



SPORT
EMBRACE



SPANISH CITY TRIATHLON 2019

**750m Sea Swim - 20km Cycle - 5km
Run**

23rd June 2019

Promenade, Whitley Bay, NE26 4NG

Participant Information Pack

***This document contains important information
Please read it all!***

Please note: For the first time this year, we are also hosting a GO-Tri Junior Duathlon. This will be a novice event for 8-14-year-old children. It would be awesome if you could stick around after the adult event to help support the juniors. For a majority of them it will be their first experience of multisport and would no doubt love it if lots of people were there to cheer them on!



Event Timetable

Sunday 23 rd June	
Registration Opens	06:30
Transition Opens	06:30
Registration Closes	07:30
Transition Closes	07:45
Event Briefing in the registration/ transition area, this is a mandatory briefing before your swim start.	07:40
Race start - First wave of swimmers	08:00
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	10:15 (approx)
Junior Go-Tri Duathlon event <i>It would be awesome if you could stick around after the adult event to help cheer the juniors on. For a majority of them it will be their first experience of multisport and would no doubt love it if lots of people were there to cheer them on!</i>	10:30 – 12:30 (approx)

Getting to The Event

The event start is located on the beach at Spanish City on The Links at Whitley Bay
NE26 1LX [Click HERE for the Google map](#)

There is ample pay and display parking in the car parks near to the Spanish City dome.





Registration and Start Times

Registration on the morning of the race will take place between 6.30am and 7.30am. We strongly advise that you arrive as early as possible to avoid rushing round before the start

The event will start at 08:00 following the compulsory race briefing at 07:40, which will be held in the transition area.

The course will close at 11.00am

Give yourself plenty of time before your race start for any last-minute toilet stops. There are toilets available near transition and next to the Rendezvous Cafe.

At registration please bring along proof of your identification. Here you will be provided with an envelope containing your race number 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. 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. There is a £30 replacement fee for lost timing chips.

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 after you cross the finish line. Please be aware that the t-shirt size that you have requested on your registration form will be the size that you are given as they are ordered specifically based on your size selection.

Transition

Transition is located on the helipad area on the Links adjacent to the Spanish City dome. It will be open from 06:30, close at 07:45 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 at 07:45. 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. You can 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 Embrace Sport will not take responsibility for your belongings that you leave here.



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

Please be on the water's edge in plenty of time, remembering to **bring your own swim caps and goggles**. On exiting the sea make your way to transition but take care as it may be stony underfoot on the beach.

Marshals and signage will be there to direct you. **If you decide that you do not want to take part in the race once you have racked your bike you must notify our transition marshals and retrieve your bike. If there are any bikes left in transition once all swimmers are out of the water it will alert us that we are missing a swimmer. Obviously, this is a serious concern and will spark emergency search. If you have withdrawn after racking your bike and not retrieved your bike then you will be liable to the cost of this search.**

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 signed. 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 2 laps (20k in total) 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. You must follow the highway code always, please use your own judgment and be responsible. There could be traffic on the road and pedestrians crossing. Please view the interactive map via the link [HERE](#) and note that LAP 2 begins at the Rendezvous roundabout, you will not return to the bike exit/ entry point until you have completed 2 LAPS

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 10M between yourself and the cyclist in front. On deciding to make a pass you have 20 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 10M 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 and conduct your own risk assessment always looking for trip hazards, 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.

The participant is aware that the event will be taking place as an open water sea swim and open roads for the run and the bike section and will always conduct their own personal risk assessment and follow the highway code.

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

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 people's 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 the events we have coming up in 2018 and 2019 info will appear at www.embracesport.com.

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

