



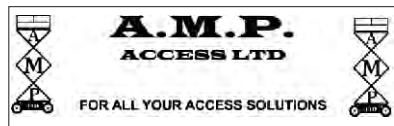
17th May 2009

RACE PACK

www.tauntondeanetri.co.uk



The organising committee gratefully acknowledge the generous support of the following organisations without whose help the triathlon would not be possible



We acknowledge the help and assistance given by all the volunteer marshalls & helpers without who the event would not be possible





WELLINGTON SPORTS CENTRE,
CORAMS LANE
WELLINGTON, SOMERSET
TA21 8LL

RACE DETAILS

Thank you for entering the Taunton Deane Foot Anstey Triathlon 2009. This event is brought to you by Tone Leisure and Somerset RC Tri. You should find all the details you require for the race in this pack, however, if you have any further queries, do not hesitate to contact Tone Leisure on 01823 273083.

Registration:

Will take place in the Reception area of the Sports Centre between 8.30am and 11.00am. Competitors who have not registered by 11.00am will forfeit their places.

1. On arrival go to the registration desk, give your name, category and race number. You will be given 3 numbers. A number must be pinned to the back and the other to the front of your vest/shirt or race belt for both the cycle and the run elements. The sticky label should be attached to the top of your cycle cross-bar before you rack your bike, to ensure security of your bike.

IMPORTANT: Please make a note on the back of your race numbers of any medical conditions that may be important in the event of an accident eg: asthma, epilepsy, insulin dependent diabetes, severe drug allergies etc.

Also let us know at registration in order that the lifeguard can be informed.

Numbers must be pinned in all four corners to your vest using safety pins or attached to a race belt. These will be available at registration.

2. At the registration desk you will be given a timing chip, with instructions on where this needs to be placed. The timing chip will then be taken from you at the end of the race. NB. Competitors will be charged if timing chips are not returned
3. Your upper arm will be marked with your race number.
4. Competitors are entirely responsible for the road worthiness of their cycles.
HELMETS ARE COMPULSORY, NO HELMET = NO ENTRY
Helmets will be checked at transition.
5. Take your cycle to the transition area and place it in your allocated rack (by race number). If you have separate running gear - leave it with your cycle.
All bikes must be racked by 11.00am. Bikes cannot be collected until after 11.00am.
6. NB: The access road to the sport centre will be closed to vehicles at 09.00 am until 3.00 pm, therefore cycles cannot be dropped off or collected by cars during this period.
7. For safety reasons any competitor "dropping out" must report to the PA system.
8. Most importantly have a safe race and enjoy your day.

GENERAL NOTES

1. Breaking of any BTA rules/instructions may result in disqualification.
2. The decision of the Race Director is final.
3. Race numbers must be worn as previously indicated. The course marshalls must be able to see your number so make sure they are worn correctly, pinned top and bottom.
4. Approved cycle helmets must be worn (with a safety standard mark) - no helmet = no entry.
5. Supervision of the bike transition area will begin at 8.30 am and cease 30 minutes after the last competitor has finished. Only competitors will be allowed in this area and only on production of their race number.
6. Results will be available on the day, a full copy including "splits" will be sent to every competitor. Results & a list of competitors will also be available on the Taunton Deane Tri Website - www.tauntondeanetri.co.uk
7. Every effort will be made to clearly mark and marshall both the run and cycle routes but we must emphasise that it is the responsibility of the competitor to negotiate both routes correctly and safely.
8. No physical assistance of any sort is allowed at any point during the Triathlon.
9. Parking will be available for 200 cars on the rugby ground adjacent to the Sports Centre at a cost of £1 per car per day. NB Due to road closures, access to the car park is before 9.30am only. Cars will not be permitted to leave until approx 3pm. Anyone who will need to leave the car park between 9.30am - 3pm must park in the town 'pay and display' car parks. These are clearly marked on the enclosed map on page 10. There is NO CAR PARKING available at the Sports Centre.
10. NO REFUNDS NO LATE ENTRIES NO TRANSFERS.
11. Wellington Sports Centre phone number is 01823 663010
Tone Leisure phone number is 01823 273083 (office hours only)

