



Southport Marine Lake Triathlon

17th June 2012

Race Information Pack

Waterside Lodge, Marine Dr, Southport

PR8 1RY

Standard – 1500m Lake Swim – 40k Bike – 10k Run

Sprint – 750m Lake Swim – 20k Bike – 5k Run

This Race Pack contains important information
Please read the whole document

Timetable

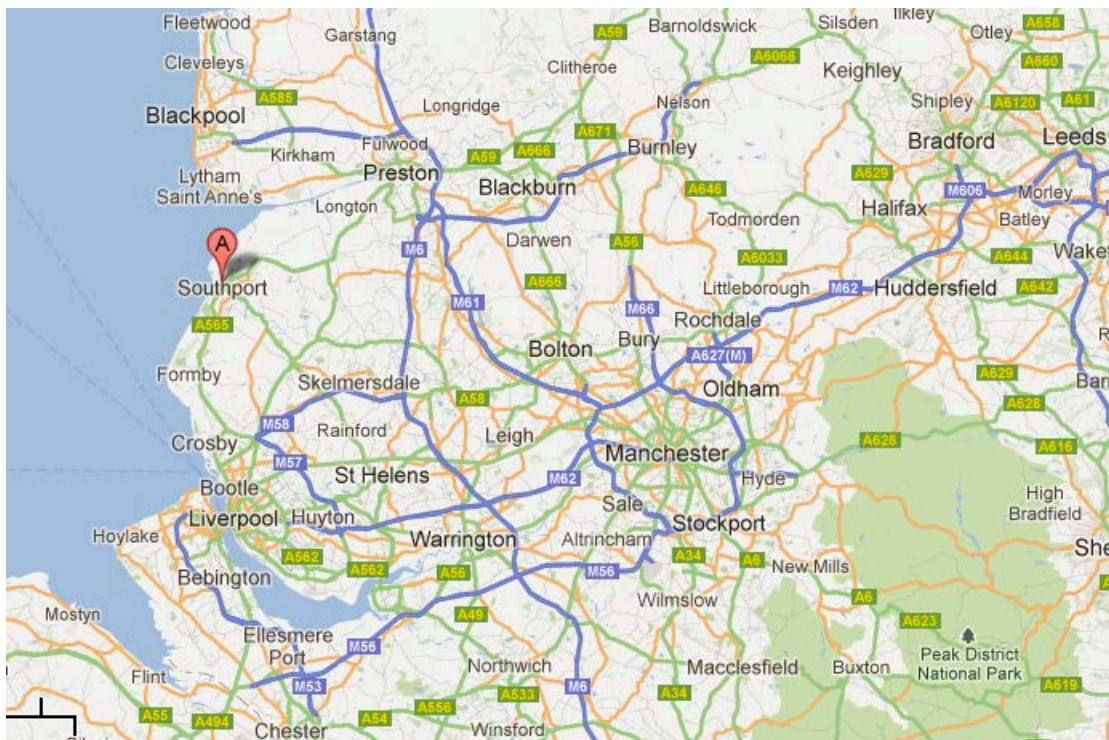
Saturday Registration Opens (n.b. at Princes Park)	Sat 16 th June – 1430hrs
Saturday Registration Closes (n.b. at Princes Park)	Sat 16 th June – 1700hrs
Sunday Registration Opens (n.b. at Waterside Lodge)	Sun 17 th June – 0630hrs
Transition Opens	Sun 17 th June – 0630hrs
Road Closures come into effect	Sun 17 th June – 0700hrs
Standard Distance Wave – Race Briefing	Sun 17 th June – 0715hrs
Standard Distance Wave – Start	Sun 17 th June – 0730hrs
Sprint Distance Wave – Race Briefing	Sun 17 th June – 0815hrs
Sprint Distance Wave – Start	Sun 17 th June – 0830hrs
Swim Course Cut Off	Sun 17 th June – 1000hrs
Bike Course Cut Off	Sun 17 th June – 1100hrs
Road Closures Reduced	Sun 17 th June – 1100hrs
Run Course Cut Off	Sun 17 th June – 1200hrs
Roads fully re-opened	Sun 17 th June – 1200hrs
Prize Giving Presentation	Sun 17 th June – 1300hrs

