

## **Sandbanks Sprint Triathlon 2017 – Final Brief**

Please read these instructions carefully, if you have any queries please email me at [michelle@resultstriathlon.co.uk](mailto:michelle@resultstriathlon.co.uk)

**Location** – Sandbanks Car Park, Banks Road, Poole, Dorset BH13 7QQ

### **By Car**

#### **From Dorchester**

Take B1350 to A35

Follow A35 & A350 to Sandbanks Road B3369

Drive to Banks Road B3369

Car Park on left

#### **From London**

Take M3 to A31 in Hampshire

Follow A31, A338 and B3065 to Banks Road/B3369 in Poole

Car Park on left.

### **Parking**

This is the main Sandbanks Car Park, parking charges will apply.

### **Lavatories**

The main Sandbanks Beach Lavatories will be open for our use.

### **Snack Van**

We will have the lovely Simon serving coffee and bacon butties from 5:15.

### **Timings**

0530 Registration opens

6am Registration closes

0610 Race Brief on Beach Front

0620 Swim Warm Up

0630 Swim Start

### **Registration**

Race Registration will be in the Sandbanks Car Park

If you are a member of British Triathlon please bring your Race License.

When you register you will collect

- Your race number to be worn on the back for the cycle and on the front for the run. Please use a race belt, if you don't have one they will be available to purchase at registration for £5
- Bike Sticker – on seat post
- Helmet Sticker – on front
- Bike Number to be placed on the front with provided zip ties.
- Swimming hat to be worn in the swim
- Timing Chip to be placed on your left ankle.

When you have collected these you will then be able to enter transition.

## Transition Area

To gain access to rack your bike you must have your helmet on and done up with your numbers in the correct place.

You will be asked to rack in a certain area to keep transition flow smooth and fair.

Bike in, Bike out and Run out will be clearly marked, please ensure you have orientated yourself.

## Race Briefing

This will be held before the swim start on the beach.

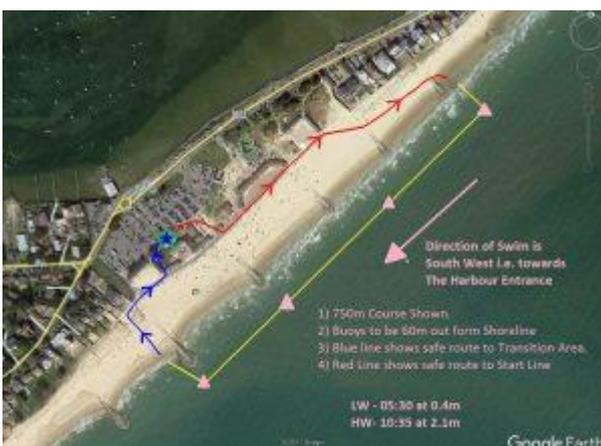
Please ensure you are on the beach by 0610 ready to hear the Compulsory Race Briefing which will cover the race rules and safety procedure.

A brief warm up will follow with a prompt swim start at 0630.

## 750m Sea Swim – wetsuits are compulsory

This will be a mass start from the beach.

You will head straight out to a large pink buoy where you will turn right, when you have passed the 3<sup>rd</sup> Pink Buoy you will turn right and head into the beach.



## 26km Bike Route

Volunteer Marshal's will be located on all prominent junctions, they are there for your safety so if they ask you to stop please do so.

The course is marked out with black on yellow signs.

You will complete 3 laps of the course, we need all bikes off of the course by 0830.

<https://www.plotaroute.com/route/338838>

### **Bike Rules**

- Your helmet must be on and done up until you rack your bike in transition.
- Obey the highway code
- Follow marshals instructions
- Do not drop litter
- No drafting.

### **5km Run**

The run is flat and is a mixture of sand and promenade running.

On exiting the transition you will head to the beach and turn right to the first turnaround point, you will then head back to Shore Road where you will join the promenade to Canford Cliffs Chine which is the second turnaround point. Where you will turn and head back to the Finish on the Sandbanks Beach Front.

There will be a water station at the first and second turnaround points.

### **Finish**

The finish will be marked with flags in front of the beach office.

### **Timing**

All timing is provided by Joanne and Richard Iles

### **First Aid**

The First Aid base will be in transition area, if you have hurt yourself please head here. If you injure yourself on the course we will collect you and take you here.

### **Prize Presentation**

The presentation of awards and spot prizes will take place at Rockets & Rascals, 1& 2 Salterns Court Shops, Sandbanks Road, BH14 8HS at approximately 10am. The shop opens at 0930 and will have the most delicious coffees and snacks for sale.

Please come along to the prize giving even if you haven't won because we have some amazing spot prizes.

### **Sponsors**

We are very lucky to have been sponsored by Rockets & Rascals, Muc Off and Tapper Funeral Service.