

# RACE INFORMATION PACK



1.2 mile swim • 56 mile bike • 13.1 mile run



750m swim • 13 mile bike • 3 mile run

**Saturday 2<sup>nd</sup> August 2014**

## Date

Saturday 2nd August 2014

## Venue

**Race Location** - The Parrog, Goodwick, Pembrokeshire

**Registration/Expo/Post Race Party** - Fishguard Bay Hotel, Quay Rd, Goodwick, Pembrokeshire SA64 0BT

## Distance

**Ocean Lava Middle Distance** - 1.2 mile swim (2 laps) - 56 mile bike - 13.1 mile run (4 laps)

**Wales Sprint Distance Triathlon** - 750m swim (1 lap) - 13 mile bike - 3 mile run (1 laps)

## Itinerary

### Friday 1st August

**Pasta Party** - Food available from 6:00-9:00pm (Fishguard Bay Hotel - Normal Menu Applies)

**Registration** - 5:00-8:00pm **Please register on Friday if possible!**

### Saturday 2nd August (RACE DAY)

**Registration** | 8:00-10:00am

**Transition Open** | 9:00-10:30am (both distances)

**Water Safety Available for Warm Up** | 10:30am

**Mandatory Race Briefing** | 10:45am

**Ocean Lava Wales Start** | 11:00am

**First Swimmer (Middle)** | 11:20am swim cut off

**Last Swimmer (Middle)** | 12:00am

**Transition Re-Opens for Sprint Athletes** | 12:30, closes at 12:45am

**Race Briefing Wales Sprint Tri Athletes** | 1:00pm

**Wales Sprint Tri Start** | 1.15pm

**First Bike Back (Middle)** | 2:00pm

**First Runner Through Fishguard** | 2:10pm

**Mass Bikes (Middle)** | 2:30 - 3:30pm

**First Athletes Home (Middle)** | 3:30pm

**Last Bike (Middle)** | 4:30pm

**Last Run Lap Cut Off (Middle)** | 6:30pm

**Last Athlete Cut Off (Middle)** | 7:00pm

**Prize Ceremony** | Fishguard Bay Hotel, Quay Road, Goodwick, Pembrokeshire, SA64 0BT

**Award Ceremony** | 6:00pm-7:00pm

**Post Race Party & Lazarote Luck Dip Places** | 7:30pm-1:00am (tickets £5 including buffet & live music)

## Registration

Registration will be held at Race HQ at the Fishguard Bay Hotel.

**Friday 1st August** - 5:00pm-8:00pm | **Saturday 2nd August** - 8:00am-10:00am

**Race HQ, Fishguard Bay Hotel, Quay Rd, Goodwick, Pembrokeshire SA64 0BT**

### **DUE TO H&S AND INSURANCE REASONS, PHOTO ID IS REQUIRED AT REGISTRATION**

It is not possible to register for another athlete. **All athletes must attend registration.** At Registration you will be given your tri pack which includes:

**1 x Pin on number**

**1 x Tri set which contains:**

1 x Bike seat post sticker, 1 x Bag sticker to reduce the lost property in transition , 3 x helmet

**1 x I'm supporting stickers.**

**1 x Double tattoos to go on your right leg and right arm.**

**4 x Safety pins**

**1 x Timing Chip**

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. There will be lap mats on both the bike and run to ensure that you have completed the correct number of laps.

For those athletes that ordered race memorabilia, this will also be issued at registration. Please note that it is not possible to exchange due to size and it is not possible to add to the order. If merchandise is not picked up at registration, it can be posted up to 7 days after the race on request. Postage must be paid for in advance. After 7 days all merchandise is donated to charity. A limited amount of race merchandise is available at registration. 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

**Goodwick Moor, The Parrog, Goodwick, Pembrokeshire, SA64 0DE (postcode for Sat Nav purposes)**

Please note that there is overflow parking at:

**Manorway Garage, Wern Road, Goodwick, Pembrokeshire, SA64 0AA.**

Please park responsibly as all the surrounding roads are being utilized for the event routes.

## Pasta Party

There is no official Pasta Party but the Fishguard Bay Hotel has an extensive menu and a great place for athletes to gather and discuss what lies ahead.

