



Fareham Leisure Centre Triathlon

# RACE INFORMATION PACK 2018

**EVERYONE** CAN ACHIEVE THEIR GOALS



**FAREHAM**  
BOROUGH COUNCIL

**everyone**  
ACTIVE

# FAREHAM TRIATHLON 2018

Message from Ryan Grant, Everyone Active Contract Manager, Fareham.

Thank you to everyone either taking part or supporting this year's Fareham Triathlon Series. This will be the 9th successive year of running Fareham's Triathlon which we continue to grow and improve every year. Everyone Active work with many organisations across our community to help engage people of all ages and backgrounds to be healthy and active.

I would especially like to thank our wonderful team of volunteers who support the event, we couldn't do this without you.

Dear Competitor,

Thank you for entering 'Fareham 2018 Triathlon.' We hope that you find the experience of competing in a Triathlon rewarding and enjoyable. The following information offered is to guide you through the event safely and smoothly.

Your results will be displayed on [www.everyoneactive.com/fareham-triathlon](http://www.everyoneactive.com/fareham-triathlon)

Our event consists of a 400m swim, 19.2km cycle and 5.1km run. It is being held at Fareham Leisure Centre, Park Lane, Fareham PO16 7JU Telephone number 01329 233652 [www.everyoneactive.com](http://www.everyoneactive.com). There is a large free car park however the centre will be extremely busy and it may be necessary to use other local car parks. There is a pay and display car park 400m down the hill towards the town centre and a large multi-storey car park along the one way system. There is no charge for outer car parks on a Sunday.

[www.fareham.gov.uk/images/parking/last-car-park.jpg](http://www.fareham.gov.uk/images/parking/last-car-park.jpg)

The first swimmers will be in the water promptly at **8.00am**.

**18 SWIMMERS WILL BE IN THE POOL AT ONE TIME.** Competitors will be allocated a starting order depending upon their swimming ability = slower swimmers starting first. Please ensure that you can safely swim 400metres

**WARNING: IF YOU MISS YOUR SWIM START TIME WE CANNOT GUARANTEE THAT SPACE WILL BE AVAILABLE FOR YOU TO SWIM AT A LATER TIME.**



# REGISTRATION

A pre-race registration will take place on Saturday 19 May in the main Sports Hall between 3pm and 6pm. This is a great opportunity to get details of the event. Participants will also have time to walk around the course and receive their registration pack early.

- On race day **7.00am - 9.00am** registration takes place in the main hall inside the leisure centre. Access through the doors at the rear of the building by the park.
- Only triathletes participating in the event are allowed to enter transition and will be asked to show their race number each time they exit/enter.
- For Security reasons, final Exit from Transition on completion of the race is only allowed through the original Transition Entry point.
- For health and safety reasons you will not be able to access the transition area once the race has started unless you are actively competing.
- Please register your intention to participate as early as possible.
- You will be issued with your race numbers and have your race number written on both arms and legs with permanent marker. Please number your bike and helmet; sticky labels will be provided at registration.
- No marking of bike positioning is allowed in transition (brightly coloured towels etc) and belongings must be kept tidily in a small area, ensuring there is enough room for those either side to put their race equipment.
- A small soft-sided bag such as a rucksack may be used and remain in Transition, though it should not impede the progress of another competitor. Any boxes must be removed from transition.
- You will be issued with a chip timing device and strap. This must be worn throughout the event on your left ankle. You will be able to print out your times on a printer at the finish line immediately.
- Emergency contact details for the day will be taken and are to be noted on the back of your race number.
- Day licenses are prepurchased when you booked your space on line. Members will need to produce their membership card.

More details on British Triathlon insurance can be found at [www.triathlonengland.org/membership/benefits](http://www.triathlonengland.org/membership/benefits)

# NUMBERS

Race Numbers must be affixed to a competitors clothing or to a suitable race belt. The number must be clearly visible at all times and it is the competitors responsibility to ensure this. Please bring safety pins if needed.

- During the cycle phase a number should be displayed to the rear.
- During the Run phase a number should be displayed to the front.





# SWIM SECTION

**Swimmers will enter the pool in a one in/one out order with a maximum of 18 swimmers in the pool at a time. Please enter poolside at the deep end and sit on the tiled area to the side of the pool. Competitors will move down towards the shallow end and enter the pool in turn**

Competitors shall use no aids other than a cap, goggles, nose clip and costume for the pool based swim. Cover below the knee and on the arms (eg calf and arms guards are not permitted.) The swimming costume may be one or two piece, but if a 2 piece swim suit is worn, the space between the top and the bottom may not be visible, so that the 2 pieces overlap.

