

# ISLAND RACES



SPRINT TRI  
09th September 2018  
MERSEA ISLAND, ESSEX

ISLAND  
RACES



## RACE INFORMATION



**BRITISH**  
TRIATHLON

# W E L C O M E

Thank you for choosing Island Races and entering the 2018 Sprint Triathlon!  
Please take the time to read through this race information. It contains everything you need to know about the day.

Island Races stages Duathlons, Triathlons, Open Water Swims, SUP Races and much more.

No matter your ability Island Races welcomes you to our events.

We look forward to seeing you on race day.

Good luck,

*Josh & Abbie*  
Island Races Limited

## TIMINGS

Registration/Sign On Open	11:00
Transition Open	11:45
Sign On Close	12:30
Race Briefing	12:45
Race Start	13:00
Prize Giving (at Coast Inn)	Soon after last competitor finishes

# LOCATION

## Monkey Beach, Mersea Island Coast Road, West Mersea, Essex **CO5 8LS**

This event is held on Coast Road, West Mersea.

As you come onto Mersea Island bear right towards West Mersea. Continue on this road through the village, you will then pass the church. Once passed the church you will bear right onto Coast Road, Race Registration is at 88 Coast Road - opposite the car park.



Car Parking is available at the three highlighted public car parks, they operate as pay and display run by Essex County Council. Registration will be open from 11:00am.

**The Sprint Tri is an event that takes place on a public beach/waterway and on the public roads of West Mersea. Traffic and public use of the roads and race area will NOT be stopped for the race.**

# LOCATION

Coast Road, Mersea Island  
Coast Road, West Mersea, Essex **CO5 8LS**



Please see below for satellite map of race area.



# GUIDE

## How the day will run:

1. Arrive and park in on of public car parks (pay and display)
2. Register at the **Registration Tent, 88 Coast Road, CO5 8LS** with your Photo ID at hand (if you are a BTF member), collect your Race Pack and sign on. **Sign on will close at 12:30.**
3. Large Race Numbers must be attached to race belt or to the front of your running top with pins. Bike and helmet race numbers must be attached. Attached the medium Race Number to your bike and smallest Number to your helmet.
4. Transition Area opens at 11:45, race numbers must be collected *before* going to Transition. Go to Transition to rack your bike. Hook your bike by saddle, leave your helmet on your bike. Any other items you may have (cycling shoes, energy bars, extra clothing, water) place underneath your bike.
5. You must attend the **Race Briefing at 12:45**. Please be race ready for the briefing as race will start soon after.
6. Please make your way to the Start after race briefing.
7. Start 13:00
8. Prize Giving will take place soon after last competitor finishes at the Coast Inn, Coast Road.
9. Collect your bike and items from Transition (You will need your race number to identify you as the owner of your bike.)  
**IMPORTANT NOTE: There is a short walk between Sign On/Transition/Start - there will be a box at the start for shoes and these will be taken to the finish for you.**

### Tri Check List

Below is a list of *suggested* items for a triathlon, not all items are required.

Please bring your Membership Card or Day Membership pass & Photo ID to collect your race pack.

#### Swim Leg

Goggles

Swim Cap  
(provided in your race kit)

Swim suit / Tri Suit /  
Wetsuit

Sunscreen

#### Bike Leg

Bike

Bike shoes (optional)

Helmet (mandatory)

Water Bottle/s

Bike hand held pump

Spare tube / tyre lever

Bike gloves

#### Run Leg

Running shoes

Socks

Cap / Visor

Race number  
(provided in your race kit)

Race number belt (optional)  
or pins to attach your race  
number

Sunglasses

1. All competitors start on the jetty or in the water next to the jetty.
2. Exit water at the first beach (Shingle Point), through the gate and continue onto boardwalk.
3. The transition area is situated at the end of the boardwalk. Head straight for your station, where your bike & kit are located.
4. Remove wetsuit/change into clothes for cycle and run stages. You may wear cycling shoes (ie. cleats) for cycle stage.
5. Competitors must put on their helmets BEFORE taking their bikes off the rack.
6. Unrack your bike and walk/run it to the BIKE OUT exit. Stop and wait for the marshal to allow you to cross the road, make your way to the MOUNT line and begin the cycle stage.
7. After completing the cycle stage, dismount bike at DISMOUNT line slowing your speed on approach.
8. Walk/Run your bike to transition area and return it to the rack *in your original position*. Helmets must be taken off AFTER bike has been racked.
9. You can then change shoes (if needed) and head to the RUN OUT exit to begin the final stage - the run.
10. Finish line is under the Finish arch on the beach at the end of boardwalk.

\*NOTE: The cycle starts up a short hill, ensure your bike is set in a low gear.

# COURSE

## SWIM 750M

Competitors must attend briefing race ready, the race will start soon after briefing. Competitors will make their way to the start on the jetty after permission from race officials after briefing. NOTE: Wetsuits may be compulsory on the day due to water temperature, although currently this is forecast as unlikely.

