

BananaMan Triathlon

20 July '08 (Sunday) from 10.30am

800m Swim, 30.6km Bike, 7.5km Run.

Welcome to the BananaMan Triathlon. This superb venue is the perfect setting for your fastest ever triathlon. This year we will incorporate the first ever Regional Championships for both London and the South East for the TeamTimeTrial and Club Relay Teams.

RACE INSTRUCTIONS

The venue is private property - the Dorney Lake Rowing Centre, Boveney, near Eton Wick. Please leave plenty of time to get here. You will not be allowed access to the area before the day. We are here as guests so please could competitors show some courtesy and politeness in order that we may be allowed back. **Parking:** at the side of the bike course. The only access will be via the MAIN access road. (See Map over) Just follow the signs as you come into the venue. You will have an 800m walk to the transition area. Arrival and departure are allowed any time. Please take care when you cross the bike course.

Registration will take place in the Marquee between 9.30am and 1pm. Upon arrival, show your triathlon race licence (if you have one) and some form of identification. This will speed up registration. If you are not a member of a triathlon governing body then you have to pay the **£5 day membership**.

You will need to find your race number from the lists on display, and then pick up your race number, timing chip and event T-shirt from the registration tables. Lots of toilets and showering facilities are available. Access to the venue and catering services will be available from 9.00am. **triandrunk** is the official retailer and will be with us for the entire day. If you need them to bring any specific products then please ring 020 8500 4841.

At registration you will be given **one race number** to be worn on your **front**. Please use at least 4 safety pins for each number. The number must be easily visible. Number belts can be worn. You will also be issued with a security wristband at registration, with your race number on it. This wristband will give you access to the transition area.

There will also be **two sticky numbers**, one for the front of your helmet and one for your bike; this you attach to your top tube as a security measure. Please show your race number and security wristband to gain access to the transition area. Your race number and your bike number (sticky number) must be the **SAME** for your bike removal. **Only competitors** will be allowed in the transition (bike racking) area. You must rack your bike in its allotted, numbered space. An approved cycle helmet must be worn for the cycle section.

The Course: The swim is a **two-lap** rectangular course in the Rowing Lake. **You will exit the lake after each lap, then its a short run down the pontoon and dive back in.**

Wetsuits are highly recommended. Please contact **triandrunk** for wetsuit advice on 020 8500 4841.

Bike: Then it is an 6-lap 30.6km bike course, which takes you around the lake. You must count your own laps! Drafters beware - there will be three static draftbusters along the course plus one mobile draftbuster. If your race number is noted twice, you will be given a two-minute time penalty. Four or more times will result in disqualification (DQ) - you have been warned! Please obey the rules of the road. Cycle on the left at all times, over take on the right.

Finally, it is a 3-lap 7.5km run. The final run will be clockwise round the right hand side of the Lake, to finish just outside the transition area. Water and SIS will be available on the finish line.

- **No mobile phones, personal stereos, MP3s to be used in transition at any time or during race.**
- **Do not mark your position in transition.**
- **Helmet to be done up before you touch your bike and remain done up until your bike is racked.**

Wave Structure

Wave	Category	starts
1	Team Time Trial	10.30 am
2	Men 30-34	11:00 am
3	FM Global	11:20 am
4	Relay Teams	11:45 am
5	Vet Men 45+	12:20 pm
6	Women	12:55 pm
7	Men U 30	1:30 pm
8	Men Vets 40-44	2:05 pm
9	Men 35-39	2:40 pm

Results will be on the website as soon as possible after the race. www.humanrace.co.uk

Prizes will be awarded PER WAVE near the finish gantry. One prize per person to: First 3 men & women, under 30, 30-34, 35-39, 40-44, 44-49, 50+:

Remember we are here as guests, so please act accordingly and please don't leave any rubbish.

If you need accommodation then we recommend the Copthorne Hotel on 01753 516222. Ask for the 'triathlon' rate. Email: leanne.bennett@millenniumhotels.co.uk

You should have received an email from us to confirm your entry into this race. If you have NOT then please email charlotte@humanrace.co.uk