

LANGPORT TRIATHLON

Sunday 24th September 2023 | Start 08:00 | Registration open from 06:30

Athlete Information

Thank you for entering Langport Sprint Triathlon held at Lifestyle Fitness, Huish Episcopi. Please ensure you read and understand the information contained in this document and feel free to let us know if you have any questions.

Email: info@racenationevents.com If you are e-mailing in the days leading up to the event, we will do our best to get back to you before the race.

RaceNation Events office telephone: 01460 298338

Please note the office will not be staffed and the voicemail not checked on the Saturday before and the day of the race.

Event Address

Lifestyle Fitness, Wincanton Road, Huish Episcopi, Langport, Somerset TA10 9SS

Introduction

- Competitors must comply with directions given to them by the race officials and marshals throughout the race. BTF rules must be adhered to. For full competition rules, please refer to the British Triathlon website [HERE](#)
- The BTF referee shall have the final authority in deciding the outcome of any dispute concerning the race results.
- Security of the transition area will be in place until everything has been cleared from this area, therefore please remove your bike and kit as soon as possible after finishing.
- If for any reason you do not manage to complete the triathlon, please let a marshal or other official know as soon as possible so that we do not send out a search party.
- **NO SMOKING** - Smoking is not allowed anywhere on the site, please pass this onto any spectators that you know will be coming to support you.
- **NO DOGS** - Dogs are not allowed on the site and anyone with a dog will be asked to leave immediately. Except guide dogs. Please inform any spectators you know who may be planning on bringing a dog.
- No spectators are allowed poolside or in the transition area. Please refer to the Spectator Information section for further information.

Should you need any assistance during the day, please contact either a race official or a member of the Leisure Centre Staff who will be happy to help.

Timeline

06:30 Registration and Transition Open
0800 First group of swimmers start swim
09:00 Last group of swimmers start swim

09:00 (approx.) First Triathlete complete course
12:00 (approx.) Last Triathlete complete course

Getting There and Car Parking

The Leisure Centre is situated on the A372 at Huish Episcopi Academy. It can be easily reached from the M5 (Junction 25) via Langport or from the A303 Podimore roundabout via the A372.

There is free parking available for athletes at the leisure centre and academy, follow signage and marshals' directions to the on-site car park. Parking availability is limited, please ask spectators to park elsewhere if possible please

Event Layout

The event layout has been altered this year.

Transition will be in the tennis courts and the finish line will be on the grass area behind the tennis courts.

Please see the link for full information: [2023 Langport Triathlon Event Layout](#)

Race HQ and Registration

The Race HQ and information point will be in the Exercise Studio of the Leisure Centre.

You must register on arrival and before you rack your bike in the transition area.

You should allow at least an hour before the start to ensure you have enough time to get ready.

You will be issued with a race pack which will include the following:

- Sticker Set

- Race Number

- Timing Chip

We will mark both hands with your race number ready for the swim.

There will be no race briefing before the start of the race.

You must read the information board for any details on last minute changes to the course or safety information

BTF Members

Please bring your current BTF card if you are a member, or you may be charged an extra £5 for a Day Licence.

Non-Affiliated Athletes

When you entered the event, a fee was included in your entry fee to cover your 'day licence' which is issued by BTF.

Race Numbers and Timing Chips

Race numbers must be clearly visible for all disciplines, on your back for cycling and front for running.

A race belt is the easiest way to display your number, if you do not have one, we will have these for sale on the day at a cost of £10.00 payable by card or cash.

Make sure your timing chip is well secured to your left ankle using the strap provided.

We will not be able to record your race time if you lose your timing chip, a replacement fee of £50 will be charged.

Sticker Sets

Numbered stickers need to be attached to both your helmet and the seat post of your bike before you are allowed into transition.



Race Equipment

You must have a roadworthy bike with handlebar end caps fitted. A suitable helmet, in good order, must be worn at all times when in contact with your bike. Random Spot Checks will be made in transition, any defective equipment may be withdrawn by order of the Race Director.

