



## Bristol Harbourside Triathlon

3rd July 2011

### Race Information

**PLEASE NOTE THAT ALL ATHLETES WILL BE REQUIRED TO SHOW THEIR 2011 BTF RACE LICENCE OR AN ALTERNATIVE FORM OF PHOTOGRAPHIC IDENTIFICATION.**

#### PLEASE READ ALL OF THIS RACE INFORMATION

The Bristol Harbourside Triathlon races are ideal for both more and less experienced triathletes: the experienced can expect PB-type conditions, and beginners can expect a generally flat course with few hills and confidence boosting traffic free racing.

The event is being held in partnership with Bristol City Council. We are privileged to be able to hold this event in the city centre and would ask competitors to respect the rules and restrictions that are highlighted below.

Please read ALL of this race information very carefully. We have done all that we possibly can to ensure that everyone has an enjoyable and safe event. Your help in following these guidelines would be greatly appreciated.

Enjoy your day!

#### Confirmation of Entry

Competitors are requested to check on the event start list posted on the website to confirm that they have been successful in their application. Bristol & District Triathletes cannot be held responsible for loss of entries. Use this link to see the start list <https://bristoltriathlon.org/harbourside/overview?Harbourside2011>

#### Race Rules

The event will be held under the rules of the British Triathlon Federation. Under these rules it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition and that all competitors are insured by third party civil liability insurance – BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF. If you require further information about Race Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161

#### BTF Licences

All athletes will be required to show their 2011 British Triathlon Federation Race Licence or an alternative form of photographic identification.

#### Age Restrictions

In line with British Triathlon rules, to be eligible to take part in this event competitors must be at least 18 years old on or before the 31<sup>st</sup> December 2011.

#### What Will You Need?

For many people this will also be their first triathlon and you do not need all of the kit. There are certain items that you will need; a swimming costume, a road worthy bike, an approved cycling helmet and a pair of shoes for the cycling and running sections. It is likely that wetsuits will be compulsory. All other extras such as elastic laces, specific triathlon clothing and tri-bars are not a necessity but will help you on the day. For further advice please contact The Triathlon Shop on 0117 9292711.

#### Car Parking

Parking close to race HQ is very limited. Those who are able to park nearby are asked to be considerate of local residents. Athletes are recommended to use one of the nearby car parks. West End (Berkeley Place) car park is situated a short (10 minute) walk away from the race venue. This car park is operated by Bristol City Council and users are able to park all day on Sunday for a flat fee of £1.60. The car park has over 700 spaces. Athletes should note that West End is at the top of a hill (Jacobs Wells Road). Alternatively Millennium Square car park (500 spaces) is located slightly further away (10-15 minute walk) and athletes can walk along the riverside to the race venue. Charges for this car park start from £2 per hour.

Prices for car parks are correct at time of writing (June 2011) and athletes are recommended to check details at the venue before parking.

#### Race Registration

**Sunday 10.00am until 1.30pm ONLY**

**Please note that all athletes will be required to show their 2011 British Triathlon Federation Race Licence or an alternative form of photographic identification.**

Having pre entered for the event either online or by post, all competitors will need to register between the times stated above. Race Registration will take place at the Create Centre which is just a 5 minutes' walk from the transition area & swim start.

**Create Centre  
Smeaton Road  
Bristol BS1 6XN**

Please ensure that before registering you know your race number. This can be found either from the competitors entries list on our race website or on the board by the registration area. First you must visit the 'BTF Day Licence Desk'. All competitors are required to either show their 2011 British Triathlon Federation Race Licence or purchase a 1 day Race Licence for £3. There will be NO exceptions to this ruling. If you have a 2011 British Triathlon Federation Race Licence, please bring it with you. This is to stop people exchanging entries & ensures that all competitors are insured to compete in the event.

Continue forward and find the appropriate numbered table to collect your race envelope. This will contain 2 x race numbers and 1 x frame sticker. Please keep these safe, as they are required to allow entry into the transition area. Then collect your timing chip - do not lose your timing chip as you will need it to race. Finally, proceed to collect your event Goody Bag.

#### Transition Area

The Transition Area will be situated along Brunel Lock Road. Transition is a fully secured area for competitors only. This is where you will keep your bike during the swim and run sections. To get into the Transition Area you must show your race number at ALL times. You will also be asked to show both your race number & bike number when taking your bike out. This is for your security. Please



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understand this will cause queues during peak times, but it is for your benefit. The Transition Area will not close during the event, so please understand that if you are not racing that you will be asked to make a clear way for racing competitors.

