



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

RACE INFORMATION

CONTACT@BOURNEMOUTHINTERNATIONALTRI.CO.UK

Within this booklet, we aim to give you all the information you need to know to have fun, safe and well-organised race. Please have a good read, and if you still have any questions, please email.

We will publish any updates on our event website:

www.bournemouthinternationaltri.co.uk

[Please also like the challenging events facebook page for info](#)

THIS IS A DRAFT DOCUMENT AND WILL BE UPDATED AS WE GET CLOSER TO THE EVENT SO THE INFORMATION REMAINS ACCURATE

REFUNDS AND DEFERRALS

We are too close to race day for a deferral or a refund. You can transfer your entry to another competitor free of charge. It is your responsibility to find someone to replace you if you wish to use the transfer option. The closing date for transfers is Wednesday 5th September. You can do this yourself by logging on to your RaceSpace account, change the details to their and email kelly@challenging.events the name change.



BOURNEMOUTH INTERNATIONAL TRIATHLON
SUNDAY 9TH SEPTEMBER 2018

LOCATION

Event Location: Pier Approach, Bournemouth BH2 5AA

ON THE DAY PROGRAMME *times may be delayed if the weather and visibility is poor on the day *

From	Stage
05:45am	Registration Opens (next to transition)
5:50am	Transition opens for pre-registered athletes
7:20am	Registration closes
7:25am	Transition CLOSES
6:50am	Assemble at Swim Start on the beach Race briefing for STANDARD WAVE 1
7am	Wave 1 Start Red Hats
7:10am	Swim Start Wave 2 Blue Hats
7:15am	Assemble at Swim Start (on the beach) Race Briefing Sprint
7:20am	Start Wave 3 – Green Hats
7:30am	Start Wave 4 - Yellow Hats
7:32am	Safety Briefing Aquathlon (On the beach)

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON
SUNDAY 9TH SEPTEMBER 2018

7:40am	Aquathlon Start – Pink Hats
8:15am	Safety Briefing on Beach for Long Swim
8:30am	Start Long Swim 2.km Yellow Hats 5K Pink Hats

REGISTRATION

Option 1 Saturday 8th September 3pm – 5pm Hermitage Hotel (Bar area)

Hermitage Hotel, Exeter Rd, Bournemouth BH2 5AH

Option 2 SUNDAY 9th September 2018

Registration will be outside transition from 5:45 am. Please allow plenty of time to register and rack your bike before your swim start time.

At registration, you will be able to collect your race pack which will contain the following:

- Race Bib Number – (worn on your back for the bike and front for the run)
- Transition Security Wristband (placed on your wrist at registration)
- Bike and Helmet Stickers
- Active Timing Chip (worn on the Left ankle)
- Day Licence (if not a Triathlon England Member)

All competitors need to show ID to register, Forms of ID include a bank card and Tri England card.

- BTF Home Nations members need to show their membership cards as ID. **If you are unable to produce your card, you will be charged £5 for a day licence.**
- Unattached\Day Licence competitors need to produce ID with a photo or a bank card in their name.

We ask for ID to prove you are the registered competitor. If someone else competes using your details and has an accident, they may receive incorrect medical treatment and, regardless of fault, you won't be covered by insurance which is provided by the day licence or by being a member of Triathlon England.

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON
SUNDAY 9TH SEPTEMBER 2018

Please Note:

If you don't make registration you are unlikely to race. Expect to queue so please give yourself plenty of time to register.

NOMINATE A FRIEND

If you are unable to attend registration on Saturday but still wish to register, you can nominate a friend or team mate to collect your race pack. They will need a signed letter of authority plus one of the following ID listed below

TRANSITION

- The Transition Area will be open from 5:50am for competitors that have registered.
- Before entering Transition, place numbered stickers from your race pack on your bike and the front of your helmet. You cannot enter transition until these are in place.
- When entering Transition WEAR your helmet for visual checking of chin strap by an official. Make sure your brakes are working and you have bar ends in your handle bars.
- Find your wave for racking
- Only competitors can enter transition for security reasons.
- Respect other competitors and keep within your allocated space.
- Only a competitors may remove their own equipment from the transition area.
- No boxes will be allowed. Bags will be places in the baggage area to the back of the transition area

BTF RULES

We recommend you familiarise yourself with BTF rules that will be applied to this event. You may receive a penalty (including disqualification) for breaking any rule. A BTF official shall be in attendance on the day.

This event is a **non-drafting**

The BTF rules can be found here:

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

<https://www.britishtriathlon.org/competitionrules>

PLEASE NOTE:

The new rule on the storage of competitors equipment in transition. Soft bags only, please.

We **DO NOT** provide storage boxes for competitors.

CHIP TIMING

You will be issued with a timing chip that is associated with your race number. This chip will be affixed to a Velcro band on your LEFT ankle.

Failure to return the chip will require a payment of £50 to cover the loss of the chip to the timing company.

TECHNICAL SUPPORT

It is your responsibility to ensure that your bike is in roadworthy condition.

Be prepared!

Take spare inner tubes and a cycle pump and wear correct clothing for the conditions. If you have a technical difficulty on the bike course please let a marshal know and the sweep van will collect you.

