



+ THE DORCHESTER SPRINT TRIATHLON

RACE BRIEFING

DORCHESTER TRIATHLON 2026

Race Brief & Final Instructions

Venue: 1610 Leisure Centre • Coburg Road • Dorchester • DT1 2HR

Organiser Contact: dorchestertri@bustinskin.com • bustinskin.com

Welcome to the Dorchester Triathlon. Race day is almost here and we are looking forward to welcoming you all—whether this is your first ever triathlon or you are back for another lap around Dorchester.

Please take 10 minutes to read through this guide before race day. Almost every question we receive during the final week is answered below.

PRE-EVENT

A few things to sort before Sunday:

- ✓ **Check your bike is safe and roadworthy**
- ✓ **Helmet in good condition**
- ✓ **Goggles packed**
- ✓ **Trainers packed**
- ✓ **Race belt packed**

- ✓ Nutrition sorted
- ✓ Tyres pumped
- ✓ Read this race brief

Please do not attend if you feel unwell.

EVENT TIMINGS

EVENT TIMINGS & REGISTRATION

REGISTRATION

05:30 Registration/transition opens.

06:30 Registration closes.

Schedule

- 05:30 – Registration Opens
- 05:30 – Transition Area Opens
- 06:30 – Registration Closes strictly. If you have not registered by 06:30, you will not be allowed to race.
- 06:45 – Race Briefing (upstairs in the gallery)
- 07:00 – First Swimmer Starts

BRIEFING

06:45 Race brief for all in the hall.

07:00 Race starts.

CAR PARKING

- **No Onsite Competitor Parking:** The leisure centre car park is strictly reserved for the transition area and event staff.
- **Official Parking Venue:** Please use the **Thomas Hardy Car Park, Queens Avenue, Dorchester.**
- **Timing:** Please allow an extra 15 minutes to park and walk over to registration.

Registration Process

1. **No Bikes:** Do not bring your bike into the registration building. Leave it with supporters or in your car.
2. **State Details:** Tell the registration staff your **Race Number FIRST**, and your **Name SECOND**. Numbers are sorted by swim order to speed up the queue.
3. **Race Passes:** If you registered as a British Triathlon member, you must show your valid membership details. If you purchased a Race Pass during entry, your details are already on our system.

Your Race Pack

Ensure you collect and check your pack, which contains:

- **Swim Hat:** Mandatory wear for the swim.
- **Race Numbers & Sticker Pack:** Attach stickers to your bike and helmet as instructed.
- **Wristband:** Must be worn throughout. **No wristband = no bike collection** after the race.
- **Timing Chip:** Must be securely fastened to your **LEFT ANKLE**. No chip means no race result. Lost chips will incur a replacement fee.

KNOW THE RULES

All the below are taken from the **British Triathlon Competition Rules**, available to download from the **British Triathlon website**.

RULE 2.1 Littering



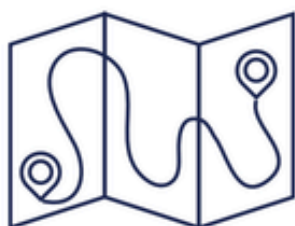
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



RULES 4.11|5.2|6.4 Illegal Equipment

Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2 Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.4 Drafting

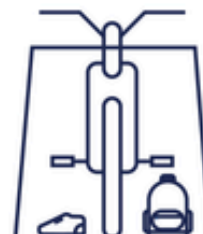
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



In all races, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



TRANSITION AREA Rules

- **Competitors Only:** Strictly no spectators, family, or friends are permitted inside transition at any time.
- **Space Limits:** Bring only small, soft bags. Do not bring large boxes or excess gear.
- **Racking:** Rack your bike only on your specifically allocated race number.

SWIM

THE SWIM 300m

12 Lengths of the pool starting on your individual start times. Should you need to overtake anyone in front of you, give them a tap on the foot, wait until you both get to the end of the lane, then swap places. If its you that receives a tap on the foot, please let the swimmer behind overtake at the end of that lane.

THE SWIM (300m / 12 Lengths)

- **Format:** Pool swim. Swimmers start individually according to the swim times submitted during entry.
- **Permitted Strokes:** Front crawl and breaststroke only. **Backstroke is strictly forbidden.**
- **Overtaking:** If you need to pass, tap the feet of the swimmer ahead. Wait until they reach the end wall, where they will pause to let you swap safely. Do not attempt to overtake mid-lane.
- **Safety:** Take care when exiting the pool as the poolside surface becomes very slippery.



