



# EVENT PACK

PLEASE READ CAREFULLY

## GOWER TRIATHLON

SATURDAY 16TH SEPTEMBER 17

OLYMPIC: 1500M SWIM | 32K BIKE | 10K RUN

[WWW.GOWERTRIATHLON.COM](http://WWW.GOWERTRIATHLON.COM)



# EVENT INFORMATION

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## EVENT ITINERARY

**SATURDAY 16 SEPTEMBER 2017**

WHEN	WHAT	WHERE
10am - 1:15pm	Registration Open	Village Hall, Port Eynon
12pm - 1:30pm	Transition Open	Beach Front, Port Eynon
1:45pm	Mandatory Race Briefing	Beach Front, Port Eynon
2pm	Event Start Time	Beach Front, Port Eynon
3pm	Swim Cut-off	Transition
5pm	Bike Cut-off	Transition
6pm	Overall Cut-off	Beach Front, Port Eynon

# PRE-EVENT INFORMATION

## DIRECTIONS & PARKING

### DIRECTIONS FROM M4:

- Take Junction 47 Swansea West
- Take the right hand junction towards Gower
- Follow the A4118 to Port Eynon

POST CODE: SA3 1NL

**PARKING:** Parking is available at the beach front car park, Port Eynon, SA3 1NL.

## REGISTRATION

Registration will be at the Village Hall, Port Eynon.

**You will need your photo ID and a signed disclaimer form to register. Without these we have the right to stop you from competing. Only you can register, you are not allowed to register somebody else.**

Entries are non-transferable, so if someone else takes part under your details you and the person racing will be disqualified and banned from all Activity Wales Events.

At registration you will receive an envelope which will include the following: **2 x Bib Numbers, 1 x Helmet Number, 1 x Bike post Number, 1 x Timing Chip and 1 x Swim Hat.** Please make sure you complete the medical information on the back of your bibs.

Pre event Massage will be available at registration from Vicki White Sports Massage. You can pre-book your massage by visiting [www.vickisportsmassage.co.uk](http://www.vickisportsmassage.co.uk)

Please remember to pick up any pre-ordered clothing at registration.

## TRANSITION

Transition will be at Beach Front Car Park, Port Eynon.

Please ensure you have picked up your pack at registration before you rack your bike.

You will need to number your bike and helmet with the numbers provided before entering transition. Please make sure that your helmet is on when you rack your bike.

You will be able to remove your bike once all the bikes are back in transition and all bikes must be removed after the last competitor has completed the event.

No bikes will be allowed into transition after **1:30pm**. All bikes are to be removed from transition by **6pm** or 30 minutes after the last athlete has crossed the finish line.

# ON THE DAY INFORMATION

## **TIMING:**

At registration you will be given a Timing Chip, which you must attach to your left ankle for the duration of the event. Event numbers must be displayed on the front during the run and the back during the bike. If numbers are not visible you could be penalised or disqualified. Event belts can be worn.

Timings for this event are carried out by Tri and Enter and you will be able to find the results on the website at

[www.gowertriathlon.com](http://www.gowertriathlon.com)

## **DRAFTING:**

This event is a non-drafting event. There is a draft zone around each bike that is 3m wide and 7m long (10m in long distance events), the measurement is taken from the front wheel of the bike to the front wheel of the following bike and is centred 1.5m each side of the bike.

If you approach another competitor you have a choice, either keep back and stay outside of that zone or overtake. The cyclist that you overtake is then responsible for dropping back out of the draft zone.

If you have difficulty visualising the draft zone, just imagine a large family car between your front wheel and the rear wheel of the bike in front of you (Please do not test this.)

## **MANDATORY EVENT BRIEFING:**

All athletes are required to attend the pre-event briefing which will be on the start line. Any athletes not at the briefing will be disqualified.

## **CUT-OFF TIMES:**

There is an overall cut off time of 6:00pm for all athletes.

## **FAILURE TO FINISH:**

If you are unable to finish the event, you must report to an official and hand back your timing chip.

