

BananaMan Relay Triathlon

Sunday, July 20, at 11.45am

800m Swim, 30km Bike, 7.5km Run

Access from 9.00am

Welcome to the BananaMan Relay Triathlon

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. Just follow the signs as you come into the venue. You will have an 800m walk to the transition area. Arrival and departure is allowed any time. **Please take care when you cross the bike course.**

Registration will take place in the Marquee from **10am**. Upon arrival, the **team captain** must register and show some form of identification. Team captain can find the team's race number from the lists on display, and then pick up race numbers, timing chip and event T-shirts from the registration tables. **The timing chip on the Velcro band is your baton!**

Lots of toilets and showering facilities are available. Access to the venue and catering services will be available from **9am**. triandrun 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 two race numbers: one to be worn on the **front** for the cyclist and one on the **front** for the runner. Please wear your number on your chest as high up on your front as possible. Please use at least 6 safety pins per number. Each team member will be issued with a security wristband at registration for access to the transition area.

There will also be two sticky numbers: one for the front of your cycle helmet and the other 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. All three relay team members will be allowed in the transition area. You must rack your bike in its allotted, numbered space. An approved cycle helmet must be worn for the cycle section.

The swimmer will wear the timing chip around one ankle. If your wetsuit is ankle length, you must wear the timing chip over the top of the wetsuit, so that you can remove it easily to pass to your cyclist.

The Course: The swim is a **two-lap** rectangular course in the Rowing Lake. You will come out of the water after the first lap and dive back in to complete the second lap.

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

The cyclist waits at the racked bike, wearing the cycle helmet. **The bike will remain racked until the swimmer passes the timing chip to the cyclist.** The swimmer exits the water and runs to the racked bike. Here he/she removes the timing chip from their own ankle and places it around the ankle of the cyclist.

The bike: the cyclist walks the bike to the mount line, and then it is **six-laps** around the lake to cover the 30km bike. (See Map) You must count your own laps! Please obey the rules of the road. Cycle on the left at all times.

On returning to the transition area, the runner is waiting at the racking space. The cyclist first racks the bike, then the runner removes the timing chip from the cyclist's ankle and places it around their own ankle.

The run: Finally, it is a **three-lap 7.5km run**. The 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.

Prizes will be awarded as teams cross the finish line. Prizes will go to the **first five teams across the line.**

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

We are **encouraging a Club Gazebo** area where you can meet your club members after the race. Please contact Human Race for location details. (There is No charge).

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 be receiving important email updates from us on the race. If you are NOT then please email charlotte@humanrace.co.uk

Hope you have a great day out at Eton!