



## **SCOTT Makani**

# **MONMOUTH SPRINT TRIATHLON**

**400m Swim, 15km Bike, Run 5km**

**11th April 2010**

Welcome to Monmouth Triathlon. This is race 1 of the 2010 Scott Makani Race Series. Athletes need to take part in 3 of the 4 sprint races to qualify for the overall series. There will be various Scott prizes up for grabs at the end of the series.

Below is the information you require to have an successful day. Please ensure that you have read all of the information before the race.

We look forward to seeing you at Monmouth and hope you have an enjoyable day.

### **Directions:**

### **Car Parking:**

Car parking is situated at the School and the Leisure centre. There is plenty of parking available and please ensure you park in the marked area.

### **What You Need To Bring:**

At any event you will get novice athletes through to athletes of all abilities. There will be bikes and equipment worth thousand of pounds right through to the borrowed bike. However you will need a few essential items. A swimming costume, a road worthy bike, an ANSI/BS approved helmet and some trainers. Things like goggles, elastic laces and number belts will help but are not essential. [www.3-to-tri.co.uk](http://www.3-to-tri.co.uk) will be in attendance for last minute buys and should you require anything in advance you can contact them at [sales@3-to-tri.co.uk](mailto:sales@3-to-tri.co.uk)

### **Accommodation:**

If you are looking to stay in Monmouth then please visit the tourist information website.

<http://www.visitwyvalley.com/kiosk/touristinfo/index.html>

### **Registration:**

Registration will be available from 3pm till 5pm on Saturday and also from 7am till 9.00am on Sunday. Please ensure that you register at least 30 mins before your allotted start time.

Registration will be situated in the Sports Centre. BTF members will be required to produce their licence or will be required to pay £5 for a day licence.

You will be given your goody bag that will contain your race numbers and a number for your bike frame; you will be given your timing chip.

### **Race Brief:**

There will be a race brief at 7.30am and 9.00 for any final information and any safety information. Please make an effort to attend if you are unsure on any aspects of this event.

### **Relay:**

Only one person from the team is required to register for the relay event. You will get 2 numbers. The cyclist will wear the number on their back and the runner will wear the number on their front. You will also have a timing chip. The swimmer will need to wear this on their ankle. After the swim, the swimmer will run into transition and hand the timing chip to the cyclist. This must be attached to the cyclist's ankle before they leave transition. At the end of the cycle leg, the cyclist will hand the timing chip to the runner who will attach it to their ankle before exiting transition.

### **Electronic Timing:**

All of the athletes will be required to wear the microchip on their ankle. We recommend the left ankle as this will ensure it doesn't get caught on your chain when you cycle. This technology for the results will enable the athletes to get an instant time when they have finished. This system will also continually update the results as later finishers complete the event.

Once you have received your timing chip, do not cross the timing mats unless you are racing.

Athletes will be able to see their times on the screen situated in the timing van.

Once you have finished you must return your timing chip or you will be charged £25 for a replacement.

If you wear the timing chip anywhere else other than your ankle it is likely that you will not get a time for any of the race sections. NO CHIP = NO TIME

### **Transition:**

Only athletes and officials will be allowed into transition. You must have either your number or timing chip to enter transition.



**SCOTT**



**ZONE 3**

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### **SWIM:**

The swim will take place in the excellent swimming pool of Monmouth School Sports Complex. You will be swimming 16 lengths (400m). Although there are marshals to help guide you and to warn you when you have 2 lengths to go. It is ultimately the athletes responsibility to count their own lengths.

### **TRANSITION 1:**

Transition 1 is situated behind the swimming pool and Monmouth Prep School. This area is for athletes and officials only. Do Not remove your bike from the racks until you have your helmet on and securely done up.

Run with your bike to the exit of transition. Do not mount your bike until instructed to by the marshal. **CAUTION** There is a right turn onto the road, listen to the marshals instructions.

### **BIKE:**

The bike route is 15km(1 laps) . It is on the public highway and the roads are open. You must obey the Highway Code at all times and any breach of this may result in penalties or even disqualification. The course is marshalled and signed.

You will exit the Sports complex and turn right onto the A4136 and then at the roundabout turn left onto the A466 towards Redbrook. As you enter the village of Redbrook, Turn left and follow the road signed to Newland. This section is the uphill part of the course so take it sensibly. As you enter the village of Newland take the left Turn signed for Coleford . **Caution Uphill**. At the Junction Turn Left signed for Staunton and Monmouth.

