



About Channel Rotary

Channel Rotary (Folkestone) is a group of nearly 50 like-minded people from all walks of life, active and retired. We work together to support our community in the Shepway area of Kent with funds and many hours of hands on expertise. Since the Club began 1980, Channel Rotarians have raised approaching £1million for countless local, national and international good causes. Our major fund-raising events include the Channel Tri, Folkestone Santa Run, Channel50Challenge Bike Ride on Romney Marsh and Charity Golf Day at Sene Valley Golf Club, Hythe. Please come and join us!

For further information please contact www.channelrotary.org.uk or call Duncan Hopkin on 07789 138393.

The main beneficiaries of the Channel Tri do amazing work in our community:

The Celia Blakey Cancer Care Centre is based at the William Harvey Hospital in Ashford, Kent. It provides support to cancer sufferers in a sympathetic and personal way to help them and their families cope with their medical treatment and the mental and social aspects of their illness.

The Shepway Sports Trust is based at the state of the art 3 Hills Sports Centre in Folkestone and works with 43 sports clubs in the area. Since it was launched in 2014 it has promoted sport as an essential part of healthy living, and assisted and encouraged those competing, coaching, coordinating and volunteering to achieve the highest standards.

Channel Tri & Aquabike

Sunday 16 Sept 2018 - Start 7.30am

Sprint & Team Triathlon	750m Swim 20K Bike	5K Run	7.30am
Sprint Aquabike	750m Swim 20K Bike		7.30am
Standard & Team Triathlon	1.5K Swim 40K Bike	10K Run	8am
Standard Aquabike	1.5K Swim 40K Bike		8am

Venue: Folkestone Harbour, Folkestone, Kent CT20 1QH

Parking: Please follow marshal directions at Folkestone Harbour.

Registration: Open on Saturday 15 Sept, 4pm-6pm and Sunday 16 Sept, 6am - 7.45am

Any questions please contact
Liz King E: Liz@trispiritevents.com



Event Information - Please Read Carefully.

All competitors must comply with BTF rules and use the highway in accordance with the **Highway Code**.

No ipods, mobile phones, mp3 players to be in use in transition area or during the event.

Standard Triathlon

Individual competitors will complete the whole course of two 750m laps sea swim followed by two 20K laps of the bike course and two 5K laps of the run course.

Team competitors will only do one discipline - swim, bike or run.

Standard Aquabike

Is open to individual competitors and you will complete two 750m laps sea swim followed by two 20K laps of the bike course.

Sprint Triathlon

Individual competitors will complete the whole course of one 750m lap sea swim followed by one 20K lap of the bike course and one 5K lap of the run course.

Team competitors will only do one discipline - swim, bike or run.

Sprint Aquabike

Is open to individual competitors and you will complete one 750m-lap sea swim followed by one 20K lap of the bike course.

Conditions of Entry

By entering our event the Channel Triathlon or Aquabike you are agreeing to our terms and conditions.

Charity

This is a charity event organised by Tri Spirit Events on behalf of the Rotary Club of Folkestone Channel. The main charities will be the Celia Blakey Centre for care of people being treated for cancer and the Shepway Sports Trust many other local charities will also benefit.

However, if you wish to raise money for any other registered charitable cause you are free to use the event to do so.

Please note, that no charity monies are to be sent to Tri Spirit Events but directly to the charity of your choice.

Arrival Time

Any questions please contact
Liz King E: Liz@trispiritevents.com



Please give yourself plenty of time to arrive, park and register. The last thing you want on event morning is to panic because you are rushing.

Car Parking

Parking is free. Please follow marshal directions at the Folkestone Harbour.

Registration

Will be open from **Saturday 15 Sept - 4.00pm to 6.00pm** and **Sunday 16 Sept 6.00am to 7.45am** at Folkestone Harbour please follow signage. Please give yourself plenty of time to register and rack your bike in transition before the events starts. **RACK BIKE ON SUNDAY ONLY**

Your event number will be displayed on the board, once you know your number, please head to the appropriate desk. Give your name to the helper and collect your event numbers, swim cap, goody bag, t-shirt etc.

You will be asked to show your BTF licence, if you said you had one.