## Mandatory Pre-Race Briefing

All Athletes will be required to attend the Pre-Race Briefing, which will be held near the start line at approximately 10:45am for Ocean Lava athletes. Race briefing will be at 1:00pm for Wales Sprint Tri athletes.

## Start Time

The Ocean Lava Wales race will consist of a one-wave start at 11:00am.

The Wales Sprint Triathlon race will consist of a one-wave start at 1:15am.

## Timing

**You will be given a timing chip, which must be attached to your left ankle for the duration for the race.**

Race Numbers must be displayed on the rear for the bike and front for the run. If numbers are not visible, you could be penalised or disqualified. Race belts can be worn.

**NOTE** 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, £100 will be charged for its replacement.** This is the fee the timing company charges us for non-returned chips.

**\*Finish Times will be displayed after the event and there will be full results on the website. The web address is [www.walestriathlon.com](http://www.walestriathlon.com) - simply go to the results page\***

## Ocean Lava Cut Off Times (No cut off for sprint)

Swim Cut Off | 12:00noon

Bike Cut Off | 4:30pm (All riders must be clear of transition at this point)

Last Run Lap Cut Off | 6:30pm

Cut Off Over All Race | 7:00pm

## Swim - 2 Laps Ocean Lava. 1 Lap Wales Sprint Tri

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. Water Safety is provided by Swim Safety Ltd who are very experienced at covering triathlons - there will also be other motor rescue craft in attendance. 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 land based start. Please ensure that all **first time and weak swimmers** start at the back or sides of the main pack.

Fishguard Bay 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 10:30am until the last athlete exits the water.

The race will consist of a 950m rectangular swim. Ensure that all the marker boys are on your left hand side. Care must be taken whilst entering and exiting the water.

