

Triathlonguard



LONG COURSE WEEKEND



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VIVOBAREFOOT

# RACE PACK 2017

**EVERYTHING  
YOU NEED TO KNOW  
ABOUT #LCW2017**



# **Essentials in your Race Pack**

**(Please check before leaving Registration)**

You will be supplied with your chip and race number for the weekend at registration. The full LCW athletes will also be issued with number tattoos which need to be applied to both the arms and legs.

**LCW Athletes:** Should you want to reduce your distance you are entitled to drop down to the individual events. You **MUST** report to registration to do so where you will be issued with new chips and numbers. Failure to do so will result in no times or positions being displayed.

Please ensure leaving registration that you have:

**The Wales Swim Athletes:** 1 x issued swim hat, 1 x back of the hand tattoo, 2 x stickers for the side of swim hats and 1 x timing chip to be worn using the strap provided **outside** of your wetsuit.

**The Wales Sportive Athletes:** 1 x number for the front of your bike, 3 x helmet stickers for each side and the front of your helmet, 1 x pin on number for your back, 4 x safety pins and 1 x timing chip which is to go on the **LEFT** side of your DRY helmet.

**The Wales Full & Half Marathon:** 1 x bib number to be displayed on your front, 4 x safety pins, 1 x timing chip attached to your bib (do not bend)

**Please ensure that all medical information forms on the reverse of the numbers have been completed prior to starting the race.**

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## **Registration**

**Opens: 12pm Thursday 6th July 2017**

**Location: Tenby Leisure Centre, Marsh Road, Tenby, SA70 8EJ**

At registration it is essential that you ensure that your details are correct.

Photo ID and your signed disclaimer are compulsory. Any athlete without both items will not be able to register OR RACE. It is not acceptable for a friend to verify who you are.

Athletes wanting to change distance on the race weekend will be charged £10 per event for the different timing chip. Changes must be made at least 4 hours prior to the start time. Athletes cannot change their distance during the event.

Failure to complete your entered distance will result in a DNF, you will still receive a medal however no finishing time will be given to athletes not completing the distance they registered for.

**Note: Athletes cannot transfer their entry to another person.**





# Registration Times

**Thursday:** 12pm - 8pm

**Friday:** 10am - 8pm (Note: Priority will be given to full LCW & Swim athletes)

**Saturday:** 5:30am - 8pm (Note: Priority will be given to cyclists as per start times)

**Sunday:** 7am - 9am (Marathon & 5k), 9am - 10:30am (10k),  
9am - 11am (Half Marathon Registration in Pembroke Castle ONLY)

Athletes, please be aware that you will be issued with your timing chips, race numbers and other race essentials at registration. You will not receive anything by post (aside from Taff Kids who will have their packs mailed out to them).

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## Travel Information

### **Make sure you Plan Ahead**

Tenby will be attracting around 32,000 people this July for the Triathlonguard Long Course Weekend and as a result there will be extremely long delays on the way into the town. If you are planning on registering on the day please ensure you plan ahead and leave in plenty of time.

**Tenby by Train:** Tenby is connected by a local rail line to Swansea, Cardiff and Pembroke Dock. During the weekends in the summer there are a limited number of services to and from London Paddington.

**Tenby by Bus:** Regular service runs from Swansea. National Express runs from London and Birmingham. For tickets please call 01437 765 777.

**Tenby Parking:** Car parking in Tenby is ample, just follow the P signs located as you approach Tenby.

### Key Areas:

- |                                 |  |
|---------------------------------|--|
| 1. Tenby Leisure Centre:        | Location of 'The Wales Triathlon Show', registration & Pasta Party.  |
| 2. North Beach, Tenby:          | The Wales Swim and Taff Kids location.   |
| 3. Salterns Car Park, Tenby:    | The Wales Sportive Start   |
| 4. Tudor Square, Tenby:         | The finish line for The Wales Sportive, The Start & Finish line for the The Wales Marathon and 5k, & the Medical Centre. |
| 5. Pembroke Castle:             | Half Marathon gather point and registration.   |
| 6. Manorbier Castle, Manorbier: | The start of The Wales 10k.  |





# LCW at a Glance

## **A Map of the Key Event Locations**

(Tenby Leisure Centre Location: SA70 8EJ)





# Folly Farm Taff Kids

**[taffkids.com](http://taffkids.com)**

**When: 5pm Friday 7th July 2017**

**Where: North Beach, Tenby**

Taff Kids has been a massive success since its launch in 2011, and is a great event to kick start the weekend of fun!

