

T BODY IN MOTION TRIATHLON 2010 TRIATHLON SERIES

WELCOME to the Eastleigh Children's and Novice Triathlon, part of the Body in Motion 2010 Triathlon Series. We hope you have an enjoyable day.

LOCATION

Eastleigh Lakes, Eastleigh, Hampshire SO50 5PE. We are very grateful to Eastleigh Borough Council for the use of this venue and with this in mind, please treat all the facilities and the surrounding area with respect and leave them as you find them.

HOW TO GET THERE

A link to Google maps is available on www.lakesidemultisports.co.uk

PARKING

There will be free parking on site for everyone, please use the main entrance off Wide Lane, then park in the first two bays nearest the roadside. This will keep the area safe for competitors and relieve congestion.

REGISTRATION

Registration will be held at the venue near the entrance to the lake. All competitors should register between 0730hrs 0900hrs on Sunday morning. **No registration less than 15 mins prior to your race, if you are late you don't race!!**

At registration you will be required to show your BTF Race License (excluding those non BTF members, who must show some form of photographic identification). You will be issued with a goodie bag, including a swim hat, a race number and bike stickers which must be stuck to your bike before entering transition. The sticker does not have to be visible throughout the race.

NON-BTF MEMBERS

All non-BTF members must collect a day license at Registration to compete in a BTF Sanctioned event (day licence fee already included in entry fee).

MEDICAL ADVICE

If you feel unwell on race day please don't race. If you have any medical condition including asthma or any allergies please write the details on the back of your race number and put a small X on front in waterproof pen.

First aid will be provided by the St John's Ambulance and they will be clearly sited at various positions around the course, please go straight to them if you have any concerns.

REFRESHMENTS AND PHOTOGRAPHS

Food and drink will be on available from the café at lakeside. Photographs by Martyn Walker Photography will be available to view and purchase on-site throughout the day

LOST PROPERTY/CHILDREN

Please report any lost property/Children to the Transition Managers who will be at the bike exit to transition throughout the event. The organisers are not responsible for the loss of personal property.

TO CONTACT US

Write to: Try Tri Events, 100a, Winchester Road, Chandlers Ford, Hampshire SO53 2GJ

Email: triathlon@thereesgroup.co.uk Tel: [023 80 273657](tel:02380273657)

THANK YOU

We would like to thank the people who have generously helped and supported this event all of our sponsors, Eastleigh Police, Eastleigh Borough Council, The Highways Agency, St John's Ambulance and of course the many volunteers, without whom we could not hold such an event.

VOLUNTEERS WANTED

We still need a few more people to help All volunteers receive a T-Shirt, food and refreshments. You can still feel part of the event without racing. You will be individually briefed upon check in. Volunteer's registration 0730hrs. If you can help in any way please Call: Chris on 02380 273657 or 07894 790 441 email: triathlon@thereesgroup.co.uk

A FEW RULES

Race Numbers - One number must be worn on the front of your t-shirt. Numbers must not be folded, cut down or mutilated in any way.

Cycle Helmets - BSI, ANSI or SNELL approved helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to removing your bike from the rack and neither undone or removed until after re-racking your bike.

Transition - No riding is allowed in the transition area at any time. You must run with your bikes to the mount line and on your return to transition dismount in the zone before entering transition. Check out where mount and dismount lines are before the race.

Cycle Conduct - Competitors must make sure that their cycle is in a safe and roadworthy condition. All competitors must keep to the left and overtake on the right. Please take note of signs and obey marshal instructions.

Drafting - This is a non-drafting race for all categories. During the cycle section competitors must not take pace behind or beside another competitor or vehicle. You must be 7 metres behind the front wheel of the competitor in front, apart from when overtaking - there is no side-by-side riding. When overtaking you must pass the competitor in front within 15 seconds. It is the responsibility of the cyclist being overtaken to drop back once the overtaking cyclist's front wheel is ahead of his/hers. Competitors are not allowed to draft from any vehicle including the lead vehicle.

Disqualification - The following infringements will result in disqualification: Abusive language, breaking road traffic regulations, dangerous conduct/riding, failing to obey marshals or the police, nudity, outside assistance, unsporting impedance, 2 x drafting violations, course irregularities (short cut), tampering with other competitors' equipment. For further details of race rules see BTF Handbook or website: www.britishtriathlon.org.

