



South Coast Triathlon ***Race Day Information***

Saturday 2nd September 2017

Event Start Time

9:00am Olympic & Relay

10.30am Sprint & Relay

11.15am Fun & Super Sprint

(Please see your individual start time on your competitor race email)

On site parking charge £3.00

Martello Fields, Seaford, East Sussex, BN25 1JX

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2017 Event Calendar

Birmingham Half Marathon, 10k & 5K	2nd April
Stratford Triathlon	14th May
Cheshire Kids Duathlon	20th May
Cheshire Triathlon	21st May
Henley Kids Triathlon	3rd June
Henley Triathlon	4th June
Shropshire Kids Triathlon	10th June
Ultimate/ Ultimate Half/Ultimate One	11th June
York Triathlon	2nd July
Birmingham Kids Triathlon and Duathlon	15th July
Birmingham Triathlon	16th July
Club Championships	16th July
North West Kids Duathlon	12th August
North West Triathlon	13th August
South Coast Triathlon	2nd September
South Coast Run	3rd September
Stoke on Trent Kids Triathlon	9th September
Stoke on Trent Triathlon	10th September
Warwickshire Triathlon	24th September



For more information or for online entry visit uktriathlon.co.uk



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Registration

- Registration will be open on Friday from 2:00pm-4:30pm and from 7:45am on Saturday.
- Registration is located inside the orange Mornflake marquee on Martello Fields, close to the Martello Tower Museum.
- Please know your race number ready for registration staff.
- Arrive 60 minutes before your start time.
- Please do not attempt to change your start time.
- The Rotary Club of Seaford are managing, once again, competitor parking on race day. They are asking for a donation charge of only £3.00 which 100% goes to local charities

Race Envelope

- At registration you will receive your race envelope which will contain the following items:
- Race numbers x2
- Bike sticker x2 (front of your handlebars facing forwards & under seat)
- Helmet sticker x1 (front)
- Electronic timing chip and strap x1 (which must be handed in at the finish line)
- Race tattoo (instructions will be included on how to apply your tattoo. Water and sponges will be available outside of the registration tent).

Race Numbers

- The race number must be clearly displayed on your back for the bike and clearly visible on your front for the run.
- Elastic number belts are permitted. You must not re-size your race number in anyway. Race numbers must be pinned on the top left and right hand corners.
- Pinning the number in the middle will allow the number to fold over making it impossible to see. We must be able to see your number at all times.
- It is good practice to write your name, blood group and any allergies you may have on the back of your race number in the unfortunate case of an accident.

Chip Timing:

- This event will be electronically timed, you will collect your numbered chip at registration.
- Please ensure you hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.

The electronic timing chip number corresponds with your race number. When fixing the strap around your ankle please keep the soft side of the strap toward the skin, the number on the chip should face out and be readable, if you can just slide your little finger between the strap and your ankle, it's not too tight or not too loose.

If you require an extendable strap please ask at registration.

British Triathlon Federation (BTF)

We support membership of the BTF and therefore we recognise BTF members. In order to verify your BTF membership please show your current BTF licence at registration or you will be required

Cycle Transition Area



Cycle Transition Area - Open from 08:00am

- Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached to the front of your handlebars facing forwards and under your seat.
- Any position is fine and each racking position is marked by white tape.
- Although we allocate security staff to specifically watch the Cycle Transition Area please note that we cannot be responsible for any items lost or stolen.
- Please be at the swim start at least 15 minutes before your start time and listen to the race safety brief (late comers will miss important information about the course).
- As a security precaution, you cannot take your cycle out of the Cycle Transition Area without your race number and corresponding cycle sticker.

