

Self-Transcendence

TRIATHLON 2013



Dear Athletes,

We are looking forward to welcoming you all to Portishead on June 9th for what we're sure will be a great event. For almost all of you, this will be your first experience of a triathlon race, so we wish you all the best and hope you have a memorable experience.

The next few pages contain essential information to help you register for the race on the day, and get yourself to the start line properly prepared and on time. Also included are some tips for friends and family on how to support you before, during and after the race and how to get a good view of the action.

Good Luck!!

From all of us at the Sri Chinmoy Triathlon Club
& Self-Transcendence Races

TRIATHLON 2013 – RACEDAY INSTRUCTIONS

1. **Arrival & Parking.** Please DO NOT drive along, or park on, Lake Road. There is plenty of free parking on the Esplanade itself. Reverse into your space so that when you leave you don't have to reverse on to the course where there may still be cyclists finishing.
2. **Noise.** For the benefit of local residents, we have a NO NOISE rule before the race briefing at 8am. Please be as quiet as possible.
3. **Toilets.** Public loos at the junction of Esplanade Road and Lake Road will open at 6.30am. The pool changing rooms & toilets will not open until 7.30am.
4. **Registration.** On arrival, go to registration in THE TENT ON THE LAKE GROUNDS, ABOUT 100m from the pool, and pick up your race number pack. Your race number is on a chart in this RACE PACK document so make sure you know your number when you go to the desk. The number pack contains 2 large numbers and 2 number stickers, as well as a coloured swim cap. Then go to the adjacent Mark-Up Desk to get your numbers written on your upper arm and the back of your leg. After mark-up, affix one of your number stickers to your helmet and one to your bike, somewhere clearly visible (e.g. seat post). Please make sure you take your coloured swim cap with you to the race start, and fill in the contact details on the back of both your large race numbers.
5. **Transition.** After registration/mark-up go to Transition (fenced-off area to the left of the pool building) to rack your bike and lay out your kit in the numbered space allocated to you. Fix your large race numbers to your clothing or number belt ready for the bike & run sections. You must have completed this process by 7.50 so you have time to get to the Safety Briefing inside the pool compound at 8am.
6. **Bag Storage.** You can store a few items for after the race in the transition area along with your race kit, but space is limited there. Valuables and all other items not required during the race should be kept locked in your vehicle OR you can use the lockers in the pool changing rooms. These require a £5 deposit, payable at pool reception from 7.30am. There is no secure bag storage at Registration.

7. **Briefing.** At 8am there is a briefing by the pool for ALL ATHLETES. Attendance is compulsory. It will take up to 20 minutes so be dressed appropriately for the temperature & weather conditions.
8. **Swim waves.** After the briefing, swimmers in “wave 1” (that’s athletes with race numbers 1-25) must line up at the shallow end of the pool at 8.25, then get in to the water ready to start the swim when directed to do so. While each group or “wave” of 25 people is swimming, the next group of 25 has to line up by the side of the pool alongside the safety barrier. Remember, you must wear the swim cap from your race number pack, and follow instructions from the race director who will tell each group of swimmers when to start.
9. **Finish.** After you finish the race, you will be presented with your tee shirt and trophy and we will take a photo of your presentation – friends, family and supporters are welcome to join you for the photo. You will be allowed back in to Transition to collect your bike and kit as soon as it is safe (i.e. when almost all the athletes have completed the bike section). You will need to show your race number to gain access to Transition and collect your bike. You cannot collect another athlete’s bike or equipment, they must claim it in person.
10. **Meeting Point.** The Registration/Finish Tent on the Lake Grounds is also the meeting point, so anyone separated from other members of their party should meet here. Our designated Lost Children officer will be located here throughout the event, and First Aiders will be on hand here or at the swimming pool reception if required.

