



Sunday 22 September 2019 Pre-Race Information

If you are part of a team, please share this with your team members

Start times will be posted on the website on **Friday 20 September** - this is based on your estimated swim time provided at time of entry. If you think your estimated time for 600 metres is wrong, please tell us no later than 0900 on Thursday 19 September. No changes to times will be made after this date. Anyone swimming a vastly different speed to that given may be disqualified.

EVENT TIMETABLE

0730 Registration and sports centre café opens

You need to register at least one hour before your programmed start time

0900 First swimmers start

You should present yourself at poolside 10 minutes before your planned swim start time

0915 First cyclists start (approx)

1015/1030 First runners start (approx)

1045-1300 Runners finish (approx)

1230 Presentation (as soon as possible around this time)

PRIZES

There will be prizes for first woman and first man in the following age group categories (ages as at date of event):

- 16 - 24
- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 +

The First Man and First Woman overall will each be awarded The Isle of Wight County Press Perpetual Trophy as well as a glass trophy made by Sculptglass.

Overall winners will not also win their age group category; this will be awarded to the next finisher in that age group.

Each member of the overall winning team will be awarded a trophy made by Sculptglass



REGISTRATION & TRANSITION

All competitors should register at least one hour before their planned swim start time. Start times will be published on the website on Friday 20 September. Registration is in the Mountbatten Room at the West Wight Sports & Community Centre and opens at 0730.

Bikes should be left outside the building while competitors register. **You cannot enter transition** until you have registered and you have received your race number.

At registration, competitors will have their number written with marker pen on both arms and legs, and be given two race numbers and two labels. One race number is to be displayed on your back for the cycle and one on your front for the run. One label is to be displayed clearly on your bike and one on your helmet. Number belts are permitted. Relay teams will also be given a wristband, which will be their "baton" and be passed on at each transition.

Your race number will allow you into the transition area. Once in the transition area, find your numbered position and hang your bike safely on the rack.

For health and safety and security reasons, you are only permitted in the transition area with a race number. If you are bringing children with you, they must be adequately supervised and are not at any time permitted in the transition area.

The transition area extends from the swimming pool exit, through the pool garden, into the fenced bike rack area. Only competitors and authorised persons are allowed in this area. Competitors are not permitted to ride their bikes in the transition area. Bikes must be pushed and helmets must remain done up until the bike is racked securely. Penalty times will be added to anyone not adhering to this rule.

SWIM

Competitors must report to poolside 10 minutes prior to their planned swim start time where they will be allocated a lane and given a coloured swim hat, which must be worn.

Running in the pool area is not permitted. It is slippery and dangerous. Offenders will be disqualified and will not be allowed to continue with the race.

There will be staggered starts and swimmers will be told when they have two lengths to go.

CYCLE

The entire course will not be marshalled. It is therefore the responsibility of all competitors to know the route.

The race is not on closed roads - you are responsible for remaining aware of road conditions

The route is a 35km cycle along the Military Road, the South West Coast of the Isle of Wight.

Your cycle should be placed in the racks in the transition area after registration, with your numbered label fixed to it. There will be an allocated space in the transition area also labelled with your number.

In transition a one-way system operates and no cycling is permitted in the transition area. Cycling in the transition area will result in disqualification.

Your race number should be shown on your back for the duration of the cycle section.

Helmets of an approved type must be fastened before de-racking and unfastened after racking bikes. A two-minute penalty will apply for any breach.



It is the responsibility of the competitor to ensure that the bike is safe and roadworthy. Non-roadworthy bikes will not be permitted to start the race. Bikes and helmets will be checked as they enter transition before the race.

Drafting is not permitted. "Draft busting" motorcyclists or cars will be on the route.

The wearing of headphones is not permitted.

At all times, the rules of the road apply. Marshals are not responsible for giving directions and have no powers to control traffic. Please do not expect them to do this. Police may be present on the route. They too should not be expected to stop traffic. Reckless riding will be reported by marshals and will result in disqualification.

RUN

The wearing of headphones is not permitted.

A race number must be displayed on your front during the run.

There will be a drink station at the exit of the transition area at the start of the run.

The route is 7.5 km, flat, out and back towards Yarmouth, mainly on a footpath.

The run route crosses some roads. These points may be marshalled, however, at all times the rules of the road apply. Marshals are not responsible for giving directions and have no powers to control traffic. Please do not expect them to do this.

Reckless behaviour considered to put you, other competitors, spectators or other persons at risk, will be reported by marshals and will result in disqualification. As part of the route is on a bridleway, you should be prepared to encounter animals, cyclists and pedestrians.

PLEASE NOTE: The run and cycle courses will be marked with arrows, but the entire courses will not be marshalled. It is therefore the responsibility of all competitors to know the routes.

TEAMS

The wrist band issued at registration will be used as a baton. This will be passed by the swimmer to the cyclist at the bike rack before the bike is de-racked, and by the cyclist to the runner at the bike rack after the bike is re-racked. There is a two-minute penalty if in default of any and each of this.

