

Competitors information pack

Please read thoroughly as changes have been made since last years event.

MANCHESTER TRIATHLON CLUB

Boundary Breeze & North West Regional Sprint Triathlon Championships

SUNDAY, JULY 24th 2011

BOUNDARY WATER PARK, HOLMES CHAPEL, CHESHIRE, WA16 9LQ

SPRINT - 750m SWIM - 23Km BIKE - 5Km RUN

SUPER SPRINT (Youths Only) - 400m SWIM - 13Km BIKE - 3Km RUN

- Competitors will be started in 'waves' with a separate female only and youth Supersprint wave.
- Prizes for the first three men and women overall.
- Prize for each age group winner.
- Post race massage for a small donation
- Team prize for first three athletes home
- Goody bag for all competitors

WELCOME

Thank you for entering the Boundary Breeze Triathlon, now in its 11th year at the current venue, Boundary Water Park, near Holmes Chapel. The event headquarters (parking, registration, changing, trade stands, prize-giving etc) is at Allostock Village Hall (see below for directions).

For the 2011 race the event will once again incorporate the North West Regional Championships over the sprint distance and the youth race will be part of the North West series.

The course will be sign posted and marshalled but it will be your responsibility to navigate the course correctly. This event will be sanctioned and refereed by the British Triathlon Federation (BTF) and held under BTF competition rules. For details please check the BTF website: www.britishtriathlon.org/rules

YOUR FIRST TRIATHLON

If this is your first triathlon then there is a guide on the Manchester Triathlon Club website to help you enjoy a fantastic sport.

[http://www.man-tri-club.org.uk/Boundary-Breeze /Documents/first triathlon.pdf](http://www.man-tri-club.org.uk/Boundary-Breeze/Documents/first%20triathlon.pdf)

COURSE MAPS

The enclosed maps show the courses for all three disciplines as well as the two transition areas. Please note that there is **strictly no parking at Boundary Water Park**. All cars must be parked in the field at Allostock Village Hall, which is half a mile from the race site. Anyone walking from the Village Hall to the race after 10:25 am will not be allowed to use the A50 as this is the run route. You will be directed to a narrow path, which follows the bank of the lake.

DIRECTIONS

Fully detailed instructions from the M6, Knutsford and Holmes Chapel are all given on the website www.man-tri-club.org.uk. The easiest route is as follows:

From the M6 (North or South) take junction 18 and take the A54 for 1 mile to Holmes Chapel. At the roundabout in Holmes Chapel take the A50 signposted for Knutsford. After driving 2 miles from the roundabout you will pass the Boundary Water Park where T1 and the swim are situated. Continue 0.3 miles further on and after passing the garden centre on your left hand side you should take your next left into Chapel Lane. Drive down to the end of Chapel Lane and continue down the unmade road to Allostock Village Hall which is the car park, registration and T2 area.

PARKING & FACILITIES

The race car park is at Allostock Village Hall. The car park is open from 07:00 until 09:00 then no-one can enter or leave until the last competitor has left T2. Car parking is £2, all of which will be donated to the Junior Triathlon club -. The purpose of the junior club is to support and promote the sport of triathlon in the North West and to also create the opportunity to give this fantastic sport a try.

Please do not park on the road outside the village hall. This is part of the bike and run course and doing so jeopardizes the future of the event. There is no parking at Boundary Water Park either.

Cheshire Organics mobile catering will be on site along with a Royles trade stands for last minute essentials. Toilets and changing are located at the village hall and at T1.

REGISTRATION

All competitors must register at the Village Hall. **Registration will be open at 08:00 and closes at 09:15. You must have your bike racked by 09:45 at the very latest.** At registration you will be issued with your Race Timing Chip and ankle strap, race numbers, a coloured swim cap that indicates which wave you are in, body marking, , bike and helmet numbers, a race memento, plus any other goodies we can get our hands on. BTF members will have to show their valid race licence. BTF members who can't produce their race licence will have to pay an additional £5 for a day licence. Non-BTF members will be issued with their day licence, the price of which was included in their entry fee.

RACE BRIEFING

All competitors must attend the pre-race safety briefing that will take place next to T1 at 09:45

ELECTRONIC CHIP TIMING & NUMBERS

This years event will be using electronic chip timing. You will receive your Race Timing Chip and ankle strap at Race Registration. This must be attached to your ankle (this is where it has been designed to work at its optimum and fixing it anywhere else will jeopardise you getting your race times). You must wear your ankle strap throughout the whole race. **Please ensure the number on your timing chip matches your race number.**

Please return your chip to the marshal at the finish line. You will not be allowed to remove your bike without returning your chip and ankle strap. If you have lost your timing chip you will be charged £10 to remove your bike from transition. Your times will be taken as you exit both transitions and at the finish. Please make sure your number is clearly visible front and back for the redundant time keepers (they must not be cut down or mutilated) and be prepared to shout it out if necessary. Number belts are allowed. Please do not try to speak to the time keepers after you have finished.