Follow this road to the Traffic Lights (should be off) and turn left onto the A4136. Follow this road to Staunton. As you leave the Village of Staunton you descend back to Monmouth. **Caution Fast Descent**.

When you get to the bottom of the hill and see the Welcome to Monmouth sign, start to break as you will be turning right at the round about.

Turn Right at the roundabout and then left back into the sports complex. Dismount at the line and head back into transition.

### **TRANSITION :**

On returning to transition, DO NOT undo or remove your helmet until your bike is securely racked back in its designated place. Once your bike is racked, remove your helmet and put your running shoes on. Exit transition as directed and head out towards the sports ground for the run.

### **RUN:**

The run route is 3 lap.

Head out of transition and follow the arrows towards the astro turf. Follow the arrows under the tunnel onto the sports ground. You will now complete 3 laps around the sports ground. At the end of 3 laps, head back under the tunnel and follow the arrows back to the sports centre and finish line. Please ensure that you have your number showing to the front and that you run across the timing mat.

### **RACE RULES:**

The race is run under British Triathlon rules and as such you should make yourself aware of these. They are available at [www.britishtriathlon.org](http://www.britishtriathlon.org). If you would like further information on the rules please contact them 01509 226161.

There will be a British Triathlon referee in attendance and any penalties will be issued in accordance with the rules. If you wish to appeal any decision or result this must be done within one hr of the penalty being issued and accompanied by £15 (refundable if the penalty is upheld). It is the athlete's responsibility to keep an eye on the penalty board.

### **PRIZES:**

Prizes will be awarded to the first 3 male and female athletes.

Also the first athletes in the following categories.

1st m/f 40+

1st m/f 50+

1st m/f 60

Also the first relay team.

Prize giving will take place 30 mins after the last athlete has finished. You must be at presentation to claim your prize.

### **First Aid:**

Should you require any medical attention on the day, St Johns Ambulance Coleford will be in attendance.

### **Medical Conditions:**

If you have any pre existing medical conditions before you begin please ensure that you have notified either registration or St Johns Ambulance. This information will be

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**400m Swim, 15km Bike, Run 5km****11th April 2010****RESULTS:**

These will be available on the screen next to the finish line straight after the event. They will also be available online the following day at [www.blacksheepsports.co.uk](http://www.blacksheepsports.co.uk)

**MARSHALS:**

For any event to run smoothly it requires the help of volunteers. If you have friends or family coming to watch then why not ask them to help marshal. No experience is needed as all information will be given to them on the day. It's great fun and lets them feel involved in the day. They will be given a drink and food and also receive an event top. For further information on marshal opportunities please contact us at [events@blacksheepsportsltd.co.uk](mailto:events@blacksheepsportsltd.co.uk)

**EVENT OFFICE:**

Please note that the event office will be closed from Thursday the 8th April as the team will be on site setting up. Please do not email or leave messages.

**FUTURE EVENTS:**

Monmouth Triathlon is one of many events that Black Sheep Sports are organising this summer. If you enjoy triathlons then why not have a look at some of our other events.

Eastnor Castle Sprint, Classic and Middle Distance  
4th July 2010

These fabulous events take place in the shadow of the impressive Eastnor Castle, The swim starts in the safe enclosed lake beneath the castle, whilst the bike route takes in the majestic Malvern Hills. The run finishes the event with a safe run through the Castle's deer park.

The Big and Little Woody Triathlon  
28th August 2010

These two events take place in the beautiful Forest of Dean. The only event in the UK to run a long course and middle distance event, these races are back for their 3rd instalment and a return Five Acres and Drummonds Dub.

Forest of Dean Duathlon  
10th October 2010

This is the very first event that was organised by Black Sheep Sports. Based at the Forest of Dean Gymnastics and Fitness centre, this end of season duathlon is a great way to end your season. A 5km run through the woodlands, followed by a 15km ride before finishing with another 5km run.