Start List / Swim Waves

RACE.NO.	Wave	Lane	Swim Cap	Forename	Surname	Gender
1	WAVE 1	LANE 1	RED	Luke	stevens	Male
2	WAVE 1	LANE 1	WHITE	Debbie	Martin	Female
3	WAVE 1	LANE 1	BLUE	becky	burston	Female
4	WAVE 1	LANE 1	YELLOW	craig	davis	Male
5	WAVE 1	LANE 1	GREEN	Joe	Gillett	Male
6	WAVE 1	LANE 2	RED	Carol	Osborne	Female
7	WAVE 1	LANE 2	WHITE	Kieron	Hall	Male
8	WAVE 1	LANE 2	BLUE	Guy	Dixon	Male
9	WAVE 1	LANE 2	YELLOW	David	Robinson	Male
10	WAVE 1	LANE 2	GREEN	Paul	Lowe	Male
11	WAVE 1	LANE 3	RED	Jacqueline	Davies	Female
12	WAVE 1	LANE 3	WHITE	nicola	cole	Female
13	WAVE 1	LANE 3	BLUE	Anthony	Reade	Male
14	WAVE 1	LANE 3	YELLOW	Tori	Farran	Female
15	WAVE 1	LANE 3	GREEN	Joanne	Burke	Female
16	WAVE 1	LANE 4	RED	Andrew	Eames	Male
17	WAVE 1	LANE 4	WHITE	Juliet	Ashwell	Female
18	WAVE 1	LANE 4	BLUE	Tris	Seabrook	Male
19	WAVE 1	LANE 4	YELLOW	James	Trott	Male
20	WAVE 1	LANE 4	GREEN	Jason	Hughes	Male
21	WAVE 1	LANE 5	RED	Nicola	Dixon	Female
22	WAVE 1	LANE 5	WHITE	Will	Binnington	Male
23	WAVE 1	LANE 5	BLUE	Julia	Pflaum	Female
24	WAVE 1	LANE 5	YELLOW	James Andrew	Ewing	Male
25	WAVE 1	LANE 5	GREEN	Lisa	Marnier	Female
26	WAVE 2	LANE 1	RED	Duncan	Green	Male
27	WAVE 2	LANE 1	WHITE	Clare	Green	Female
28	WAVE 2	LANE 1	BLUE	Helen	Childs	Female
29	WAVE 2	LANE 1	YELLOW	ben	o'brien	Male
30	WAVE 2	LANE 1	GREEN	Angela	Hanger	Female
31	WAVE 2	LANE 2	RED	Ticki	Toogood	Female
32	WAVE 2	LANE 2	WHITE	Matthew	Gore	Male
33	WAVE 2	LANE 2	BLUE	valentino	oriolo	Male
34	WAVE 2	LANE 2	YELLOW	Gary	Thomas	Male
35	WAVE 2	LANE 2	GREEN	vicky	Bishop	Female
36	WAVE 2	LANE 3	RED	Nikolas	Wheeler	Male
37	WAVE 2	LANE 3	WHITE	Caroline	Matthews	Female
38	WAVE 2	LANE 3	BLUE	Hazel	Davidson	Female
39	WAVE 2	LANE 3	YELLOW	Nikki	Prescott	Female
40	WAVE 2	LANE 3	GREEN	james	russell	Male
41	WAVE 2	LANE 4	RED	Chris	Jackson	Male
42	WAVE 2	LANE 4	WHITE	Katherine	Webb	Female
43	WAVE 2	LANE 4	BLUE	Adam	Pockett	Male
44	WAVE 2	LANE 4	YELLOW	Gemma	Keegan	Female
45	WAVE 2	LANE 4	GREEN	Gontzal	Alonso	Male