Instant times will be available in the conservatory next to T1.

THE SWIM

Competitors will be started in five waves. The age range is determined by the age you will be on 31/12/2011:

- 10:00 Wave 1 - Mixed Youth (Age group 16-18)
- 10:15 Wave 2 - Female (Age groups 18+)
- 10:35 Wave 3 - Male (Age groups 45 +)
- 10:55 Wave 4 – Male (Age groups 35 - 45)
- 11:15 Wave 5 – Male (Age groups 18 - 35)

All waves start in the water and you must wear the swim hat you have been issued with. **No hat...no race!** The swim course which takes you round in an anti-clockwise direction. All turns are marked by floating markers. Safety cover will be provided by a rescue boat and canoeists. **If you are in difficulty raise a hand to attract the attention of nearest boat.** The water quality and temperature will be displayed at registration along with wetsuit guidelines.

THE BIKE

The sprint course comprises of one short and one long lap. The super-sprint is just one long lap, so all youth competitors should ignore the "turn left first lap" sign and continue straight on. Please study the enclosed maps carefully and click on the G-Map links if you want to see the routes in more detail. It is your own responsibility to do the correct number of laps.

You **must** wear a cycling helmet approved by BSI, ANSI, Snell or an equivalent. Your helmet **must** be fastened before you take your bike from the rack and **must** remain fastened until you have re-racked your bike. You **must not** cycle in the transition areas (there will be clearly marked "mount/dismount" lines where you start and stop cycling). During the cycle section you **must not** take shelter behind another rider (drafting). This means that you must not remain alongside or within 7 metres behind another rider for more than 15 seconds. The drafting rule will be enforced by motorcycle marshals. Please obey the normal rules of the road - the police will be present and we rely on their goodwill for this event to take place. Any reports of dangerous cycling may result in disqualification and jeopardize the future running of the race.

Particular care MUST be taken when turning left out of Townfield Lane onto London Road A50 (12km); you DO NOT have right-of-way and MUST give way to oncoming traffic.

When you return to T2 you must keep left and dismount at the indicated dismount line.

THE RUN

When coming out of T2 you must, again, keep left as incoming cyclists will be using the same lane. As you exit the lane onto Princess Road please keep on the pavement. When you turn left into Wash Lane please keep to the right as there is no pavement. The run consists of an out and back course indicated by signs stating 'SENIORS 2 LAPS - YOUTHS 1 LAP'. **Youths must do one lap; everyone else must do two laps. It is your own responsibility to do the correct number of laps and marshals will be checking numbers at the turnaround points.** There will be drinks stations on the run section and at the finish.

After completing the correct number of laps, the run takes you back to the lake and the



Boundary Breeze Triathlon 2011



finish. Please keep to the right at all times during the run and make sure your race number is clearly visible from the front during the run, and particularly as you finish.

TRANSITIONS

Please note that there are two transition zones.

T1 (Swim to bike) will be at the lake and T2 (bike to run) will be at head quarters (Allostock Village Hall).

You **MUST** leave your running gear in T2 before you go to the lake!

The racks in T1 are numbered with your race number plus 300. So competitor number one will rack in position 301 and so on. The racks in T2 are numbered with your actual race number.

The finish is at the lake.

The entrances (from the swim and from the bike) and exits (to bike and to run) will be clearly marked. Please make sure you know where your space is in transition and which way you will be going through transition. You must re-rack your bike in its allotted place before starting the run. Security staff will restrict access to competitors with race numbers and to bikes with the race number on. You will not be allowed to take your bike out of transition unless you show your race number, matching with the bike number.

You must have racked your bike and vacated the transition area by 09:45. These rules are for the safety of your equipment and other competitors. They will be strictly enforced - please don't give the marshals a hard time!

POST RACE MESSAGES

We are delighted to offer post race massages at the village hall for a small charitable donation. 10 minute massages will be available to competitors after the race. A ticket system will be in operation to ensure that queuing is kept to a minimum.

PRIZE GIVING & PRESENTATIONS

The prize presentation will take place in the Village Hall as soon as possible after the finish. We will aim to be able to start the presentation at 1:30, but please bear with us if there are delays and listen for announcements over the PA.

There will be awards for the first three men and women overall. There are also awards for all age group winners (determined by age at 31/12/2011) and for the first men's and women's club teams (three per team based on cumulative positions).