Before you enter the transition area the following must be applied



Helmet stickers



Front centre

Race number Tattoo



Applied to front of left arm

Race numbers



Pinned back

Race numbers



Pinned front

Bike sticker



Front crossbar

Bike sticker



Under seat

Timing chip



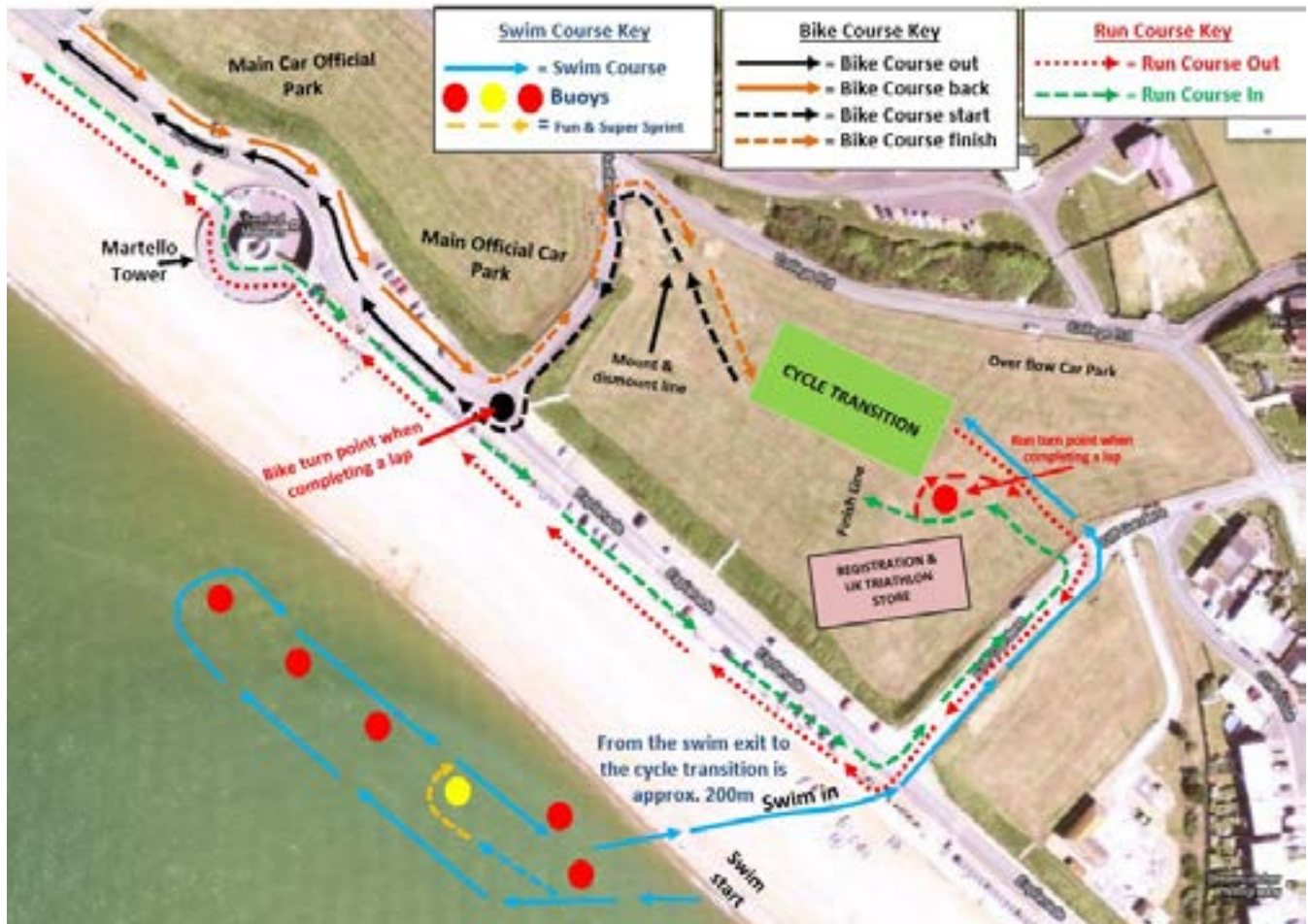
Number facing outwards



Olympic and Olympic Relay - 1500m
Sprint & Sprint Relay - 750m
Super Sprint & Fun - 200m

- Wetsuits are compulsory for the 1500m swim
- You must wear your allocated swim cap, which will be given to you at registration.
- The swim starts from the beach.
- You must attend the compulsory race brief, 15 minutes prior to your start time.

