



THE TRAWLERMAN

SUNDAY 2ND JULY 2017

PALATINE LEISURE CENTRE, 207 ST ANNES ROAD, BLACKPOOL. FY4 2AP

RACE INFORMATION

The course will be open for familiarisation / walking from about 8.00am

- *All participants will be announced before the start of their wave. All spectators are encouraged to cheer. If you have not listed your Club or School on your entry, please inform the officials as Swim Registration.*
- *All participants will also receive a BATS "Trawlerman" Medal at the finish.*
- *All participants will also receive a "Trawlerman" Swimming cap which has kindly been provided by our supporter Harrison Drury & Co Solicitors of Kendal, Lancaster, Preston, Garstang and Clitheroe.*

1. REGISTRATION & RACKING [until 45 minutes before your event]

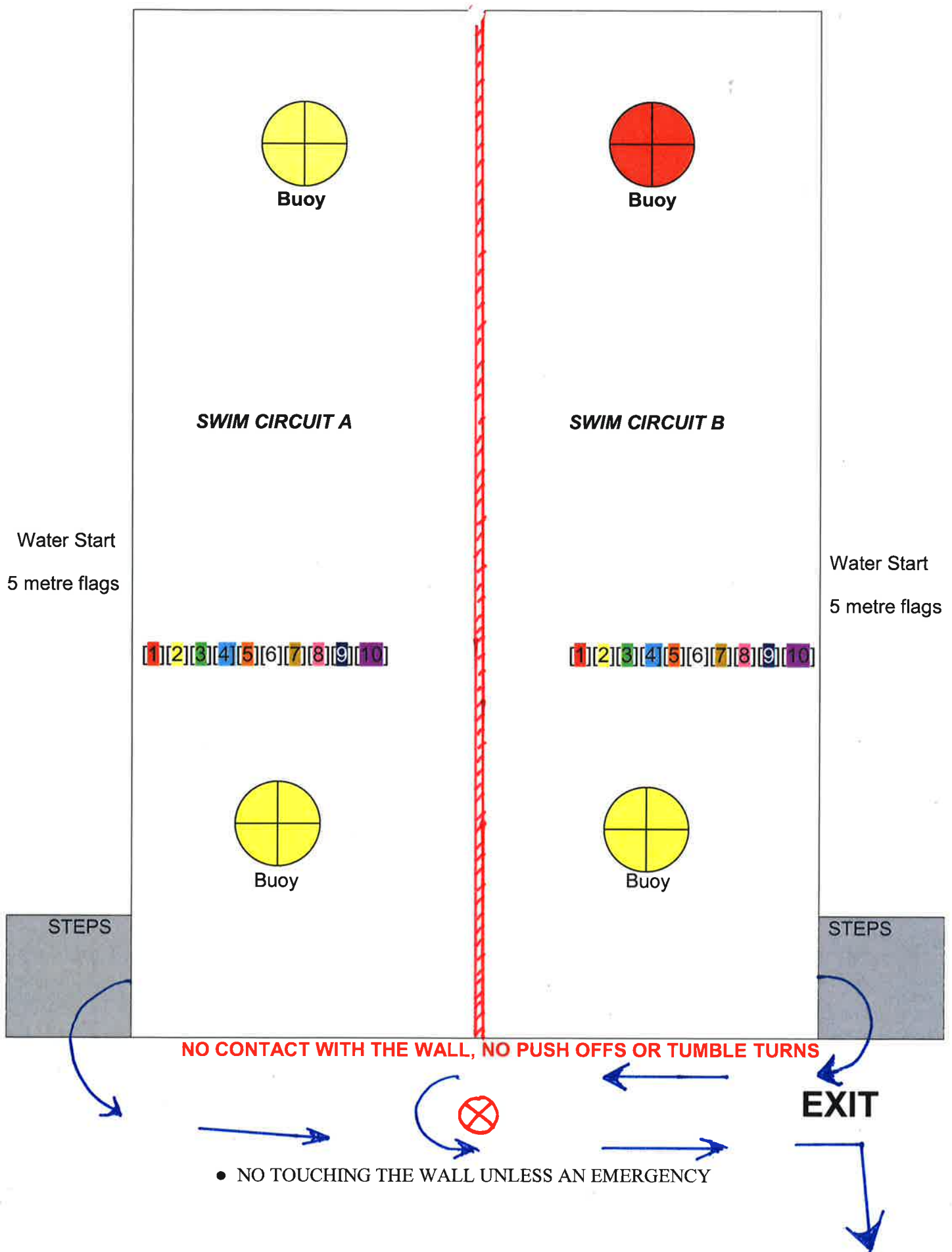
- Adult Demi Sprint & Aqua bike: from 8.00am
- Youth (15 -19 yrs) and Junior (15-19 yrs): from 8.00am
- Tri-start [8 yrs] Triathlon & Aquathon: from 9.30am
- Tri-start 1 [9-10 yrs] Triathlon: from 09.30am
- Tri-start 2 [11-12yrs] Triathlon & Aquathon [9-10 & 11-12yrs]: from 10.30am
- Tri-start 3 [13-14yrs] Triathlon & Aquathon and "Short Triathlons": from 11.30am