North West Sprint Championship prizes will be presented at the annual dinner later in the year. Watch for details on the website:

<http://www.britishtriathlon.org/triathlonengland/northwest/>



RESULTS

Electronic Chip Timing System crew are located in the conservatory near the exit of T1 where you can ask for your results as soon as you have finished. Please note that though we offer this service, occasionally the service will not be available e.g. if the team are checking some data for the Race Referee or compiling final results.

Provisional results will be printed off after the awards presentation and then posted as soon as possible on our website www.man-tri-club.org.uk.

ACCOMMODATION

Please contact the Tourist information department at the Knutsford Town Hall on 01565 632611. B&B available at Boundary Water Park, please contact Alan or Ruth on 01477 533225. For camping at Woodlands Park, please contact Mrs Vivien Swindells on 01565 722628.

WITHDRAWALS

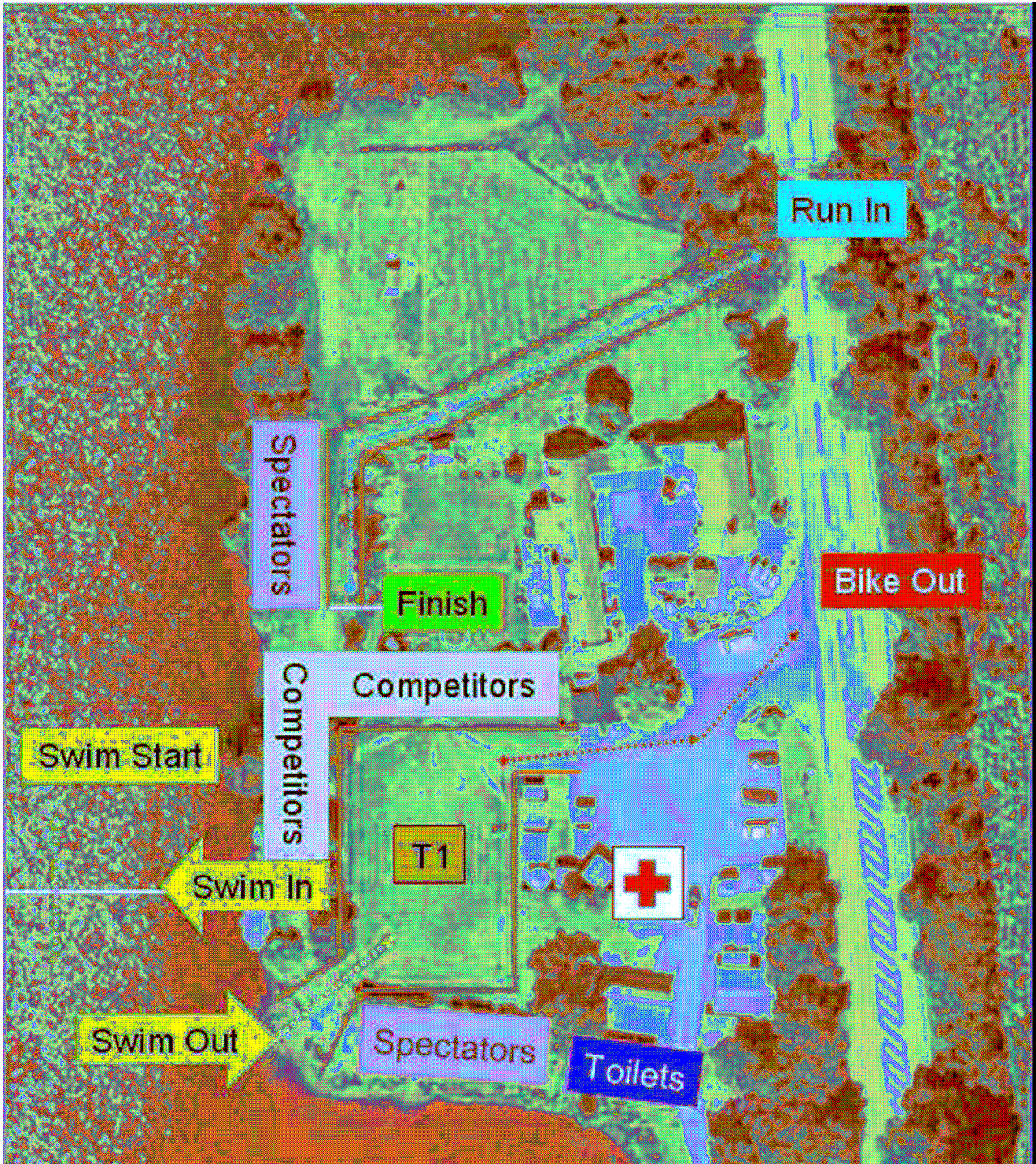
If you are injured or unable to compete for what ever reason, you are allowed to transfer your entry to another person up until Sunday 18th July.