SWIM SECTION

1. Please be at the swim start ready to swim 10 minutes before your allocated start time.
2. Enter pool hall only when asked to do so by the pool supervisor.
3. You will be instructed as to which lane to use and in which rotational direction to swim.
4. You will be given a swim cap that must be worn throughout the swim and handed to a marshall on leaving the water.
5. No swim aids, flippers, wet suits etc may be used. Goggles and nose clips may be worn.
6. All competitors start in the water. No diving.
7. Overtaking may take place in the middle of the lane. Alternatively you may touch the foot of the swimmer in front, and he/she is then compelled to let you overtake at the end of that length.
8. Sprint competitors swim 400m (16 lengths)
Novice competitors swim 200m (8 lengths)
9. No backstroke or butterfly is permitted.
10. Any swimmer who swims in a dangerous manner or in a way that impedes another swimmer may be disqualified after one warning from the swim judges.
11. "2 lengths to go" boards will be put into the water at the appropriate time for all competitors to note - please be aware!
12. On completing the swim section, competitors leave the water - here the swim time ends and the cycle time begins but the clock runs on! Being careful not to slip, leave the pool hall by the door at the shallow end following the signs for the transition area.

SWIM-CYCLE TRANSITION

1. Change into your cycle kit in the transition area, helmet must be secured before removing bike from rack.
2. Put on your helmet, collect your bike, ensure race numbers are pinned on and push your bike to the dismount" box.
3. You will not be allowed out of the transition area without a cycle helmet safely fastened and a race number pinned to your vest or attached to a race belt.
4. Push your bike into the dismount box then get on and start the route.
5. No assistance is permitted in the transition area.
6. Competitors must remain clothed in the transition area - no nudity.

BIKE SECTION

Distance 13.6K - Novice 23K - Sprint

The bike route is a technical course with quiet country lanes mixed with fast level sections and tight bends and hills - take care at all times.

It should be noted that novice cyclists will turn back towards Wellington when they reach Milverton, cyclists in the Sprint race will carry on to Wiveliscombe. Both sets of cyclists should look and listen for directions in Milverton.

1. Competitors are entirely responsible for the road-worthiness of their bikes. It is advisable to have a puncture repair outfit and pump with you. No accompanying vehicles are allowed on the course and anyone receiving assistance will be disqualified (but will be allowed to finish but not qualify for any prizes).
2. The rules of the road must be obeyed as should any instructions from police and marshalls . The organisers accept no responsibility whatsoever for the conduct of competitors on public highways.
3. Helmets **MUST** be worn and properly fastened.
4. Take care at all times but especially at junctions/blind bends.
5. Slipstreaming is not allowed and any cyclist doing so will be warned then disqualified for further breaching of the rules.
6. There should be 10 metres between cyclists, except when overtaking, anyone caught by a faster rider must drop back.
7. Keep well to the left at all times, crossing the centre of the road will lead to disqualification.
8. All turns will be marshalled (and signs will be in place). Pay particular attention at any right turns where police/marshals will indicate who has the right of way and when.
9. Where there are "coned" sections cyclists must stay inside of them, again, a breach of this rule will lead to disqualification.
10. At the end of the section, cyclists must dismount within the dismount box and push their cycles into the transition area. Bikes should be returned to the same place in the transition area.
11. Only remove helmet after bike has been racked.

BIKE - RUN TRANSITION

1. Change (if necessary) into running gear in the transition area. Race numbers must be clearly visible and attached to the front and back of your vest by pins or to a race belt.
2. Leave cycling gear by your bike.
3. You must leave the transition area carefully - you will not be allowed out until your race numbers are securely fastened and visible.
4. When you leave the transition area your cycle time finishes and your run time starts - the clock is continuous.
5. Drinks are available at this point of the race.