46	WAVE 2	LANE 5	RED	Chris	Dickinson	Male
47	WAVE 2	LANE 5	WHITE	Mark	Wilson	Male
48	WAVE 2	LANE 5	BLUE	Della	Hudson	Female
49	WAVE 2	LANE 5	YELLOW	Sharon	Newnham	Female
50	WAVE 2	LANE 5	GREEN	Denise	Osborne	Female
51	WAVE 3	LANE 1	RED	Ed	Brown-Kenyon	Male
52	WAVE 3	LANE 1	WHITE	Tessa	Paine	Female
53	WAVE 3	LANE 1	BLUE	Samantha	osland	Female
54	WAVE 3	LANE 1	YELLOW	Kevin	Phillips	Male
55	WAVE 3	LANE 1	GREEN	Sandy	O'Carrol	Female
56	WAVE 3	LANE 2	RED	Ian	McGowan	Male
57	WAVE 3	LANE 2	WHITE	Jason	Matthews	Male
58	WAVE 3	LANE 2	BLUE	Julia	Voke	Female
59	WAVE 3	LANE 2	YELLOW	Richard	Voke	Male
60	WAVE 3	LANE 2	GREEN	Jeremy	Carter	Male
61	WAVE 3	LANE 3	RED	Kathleen	Christie	Female
62	WAVE 3	LANE 3	WHITE	Steve	Sewell	Male
63	WAVE 3	LANE 3	BLUE	Helene	Young	Female
64	WAVE 3	LANE 3	YELLOW	Sarah	Jones	Female
65	WAVE 3	LANE 3	GREEN	Jane	Cann	Female
66	WAVE 3	LANE 4	RED	Sue	Ferguson	Female
67	WAVE 3	LANE 4	WHITE	James	Miller	Male
68	WAVE 3	LANE 4	BLUE	Jason	Walker	Male
69	WAVE 3	LANE 4	YELLOW	Eamonn	Broderick	Male
70	WAVE 3	LANE 4	GREEN	David	White	Male
71	WAVE 3	LANE 5	RED	Charlotte	Smith	Female
72	WAVE 3	LANE 5	WHITE	paul	wilson	Male
73	WAVE 3	LANE 5	BLUE	Vivien	Powell	Female
74	WAVE 3	LANE 5	YELLOW	Joanna	Barr	Female
75	WAVE 3	LANE 5	GREEN	Polly	Wilson	Female
76	WAVE 4	LANE 1	RED	Seb	Hall	Male
77	WAVE 4	LANE 1	WHITE	James	Wills	Male
78	WAVE 4	LANE 1	BLUE	Soo	Jackson	Female
79	WAVE 4	LANE 1	YELLOW	Matthew	Ellis	Male
80	WAVE 4	LANE 1	GREEN	Carly	Spencer	Female
81	WAVE 4	LANE 2	RED	Chris	Sanders	Female
82	WAVE 4	LANE 2	WHITE	Steve	Powell	Male
83	WAVE 4	LANE 2	BLUE	Stephanie	Andrews	Female
84	WAVE 4	LANE 2	YELLOW	Tracey	Cogzell	Female
85	WAVE 4	LANE 2	GREEN	Paula	White	Female
86	WAVE 4	LANE 3	RED	Christopher	Hardy	Male
87	WAVE 4	LANE 3	WHITE	Adi	Leebrook	Female
88	WAVE 4	LANE 3	BLUE	Michelle	Gordon	Female
89	WAVE 4	LANE 3	YELLOW	Lesley	Cowell	Female
90	WAVE 4	LANE 3	GREEN	Mhairi	Vernon	Female
91	WAVE 4	LANE 4	RED	Tracey	Henderson	Female
92	WAVE 4	LANE 4	WHITE	Mark	Colton	Male
93	WAVE 4	LANE 4	BLUE	Jenny	Tran	Female
94	WAVE 4	LANE 4	YELLOW	Julie	Bugler	Female