**BLACK SHEEP SPORTS EVENTS:**

6th May– Zone 3 Open Water Swim R1

9th May– Scott Makani Lydney Sprint

3rd June– Zone 3 Open Water Swim R2

13th June– Scott Makani Ross-on-Wye Sprint

1st July—Zone 3 Open Water Swim R3

4th July– Scott Makani Eastnor Castle Sprint

4th July—Eastnor Castle

1st August—Cirencester Park Trails Half Marathon

5th August— Zone 3 Open Water Swim R4

28th August—The Big and Little Woody

4th October—Forest of Dean Duathlon

21st November—Scott Aztec Trail Series Race 1

All race information and entries are available at [www.blacksheepsports.co.uk](http://www.blacksheepsports.co.uk)



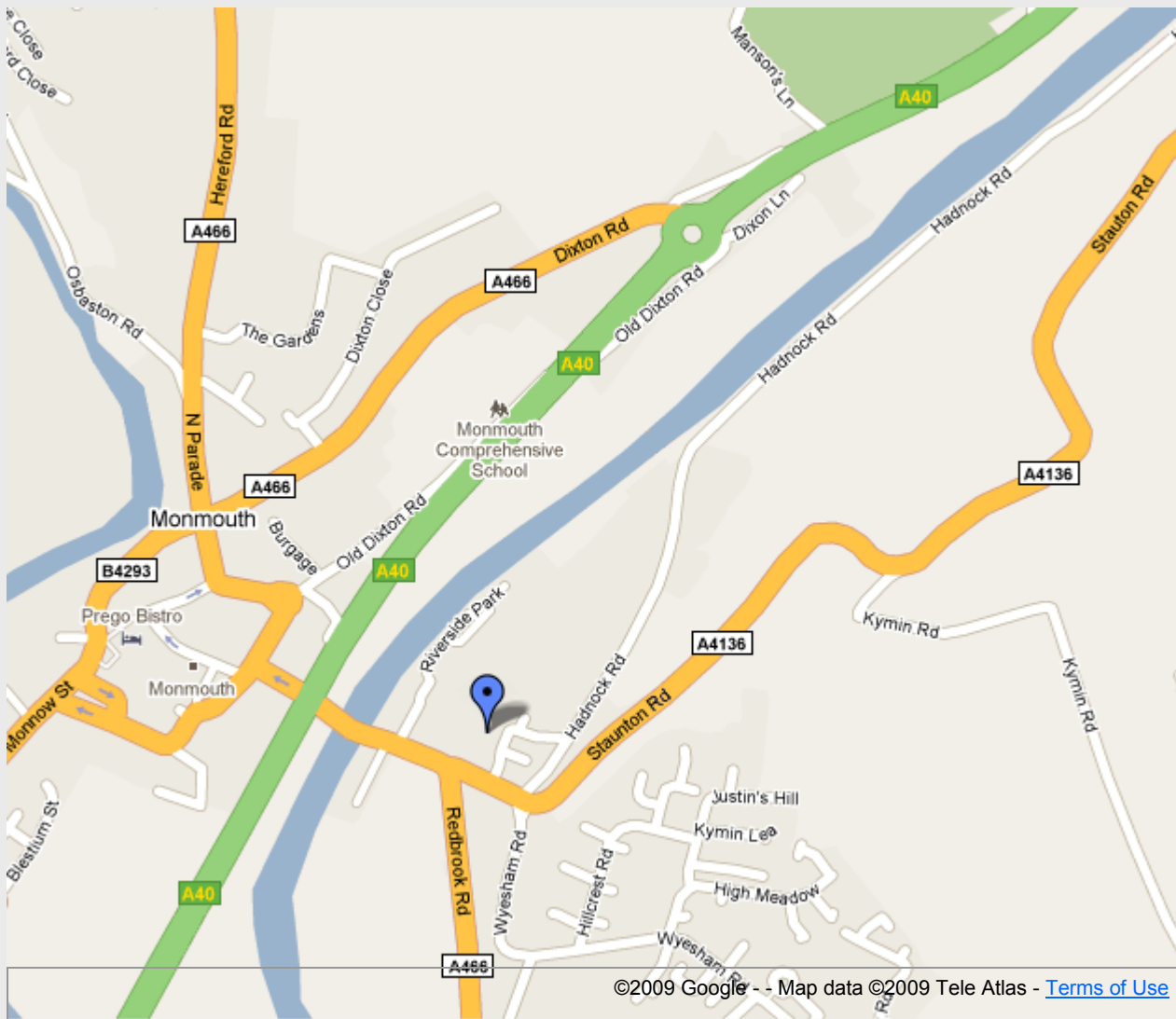


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## LOCATION



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BIKE MAP





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RUN MAP