Race Day Location

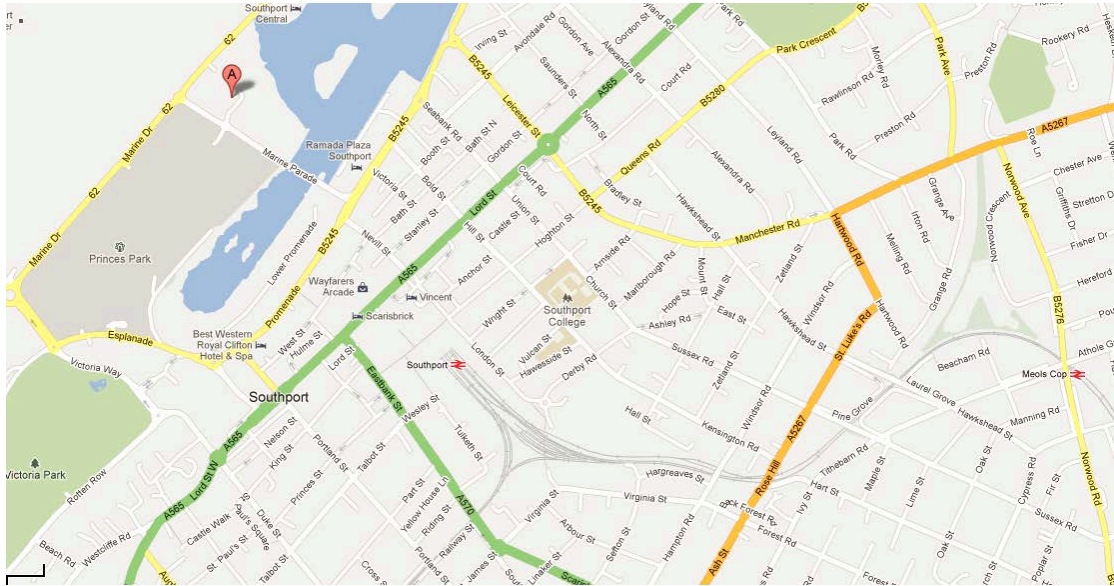
Waterside Lodge is located on Marine Drive in Southport which is easily reached by exiting the M6 at Junction 26 and taking the M58 towards Liverpool before exiting at Junction 3 and following the A570 into Southport.

If travelling from Liverpool/Wirral area head for A565 North (Formby By-Pass) and follow signs for Southport.

If travelling from Preston/Blackpool area head for A59 South and then take A565 into Southport.



On arrival into Southport head for Marine Drive and Waterside Lodge is just North of the Pier -
Postcode for Sat Nav = PR8 1RY



See link to Waterside Lodge from Google maps – [Google Maps Waterside Lodge](#)

And Waterside Lodge website – <http://www.watersidelodge.co.uk/>

Race Day Car Parking

All participants and spectators will be encouraged to park on Marine Drive (also known as 'Sea Wall') Car Park on Race Day as it will offer the most convenient access to the venue and will cause least disruption to the residents and businesses of Southport.

Please note this a Pay and Display Car Park and a £2.50 charge will apply for stays over one hour, this is payable at the Pay and Display machines on the Car Park.

The closest section of the Marine Drive Car Park to the venue will not be accessible to cars, as this will be used as the Transition area.

Please note access to the Car Park on Marine Drive will not be possible after Road Closures come into effect from approx. 0700hrs therefore it is recommended all competitors arrive by 0700hrs – cars will not be able to leave Marine Drive Car Park until roads are re-opened at midday.

