



**PETERLEE TRIATHLON**  
**400m Swim >>>21k Bike>>>5k Run**  
**Sunday 20th September 2009**  
**Peterlee Leisure Centre**  
**St Cuthbert's Way**  
**Peterlee**

## **RACE DETAILS**

### **1. General Comments**

Thank you for your entry to the Peterlee Triathlon, which will take place on the 20th September 2009 at Peterlee Leisure Centre. If you have any queries or problems before the race day please ring me on 07809462299.

### **2. How to get there**

See enclosed map

### **3. Entry to the Leisure Centre**

Please do not arrive before 7.00am, as the Leisure Centre will not be open. Proceed to the rear entrance and register. There is limited car parking at the leisure centre as shown on the enclosed map but additional parking is available at Peterlee Town Centre car park opposite the leisure centre a short distance away marshals will be there to direct you.

### **4. Changing Facilities**

There will be full changing facilities and toilets in the leisure centre.

### **5. Registration**

Registration will take place at the rear entrance to the leisure centre in the small sports hall. It will be open from 7.15am until 9.00am. Please bring along your race licence where you will be supplied with your race number, body marked and race goody bag.

### **6. Transition Area**

The transition area will be fenced off for security purposes and you will only be allowed in if you have a race number. Please rack your bike only at the numbered space that relates to your race number.

### **7. Race Briefing**

There will be no race briefing so competitors starting later do not have to arrive early. If competitors have any questions prior to the start just ask me Nicky McGee I will be available to answer any questions prior to your start time.

### **8. The Swim (400m)**

The race will start at 8.00 am and will consist of 16 lengths of a 25m pool (400m) and each competitor will start at 45 second intervals.

**9. The Cycle (21km)**

In accordance with BTA rules your helmet must be fastened before you move away from your transition place. Your race number must be fully visible on the front of your vest. There will be no cycling in the transition area and you will need to push your bike until the marshal tells you to mount. The cycle stage is fully marshalled as well as being shown on the attached map. The roads will be open to traffic so please be careful and follow the highway code at all times. Drafting is not permitted and draft busters will be operating to ensure that rules are adhered to and penalties will be given for those caught CHEATING. The course has two right hand turns, one just after entering Easington Village and one entering Essington Way. Extreme caution must be taken at these two junctions. There will be three marshals at each of these junctions to help assist entry. Please be aware that the Police and marshals have no powers to stop oncoming traffic.

**10. The Run (5km)**

Before leaving the transition area your number must be visible on the front of your vest. Please refer to the attached map for the route, which will be marshalled and signposted.

**11. The Finish**

When you cross the finish line you will be offered a drink and given your T-shirt. You will then be able to get showered and changed.

**12. Results**

Full results will be available on [www.northernpulse.co.uk](http://www.northernpulse.co.uk) and for viewing as competitors finish.

**13. Presentation**

The presentation will take place soon after the last competitor finishes. If two prizes are won by one person the highest prize will be awarded and the next prize will be moved down the list.

**14. Important Notes**

The Marshal's are all volunteers so please be nice to them. We could not hold this race without them.

Name..... No.....

Swim Start.....