



# EVENT INFORMATION PACK

A graphic consisting of three wavy lines in yellow, red, and yellow, positioned above the text 'mumbles duathlon'.

# mumbles duathlon

**Saturday 5th March 2016**

8am start

**Long Sprint: 5k Run / 32k Bike / 5k Run**

**Short Sprint: 5k Run / 21k Bike / 3k Run**

# Itinerary

## Friday 4th March

Registration | 5.30pm – 8.00 pm | Mumbles Yacht Club, Knab Rock Mumbles

**Photo ID & Disclaimer is required.**

Beginners Briefing | Transition | 6pm and 7pm

*Is it your first time? Why not join the race directors at 6pm or 7pm on Friday in transition. Matt and Scott will be on hand to talk you through every aspect of race day, from race numbering to racking your bike, and answering any other niggling questions you may have. It really is an informal session, so feel free just to come along, say hi and have a chat.*

## Saturday 5th March

Registration | 6.30am - 7.40am | Mumbles Yacht Club, Knab Rock Mumbles

Transition | 6.30am - 7.45am

Mandatory briefing | 7.50am | Finish Line area

**Event Start Times - 8.00am**

Prize giving - Estimated 10.30am | Finish line

## Registration *\*Please register on Friday if possible\**

There is limited car parking capacity at the event location, but there are plenty of public car parking areas in Mumbles. Please note that all are pay and display, and we advise all Athletes and Supporters to follow the specific instructions as there are Parking Attendants based in Mumbles.

At Registration, you will be given your **event number**, a **timing chip**, a **bike frame number** and a **helmet 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 event number, which will need to correspond with your bike number when exiting the transition area on completion of the event. To be fair to all athletes, bikes will only be allowed to check out of transition once all the athletes are back from the bike course.

**\*IMPORTANT\*** Please complete the medical information on the back of your numbers - this will provide critical information to the first aid team should the situation arise. Also on the reverse of the number, is an emergency contact number for the Event Office. This number should only be used in a case of emergency or if you require assistance whilst out on course. Course Maps will be displayed at Registration.

**Insurance** - This event is insured independently. We do advise Athletes to join the National Governing Body or seek independent personal accident cover.

Bike Mechanic **Jeremy Rees** will be at Registration should you require any last minute assistance.

*\*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 given by the Marshals and Race Officials\**

## Directions *\*Sat Nav Postcode: SA3 4EL\**

### Directions from the M4

- Leave M4 at Junction 42 - the deceleration lane bends to the left sharply, so be careful!
- Join the A483 and follow it into Swansea; watch your speed (cameras).
- Immediately after crossing the river, turn left. You can join either lane.
- Follow the coast road all the way around the bay into Mumbles village.
- Drive through the village.
- Drive past a mini children's park on the left.
- Drive past The Pilot Pub on the right.
- Take the next left into Knab Rock car park.
- If you go up a steep hill with the pier down to the left, you've just missed us!

## Mandatory Pre-Event Briefing

All Athletes will be required to attend the Pre-Event Briefing, which will be held near the PA System at approximately **7:50am**.

## Pre & Post-Event Massage

There will be Pre & Post-Event massage facilities available at the event location.

## Cut-Off Times

All Long distance athletes that fail to make the long distance turn at St Marys Church, Pennard Road (6 miles into the bike course) by 9:15am will be automatically diverted to the short route. Any athletes returning from the bike course after 10:30am will only be able to complete the short course run. The final cut off for the event is 11am.

## Transition Area

- The Transition Area is directly outside Verdi's Café.
- It will open at 6:30am - 7:45am and will close 30 minutes after the last competitor has finished. **Please remove your bike as soon as possible after the event.**
- The 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.

## Timing *\*No Chip, No Time!\**

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

Relay team members will have special instructions at Registration, and your chip is your baton. Event Numbers must be displayed on the front during the runs, and rear during the bike. If numbers are not visible, you could be penalised or disqualified. Race belts can be worn.