95	WAVE 4	LANE 4	GREEN	Kirsty	Lardner	Female
96	WAVE 4	LANE 5	RED	Imogen	Crump	Female
97	WAVE 4	LANE 5	WHITE	Martin	Wells	Male
98	WAVE 4	LANE 5	BLUE	Rebecca	Perrett	Female
99	WAVE 4	LANE 5	YELLOW	Anthony	Hooper	Male
100	WAVE 4	LANE 5	GREEN	Sarah	Cole	Female
101	WAVE 5	LANE 1	RED	David	Coombes	Male
102	WAVE 5	LANE 1	WHITE	Celia	Coombes	Female
103	WAVE 5	LANE 1	BLUE	Ella	Broderick	Female
104	WAVE 5	LANE 1	YELLOW	Isla	Hobbs	Female
105	WAVE 5	LANE 1	GREEN	John	Ballantyne	Male
106	WAVE 5	LANE 2	RED	Lauren	Tinsley	Female
107	WAVE 5	LANE 2	WHITE	Hatti Alice	Robinson	Female
108	WAVE 5	LANE 2	BLUE	Alec	Coombes	Male
109	WAVE 5	LANE 2	YELLOW	Tom	Farrell	Male
110	WAVE 5	LANE 2	GREEN	andy	james	Male
111	WAVE 5	LANE 3	RED	Leslie	Casey	Female
112	WAVE 5	LANE 3	WHITE	Andy	Humphrey	Male
113	WAVE 5	LANE 3	BLUE	Stuart	Reid	Male
114	WAVE 5	LANE 3	YELLOW	Wendy	Sergeant	Female
115	WAVE 5	LANE 3	GREEN	Natasha	Ferson	Female
116	WAVE 5	LANE 4	RED	Mike	Vowles	Male
117	WAVE 5	LANE 4	WHITE	Vicky	Jepson	Female
118	WAVE 5	LANE 4	BLUE	Jan	Gorton	Female
119	WAVE 5	LANE 4	YELLOW	England	Annabelle	Female
120	WAVE 5	LANE 4	GREEN	Suzanne	Gaffney	Female
121	WAVE 5	LANE 5	RED	Rebecca	Kent	Female
122	WAVE 5	LANE 5	WHITE	Ivan	Kent	Male
123	WAVE 5	LANE 5	BLUE	hannah	jenkins	Female
124	WAVE 5	LANE 5	YELLOW	Kevin	Leighton	Male
125	WAVE 5	LANE 5	GREEN	Adrian	Howell	Male

Self-Transcendence Somerset Try-a-Tri

Notes for Supporters & Spectators

Supporters get free entry to the pool area from 7.30 to 9.30, so you can watch the swim from the tiered seating there. Please note the seating is not covered. You can also watch from the Lido Kitchen Café once it opens – there is a great view of the transition area from the café. Here are some good ways to support your athlete:

1. Help them get their bike and kit to registration and then to the transition entrance. You can't come right into the transition area though; they have to rack the bike and lay out their kit themselves
2. Come with them to the briefing at 8am by the pool, make sure they wear something warm if it is a cool morning, then take that extra layer of clothing off their hands when they are called to the start – they won't have time to go and stash it themselves.
3. Cheer everyone as they swim, especially when they come out of the pool – the swim is a tough event for many athletes, so please give them enthusiastic support! Please leave the space immediately around the pool clear.
4. If you prefer to watch the transition area to see the transition process, the start/end of the cycling and the start of the run, the best place is from the grass just in front of the Registration Tent, which you can reach without having to cross the course. If you cheer your athlete out of the pool and then head straight to the main entrance, you should see them starting the bike section too.
5. The finish line is approx 100m away from the pool, on the landward side of Esplanade Road. The best place from which to view the run finish, and then meet your athlete after they have crossed the line, is on the seafront side of the Esplanade. As soon as athletes finish, they are presented with their Trophy and Tee Shirt. We will take every finisher's photo at Registration – supporters can be in the photo too if they want. After finishing and having their presentation & photo, athletes need to collect their bike and kit from transition. They may have to wait a while until most athletes have finished before they are allowed in, so it would be good to have a jacket or other extra layer ready for them when they finish. And a drink or snack for them too.
6. Please drive really carefully when leaving – ideally don't leave until all athletes have finished and are off the road.

HOW TO FIND PORTISHEAD OPEN AIR POOL (RACE VENUE)

Directions: Leave M5 at Junction 19 and follow signs to Portishead and then the brown signs for Portishead Lakegrounds. The pool is located on the Esplanade at the end of the Lakegrounds.



Race director's contact details for any enquiries:
07702 410797
garga@goldenboat.net

SAFETY & RULES BRIEFING

Please read these notes about rules and safety. For any breaches of the rules, or unsafe conduct, time penalties or disqualification (DQ) may apply. There may seem to be a lot of regulations here, but they are only common sense, and they are required in order to have a safe, fair race. You will hear all this again on race day at the safety briefing, but please do read it in advance to be sure you understand everything. Call the race director if confused about anything.