RUN SECTION

Distance 2.6K - Novice 5K - Sprint

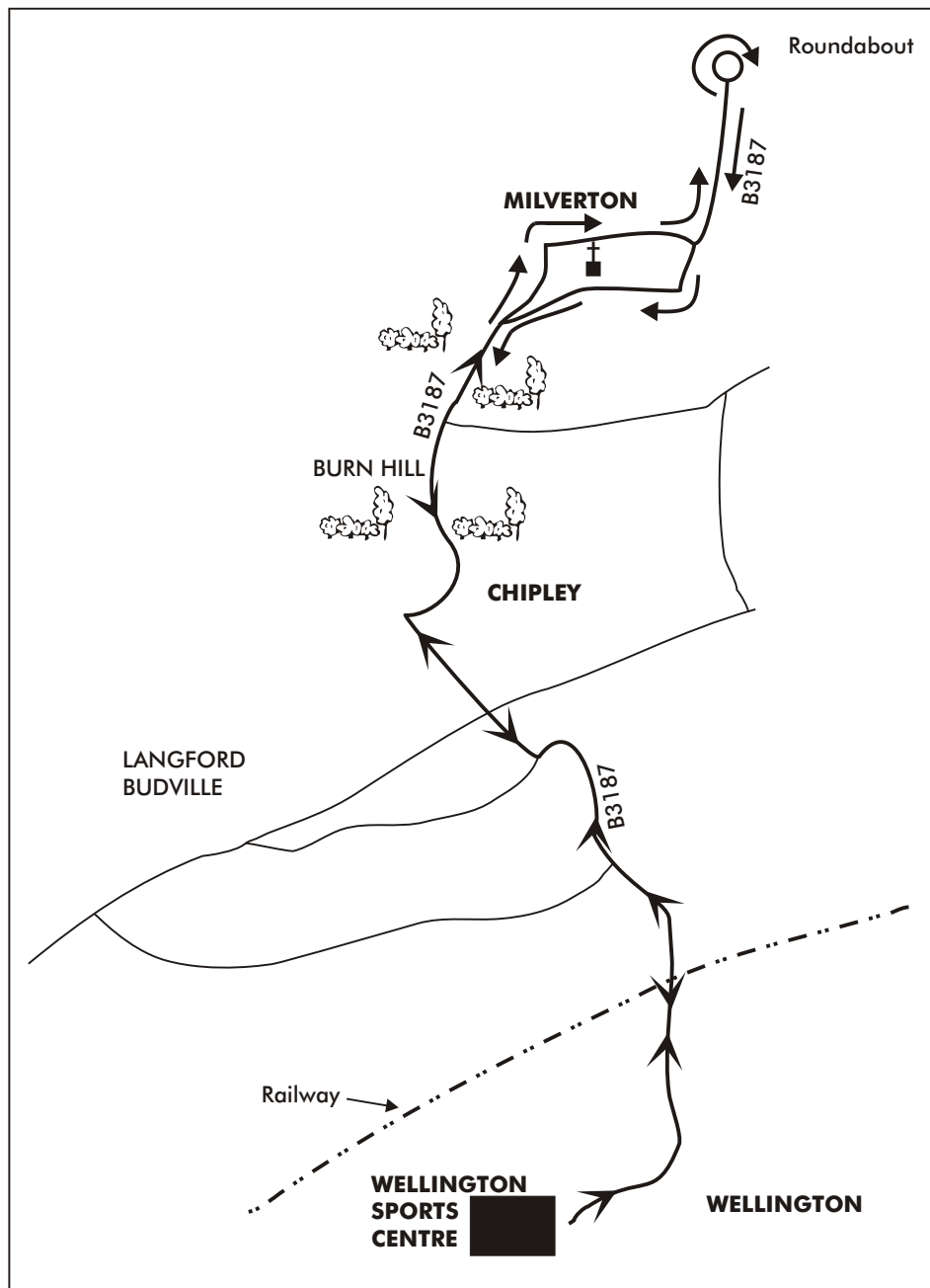
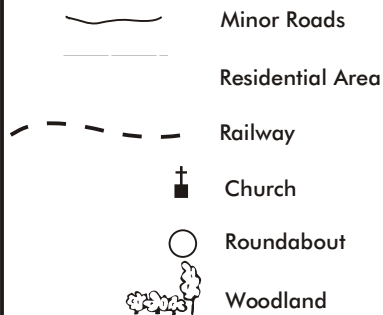
1. No assistance or "pacing" is allowed. Infringement will lead to disqualification.
2. Running vests/tops must be worn at all times.
3. Marshalls and signs will be placed at all "junctions/turns".
4. Competitors must obey the police/marshalls at all times.
5. Corners must not be cut, where "cones" or "barrier tape" exists, competitors must go around, failure to do so will result in disqualification.
6. Competitors in the "sprint" race will run 2 laps of the run route and must collect (and wear) a band from the marshall at the end of the first lap. Failure to wear the band for the second lap and through the finish line will result in disqualification.
7. Competitors in the "novice" event will run only one lap of the run route.
8. Drinks are available at the start of the second lap & at the finish line.

