



BODY IN MOTION TRIATHLON 2010 TRIATHLON SERIES

Race Information

**Winchester Children's and Novice
Triathlon**

**Sunday 26th September
0700 - 1400**

**Kings' School Winchester,
SO22 5PN**



Catering Occasions

WELCOME to the Winchester Children's and Novice Triathlon we hope you have an enjoyable day.

LOCATION

Kings' School, Romsey Road, Winchester, Hampshire SO22 5PN. We are very grateful to Kings' School 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

Winchester is accessible by the M3 motorway and to avoid traffic in town it is recommended to come off at junction 11. Kings' School is approx. 4 mins from the motorway on Romsey Road. A link to Google maps is available on www.trytri.co.uk

PARKING

There will be free parking on site for everyone, please use the main entrance off Romsey Road, then turn right to the staff car park, please leave bikes in your car until you have registered.

REGISTRATION

Registration will be held in the Community centre at the entrance to the pool. All competitors should register between 0700hrs and 0745 for the Novice race and 1200 - 1245hrs for the Time trials.

Please pick up your chip from registration for more accurate results!

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, a race number, 2x bike stickers which must be attached to your cycle 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 sale from the just outside the Race HQ from Catering4Occasions. 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: Tri Team Wessex, 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, Winchester Police, Winchester City Council, 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. Volunteers 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.

PRIZES and RESULTS

Prizes will be awarded for first male and first female in each race. Results will be available on the website www.trytri.co.uk within 48 hours.

This year's results will be created by FullonSport using Chip timing for more information visit their website: www.fullonsport.co.uk

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 prior to your race, on Sunday by 1245 for both races. 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 Race HQ located in the community centre 15 minutes before your start time for a final briefing and wave details before heading to the pool and start.

The Start

This is at the shallow end of the swimming pool (walk to the left as you enter). You will then be assigned a swim hat and a lane, the pool supervisor will ask you for your race number. Once you have given your race number, please do not change your swim hat or lane as this will affect your results.

Swim 50m/100m

This is 2, or 4 lengths of the pool respectively. The pool is 1.2m at its deepest 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. **Trainers or bike shoes must be left at the pool exit** ready to be worn directly from the swim for the run down to transition, the ground is gravel and you are likely to injure your feet if this is not adhered to. Ensure you leave your swim hat with the lap counter on exit of the pool.

Bike Route for Time Trials

On exit of the pool building follow the yellow tape and yellow cones back towards your bike racking on the left hand side of the path. You must run into transition collect your bike and exit before mounting your bike. The bike route is then back down the path you have just come from and turning left past entrance of astro turf, down towards the field and completing a full lap of field 1 and 2. Please ensure you go around the white posts in the fields. Time trial 1 is 2 laps Time trial 2 is 4 laps of the field. Competitors must count their own laps and any competitor failing to count correctly will be disqualified. Once you have completed your set number of laps, you will dismount and enter the transition area from the top of field 2. Please then rack your bike, and remove your helmet before heading down to the run section.

Run

All races are on a flat fast course around the field 3 turning right out of transition. Time trial 1 being 2 laps and Time trial 2 is 4 laps. 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. All competitors

need to run anti-clockwise around field 3 and on completion of the set number of laps you head down towards the finish which is located at the front of the main school building.