NUMBERS

Ideally, a race belt should be worn to enable you to switch your number between the bike and the run course. Otherwise, your number will need to be pinned on your front. Two numbered labels will be in your pack to go on the front of helmet and seat stem of your bike. We have a limited number of sale at registration for £6

CHANGING FACILITIES

Please arrive ready changed. There are toilets available at the base of the pier.

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

WATER STATIONS

There will be no water stations on the bike course so please ensure you carry enough liquid refreshments on your bike. On the run course, water stations are located at the start and finish. Precision Hydration will be available at registration and on the run.

PARKING

Please use the car parks within the town. These are all pay and display car parks (including Sundays).

The nearest Car Parking is Bath Road South followed closely by Bath Road North. Both car parks are within 200 metres of transition. Due to being beach car parks they are £2.50 per hour. If you don't mind a slight walk of approx 10 minutes you can park for free on The West Cliff, directions can be found [HERE](#)

Bournemouth use Pay By Phone for cashless parking payments, you can register [HERE](#) for an account. Cash payment machines are also available in the car park.



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

EVENT COMPONENTS

SWIM (750M SPRINT OR 1500M STANDARD)

NOTES

The swim start is located on the east side of Bournemouth Pier.

You must report to swim start for roll call and race briefing. If you miss the briefing you will not be able to race.

Wetsuits are mandatory

Swim hats will be provided and are mandatory

Sprint & Aquathlon Swim Course – 750 Metres - View Online Course [HERE](#)

Standard Swim Course – 1500 Metres - View Online Course [HERE](#)

Long Swim Course - <https://ridewithgps.com/routes/28530680> or <https://ridewithgps.com/routes/28530760> There are two courses, one is one lap of 2.5k and on is 1.25k lap. The final decision will be made by the swim safety team at 6am on Sunday 9th September.

Each lap will have an Aussie exit giving you the opportunity to take a drink.

There will be kayakers there for your safety, if you feel unwell or need assistance lay on your back with your arm in the air and one will come to you.

Relay – Once finished go to Transition and hand your chip to your rider.

CYCLE COURSE (20.5KM)

NOTES

This is a NON drafting event. There will be draft busters on the course who will issue warning and penalties.

Do not litter.

Marshalls are located along the course for your safety.

Please follow the highway code at all times and be courteous to other drivers and

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

competitors.

Please take care on the A338, always shoulder check before overtaking a competitor.

We recommend competitors use a rear light in flashing mode during the bike section.

This is for increased visibility.

Sprint Distance Bike Course – 20.2 kms - View Online Course [HERE](#)

Standard Distance Bike Course – 38.6 kms - View Online Course [HERE](#)

Relay – Rack your bike and hand your chip to your runner at your racking place.

RUN COURSE

NOTES:

- Take care! The prom is open to the public with walkers, dogs and the land train!
☑ Sprint Distance Run Course & Aquathlon Run – 5.0 kms - View Online Course [HERE](#)
- ☑ Standard Distance Run Course – 10 kms - View Online Course [HERE](#)

FOLLOW THE RUN COURSE SIGNS. LISTEN TO THE MARSHALS. LOOK OUT FOR OTHER USERS.

RACE RETIREMENT

If you retire from the race at any point, please inform a timekeeper. It is extremely important that we are aware of all competitors' whereabouts. You must hand in your Timing Chip on retirement from the race to either race registration or an official at the finish line.

MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please inform us before the start of the race.

IMPORTANT:

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

Please write all personal and any medical details on the back of your race number and put a small, indelible red cross on the front of your number to indicate a known medical issue.

Regardless of whether you have a medical condition or not, if you feel unwell on race day, don't Race!

RESULTS & PRIZES

- Sprint and Standard Triathlon
- First Three Men, First Three Women
- First Man Under 20, First Women Under 20
- First Man 20-29, First Women 20-29
- First Man 30-39, First Women 30-39
- First Man 40-49, First Women 40-49
- First Man 50-59, First Women 50-59
- First Man Over 60, First Women over 60

Aquathlon

- First Three Men, First Three Women

Long Swim 2.5k

- First Three Men, First Three Women

Long Swim 5k

- First Three Men, First Three Women

(All ages as at 31st Dec 2018)

The top 3 male and female finisher's move out of their respective age group category. This is something that has been done for the past 20 years as it allows trophies to be distributed amongst a wider field of competitors.

Trophy presentation will take place within 30 minutes of the last competitor finishing. If you are unable to attend the presentation, there will be a charge of £7 to post your trophy (1st-3rd) and £5 for age group trophies (due to size, weight and packaging).

VERSION 1 – UPDATED 2017-11



BOURNEMOUTH INTERNATIONAL TRIATHLON

SUNDAY 9TH SEPTEMBER 2018

RESULTS

A results ticketing service will provide online an over all time for each competitor immediately after the race.

Competitors will be emailed a link to provisional results after the race. Results will be finalised as of 6 pm on Tuesday 11th September . Only queries received by 12 pm on Tuesday 11th September will be considered.

Queries will only be accepted by submitting it via one of the following methods:

- Via email to timing-queries@challenging.events
- <https://helpdesk.challenging.events/timing-queries>

By either route, you will receive a ticket reference number which will confirm the query has been received.

Please note the Triathlon England rules, in force at the time of the race, will be used for appeals against time penalties and DQ's.

AND FINALLY.... HAVE A GREAT RACE!