AFTER THE RACE

1. Collect your swimming gear and bike.
2. Changing and showers are available in the Sports Centre.
3. Presentations will take place in the upper hall at approximately 3.45pm.
4. Results will be available at approximately 4.00 pm in the upper hall after prize giving.
5. Drinks and refreshments will be available outside the Sports Centre .
6. There are vending machines available at the Sports Centre for snacks and drinks.

NOVICE CYCLE ROUTE

Distance 13.6K



On leaving the centre go along Corams Lane to the end and turn left onto Station Road. This road takes you over a railway bridge (after about 1km) and out of the residential area of Wellington onto undulating, quiet roads towards Milverton (B3187).

There is a sharp 'S' bend in the hamlet of Chipley and a long sweeping hill into Milverton. Please be aware that there is a 20MPH speed limit through the village. At this point cyclists should look out for signs and bear left up a short hill towards the church. At the 'T' junction at the top the novices and the sprinters diverge.

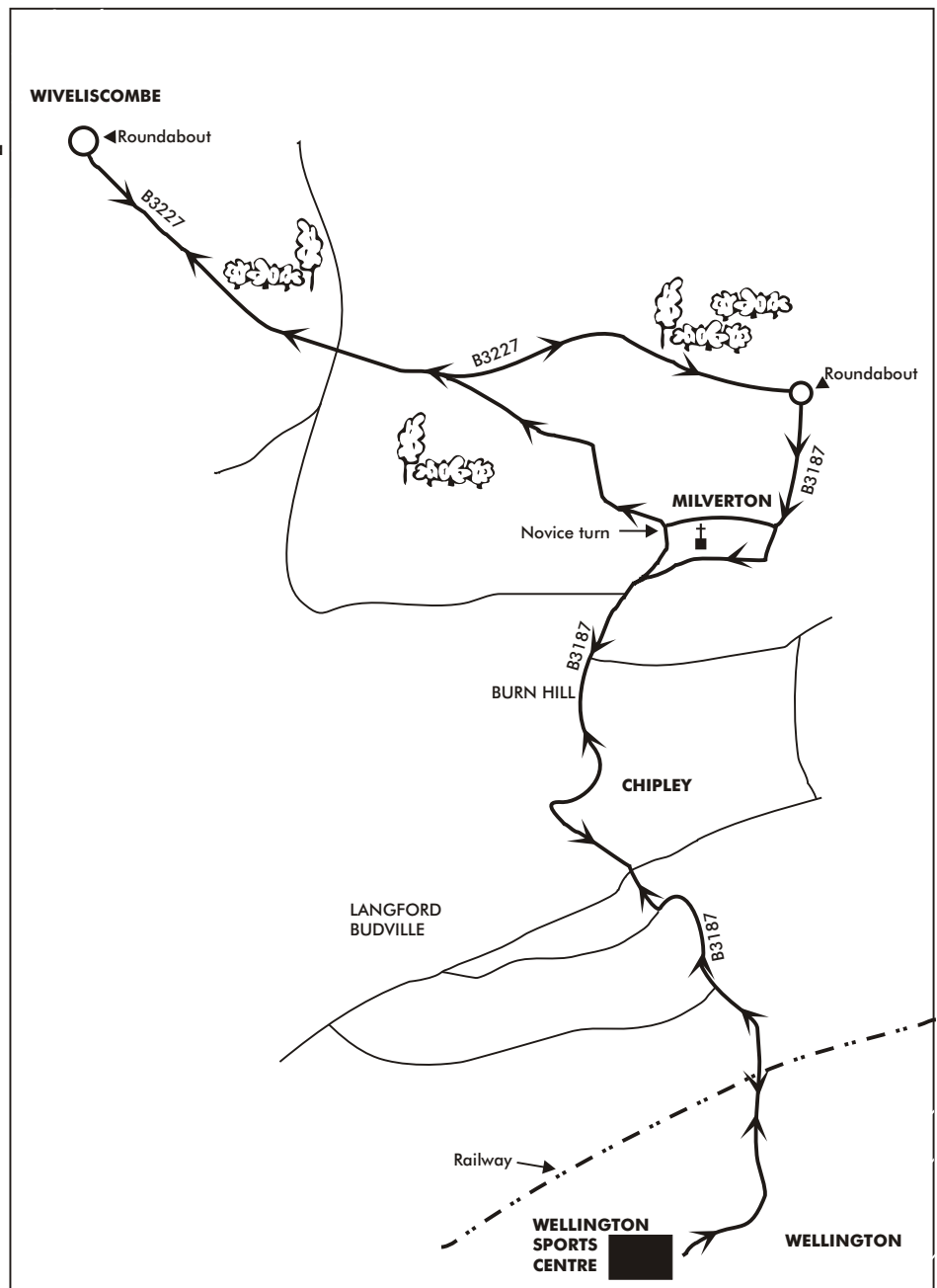
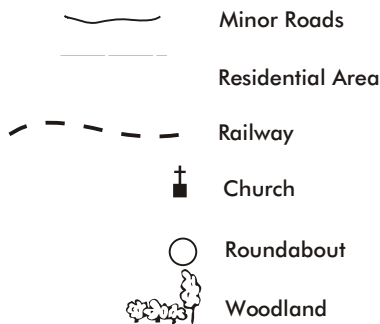
Novices turn right and follow the road round a sharp left hand bend to the roundabout at the edge of the village. Obeying the traffic laws go around the roundabout and back towards the village bearing left at the right hand bend. Go through the village and then retrace the road back to Wellington.

The course is undulating and in some sections quite narrow - take care - look for signs and Marshals and follow instructions.

You are reminded that safe negotiation of the route is entirely your responsibility and that you must obey the rules of the road at all times.

SPRINT CYCLE ROUTE

Distance 23K



On leaving the centre go along Corams Lane to the end and turn left onto Station Road. This road takes you over a railway bridge (after about 1km) and out of the residential area of Wellington onto undulating, quiet roads towards Milverton (B3187).

There is a sharp 'S' bend in the hamlet of Chipley and a long sweeping hill into Milverton. Please be aware that there is a 20MPH speed limit through the village. At this point cyclists should look out for signs and bear left up a short hill towards the church. At the 'T' junction at the top the novices and the sprinters diverge.