- The first swimmers of the triathlon event will be in the water at **8.00am** prompt.
- A sheet indicating the race order will be displayed at the registration area
- Coloured swim hats will be issued to all competitors. Please discard your hat in the boxes as you exit poolside if you do not want to keep it.
- Essential footwear can be left just outside the pool doors to collect as they exit the pool if necessary.
- No diving allowed.
- There will be 6 lanes with 3 swimmers in each. As each swimmer leaves the pool the next entrant in race order will take their place in their lane.
- Please exit the pool via the shallow end doors
- Please swim UP and Down the side indicated by the swim marshals. Front Crawl and Breaststroke only permitted. If you wish to overtake, please tap the feet of the person in front. You can overtake at the end of the lane.
- Swim marshals will help to count your 400m (16 lengths) but it is the participant who has the final responsibility for this. You will be told when you have 2 lengths to go as a float will be held at the end of the lane after length 14, and when to 'finish.'
- Please leave your clothing for the bike and run sections by the side of your bike transition.
- For health and safety reasons, transition area is for participants only.
- Lockers are available within Fareham Leisure Centre



## CYCLE SECTION

- Please have your number visible to the marshals.
- Competitors are not permitted to draft (ie take shelter behind or beside another competitor or motor vehicle). Penalties can be issued for drafting. The draft zone will be 10 metres long measured from the leading edge of the front wheel. A maximum of 20 seconds is allowed to progress through a draft zone when overtaking another competitor. If overtaking is not completed within 20 seconds, the overtaking cyclist must drop back.
- Cycle helmets must be worn. Helmets must be fastened before the competitor's cycle is moved from its allocated space in transition and must be fastened until the cycle is returned to this position at the end of the cycle section of the race.
- Matching bike sticker and race number must be shown when leaving transition area at the end of the race.
- Bright coloured clothing is advisable. Please wear sensible footwear.
- The Bike Dismount line can be found as you enter the park; it is before you enter the transition area.
- The cycle section is 19.2 kilometres. One loop of the route is repeated to achieve this distance. Please take care particularly at the junction of Kiln Road. It is the competitor's responsibility to know and correctly complete the full course of the event.

### PLEASE TAKE CARE ON BUSY MAIN ROADS WHEN CYCLING.

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- Please be aware of uneven road surface along Fisher's Hill and upto Catisfield Lane
- We have to adhere to the Highway Code and **STOP** if traffic lights are red. It is an automatic disqualification offence to break any road traffic regulation. There is a one way bridge in Funtley. If the traffic lights are red you need to **STOP**. Any participants disobeying the Highway Code will be disqualified.
- The future of the Triathlon depends upon the safe and sensible use of highways and the consideration paid to motorists and pedestrians alike. The local police and council have been extremely helpful
- On completion of the cycling section return your bike to the transition area and place your bike in the racking provided. The cycle helmet must not be undone or removed until you have racked your bike.



# CHECK LIST

Every competitor must ensure that his or her cycle is in a safe and roadworthy condition. During the event, competitors are individually responsible for the repair of their machines.

It is recommended that the following checks be carried out prior to coming to the event, preferably on the morning of the actual competition and before racking your bike in transition.

Examples of the type of checks it would be prudent to carry out are listed below as 'Everyone Active' cannot be held responsible for any damage incurred from mechanical failure.

## ITEM CHECK:

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- Frame
- Wheels in line when straight
- For cracks in tubes or lugs
- Saddle
- For tightness of seat pillar in frame
- For tightness of saddle fixing itself
- Handlebars
- For tightness of handlebar stem in frame
- For tightness of handlebars in stem
- Brakes

It is recommended that you bring spare inner tubes/hand pumps/levers etc and can change a tyre. Assistance can be given to those not wishing to carry on, however this may be at the end of the event.

Nudity on any part of the course including transition will result in an automatic disqualification. Competitors must be adequately clothed at all times, ensuring their upper body is covered especially during the cycle and running sections of the event.



- Any equipment that acts as an impediment to hearing or concentration is prohibited from use during the race including transition. This includes but is not limited to mobile phones, personal stereos and MP3 players. Use may result in a disqualification.
- Personal video recording equipment is not permitted at anytime
- Please respect our members and members of the public and act responsibly on the day. This is a fun participation event.
- The Fareham Leisure Centre café will be open from 7.30am. Breakfast and lunch will be available
- Tea/coffee and snacks will be available in the park area
- Water will be available at the finish line
- Results can be found on [www.everyoneactive.com/fareham-triathlon/](http://www.everyoneactive.com/fareham-triathlon/)
- There will be a presentation at the end of the event
- All participants will be issued with a t-shirt and a medal
- Bananas and water will be available at the finish line.

If you know anyone who would like to volunteer to help marshal on the day please ask them to contact [laurareay@everyoneactive.com](mailto:laurareay@everyoneactive.com)

Thank you to all our volunteers and everyone who has helped to organise this event. If you have any questions, or any feedback please contact [laurareay@everyoneactive.com](mailto:laurareay@everyoneactive.com)

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