## **MASSAGE:**

Vicki White Sports Massage will be available at registration and also on the finish line after this event. You can pre-pay for your massage now at [www.vickisportsmassage.co.uk](http://www.vickisportsmassage.co.uk)

## **MP3 PLAYERS AND IPODS:**

Unfortunately due to health and safety reasons no MP3 players or other personal devices are permitted at any time.

## **SUITABLE CLOTHING & LIGHTS:**

Should weather dictate, please ensure you have appropriate bright clothing and also have lights on your bike.

# ON THE DAY INFORMATION

## 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 towards them will result in immediate disqualification.

Marshals are not permitted to stop traffic and are only on the course for directional safety reasons.

It is your responsibility to ensure that it is safe to exit junctions when on the bike course.

## ENVIRONMENTAL IMPACT:

We are very lucky to be granted the relevant permission to stage this event in Gower, so please help us by reducing the impact as much as possible and take all your litter home.

If you are caught littering on the course or at transition you will be disqualified from the event.

## PHOTOGRAPHY:

There will be a number of photographers and videographers on course. Athlete pictures will be available online from [www.charleswhittonphotography.com](http://www.charleswhittonphotography.com)

## BIKE MECHANIC:

Pilot House Cycles will be in attendance should you have any last minute problems or adjustments they can be found in the expo and transition area.

We highly recommend that you visit them prior to the event for a full service to ensure that your bike is in full working order.



# ROUTES

# SWIM

**Wetsuits are compulsory during the swim and athletes must only wear the issued swim caps given at registration.**

**Water safety is provided by a professional and well trained organisation. Should you get into trouble please lie on your back and wave your hands in the air and they will assist you. Water safety are there to enhance enjoyment and naturally to ensure your safety, you will not be DQ for requesting their help should you then be able to complete the swim.**

**The swim will take an anti-clockwise direction. You will swim around the large orange buoy and then head out across to the second buoy and then back to shore.**

## ADVICE:

**On exiting, athletes of all abilities can get dizzy; this is normal. To help with this kick your legs hard for the last 50m to get the blood flowing to your legs. Please make sure that you are fully stable on your feet before the final exit from the water.**

## TRANSITION

**On exiting transition you must not mount your bike until you have crossed the mount line. Similarly upon approaching transition you must dismount from your bike before crossing the dismount line. There will be marshals at this point to advise you.**

**Small boxes are allowed in transition. If your box/bag is called as too big you will not be allowed to bring it in.**

**You must wear your helmet when racking your bike BEFORE AND DURING THE RACE so please make sure you have done so to avoid delay or disqualification.**

# CYCLE

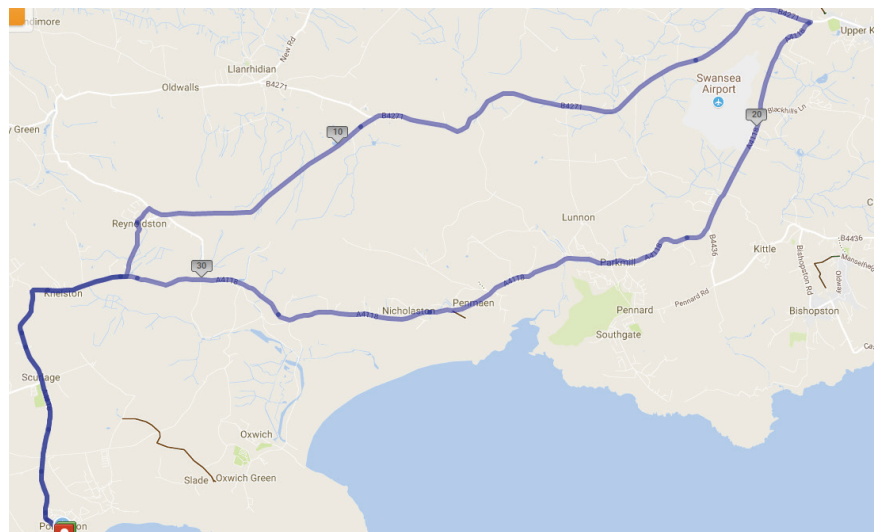
**You are required to complete 1 lap of the course.**

**It is comprehensively marshalled and signed with black arrows and fluorescent background. The bike route is on public highways which are open to other road users.**

**Any dangerous riding or abusive language used will carry a DQ from the event without appeal.**

**B.T.F rules and the Highway Code must be followed at all times.**

**Please ride within your ability and do not get caught up in the event.**



# ROUTES

## RUN ROUTE

The Run route is 2 laps of a 5k course.