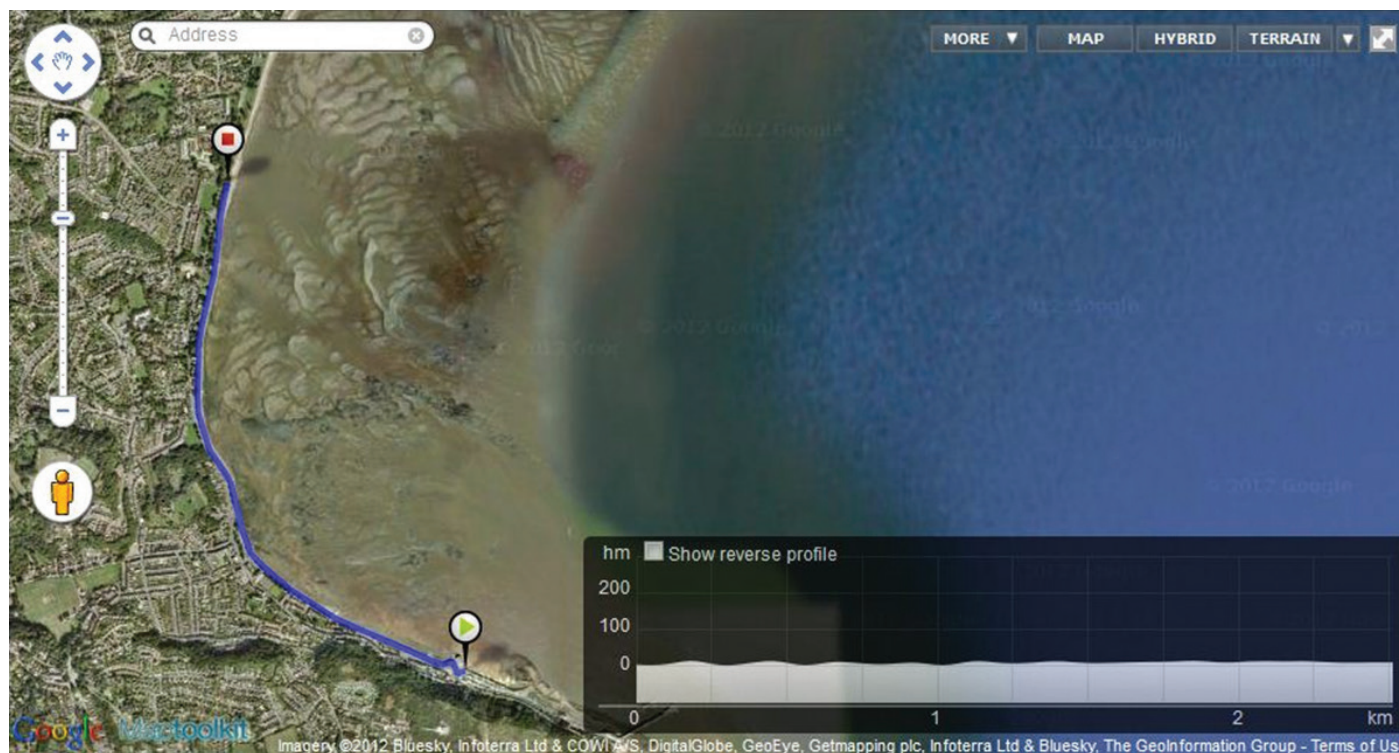
**\*NOTE\*** For this event we are using Champion Chip Timing. We are not charging a deposit for use of chips. Please ensure that you hand your chip in to an Official at the finish line location - even if you fail to complete the event. If you lose your chip, £50 will be charged for its replacement.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

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

## Run 1

The Run Route will take place on the water front path. It will comprise of a 5km out-and-back course heading towards Swansea. All Athletes will complete the same 5km course for Run 1.

**Please keep on the left hand side of the promenade at all times. Please respect other path users.**



## Bike Route *\*Important – Always Ride to Your Own Known Ability!\**

The Bike Route is to take place on public highways, 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.