Children aged 4 - 11 have their own mini multi-discipline event.

The splash and dash event will take place on North Beach, Tenby where the water is expected to be around 15 degrees. The safety and wellbeing of every child is our overriding priority.

**Note: Event numbers and t-shirts will be posted out to you prior to the event this year. There will be no registration. Without your number and emergency contact information you will not be able to take part.**

## **Event Distances:**

**4 - 5 year olds:** 30m Surf Run & 200m Run

**6 - 11 year olds:** 30m Surf Run & 400m Run

## **Itinerary - Friday 7th of July 2017**

**4:30pm:** All participants must be on North Beach

**4:50pm:** Compulsory race briefing

**5:00pm:** Race begins

**6:00pm:** Last wave expected



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# The Zone 3 Wales Swim

[thewalesswim.com](http://thewalesswim.com)

**When: 7pm Friday 7th July 2017**

**Where: North Beach, Tenby**

The Wales Swim will take place on North Beach, and is a 1.2 mile lapped course. It is a clockwise swim, keeping the first two orange buoys on their right, the final buoy on their left, and then keep left and follow the chute to the finish line. Swimmers are advised that the current water temperature, at time of print is 15 degrees.

## **Important Information:**

We reserve the right to withdraw anyone from the race that appears to be suffering from the cold during the dry land run between laps. Please bring warm clothing to change into immediately after your race. Athletes must wear a wetsuit that covers their chest and thighs, and athletes are permitted to wear boots but **NOT** gloves.

You must only swim with a forward stroke, or face disqualification.

The Full Long Course Weekend and The Wales Swim Athletes **MUST** be registered by 6:00pm on Friday.

You must bring Photo ID and a signed disclaimer with you, or you will not be allowed to register or race.

## **Safety Note:**

Athletes must take care when entering and exiting the water. Should you need assistance during the swim, lie on your back and put your arm in the air (for this reason forward facing strokes **ONLY** are permitted during the swim).

If you fail to start after registering you **MUST** report to the race office prior to the start of the race, this is for safety reasons.





## **Itinerary - Thursday 6th of July 2017**

- 12pm - 8pm:** Registration at The Wales Triathlon Show opens for all events at Tenby Leisure Centre
- 12pm - 8pm:** Massage at Tenby Leisure Centre

## **Itinerary - Friday 7th of July 2017**

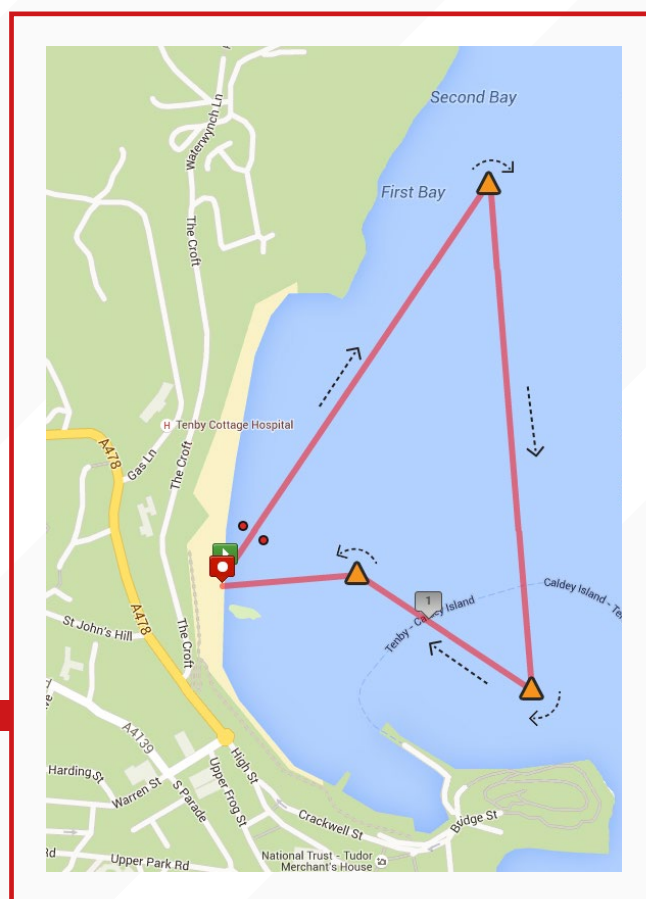
- 10am - 6pm:** Registration for The Wales Swim at Tenby Leisure Centre
- 12pm - 5:30pm:** Massage at Tenby Leisure Centre
- 5:30pm:** Bag Drop opens at North Beach
- 6:30pm:** Swim acclimatisation (all swimmers will be required to enter the water prior to the race to acclimatise to the conditions. Athletes are advised to keep active, warm and their heart rates above normal resting rate)
- 6:45pm:** Swim Briefing on the Swim start (North Beach)
- 6:45pm:** Start pen closes (Note: any athlete not in the pen will not be allowed to swim)
- 6:50pm:** Welsh National Anthem
- 7pm:** Swim Start
- 8pm:** 1st lap cut-off time
- 9pm:** Event cut off time