Finish

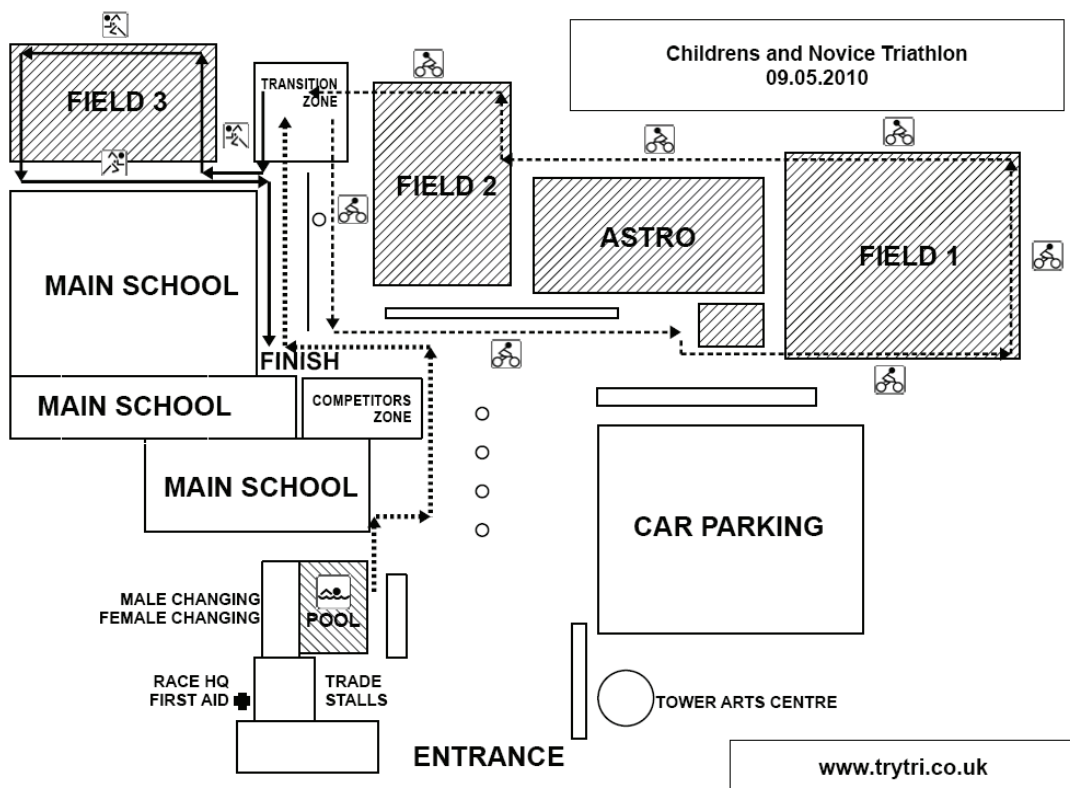
The finish is located on the route back from transition to the pool and will be clearly sign posted. This will be visible for spectators so please do not enter the race course for any reason unless first discussed and agreed with a marshal, this is for the safety of all concerned.

Time trial 1 1300

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

Time trials 2 1330

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



PLEASE NOTE DISTANCES ARE APPROX. DUE TO RELOCATION OF TRANSITION.

BIKE RACKING

All bikes must be racked prior to your race by 0745 for the novices or 1245 for the time trials 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 Race HQ located in the community centre 15 minutes before your start time for a final briefing and wave details before heading to the pool and start.

Novice (15 years +) 0800 First wave start

Swim 200m (8 lengths) Cycle 10k (1 lap) Run 2.5k (3 laps)

NOVICE Event - **The Start**

This is at the shallow end of the swimming pool (walk to the left as you enter)

Swim 200m

This is 8 lengths of the pool. The pool is 1.2m at its deepest 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. **Trainers or bike shoes must be left at the pool exit** ready to be worn directly from the swim for the run down to transition, the ground is gravel and you are likely to injure your feet if this is not adhered to. Ensure you leave your swim hat with the lap counter on exit of the pool. On exit of the pool

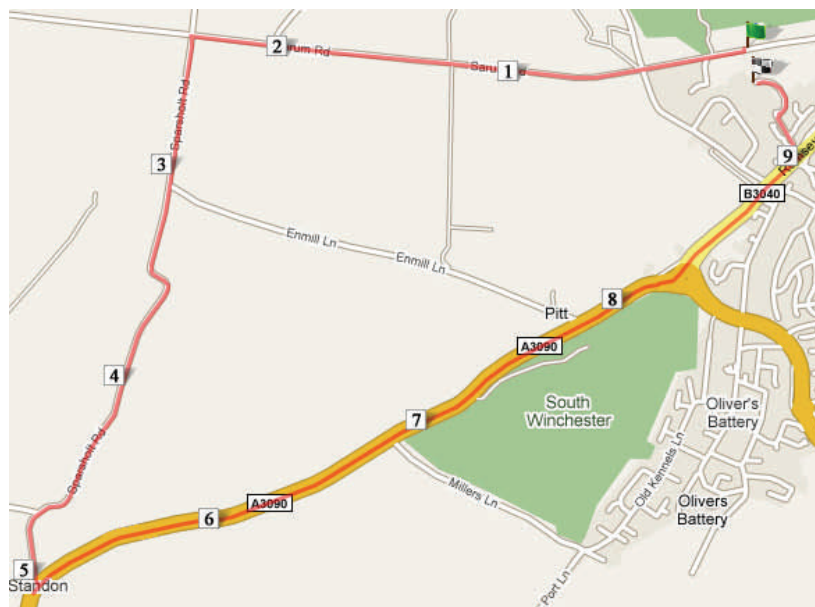
building follow the yellow tape and yellow cones back towards your bike racking on the left hand side of the path. You must run into transition collect your bike and exit through the top of the transition on Sarum Road, before mounting your bike.

Bike

Cyclists will go from transition left and run with their bike through to the mount line which is located on Sarum Road. The cycle route is then clearly marked down Sarum Road, left into Sparsholt Road and then left onto Romsey Road. Continue up to the roundabout and turn left through one set of traffic lights and then left at the second set which is Kings' Road. You must dismount before entering the school site and run with your bike back to transition.