Please email boundarybreeze@yahoo.co.uk with the details of your replacement. Unfortunately we cannot refund or defer entries.

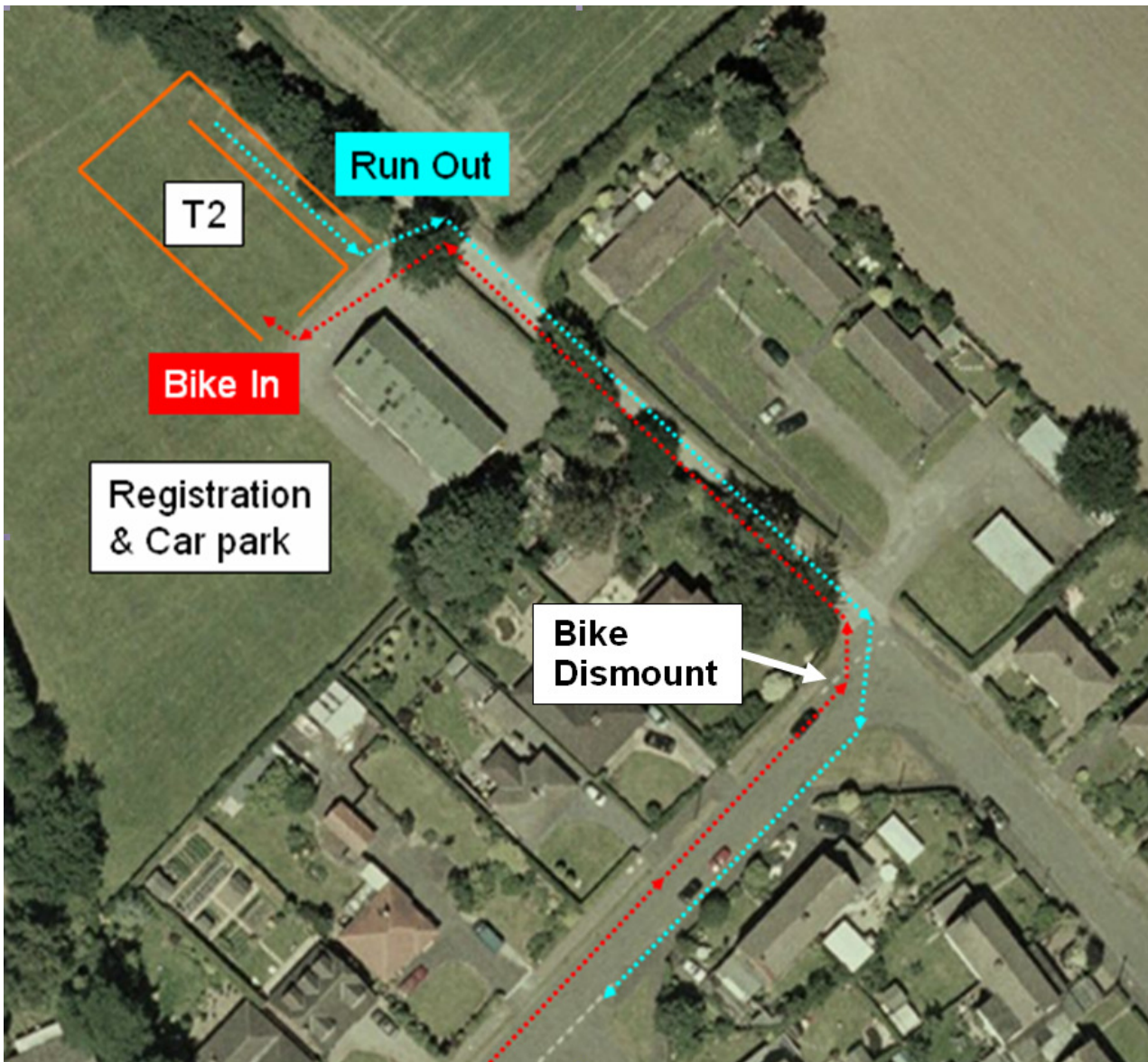
KIT CHECK LIST

Essential:	Desirable:
Bike	Tools/Spare Inner Tube
Helmet	Pump
Drinks Bottle	Number Belts
Shoes for cycling/running	Glasses
Tri Suit / Swim wear / Shirt / Shorts	Sports Bag
Wetsuit	Safety Pins
Goggles	Energy Gel
Valid BTF Card (If Member)	Food Bars
	Watch
	Towel
	Track Suit
	Spare Goggles
	Talcum Powder For Shoes
	Rubber Lubricant
	Socks
	Toilet roll (Just in case!)

