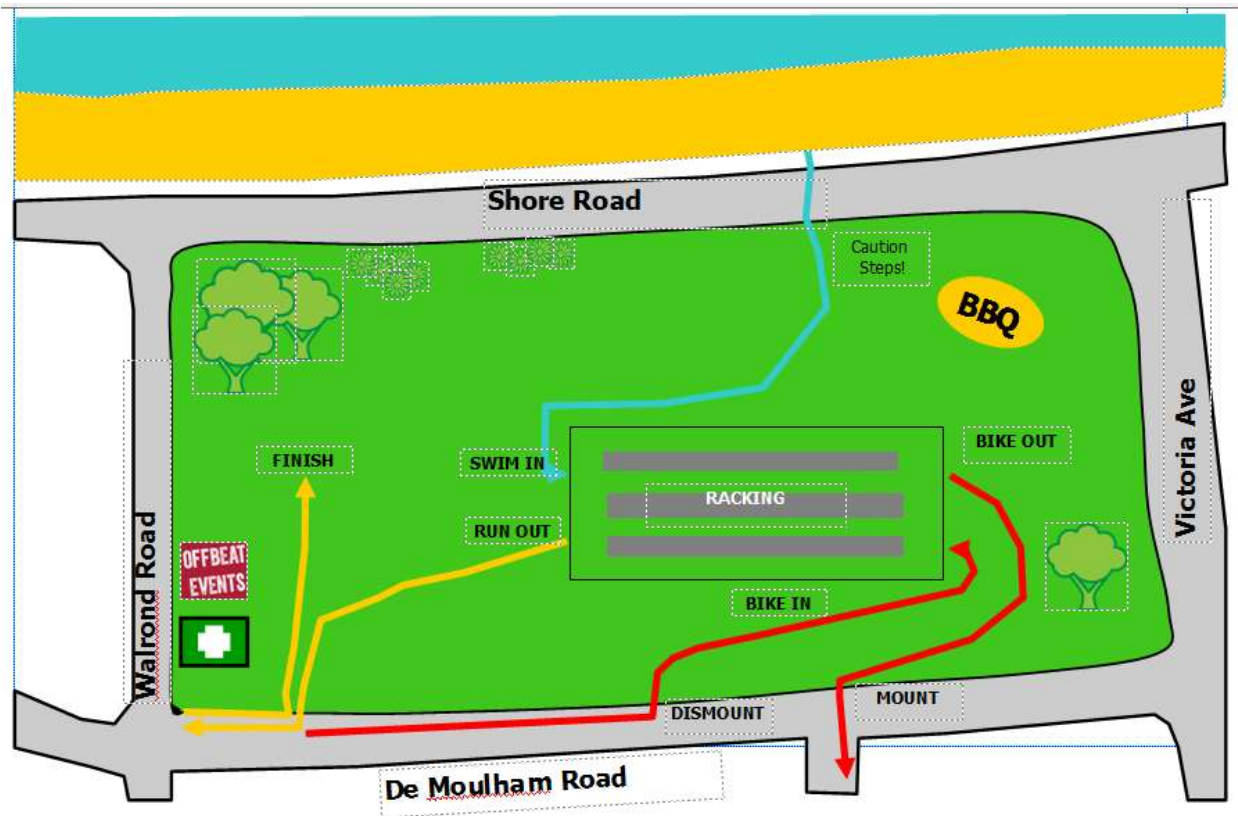
### SPRINT WAVE - Men & Women (all age groups)

07:00	Assemble at Swim Start (on the beach)
07:05	Wave roll call at Swim Start
07:10	Sprint Race Briefing – (located at Swim Start)
07:20	Wave swim start – All Age Groups

### Please Note:

- Age group classification done on age as of 31<sup>st</sup> December 2016
- Come to your race briefing ready to race, to avoid missing role call or your wave start time

## Transition Map



## Transition Information

- No ipods/MP3's allowed in transition or on the course.
- Only Competitors allowed in this area.

