

## Notice of Race

### For The Bone of Contention - TriSailThon Challenge

<b>DATE &amp; TIME</b>	-	Sunday 5 <sup>th</sup> March 2017
<b>FORMAT</b>	-	PURSUIT TriSailThon, INDIVIDUAL or TEAM relay
<b>3 LEGS</b>	-	Run/walk, Cycle, Sail/Row/Paddle
<b>START</b>	-	From 10h30, pursuit start

ENTER before Midnight Friday 3<sup>rd</sup> of March.

LATE ENTRIES accepted up to 08h30 on Sunday 5<sup>th</sup> but will incur a time penalty.

Entries will be limited to 50 starters.

Enter by e-mailing your entry to [manager@zvyco.co.za](mailto:manager@zvyco.co.za) with the entry form (separate)

#### RULES AND FORMAT

- The event consists of three legs, a walk/run leg, a cycling leg and a sailing/rowing/paddling leg. Start times will be determined on a pursuit handicap basis with the first start at 10h30
- All competitors must be members of a sailing or rowing club recognized as such by their National Federation.
- Entries are accepted for competitors who must complete all legs of the course. These competitors may be assisted by "crew" on multi-handed boats or bicycles. These "crew" do not need to compete in the other legs of the triathlon.
- Entries are also accepted for relay teams comprising two or more competitors who must each complete one or more legs of the course. Each change of the competitor, from one leg to the next, will incur a handicap penalty.
- Each competitor shall compete in the skipper or stroke position for the sailing or rowing legs respectively.
- Competitors who wish to omit either the running, or the running and cycling legs may do so. These individuals will be permitted to start at a time at the discretion of the organizers generally a little after the time that a competitor of a similar ability completes the preceding leg.
- Walkers must walk the entire running course and will receive a handicap benefit to compensate.
- Each of the three legs start and finish by touching the club flagpole (and then his relay team mate if not competing as an individual)

- Entrants participate entirely at their own risk noting that the running and cycling legs are on open public roads and tracks.

### **GENERAL RULES**

- First Pursuit Start is at 10h30 - start times for each runner/walker will be placed on the notice board by 10h00.
- The First adult (16 years or over) competitor to touch the flag pole after completing the course will be the winner of the TriSailThon Challenge and will be awarded the Bone of Contention floating trophy. The first Junior (15 years and younger) will be awarded the Junior Bone of Contention floating trophy. Other prizes will be awarded.
- Juniors may have adults in their team and vice versa (moms, dads, children this is for you!!)
- A "Family" handicap allowance will be given to teams made up from a single family consisting of mother/father/sons/daughters in any combination.
- Tandem bicycles will be handicapped according to the rider with the least beneficial handicap.
- Portsmouth boat handicaps will be used as the basis for sailing boat handicaps.
- There is no additional age or gender handicap allowance for sailing or rowing legs.
- No outside assistance is permitted from non-competitors other than handing of food/drink from a stationary person.
- The penalty for the breach of any rule is disqualification. The organizer's (Alan Keen's) decision is final.
- Prizes will be allocated as soon as possible after the last finisher.

### **COURSES**

#### **RUNNING/WALKING LEG:**

- Start at ZVYC flag pole, around the bench at the weir and back around the flagpole, around the bench at the weir and back to the flagpole (2 laps total ±4km). Juniors (15 and under) do 1 lap only (+- 2km)

#### **CYCLING LEG:**

- Helmets to be fitted before mounting the bicycle.
- Starting near the flagpole on the slipway, up Governor's Walk and Turn Left into Peninsula Road
- TR into Flamingo Crescent at the end of Peninsula Rd
- TL back into Peninsula Road and straight past the Yacht Club entrance
- TL into Victoria Road
- TL into Fisherman's Walk
- Follow the road to the right at the Bird sanctuary (Perth Road)
- TR (first right) into Dabchick Road
- TR (first right) into Coot
- TL back into Fisherman's Walk and back past the club.

- Do this circuit 3 times for adults and 2 times for Juniors (15 years and under) +/- 15 and 10km respectively. Finish cycling on the slipway near the flagpole at the end of the last lap.
- Note that these are open public roads, please obey all traffic rules and take care of potholes and speed bumps.

### **SAILING/ROWING LEG:**

- Life jackets to be fitted before launching sailing boats. Boats to have their mainsails down until the skipper has reached the boat after touching the flag pole. Rowing crew must launch their boat after the stroke has reached the boat after touching the flag pole.
- Sailing & rowing courses will be advised on the notice board on the day as they are weather dependent.

### **HANDICAPS**

Handicaps will calculate according to a secret formula roughly on the following basis: -

- |   |                              |
|---|------------------------------|
| • Change of the competitor at the end of a leg  | 3 minute penalty             |
| • Late entry  | 2 minute penalty             |
| • Individuals/team not competing in previous leg  | At the organizers discretion |
| • Walker (adult)  | 8 minute benefit             |
| • Walker (15 and under - junior course)   | 4 minute benefit             |
| • Ladies  | 2 minute benefit per leg     |
| • Family team   | 3 minute benefit             |
| • Age allowances (not applicable to sailing & rowing legs which are on a boat handicap basis) |                              |
| • Less than 11 years (junior course)  | 4 minute penalty per leg     |
| • 11 or 12 years (junior course)  | 5 minute penalty per leg     |
| • 13 or 14 years(junior course)   | 7 minute penalty per leg     |
| • 15 years (junior course)  | 8 minute penalty per leg     |
| • 16 or 17 years  | 1 minute benefit per leg     |
| • 40 - 49 years   | 1 minute benefit per leg     |
| • 50 - 59 years   | 2 minute benefit per leg     |
| • 60 - 64 years   | 3 minute benefit per leg     |
| • 65 - 70 years   | 4 minute benefit per leg     |
| • 70 - 75 years   | 6 minute benefit per leg     |
| • >75 years   | organizers discretion        |
| • MTB's with KNOBBLY tyres  | 3 minute benefit             |
| • Kayak   | 8 minutes benefit            |
| • Scull   | 4 minutes benefit            |
| • Pair  | 2 minutes benefit            |
| • Four  | 1 minutes benefit            |
| • Eight   | 0 minutes benefit            |
| • Sailing dinghies  | Based on class handicap      |