2. THE SWIM [see diagram below] -

Please ensure you have already left your clothing, footwear, bike and helmet in the Transition area

1. The swim will be around a 50m circuit in the pool
2. You will be allocated a different coloured swimming cap for the swim to help the Marshals count your swim laps. Your colour of swimming cap is on the wave lists.
3. There will be ***swim circuit A*** and ***swim circuit B***
4. Swim circuit A will walk around cone after getting out of pool to equalise distance to pool exit
5. Diving, Pushing off the wall & Tumble turns are not allowed [The Race Organiser reserves the right to impose a penalty if any contravention]
6. Start in the water at the 5 metre flags with a water start / tread water
7. You must swim around the Buoys and count your own laps. The Marshals will assist by displaying a coloured A3 card of your swim cap colour when you are on your last lap
8. Exit by the Pool Steps and must WALK from exiting the pool to the swim exit door. Circuit A must walk round cone to equalise distance.
9. Please deposit the swim cap when exiting the pool for the next wave

NO CONTACT WITH THE WALL, NO PUSH OFFS OR TUMBLE TURNS



3. THE BIKE: [Please note that racing road bikes can be dangerous – please take care]

1. You cannot race without a road worthy bike with working breaks and a cycling helmet. Your bike will be checked for safety when entering transition.
2. You must put your cycling helmet on and your shoes etc before you touch your bike. If your helmet falls off, you must stop.
3. You must not ride the bike inside the Transition Area or along the transition routes. You must only mount the bike AFTER the MOUNT sign.
4. The Cycling course is Anti-clockwise for this race [please see course plan]. Keep to the inside on the track unless you are overtaking – You cannot change your position to block or avoid being overtaken by someone behind. Please tell the rider in front if you are overtaking.
5. You must slow down on the “U” bend of the cycle track after the SLOW signs. You must not overtake on the “U” bend on the track. Please free wheel round the “U” bend with your inside pedal raised
6. You must not push or interfere with any other rider and must generally keep at least **3 metres apart**
7. You must dismount the bike BEFORE the DISMOUNT sign and push your bike back into the transition area
8. There will be counting Marshals but it is your responsibility to count the correct number of bike laps.
9. You may use an Odometer to count your laps. One lap is 1000 metres.

4. THE RUN

Follow the running course to your turning point which will be identified by a sign and a coloured BATS Flag. Marshals will also be on the running course.

Competitors will run either one lap or two laps [maximum] of the running course. Please note the second lap route on the plan

5. AQUA BIKE

The start for the Aqua Bike is in the pool and after the Bike, you will run through transition and onto the second lap running route [in opposite direction] to the finish line. Please see plan.

RACE NUMBERS

Please display your plastic BATS Bike Race number on the front of your bike and please return the number to us. There is no number for your helmet but you can mark it yourself with a sticker for identification purposes.

