



**Sunday 8<sup>th</sup> July 2018**

## **Active Life Surf N Turf Race Day Details:**

**Registration opens at 07:15 – closes at 08:00**

**Swim starts at 08:15 (briefing 08:00)**

### **Registration:**

Registration opens at 07:15 and will close at 08:00.

To register you need either:

- Your British Triathlon membership card, ensuring you have put your photo on your licence and it is in date.
- If you are not a British Triathlon member\* then please bring Photo ID

\*If you do not have British Triathlon membership you will have purchased a day licence when signing up for the event.

At registration we will provide you with your race number, timing chip and swimming cap. Once you have registered, please stay around the transition area, for the briefing, which will be at 08:00. Please note we will not be providing a list of entrants or publishing your race number in advance.

If you feel that you will not be able to complete the 400m swim and wish to drop down to the 200m distance please let us know asap. We will accept requests in advance but unfortunately, we will not be able to accept requests on the day.

## Transition:

The transition area will be enclosed with barriers and sections will be numbered, 1-15, 16-30, 31-44 etc. Use your allocated race number to find a space within this area to set up your running gear. Please only bring essential race items into transition and try to keep your kit neatly within a half-metre space. Transition will open at 07:15 and will be supervised throughout the event.

## THE RACE:

Your race will begin in the water, the course will be an out and back course marked with large triangular buoys. **The water temperature is currently over 15C, which is above the minimum requirement of 14C which would make wetsuits mandatory. For this reason wetsuits will not be compulsory, but highly recommended.** Swim caps will be issued for entrant's safety and must be worn throughout the swim. The swim will have lifeguards on the beach and also in the sea. If you experience any difficulty and require assistance please raise your arm, roll onto your back and shout to get their attention. Please note backstroke is not permitted for this reason.

You will swim adjacent to the shore. The 400m swimmers will start first with the 200m swimmers starting 30 seconds later. Those completing the 200m swim will go around the first large triangular buoy they come to and those completing the 400m swim, around the second triangular buoy. All competitors need to return to the final triangular buoy before heading back to the beach. Please see the map below. As per the terms and conditions of the event, if you are still in the water after 40 minutes, it is likely that you will be fighting against the tide and we reserve the right to help swimmers out of the water after this time, or if conditions mean swimmers are at risk of exhaustion.

On exiting the sea, you will make your way along the promenade and then up a steady incline for 100m into the transition area to prepare for your run. If you are wearing a wetsuit, you can take this off at any point between the water's edge and transition but please move to one side to let others pass you. Similarly, please be aware of other runners whilst you are in transition. There will be marshals present to direct you out of transition.

On exiting transition, you will begin your 5km. The run heads east along Tankerton Slopes, around Long Rock in a clockwise direction, then west along the promenade before heading up a steady incline on to Tankerton Slopes to the finish area.

Marshals and signage will direct you around the course

Please note that you will not be permitted to collect your belongings from the transition area until the last runner has started the run course. This is for security reasons. At all times, only those with a race number will be allowed to enter transition, so please look after these at all times.



### **Finishing:**

On finishing the race we will need to collect the timing chip. You will then be issued with a finisher medal. There will be water at the finish area.

Unfortunately, we cannot let you collect your belongings from the transition area until the last participant has finished their swim and started their run. You will still require your race number to gain access to the transition area.

### **Getting to the race and Parking:**

The closest post code for the race is: CT5 2BE.

There is parking along the sea front and within Tankerton and Whitstable. The race is a 15-minute walk from the train station and 10 minutes from central Whitstable. Whitstable always has lots going on if you wish to stay around and enjoy what the town has to offer.

### **Keep Up to Date:**

If we need to update you on any changes, we will email you, however updates on the day will be made via Facebook and Twitter. Please visit [www.whitstablesurfturf.com](http://www.whitstablesurfturf.com) for links to these. If you need to make contact with us before the day please email [whitstablesurfturf@hotmail.com](mailto:whitstablesurfturf@hotmail.com).

Photographer: Please note photographers will be present on the day. Photos may appear on future advertising/promotion, on facebook and twitter. When you entered the event, you provided your consent for this but if you do not wish to be photographed, please inform registration.

## **Safety:**

The race has had the risk assessment approved by Canterbury City Council, and the event is permitted by Triathlon England.

The sea swim safety is managed by Canterbury City Council's Foreshore Service who have provided trained lifeguards.

The race is ideal for novice participants, but we expect those who enter are capable of swimming and are medically fit enough to complete the race distances. If in the unfortunate event that the weather is poor then the safety of the sea swim will be discussed and a decision will have to be made if this can go ahead. In the unlikely event the swim is cancelled, then the race will convert to a run (please note that the race is not in a position to provide a refund in this case). The factors that will affect the sea swim being cancelled could be anything from heavy fog, high waves and raw sewage as a result of a storm the day before the event. None of these factors are forecast and we have never had to cancel the swim, but if these scenarios do exist, they are out of our control.

I hope that the weather will continue as it has been the last week or so. The forecast is sunny but may feel cool without layers. Please take precautions in case it is a hot day and wear hats/sun protection as the race area has little shade.

Water will be provided at the race finish line on completing the race. Please bring your own sports drinks if you feel you will require these during the race or after the swim section.

Good Luck and thanks again for entering.

## **Kit List:**

### Essential kit:

Swimming Costume  
Trainers  
Running Gear  
Towel

### Desirable:

Fluids or gels  
Swimming goggles  
Race belt  
Warm clothing for after the event  
Wetsuit (highly recommended but not compulsory)