



EVENT PACK

PLEASE READ CAREFULLY

MUMBLES TRIATHLON

SATURDAY 7TH OCTOBER 2017

MIDDLE: 1.2M SWIM | 56M BIKE | 13.1M RUN

SPRINT: 750M SWIM | 32K BIKE | 5K RUN

S.SPRINT: 750M SWIM | 21K BIKE | 2.5K RUN

WWW.MUMBLESTRI.COM



EVENT INFORMATION

- PLEASE READ CAREFULLY -

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EVENT ITINERARY

FRIDAY 6 OCTOBER 2017

WHEN	WHAT	WHERE
5pm - 8pm	Registration Open	Mumbles Yacht Club
6pm	Beginner's Briefing	Bike Racking
7pm	2nd Beginner's Briefing	Bike Racking

SATURDAY 7 OCTOBER 2017

WHEN	WHAT	WHERE
6am - 7:20am	Registration Open	Mumbles Yacht Club
6am - 7:30am	Transition Open	Knab Rocks Car Park
7:45am	Mandatory Race Briefing	On the Slipway
8am	EVENT START MIDDLE	On the Slipway
8:30am	EVENT START SPRINT	On the Slipway
9am	Last Swimmer (Cut-Off)	
9:10am	First Bike Back	
9:30am	First Sprint Athlete Home	
11:15am	Bike 2nd Lap (Cut-off)	B4436 Junction to Vennaway Lane
12:30pm	First Middle Athlete Home	
1:30pm	Last Bike Back	
3:30pm	Last Run Lap (Cut-Off)	Verdi's
4pm	Last Athlete Home	

PRE-EVENT INFORMATION

DIRECTIONS & PARKING

DIRECTIONS FROM M4:

- Take Junction 42
- Join the A483
- Turn left immediately after crossing river
- Turn left into Knab Rock Car Park

POST CODE: SA3 4EL

PARKING: There is parking at Knab rock in the bottom car park. The top car park and half the bottom will be closed for the event. This is ideal for registration on the Friday Night. For race day there are many car parks available in the area - we would not advise leaving your car on the side of the road/pavement as this will prove to be problematic during the race - Council Parking Officers will be in attendance. Parking is also available at Southend Car Park and Oystermouth Foreshore.

REGISTRATION

Registration will be at the Mumbles Yacht Club.

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

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

TRANSITION

Transition will be at Knab Rock, Mumbles.

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 7:30am. All bikes are to be removed from transition by 4pm 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 DBMax and you will be able to find the results on the website at www.mumblestri.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 4pm 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

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.

ENVIROMENTAL 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

BIKE MECHANIC:

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 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.

The Middle distance will be a 2 lap course and the Sprint and Super Sprint will be a 1 lap course.

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.

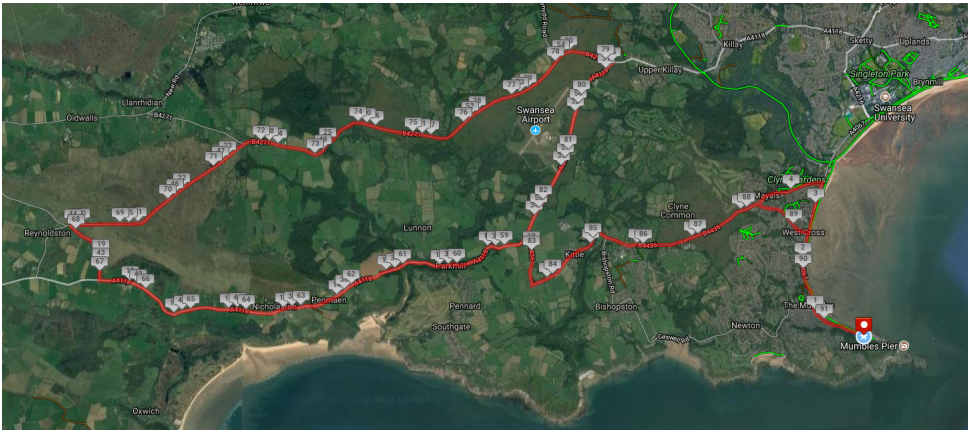
Small boxes are allowed in transition. If your box/bag is called as too big you will not be allowed to bring it in.

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.



