



## RACE INFORMATION PACK



### Gower Olympic Triathlon

Saturday 21<sup>st</sup> September 2013 | 8am Start

Olympic Distance | 1500m swim (2 laps) | 37km bike | 10k run (2 laps)

This Race is independently insured but Run under the rules of the British Triathlon Association. We encourage all our athletes to become members of the sport's national governing body and to ensure that they you have you own PA cover.

**Date:** Saturday 21st September 2013

**Venue:** Port Eynon, Gower. (SA3 1NL sat nav use)

**Directions:**

From M4 (East) travelling westbound:

Leave motorway Junction 42 M4 joining A483 to Swansea.

From Swansea follow A4118 to Port Eynon (18 miles).

## ITINERARY

### Friday 20/09/13

- **Registration** | 5-8pm | **Village Hall, Port Eynon** Please register if possible.

### Saturday 21/09/13

- **Registration** | 6-7.15am | **Village Hall, Port Eynon.**
- **Transition Open** | 6-7.30am | Port Eynon beach front.
- **Mandatory Race Briefing** | 7.45am | Port Eynon beachfront.
- **Race Start** | 8am.
- **Prize Giving** | 15 minutes after the last athlete finishes | Beachfront.



# REGISTRATION

Registration will be held at The Village Hall, Port Eynon (the village hall will be well signposted when entering the village) on Friday Evening & Saturday Morning. Please register on the Friday evening if possible.

At registration you will be given your race number, a Timing chip and a bike frame number. The bike frame number needs to be attached to your bike before entering transition. The best place would be around your seat post. You will be required to show your race number which will need to correspond with your bike number when exiting the transition area on completion of the race. To ensure that all competitors get a clear transition area no bikes will be checked out until all athletes are in from the bike course. Course maps will be displayed at registration.

Please note that all details are correct at the time of publishing and may change. All details will be given at registration. It is the athlete's responsibility to follow all instructions or the marshals and race officials.

## CAR PARKING

There is sufficient car parking for all at the race venue, Port Eynon beachfront. Please note that it is a **pay and display car park** and there will be attendants on duty.

## MANDATORY RACE BRIEFING

All athletes will be required to attend the pre-race briefing which will be held near the finish line/PA system at approximately 7.45am.

## START TIMES

**Olympic | 8am | 1 wave**

## TIMING - NO CHIP NO TIME

You will be given a timing chip which must be attached to your left ankle for the duration of the race. Relay team members will use your chip as your baton. The chip will be handed over in transition area at the location of the bike racking. Race Numbers must be displayed on the front and rear for the whole event. If numbers are not visible you could be penalized or disqualified. Race belts can be worn.

**NOTE:** For this event we are using Champion Chip Timing. We are not charging a deposit for use of chips. Please ensure that you hand your chip in to an official at the finish line location even if you fail to complete the event. If you lose your chip, £50 will be charged for its replacement. This is the fee the timing company charges us for non-returned chips.

**Teams** – handover for the teams is in transition area. You must tag your partner at your designated change over pen; your chip timing belt is your baton.

Full results will be available online as soon as possible after the race finish. The web address is [www.gowertriathlon.com](http://www.gowertriathlon.com) and go to the results page.



## SWIM

Wetsuits will be compulsory, during the swim. All athletes must only wear race issue swim caps. Any athlete who does not wear the race issue hat will be disqualified. There will be canoeists and motor rescue craft, in the event of a problem during the swim just roll on your back and raise your arm to attract attention. For this reason only forward facing strokes are allowed.

There will be a single wave beach start. Please ensure that all first time and week swimmers start at the back or sides of the main pack.

Port Eynon has no known rip currents. Should one occur do not attempt to swim into it. Change direction ideally in the direction of the swim exit or in the case of an emergency towards the shoreline. **Water safety will be present from 7.45am until the last athlete exits the water.**

The race will consist of a 400m (1lap) for the sprint athletes and 1500m (2 laps) swim for the Olympic distance athletes. Ensure that all the marker buoys are on your left hand side at all times. The swim will start and finish in Port Eynon and consist of a rectangular shape course using the boat lane buoys as your lane. The swim is an anti-clockwise swim.

Care must be taken whilst entering and exiting the water due to poor underfoot conditions.

