



Emergency Services Triathlon - 14 September 2003

GUERNSEY: 27th August 2003: The Deutsche Bank Offshore Emergency Services Triathlon 2003 takes place at L'Eree, St Peters on Sunday, 14th September 2003.

This event was started in 1987 by Geoff Denning, then a member of the local police force, when twelve hardy police officers raced on a cold and wet November morning for charity, the only blessing being that the swim was in the Beau Sejour pool.

Since these humble beginnings the event has grown and is now recognised in the UK as the leading Emergency Services event not just for the quality of the organisation but also for the friendly yet competitive atmosphere which prevails and many competitors return each year.

This year 140 athletes have entered so far, including 10 local residents.

The favourites to win the team event are the Derbyshire Police Force with Karl Webster, last year's winner, the favourite to take the individual title. This year the relay team event has been opened up to local teams and it is anticipated that ten teams will take part with one member competing in each discipline. Amongst the civilians, the relay race will be hotly contested between representatives of sponsors, Deutsche Bank Offshore and advocates, Carey Olsen however Beau Sejour staff are threatening to enter which would prove a significant challenge.

Following registration, the event will commence with the swimming phase when athletes will enter the water for an 08:00 start and will swim the 1500m triangular course around L'Eree Bay. The first competitors are expected to return to the transition area opposite the L'Eree Hotel at around 08:20 to begin the 40 km cycle ride. Upon completion of the cycling phase, the athletes return to the transition area and embark on a 10km run with the victor expected to cross the finishing line having competed all three phases in around two hours.

Bob Welsh, the organiser of the event commented, "*This is the second time that we have used the L'Eree course following favourable feedback from competitors and spectators alike.*"

"Supporters can position themselves at the transition area at L'Eree and watch all three disciplines unfold before them with the athletes passing through a total of seven times during the contest."

"We are delighted that we have the continued support of Guernsey Tourism for our competition and pleased to welcome new sponsor, Deutsche Bank Offshore not only for their financial assistance but also for their involvement and interest in all aspects of the event."

"Furthermore, we are extremely grateful for the support of those many volunteers (around 30 on the day and many others behind the scenes) who man water stations, act as marshals and time-keepers and do a hundred and one other tasks to make sure the event goes smoothly."

Deputy Norman for Guernsey Tourism said: "*We are pleased to support this event which attracts around 300 visitors to our Island and, in addition, many of the athletes and their families extend their stay or return at other times of the year, taking the opportunity to explore Guernsey at a more leisurely pace.*"

Gerry Morrissey, Managing Director of Deutsche Bank Offshore in Guernsey said: "*This event reflects our corporate philosophy of dedication, focus and commitment. On behalf of all at Deutsche Bank Offshore, I would like to wish the athletes participating in the competition, whether as individuals or part of a team, every success in their endeavours.*"

Ends.

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Notes to Editors:

1 Background

In 2002 Police Officers in the UK started a series to promote the sport within the Police Service - this follows a similar series to that organised by the Fire Service. The Prison Service are using Guernsey 2003 as their National Championships and negotiations are underway for the Fire Service to follow suit in 2004. The Guernsey Emergency Services Triathlon has hosted the Police National Championships since 1992.

2 The Course: Distance: 1500m swim, 40km Cycle, 10km Run

The swim will be in L'Eree bay around a triangular course.

The transition area, where the cycles are racked and the change from each discipline takes place, is on the grass opposite the L'Eree Hotel, St Peters.

Exiting the swim the athletes will come up the steps next to the west car park, cross the grass and enter the transition area from the west. They will collect their cycles and exit the transition at the eastern end.

The athletes will then cycle towards Pleinmont going up Pleinmont Hill crossing the top of the Island and descending L'Eree Hill before returning to Pleinmont where they will turn and go up the west coast to Vazon before turning and retracing the course to L'Eree. The L'Eree/ Pleinmont loop will then be completed in a clockwise direction finishing at the transition area where they will rack their cycles and start the run. For the duration of the event the road from Rocque Poisson to L'Eree hill will be one way going North.

Exiting the transition area at the western end, the runners will complete three loops of the following course. Up L'Eree hill, into Grande Rue, St Saviours then on to the west coast at

Perelle and on to the transition area to complete one loop. On the third loop they cross the road to run along the coastal path finishing on the grass next to the transition area.

3 Where to watch from:

The transition area at L'Eree from 8am through to the 11:30 finish. Park in either of the two L'Eree car parks but please avoid the L'Eree Hotel junction during the race.

For the cycle phase: Vazon opposite Crabby Jacks between 8:50 and 9:36 where you will see the cyclists twice, just before and just after the turn and outside the Imperial Hotel, Pleinmont between 8:20 and 10:15 where you will see the cyclists three times.

For the run: Outside Perelle Garage between 9:35 and 11:15 where you will see the runners three times.