Sprinters turn left at the 'T' junction and follow the road onto the Milverton - Wiveliscombe road. Bear left onto this road and continue to the roundabout at the edge of Wiveliscombe. Go around the roundabout and head back towards Milverton. At the Milverton roundabout follow signs to the B3187 and return to Wellington via the Milverton village centre.

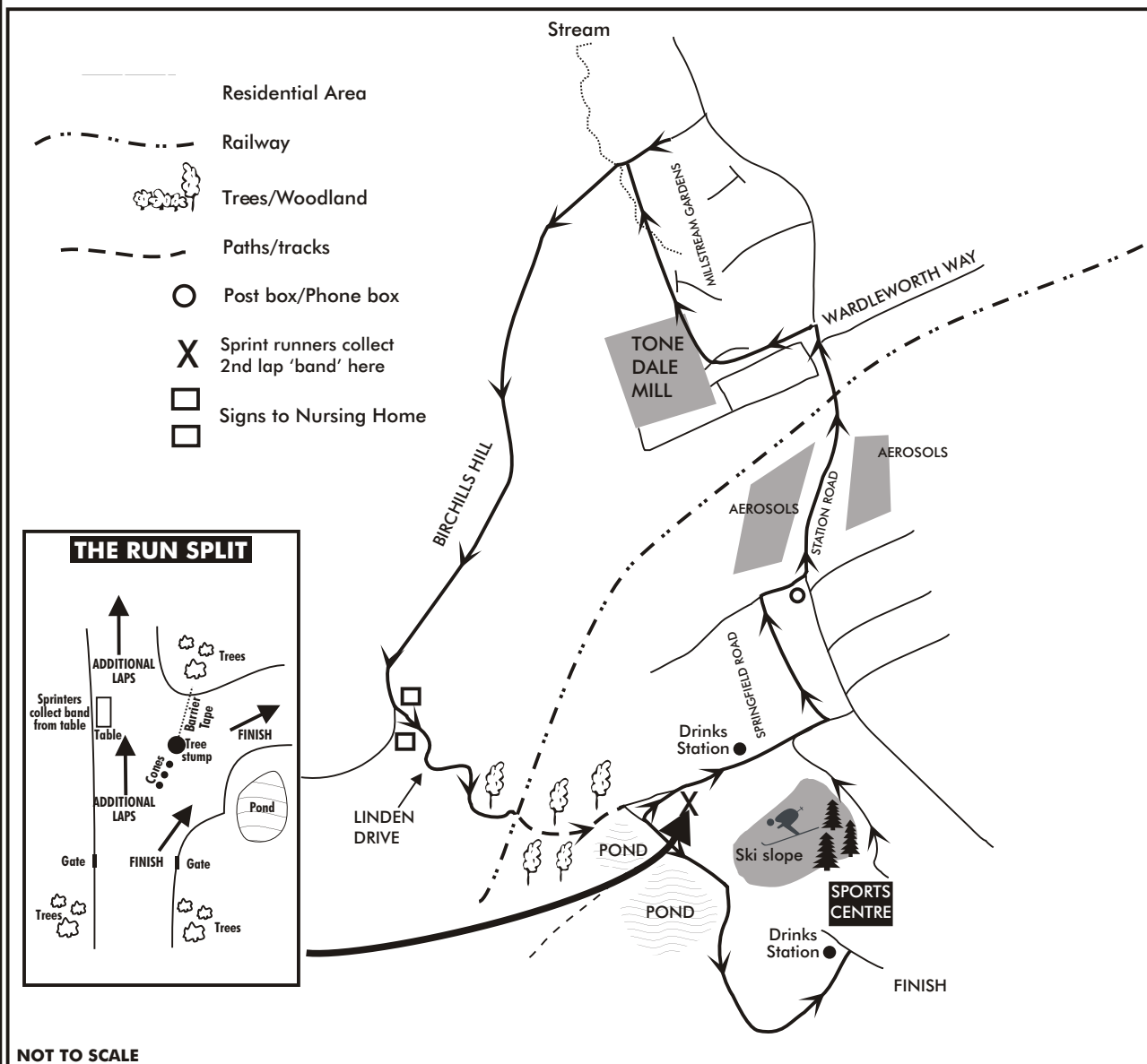
The course is undulating and in some sections quite narrow - take care - look for signs and Marshals and follow instructions.