SPECTATING

The main activities are centred around the swim start/finish and transition areas. Spectators are asked not to take their cars out onto the bike course. It is important that spectator traffic is not generated both for the safety of the competitors and also to minimise any inconvenience to other road users. Vehicles attending or following any rider will result in that rider being disqualified. There are also sections which are taped off to prevent spectators and competitors mixing. Please remain outside these areas as they are there for the safety of all concerned.

BIKE RACKING

All bikes must be racked latest 15mins prior to your race on Sunday. Entrance can only be gained to the transition area with your race number. Your bike must have a sticker with your number on and you must show your cycle helmet upon entry. Only competitors with race numbers will be allowed back into transition to collect cycles after the event, which must be shown when leaving the transition area. Please rack according to your race number. Please do not leave your kit bags in transition, lock them away in your vehicle, as they can prove to be obstructive to other athletes. Bikes must be collected before the start of the next race, please be prompt collecting them when you have finished your race. Be at the registration area in front of the lake 15 minutes before your start time for a final briefing before heading into the lake and start.

Novice - 0800

Swim 200m Cycle 10km (1 lap) Run 2.5km (1 lap)

Time Trial 1 - 0900

Swim 50m Cycle 2km (2 laps) Run 1km (1 laps)

Time Trial 2 - 0930

Swim 100m Cycle 4km (4 laps) Run 2km (2 laps)

The Start

This will be in the water in the lake. Being relatively shallow the swimmers will be able to touch the bottom almost everywhere, certainly if in any difficulty at any point, roll on to your back and put your hand in the air and a safety canoe will be with you immediately, alternatively swim towards the edge of the lake or

indeed, stand up. The water is nicely warm at an anticipated 20°C. Beginners are welcomed and the site is a National Open Water Coaching appointed venue. Photos of the lake, rules and maps are available to view at www.lakesidemultisports.co.uk Owner details can also be found here

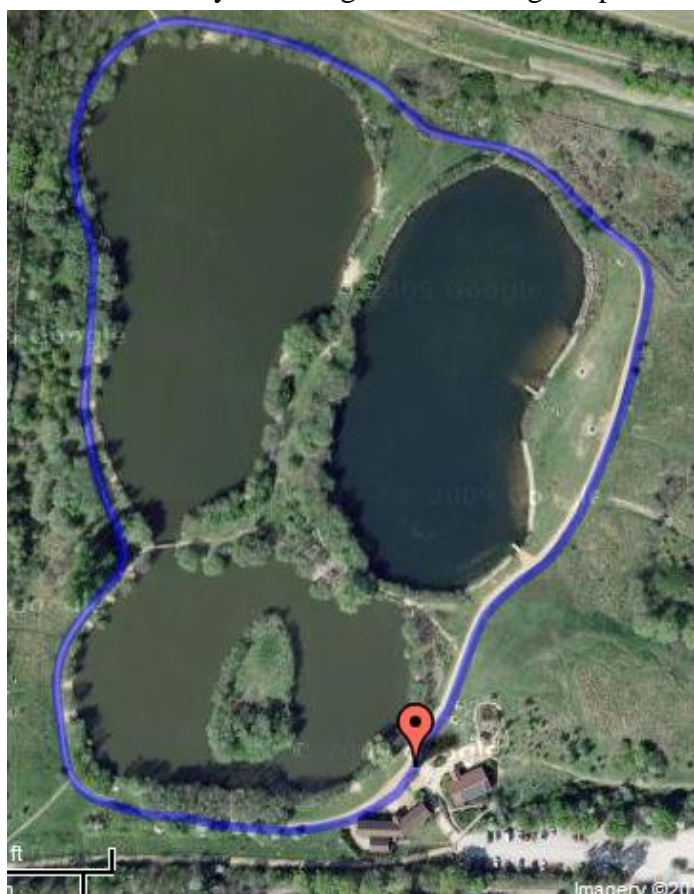
Swim 50m/100m/200m

Wetsuits are compulsory. The swim is one straight distance to the yellow finish buoy. The lake is shallow however if you can't stand and get into trouble roll onto your back, put your hand in the air and a lifeguard will help you immediately. Don't panic and listen for instructions. The ground to transition is a mix of gravel and grass so care needs to be taken here.