FIRST AID – if at any point in the race you get injured or become unwell, notify the nearest marshal, who will call the Race First Aid and inform the Emergency Services. If you see another athlete who you think needs assistance, please inform a marshal as soon as possible so we can get help to them.

SWIMMING

1. At 8.25, all WAVE 1 swimmers must come to the shallow end of the pool and line up by the correct lane - once marshal has checked your number, get in **FROM A SEATED POSITION** no jumping/diving. All 5 swimmers in each lane wait at end of pool in the water until instructed to start. **YOU MUST WEAR YOUR COLOURED SWIM HAT** issued at registration. While each wave is in progress, swimmers from the next wave must line up at the approach to the pool.

2. Each lane is designated either clockwise/anticlockwise to prevent the situation of swimmers going in opposite directions immediately either side of the rope. Your marshal will tell you which side of the lane to swim on. The race director will instruct you when to start swimming.

3. Once the swim has started, if you need to overtake, make sure the middle of the lane is clear before you do so. If someone is approaching in the middle of the lane wait for them to pass then check it is clear before pulling out to overtake. If someone catches you up and touches your feet, it is "sporting" to let them pass you at the end of the pool.

4. You can swim any stroke, but remember it is your responsibility not to impede other swimmers e.g. by straying into the wrong side of your lane.

5. When you have done 6 lengths, the marshal will tap you with a float and say "1 more lap". After 8 lengths, exit via the shallow end of the pool (**NO USING STEPS**) then turn **LEFT** and **WALK** past the swim marshals - you can jog/run if you want to when you have turned the corner and start heading down the side of the pool towards the deep end. After about 10m, move out through the gap in the barrier and head for the door behind the diving boards, which is the way out to transition. If you intend to use the changing rooms, turn left at the end of the pool, go and change, then exit via the door behind the diving boards.

TRANSITION T1

1. Once you exit the pool area via the doorway, enter the compound with care, as the grass underfoot may be slippery.
2. Once you find your bike and kit, you must put your helmet on and do up the strap before moving your bike.
3. You must not obstruct the route through transition either with your body (e.g. standing in the middle of the path) or your kit - so do any kit changes right by your bike and keep all your stuff well back from the path.

REMEMBER: NO NUDITY IN TRANSITION.

YOU MUST LEAVE T1 WITH A NUMBER VISIBLE ON YOUR BACK (AND KEEP THAT NUMBER VISIBLE THROUGHOUT THE RIDE) and your top half must be covered.

4. Once you have taken your bike from the rack, push it out of transition via the **BIKE OUT** gate to the road crossing - **IMPORTANT** - you must not cross the road unless the marshals at the road crossing confirm it is clear - this road is open to traffic so you may have to wait a few seconds for a car to pass.
5. After the road crossing, keep pushing your bike along Lake Road until you reach the "Cyclists Mount Here" sign - then you can get on and start pedalling. There will be time penalties for anyone getting on too early. Look out for **SPEED HUMPS** on this stretch of road as well as runners, pedestrians and cars.

BIKE

- 1 You must obey the Highway Code throughout the ride.
2. Use of mobile phones and music players while riding is prohibited.
3. You must obey marshal instructions at junctions and anywhere else on the course. They may tell you to stop at a junction/turn if there is traffic approaching for example.
4. If you have mechanical trouble, you can fix it yourself or take help from marshals and the mobile bike mechanic, Gary Harris, who will come out to help you if requested by a marshal. You cannot accept help from a friend/supporter.
5. **DRAFTING** – for the full rules on drafting see the British Triathlon web site – but basically, you are not permitted to ride alongside or close behind any other

rider, as this would be riding in their slipstream and gaining an unfair advantage. You must leave a gap of 7 metres between yourself and the rider in front of you, but if you want to overtake you have 15 seconds where you are allowed to ride across that 7m gap. If you can't overtake in 15 seconds, you have to drop back and open up that 7m gap again, then if you want to try overtaking again you can. If you successfully overtake, the overtaken rider must then drop back to leave a 7m gap behind you. If you find this confusing call or email the race director for an explanation! If you are deemed to be drafting, you get a time penalty – unless you get seen doing it several times in which case you will be disqualified. So just make sure you leave that 7m gap and all will be fine.