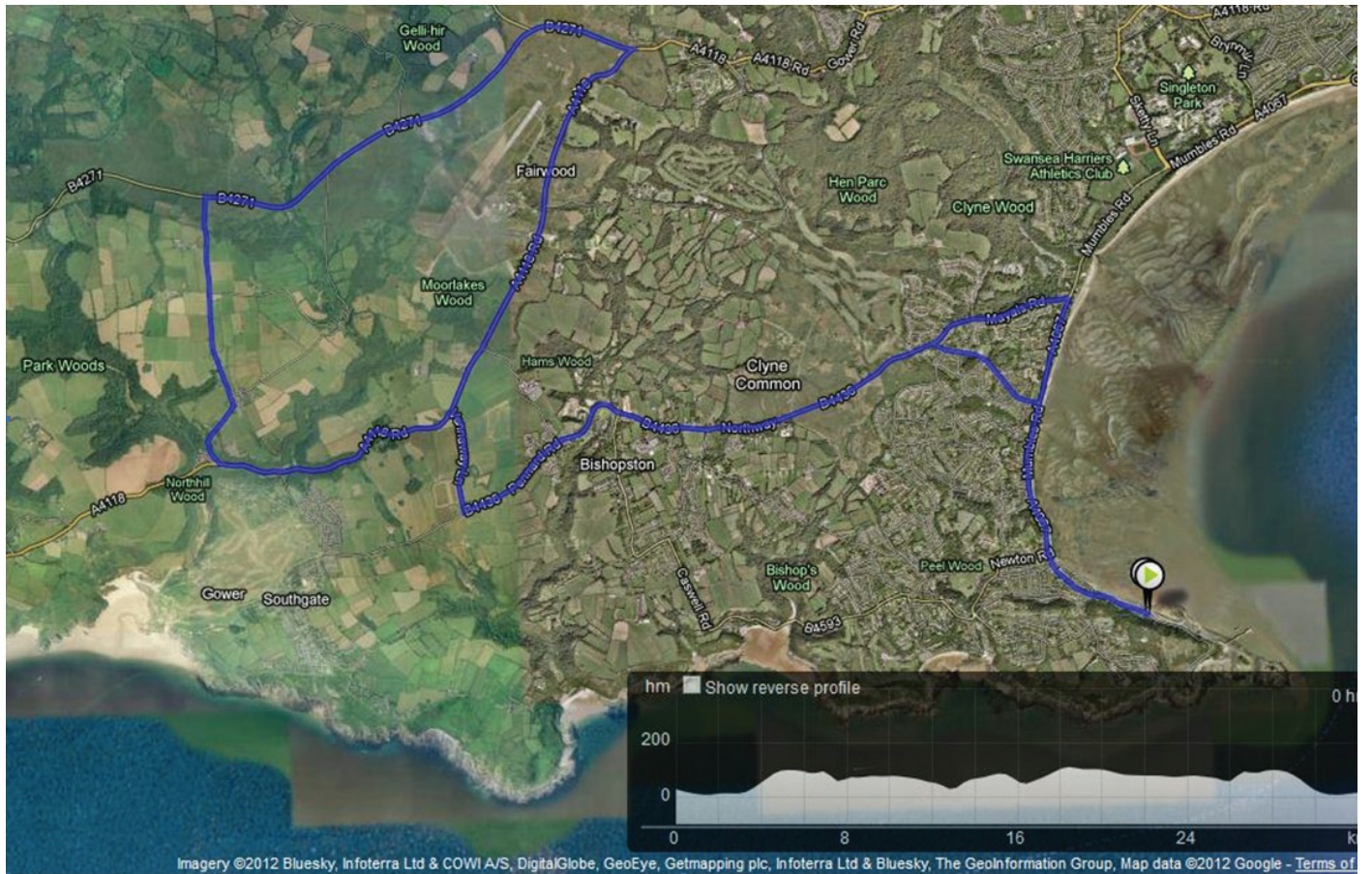
**This is a non-drafting event and B.T.F. Rules and the Highway Code must be followed at all times.**

Any riders deemed to be riding dangerously will be disqualified without appeal. All Marshals and Mobile Referees have been instructed to be strict on this issue. It is **vital** to ensure that all the Athletes and other road users are kept safe.