Bike

On exit of the lake follow the marshals and signs back towards your bike racking. You must run into transition collect your bike and exit before mounting your bike. The bike route for Novice distance is out towards the main road,

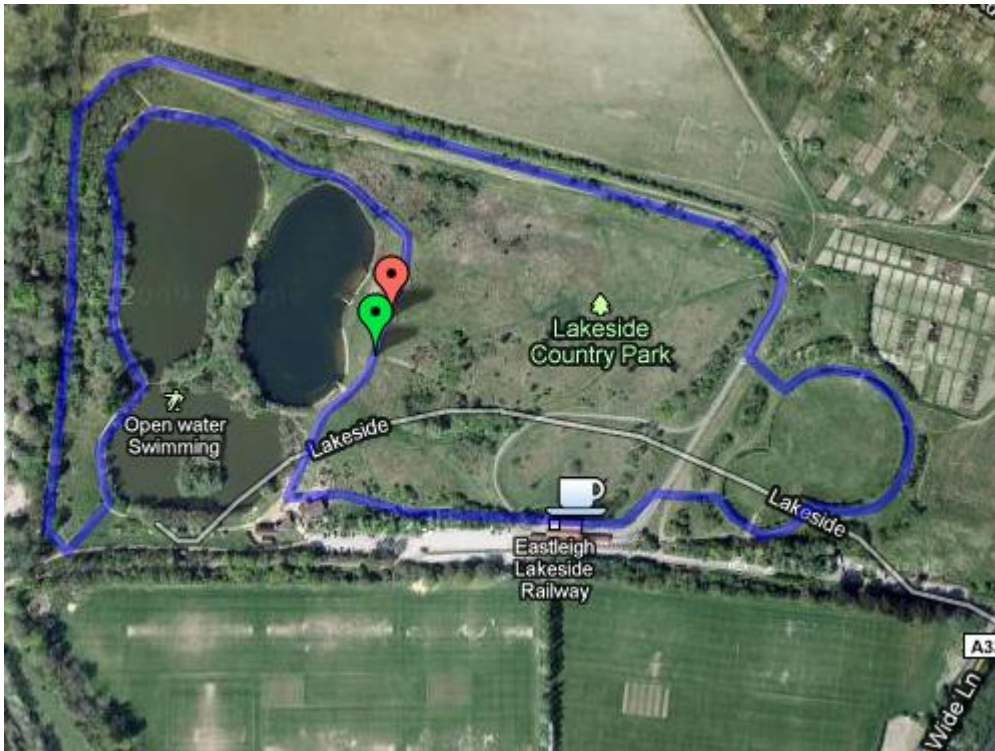
please follow marshals instructions and signs. The route can be seen by following this link: <http://www.gmap-pedometer.com/?r=3672725> It is important that you are aware of the entrance back into Lakeside, as you turn left off ?? Road you have a choice of either 1. getting off your bike, mounting the curb and riding over the bridge or 2. riding through the ford. Care then needs to be taken riding back to transition as there are likely to be dog walkers along the path. Marshals will be there to assist.



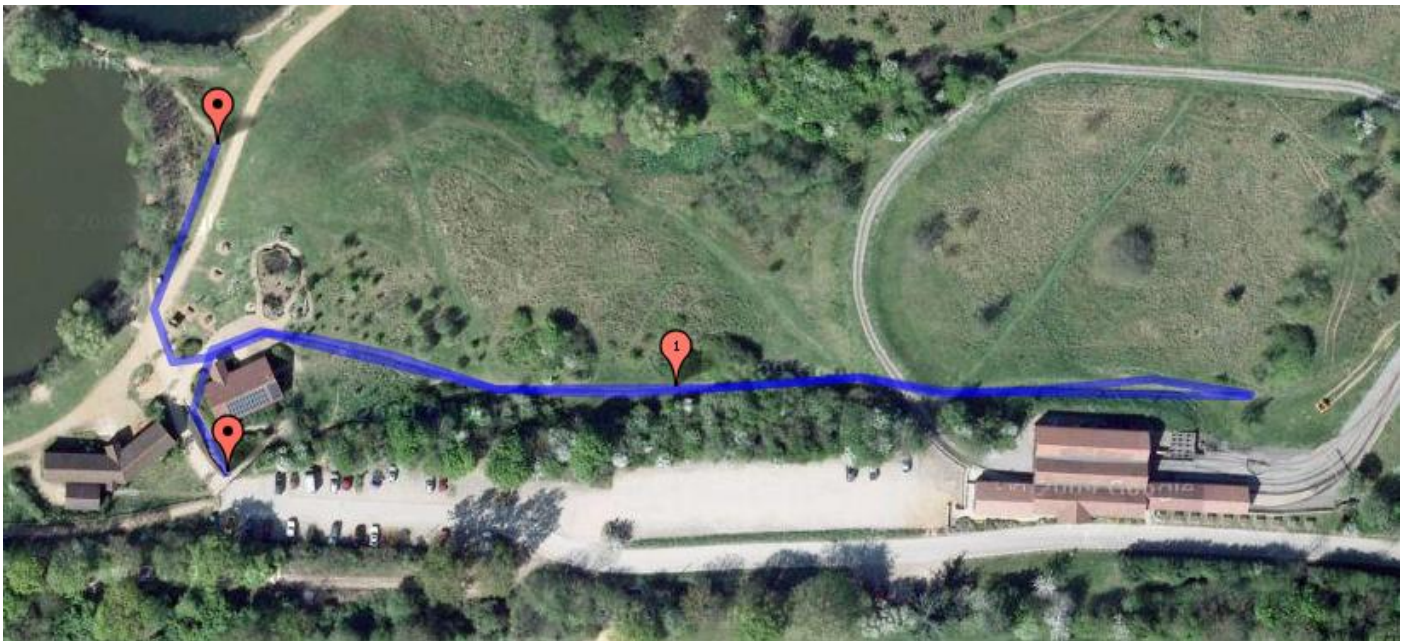
Time trial 1 is two laps of the lake, Time trial 2 is four laps. Competitors must count their own laps and any competitor failing to count correctly will be disqualified. The bike route for these 2 races can be seen by following this link: <http://www.gmap-pedometer.com/?r=3777749> once you have completed your set number of laps, you will dismount and enter the transition area. Please then rack your bike, and remove your helmet before heading down to the run section.

