

Self-Transcendence

TRIATHLON 2012



Dear Athletes,

We are looking forward to welcoming you all to Portishead on July 1st 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 Athletic Club
& Self-Transcendence Races

Self-Transcendence

TRIATHLON 2012

Dear Athlete,

Here are some instructions for race day.

1. **Arrival & Parking.** We are asking you all to avoid parking on Lake Road and to park instead on Esplanade Road – either on the seafront itself or on the section leading to Pier Road. Parking in these areas is free. Please park at the north end (near Pier Road) if you have to leave before midday. Please, for safety reasons, reverse in to your space so you are facing forwards when you leave (in case there are still athletes running/cycling on the course at that time). Suggested arrival time is 6am to 7am, no later.
2. **Noise.** Please be as quiet as possible before 8am, for the benefit of local residents who want to enjoy their Sunday morning in peace!
3. **Toilets.** Public loos at the junction of Esplanade Road and Lake Road will open at 6am. The pool changing rooms & toilets will not open until 7.30am.
4. **Registration.** On arrival, go to registration and pick up your race number pack. This 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 right upper arm and the back of your left leg. After mark-up, affix one of your number stickers to your helmet (above right ear) 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 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 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 1-20) 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 20 people is swimming, the next group of 20 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 finishing the race please help yourself to a bottle of water and walk back to Registration (via the seafront side of the Esplanade) for your trophy presentation. 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 Tent 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 if required.

Self-Transcendence Somerset Try-a-Tri

Start List / Swim Waves

RACE#	WAVE	LANE	HAT	Forename	Surname
1	1	1	RED	luke	stevens
2	1	1	WHITE	marc	williams
3	1	1	BLUE	Jason	Fisher
4	1	1	YELLOW	george	bush
5	1	1	GREEN	John	Ferguson
6	1	2	RED	ian	portingale
7	1	2	WHITE	Michael	Fosker
8	1	2	BLUE	Rebecca	Hayward
9	1	2	YELLOW	Guy	Dixon
10	1	2	GREEN	Craig	Davis
11	1	3	RED	William	Gillett
12	1	3	WHITE	Jeremy	Murgatroyd
13	1	3	BLUE	Kate	Morris
14	1	3	YELLOW	Patricia	maggs
15	1	3	GREEN	Karen Zoe	Thynne
16	1	4	RED	Carol	Wells
17	1	4	WHITE	Rowan	Brockman
18	1	4	BLUE	naomi	button
19	1	4	YELLOW	Catherine	Tunstall
20	1	4	GREEN	sophie	Harcombe
21	2	1	RED	Helen	Rogers
22	2	1	WHITE	rachael	hooper
23	2	1	BLUE	Luke	England
24	2	1	YELLOW	Darren	Howling
25	2	1	GREEN	michael	sandick
26	2	2	RED	matthew	langdon
27	2	2	WHITE	Gary	Thomas
28	2	2	BLUE	Patrick	Garland
29	2	2	YELLOW	Nicola	Dixon
30	2	2	GREEN	Vicky	Bishop
31	2	3	RED	Rebecca	Forster
32	2	3	WHITE	Sarah	Longman
33	2	3	BLUE	Louise	Carr
34	2	3	YELLOW	Cheryl	Hurren
35	2	3	GREEN	fiona	miles
36	2	4	RED	Gill	Parham-Mott
37	2	4	WHITE	Elizabeth	Williams
38	2	4	BLUE	Jenny	Saxon-Ornellas
39	2	4	YELLOW	Iain	Whitaker
40	2	4	GREEN	keith	reynolds