#### Race Briefing

There will be a race briefing for each wave, which will take place at the pre swim assembly 15 minutes before each standard distance wave & 10 minutes before each sprint distance wave. If you are unsure about anything please attend. The Race Briefing will inform you of any last minute route changes and safety points. If you have any questions or queries on race day, please ask them after the race briefing.

#### Start Times

Wave	Time	Category	Distance	Swim Hat
1	12.00	Male Under 30	Standard	Red
2	12.25	Female/Super Vet	Standard	White
3	12.50	Male Vet	Standard	Blue
4	13.15	Male 30-39	Standard	Yellow
5	14.30	Female	Sprint	Red
6	14.45	Male Super & Vet	Sprint	White
7	15.00	Male Open	Sprint	Blue

#### Electronic Timing

Providing fast and accurate results is the most critical part of any race. Each athlete is given a "chip" that generates a unique signal when it crosses through an antenna field. By using a database to assign each participant's personal information to each chip, timing software can easily calculate each participant's time and finish place.

Electronically capturing each finishers time allows us to continuously post preliminary provisional results on-site during the race in a number of ways. These triathlon chips are re-usable and as such need to be handed back at the finish of the race or before if you have to retire early. You will incur a charge of £10 if you fail to hand it in.

#### Race Numbers

Race numbers must be worn on back during the bike & the front during the run sections at all times. Numbers must be pinned at all four corners. Number bands are allowed but it is recommended that two be worn. One number band for the top of the number & one number band for the bottom to stop your number creasing up and becoming unreadable. NB. Please do not forget to bring safety pins.

#### Swim

The swim takes place in the Cumberland Basin, part of Bristol's historic Harbour and adjacent to the Brunel Lock. As far as we know we are the first and only organisation to EVER be given permission to swim here. The swim will be in wetsuits, with waves based upon swim time, so everyone will be swimming with people of a similar ability. The swim course will be marked with large yellow buoys at each turn and the swim exit.



Click to zoom: <http://www.tribristol.org/swim-course.php>

There will be numerous canoes in the lake to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. Remember keep the buoys to your right. All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. You are advised not to drink the lake water. If you are unwell, please do not take part in the event.

Risks to health from open fresh water are small, but people must be aware of the possible hazards. Since this is an unprecedented event for the Harbour potential illnesses and symptoms have been identified here so that users may be aware of the risks following contact with the water.

The majority of reported illnesses associated with recreational water use tend to be short-lived and self limiting gastrointestinal symptoms. However other illnesses include eye, skin, wound, chest and upper respiratory tract infections can occur. There is potential for more serious illnesses to occur such as Hepatitis A and Leptospirosis (Weil's disease).

If any participant in the event feels unwell in the weeks following the event day they should consult their GP without delay and mention that they have taken part in the event. This can be beneficial in focusing diagnosis and treatment where needed.

#### Reducing the risks:

- Cover any broken skin (grazes or cuts) with waterproof dressings
- Protect feet from cuts and grazes by wearing footwear.
- Have up to date immunisations for Hepatitis A, polio, and tetanus.
- Wash or shower immediately afterwards (or as soon as practical)
- Avoid eating or drinking after contact until hands and face have been washed.

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#### Bike Map



Click to zoom: <http://www.tribristol.org/bike-course.php>

#### Bike (Standard Distance)

The bike course is made up of 3 laps on closed roads. Please pay attention to all race signage, marshals and referees. From transition you will turn immediately left riding clockwise around the Brunel Lock under the flyover and out onto the A4 Portway. Please stay to the left side of the road. Once on the Portway you will continue for around 2.5km on the flat before taking a gentle rise over the next 2.5km. At this point you will be required to make a full U-turn. This turn will be clearly marked and marshalled. Following this turn you will drop back down the gentle rise for 1.5km before making another U-turn returning back along the same 1.5km rise to a 3<sup>rd</sup> U-turn. Following the 3<sup>rd</sup> U-turn you will ride the full 5km back towards Transition. 500m after passing through the Clifton Suspension Bridge Gallery Tunnel take the slip road up onto the Plimsoll Bridge. This is the highest point on the course and is around 40m above sea level. You will cross the Plimsoll Bridge on a single marked lane which is separated from the oncoming traffic by the road closure. Please be sure to stay to your lane. After crossing the bridge you will immediately take the sliproad to your right which follows a tight curve down and under the bridge. On lap 3 you will go straight on to the dismount zone at this point. On laps 1 and 2 follow the road to your right, up the short incline to the traffic lights where you take a sharp left turn dropping down to the start of the lap. At this point please be aware of other competitors starting the ride merging from your left.

