

Crewkerne Short Course Triathlon

Sunday 5th July 2008

Race Details

Thank you for entering the third Crewkerne Short Course Triathlon. Please read the following carefully as it contains important course and safety information.

The triathlon will be run in accordance with British Triathlon Federation (BTF) rules. Details of these rules can be found at www.britishtriathlon.org

Registration

Registration will be open from 6am on Sunday. If you are a BTF member, please remember to bring your BTF card with you. Any BTF members without a BTF card will be required to pay £2 for a day licence. At registration you will be handed your race numbers and a bike sticker with your race number on it. You will also be body marked with your race number. Only competitors will be allowed into the bike transition area. You will need to show your race number to gain access to the transition and this will be checked against the number on your bike. Your race number needs to be clearly visible on your back for the cycle leg and on your front for the run leg. Race belts may be worn but any race numbers not visible will mean you will not receive split times for the race.

Swim

The swim is 10 lengths of Crewkerne Aqua Centre's 25 metre pool. Please ensure that you are poolside **15 minutes** prior to your wave start time. Listen out for a marshal to call you forward to organise your wave. You will be given a coloured swim cap for the swim and be advised which lane you are swimming in. There will be four marked lanes. Before entering the pool, you will be given a race brief. Any course changes or safety aspects will be brought to your attention at this point. The race will start and finish from the deep end of the pool - **no diving is allowed and backstroke is not permitted**. Please be aware of the other swimmers in your lane. As a courtesy to the other

swimmers, if you need to overtake then touch the feet of the person ahead of you. They should stop at the end of that length to allow you to pass. When you have two lengths to go, the lane counter will indicate this to you by showing a "two laps" sign. Exit the water from the deep end, leaving your swim-cap with the lane counter. Exit the Aqua Centre from the emergency exit at the end of the pool. Please walk around the pool and take care of the slippery surface. From here, make your way to the bike transition to collect your bike.

Bike

You must wear a helmet during the cycle section, this helmet must be on your head and fastened before you take hold of your bike and must remain so until after you rack your bike at the end of the cycle course. A 2 minute time penalty will be awarded for non-compliance.

Please note that no drafting will be allowed on the bike course - see 7m rule on www.britishtriathlon.org.

You must mount and dismount at the designated area. No riding in transition (2 minute time penalty)

- From the bike transition exit onto the car park, heading towards the car park exit. Run/walk at this stage until you mount/dismount area. Mount your bike at this point (marshalled).
- Exit the car park left onto South Street - take care of any oncoming traffic from the right.
- Continue along South Street, take care at the zebra crossing for any pedestrians, up Station Hill and into Misterton. **Take extreme care of the sharp left hand bend as you come down the hill in Misterton, the bend is preceded by a severe pot-hole.**
- Out of Misterton, turn left at the crossroads onto the A3066 to North Perrott. Take care at the sharp left hand bend as you come into North Perrott.
- From North Perrott, continue through Haselbury Plucknett to the junction with the A30 at the end of the village. Turn left at this junction onto the A30 - **take**

extreme caution at this junction

- Continue on the A30 back to Crewkerne. Take care at the zebra crossing part way down the hill and take the first exit (straight ahead) at the mini roundabout in Crewkerne.
- Through the centre of Crewkerne, over the pelican light controlled crossing then fork left onto the A356 and back to the Aqua Centre. **Anybody jumping the pedestrian crossing lights will be disqualified for dangerous riding.**
- Dismount at the dismount sign and return your bike to transition.

Cars will be accessing the car park the whole time the triathlon takes place. Please take care exiting and returning to transition.

All roads are open to traffic. The Highway Code must be obeyed at all times. Marshals will not stop traffic for you at junctions, be prepared to Give Way/STOP!

Run

- Exit transition, cross the car park past Henhayes Centre and through a gate to the Orchards Nursing Home car park.
- From the car park exit out onto Orchards Lane, turning left and following the lane to turn right at the end of the road along East Street.
- 270m along East Street turn right onto Easthams Road.
- At the end of Easthams Road, join the footpath - this section of the run is cross-country.
- 400m along the footpath turn right through a gate.
- Stay on this footpath for 360m (kissing gate at end of field) which takes you into Blacknell Lane Trading Estate.
- At the end of the road turn right.
- At the end of the road turn right. You will need to cross over this road to take the next left.
- At the end of this road turn left and then right up some steps onto Henhayes Playing Fields and the finishing line ahead of you.
- Make sure the marshals have your number as you cross the finishing line.

It is the responsibility of the athlete to know the route and complete the specified course.

Signs may be tampered with - the Race Organiser takes no responsibility for such occurrences.

Other Information

In addition to the rules noted above, the use of headphones including MP3 players or mobiles whilst racing is dangerous and is prohibited. (DQ offence)

Should you be unable to complete the race, please let a marshal know.

All of our marshals are volunteers. Any competitor, including their family or friends, abusing our marshals will be disqualified and will receive a lifetime ban from events arranged by Crewkerne Triathlon Management Committee. Any issues you may have should be discussed with the Race Organiser and only the Race Organiser.

Facilities

Toilets are available by the pool changing rooms at the Aqua Centre. Please pay due consideration to Aqua Centre members using the centre for the duration of the event.

Refreshments will be available from the Henhayes Centre, just along from the Aqua Centre.

Prizes

Presentations and prize giving will start shortly after the last competitor has completed the course. Prizes will be awarded to the top 3 overall finishers male and female and to the first male and female age category winners.

Crewkerne Management Triathlon Committee wish to thank all the volunteers who have helped on the day and in the build up to the event.

Also:

TRI UK
Crewkerne Aqua Centre
Prelude Sports and Print
Crewkerne Running Club
Crewkerne Town Council