RACE#	WAVE	LANE	HAT	Forename	Surname
41	3	1	RED	Amie	Vaughan
42	3	1	WHITE	Heidi	Evans
43	3	1	BLUE	Jennifer	Mackley
44	3	1	YELLOW	Janice	Waterhouse
45	3	1	GREEN	Paul	Manson
46	3	2	RED	Rachel	Vaissiere
47	3	2	WHITE	Hannah	Darling
48	3	2	BLUE	Ruth	Densley
49	3	2	YELLOW	Katherine	Newman
50	3	2	GREEN	Natalie	Newton
51	3	3	RED	annalisa	owen
52	3	3	WHITE	Carsten	Hullah
53	3	3	BLUE	Ade	Hurren
54	3	3	YELLOW	Will	Bond
55	3	3	GREEN	paul	leman
56	3	4	RED	Tristan	Worcester
57	3	4	WHITE	David	Underwood
58	3	4	BLUE	Sarah	Clark
59	3	4	YELLOW	Louise	Weinzweig
60	3	4	GREEN	sarah	Duggan
61	4	1	RED	Sarah	Routley
62	4	1	WHITE	Stephanie	Williams
63	4	1	BLUE	Andrew	Biggs
64	4	1	YELLOW	Richard	Walters
65	4	1	GREEN	Sebastian	Hall
66	4	2	RED	kevin	taylor
67	4	2	WHITE	Jemima	Pope
68	4	2	BLUE	Anna	Skinner
69	4	2	YELLOW	Joy	Skinner
70	4	2	GREEN	Tracey	Holborn
71	4	3	RED	Ian	Whitehead
72	4	3	WHITE	Kathleen	Atherton
73	4	3	BLUE	Kevin	Daniels
74	4	3	YELLOW	Mark	O'Hare
75	4	3	GREEN	Nikolas	Wheeler
76	4	4	RED	myles	podmore
77	4	4	WHITE	Ken	Head
78	4	4	BLUE	Richard	Biggs
79	4	4	YELLOW	Wendy	Price
80	5	4	GREEN	James	Gregory

RACE#	WAVE	LANE	HAT	Forename	Surname
81	5	1	RED	joe	moore
82	5	1	WHITE	Celia	Coombes
83	5	1	BLUE	Selina	Jones
84	5	1	YELLOW	Mari	Morgan
85	5	1	GREEN	Helen	Todd
86	5	2	RED	Martin	Grenfell
87	5	2	WHITE	David	Kearin
88	5	2	BLUE	roger	prestidge
89	5	2	YELLOW	Martin	Holloway
90	5	2	GREEN	andy	james
91	5	3	RED	katie	williams
92	5	3	WHITE	Caroline	Matthews
93	5	3	BLUE	sue	baic
94	5	3	YELLOW	Trevor	Edwards
95	5	3	GREEN	Ian	Nash
96	5	4	RED	Simon	Roberts
97	5	4	WHITE	lisa	cousins
98	5	4	BLUE	martin	cartwright
99	5	4	YELLOW	George	Griffiths
100	5	4	GREEN	Jason	Partridge

The above lists are for you to find out which wave you are in – on the next page is an alphabetical listing so you can find out your race number more easily .

72	Kathleen	Atherton
93	sue	baic
63	Andrew	Biggs
78	Richard	Biggs
30	Vicky	Bishop
54	Will	Bond
17	Rowan	Brockman
4	george	bush
18	naomi	button
33	Louise	Carr
98	martin	cartwright
58	Sarah	Clark
82	Celia	Coombes
97	lisa	cousins
73	Kevin	Daniels
47	Hannah	Darling
10	Craig	Davis
48	Ruth	Densley
9	Guy	Dixon
29	Nicola	Dixon
60	sarah	Duggan
94	Trevor	Edwards
23	Luke	England
42	Heidi	Evans
5	John	Ferguson

3	Jason	Fisher
31	Rebecca	Forster
7	Michael	Fosker
28	Patrick	Garland
11	William	Gillett
80	James	Gregory
86	Martin	Grenfell
99	George	Griffiths
65	Sebastian	Hall
20	sophie	Harcombe
8	Rebecca	Hayward
77	Ken	Head
70	Tracey	Holborn
89	Martin	Holloway
22	rachael	hooper
24	Darren	Howling
52	Carsten	Hullah
34	Cheryl	Hurren
53	Ade	Hurren
90	andy	james
83	Selina	Jones
87	David	Kearin
26	matthew	langdon
55	paul	leman
32	Sarah	Longman

43	Jennifer	Mackley
14	Patricia	maggs
45	Paul	Manson
92	Caroline	Matthews
35	fiona	miles
81	joe	moore
84	Mari	Morgan
13	Kate	Morris
12	Jeremy	Murgatroyd
95	Ian	Nash
49	Katherine	Newman
50	Natalie	Newton
74	Mark	O'Hare
51	annalisa	owen
36	Gill	Parham-Mott
100	Jason	Partridge
76	myles	podmore
67	Jemima	Pope
6	ian	portingale
88	roger	prestidge
79	Wendy	Price
40	keith	reynolds
96	Simon	Roberts
21	Helen	Rogers
61	Sarah	Routley