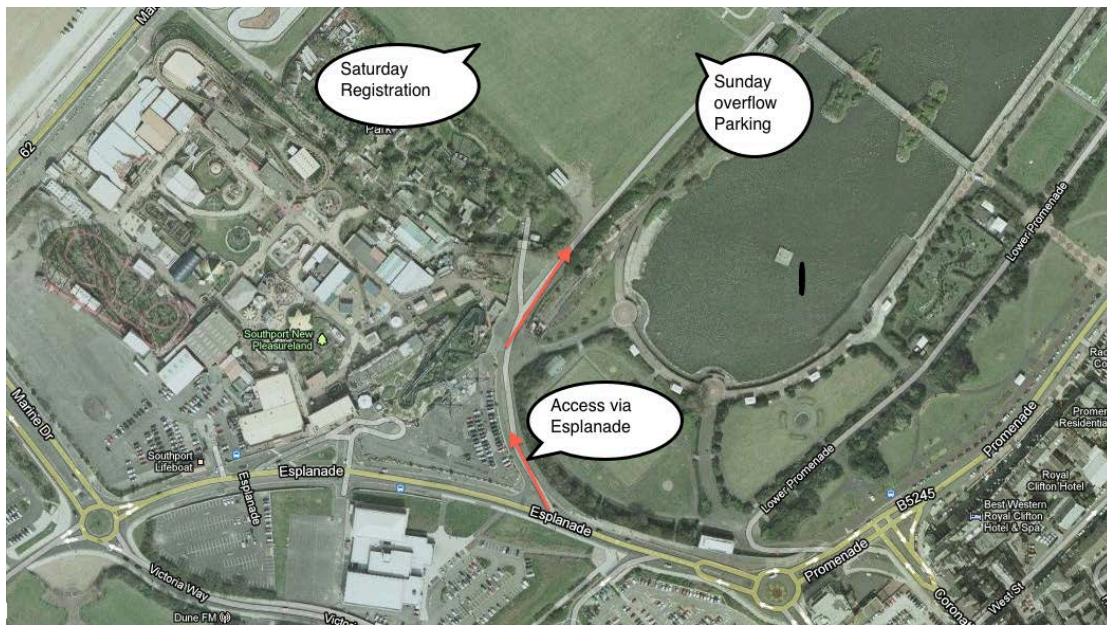


Alternative car parking for those arriving after 0700hrs and requiring exit prior to midday can be found on the following page.

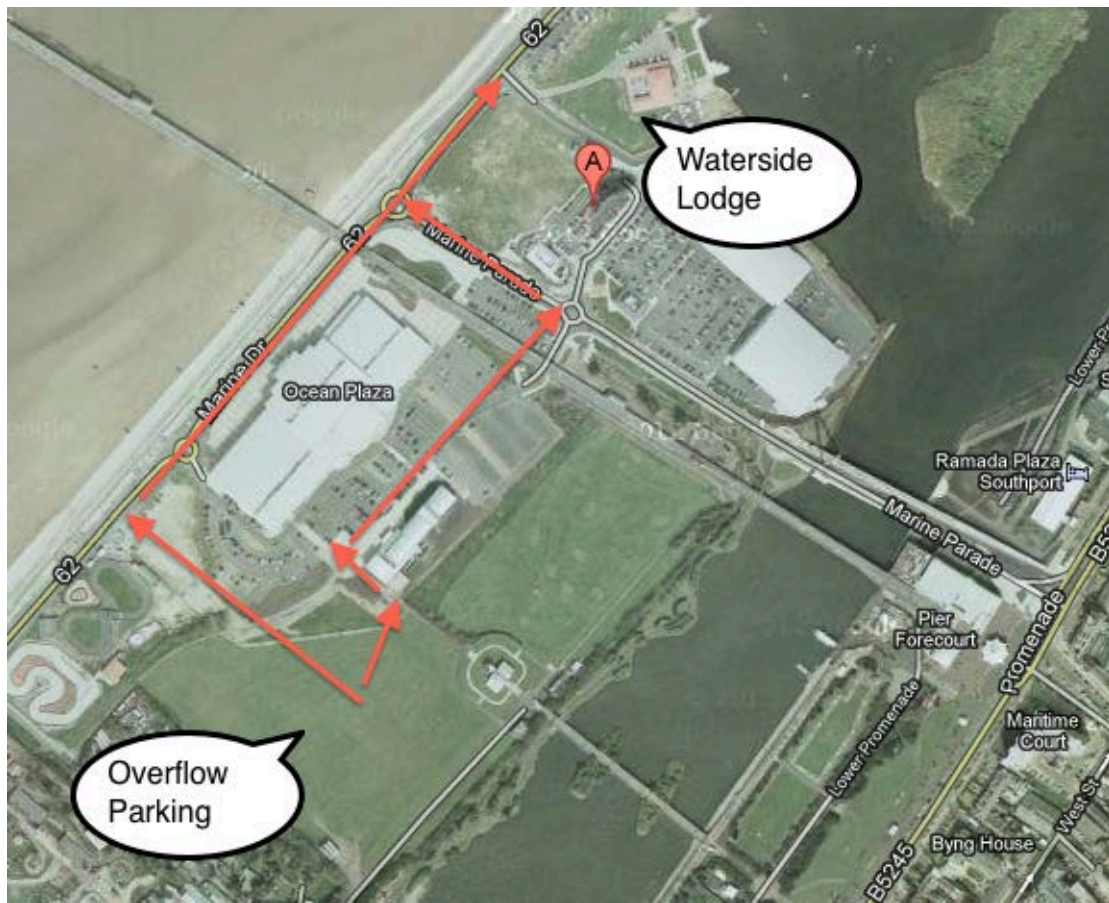
Saturday Registration Location and Sunday Overflow Parking