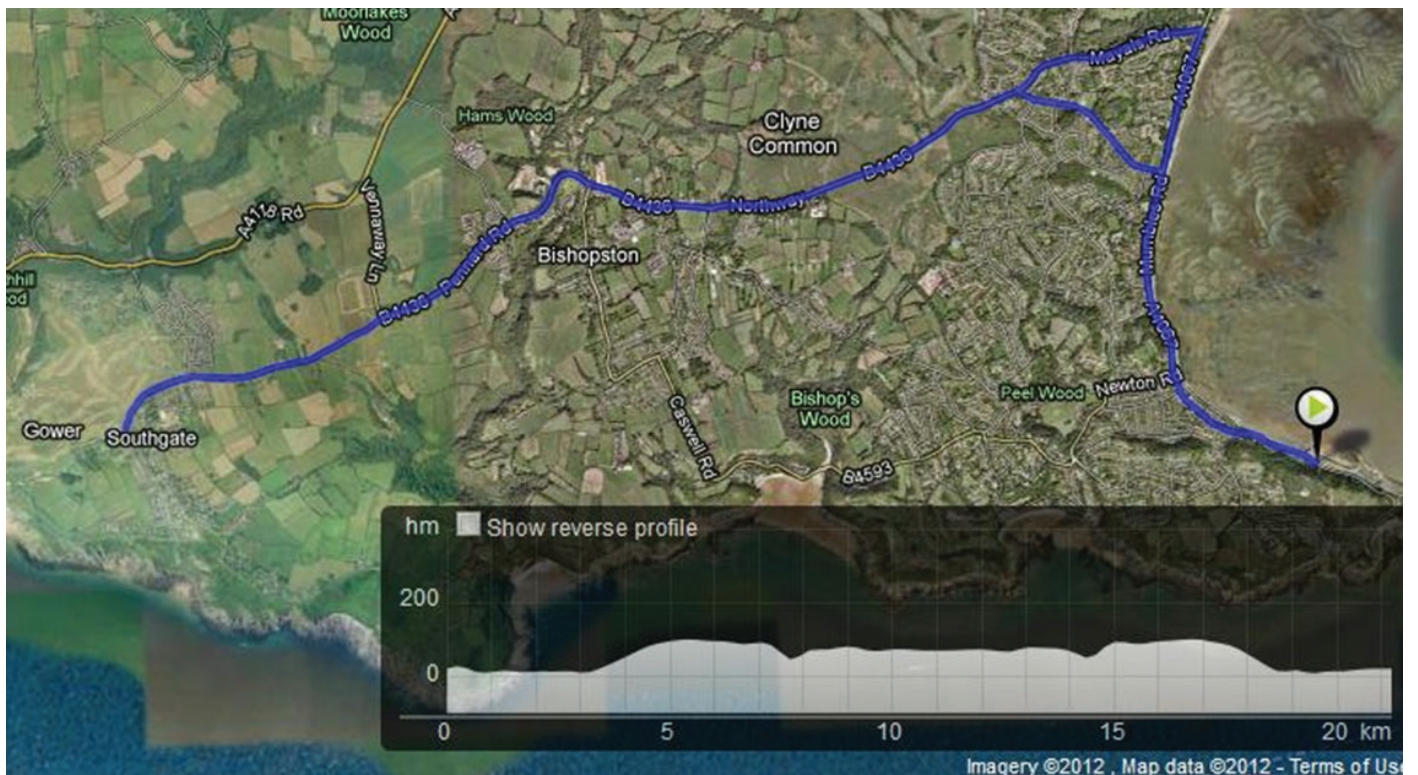
Specific safety instructions will be issued during the Event Briefing.