25	michael	sandick
38	Jenny	Saxon-Ornellas
68	Anna	Skinner
69	Joy	Skinner
1	luke	stevens
66	kevin	taylor
27	Gary	Thomas
15	Karen Zoe	Thynne
85	Helen	Todd
19	Catherine	Tunstall
57	David	Underwood
46	Rachel	Vaissiere
41	Amie	Vaughan
64	Richard	Walters
44	Janice	Waterhouse
59	Louise	Weinzweig
16	Carol	Wells
75	Nikolas	Wheeler
39	Iain	Whitaker
71	Ian	Whitehead
2	marc	williams
37	Elizabeth	Williams
62	Stephanie	Williams
91	katie	williams
56	Tristan	Worcester

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. 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 500m 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 given a ticket with their finish time and have to return to the Registration tent to hand it in and be 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. When walking back from the finish area to the Registration Tent for presentations, please don't walk on the run route – if you stay on the seafront side of the Esplanade you will help us minimise congestion for the runners. When you get back near Transition, you will need to cross the race course – please do so carefully without impeding any athletes returning to Transition from the cycle section, or those heading out from Transition to start the run.
6. 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.
7. Please drive really carefully when leaving – ideally don't leave until all athletes have finished.

CYCLE ROUTE



The course is "undulating" which means there are a few hills, notably on Nore Road on the outbound route and also going up Valley Road – save some energy for that part! The loop section of the course will be ridden in an anticlockwise direction. As you'll see from the course map, there are a few right turns and crossroads to deal with. At all of these, there will be marshals who will wave you on if the road is clear so you don't have to stop. If there is traffic approaching, you'll have to be prepared to stop and let it pass before carrying on.



RUN ROUTE

The run route is a flat, simple loop around the lake grounds. The loop is 1.3km long so you complete two anticlockwise laps, then 400m more to the finish line, making 3km in total. Water is available on each lap. Toilets are located at the end of the Esplanade furthest from the pool. You pass the toilets on each lap. Please obey all marshals and keep close to the side of the road on the sections where there is no pavement.

HOW TO FIND PORTISHEAD OPEN AIR POOL (RACE VENUE)

Directions: Leave M5 at Junction 19 and follow signs to Portishead and then 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.

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. 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 at the end of the pool.

4. 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 "2 more lengths".

6. After 8 lengths, exit via the 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 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, follow the perimeter of transition keeping the fence on your left and enter the compound through the SWIM IN entrance.
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 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.
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. 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 right 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** - you must leave a gap of 7m between your front wheel and the front wheel of the bike in front, or a gap of 1.5m to the side (but you can only ride alongside another rider where safe to do so, and that will not apply on much of this course, because it is on public roads). You can move into this "no drafting zone" of 3m by 7m for 15 seconds to overtake. If you overtake, the

other cyclist must drop back to leave a 7m gap, if you can't get past in 15 seconds, you must drop back to that 7m distance before trying again.

6. There is 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.

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.

11. Dismount at the "Cyclists Dismount Here" lane and push your bike to transition entering through the same gate as before - it is also marked "BIKE IN".

TRANSITION T2

1. Replace bike in the same spot where you took it, 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.

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.

2. Leave transition through the **RUN 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**. After 400m you can pick up a drink if required - drinks are bottled mineral water - there are enough for one each in the race plus one each after finishing. **DO NOT** discard bottles on the course - use a bin, hand bottle to a marshal, drop bottle off the course next to a marshal or carry it to the finish. You will pass the water station again on the second lap.

3. After 500m you pass the toilets - you will pass them again after 1800m. If you go into the toilet - come back out on to the course the way you went in, don't use it as a "shortcut" to cut the corner of the course.

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 as directed by the marshal there. All the road is **TRAFFIC CALMED** with speed humps.

5. **AFTER FINISHING** - you will be given a ticket with your time on it - you can also pick up an extra drink - **THEN RETURN VIA THE SEAFRONT SIDE OF ESPLANADE ROAD TO THE REGISTRATION TENT TO HAVE YOUR RESULT ANNOUNCED, BE PRESENTED WITH YOUR TEE SHIRT AND TROPHY** and have your **FINISH PHOTO** taken - 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.

6. **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.**