Due to a private function at Waterside Lodge, Saturday Registration will be taking place in Princes Park from 1430-1700hrs – access will be via Esplanade and only those with a printed copy of the front page of this Race Information Pack will be permitted access.

To register you will require personal id or a valid BTF Membership Card/Race Licence (n.b. no valid BTF Licence at registration = no £5 refund, there will be no exceptions).



To access Waterside Lodge on Sunday from Princes Park involves a walk along Marine Drive or across Ocean Plaza Car Park as indicated by the red arrows below (n.b. competitor's cars will not be allowed access to Ocean Plaza Car Park).



Race Day and General Instructions

<p>Registration</p>	<p>Saturday 16th June in Princes Park 1430-1700hrs or Sunday 17th June Registration 0630-0800hrs within Waterside Lodge.</p> <p>At registration you will be asked to provide proof of ID or BTF membership if applicable.</p> <p>You will receive the following:</p> <ul style="list-style-type: none"> • BTF Race Day Licence (if not a member of a national governing body) • Race Number for FRONT and BACK of body (Race belts are allowed and will be available for purchase on the day) • Race Number sticker for bike • Coloured swim cap (red or yellow dependant on race distance – you can keep this after the event) • Race Number and Race Distance will also be marked on your lower leg • Race Timing Chip – this must be attached to your ankle and worn throughout the race (attachment anywhere else will jeopardise an accurate race time) <p>Relay Team members will need to transfer the timing chip from one team member to another in transition between each stage of the event.</p> <p>PLEASE TRY TO AVOID WALKING ON OR NEAR TIMING MATS BEFORE YOU START YOUR RACE AS THIS MAY AFFECT YOUR RESULT</p> <p>It is important that your chip is returned to the marshal at the finish line. If your chip is lost or not handed in at the end of the race you will be charged £10.</p>
<p>Insurance and BTF Licences</p>	<p>Your entry fee already includes 3rd Party insurance cover provided by BTF. At registration, if you're not a BTF member you will be issued with a day licence, which is also your proof of insurance. We do not allow anyone to race without insurance. We do not allow transfers of entry as this invalidates insurance.</p> <p>On production of a valid BTF Membership Card & Race Licence at Registration a £5 refund will be made. If a valid BTF Licence is not produced a Race Day Licence will be issued without a £5 refund – there will be no exceptions.</p>
<p>Maps of Race Routes</p>	<p>Race routes are available to view online at http://www.vitalevents.co.uk/events/southport-marine-lake-triathlon and will also be displayed at Registration</p>
<p>Transition Area</p>	<p>Transition will open from 0630hrs on Sunday 17th June</p> <p>Before entering the transition area please attach your Race Number</p>

	<p>sticker to your bike.</p> <p>The marshal at the entrance to transition will check the Race Number on your kit/race belt and lower leg matches the number on your bike.</p> <p>Only entrants with a visible and corresponding Race Number on their bike will be allowed access to the transition area. No family or friends will be allowed in transition.</p> <p>Your position in transition is identified by numbered stickers on the racking, which will match your Race Number. Make a note of your position in transition and also note the positions of the entrance and exit points. Rack your bike in your numbered event position using the handlebars or saddle to balance your bike.</p> <p>Layout your equipment and if the weather is poor you may wish to keep your kit in a plastic box with a lid to keep your things dry.</p> <p>During the event you need to take care and pay attention in the transition area. Always keep a keen eye out for other competitors and if the weather is wet or inclement please take your time and slow down!</p> <p>You must put on and fasten your helmet before un-racking your bike you must not mount your bike until you have crossed the Bike Mount line.</p> <p>On re-entering transition you must dismount your bike before crossing the Dismount line and must not unfasten your helmet until you have racked your bike. These are BTF rules and will be closely monitored in and around the Transition area by marshals and BTF officials in attendance.</p> <p>In wet or inclement weather – take particular care and slow down</p>
Race Briefing	<p>All entrants will be required to attend a Race Briefing prior to entering the water, this will be held in front of Waterside Lodge by the swim start area at approximately 0715hrs for the Standard Distance Wave and 0815hrs for the Sprint Wave. The briefing is mandatory and is to ensure your health and safety and that of the marshals, officials and spectators.</p>
Swim	<p>All race distances cover the same 750m Swim course</p> <ul style="list-style-type: none"> • Sprint = 1 lap • Standard = 2 laps <p>The course is available to view at http://www.vitalevents.co.uk/events/southport-marine-lake-triathlon. The swim will start in the bay in front of Waterside Lodge – the route then loops around the first island before returning to the Lodge. Sprint Distance triathletes will then exit the water via the marked slipway whereas Standard Distance competitors will be required to complete a second lap.</p>