You will also have a hand written race number on your LEFT arm and LEFT calf with a large race numbers for your race belt or two for your running shirt [back & front]. If you are not using a Race belt, please let registration know

CHIP TIMING

Your race will be chip timed. Please hand in your timing chip at the end of the race. A charge of £15 is levied for lost timing chips

BRIEFING 15 minutes before your Wave start time

TRANSITION AREA

1. No entry into Transition without a race number
2. For safety and security purposes, the Transition Area is for competitors only and no one else may enter. There will be Transition marshals available to help any children.
3. Follow the one way system when entering and exiting transition [see plan].
4. Leave your bike, helmet, running shoes, race vest, towel and race number / running shoes, race vest, towel and race number in the Transition Area.
5. No hard boxes in the Transition area
6. Your Bike Number must be collected when you remove your bike.
7. After you have finished your wave, please remove your bike as soon as possible and please note that your bike will be stored in the Transition area next to the fence to enable space for other competitors.

EVENT	RACK BIKE FROM:	EST. WAVE STAR TTIME	SWIM LAPS & DISTANCE	CYCLE LAPS & DISTANCE	RUN DISTANCE & LAPS	MARKER & FLAG TURN POINT	
Womens & Mens DEMI SPRINT & AQUA BIKE	8.00	9.00	8 Laps 400M	10 LAPS 10000 M	2 Laps of 1500 M [3000M] Short run to finish [Aqua bike]	Demi / Super	
Junior [17 – 19 rs]	8.00	9.00	8 Laps 400M	10 LAPS 10000 M	2 Laps of 1500 M [3000M] Short run to finish [Aqua Bike]	Youth/ Junior	
Youth [15 – 16 yrs]	8.00	9.00	8 Laps 400M	10 LAPS 10000 M	2 Laps of 1500 M [3000M] Short run to finish [Aqua Bike]	Youth/ Junior	
Tristar Start [8 yrs] TRIATHLON	9.00	10.30	1 Lap 50M	1 LAP 1000M	1 Lap of 600M	Tristars	
Tristar 1 [9/10 yrs] TRIATHLON	9.00	11.00	3 Laps 150M	4 LAPS 4000M	1 Lap of 1200M	Tristars 1	
Tristar 2 [11/12 yrs] TRIATHLON	9.00	12.20	4 Laps 200M	6 LAPS 6000M	2 Laps of 900 M [1800M]	Tristars 2	
Tristar 3 [13/14 yrs] TRIATHLON	9.00	13.40	6 Laps 300M	8 LAPS 8000M	2 Laps of 1200 M [2400M]	Tristars 3	
Tristar Start [8 yrs] AQUATHON		10.30	1 Lap 50M		1 Lap of 600M	Tristars	

Tristar 1 [9/10 yrs] AQUATHON		13.20	2 Laps 100M		1 Lap of 1200M	Tristars 1	
Tristar 2 [11/12 yrs] AQUATHON		13.20	3 Laps 150M		2 Laps of 900 M [1800M]	Tristars 2	
Tristar 3 [13/14 yrs] AQUATHON		15.00	4 Laps 200M		2 Laps of 1200 M [2400M]	Tristars 3	
Adult "Short" Triathlon	10.00	15.00	4 Laps 200m	5 LAPS 5000m	1 Lap of 1200 M	Tristars 2	
Junior "Short" Triathlon	10.00	15.00	2 Laps 100m	2 LAPS 2000	1 Lap of 600 M	TS	

REFRESHMENTS

Outside catering services will be on site

CHANGING FACILITIES & TOILETS

There are changing facilities and Toilets inside the Palatine Leisure Centre

SPECTATOR VIEWING: You will have good view of swim, bike and run in central location.