Drinks

There will be no drink stations on the bike course. Please ensure that your bike is fitted with bottle cages so that you can carry enough water for the bike course, and you may also wish to leave a drink in transition.

There will be a drink station on the run, at the turnaround point on Wagg Drove.

Transition Area

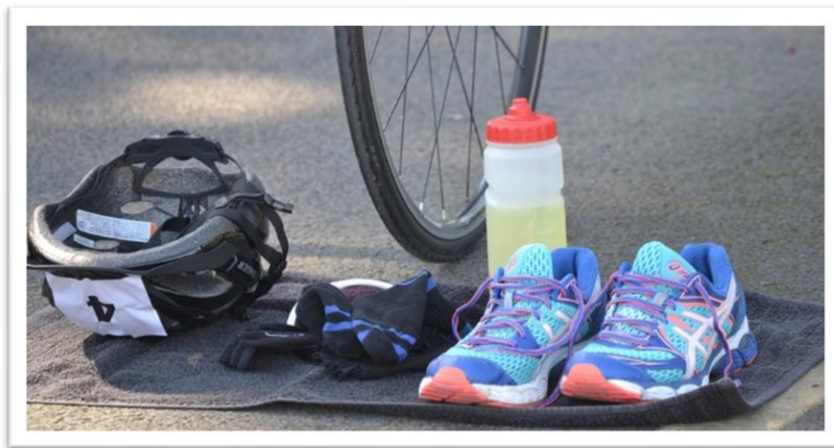
Once you have your race pack and the labels are stuck to your equipment, you can enter the transition area to rack your bike and set out your kit. This will be located at the rear of the leisure centre. (Please note there is a different layout this year as in previous years.)

Bike racking will be numbered to correspond with your race number. You must have a race number to be allowed into the transition area. Marshals will check to ensure that there is no unauthorised entry. Please be aware of other competitors and do not obstruct their route. Boxes are not allowed in transition and will be removed if found. You will only be allowed access with bike and helmet stickers in place.

Please try to keep the transition area free of unnecessary clutter. Equipment can be stored in a soft sided bag behind your racked bike.

You will need your bike, helmet, bike shoes, run shoes and any additional items needed for the bike or run.

Make sure you take some time to look at the entrances / exits and make a mental note of where your bike is racked.



Swim (400 metres / 16 lengths)

Spectators will not be allowed poolside.

You can change into your swim wear in the changing rooms adjacent to the pool. Lockers are available, you will need £1.00 which is refundable.

- Please be ready to start and be at the pool-side area 15 minutes prior to your start time. PLEASE DO NOT BE LATE as you may be called early.
- A marshal will be there to meet you and give you a coloured swim hat which must be worn.
- The swim will consist of 16 lengths of the 25m pool.
- Your lane marshal will tell you which direction to swim (clockwise or anti-clockwise) and tell you when you can enter the water, you will be counted down to when you can start.
- Please swim on your front only, but not butterfly. Backstroke is not permitted. Please keep a mental track of your lengths - the lap counters will indicate when you have 2 to go by placing a '2' paddle into the water as you approach. Please do not argue with the lap counters. If you have any issues, please raise them with the Race Director once the event is over. BTF rules will apply in the swim so please be familiar with the [rules](#).
- Take care if you tumble turn in the shallow end.
- If you feel a swimmer behind you touching your feet please let them pass at the next turn.
- Please remove your swim hat at the end of your swim and place it on the floor.
- Exit the pool and head towards transition through the fire exit and over the grass area.

Transition - T1

- Exit the pool area and follow the marshals' directions to the transition area.
- Locate your bike. **You must put your helmet on and fasten it before you remove your bike from the rack.**
- Ensure your race number is clearly visible to the rear.
- You may take as long as you like in transition but bear in mind the clock continues to run.
- Leave transition and push your bike to the far end of the transition area to the bike mount line. Only from this line can you get on your bike. Marshals will be on hand, but take care as you leave transition, you then exit the School Grounds through a gate.