Start, Finish & T1.



Registration, Parking & T2

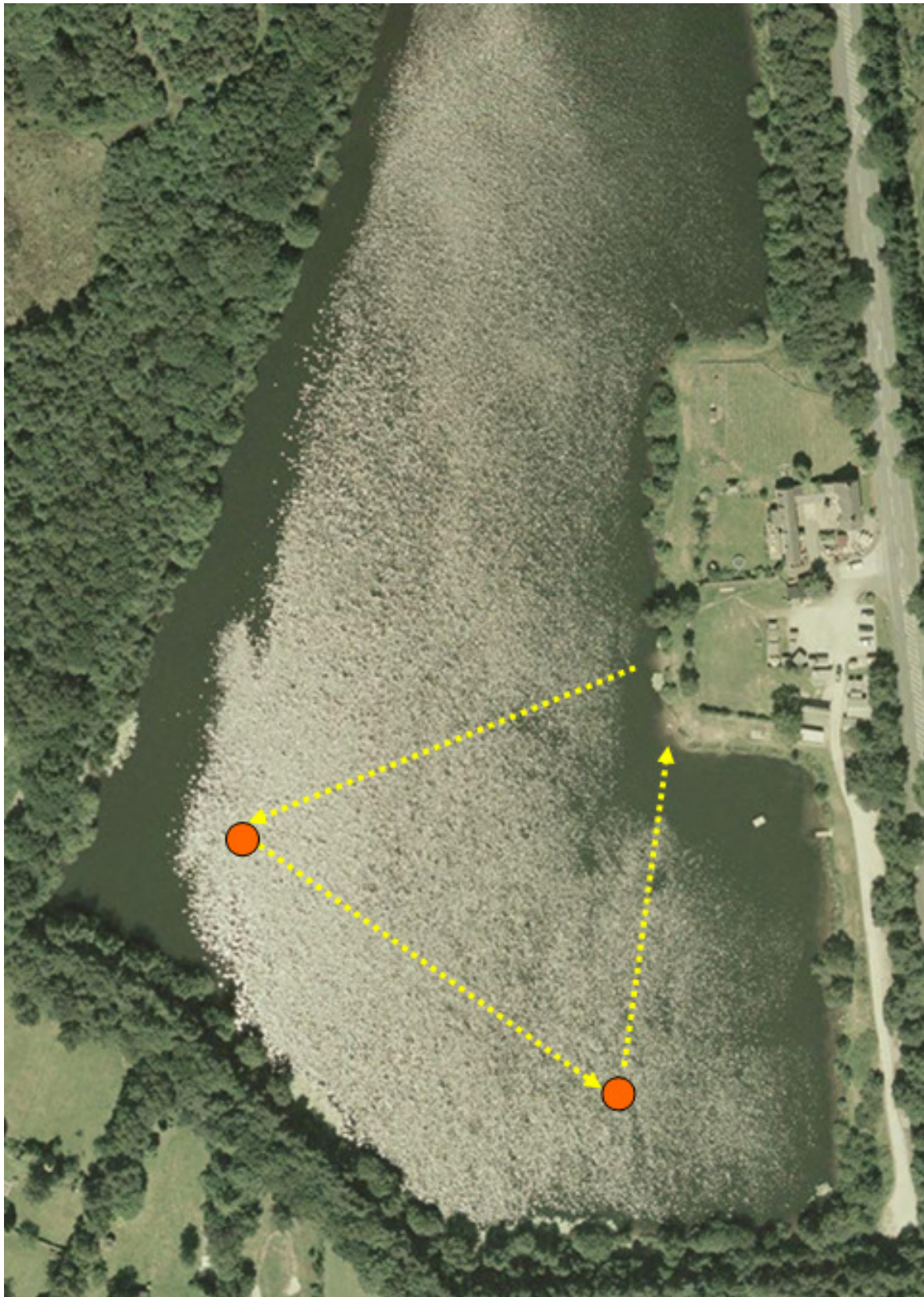


PLEASE DO NOT PARK ON ANY PART OF THE BIKE OR RUN COURSE. THERE IS NO PARKING AT BOUNDARY WATER PARK EITHER.

Senior Swim Course 750m



Youth Swim Course 400m



Seniors - Sprint Bike Course – 23Km



Youths – Super Sprint Bike Course – 13Km