After briefing, you may enter the water for a practise swim opposite the Old Lifeboat Shed but not at the jetty/start.

Competitors may start in the water holding the jetty or they may dive/jump off the jetty. Note: Water is shallow at some areas.

You will swim parallel to the shore through the moorings, past the houseboats to the first beach, Shingle Point.

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help if required. SWIM STROKES: Most people use front crawl or breast stroke. Back stroke is not recommended because it can be confused with someone indicating they are in difficulty.

If you do get into difficulty, lie on your back and raise your arm in the air. A kayak/support boat will come to you and if necessary take you ashore. There will be motor boat and paddleboard support on the course.



# COURSE

## BIKE 20KM

The Cycle map is shown on the next page.

Helmets must be put on before removing bike from rack. WALK bikes from transition area to MOUNT LINE.

Competitors will complete the course following the **Yellow** arrow signs. Marshals will be on the course. There will be one FOOT DOWN RULE. This is located at the only RIGHT turn across traffic, at the Blackwater Vets corner turning onto East Road. *This is where you will start Lap 1 of 3 before heading back to transition.*

The course starts up Coast Road, past the church onto High Street. Bear right at Tesco onto Barfield Road following road round to the left at the Co-op. At the top of Kingsland Road RIGHT TURN and FOOT DOWN before continuing on East Road.

*Lap 1:* Continue to the end of East Road (passed Dawes Lane and The Fox public house), bearing left at the end onto Chapmans Lane. At the end left turn onto East Mersea Road continuing to the strood. Left turn at the strood onto Colchester Road to return into West Mersea, passing the playing fields (The Glebe) and continuing to the corner of Blackwater Vets and making a left to begin lap 2. Complete 3 laps in total. After 3rd lap follow the road and course signs back to transition, via: Co-op corner, Tesco corner, the church, Coast Road.

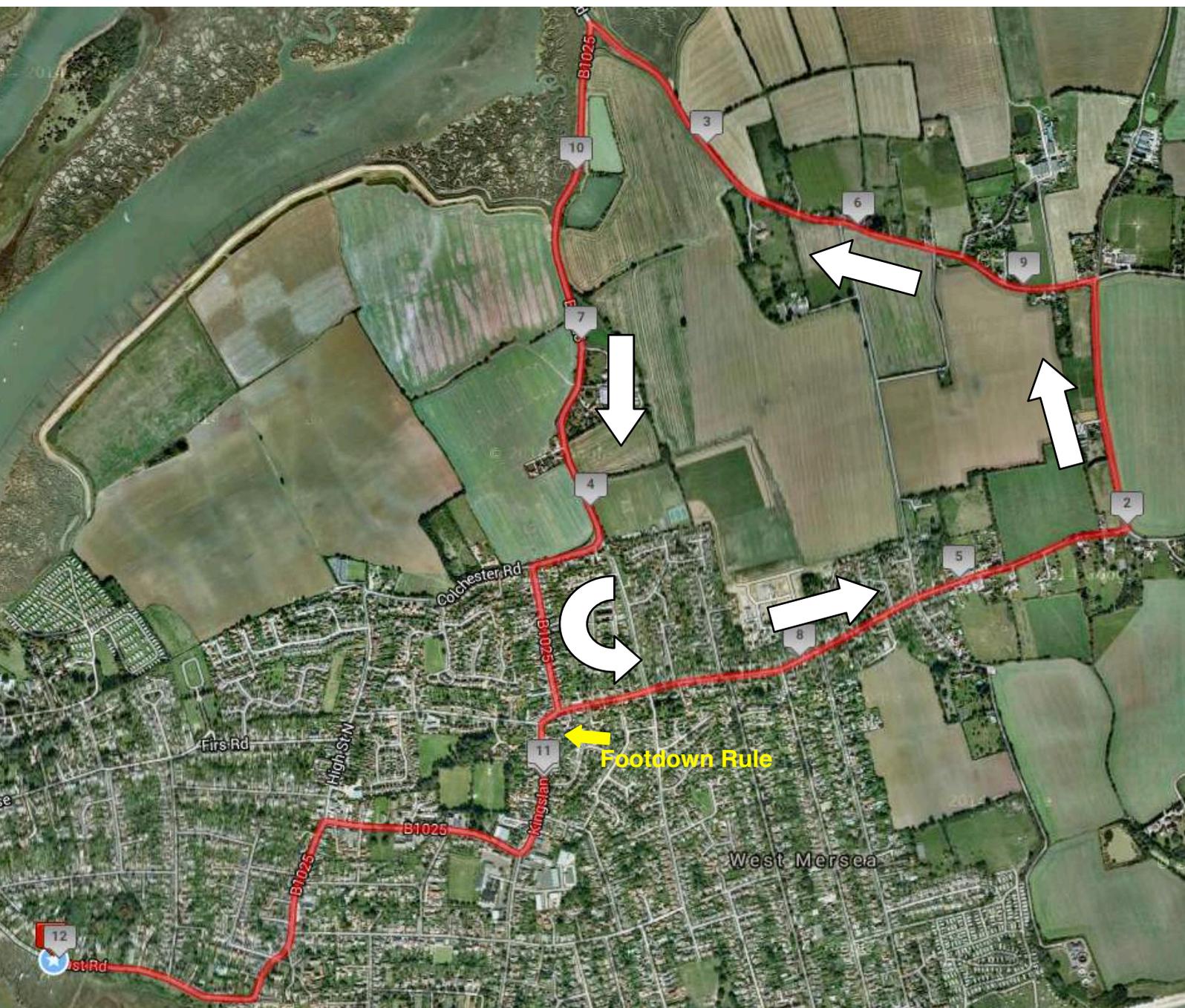
FOOTDOWN RULE: At this junction you must **unclip and foot down and come to a complete stop**. This is to show the marshal you are aware of crossing this junction safely as traffic will be coming in the opposite direction. If you do not unclip and foot down and cross safely the marshal will record your number and you will be automatically disqualified.