Bike (22.5km cycle)

Before the event, please familiarise yourself with the route. It will be marked by highly visible arrow markings, but you are responsible for navigating the route.

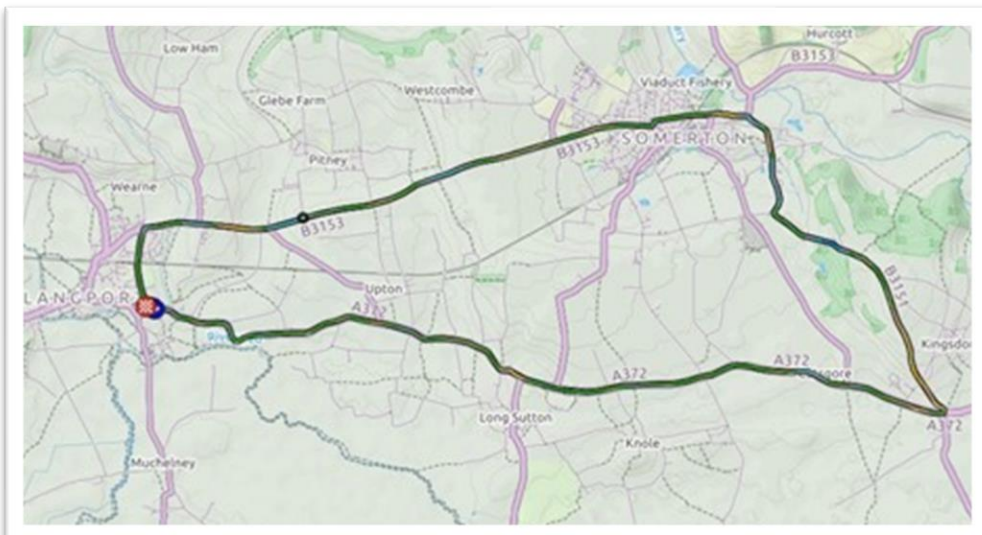
Bike Safety Warnings

- Follow the Highway Code and adhere to BTF rules at all times
- Take care as the roads are open
- Your race number must be visible from behind
- It is your responsibility to know the route
- Continue to follow the road ahead, unless you see arrows telling you otherwise
- All junctions where a change of direction is required will be clearly arrowed
- Any breach of Traffic Law or abuse of motorists or marshals will not be tolerated
- Dangerous or abusive behaviour leads to disqualification
- Drafting is not permitted. You must remain at least 10 metres away from the bike in front. You have 15 seconds in which to pass and then the other bike must drop back. Mobile and static marshals will be instructed to report any breach of the non-drafting rules. Maximum penalty is exclusion from the results
- MP3 players and phones are not permitted
- You cannot accept outside assistance
- Anyone caught littering will be disqualified
- You are the only one responsible for your safety. Marshals cannot and will not stop traffic
- If you see another athlete with problems, please notify the next marshal location
- All marshals are assistant referees. If they consider you to be riding dangerously, they will report it to overall race referee, and you will be disqualified

We will have a collection vehicle to pick up competitors and bikes who are unable to complete the bike course.

Cycle Route

[Cycle Route Map Link](#)



Transition - T2

- Entry into T2 will be clearly marked and marshalled
- Ensure you dismount at the dismount line and push your bike into transition. If you are wearing cleats, please be careful especially if the surface is damp
- ***You must rack your bike before you undo your helmet***
- Proceed to exit transition "Run out"
- Please ensure your race number is visible from the front, attached to your running top or race belt

Run (5K)

Due to the run route taking place on private land it is not possible to run it prior to event day.

It will be well signed and marshalled.

There will be a water station at the turn around point on Wagg Drove.

