



## **TERMS & CONDITIONS**

### **DATE OF EVENT**

Saturday 19th & Sunday 20th August 2017

### **AGE LIMIT**

All competitors must be at least 18 years old by Sunday 20th August 2017.

### **REGISTRATION & REGISTRATION FEES**

Each competitor / relay team must complete an online registration form and pay the appropriate registration fee in order to take part. The fees are:

Solo competitor - £125 (£110 for first 30 places)

Relay team - £145 (£130 for first 10 teams)

Please note that a processing fee will be added when you register online.

This registration fee includes the following:

Pre-event competitor support

Competitor number and Sport-Ident timing chip

GPS tracker

2 x kit bags and their distribution

Full support including route safety, swim safety, route marking, bike transport, marshalling, food and hydration at all feed stations, hill safety and medical support

Hot food and drink at the finish line

An event medal (if you finish!)

Each competitor must also attend the event registration session between 1200 and 1700hrs on Saturday 19th August at the Beach Hub, Loch Morlich. Each competitor must show photographic ID in order to collect their race pack at registration. All registration items must be worn / carried at all times during the event.

### **REFUNDS AND WITHDRAWALS**

Competitors may withdraw from the event up to Friday 14th April and we will refund 50% of the registration fee or transfer their place to the following year. Notification of withdrawal must be made by email.

If a competitor withdraws between 14th April and Friday 23rd June, they will not receive a refund but we will transfer their place to the following year.

If a competitor withdraws after 23rd June their registration fee is non-refundable and non-transferrable unless they have good medical reason for withdrawing (a letter from a



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medical professional will be required). If there is a valid medical reason for withdrawing, they will not receive a refund but we will transfer their place to the following year.

If the competitor does not turn up on event day their fee is non-refundable and cannot be transferred to the following year.

### TRANSFERRING PLACES

Places CANNOT be transferred or sold to another person. If someone takes part who is not the original place-holder, they will be immediately removed from the event.

### COMMS

All event information will be sent in email newsletters; the competitor must ensure that the event organiser's emails are received in their email inbox. If information is not being received, the competitor must let the event organisers know.

### HEALTH

In order to participate, competitors must be in good physical condition. Their health and welfare is of paramount importance. By starting in a race, the competitor declares they are in good health and are in appropriate physical condition to complete the race. It is the responsibility of all competitors to ensure they are able to complete the specific race distances entered comfortably.

### RELEVANT EXPERIENCE

All competitors must have the following experience in order to take part in the STARMAN event:

1. Competitors must have open water swimming experience.
2. Competitors must have experience of walking/running up hills of at least 2500ft.
3. Competitors should understand how extreme weather can affect performance and how to manage this.
4. Competitors should have experience running and moving safely over uneven terrain at night.
5. Competitors should know how to navigate in poor conditions.
6. Competitors should be able to take a bearing from one location to another, confirming which direction one would move off in.
2. Competitors should be able to use landmarks to confirm their location.
3. Competitors should be able to locate and use a grid reference.

### TIMING CHIPS

Competitors will be provided with a timing chip when they register for the event on Saturday 19th August. This must be worn at all times throughout the event and must be 'dibbed' in when required.



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When the event is finished, the timing chip will be removed - please do not leave wearing the chip. If a competitor does not return the chip, they will be required to pay £25 to replace it.

### GPS TRACKER

All competitors will be provided with a GPS tracker when they register for the event on Saturday 19th August. This must be worn at all times EXCEPT during the swim. The same tracker will be used by relay teams for the Cycle and Run Phases and must be handed over safely and appropriately. If the GPS tracker is not returned, the competitor must pay £150 to replace it.

### SAFETY

Prior to and during the event competitors are responsible for their own safety and they must also take reasonable care to ensure the safety of others. They must comply with directions from the event officials (including marshals, volunteers, event officials, hill safety teams, medical teams).

The organisers reserve the right to terminate an individual's participation on health and safety grounds. In the event that a place is terminated, registration fees are non-refundable.

### RISK

Competitors are taking part in the STARMAN Night Triathlon at their own risk. The organisers will have no responsibility for any risk, loss or costs which are incurred in connection with the event and competitors will indemnify the organisers and any persons acting on their behalf for any risk, damages, loss or costs arising as a result of their participation in the event. The organisers will not carry insurance in relation to their participation in the event so it is the competitor's responsibility to obtain any necessary insurance.

### CUT-OFFS

There will be cut-off times in place for each phase. These will be confirmed by the end of March 2017 - all competitors will receive the details in an email.