Cyclists must dismount at the DISMOUNT LINE and WALK their bikes into the transition area. Bikes must be racked before the removal off their helmet.

Reminder: Public roads will not be closed and traffic will not be stopped. Competitors must adhere to the Highway code of conduct rules of the road at all times. Failure to do so will result in automatic disqualification.

# COURSE

BIKE 20KM  
(Arrows indicate laps)



# COURSE

## RUN 5KM

Competitors will exit the transition area and follow the **pink** arrows. The first 300m is off road on a grass path past St Peters Well, then up 'Monkey Steps' onto Coast Road. Taking care crossing and turning right up Coast Road you will follow round to the left passing the church. Turn right onto Yorick Road continuing across the cross roads at the bottom onto Prince Albert Road. Reminder: Traffic will not be stopped for this race, take care crossing. Turn right along Broomhills Road towards the beach huts, bear left at the end onto Victoria Esplanade. Continue to the end to Seaview Caravan Park. You will enter onto the beach turning left to the turning cone at the end of the beach huts. You will then complete your run along the beach to the finish line.

Marshals will be on course and clear signage as detailed in race briefing.



# INFORMATION

## **Additional Rules**

The event is held under the rules of British Triathlon. You are encouraged to read them at <https://www.britishtriathlon.org/competitionrules>. It is your responsibility to ensure that you understand the rules of triathlon. If you are unsure of rules ask the race referee or race director before you start the race.

Personal stereos, MPs, iPods or equivalent are not permitted at any point during the race. Swim hats must be worn, please provide your own. You are not allowed to mark your position in transition in any way. This is not a draft legal race.

All our marshals and other race officials are volunteers. Any competitor or associated person such as family or friends, abusing our marshals will be disqualified.

## **Finish**

You will be met by our fantastic volunteers with water on hand. Relax, celebrate completing the Sprint Triathlon and cheer on remaining competitors.

## **Prize Giving/Results**

Prize Giving will take place shortly after last competitor finishes. Prize Giving will take place at the Coast Inn, Coast Road.

**Prizes:** There are trophies for 1st, 2nd and 3rd in each category.

All competitors receive a T-Shirt and a finishers medal.

Results will be available on website:

[www.islandraces.com](http://www.islandraces.com)

## **Transition Check-Out**

You will need to show your race number in order to collect your bike from the Transition Area. Please collect your bike as soon as Transition has been reopened after the last competitor has finished.

## **Water Stations**

There will be no water stations on the run or cycle course. We recommend you bring your own bottle of water to have in Transition and in a bottle cage on your bike for the cycle leg. There will be water available in the transition area and supplied at the finish line.

## **First Aid**

Medical and first aid will be located at Registration/Transition. If you need medical assistance at any point, please notify a marshal immediately and they will be able to call for assistance. If you do feel unwell on the day or have been ill in the lead up to the event, please consider carefully if you are fit to compete.

## **Litter**

This event is taking place on a public beach and on public highways, it is essential we respect the environment. Please use the bins provided or take your litter away with you.

## **Toilet Facilities**

There are no toilet facilities on site. The nearest public toilets are located at West Mersea library car park and at the Coast Road car park near the jetty.

## **Valuables**

At this event we will not have means to hold all competitor belongings. We therefore advise you to only bring what is needed to the race area. You will be able to leave a small number of items in Transition. We will have a small box available for you to leave small items (eg. car keys and phones) at the Registration Tent. All personal belongings are left at the owners risk.

Contact Numbers on the day:

Josh Taylor: 07866 782337

Abbie Dix: 07971 272844