You are reminded that safe negotiation of the route is entirely your responsibility and that you must obey the rules of the road at all times.

RUN ROUTE

NOVICES - 1 LAP 2.6K

SPRINT - 2 LAPS 5K



NOT TO SCALE

From the transition area go along the sports centre access road and onto Corams Lane. Turn left down Springfield Road and bear right at the end. Go left into Station Road and over the railway bridge. Take the next left into Millstream Gardens towards the Tone Dale Mill. Down the hill follow footpath along Weavers Reach, cross the footbridge and run around the outside of the children's playground on footpath, out onto Birchill's Hill Watch for traffic and turn left.

Follow this country road as it winds up a gradient to a wide track on the left (there are signs for Linden House Nursing Home). Turn left down the track and follow it across the railway bridge and through an avenue of trees back towards the sports centre.

Novices must turn right immediately after the first pond and cross the footbridge to the finish line. Sprinters carry straight on up the track to start a 2nd lap.

Sprinters **MUST** take a 2nd lap band which they must show at the finish.

At the end of the 2nd lap the sprinters must follow the route over the footbridge to the finish.

It is vital that athletes know what to do at the split - if you aren't sure go there before the race or ask for clarification. You are reminded that it is the responsibility of the athlete to complete the routes safely.

SITE PLAN

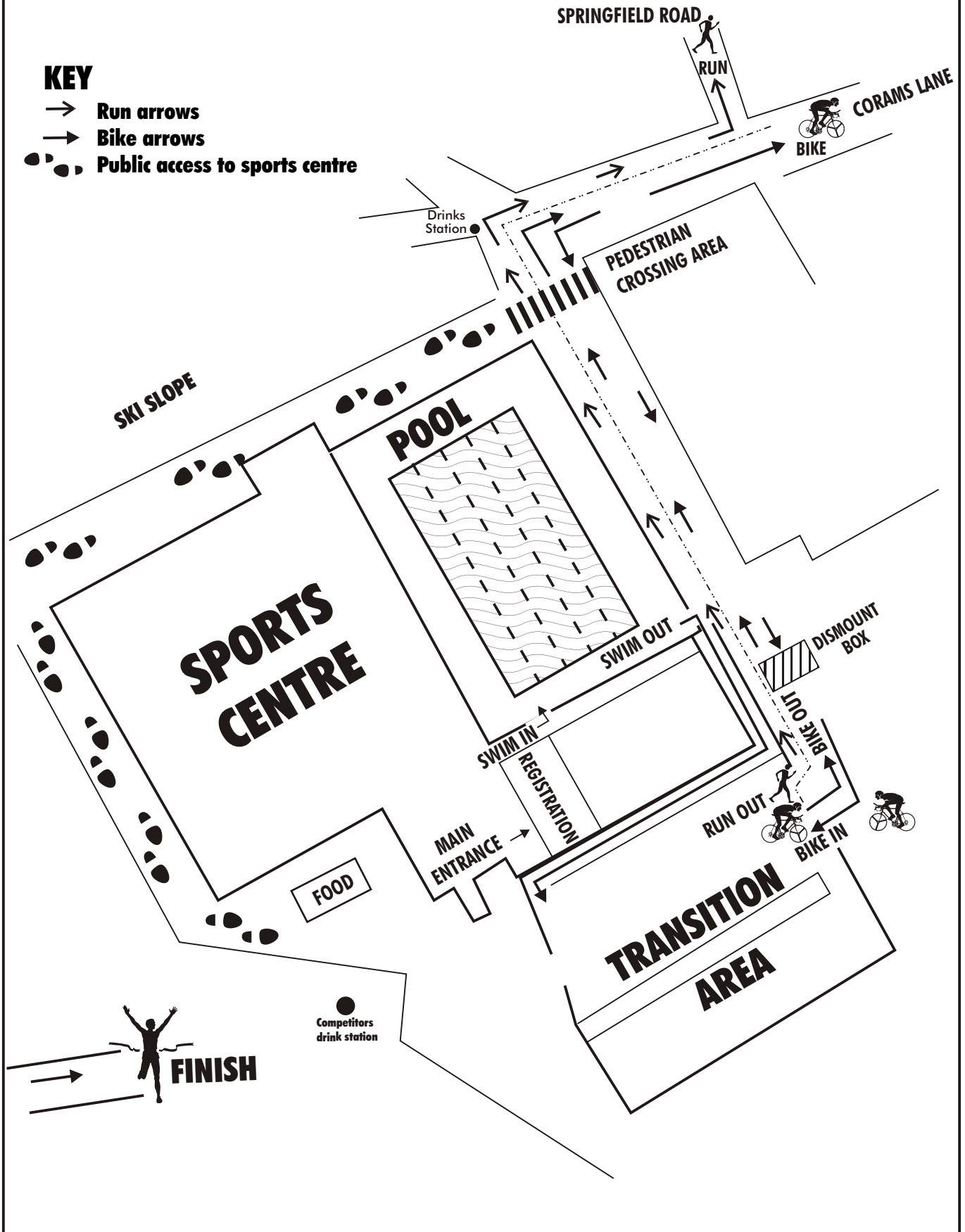
WELLINGTON SPORTS CENTRE, CORAMS LANE, WELLINGTON, SOMERSET TA21 8LL

KEY

→ Run arrows

→ Bike arrows

●●● Public access to sports centre



PRIZE CATEGORIES

(one prize per competitor only)



Prizes will be awarded as follows :-

The fastest 3 competitors (regardless of category) will be awarded the 1st 2nd and 3rd in the main category as this is the most 'valuable' prize.