### EVENT AMENDMENTS

For safety reasons, due to the potential for severe weather conditions the event organisers retain the right to amend the event. This includes but is not limited to, all event timings, the event route(s), phase cut off locations, times and short course options. We will endeavour to keep all competitors updated with any changes as soon as possible and to keep all alterations to a minimum. The event organisers also reserve the right to cancel the event in its entirety. All registration fees will be non-refundable if the event is cancelled.



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### **COMPULSORY KIT**

The following kit is COMPULSORY and must be worn/carried in the appropriate phases during the event.

All competitors will be required to hand over their Transition 2 kit bag by 1800hrs on Saturday 19th August. Your kit will be checked at this time. All kit bags will then be taken to Transition 2 and there may be kit checks at T2 before competitors start the Run Phase. The event organisers reserve the right to disqualify any competitor who is not carrying all compulsory kit.

Bicycles must be racked and kit in place at Transition 1 (Beach Hub) by 1800hrs on Saturday 19th August. There will be security in place at Transition 1 between midday and midnight.

### **ALL ITEMS ARE 100% COMPULSORY - NO ITEM, NO RACE. YOU HAVE BEEN WARNED!**

The organisers reserve the right to change this kit list if it is appropriate for competitor safety.

### **SWIM PHASE KIT**

- Full wetsuit
- Goggles
- Swim cap - this will be handed out at registration on Saturday 19th August
- 2 x cylumes - these will be handed out at registration on Saturday 19th August and must be attached to your goggles during the swim phase
- Timing chip - this will be handed out at registration on Saturday 19th August and must be worn throughout all 3 phases of the event

### **CYCLE PHASE KIT**

- Helmet - nationally accredited / CE stamped
- Full length hi-vis jacket
- UK road legal bike
- Competitor number with emergency details completed on the reverse side (given out at registration on Saturday 19th August). This **MUST** be displayed on the competitor's **BACK** during the race.
- Timing chip - this will be handed out at registration on Saturday 19th August
- GPS Tracker - this will be handed out at registration on Saturday 19th August
- Bike pump
- Tyre levers
- Spare inner tube
- 2 x bike lights - a white light on the front and a red light at the back. Competitors must be able to see and assess the condition of the road surface in front of them; we



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recommend a minimum of 600 lumens is used on the front light, with a suitable beam pattern.

- Mobile phone - fully charged
- Sufficient food and water (whilst there will be one feed station on the route, competitors are responsible for ensuring they have enough food and water to last for the whole route)

### RUN PHASE KIT

- Waterproof jacket (jacket with hood highly recommended)
- Clothing suitable for mountain activities
- Footwear suitable for trail running
- Competitor number with emergency details completed on the reverse side (given out at registration on Saturday 19th August). This **MUST** be worn on the competitor's **FRONT** during the race.
- Timing chip - this will be handed out at registration on Saturday 19th August
- GPS Tracker - this will be handed out at registration on Saturday 19th August
- Rucksack / Race Vest / Race Belt - you may use whatever you like, as long as your compulsory kits fits in it
- Hat & gloves
- Map & compass
- Additional base layer top
- Mobile Phone
- At least one water container, minimum 1 litre capacity
- Sufficient food and water (whilst there will be 2 feed stations on the route, competitors are responsible for ensuring they have enough food and water to last for the whole route)
- Basic first aid kit (bandage, plasters)
- Emergency whistle
- Strong head torch and spare batteries (head torch must be capable of providing light for a minimum of 6 hours)
- Survival bag (note that a foil blanket or survival blanket will not suffice)

### COMPULSORY SAFETY BRIEF

All competitors must attend the compulsory Safety Brief at the Beach Hub at 1730hrs on Saturday 19th August.

### GENERAL EVENT RULES

1. Please respect the natural environment of the STARMAN Night Triathlon. We have been given permission to host this event in one of the country's most beautiful landscapes and we wish to leave it as we found it. To protect the environment all competitors must follow the official race route(s).
2. Anyone intentionally dropping litter will be instantly disqualified. There will be litter bins at all Transitions and feed stations on the route - use these for ALL litter - there will be no litter drop zones.