	<p>Each wave will be lead by a kayak with additional kayaks and 2 x safety boats offering cover and support to swimmers.</p> <p>If this is your first open water swim you're advised to stay at the back of the group at the start of your wave.</p> <p>If you find yourself in difficulty or distress during the swim then roll onto your back and raise a single arm. The Marine Lake is relatively shallow and it is likely you will be able to stand up. A safety crew will attend to you and you will be removed from the water at the discretion of the safety crew.</p> <p>Wetsuits are compulsory during the swim for safety reasons and swimmers must also wear the swim cap provided at Registration.</p> <p>Care must be taken whilst entering and exiting the water and swimmers must use the matting provided, failure to do so could result in a slip or fall on the slipways.</p> <p>On exiting the water swimmers will cross the timing mat before bearing right and up the grass bank, through the open gate and into transition.</p> <p>Please note due to other Lake users requiring access to the lake – any swimmers still on the swim course at 1000hrs will be picked up by the Safety Boat and deposited lakeside before continuing to transition – competitors will be allowed to continue the event and will receive a time but will not be placed.</p> <p>Wetsuits can be hired or purchased from http://www.a1multisport.co.uk/ who will be present at Saturday Registration and on Race Day.</p>
<p>Bike</p>	<p>All race distances cover the same 20k Bike course</p> <ul style="list-style-type: none"> • Sprint = 1 lap • Standard = 2 laps <p>The course is available to view at http://www.vitalevents.co.uk/events/southport-marine-lake-triathlon and road closures will be in place throughout the course which takes a left along Marine Drive and travels South adjacent to the beach onto Coastal Road and out towards the roundabout at Pontins, before returning along the same route and past Waterside Lodge, through Fairway roundabout and turning before the Plough (A565) roundabout. On return to the Lodge Sprint competitors will enter transition with Standard Distance requiring a second lap.</p> <p>This is a non-drafting race at all times. In order to ensure that drafting does not occur, there will be draft busters that will sweep the course looking for offenders and giving time penalties. Drafting means that you must not travel within 7 metres of the wheel of the competitor in front</p>

	<p>and no closer than 3 metres to the side. For a definition of drafting and how to avoid a time penalty or disqualification see p.27 from the BTF Rules here – British Triathlon Rules 2012</p> <p>The bike stage will take place on public highways which will be closed to other road users however competitors will be using both sides of the road and should ride within their own abilities, keeping to the left unless overtaking and avoiding crossing the white line in the middle of the road unnecessarily, any competitors found doing so or riding dangerously are likely to be disqualified. All competitors must follow the normal rules of the road, and must follow any instructions given by the Police or marshals in attendance. Any infringement of the law and the subsequent legal action is the sole responsibility of the competitor.</p> <p>It is your responsibility to ensure that your bike is in good working order and road worthy. Also ensure that your helmet carries the British kite mark.</p> <p>The course will be signposted – please follow the directional arrows.</p> <p>Please note due to pressure to reduce road closures – any competitors still on the bike course at 1100hrs will be picked up by the Safety Vehicle and deposited into transition – competitors will be allowed to continue the event and will receive a time but will not be placed.</p>
<p>Run</p>	<p>All race distances cover the same 5k Run course</p> <ul style="list-style-type: none"> • Sprint = 1 lap • Standard = 2 laps <p>The course is available to view at http://www.vitalevents.co.uk/events/southport-marine-lake-triathlon and exits transition in a southerly direction following the wide pavements under the pier and alongside Marine Drive before turning left into Princes Park, over the lake via the footbridge with a short loop around Lower Promenade towards the southern tip of the Lake before heading North along the Promenade and under the Pier for a second time then following Promenade along the eastern side of the Lake out towards Fairway where runners will take a left, with a further left at the next roundabout to return to Waterside Lodge via Marine Drive Car Park where the Sprint Distance will finish with the Standard Distance requiring a second lap.</p> <p>There will be a drinks station at the start of the Run course just after exiting transition where water and High 5 Citrus Energy Drink will be available n.b. this is the only drinks station on the course.</p> <p>Although the run avoids roads entirely this is not a closed course therefore please be aware of competitors, marshals and the general public on the paths/pavements around the route.</p>

