



BananMan Triathlon

12th July (Sunday)
From 10:30am

3Quarter Distance: 800m Swim, 30.6km Bike, 7.5km Run.

Welcome to the BananMan Triathlon at Dorney Lake. This superb venue, which Human Race has used for over 9 years, is the perfect setting for your fastest ever 3Quarter distance triathlon. This year we are also incorporating a TeamTimeTrial and Relay Team event.

Please see the website for the Course Map and Venue PDFs.

RACE INSTRUCTIONS

The venue is private property - the Dorney Lake Rowing Centre, Boveney, SL4 6QP near Eton Wick. Please leave plenty of time to get there.

Parking: at the side of the bike course. The only access will be via the MAIN access road. (See Map PDF) 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 between 9:30am and 1:00pm. (Please do not arrive before 9:30am).

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 the BTF 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.

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 security wristband to gain access to the transition area. 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. Your race number and your bike number (sticky number) must be the **SAME** for your bike removal.

Venue Facilities: Lots of toilets and showering facilities are available inside the building. Access and catering services, (upstairs in the clubhouse) will be available from 9am.

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.

SWIM

The 800m swim is two rectangular laps of a 400m course, (you will remain in the water for both laps).

Wetsuits are highly recommended but recent water temperatures (approx 21 degrees C) mean that wetsuit use is not essential. We plan to take the lake temperature and update all competitors mid-week as to the wetsuit situation. Please contact triandrunk for wetsuit advice on 020 8500 4841.

BIKE

It is a 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, and over take on the right.

RUN

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.

TEAM TIME TRIALS AND REALYS

The TeamTimeTrial is where three athletes race together as a team. All 3 swim, cycle and run together as a unit, and all three have to finish together to score. They should try to wear the same race kit or T-shirt. Drafting will be permitted within the team.

No drafting is permitted in the Individual or Relay waves.

BASIC RULES

- 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	Category	Wave Start Time
1	Team Time Trial	10:30
2	Men 30-34	11:00
3	Relay Teams	11:35
4	Vet Men 45+	12:10
5	Women	12:45
6	Men U30	1:20
7	Men Vets 40-44	1:55
8	Men 35-39	2:30

Note: Your age is at **31 Dec 2009** – NOT age on race day!

In the results you will be given your timing splits for each discipline if we can see your race numbers, which must be clearly visible. Results will also 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 the first 3 men & women:
Under 30, 30-34, 35-39, 40-44, 45-49, 50+

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

Withdrawals: If, for any reason, you need to withdraw from the event after you have entered, you should read our Withdrawals Policy on the website and follow the instructions there.

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 nerys@humanrace.co.uk