Main Arena Map



Swim Map



Olympic & Olympic Relay	- 40k	- 12 laps
Sprint & Sprint Relay	- 20k	- 6 laps
Fun & Super Sprint	- 10k	- 3 laps

- When you finish your swim, change into your cycling gear in the Cycle Transition Area unless you are wearing a tri-suit.
- After collecting your cycle, walk or run to the cycle mount line where you commence the cycle section of the race.
- Your race number must be clearly displayed on your back.
- The cycle course is on a closed road circuit which is fast and flat with a turnaround at each end.
- Follow the UK Triathlon signs around the course.
- The cycle course is multi lapped so make sure you adopt a method of counting laps, especially if competing in the Olympic or Olympic Relay Triathlon.
- Take extra care on the cycle course, especially at the turn around points at both ends, watch for pedestrians crossing at all times. Keep to the left at all times except when overtaking.
- Even though the road is closed to vehicular traffic there may still be cars on the course whether official or otherwise so obey the Highway Code.
- Dismount your cycle at the end of the cycle course, do not unfasten your helmet until you have racked your cycle.
- Make sure your bike is working properly with our pre race service check. Please see page 18 for more information.



Counting laps on your bike

3 laps are easy to count but 6 and 12 laps can be confusing when you are on the course. A couple of tips we recommend are:

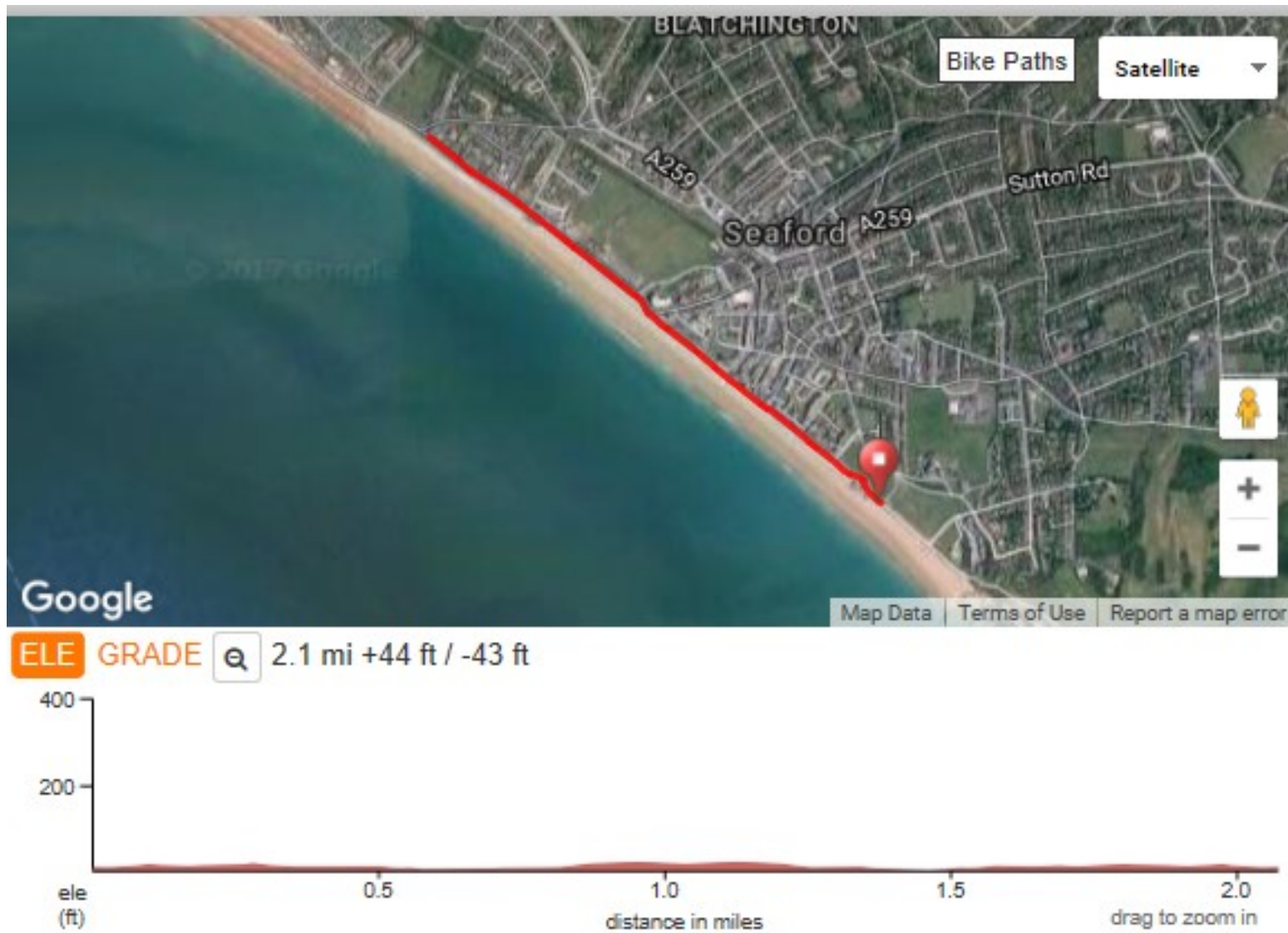
- Strap a watch with lap counting on and every time you turn at the transition end turn point press the lap button, your watch will tell you the split time per lap and which lap you are on!
- Cut 6 or 12 pieces of electrical tape (any colour you fancy) into narrow short lengths and stick them to your handle bars leaving half of each one folded over so you can grab it. Every time you turn at the transition end turn point you pull off a piece of tape, leaving the remaining pieces of tape which represent the number of laps left for you to do.
- We record every lap of every cyclist but cannot advise you of the number of laps you have done whilst you are competing. It is done to check that competitors have completed the required number of laps on the cycle course!