### **Timing Chips:**

Timing chips will be assigned at registration and are to be worn on the ankle with the strap provided for the duration of the swim, if you are not wearing your timing chip you will not get a recorded time. The timing chips must be worn on top of the wetsuit facing outwards. Chips must be returned at the finish. There will be a £60 charge for any chips not returned.

### **Feeds/Water/Toilets:**

TrueStart Performance Coffee shots will be available at the Swim start and Bottled water will be available at the finish.



## **Swim Route**





Cycleguard



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# The Cycleguard Wales Sportive

**[thewalesportive.com](http://thewalesportive.com)**

**When: 7am Saturday 8th July 2017 (In staggered waves)**

**Where: Salterns Car Park, Tenby**

The bike course takes place on open public highways. The route is a multi-lap course starting and finishing in Tenby. It is important to follow signage and marshal's instructions when on course, however it is the athlete's responsibility to ensure that it is safe to proceed at junctions. Athletes are also advised to always check that it is safe to overtake other riders and to remember to ride within their own ability.

## **The Wales Sportive Rules (these rules must be followed and will be enforced):**

1. Those found to have crossed the white line in the centre of the road will be disqualified
2. You must not cycle more than two abreast
3. You must put one foot down at roundabouts, a marshal will instruct you. This is for your own and other road users' safety
4. Those who show aggressive behaviour to other road users and marshals will be disqualified
5. Helmets must be worn and fastened before you get to the start and must be worn until you have crossed the finish line and moved to a safe location
6. All athletes must have two full bottles of water
7. It is essential that you have a fully charged mobile phone with you at all times on the course
8. Marshals are there for reference points, and not safety, and they are not responsible for signalling when the road is clear. Please stop at all junctions and check for yourself before proceeding.







### **Itinerary - Thursday 6th of July 2017**

- 12pm - 8pm:** Registration at The Wales Triathlon Show opens for all events at Tenby Leisure Centre
- 12pm - 8pm:** Massage at Tenby Leisure Centre

### **Itinerary - Friday 7th of July 2017**

- 10am - 8pm:** Registration at Tenby Leisure Centre
- 12pm - 5:30pm:** Massage at Tenby Leisure Centre