#### Bike (Sprint Distance)

The bike course is made up of 2 laps on closed roads. Please pay attention to all race signage, marshals and referees. From transition you will turn immediately left riding clockwise around the Brunel Lock under the flyover and out onto the A4 Portway. Please stay to the left side of the road. Once on the Portway you will continue for around 2.5km on the flat before taking a gentle rise over the

next 2.5km. At this point you will be required to make a full U-turn. This turn will be clearly marked and marshalled. This is the extreme point of the lap. On the return leg, 500m after passing through the Clifton Suspension Bridge Gallery Tunnel take the slip road up onto the Plimsoll Bridge. This is the highest point on the course and is around 40m above sea level. You will cross the Plimsoll Bridge on a single marked lane which is separated from the oncoming traffic by the road closure. Please be sure to stay to your lane. After crossing the bridge you will immediately take the sliproad to your right which follows a tight curve down and under the bridge. On lap 2 you will go straight on to the dismount zone at this point. On lap 1 follow the road to your right, up the short incline to the traffic lights where you take a sharp left turn dropping down to the start of the lap. At this point please be aware of other competitors starting the ride merging from your left.

#### Run Map



Click to zoom: <http://www.tribristol.org/run-course.php>

#### Run (Standard and Sprint Distance)

On leaving transition follow the pavement up the curved slip road onto the flyover following the signs down the footpath slip road to the park. Follow the marked course across the park and onto the towpath. Please stay to the right on the towpath as you will be sharing the path with runners coming the other way. Follow the course to the turnaround point and return to the park. For the sprint race follow the marked course directly to the finish after a single lap. For the standard distance race take the turnaround point in the park to start your second lap. On completion of your second lap follow the marked course to the finish. The course runs from tarmac to hard-packed gravel with the finish on a short section of grass.



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#### Medical Cover

The safety of our competitors is paramount. Onsite during the event will be St. John Ambulance, to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of medics and a state registered Paramedics plus Accident and Emergency ambulances equipped to NHS standard. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

#### Medical Conditions

We request that all competitors write their next of kin & contact details on the back of their race numbers using a waterproof pen. If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the bottom left of your race number. Please write your medical condition fully on the back of your number also. This will only be used in the event of you being involved in an accident.

#### Presentation & Prize Categories

There will be prizes for male and female athletes in the following age categories:

Open – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> prizes  
Vet – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes  
Super Vet – 1<sup>st</sup> and 2<sup>nd</sup> prizes

Presentation will take place by the finish at 6pm. You must be in attendance to collect your prize. Prizes will not be sent out after the event.

#### Penalties & Appeals

ALL penalties issued by the British Triathlon Race Referee will be displayed on a Penalty Board at the entrance to the Registration Room. Appeals against these penalties must be made in writing to the race referee within one hour of a penalty being notified and be accompanied by a fee of £15.00 refundable if the appeal is upheld. It is your responsibility to check this Penalty Board.

#### Results

Times will be displayed on the plasma screen next to the finish. Provisional results will be available to download on <http://www.tribristol.org> the Monday following.

#### Withdrawals

The closing date has now passed and unfortunately any withdrawing competitor will not be eligible for a race credit. Please note that you are not allowed to give your entry away, all competitors will be asked to show some form of photographic identification before they are allowed to register.

#### Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink, if you are interested please contact us via <http://www.tribristol.org/contactus.php>

#### Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to the event organising committee, our team of volunteers that help to organise all of our events, the local council for allowing the event to take place, all of our sponsors & finally you the athlete.

#### Further Information

Any questions related to the event can be answered by contacting us at <http://www.tribristol.org/contactus.php>

*All the information here is believed to be true at the time of going to press. Changes maybe required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision. This information is Copyright to Bristol & District Triathletes, reproduction of this text or style is forbidden.*