Drafting Rule

- Cyclists must maintain a forward distance of 5 metres between each other at all times except when overtaking.
- It is the responsibility of the overtaken rider to drop back to maintain this gap.
- Drafting marshals will strictly enforce this rule and offending cyclists will receive a time penalty for the first offence and disqualification on the second.

You will not be allowed to take part without a cycle helmet.

Bike Map



To view the full map and to zoom in on the bike map please visit
<http://www.uktriathlon.co.uk/events/south-coast-triathlon/#race-maps>





Olympic & Olympic Relay - 10K - 4 laps

Sprint & Sprint Relay - 5K - 2 laps

Super Sprint & Fun - 2.5K - 1 lap

- When you finish the bike course enter the Cycle Transition Area and rack your cycle.
- Your race number must be clearly visible on your front.
- The run is fast and flat along the beach path (Promenade).
- It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient completed laps.
- There is a feed station on each lap that will be serving High5 sports drink and water.
- When you have finished the run filter into the sign posted 'finish only' and continue through the finish line.

Run Map



Run Course Start & Finish Map





If your relay changes from a mixed, all male or all female team you must email customercare@uktriathlon.co.uk

- Each member of the relay team completes one of the three disciplines in the triathlon.
- At registration you will be given an electronic timing chip that you relay to the finish line. After completing the swim, the swimmer passes the electronic chip to the cyclist inside the cycle transition area next to where the cycle is racked, the cyclist must not take their cycle off the rack until receiving the electronic chip. The cyclist completes the cycle course and passes the electronic chip over to the runner in the transition area only when the cycle has been placed back on the rack.
- The runner completes the run and hands in the electronic chip at the finish line.
- Relay awards are based on all female and all male teams. All male teams can consist of three men, two men and one women or one man and two women.
- All team members must attend the race brief.

Results and Prizes

Results

Your times will be available shortly after you have crossed the finish line and will be displayed on the TV screen which is located at the finish line. Overall results and times will be online on Monday 3rd September. Should you have a query with your results please email jenny@uktriathlon.co.uk.



Prizes

- Commemorative 2017 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Olympic, Sprint and Super Sprint races & 1st place for all male and female relay teams.
- Prizes for first place in all five year age groups (see table opposite) in the Olympic and Sprint triathlon only.
- Prize giving will take place toward the end of the event.

Code	Category	Age
B	Youth	14-16
C	Junior	17-19
D	Senior 1	20-24
E	Senior 2	25-29
F	Senior 3	30-34
G	Senior 4	35-39
H	Veteran 1	40-44
I	Veteran 2	45-49
J	Veteran 3	50-54
K	Veteran 4	55-59
L	Veteran 5	60-64
M	Veteran 6	65-69
N	Veteran 7	70+

1. Will I receive my race numbers and chip by post?

No, you will pick them up when you register at the event.

2. How do I get to the Venue?

For sat nav use BN25 1JX

Follow the A259 Brighton to Eastbourne road through Seaford and follow the signs for "Triathlon Parking" in the town centre.

There is a rail service run by Govia between Brighton and Eastbourne, which stops at Seaford. Seaford will be busy so allow plenty of time for parking and to get to registration.

3. Where can I park?

There is allocated parking for the triathlon which is right next to the race venue. The Seaford Rotary Club ask for a £3.00 donation for parking for the entire day. All the money donated for parking will go to charity.

Alternatively use any of the car parks in and around Seaford. Please do not attempt to park on the seafront, as it will be closed off ready for the race.