**Please ensure that you enter the slip ways from the front - not the side - due to sharp objects on the side.**

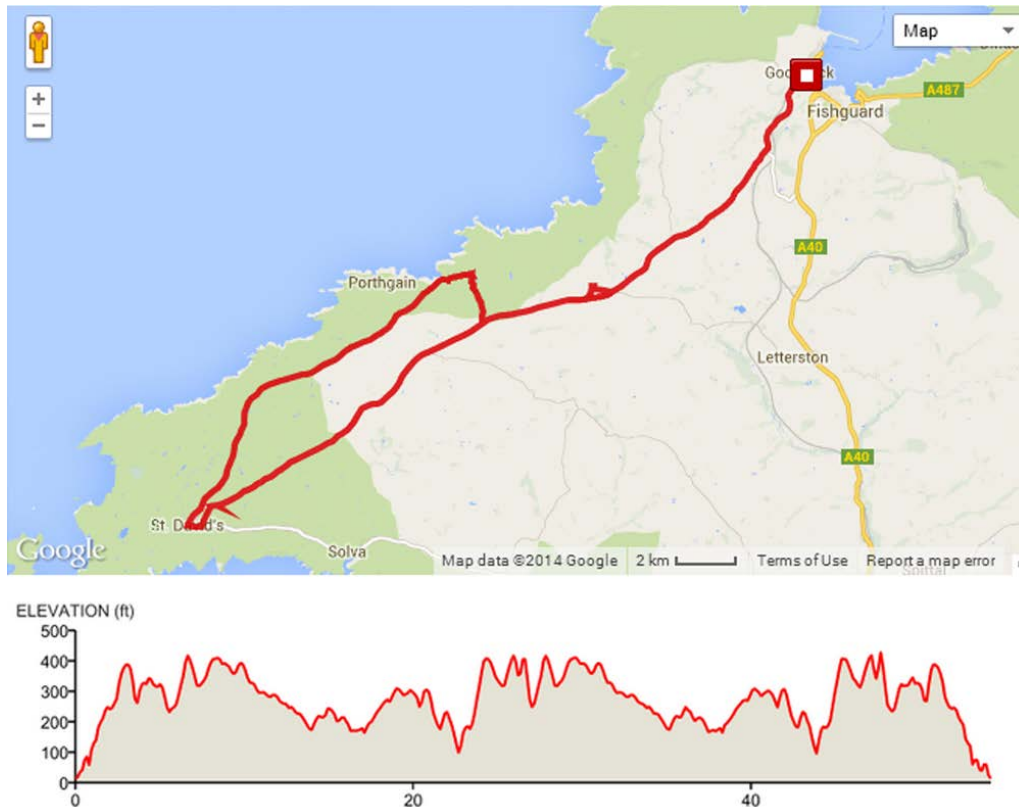
## Transition T1

Transition area will open at 9:00am and will close at 7:15pm. Any bikes left in transition after this time will be left at the owners risk. Out of courtesy to all athletes, no bikes will be allowed to be removed from transition until all athletes have returned from the bike course. **Please remove your bike as soon as possible after the end of your race.**

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. Racking provided caters for 3 bikes either side - please rack with this in mind.

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 you have exited the transition area.

## Bike (Ocean Lava)



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, Mikes Bikes will be available in registration on Friday evening to assist you if you have any mechanical problems.

We are honoured to be given permissions to hold the event in Pembrokeshire, it is a rural area so please ride accordingly, respect the local communities and other road users at all times.

Should the conditions dictate please ensure that you allow plenty of time to activate your brakes as in wet conditions they will take at least double the time to bite on the rim of your wheel.

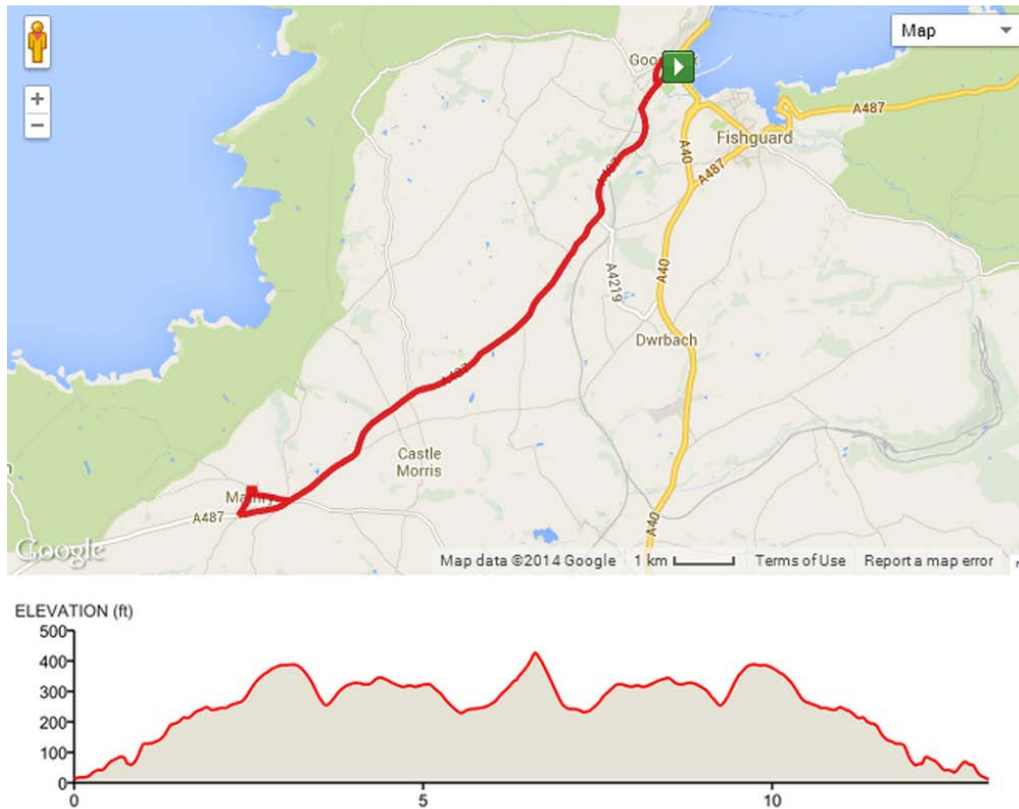
This is a **non-drafting** race and B.T.F. rules and the Highway Code **must be followed at all times**.

