



## Fareham Triathlon Series 2024

### Adult Sprint Distance Triathlon

Thank you for entering the 2024 Fareham Adult Sprint Distance Triathlon. We hope that the pack will provide all the information that you require. You will receive an email the week before the race with your wave time. If you do have any questions that we do not address, please do not hesitate to contact the team via email:

[FarehamTriathlon@everyoneactive.com](mailto:FarehamTriathlon@everyoneactive.com)

Our event is being held at Fareham Leisure Centre, Park Lane, Fareham PO16 7JU.  
Telephone number 01329 233652 [www.everyoneactive.com](http://www.everyoneactive.com).

Best wishes and good luck on Race Day

*The Fareham Tri Team*



### **Sprint Distance Triathlon**

- SWIM - 400m 16 lengths. No diving, in pool start.
- BIKE – 19.2km (Please follow yellow and black signs)
- RUN – 5.1km (Please follow yellow and black signs)

The first wave of swimmers will start at 7.00am. On the bike section of the course, please take care particularly at the junction of Kiln Road. We have to adhere to the Highway Code and **STOP** if traffic lights are red. It is an automatic disqualification offence to break any road traffic regulation. There is a one way bridge in Funtley. If the traffic lights are red you need to **STOP**. Any participants disobeying the Highway Code will be disqualified.

### **Sprint Distance Aquathlon**

- SWIM - 400m 16 lengths. No diving, in pool start.
- Run – 5.1km (Please follow yellow and black signs)

### **Sprint Distance Aquabike**

- SWIM - 400m 16 lengths. No diving, in pool start.
- BIKE – 19.2km (Please follow yellow and black signs)

### **Sprint Distance Duathlon**

- Run 5.1km (Please follow yellow and black signs)
- BIKE – 19.2km (Please follow yellow and black signs)
- Run 5.1km (Please follow yellow and black signs)

### **Race Registration**

Race registration will take place between **6.00am** and **9.00am** in the main hall inside the leisure centre. Access will be through the doors at the rear of the building by the park. You will be issued with your race numbers at registration along with your race timing chip. Please place the timing chip around your left ankle with the band provided. You will have your race number written on your arms and legs with a permanent marker. Race numbers must be clearly visible on your back for the cycle and your front for the run. You will be issued with two stickers; please place one on the front of your bike helmet and the second one to the seat post of your bike. Once registered please rack your bike in the transition area.



### **Transition**

Transition will be situated on the adjacent field and will be a secure, marshalled area where only competitors and officials will be permitted to enter. Please can we ask competitors not to bring large bags and boxes into the transition area as they can obstruct other competitors. Please note if you are a team entry, from swim to bike transition it is safer for the swimmer to tag, pass the chip, then bike to be un-racked. Your helmet can be on and fastened before the tag. From bike to run transition your bike must be racked first before you tag and pass the chip to your run team member. Your helmet may remain in place while the chip is passed. Please ensure that all mobile phones are either turned off or are on silent mode whilst in the transition area.

### **Day Race Licence**

If you are a non BTF Member the extra charge you paid on your entry fee will provide you with a day race licence with the BTF.

### **Accident/Injury/First Aid**

In the event of a personal accident or injury during the race please make yourself known to the nearest marshal, who shall assist you in gaining the appropriate medical attention.

### **Changing Facilities**

Dry side and wet side changing facilities will be available before and after the event. Lockers require a small padlock.

### **Parking and Access**

There is a large free car park, however the centre will be extremely busy and it may be necessary to use other local car parks. There is a pay and display car park 400m down the hill towards the town centre and a large multi-storey car park along the one way system.

### **Spectators**

The swim section of the race can viewed from the pool terrace. Alternatively spectators can congregate at the finish line on the playing field which is adjacent to the centre.



### Results

The results will not be posted out but will be made available on our website

[www.everyoneactive.com/fareham-triathlon/](http://www.everyoneactive.com/fareham-triathlon/)

### Food

Catering will be available at the event but competitors are advised to bring snacks and plenty of fluids!

### Triathlon Rules

For British Triathlon Federation (BTF) rules please log onto their website

[www.britishtriathlon.org](http://www.britishtriathlon.org). A copy of the rules will be available at race registration if required. Please be aware that all Ipods and MP3 players are prohibited. Calf guards are not permitted in the swim.