In your bag there will be two numbers (one for Aquabike) - you must display one of these numbers on your back for the cycle section and one on the front for the run section. Race belts are allowed. Pins are provided.

Sticky Numbers - There is a sheet of sticky numbers one for the bike, one for your cycle helmet, one for baggage.

Swim Hat - Standard Tri - green, Sprint Tri - blue, Standard Aquabike - pink and Sprint Aquabike - white.

BTF Licence

BTF affiliated athletes must show their BTF licence at registration. Please remember your licence, otherwise we will have to issue with a day licence costing £5.

BTF Rules

It is your responsibility to know the route for the whole of the event. Please check and study the maps carefully. Full details of [Swim](#), [Bike](#) and [Run](#) Routes.

BFT rules to be found at www.britishtriathlon.org

Non-Drafting Rules

This event is non-drafting please make yourself familiar with what this means. Penalties will be issued for drafting, and it may lead to disqualification if persistent.

Chip Timing

Please collect your timing chip - show your event number. Attach your timing chip on your left ankle during the event and under your wetsuit for the swim. Remember to go over the timing mats. Finishing times and splits will be available at the finish.

What shall I do next?

Any questions please contact
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Attach your event number to your bike either on the rear brake cable housing or crossbar. Place other sticker on the front of your cycle helmet.

Medical Conditions

If you have a known medical condition, please write any relevant information on the reverse of your bib number. If you feel it's necessary please highlight to our medical crew on the morning before you start. Either way you must be sure you are fit and well enough to take part.

Wave Start Times

Wave Number	Event	Swim Cap Colour	Start Time
1	Sprint Tri & Aquabike	BLUE/WHITE	07.30
2	Standard Tri & Aquabike	GREEN/PINK	08.00

Bike Types

Please be aware of BTF Rule 5.2.b.ii "Non-traditional or unusual bikes or equipment shall be illegal unless details have been submitted to the ITU Technical Committee for approval at least 30 days before the event.". This means that if your bike is of a "beam bike" design that is not a traditional triangle or diamond shape, then it may be illegal to race on one in this event. Such bikes include Cervelo P5X, Ventum One, Reap, Dimond, Falco V and TriRig Omni. Of these only the first 3 are currently approved by the ITU.

If you bring a non-approved bike to this event, you may be allowed to race at the discretion of the Technical Official and Race Director. If you are allowed to race, then your result will at best be nullified (no podium place), or at worst, you will be disqualified. Under no circumstance will your result be accepted for a Championship place or any GB age group qualification."

Dick Donovan
Sussex County Rep, Triathlon England South East
BTF National Technical Official, ITU Level 1 Official

Bike Racking

All bikes are to be racked on **Sunday** morning and lay out kit - Your bike must be roadworthy and will be checked on entering transition, put your cycle helmet on. **Marshals will check your helmet and bike.**

Transition Area

Transition will be secure **only competitors allowed in this area.**

A **clean transition** is operation at this event, so no boxes or large bags. Only SMALL soft sided bags to be left by your bike. All non essential bags to be placed on the Cross Keys coach adjacent to transition.

Racking will be laid out in your event ie - Standard Triathlon rack in that area and in number order.

Any questions please contact
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Rack bike and lay out equipment. Your bike must be roadworthy and you should ensure that it functions correctly. Marshals will check your cycle helmet so make sure it is on your head and done up before entering transition.

Rack your bike on the racking, place your bike helmet, shoes and any other items - clothing/equipment/food you will need by your bike.

A cycle mechanic will be on hand if you have any problems before the event start.

Event Briefing

A compulsory event briefing will take place at 07.20am for the Sprint events at the swim start area. Second brief for the Standard events will be at 7.50am.

Rules

Remember to familiarise yourself with the BTF rules before the event, information can be found at www.britishtriathlon.org

The following carry a 2min penalty. The rules are there to make it safe and fair for everybody.

1. Non-drafting race – see 7m-rule www.britishtriathlon.org - BTF Referee will be present and marshals will be throughout the course.
2. You must wear a helmet during the cycle section, which must be fastened at all times, only remove helmet once bike is racked.
3. You must mount and dismount at the designated line on the road.
4. Highway Regulations apply on the bike and must be obeyed at all times. Marshals cannot slow or stop traffic.
5. The use of headphones including MP3 players or mobiles during the event is dangerous and is prohibited - DQ offence.