# SWIM COURSE

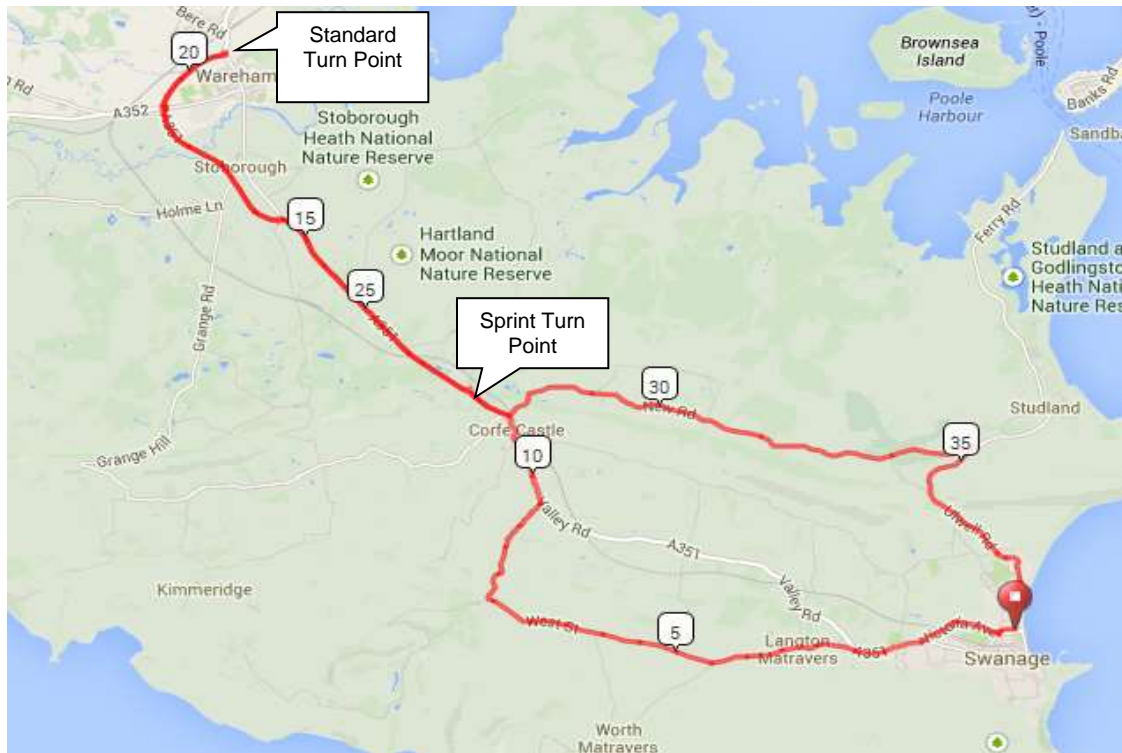
- The swim start is located just below transition and is a 2 minute walk from transition.
- You must report to swim start for roll call and race briefing.
- Wetsuits are mandatory
- Swim hats will be provided
- Sprint Swim Course – 750 Metres - View Online Course [HERE](#)
- Standard Swim Course – 1500 Metres - View Online Course [HERE](#)



\*Map is for illustration purposes and is not to scale

## BIKE COURSE

- Marshalls are located along the course for your safety.
- Please follow the highway code at all times and be courteous to other drivers and competitors.
- Please take care on the steep descent between Kingston and Corfe village. Slow down signs will be in place.
- Sprint Distance Bike Course – 23.4 kms - View Online Course [HERE](#)
- Standard Distance Bike Course – 38.5 kms - View Online Course [HERE](#)





# RUN COURSE

The run course this year is the old off road course from previous years. 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 offroad 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 - View Online Course [HERE](#)
- Standard Distance Run Course – 10 kms - View Online Course [HERE](#)
- **Red** Section – Sprint Course (see map below)
- **Red\Yellow** Section – Standard Course (see map below)



## RESULTS & AWARDS

### 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 yrs
- First Man Over 60      First Woman Over 60
- First Club (Top 3 finishers from same club)

### Swanage Sprint Triathlon Award List

- First three Men      First three Women
- First Male U20 yrs      First Female 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 yrs
- First Man Over 60      First Woman Over 60
- First Club (Top 3 finishers from same club)

### Triathlon England South West Championships (Standard Distance) 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 yrs
- First Man Over 60      First Woman Over 60
- First Club (Top 3 finishers from same club)

#### **Please Note:**

For both the sprint and standard distances the top 3 male and female finisher's move out of their respective age group category. This is something we have done for the past 20 years as it allows trophies to be distributed amongst a wider field of competitors. This does not include The Triathlon England South West Championships (standard distance).

## PRESENTATION

Presentation will take place next to the finish 30 minutes after the last finisher. An estimated time for presentation is between 11:00am. There is a charge of £5 to cover postage and packing of your award if you are unable to stay on.

## RACE WITHDRAWAL

If you withdraw from the race at any point please inform the BTF Referee. It is extremely important that we are aware of all competitors' whereabouts.

- You must hand in your race chip on withdrawal to an official at the finish line
- Failure to hand in your chip will incur a charge of £50.

## PARKING

Please use the car parks within the town. **These are all pay and display car parks (including Sundays).** Strictly no parking on the curb outside transition to unload. This is for safety reasons. There is free parking in some of the roads in and around the transition

## 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.

## MEDICAL ADVICE

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

- **Whether you have a medical condition or not, if you feel unwell on race day- Don't Race!**

Please check the [website](#) for any changes and event updates or keep up to date with us on [Facebook](#).

If you have any questions, please contact us on [mailto:info@offbeat-events.com?subject=Event Enquiry](mailto:info@offbeat-events.com?subject=Event%20Enquiry)

**Have a great race!**