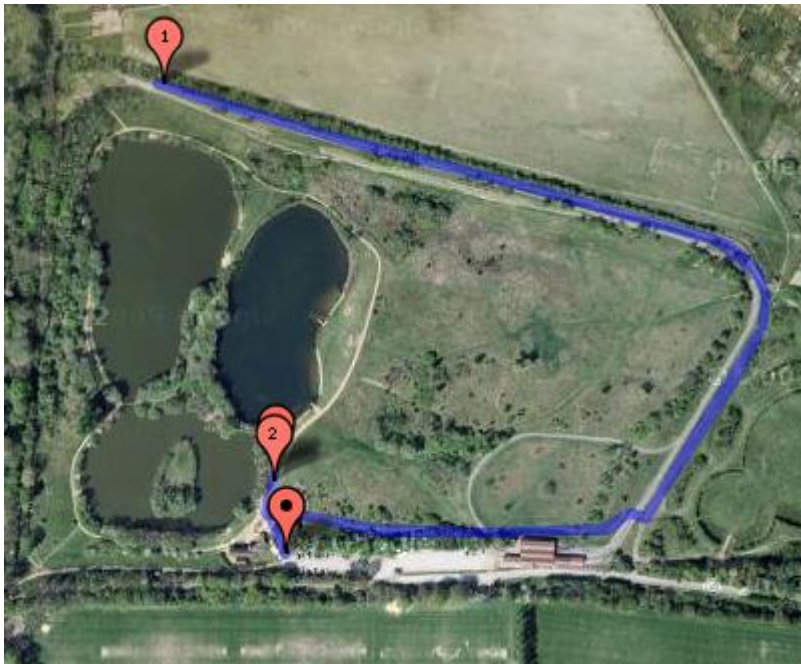
Run

All races are on a fairly flat course around the lake. This is, however off road or on chalk paths and therefore care needs to be taken with uneven ground. Care should be taken when running in or out of the transition areas as other competitors will be at different stages in the race. All routes will be clearly signed, but routes can be seen by following these links: Novice <http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&t=h&msid=107053537208596471545.000485e81f6290d3691a&source=embed&ll=50.95694,-1.365352&spn=0.010597,0.01929&z=16&iwloc=000485ee87451423b6e8a> this is the Park Run route that you may be familiar with.



Time Trial 1 <http://www.gmap-pedometer.com/?r=3777812> and





Finish

The finish is located by the lake and will be clearly sign posted. This will be visible for spectators so please do not enter the race course for any reason unless first discussed and agreed with a marshal, this is for the safety of all concerned.

During all of these races Eastleigh Lakes, the Railway and lakeside grounds will all be open to the public, dog walkers etc and therefore care must be taken to avoid any incidents. Marshals and volunteers will be around on the course and will do their very best to keep the routes clear however diligence and awareness must be used when racing on the grounds.

Try Tri Events would like to thank our Title Sponsors – Body in Motion for their support in running this series as well as all of our volunteers and spectators who make these events safe and enjoyable for all.



www.bodyinmotion.co.uk



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