It is the responsibility of the athlete to know the route and complete the specified course. Signs may be tampered with, marshals may stay in bed - the Event Organiser will do her best to deal with this, but cannot always remedy such problems on the day despite our best efforts.

Please Note: All Marshals are volunteers, be nice, friendly and courteous, they have got up at sparrow o'clock to help you. Any abuse to marshals will result in you being DQ'd and you may be banned from our events in the future.

Rubbish: Keep your gel wrappers with you, we will DQ if you drop rubbish on the course.

Start

Make your way to the Swim Start at Sunny sands beach.

Please make sure you are in the right wave. You will start in the water.



Canoeists will be on hand. If you get into difficulty roll onto your back and put your arm in the air. Canoeists will assist you.

Swim

The swim will start in the water and you will follow a clockwise route. One 750m loop for Sprint and two 750m loops for the Standard. The Standard event is a continuous swim with no exit in the middle. Stay in the water until you have completed the full two 750m loops in total 1500m.

CHANNEL TRI - SWIM

ALL EVENTS

**SWIM
ROUTE**
SPRINT TRI
&
AQUABIKE

1x750m lap

STANDARD
TRI &
AQUABIKE

2x750m lap



The surface from the swim exit to transition is pebble beach, tarmac. **YOU MUST WEAR SHOES FOR THE RUN TO TRANSITION** these will be placed at swim exit within an barriered area.

A table will available for glasses, inhalers hearing aids etc.

Any questions please contact
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T1 - Swim to Bike

Follow route into the transition area, marshals will be here. Get ready for the bike section – fasten your bike helmet, put your race number to the rear of your top and follows signs to BIKE OUT and BIKE MOUNT LINE and get on your bike.

CHANNEL TRI - RUN TO T1

ALL EVENTS

SWIM EXIT
TO
TRANSITION

600m



STEPS UP
TO BRIDGE

350m



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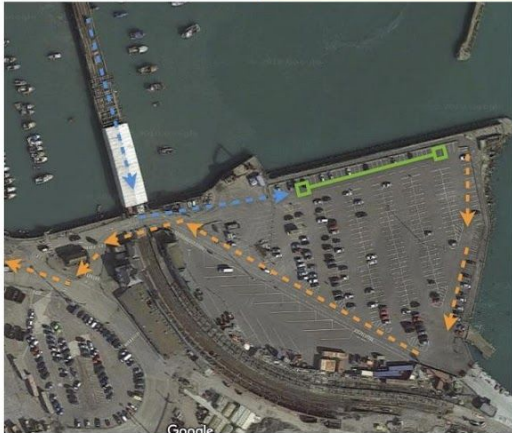
Transition explained

Any questions please contact
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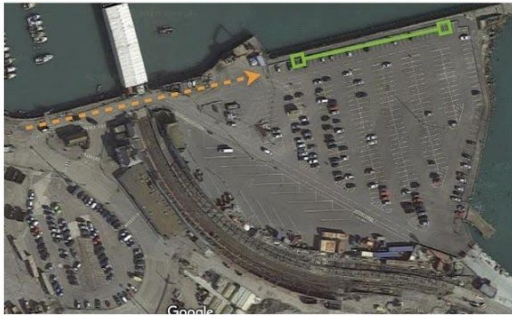
CHANNEL TRI

ALL EVENTS



ALL EVENTS

Swim Exit
Transition
Bike Out



ALL EVENTS

BIKE IN



ALL EVENTS

RUN OUT

RUN IN
TO FINISH OR
2ND LAP



Teams

Teams - the team swimmer will need to hand the timing chip over to the cyclists. The swimmer will need to run from the beach to T1. Exchange of chip will take place at the bike. Once you have the chip make sure it is placed on **LEFT** ankle.

Any questions please contact
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Bike Course

The bike route is 20K. Please be careful the roads are open to traffic and you must adhere to the Highway Code. The course will be signed and Event Marshals are on the course at all turn points and roundabouts.

Please familiarise yourself with the [Bike course map](#).