ROUTES - CYCLE

MIDDLE

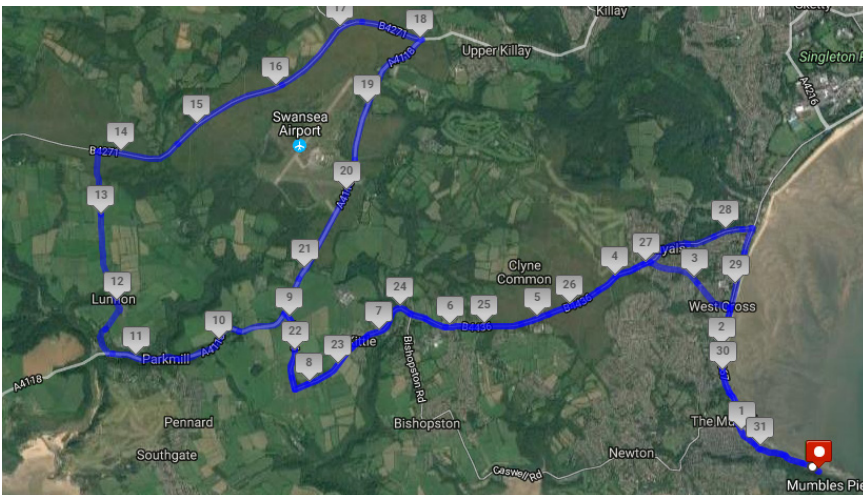


MIDDLE

The 56 mile route is a 3 lap course around the Gower peninsula.

There will be a feed station which you will pass, we recommend you start the course with 2 full bottles on board.

SPRINT



SPRINT

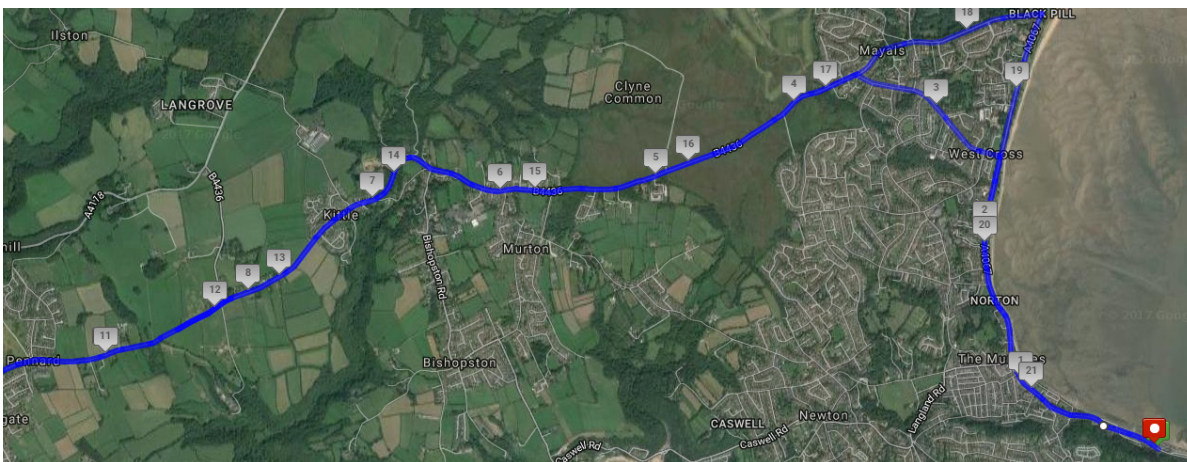
It's a 32k Bike course around Mumbles and the Gower Peninsula.

SUPER SPRINT

It's a 21k Bike course around Mumbles and the Gower Peninsula.

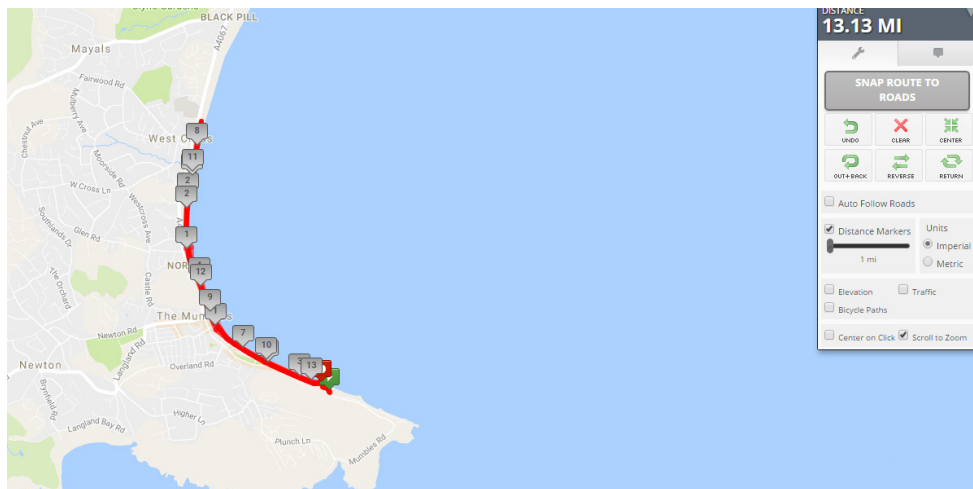
There will be no feed stations on the Sprint or Super Sprint distances.