4. What time should I arrive on race day?

We suggest at least an hour before your start time.

5. Do I need to wear a helmet?

Yes, it is compulsory to wear a helmet.

6. Can I use any bike?

Yes, you can use of any type of bike as long as it is road worthy.

7. I have competed in lots of triathlons do I have attend the race brief?

Yes, the race brief is compulsory, it will contain important safety information for the event.

8. Can I listen to music during the triathlons?

Unfortunately no, for your own and other competitor safety you are not permitted to use any music system during the triathlon.

9. Is there massage available during the triathlon?

Yes, pre and post massages are available on race day.

10. Where can I look for accommodation for the triathlon?

There is a selection of bed & breakfasts, guesthouses, hotels and camping and caravanning in and around Seaford. If accommodation is full in Seaford then both Brighton and Eastbourne are a short drive away. For information on accommodation to fit your budget telephone Seaford Tourist Information on 01323 897426.

11. I know someone who would like to volunteer are they able to help out?

Absolutely! We love extra volunteers to help out during the day. Please call Keith on 07887 780553 or email keith@uktriathlon.co.uk.



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Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).



Pre race bike service/check just £10

Gear and Brake Service £20.00

Brake Block Replacement - Free Fitting

Tyre Replacement - Free Fitting

Make sure your bike is in tip top condition for your event. Missing gears, rubbing brake blocks on the wheel rim, even worse less effective brakes can spoil your event, even retire you from the race miles away from the venue (don't worry our bike course manager Chris will pick you up and bring you back!). Make sure everything is working properly and well oiled with our pre race service/check. Located inside the registration tent during registration hours. Simply text Carl on 07950735737 with your name and start time and he will text back with an available time slot booking. There may be slots available on each day of the weekend subject to availability.

If you change your mind for any reason simply text Carl to cancel.

If additional work is recommended for your bike, there is a charge scale for any repair work over and above the service price. You will be notified of any additional work if recommended.

Nutrition Tips



The ultimate test of endurance calls for optimum levels of energy. Whether you're an elite athlete or an enthusiastic amateur, this multiple-stage competition is gruelling – but nothing matches the sense of achievement as you cross the line. Check out these top five tips:

01

■ Have a plan

Have a race nutrition plan and stick with it. If you want some inspiration for your race day plan then check out the HIGH5 triathlon nutrition guide – see bubble on the right. It's always a good idea to practise your race day nutrition plan in training at least twice. Prepare your nutrition before race day so there is less to go wrong in the morning.

02

■ Carb's your #1 Fuel

Carbohydrate is our main source of energy during a triathlon. The more you have available for fuel, the faster and further you can go. If you're racing for more than 90 minutes, aim for 60-90g of carbohydrate per hour. This can be from sports drinks, energy gels and bars. For shorter distances, take something when you can.

03

■ Caffeine Boost

Would you like to benefit from more focus, increased concentration and improved endurance performance? It's well established that caffeine can supercharge your race day performance. You should aim for 3mg per kg bodyweight (that's 180mg if you weigh 60kg) but as little as 75mg caffeine has been shown to give you an edge. Alternatively simply follow the HIGH5 triathlon nutrition guide for a dose of caffeine based on your bodyweight.

Triathlon Nutrition Guides

HIGH5 Advanced Nutrition Guides have been designed to help you race faster and to finish a challenge feeling strong and with a smile on your face. We work exceptionally hard to ensure that you can perform at your best. HIGH5 nutrition undergoes rigorous testing in both the lab and with athletes in the real world. It won't let you down when it matters most.

CLICK ON YOUR RACE DISTANCE HERE for a step-by-step nutrition guide:



Sprint Triathlon



Olympic Triathlon

04

■ Don't leave it too late

Start fuelling as soon as you get out of the water. If you wait until you are hungry or your energy drops, it's normally too late. Little but often is the best fuelling strategy. It will provide you with a steady flow of energy.

05

■ Don't forget hydration

Hydration shouldn't be underestimated: dehydration is often associated with a drop in performance. But we don't just lose water. Important minerals (electrolytes) like sodium and potassium are lost through sweating and should be replaced during exercise. Little but often is the best strategy for drinking but try to aim for around 500ml per hour – more when it's hot! Sport drinks like HIGH5 EnergySource contain sufficient electrolytes for UK weather conditions.

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