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3. If a competitor encounters another competitor in trouble anywhere on the route, they **MUST** stop to give them assistance and should only continue when help is confirmed.
4. The STARMAN Night Triathlon is subject to cut-offs for safety reasons. If a competitor misses a cut-off then they must abide by the event rules and take the shorter route (where applicable) or stop as requested. The cut-off times may change on event day subject to severe weather and other conditions. All cut-off times are there for safety only and are non-negotiable. If competitors ignore a request to change route or stop, they will be immediately disqualified from the event. Cut off times will be sent out to competitors by the end of March 2017.
5. MP3s, iPods or other similar audio devices are **NOT** allowed during any Transition or any phase.
6. If a competitor retires from the event, they must hand both the timing chip & GPS tracker to an event official and ensure that they understand that they are withdrawing. This is absolutely essential so that we know that they are no longer part of the event.

## SWIM PHASE RULES

1. All competitors must wear a full wetsuit, goggles and the swim cap provided.
2. The cylume/s provided at registration must be attached to the swim goggles.
3. Non-webbed swim booties/socks and gloves are allowed. A neoprene vest and additional swim cap are recommended (the cap can be worn under the numbered event cap).
4. The swim phase will start in waves based on the competitor's expected completion time (as provided during online registration).
5. On the swim phase at the end of each circuit all competitors will be required to leave the water for a short run on the beach (across the timing mat) before returning to the water.
6. Once competitors have completed the swim phase, they must exit the swim finish and make their way to Transition 1 to start on the Bike Phase.

## CYCLE PHASE RULES

1. All competitors must be wearing / carrying all compulsory kit as outlined in the Compulsory Kit section of these Terms and Conditions. This kit list is for your safety and must be adhered to.
2. All bikes must be in safe and roadworthy condition. Unsafe cycles will not be allowed to start the race.
3. All competitors must wear a nationally accredited helmet. If you are not wearing a helmet, you will be removed from the event: this is non-negotiable.
4. As this event takes place during the night, front and rear lights must be switched on at all times: this is non-negotiable.
5. Drafting of other competitors is not allowed on this event.
6. Competitors cannot change their bike or wheels except in the event of mechanical failure. Event Control must be informed if this happens.



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7. Please note that the marshals do not have the authority to stop motorists; they are there for the safety of all competitors and for the safety of other road users. Competitors must listen to and obey their instructions.
8. Competitors must obey all road traffic legislation and Highway Code Rules; failure to do so may lead to disqualification. Particular care should be taken on those sections of the route on single track roads and at road junctions.
9. Competitors **MUST NOT** take food or drink from a moving vehicle.
10. Competitors **MUST NOT** intentionally drop litter or they will be instantly disqualified.
11. Once the competitor has completed the bike phase, they must place their bike & helmet in the racking area provided at Transition 2 before starting the Run phase.

### **RUN PHASE RULES**

1. All competitors must be wearing / carrying all compulsory kit as outlined in the Compulsory Kit section of these Terms and Conditions. This kit list is for your safety and must be adhered to.
2. The Run phase is open to normal traffic on 2 short road crossings. Road traffic regulations must be strictly observed at all times and due care must be taken when crossing the road.
3. Competitors must not intentionally drop litter or they will be instantly disqualified.

### **RELAY TEAM RULES**

1. A standard relay team will comprise of 3 competitors of any gender; one for the swim, one for the cycle and one for the run.
2. The total time for the team is from the start of the 1st team member to the finish of the 3rd team member. Time is continuous and timing does not stop between competitors.
3. Exchanges will be completed by the in-coming competitor using their hand to contact the body of the out-going competitor within the Transition area.
4. At the start of the cycle phase, cyclists must not put their helmet on until they have been tagged by their team mate.
5. At the end of the cycle phase, cyclists must only remove their helmet once their bicycle is racked; only when the helmet is removed in Transition can the competitor tag their team mate.
6. At the end of the cycle phase, the cyclist must pass the GPS tracker to the 3rd member of the team and this must be attached to the team member appropriately and safely.

### **PERSONAL DATA**

In the course of registering and participating in the STARMAN Night Triathlon the event organisers will collect personal data from you. We may process and use the personal data collected for administrative, research and publicity purposes. By entering the event you give us permission to use your name, voice or picture in any broadcast, telecast, advertising material, or other accounts of the STARMAN Night Triathlon. The event organisers may also contact you for promotional purposes.



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### **PHOTOS**

Photos taken during the event by our official photographer may be used in STARMAN Night Triathlon marketing literature. The event organiser may also use this information to send you information about future events which we think may be of interest to you. You are entitled to request access to, and correction of, all personal data collected by us, as well as requiring us to delete your data if you no longer wish us to process it after having taken part in the STARMAN Night Triathlon. To make such a request, please e-mail us at: [hello@truegritevents.com](mailto:hello@truegritevents.com)