MASSAGE AVAILABLE AT FINISH LINE

Post-race massage will be available at the finish line thanks to Ivan from Medina Sports Massage.

DISCLAIMER

The organisers accept no responsibility for loss or damage to personal effects, accident, injury or death however so arising.

VENUE INFORMATION

West Wight Sports and Community Centre, Moa Place, Freshwater, Isle of Wight, PO40 9XH.

www.westwight.org.uk

Changing and shower facilities are available throughout the day at the sports centre from 0730.



The café will be open throughout the day from 0730.

Blueline Security and First Aid will be based at West Wight Sports & Community Centre throughout the event.

Sports Centre phone number 01983 752168.

Car Parking charges will apply. Isle of Wight Council parking attendants are very likely to be in attendance and will issue Penalty Charge Notices to anyone parked out of bay, illegally parked in a disabled bay or without a valid ticket. Alternative car parking can be found at Avenue Road Car Park, which is about 2 minutes' walk from the Sports Centre.

Please do not park on the cycle or run route for obvious reasons

IN CASE OF EMERGENCY

In the case of an emergency call 999 Immediately, then call the Sports Centre on 01983 752168

You will need to tell the Emergency Services: Your Name, Nature of incident and condition of casualty, Exact location of casualty, Sex of casualty, Race Number (only for Sports Centre)

Please stay with casualty until help arrives

In the case of a minor incident call the Sports Centre on 01983 752168

Blueline Security and First Aid will be on site for the event with a 4x4 vehicle.

SPECTATORS

There are many spots along both the cycle and run courses for spectators to position themselves and there is a spectator area at the finish. There is also a spectator area at poolside.

Spectators may not enter the transition area or the sports centre garden. Access to the playing field where spectators can view transition and finish is through the gate from the car park.

The café will be open throughout the event

CHILDREN

Children under 8 must be accompanied at all times by an adult.

Please keep children under close supervision and do not allow them in the transition area.

Speeding cyclists and runners may not see small children and collisions could result in serious accidents.

RESULTS

Results will be published on our [website](#) as early as possible on race day.

GOOD LUCK AND ENJOY



ACKNOWLEDGEMENTS

A huge thank you goes to the volunteer marshals, lane counters, timekeepers, sports centre staff and other officials and helpers who have given up their time to allow you to take part. An event such as this requires in excess of 50 volunteers, the majority of whom are unpaid. Thanks go to every one of them. The event would not happen without their support and willingness to help. Your support in thanking the marshals and helpers is much appreciated - please acknowledge them as you pass and at all times be polite.

SPONSOR

Huge thank you to Adrian at Adrian's Bike Shop for his continued support of not only this event but also the centre.



DEDICATION

This year's triathlon is dedicated to the memory of Sarah Younger. Sarah took part in nearly all the West Wight Triathlons over the years - either as a competitor or as a marshal or timekeeper. She is deeply missed but her determination will continue to inspire us.



HEALTH AND SAFETY INFORMATION 2019



You are expected to read the following before taking part in the event and at registration you will be asked to confirm you have read and understood these notes.

- ✓ No running is allowed until you have left the building after your swim
- ✓ Rules of the road apply throughout the event – you are fully responsible for sticking to them. Marshals are there for guidance and to draw attention to other road users that there is an event on. Marshals will not stop or direct traffic and competitors should not ask them to do so. This includes any traffic lights on the route where you will be expected to stop if lights are on red. Any infringement, reckless behaviour, or arguing with marshals may result in disqualification.
- ✓ Know the routes – read the maps.
- ✓ First Aiders will be based at the Sports Centre. In the event of a major incident you should ring 999 and then ring West Wight Sports & Community Centre when safe to do so. For minor incidents please contact the Sports & Community Centre on 01983 752168.
- ✓ No drafting is allowed and infringement will incur a time penalty.
- ✓ Cycle helmets must be worn. Helmets must be clipped on before bikes are de-racked and must stay clipped until after the bike is racked again.
- ✓ Cycles must be roadworthy and not dangerous to others. Cycles WILL be checked by a mechanic before entering the transition area.
- ✓ Cycling is not permitted in the transition area. Bikes must be pushed to/from the designated mark at the entrance/exit to transition.
- ✓ Headphones or anything else that could cause a distraction to competitors or others are not permitted.
- ✓ The whole event (except the swim!) is on open public roads or footpaths. You should be constantly aware of other road or path users including other vehicles, children, animals and pedestrians.
- ✓ Only competitors wearing a race number, or race officials wearing a security band are permitted in the transition area. Bikes cannot be brought into or taken out of transition by anyone other than a competitor whose race number is visible and matches the bike number. When leaving with a bike – the number must remain on the bike and must correspond to your race number which must still be legible. **Please remember this at the end or you will not be allowed to retrieve your bike.**