## TRANSITION T1

Transition area will open at 6.00am and will close 30min after the last competitor has finished. **Please remove your bike as soon as possible after the event.**

Transition area has been laid-out to create an equal transition for everyone; we have therefore not numbered the racks so you can rack anywhere.

From the swim exit there it is a 150m run up the beach to the bikes racked in T1 transition, situated in the overflow car park. Wetsuits must be left in your changing area in a manner not to obstruct other athletes. Helmets must be secured before touching your bikes. The bike mounting point will be just after transition and on the good conditioned road.

## **BIKE ROUTE – IMPORTANT – ALWAYS RIDE TO YOUR OWN KNOWN ABILITY!!**

The bike route is to take place on public highway which are open to other road users, please ride accordingly. The route has been designed to limit the number of right hand turns to maximise the safety of the athletes and other road users. The route will be comprehensively sign-posted for athletes and other road users.

Please ensure that your bike is in excellent working order, Jeremy Rees will be available in registration on Friday evening to assist you if you have any mechanical problems.

**This is a non-drafting race and B.T.F. rules and the Highway Code must be followed at all times.**

Click [HERE](#) for the Olympic bike route.

## **TRANSITION T2**

In T2 athletes **must not** remove their helmet until you have racked your bike.

## **RUN COURSE**

There is a drinks station situated approximately 100m from transition which will be available on both laps. The drinks station on course and at the finish line will be water as requested by athletes in previous race feedback comments.

The course has various underfoot conditions so please take care at all times.

**The run route is a 5km course. Athletes doing the sprint race will complete 1 lap and the Olympic distance athletes 2 laps.**

Click [HERE](#) for the run route.

## **FAILURE TO FINISH**

If you are unable to finish the race you **MUST** report to an official to inform them.

## **ENVIRONMENTAL IMPACT**

We are very lucky to be granted the relevant permissions to stage the race in the Gower area and please help us by reducing the environmental impact as much as possible and take all your litter home.

## **MP3 – IPODS**

Unfortunately due to health and safety reasons no MP3, iPods or any other personal stereos are permitted at any time.

## **MARSHALS**

Please be advised that all the marshals are giving their time for free and without their assistance we would not be able to organise the race. If possible please show your gratitude whilst on the course and any abusive behaviour will result in immediate disqualification.



# A Word from the Referee

## Do you know the rules?

I have listed some general rules to help you when competing in triathlon in Britain. Please remember them as you may be penalised with a 2-minute penalty or even disqualified if you don't observe them.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your event a safe and enjoyable one. If you have any questions please do not hesitate to speak to the referee at the race.

