

PONT
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SPORT
EMBRACE

TRIATHLON
ENGLAND

EMBRACE PONTELAND TRIATHLON

400M SWIM • 20KM BIKE • 5KM RUN

PONTELAND TRIATHLON 2019

400m Swim - 20km Cycle - 5km Run

14TH APRIL 2019

Ponteland Leisure Centre,

Callerton Lane, Ponteland, NE20 9EG

Competitor Information Pack

Please note: There is NO PARKING FOR TRIATHLON PARTICIPANTS AT THE LEISURE CENTRE. The event car park will be at Ponteland high school 300m along Callerton Lane.

***This Race Pack contains important information
Please read the whole document***

Event Timetable

Sunday 14th April	
Registration Opens	06:15
Transition Opens	06:15
Registration Closes	07:30
Transition Closes	07:40
Race Briefing in the registration area, this is a mandatory briefing before your swim start. Make sure you are familiar with your participant number and your INDIVIDUAL start time and lane number allocation (we will email you this separately). Remember, these CANNOT be changed	07:10
Race start - First wave of swimmers in the pool	07:30
Prize Giving Presentation at the Finish Area (note: athletes must be present to claim Prizes) Any prizes not collected on the day will be donated to local clubs	12:00 (approx)

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PARTICIPANT INFORMATION

We hope that your preparation for the event is going well along with your plans to raise money for the charity of your choosing

Please read this information carefully as it contains some key information regarding the event.

Getting to The Event

The event start is located at Ponteland Leisure Centre, Callerton Lane, Ponteland. Northumberland, NE20 9EG, however **YOU MUST NOT PARK IN THE LEISURE CENTRE** this is due to the commencement of major building work meaning that space is limited and needs to be kept free of vehicles

You can park in the **Ponteland Community High School car park**, which is only 300 metres from the leisure centre, the address is Callerton Lane, Ponteland, Northumberland NE20 9EY see the link and the directions below.

Please do not park on Callerton Lane or Fairney Edge, this has proven to be hazardous in the past and must be avoided.

It is also essential that you do not park around the fire station as on call firefighters require immediate access when responding to a fire call.

The entrance to the station, the area immediately outside of the station and the station grounds must be kept free from parking.

[Click here for a map of the local area](#)

Travelling on the A1 from the North and South

1. Take the A696 to Newcastle International Airport
2. At the roundabout take the 2nd exit and stay on A696
3. At the roundabout take the 1st exit and stay on A696 Ponteland Road
4. At the roundabout take the 1st exit onto Rotary Way B6545
5. At the roundabout take the 3rd exit onto Callerton Lane B6323
6. At the roundabout take the 2nd exit and stay on B6323 Callerton Lane
7. Continue and the school entrance is on your right

Registration and Race Wave Times

Registration on the morning of the race will take place between 06:15 and 07:30.

The race will start at 07:30am following the compulsory race briefing at 07:10 which will be held in the registration area.

The course will close at 13:00

As this is a pool swim you will be allocated a starting time based on the swim time you submitted. The times will be posted on our website and you will be emailed separately. Please make sure you check to see when you need to be in position. Give yourself plenty of time before your race start for any last-minute toilet stops. There are toilets within the leisure centre.

At registration please bring along proof of your identification. Here you will be provided with an envelope containing your race number x2, and stickers for your helmet and bike. Race numbers should be visible on your front during the run sections and on your back during the bike section. The helmet sticker should be placed on the middle front of your helmet and in a clearly visible position on your bike. At registration, you will have your number drawn on your arm with a marker pen, this will help us identify you when you are in the pool.

Your timing chip is waterproof and should be attached to your left ankle with the chip facing outwards. At the end of the race the chip **must** be returned to the event crew who will be waiting at the finish line.

Relay Teams ... will need to share a timing chip, therefore at transition please ensure you give it to the next member of your team. It is also recommended that you use a race number belt for this purpose.

Race numbers are not to be cut, folded or defaced in any way.

T-shirts

You will be able to collect your t-shirt from the registration area at the end of your race. Please be aware that the t-shirt size that you have requested on your registration form will be the size that you are given. If you find that you could have done with ordering a different size, you are more than welcome to wait until the end of the event, and if there are any spare t-shirts the event team will happily swap this over for you.

This can only be done at the end, as we need to make sure that all the athletes get the t-shirt size they ordered.

Transition

Transition is located on the car park area at the left side of the leisure centre i.e. The pool-side. It will be open from 6.15am, and close at 7:30am, and will be accessed by competitors only. Before entering please ensure your race numbers are attached to your bike and helmet and you will need to prove to the marshal on transition that your helmet fastens securely. **You will not be allowed to participate without a helmet.**

You will not be able to access transition once it closes. It will reopen for you to collect your bike once the last cyclist has returned from their bike leg and access will only be granted on production of your race number.

Bag Drop Area and Security of Personal Belongings

For safety reasons, bags boxes and other belongings should not be left in the transition area. The leisure centre has around 150 lockers that will be available to use on the day, these are charged at 20p. With a large number of competitors there won't be enough for everyone. You are advised to get there early to guarantee yourself a locker. You can also keep your belongings in your car after you have changed, or there will be a designated bag drop area within a corner of the transition area. This area is controlled by event staff, but please be aware that these bags will be left **at your own risk**, and that Total Racing Events will not take responsibility for your belongings that you leave here.