### **Itinerary - Saturday 8th of July 2017**

- 5:30am - 6:30am:** Registration for 112 mile cyclists
- 5:30am - 9am:** Registration for 66 mile cyclists
- 5:30am - 11:30am:** Registration for 45 mile cyclists  
(Note: Priority will be given as per start times. All athletes will start from the Salterns Car Park)
- 7am:** First Bike Waves will depart - Every 15 minutes
- 8am:** Top 20 Male & Female Athletes from the Swim will Start the Sportive down a Trial Ramp in the Salterns Car Park
- 9am - 12pm:** Massage at Tenby Leisure Centre
- 10:45am:** 66 milers will depart in waves - Every 15 minutes
- 12pm - 5pm:** Massages available at Tenby Leisure Centre
- 12:30pm:** 45 miler will depart in waves - Every 15 minutes  
(Note: You need to be at your start time at least 30 mins prior to the mandatory event briefing)
- 1pm:** First Bike expected back into Tenby
- 1pm - 6pm:** Massage at St. Mary's Church
- 1:30pm:** First lap cut-off for 112 mile riders at White Lion St, Tenby
- 3:30pm:** Hill climb attempt cut-off on St. Brides Hill, Saundersfoot
- 5:15pm:** Massage at St. Mary's Church
- 5:15pm:** Cut-off for all distances for the Finish Line.
- From 6pm:** Pasta Party at the Wales Tri Show, Tenby Leisure Centre  
(Note: Call 01437 765 777 to book your Pasta Party ticket)

**Note: You are not permitted to start in a different time slot than allocated unless you have been informed otherwise. timing chips will only activate 10 minutes before your start time and will deactivate 10 minutes after if you do not cross the line. If you start at a different time than allocated you will be disqualified.**

### **Timing Chips:**

You will receive your timing chip at registration. Please attach your timing chip to the LEFT HAND side of your DRY helmet. Do NOT stick your chip to the foam, reflective strips or transfers as it will not work. Please see on next page a guide of how to fit your chip to your helmet. (Instructions for Timing Chips to follow)





### **Fitting the UFH Helmet Tag:**

The UFH helmet tag is used to time your cycle ride and is supplied as a self-adhesive label on a protective backing strip. You will only get one so please read the instructions below carefully before attaching it to your cycle helmet.

1. Before you attach the helmet tag, take a moment to check that the number printed on the tag is the same as the race number you have been issued.
2. The helmet tag should be attached to the LEFT HAND SIDE of the helmet only as illustrated
3. The tag should be positioned as close to horizontal as possible when the helmet is on the head.
4. Peel off the protective backing and position the tag on the suitable part of the helmet. Press firmly to attach it. The adhesive is not permanent and you will be able to carefully peel the tag off after your event.

### **Important Information:**

Your tag will not work if placed on carbon fibre; if you have a carbon fibre helmet or the part of your helmet that you are attaching the tag to is made of carbon fibre you will need to report to registration to obtain a seat label.

Never stick the tag directly onto your bike frame, handlebars, forks, seat posts or components. Your tag will not work as these parts are either made of metal or carbon fibre.

### **Feeds, Water & Toilets:**

There will be toilets available at the feed stations and there are also public toilets in Tenby. Please use the facilities provided, any athletes seen doing otherwise will face disqualification. All athletes should ride well stocked prior to event start and be advised there may be delays at feed stations.

We do not supply gels at the feed stations, please bring your own with your name and number written on them.

**Note: there will be random checks at the start of the race. Anyone found to have littered will be fined and disqualified.**

### **Feed Station Breakdown:**

#### **Mile 37 - Energy Station**

Water & TORQ Energy, Mars Bars, Bananas, Twiglets, Sweets

#### **Mile 49 - Water Station**

Water & Burger Van

#### **Mile 72 - Energy Station**

Water & TORQ Energy, Mars Bars, Bananas, Twiglets, Sweets

#### **Mile 78 - Energy Station**

Water & TORQ Energy, Mars Bars, Bananas, Twiglets, Sweets

#### **Mile 94 - Water Station**

Water & Burger Van

#### **Finish Line**

Bottled Water







# **The Oakwood Wales Marathon & Half Marathon**

**[thewalesmarathon.com](http://thewalesmarathon.com)**

# **The Coastal Cottages Wales 10k**

**[thewales10k.com](http://thewales10k.com)**

# **The Radio Pembs Wales 5k**

**[thewales5k.com](http://thewales5k.com)**

**When: Sunday 9th July 2017 (Start times vary, see below)**

**Where: Tudor Square, Pembroke Castle & Manorbier Castle**

## **Itinerary - Thursday 6th of July 2017**

**12pm - 8pm:** Registration at The Wales Triathlon Show opens for all events at Tenby Leisure Centre

**12pm - 8pm:** Massage at Tenby Leisure Centre

## **Itinerary - Friday 7th of July 2017**

**10am - 8pm:** Registration in Tenby Leisure Centre

(Note: Priority will be given to The Wales Swim athletes between 4pm - 6pm)