Bike course is signed for athletes and other road users. The course will be signed by black arrows on florescent background. The course will be well signed. Signage will be approximately every mile and every junction. It is the ultimate responsibility of the athlete to be familiar and know the route.

Marshals are on course for safety reference points and directional purposes only where present. They are not permitted to stop traffic and it is your responsibility to ensure it is safe to proceed at any junction.

For the details of the bike course, please visit [www.walestriathlon.com](http://www.walestriathlon.com)

## Bike (Wales Sprint Tri)



### Nutrition

Ocean Lava - There is a drinks station available at mile 15 and 35. Lap 1 will be water only. Second lap you will be able to take either water or energy drink, bananas, a gel and sweets. **All litter MUST be dropped at the feed stations in the bins provided. 1 BOTTLE PER LAP**

2 toilets are available on the drink station. Anyone not using the supplied toilets will be immediately disqualified.

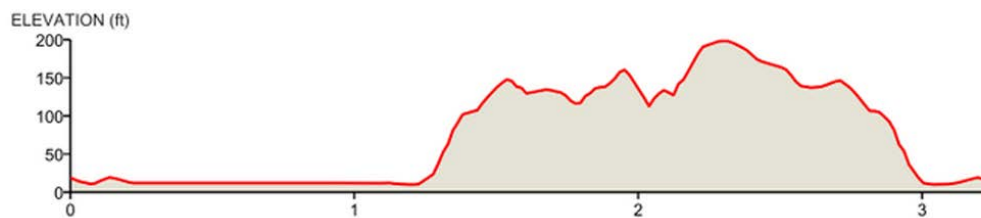
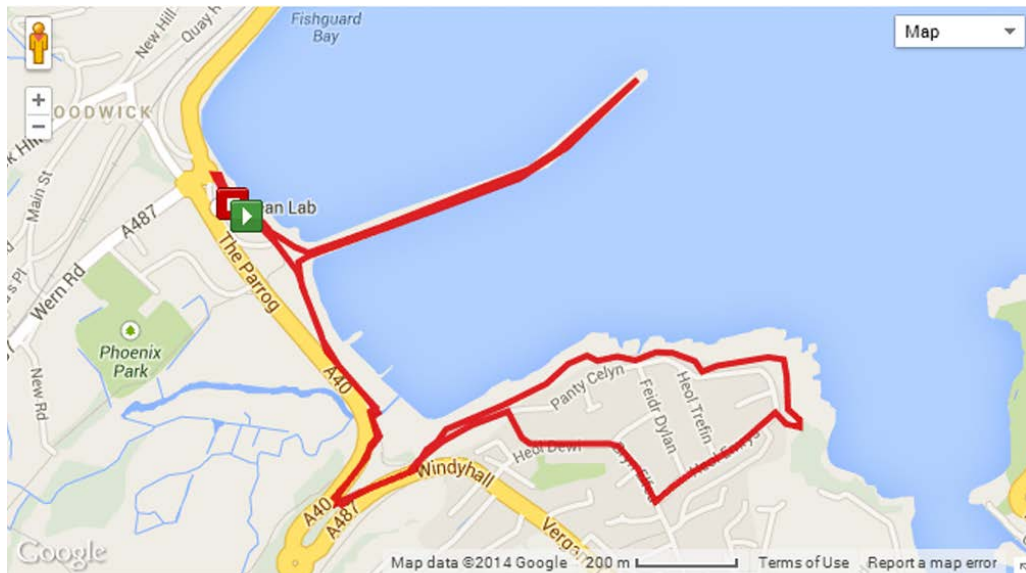
**There are no drink or feed stations for the Wales Sprint Triathlon. Please ensure you have all the nutrition you require on your bikes.**

### Transition T2

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



## Run - 4 Laps Ocean Lava. 1 Lap Wales Sprint Tri



### Drinks Station

There are 2 drinks station available per lap. The feed station will consist of Energy drink, water, 1 gel per lap, bananas and sweets. Due to environmental reasons, drinks will be issued in cups. Please ensure that all litter is dropped at the feed stations in the bins provided.

2 toilets are available on the drink station. Anyone not using the supplied toilets will be immediately disqualified.

