

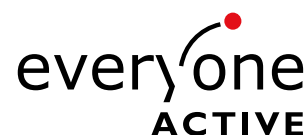


NATURES WAY FOODS CHICHESTER TRIATHLON SERIES

RACE INFORMATION PACK 2019

Sprint Distance Triathlon

EVERYONE CAN ACHIEVE THEIR GOALS



CHICHESTER TRIATHLON 2019

Natures Way Foods is delighted to sponsor the Chichester Triathlon Series. We're proud to be part of a fantastic local event that caters for all ages and abilities and continues to grow year on year.

As a manufacturer of fresh convenient food, healthy living is at the heart of our business. Many of our employees are passionate about health and fitness, and this year we'll be cheering on our employees taking part in the Triathlon Series. We're proud to support a wide range of local groups, initiatives and events with a strong focus on healthy living, sport and education.

As we approach the 13th annual Chichester Triathlon Series, we would like to take the opportunity to wish all competitors good luck. We would also like to say thank you to the teams at Everyone Active and our fantastic volunteers. We look forward to seeing you there on the start line.

Message from Ben Polhill,
Everyone Active Sports Development Manager

I would like to say a huge thank you to everyone who has signed up to this year's Natures Way Foods Chichester Triathlon Series and good luck to all those who will be competing.

Our Sports and Health and Fitness teams here at Everyone Active do a fantastic job working with organisations across the community to help as many people of all ages be healthy and active.

A huge amount of thanks must go to our wonderful team of volunteers. We couldn't do this without you.

Hello,

Thank you for entering the 2019 Natures Way Foods Chichester Triathlon Series which takes place on Sunday 14th July. This is the 13th year of the event and we are delighted that you have chosen to take part.

Please find detailed in this pack the race day instructions and route maps for the sprint distance event. We hope that the pack will provide all the information that you require. If you do have any questions that we do not address, please do get in touch.

The Chi Tri Team

Race Pack - You will receive an email the week before the race with your race number and wave time.



NATURES WAY FOODS CHICHESTER

SPRINT DISTANCE TRIATHLON

- **SWIM - 400m** 12 lengths (Westgate Swimming Pool 33.3 metres, 6 Lanes). No diving, in pool start. Staggered start of up to 30 competitors every 15-20 minutes, the first wave of swimmers will start at 10am. Please report to poolside 15 minutes before your swim time to assist organisers. Swimmers will be tapped on the head when they have 2 lengths to go, but please count your own lengths also.
- **BIKE - 33k** (Please follow yellow and black signs) From the Westgate Leisure Centre the course rides out through Lavant, through East Marden and Stoughton, and returns through Funtington and into Chichester arriving back at the Westgate Leisure Centre. Competitors will not be allowed to start without a fastened helmet! Drafting is not permitted.
- **RUN - 5k** (Please follow yellow and black signs) The route leaves the Centre taking you along a tarmac footpath called Centurion Way, it is an out and back run, which will finish on Chichester College's front playing field. Please follow signs.



TRANSITION

Transition will be situated on the adjacent Chichester College's front field and will be a secure, marshalled area where only competitors and officials will be permitted to enter. Please can we ask competitors not to bring large bags and boxes into the transition area as they can obstruct other competitors.

Please note if you are a team entry, from swim to bike transition it is safer for the swimmer to tag, pass the chip, then bike to be un-racked. Your helmet can be on and fastened before the tag. From bike to run transition your bike must be racked first before you tag and pass the chip to your run team member. Your helmet may remain in place while the chip is passed.

Please ensure that all mobile phones are either turned off or are on silent mode whilst in the transition area.

TRIATHLON RULES

For British Triathlon Federation (BTF) rules please log onto their website www.britishtriathlon.org. A copy of the rules will be available at race registration if required. Please be aware that all Ipods and MP3 players are prohibited. Calf guards are not permitted in the swim.

NUMBERS

Must be clearly visible on your back for the cycle and the front for the run.

STICKERS

You will be issued with 2 stickers; please place one on the front of your bike helmet and the second one to the seat post of your bike.

DRAFTING

Draft Busters will be patrolling the cycle route, please refer to BTF rules for disciplinary and further information, which can be accessed by visiting www.britishtriathlon.org.

FINISH AND CHIP TRAINING

The finish is located on the adjacent college field through a funnelled finish and inflatable arch. Once through the finish please collect your goodie bag and put your race timing chip in the bin provided. Please note that any competitor who does not return their chip will be charged a £5 replacement fee.



RACE REGISTRATION

Race registration will be open from 6.15am on Sunday 14th July in the Westgate Leisure Centre Sports Hall. At registration you must sign in, produce your current Race Licence or sign up to the day membership (please see below). All BTF Members that cannot produce a current race licence at registration shall pay the appropriate day membership fee in order to compete. You will be issued with your race numbers at registration along with your race timing chip and transition band. Please place the timing chip around your left ankle with the band provided. Once registered please rack your bike to the racking number that correlates to your transition band. Race registration for the sprint distance will close at 11.30am. Pre-registration will be available on Saturday 13th July between 3.45 and 5.30pm.

DAY RACE LICENCE

If you are a non BTF Member the extra £10 you paid on your entry fee will provide you with a days race licence with the BTF, this will be emailed to you with your wave time before the event.

ACCIDENT/INJURY/FIRST AID

In the event of a personal accident or injury during the race please make yourself known to the nearest marshal, who shall assist you in gaining the appropriate medical attention. St John Ambulance will be present at the event.

CHANGING FACILITIES

Dry side and wet side changing facilities will be available before and after the event. Lockers require a £1 coin, which is refundable.

PARKING AND ACCESS

Competitors are kindly requested to park in the pay and-display multi-story car park which is opposite Westgate Leisure Centre due to restricted car parking at the centre. Please be aware Sunday car parking charges now apply and competitors are not permitted to park within Waitrose Supermarket.



SPECTATORS

Spectator facilities at the pool are rather limited but swimmers can be viewed from the pool terrace or cafeteria. Alternatively spectators can congregate at the finish line on the Chichester College front playing field which is adjacent to the centre.

RESULTS

The results will not be posted out but will be made available on our website
www.everyoneactive.com/chichester-triathlon

FOOD

Catering will be available at the event but competitors are advised to bring snacks and plenty of fluids!

REFUND POLICY

1. Should the event be cancelled, all participants will receive a full refund
2. Whilst entrants can withdraw from the race at any time, if you decide to withdraw the following charges will apply:
 - Withdrawal before 31 May charges amounting to 50% of the fee will be made
 - Withdrawal on or after 1 June, charges amounting to 100% of the fee will be made
3. A voluntary withdrawal will only be deemed to have been made when communicated to Everyone Active in writing. The effective date of the withdrawal will be deemed to be as postmarked on the letter/receipt date of email.

Withdrawals should be sent to Westgate Leisure Centre, Via Ravenna, Chichester, West Sussex, PO19 1RJ or emailed to **ChichesterTriathlon@everyoneactive.com**

We wish you all the best with your training and look forward to seeing you competing on the day. If you have any further queries or questions please do not hesitate to contact the team via email:
ChichesterTriathlon@everyoneactive.com

BEST WISHES AND GOOD LUCK ON RACE DAY!