The run course goes across agricultural land and on road.

Run Safety Warnings

- The run route goes across private agricultural land, there may be geese or sheep in the fields. There will be marshals on hand to assist in these areas if required
- Be alert to others – for most of the run route there will be runners in both directions
- Beware of uneven ground
- MP3 players and phones are not permitted

Run Route

[Run Route Map Link](#)

Spectators

We welcome spectators to cheer on their friends and family. The site and layout make it easy for them to watch you in transition and to see your spectacular finish and receive your well-earned finishers' medal.

Parking is limited on site, so we ask that spectators park off site and walk to the event.

Pedestrian walkways are made visible and if they get slightly lost there will be marshals around who will be happy to help.

Refreshments

Refreshments will be supplied by The Nomadic Barista and Newport's Catering. Offerings will include tea, coffee, soft drinks, snacks, and cakes, hot food such as breakfast wraps, bacon, sausage and egg etc.

Post-race

Please collect your kit from transition as soon as possible to allow this secure area to be cleared.

Results

We will endeavour to get finish times out as the event happens, barring any problems with signal.

Full results with splits will be available from a link on the race website.

Prize List and Presentation

The presentation will take place at the finish area as soon as possible after the last competitor has crossed the finish line.

Awards for the top three open and top three female finishers will be presented, there will also be age category awards. First open and female in the following categories: U20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

These will be posted out to winners within one month of the race.

New British Triathlon Federation Gender Categories

This event will be run in accordance with British Triathlon policies, including the new Transgender Policy.

British Triathlon is taking positive action to ensure transgender people are welcomed and included, this will make a difference to transgender participants, providing a positive, non-judgmental space in which to enjoy swim, bike, run in all its forms.

For competitive activity for individuals above the age of 12 that is run in accordance with the British Triathlon Competition Rules and events permitted by British Triathlon, fairness of competition is paramount and so the policy stipulates a **Female** category (open to athletes who are the female sex at birth) and an **Open** category (open to all, including male, transgender and non-binary individuals who were the male sex at birth) be provided.

Only people who are female sex at birth are eligible to compete in the Female category. All individuals including transgender people are eligible to compete in the Open category.

Our online entry provider has been unable to provide updated gender categories in time for this event, and so if you wish to swap categories please drop us a line at info@racenationevents.com and we will be happy to assist.

The full transgender policy can be read here: [Transgender Policy](#)

Please note

If you need to withdraw less than four weeks prior to the Event - No refund or deferral will be permitted.

It is very important that if you are unable to attend, for insurance and medical reasons, you do not give your race number to another athlete.

We would like you to join us in thanking the many volunteer marshals, without whom this and all events would not be possible.

Also with grateful thanks to Lifestyle Fitness Langport and Huish Episcopi Academy



We are delighted to announce Chalmers & Co Accountants are joining us as headline sponsor of the event.

A local friendly firm of chartered accountants based in South Somerset with offices in Crewkerne Yeovil and Langport.

No matter what size of business, they are on hand to provide all the financial support needed and have been supporting local businesses with their financial and taxation needs for over 100 years

Crewkerne Office

Telephone: 01460 279000

Email: info@chalmersaccountants.co.uk

Yeovil Office

Telephone: 01935 476499

Email: info@chalmersaccountants.co.uk

Langport Office

Telephone: 01458 252323

Email: langport@chalmersaccountants.co.uk



LJP Sports Therapy Yeovil offers sports massage for pre and post events as well as treating general muscle disfunction with a range of massage techniques. **Benefits of massage** - Eases muscle tensions and discomfort, reduces stress, improves mobility, speeds up the healing of soft tissue injuries to name just a few!

We are really pleased that **Linsey** from **LJP Sports Therapy** will be joining us at the finish area of **Langport Triathlon**.

**If you would like to book a consultation with Linsey before or after the event, please get in touch
07817 474677 or info@ljspportstherapy.co.uk**