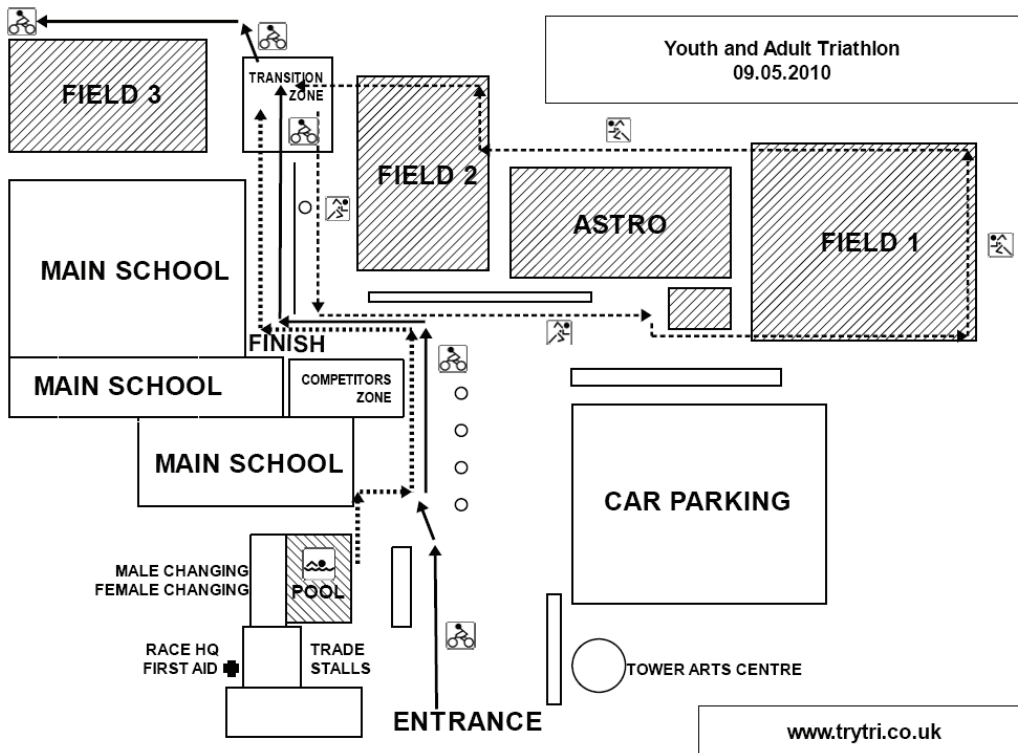
Run

All races are on a flat fast course around the sports pitches turning left out of transition. Race 3 is 3 laps fields 1 and 2. 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.



Finish

The finish is located on the route back from transition to the pool and will be clearly signed. 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.





Our expert team at Body in Motion takes immense pride in ensuring you get the results you want as quickly as possible.

Our team are especially selected from the top institutions from around the globe to provide you with the skills and confidence you need to succeed.

We aim to provide a fun, supportive, professional environment where you can have all your questions answered, understand the root of the problem and get a result quickly and effectively.

Physiotherapy: Most injuries, aches or pains can be quickly and effectively treated with physiotherapy. We assess the muscles, joints and neural systems to ensure the underlying cause is identified and treated properly

Personal Training: Everybody performs better with a coach. Whether you are someone who never exercises or if you are already an accomplished athlete or somewhere in the middle, make sure you maximise your workout sessions with a personal trainer. You will be amazed at the results

Sports Massage: Deep tissue sports massage is unlike any other experience. It relieves tension, removes the build up of tight knots, improves blood flow, removes toxins from the body. You will feel like you are floating on air afterwards....

Also available Fitness assessment, Boot camp, Video analysis and Kettlebell core strength and Pilates.

To contact a member of the Body In Motion team please call: (01202) 720300 or email: info@bodyinmotion.co.uk

Catering Occasions

AVAILABLE FROM OUTSIDE RACE HQ ALL THROUGHOUT THE EVENT

Food

- 8 inch freshly baked sausage roll - £1.50
- Genuine Irish Sausage in a hot dog roll - £2.00
- Steakhouse Burger with 100% beef - £2.50
- 3 rashers of quality back bacon served in a 5inch roll - £2.50
- Hog Rolls served with homemade apple sauce - £3.50
- Jacket Potato with cheese/coleslaw or tuna/sweet corn mayo - £2.75

Beverages

Tea - 80p Instant Coffee - £1 Hot Chocolate - £1.20 Cappuccino/Latte - £1.80

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2010 TRIATHLON SERIES

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