CHANNEL TRI - BIKE

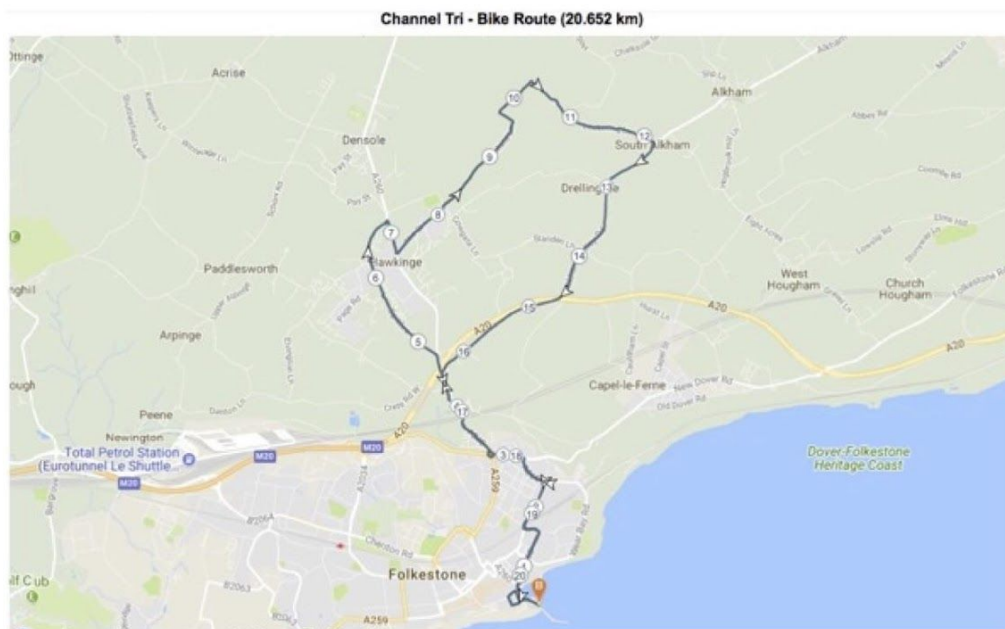
ALL EVENTS

BIKE ROUTE SPRINT TRI & AQUABIKE

1x20K lap

STANDARD TRI & AQUABIKE

2x20K lap



IMPORTANT FOR YOUR SAFETY

At 14.6K - YOU MUST GIVE WAY - Slow down to a stop and check the junction is clear. It is down to **YOU** to make sure it is clear. Competitors either ignoring a marshal's instruction, riding dangerously, or contrary to the Highway Code, will be reported to the BTF event official.

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T2 - Bike to Run

At the end of the bike section approach the DISMOUNT LINE then wheel your bike back into transition.

REMEMBER - Helmets must stay fastened until your bike is racked! Rack your bike, remove your helmet, put on your run shoes, move your number to the front if using a race belt and follow RUN OUT signs to start your 5km or 10km run.

Run Course

Please familiarise yourself with the [Run course map](#).

CHANNEL TRI - RUN

Channel Tri - Run (5.445 km)