As there is only one prize awarded per competitor, if the highest placed competitor in the vet (for example) category has already won a prize, then the vet prize will be awarded to the next finisher in that category.

The depth of prizes in each category has been decided according to the number of entrants in that category -

Number of entrants in category	Trophies awarded for places
1 - 5 entrants	1st
6 - 10 entrants	1st and 2nd
10 +	1st 2nd and 3rd

Full results will be published on the event website on the evening of the race and posted to every competitor registered, within 2 weeks. www.tauntondeanetri.co.uk

WHAT ELSE IS ON AT WELLINGTON SPORTS CENTRE?

There will be lots to do at the Sports Centre on the day so why not bring your friends and family and make a day of it!

There will be:

- Refreshments
- Shower/changing facilities
- Children's bouncy castle & children's activities
- Trade stands

If you wish to contact the Sports Centre prior to the race you can do so by phoning 01823 663010

Accommodation

www.tauntondeane.gov.uk

Tourist Information 01823 336344

HOW TO FIND US



Take Junction 26 off the M5 signposted A38 Wellington.

At the roundabout take the A38 exit to Taunton and Wellington.

At the next roundabout take the second exit for Wellington B3187.

After about a mile, at the first set of traffic lights in Wellington, turn right into Longforth Road.

Directly after the "green" on the left hand side turn left into Victoria Street.

At the T Junction turn right to join Waterloo Road.

On Waterloo Road there is a pub called The Sportsman Inn, the road to the left straight after this is Corams Lane. Wellington Sports Centre is at the end of Corams Lane.

CAR PARKING is available on the rugby field off Corams Lane at a charge of £1 per car per day. NB See page 2 (General notes 9) for restrictions at this car park. Alternatively from the T Junction at the end of Victoria Street there are public pay and display car parks to the left (North Street) and straight across (Courtland Road). both of which are within half a mile of the Sports Centre.