6. There may be a church service on Nore Road, so look out for churchgoers parking and crossing the road.

7. There is a section of narrow, downhill bends about half way round the course- there is a warning sign - we recommend no overtaking on that stretch.

8. There may be traffic heading into the recycling centre on Valley Road - take care in that area. Please approach all turns – be they left turns or right turns – at a sensible speed so you do not run any risk of falling off or going on to the wrong side of the road. Remember any dangerous riding will be penalised by disqualification, as we have to put everyone's safety first.

9. There is a fast downhill section on Nore Road on the way back, take extra care to keep control of your bike especially if tired. If you aren't used to fast downhill riding, don't try it in the race!

10. Be careful of the speed humps when you rejoin Esplanade Road, and the bit of pavement that sticks out into the road. There will be cones/signs here to warn you about both.

11. Dismount at the "Cyclists Dismount Here" sign and push your bike to transition entering through the gate at the back of the transition area marked **"BIKE IN"**.

TRANSITION T2

1. Replace your bike in the same spot on the bar that you took it from, again take care to avoid obstructing the thoroughfare with any of your kit. You **MUST KEEP YOUR HELMET ON** until you have re-racked the bike.

2. **AGAIN - NO NUDITY IN TRANSITION, YOU MUST HAVE TOP-HALF CLOTHING ON FOR THE RUN AND YOU MUST HAVE A RACE NUMBER DISPLAYED ON YOUR FRONT** throughout the run. Leave transition through the **RUN OUT** exit which is the same as the **BIKE OUT** exit - again, you must obey the **ROAD CROSSING MARSHALS**.

RUN

1. The use of mobile phones and music players on the run is prohibited.
2. Once across the road, join the pavement of Esplanade Road and follow the directions of the signs and marshals - **TAKE CARE AS THERE WILL BE OTHER PEDESTRIANS ON THIS PAVEMENT, ESPECIALLY MID MORNING.** Bottles of mineral water will be available to pick up on each lap – please don't discard bottles on the course – if you have to throw them away please put them in a bin or drop next to a marshal.
3. After 500m you pass the toilets - you will pass them on each lap.
4. After the corner where the toilets are, you will be running on road or verge - there is no pavement. Stay close to the left side of the road - **DO NOT RUN IN THE MIDDLE OF THE ROAD** - and obey any marshal instructions. There is a short section with a barrier to stop you taking a bend too wide and running out into the road - please run to the left of this barrier. All the road is **TRAFFIC CALMED** with speed humps but there will be some cars on the road so remember to run safely and not expect cars to give way to you – they don't have to!
5. The 4km run course is 3 laps of a 1300m loop plus 100m along the esplanade to the finish, so you will run past the tent where the finish line is located **THREE TIMES** before you actually finish (you will pass the tent after just 100m, then again after 1400m, then again after 2700m – next time you come round you will be finishing). Marshals will be recording your laps and will shout out “Number 123 finishing” when you approach the tent / finish line for the last time. This is the signal for you to move to the left and run off the pavement loop on to the grass to cross the line. If you think you have completed 3 laps and the marshal doesn't call your number out, check with them – even with only 3 laps people can get confused and you may find you have one more lap to go.
6. **AFTER FINISHING** please wait to **HAVE YOUR RESULT ANNOUNCED, BE PRESENTED WITH YOUR TEE SHIRT AND TROPHY** and have your **FINISH PHOTO** taken by the registration tent - supporters are welcome to join you for the photo which will be available free from our web site within a few days, as will full race results including splits. We will be able to give you your total race time when you finish but you will have to wait until the results are published online to see a detailed breakdown of your race.
7. **YOU WILL BE READMITTED TO TRANSITION** as soon as it is safe to do so - you can use the shower and changing facilities in the pool building. **WHEN LEAVING TAKE EXTREME CARE IF YOU HAVE TO DRIVE ON THE COURSE WHILE THERE ARE STILL ATHLETES COMPLETING THE RACE.**