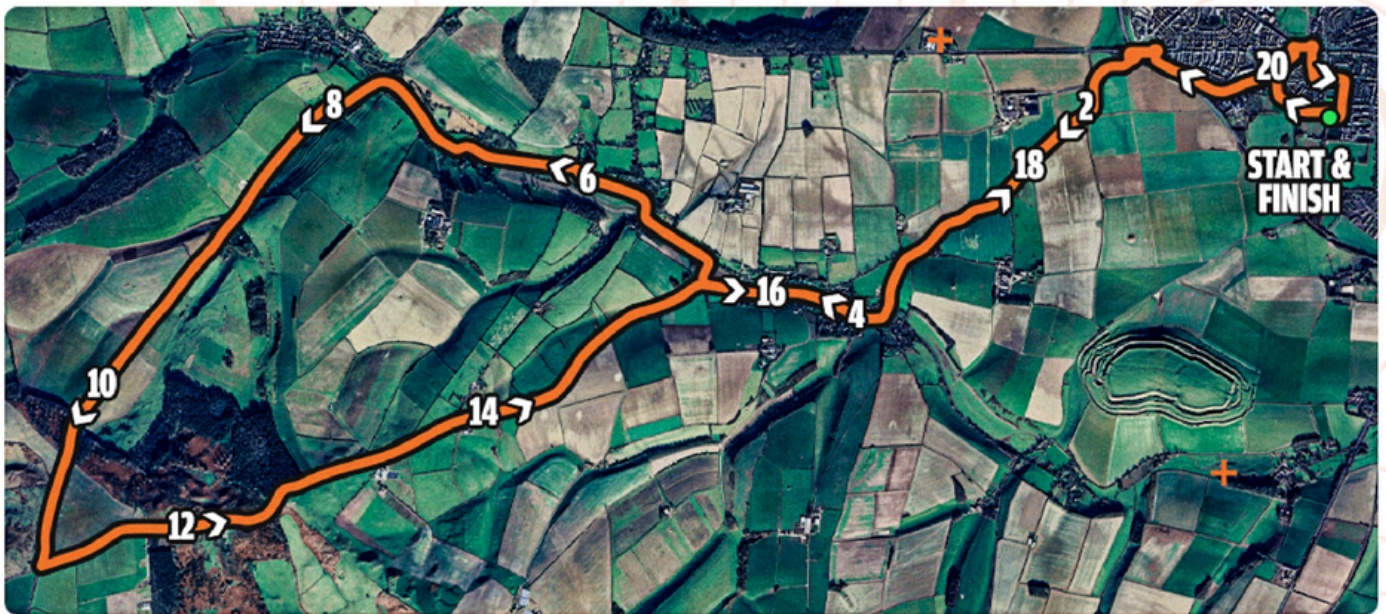
THE BIKE COURSE (Sprint Distance)

Bike Course:

[Bike link HERE](#)

BIKE ROUTE 21k

Volunteers marshal the bike and run course. They will be located on all prominent junctions. The course is also signed with Black arrows on a bright Orange boards.



- **Helmet Rule:** Your helmet must be securely fastened **before** you touch your bike. It must remain fastened until your bike is fully racked back in transition after the cycle leg. Violating this results in immediate disqualification.
- **Open Roads:** This is a non-closed road event. You must obey the **Highway Code** at all times, ride safely, and stay within your personal ability.

British Triathlon Drafting Regulations

This is a draft-illegal race. British Triathlon rules will be strictly enforced by Moto Officials:

- **Draft Zone:** You must maintain a minimum clear space of **12 metres** from the front wheel of the lead bike to the front wheel of your bike.

- **Overtaking Time:** You have a maximum of **20 seconds** to fully pass through the draft zone once you enter it.
- **Being Overtaken:** If another athlete passes you, you must immediately drop back out of their 12-metre zone before you can attempt to pass them back.

DRAFTING RULES EXPLAINED

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?



Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING

✓ **NOT DRAFTING**

⚠ **DRAFTING BIKE**

LEAD BIKE



⚠ **BLOCKING**

You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT (OR SHORTER)	30 SECS PENALTY	DISQUALIFICATION	N/A
STANDARD	1 MIN PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.