## 32km Ride - Long Sprint



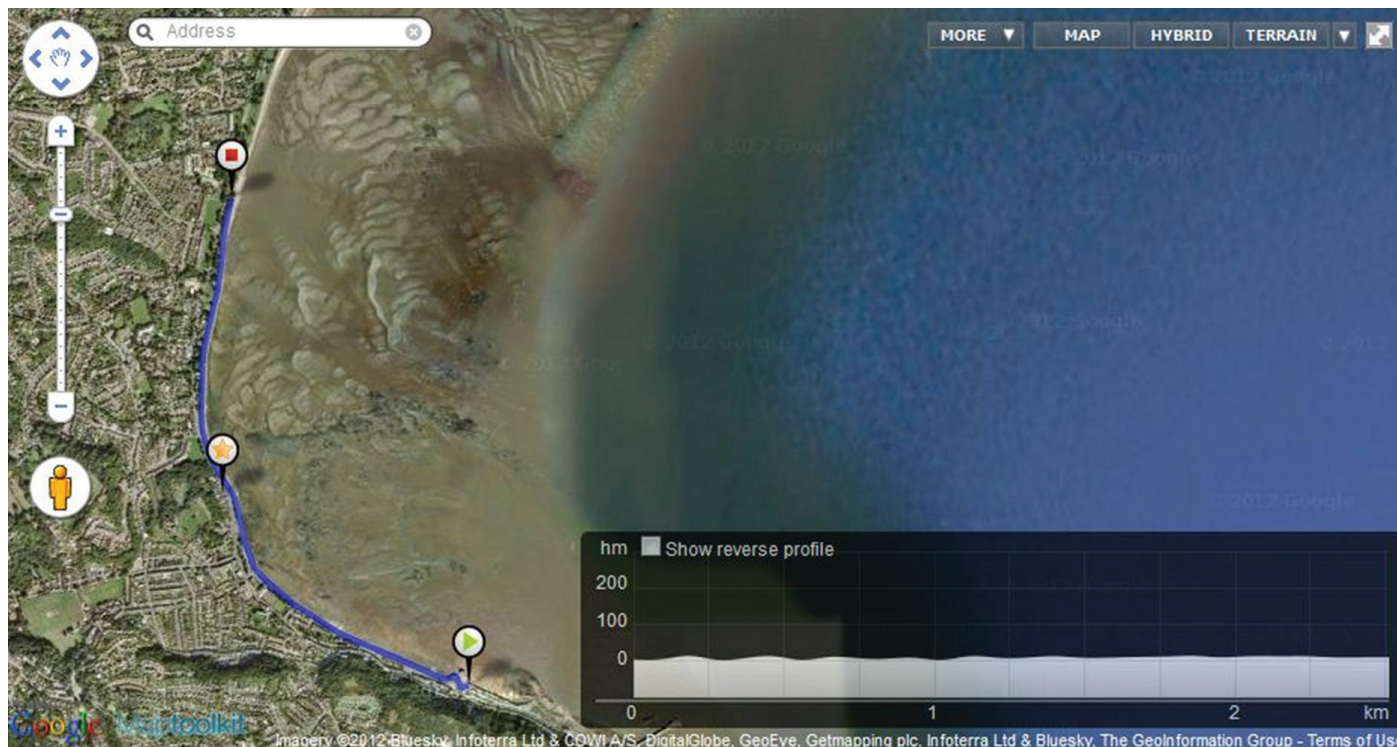
## 21km Ride - Short Sprint





## Run 2

The Run route will take place on the water front path. Long Sprint Athletes will follow the same course as Run 1 - a 5km out-and-back course heading towards Swansea. Short Sprint Athletes will turn at an earlier point to complete the 3km course. The finish line will be located near the Transitions Area.



## Failure to Finish

If you are unable to finish the event, 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 event in the Mumbles/Gower area, so please help us by reducing the environmental impact as much as possible and take all your litter home.

## 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 event. If possible, please show your gratitude whilst on the course and be aware that any abusive behaviour will result in immediate disqualification. Marshals are not permitted to stop traffic and are only on course for directional and safety reasons. It is your responsibility to ensure that it is safe to exit junctions when on the bike course.