SWIM

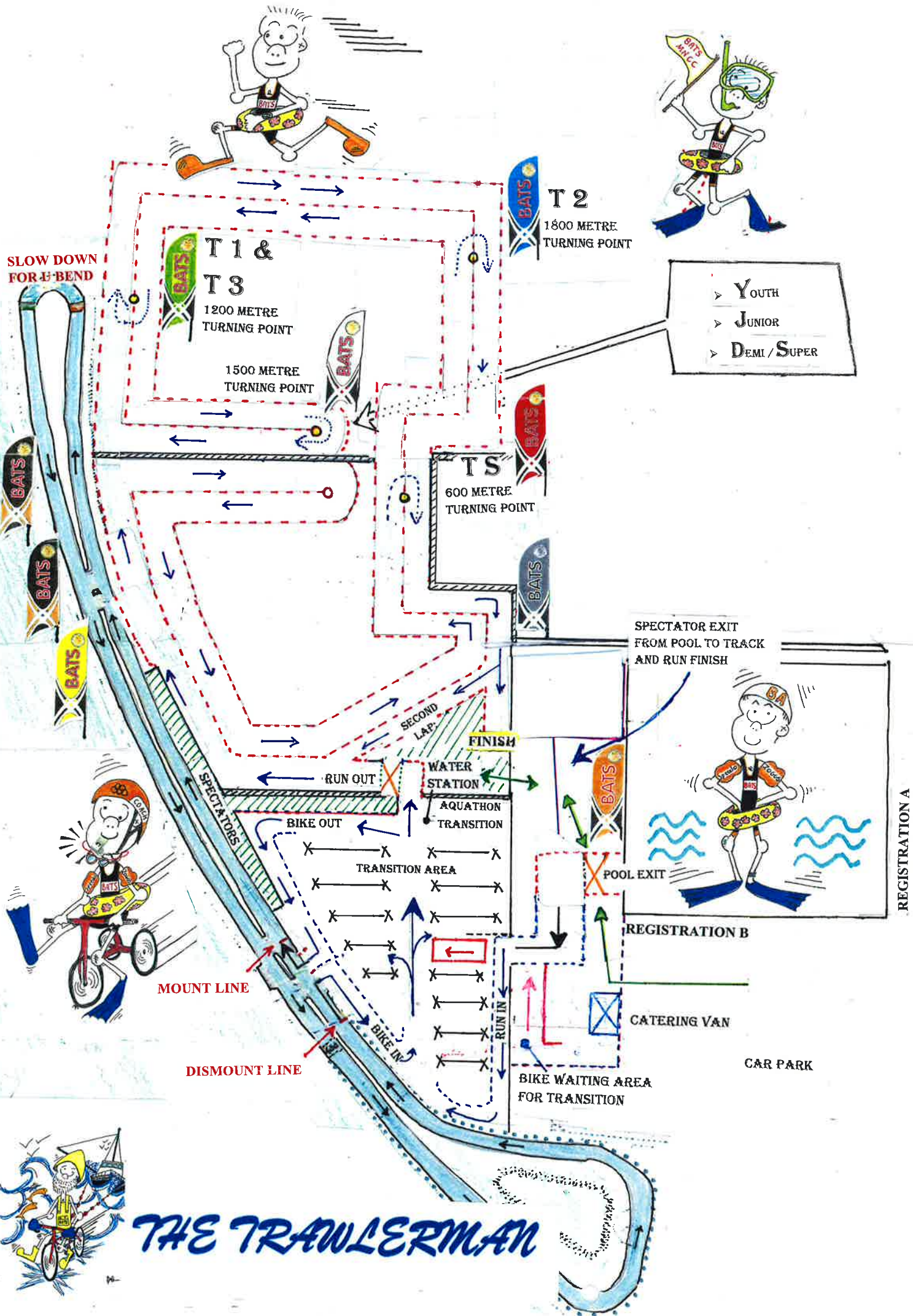
Main viewing area of the Pool and then proceed by the rear exit doors from end of viewing balcony area direct to track & run course.

CYCLE

You may watch the cycling from the viewing area by the cycle track [access via the finish area].

RUN & FINISH

You may watch the run & finish from the viewing area.



PHOTOGRAPHY

Please note that you may take photographs at the event but not within the pool area and you will need a permit issued at Registration.

PARKING

There is ample parking at the Leisure Centre



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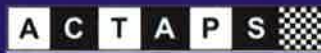
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Professional memberships



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Solicitors: Jan Wright & Jennifer Lawton

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