THE RUN COURSE

Run Course: 2 loops around the Great Field

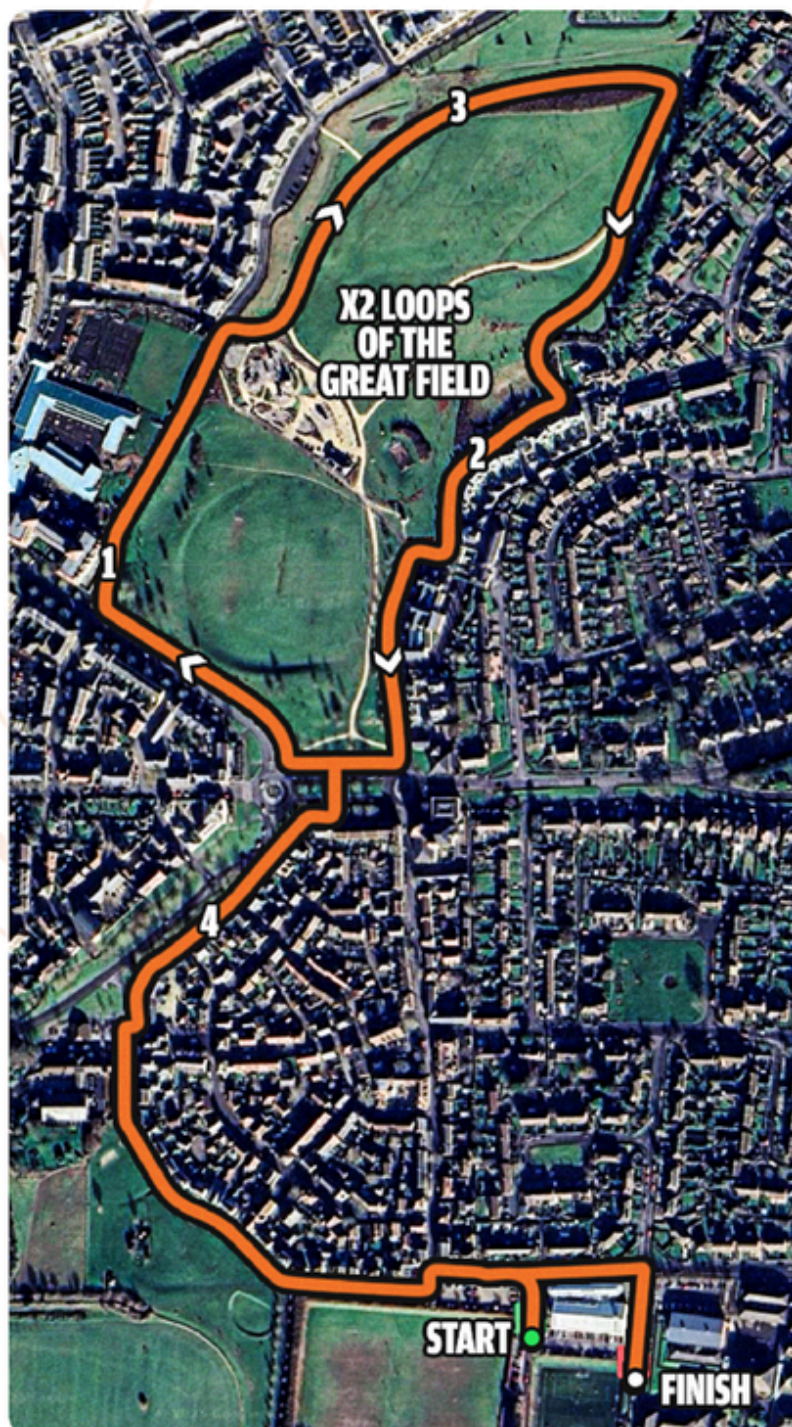
[RUN ROUTE LINK HERE](#)

Navigation: Follow the large black arrows on bright orange signs along the route.

RUN ROUTE 5k

The run route involves, 2 loops around the Great Field at Poundbury. Please follow the orange signs.

A BIG THANKS TO ALL OF OUR AMAZING MARSHALS AND HELPERS IN PUTTING THIS EVENT ON WE HOPE YOU HAVE A GREAT RACE - STAY SAFE - WE WILL SEE YOU BRIGHT AND EARLY ON RACE DAY.



SAFETY & EVENT RULES

- **Headphones:** Not permitted. Using any headphones or bone-conduction headsets results in immediate disqualification.
- **Littering:** Anyone caught dropping litter on any part of the course will be disqualified immediately. Use the bins provided at transition.
- **Medical Care:** Medical support is available throughout the event. If you feel unwell, stop immediately, alert the nearest marshal, and ask for help.
- **Illness:** Please do not attend or attempt to race if you feel unwell on Sunday morning.

SPECTATORS & RESULTS

- **Viewing Areas:** Spectators are welcome but must stay clear of the active race lines. The best viewing points are the indoor pool viewing gallery, the transition entrance/exit gates, and the main finish line.
- Spectators are NOT allowed in transition.
- **Live Results:** Results will be updated live throughout the morning via [Timing Monkey Results](#)
- **Prizes:** The presentation ceremony will take place shortly after the final athlete finishes. Awards will be given to the Top 3 Male Overall, Top 3 Female Overall, and winners of individual age-group categories.

Thank You

A huge thank you goes out to our incredible marshals and volunteers. Without their time, none of this event would be possible. Please give them a smile, say thank you on the course, and enjoy your race!

See you bright and early on Sunday,
Mark, Lins & The BustinSkin Race Team