SWIM

A list of start times will be emailed to you before the event. **Everyone has their own individual start time which CANNOT BE CHANGED.** Please be on the poolside at least 15mins before your start time, remembering to **bring your own swim caps and goggles.** It is a 16 length, 400-metre swim and it is your responsibility to count your own lengths, but the lane marshals will attempt to alert you when you have 2 lengths to go. **Please be respectful of the volunteer lane counters.** They have a tough job and are liable to human error, so if you think you did extra distance or swam short kindly inform them, please do not abuse or intimidate them! On exiting the pool please take care as the floor is likely to be very slippery. Exit the pool by the side door and make your way to transition. Marshals and signage will be there to direct you.

TRANSITION TO BIKE

Once in transition, you must secure your helmet strap before removing the bike from the racking, and it must not be undone until your bike is replaced after finishing the bike section. Please remember that your race number must be visible from the back on the bike section.

Once you have your bike, proceed to the transition exit (please note that the transition area will have an IN and OUT so please familiarise yourself with this on the Day) and head to the mount line which will be clearly marshalled. You **MUST NOT** get on your bike before this line.

Relay Teams ... your timing chip acts like a relay baton. Bike competitors will be allowed to have their helmets fastened in Transition prior to their swimmer arriving and remember that your race number must be in place before you exit transition.

BIKE COURSE – an interactive map is available [HERE](#)

The bike course is 1 lap of a 20k signposted route. Please ensure you follow the signage, and marshals will also be in place to assist and advise you. Please take note of their advice and warnings as this is in place for your own safety. The roads remain open to the public, so please take extreme caution when overtaking and be aware that the rules of the Highway Code still apply. THIS IS NOT A CLOSED ROAD EVENT, PLEASE USE YOUR OWN JUDGMENT AND BE RESPONSIBLE. THERE COULD BE TRAFFIC ON THE ROAD AND PEDESTRIANS CROSSING.

Water Stations, Keeping Hydrated & Mile Markers on Course

There will be no water stations out on course, you will be responsible for keeping yourself hydrated. Make sure you fill your bike water bottle. There will be a water table at the finish line.

CYCLE RULES

This is a NON-DRAFTING event. Drafting will be penalised accordingly. WE WILL be taking a zero-tolerance approach to drafting and if reported will be taken seriously. DRAFTING IS CHEATING DON'T DO IT. All our marshals have been briefed on these rules and if your number is continuously identified and reported to the race referee, you WILL be penalised. You must maintain a gap of 10 metres between yourself and the cyclist in front. On deciding to make a pass you have 30 seconds to complete the manoeuvre. Once your front wheel has passed the other riders front wheel it is the overtaken riders responsibility to drop back out of the draft zone 10 metres behind. If you are not overtaking please keep to the left-hand side of the road to allow faster competitors to pass. Do not cross the centre white lines (if there are no white lines visible please use common sense and keep to the left). Side by side riding is forbidden. If you are unclear about this rule please contact the race organiser or visit www.triathlonengland.org to find out more information.

TRANSITION TO RUN

Dismount from your bike before the DISMOUNT LINE which will be marshalled. Run/walk your bike into the transition area. On entering transition proceed to your numbered racking spot. DO NOT unfasten your helmet until your bike is securely racked or YOU WILL be penalised. You can then proceed to the transition exit and head onto the run course.

Relay Teams ... Your bike competitor first racks the bike, then removes the race number and passes it to your run competitor to put on before they exit transition.

RUN COURSE – an interactive map is available [HERE](#)

The run course follows footpaths, with grassed and gravel areas which may be uneven in places. Please be careful particularly in wet conditions and wear suitable footwear. Overtake with caution, be aware of signage and be considerate to other competitors. Marshals will be positioned on the run route to assist.

FINISH

The event finishes in the event village area where **you must hand in your timing chip**, will be able to collect your event t shirt. You can also collect your time print out from the Results Base timing van. Transition will reopen for you to collect your bike once the last cyclist has returned from their bike leg and on production of your race number.

MEDICAL FIRST AID

There will be a medical first aid station located at the event control area, next to registration and the finish line. We will also have medical staff out on course.

EMERGENCY PROCEDURES

We are not expecting any issues however should it be necessary to stop the race for any reason and/or evacuate the course you will be alerted via the marshals and the public-address system. The marshals will direct you to safety ... Please follow their instructions.

MISCELLANEOUS

Please note that the use of MP3 players and mobile phones during the race is dangerous and will not be allowed. You will be disqualified if it is reported you are using either.

Please note it is your responsibility to look out for trip & fall hazards such as tree roots, stumps, potholes and loose gravel.

It is very important that you conduct a personal risk assessment continuously as you make your way around the course. Just because you are participating in an organised event does not mean you stop accepting responsibility for your own safety.

Please note, it is your responsibility to know the route and marshals are for assistance only. The route will be signposted throughout.

Please treat both the course and other users with respect, and especially don't litter. There will be extra litter bins provided in the event village/start/transition areas.

Our race crew and many of our support staff have given up their own time to allow you to compete. Please be courteous ... and any abuse towards marshals, event staff and other competitors will not be tolerated and will result in you being disqualified.

Your Next Challenge.

You might not be thinking about this now, but not long after the event (or in some cases as soon as you cross the finish line...) you may be on the lookout for your next challenge. Please take some time to have a look through our other events on our website www.embracesport.com.

... and **FINALLY**, ... have a fantastic, enjoyable race ... Good Luck! ... and enjoy the event