SUPER SPRINT



ROUTES - RUN

MIDDLE

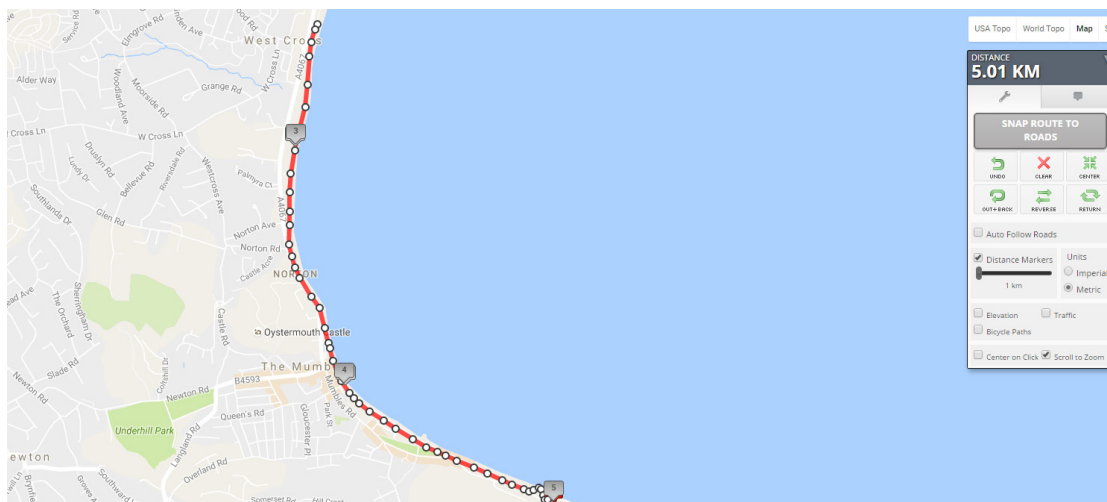


MIDDLE
The 4 lap Run Course comes to a total of 13.1 miles.

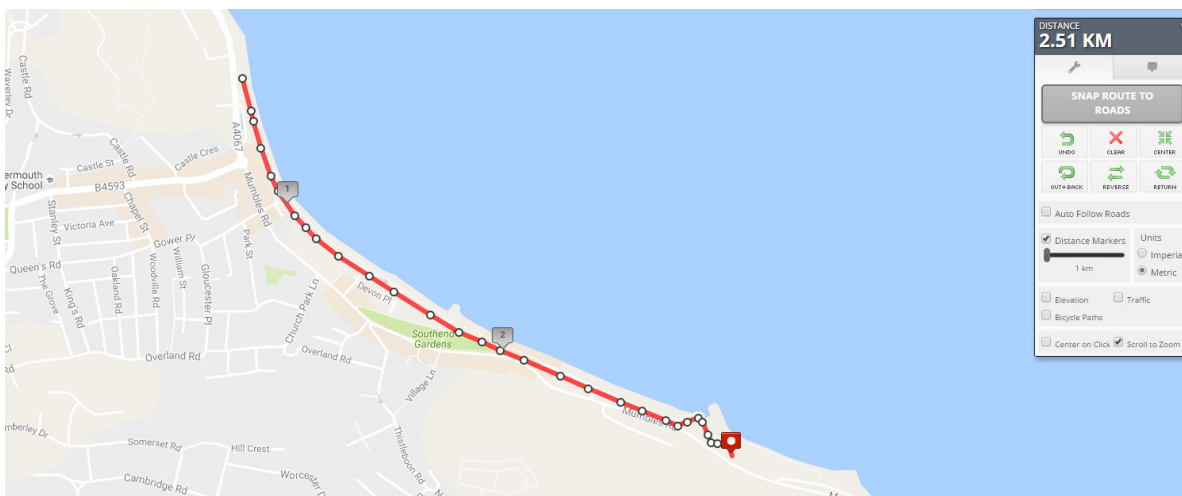
SPRINT
The Sprint Course is 5k long.

SPRINT
The Super Sprint Course is 2.5k long.

SPRINT



SUPER SPRINT



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
 - 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 & 3rd Male and Female (Middle & Sprint)

1st, 2nd & 3rd Male and Female Vets (Middle & Sprint)

1st Male and Female (Super Sprint)

1st Male and Female Vets (Super Sprint)

RESULTS

You can find your results on our website, which can be found here: www.mumblestri.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

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

2018 EVENT

The event for 2018 will be on Saturday 29th September. You can enter from Monday 9th October 2017 and we advise booking early as there is a very high demand for this event. Go to the website at www.mumblestri.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.

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

2018 - 29th September - Mumbles Triathlon

Enter now at www.activitywalesevents.com