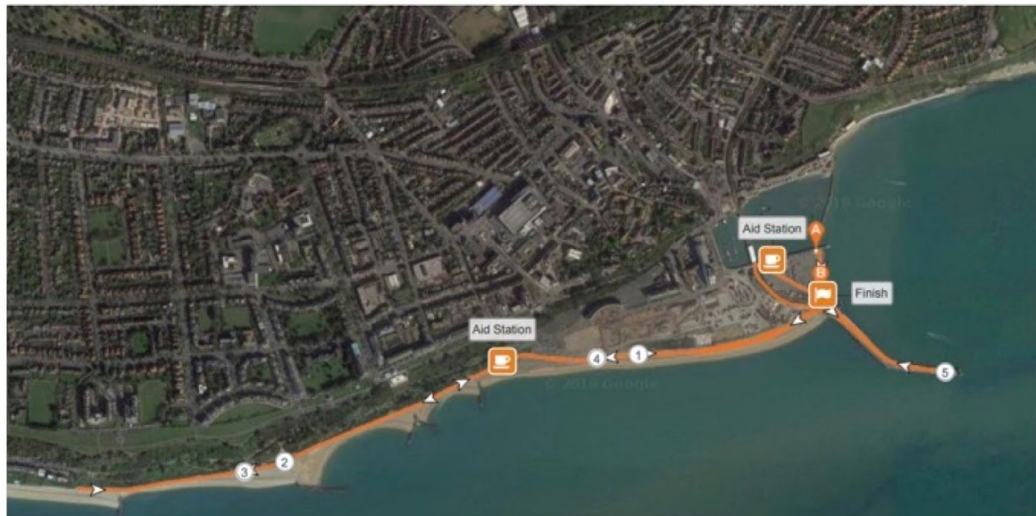
RUN ROUTE

SPRINT TRI

1x5K lap

STD TRI

2x5K lap



Teams

Any questions please contact
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Teams - the team cyclists will need to hand the timing chip over to the runner. An area for teams will be marked out for this to take place.

Channel Tri Aquabike

All your instructions are the same the only difference is that you **DO NOT** run the run.

Rack your bike after the bike section then run/walk across the finish line.

DO NOT run round the whole track just cross the finish line. A clear exit from transition will be marked for you plus signage.

Finish

Smile for a photo – Your medal will be handed out and your timing chip will be removed - Please do not wander off with your timing chip. We will charge you £45 for a missing chip, please hand it in.

You can then get a drink – water, coke plus nutrition then celebrate with family and friends.

Prize Presentation

The presentation will take place soon after the last competitor has crossed the line or within a reasonable time frame.

Breakdown of prizes.

1st male & female - Channel Tri Standard and Sprint Triathlon.

2nd & 3rd male and female - Channel Tri Standard and Sprint Triathlon.

1st male & female - Channel Tri Standard and Sprint Aquabike.

2nd male & female - Channel Tri Standard and Sprint Aquabike.

Winners Team - Channel Tri Standard and Sprint Triathlon Team.

Various Spot prizes

Spectators

Bring your friends to watch there is plenty of room at Folkestone Harbour and you will be able to see the event. Could you please follow some basic safety rules both for you and follow athletes.

No spectators in transition area.

Please do not assist or impede any competitors, they will be DQ'd if you try to help them, pass an item to them or if they even try to pass something to you. Follow marshal instructions.

Bike Removal

After you have finished the event you will be able to remove your bike once the last competitor has finished or is clear and safe to do so. You must show your event number and sticker, which correspond, with your bike. No one else is allowed to remove your bike or equipment from the transition.

Results

Any questions please contact
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Results will be displayed in the Event HQ area and will be on Tri Spirit Event and Channel Tri websites.

Event Amendments

If Folkestone Channel Rotary has to completely cancel the event for any reason, they will give you a full refund. However, this will not apply if we merely have to make alterations to an event. Any changes would be kept to an absolute minimum, but safety is paramount, and we reserve the right to make changes to the courses or any other aspects of the event without notice to meet any safety concerns expressed either by the directors of Tri Spirit Events, British Triathlon Federation referees, or any other relevant authority.

Massage

Likely to be on site. A small fee will be charged.

Shopping & Food

There are a number of refreshments outlets at Folkestone Harbour.

Photography and Use of Images

Photos from the event will be available on the Channel Tri website - www.ChannelTri.org

Tri Spirit Events and Folkestone Channel Rotary club retain the right to use the images associated with events in marketing and or promotion of the events, website or the company and its associates without informing or paying competitors.

In entering an event organised by Tri Spirit Events, you are agreeing to the use of any images in this way.

Our Partners

We are grateful for all the help and encouragement our partners have given us for the Channel Tri. Without their support it would have been very difficult to put the event on.

Thank you from Folkestone Channel Rotary and Tri Spirit Events Team to:

The Roger De Haan Charitable Trust	Jenners (Contractors) Ltd
Crosskeys Travel	Folkestone Harbour Company Ltd
!3CC Cafe	Folkestone Town Council
Lothbury Pendil	Holiday Extras
Folkestone & Hythe District Council	Waitrose Ltd
	Walker Construction (UK) Ltd

Rotary Marshals

Any questions please contact
Liz King E: Liz@trispirevents.com



A huge thank you to the Channel Tri marshals. Please be nice to the Rotary marshals they are there to help you have a safe and happy event.

Finally

Thank you for entering this event if you have any comments please contact Folkestone Channel Rotary at info@channeltri.org.uk or call 01303 241295.