# 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 Event Conduct

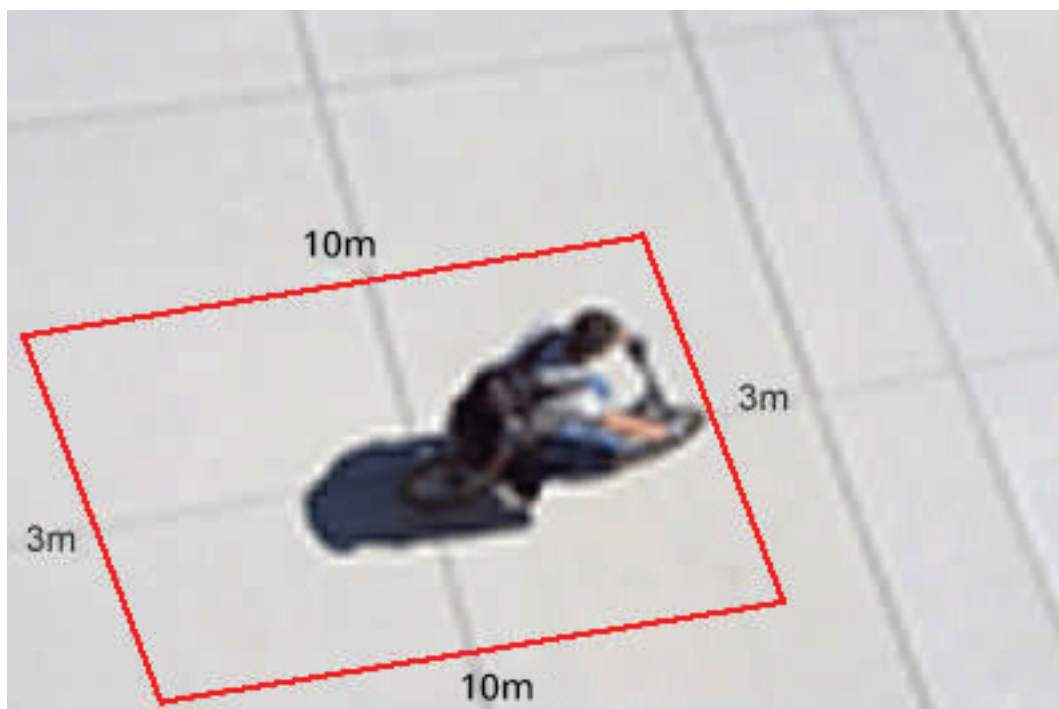
- It is your responsibility as a competitor to know ALL the rules. As in most walks of life ignorance is no defence and the rules are available on [www.britishtriathlon.org](http://www.britishtriathlon.org).
- It is your responsibility as a competitor to know and correctly complete the full course of 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 take part 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.

- Event 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 10m behind it and 1.5m either side of the cyclists centre point. If you wish to overtake the cyclist in front you have 20 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 10m 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!*



## Photography

Photos will be available from the event at <http://www.charleswhittonphotography.com/>

## Event Expo

The event 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.

## The Presentation

The Presentation will take place at the end of the event approximately 15 minutes after the last Athlete has finished. Information on the location will be provided on event day.

## Toilets & Showers

- Toilets are located in the Yacht Club near the café and where Registration is held.
- Showers can be found at the Yacht Club.

**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.

## **2016 SEASON**

**MARCH 5th**

**MUMBLES DUATHLON**

**JUNE 5<sup>TH</sup>**

**SWANSEA TRIATHLON**

**JUNE 18th**

**MUMBLES TRIATHLON**

**JULY 8th - 10th**

**LONG COURSE WEEKEND**

**JULY 8th**

**TAFF KIDS**

**JULY 8th**

**THE WALES SWIM**

**JULY 9th**

**THE WALES SPORTIVE**

**JULY 10th**

**THE WALES FULL & HALF MARATHON**

**JULY 10th**

**THE WALES 10K & 5K**

**JULY 23rd**

**OCEAN LAVA WALES TRIATHLON**

**SEPTEMBER 3rd**

**GOWER TRIATHLON & FANCY DRESS TRI**

**SEPTEMBER 17th**

**SAUNDERSFOOT SPRINT TRIATHLON**

[activitywalesevents.com](http://activitywalesevents.com) | 01437 765777