### General Rules and Race Conduct

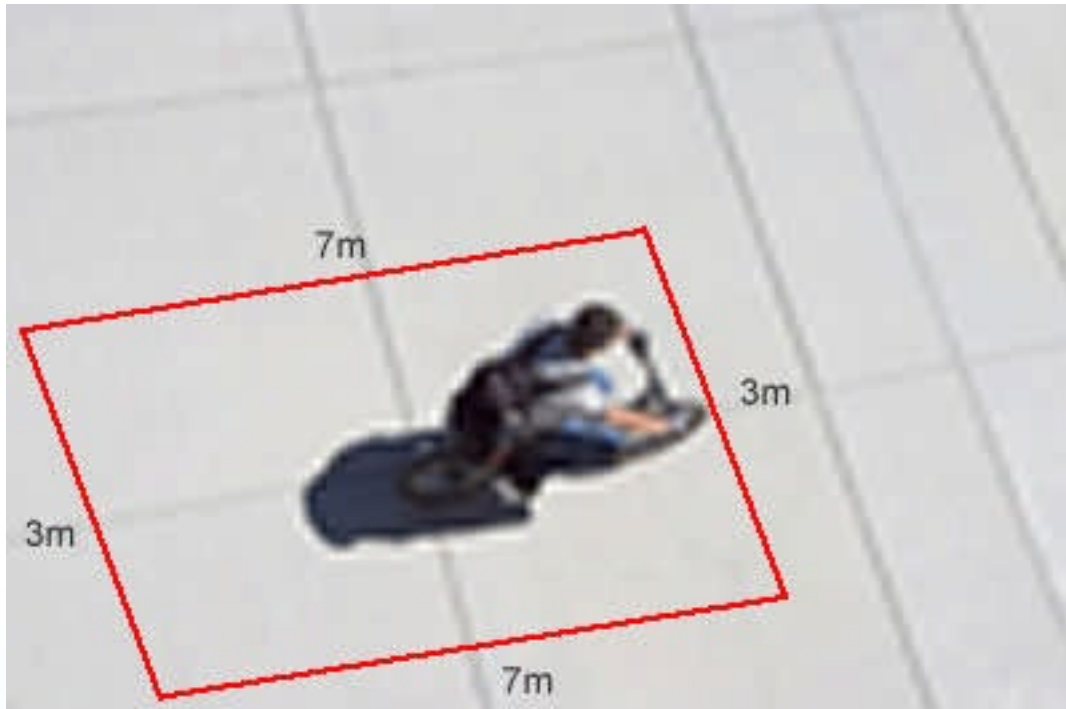
- It is your responsibility as a competitor to know ALL the rules. As in most walks of life ignorance is no defence and the rules are available on [www.britishtriathlon.org](http://www.britishtriathlon.org).
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and the failure to obey a marshal, police or referee will lead to disqualification. Marshals are usually volunteers to help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Please do not use ipods, mobile phones or any other device that may impair your hearing or concentration anyway on the course (including transition) as this will lead to disqualification. When racing you need to be aware of other competitors, and the general public both on foot or car.
- You **MUST** wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard. The strap to your helmet must also be snug in its fitting and not altered anyway (and definitely not elastic). These will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if they are not.**
- Nudity is not allowed – after seeing one male competitor drop his swim trunks in transition and try and change into cycle shorts only to get his foot caught and then spend the next 30 seconds hopping around to release himself.....well I think you know why!
- You will also need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **MUST** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking this way will be disqualified.
- Remember to place your equipment, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not allowed to mark your position in transition with any special device, flag etc and please be careful not to interfere with any equipment of your fellow athletes either deliberately or accidentally.
- Contrary to popular belief the rule is not to have your helmet fastened while you are in contact with the bike only before you move it and until it is back in its slot. However not touching the bike until the helmet is fastened is a good guide to keep you in the right.

- Race numbers must be worn on the back for the bike and on the front for the run and must be clearly visible at all times. They must not be altered or mutilated in anyway otherwise you will be penalised.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.

## Drafting

Triathlon is an individual sport, so in age group triathlon drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the swim and run so if you must draft please do it then.

British Triathlon has now changed its draft zone to fall in line with the ITU (Main governing body), and the new guidelines are highlighted below:



The draft zone is an area extending from the front wheel of the leading bike to a point 7m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front you have 15 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time you must drop back to 7m from their front wheel.

If another rider overtakes you, it is your responsibility to drop back out of their draft zone.

If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. It is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.

You are not allowed to ride side by side (even if not drafting) unless the road is closed to traffic.

*\*If you read this, and follow the advice you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have.\**

*Good luck!*



## FOOD AND DRINK

There will be food and drink available from local eateries all day for competitors and supporters who will have excellent views of the race due to its location.

## RACE EXPO

The race is being supported by a number of sponsors and there will be an opportunity to purchase various items over the weekend. The expo will be held near the race HQ.

## CAMPING

Camping will be provided by **Bank Farm Caravan & Campsite** which is actually part of the run course! [www.bankfarmleisure.co.uk](http://www.bankfarmleisure.co.uk)

## TOILETS

Toilets are located at the beach front.

## MASSAGE FACILITY - BODYWORKS

Race day massage can be booked on the day. All bookings will be taken on the race day. The massage facility will be situated near the finish line.



BodyWorks is a sports injury clinic based in Swansea that offers comprehensive assessments and treatments to suit your individual needs. BodyWorks offers a unique service that specialises in your musculo-skeletal health, offering a wide range of treatment methods to provide relief from discomfort and aid rehabilitation and recovery from injury - [www.bwtherapy.co.uk](http://www.bwtherapy.co.uk)

**Prize Giving** | 15 minutes after the last athlete finishes | Beach front.

Good luck and race safely,  
**Activity Wales Events Team**