Please visit [www.walestriathlon.com](http://www.walestriathlon.com) for the Run Route.



# 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 cyclists 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!**

## Failure to Finish

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

## MP3 Players & iPods

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

## Environmental Impact

We are very lucky to be granted the relevant permissions to stage the race in Pembrokeshire, please help us by reducing the environmental impact as much as possible and take all your litter home. **Any athlete found littering** on the course will be immediately disqualified without appeal. Litter **MUST** be disposed of at the drink stations in the provided bins. Anyone seen dropping litter outside of these areas will be disqualified.

## 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.

## Massage Facility

Race day massage can be booked on the day for pre/post-race massage. All bookings will be taken on the race day. The massage facility will be situated near the finish line and is supplied by SW Sport Therapy!

## 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 in the race HQ.

## Camping

Camping for the weekend will take place at:

**Phoenix Community Centre, Phoenix Park, Wern Road, Goodwick, Pembrokeshire, SA64 0AA.**

Payment to be made on arrival. If you have pre-paid for camping during the registration process, then the Phoenix Centre will have your details.

## Supporter Info - best places to watch the action

There's loads going on at the Wales Triathlon, so we've made things simple for you... check out these locations we've picked as the best to view the athletes and experience the atmosphere while they're out on the course:

**Swim: Goodwick Harbour**

**Bike (see map below):**



- |  |                                   |
|--|-----------------------------------|
| <b>1</b> St Davids                         | <b>2</b> Square and Compass Pub   |
| <b>3</b> Trefin (Ship Inn & Old Mill Café) | <b>4</b> The Farmers Arms, Mathry |

**Run:** Finish line area where you'll see the athletes 4 times per lap!

## Prize Giving & Post Race - The Road to Lanzarote

At this year's Ocean lava event, 24 complimentary places are available for the Ocean Lava Grand Final on November 1<sup>st</sup> in Lanzarote. Places will be allocated as follows:

**Male & Female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> open category (up to 39 years)**

**Male & Female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> vet category (40 - 49 years)**

**Male & Female 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> vintage vet category (50 years plus)**

All athletes must be present at the award ceremony at 6pm in Fishguard Bay Hotel to claim their prize. If athletes are not present, a roll down will commence.

### The Roll Down

In the absense of an athlete being present or declining their place, a top 20 roll down will occur, beginning with 4<sup>th</sup> place and moving down through the list to 20<sup>th</sup> position. If the place is still not claimed, it will be moved in the lucky dip slot for the draw at the post race party.

### Lucky Dip

A minimum of 6 places will be drawn at the post race party for complimentary places to Lanzarote. Only those attending the post race party will be eligible. Tickets can be bought at [reg.activitywalesevents.com](http://reg.activitywalesevents.com), and are £5 each to include a buffet and live music. There is limited space so it is advised to book. On entering the party you will be asked if you would like to be made eligible for the slots and your name will be added to the official lucky dip list. The draw will take place at approximately 9:45pm.

### Race Photos

We are always well supported by **Dirty Green Trainers** who will be present to take photos of the event and they will be available for purchase directly from Dirty Green Trainers shortly after the event. A great way to capture your success!

Good luck and race safely,

**The Activity Wales Events Team**



Activity Wales Events has a growing list of top quality events.  
Keep an eye on our website and remember to enter early as most of our events sell out quickly.

## **2014 SEASON**

SEPTEMBER 21st

**GOWER TRIATHLON & FANCY DRESS TRI**

## **2015 SEASON**

MARCH 21st

**MUMBLES DUATHLON**

MAY 31st

**SWANSEA CITY CENTRE TRI**

JUNE 20th

**MUMBLES TRIATHLON**

JULY 3rd - 5th

**LONG COURSE WEEKEND**

JULY 3rd

**TAFF KIDS**

JULY 3rd

**THE WALES SWIM**

JULY 4th

**THE WALES SPORTIVE**

JULY 5th

**THE WALES MARATHON**

AUGUST 1st

**WALES TRIATHLON**

SEPTEMBER 26th

**GOWER TRIATHLON & FANCY DRESS TRI**

**[activitywalesevents.com](http://activitywalesevents.com) | 01437 765 777**