# A MESSAGE FROM THE REFEREE

## DO YOU KNOW THE RULES?

I have listed some general rules to help you when competing in a triathlon in Britain. Please remember as you may be penalised with a 2-minute penalty or even disqualification if you do not 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 you 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 other devices that impair your hearing or concentration in any way 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 and in cars.

-You MUST wear a safety helmet on the bike that is on ANSI Z90.4, SNELL B90, EN1078 or equivalent. A CE mark is NOT an approved standard. The strap of your helmet must also be snug in fitting and not altered in any way (and definitely not elastic) these will be checked when racking your bike.

-Any fittings on your bike (computers, mountain bike handle bar 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 to change into his cycle shorts only to get his foot caught and spend the next 30 seconds hopping around to release himself...well I think you know why.

-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, flags etc. 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.

-You must not mount your bike until advised to do so at the bike mount/dismount line outside of the transition. There must be no cycling in transition.

-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.

-This is a non-drafting event; please see examples in the 'on the day' information. You are required to complete 2 laps of the course. It is comprehensively marshalled and signed with black arrows and fluorescent background. If a referee thinks you are drafting there is no appeal against this decision, so the rule of thumb is - be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty, if you get caught a second time you will be disqualified.

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.



# AFTER THE EVENT

## PRESENTATION

We will hold the presentation 15 minutes after the last athlete has crossed the finish line. If the weather does not permit this we will send you out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy we can post it out to you after the event with a £5 Postage and Packaging charge.

## WINNING CATEGORIES

1st, 2nd and 3rd Male and Female

1st, 2nd and 3rd Male and Female Vets

## RESULTS

You can find your results on our website, which can be found here: [www.gowertriathlon.com](http://www.gowertriathlon.com). We will let you know on our Facebook Page when they are live.

## SOCIAL MEDIA

Follow us on Facebook, Twitter and Instagram to keep up to date with the latest news and information.

Facebook: [www.facebook.com/activitywalesevents](http://www.facebook.com/activitywalesevents)

Twitter: [@aweventsteam](https://twitter.com/aweventsteam)

Instagram: [@activitywalesevents](https://www.instagram.com/activitywalesevents)

## YOUR PHOTOS OF THE EVENT

If you have taken any photos of the event and would like to share them with us so we can use them for social and media campaigns, please send them to us at: [info@activitywalesevents.com](mailto:info@activitywalesevents.com)

## 2018 EVENT

The event for 2018 will be on Saturday 30th June. You can enter from Monday 18th September 2017 and we advise booking early as there is a very high demand for this event. Go to the website at [www.gowertriathlon.com](http://www.gowertriathlon.com) for entry details.

***GOOD LUCK AND RIDE SAFELY  
FROM ACTIVITY WALES EVENTS***

# 2017/18 SEASON

All of these events are open already and filling up fast so make sure you enter now and don't lose your place crossing that finishline.  
We look forward to seeing you there.

**7th October - Mumbles Triathlon - Including new Middle distance **New****

**27th - 29th October - Long Course Weekend Jervis Bay **New****

**3rd - 5th November - Long Course Weekend Mallorca **New****

**2018 - 24th March - Mumbles Duathlon**

**2018 - 20th May - Swansea Triathlon**

**2018 - 16th June - Wales Triathlon**

**2018 - 13th - 15th July - Long Course Weekend**

**2018 - 13th - 15th July - Junior Long Course Weekend**

**2018 - 13th July - Taff Kids**

**2018 - 13th July - The Wales Swim**

**2018 - 14th July - The Wales Sportive**

**2018 - 15th July - The Wales Marathon**

**2018 - 15th July - The Wales Half Marathon**

**2018 - 15th July - The Wales 10k**

**2018 - 15th July - The Wales 5k**

**2018 - 8th September - Saundersfoot Triathlon**

Enter now at **[www.activitywalesevents.com](http://www.activitywalesevents.com)**