	<p>The course will be signposted – please follow the directional arrows and marshals instructions.</p> <p>Please note due to pressure to fully re-open roads – any competitors still on the run course at midday will be picked up by the Safety Vehicle and deposited into Marine Drive/Sea Wall Car Park – competitors will be allowed to continue the event and will receive a time but will not be placed.</p>
Medics & First Aid	<p>St John’s Ambulance will be in attendance on Race day with a First Aid Unit at Waterside Lodge, an Ambulance Unit roadside and mobile Cycle Response Units; however, you should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhoea or other forms of distress.</p> <p>If you have an existing medical condition you should check with your doctor that you are able to take part. If you are able to enter, ensure that full details of your condition are written on the reverse of both of your event numbers in case of an emergency ensuring you include all information such as current medication.</p>
Hydration	<p>Fluids lost in sweat must be replaced. There is a drink station at the start of the run course. However, it is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before – alcohol can have a serious impact on hydration.</p>
Failure to finish	<p>If you withdraw from the event at any stage before the finish – you must inform the officials at Registration or the Finish Area. This will allow us to account for all entrants.</p>
MP3 / Mobile Phones	<p>MP3 players, iPods, mobile phones, etc. are not permitted at any time during the event in accordance with BTF rules.</p>
Nudity	<p>In accordance with BTF rules – nudity is not permitted at any point during the event. This includes changing at transition and being topless at any stage during the bike or run.</p>
Photography	<p>Race photographs will be taken on the day by 2 local photographers and will be published online and available to download free of charge to all competitors after the event – remember to smile!</p>
BTF Race Rules	<p>The race will take place in accordance with the British Triathlon Federation Rules. These are available here British Triathlon Rules 2012 and must be abided by at all times. They are in place for the safety and enjoyment of all competitors, spectators, marshals and officials.</p> <p>Reminder: once competing, you cannot accept any outside assistance, e.g. passing water bottles, pacing on the run, etc.</p>
Results, Winners and Prizes	<p>Results will be available real time on a large TV screen as the competitors finish.</p> <p>Winners will be announced at the Prize Presentation after all competitors have finished the course – a list of prizes can be found here Winners Prizes.</p> <p>We will also have a special Endurance Junkie prize available to the winners of the ‘Race Day Raffle’, which will be drawn and presented</p>

	<p>along with the other prizes, if the winners are not in attendance there will be a re-draw.</p> <p>A provisional listing of the full results will be posted on the Vital Events website (http://www.vitalevents.co.uk) to which competitors will have 72 hours from the time of its posting to raise any queries.</p>
Spectators	<p>Spectators are welcome to come along and watch the event and support the entrants. But please be mindful of the competitors whilst racing and where necessary step out of the way of oncoming triathletes.</p> <p>Please don't be offended if asked to move and try to avoid congregating around the transition area.</p>
Lost Property	<p>The organiser cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event</p>
Massage	<p>Pre and post-race massage will be available from 'Massage 4 Athletes' in the Lakeside area in front of Waterside Lodge.</p>
Volunteers	<p>It is not possible to have too many marshals so if you have family and friends that are available and willing, we are always happy for extra volunteers on the day to help the event run smoothly. If anybody interested could email: rob.macleod@vitalevents.co.uk</p> <p>You do not require any previous experience or knowledge of triathlon to become an event marshal; any necessary briefing will be provided before the event via email or verbally on the day.</p> <p>We will provide either a free Vital Events Technical T-Shirt or free entry to a future event for all volunteers (or a nominated friend/family member) without volunteer marshals these events could not take place your enthusiasm, time and effort is greatly appreciated.</p>

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