**12pm - 5:30pm:** Massage at Tenby Leisure Centre





## **Itinerary - Saturday 8th of July 2017**

- 10am - 8pm:** Registration in Tenby Leisure Centre  
(Note: Priority will be given to The Wales Sportive athletes between 5:30am - 11am)
- 9am - 12pm:** Massage at Tenby Leisure Centre
- 1pm - 6pm:** Massage at St. Mary's Church

## **Itinerary - Sunday 9th of July 2017**

- 7am - 9am:** Registration in Tenby Leisure Centre for **The Wales Marathon & The Wales 5k**  
(Note: **The Wales Marathon** athletes and **The Wales 5k** athletes must be registered by **9am**)
- 7am - 10:30am:** Registration in Tenby Leisure Centre for **The Wales 10k**  
(Note: **The Wales 10k** athletes must be registered by **10:30am**)
- 7am - 10am:** Massage at Tenby Leisure Centre
- 9am - 11am:** Registration at Pembroke Castle for **The Wales Half Marathon**  
(Note: **The Wales Half Marathon** athletes must now register at Pembroke Castle if not already)
- 9:30am:** Coaches leave for Pembroke (The Wales Half Marathon)
- 9:45am:** Full Marathon & 5k race briefing
- 9:55am:** **5k Race start**
- 10am:** **Full Marathon Race start**
- 10:15am:** First 5k runner back
- 11am:** Coaches leave for Manorbier (The Wales 10k)
- 11:20am:** Half Marathon race briefing in Pembroke Castle
- 11:40am:** The Half Marathon Athletes Parade with samba band to the start line
- 12pm:** **Half Marathon Race start (Main Street, Pembroke)**
- 12:30pm - 5pm:** Massage at St. Mary's Church
- 12:45pm:** Wales 10k race briefing
- 1pm:** Full Marathon cut-off at halfway point
- 1:10pm:** The Wales 10k Athletes Parade with samba band to the start line
- 1:30pm:** **The Wales 10k Race start**
- 4pm:** Overall cut-off at White Lion Street, Tenby
- 4:30pm:** All full LCW athletes medal Presentation Ceremony
- 7:30pm:** Join the team in Tenby House for post-race celebrations







## **Bag Drop Zones:**

### **The Oakwood Wales Full Marathon and Wales 5k:**

A bag drop off zone will be set up in St. John's Church from 8:00am - 11:00am and will reopen at 1:00pm - 5:30pm. You will be issued with a number that corresponds to your race number. You will be required to show your race number to collect your bag. Every effort will be made to keep your bag secure but you leave items at your own risk. The race organisers cannot be held responsible for any items left. We will try to accommodate all bags at the bag drop however space is limited so only small bags under 5kg will be accepted.

### **The Oakwood Wales Half Marathon:**

The Wales Half Marathon Athletes can drop their bags off near the entrance to Pembroke Castle in the designated bag drop area which will close 20 minutes before the start of the race. Bags will be returned to St. John's Church for pick up once finished. We will try to accommodate all bags at the bag drop however space is limited so only small bags under 5kg will be accepted.

### **The Coastal Cottages Wales 10k:**

The Wales 10k Athletes can drop their bags off near the entrance to Manorbier Castle in the designated bag drop area which will close 20 minutes before the start of the race. Bags will be returned to St. John's Church for pick up once finished. We will try to accommodate all bags at the bag drop however space is limited so only small bags under 5kg will be accepted.

## **Entry to Pembroke Castle:**

Athlete's bibs will allow them entry into Pembroke Castle. Athlete's supporters will have 1 free entry pass to Pembroke Castle. Please note this voucher is only valid for the day of the Half Marathon.

## **Timing Chips:**

Ensure the bib is pinned at all 4 corners. DO NOT fold, crease or remove the chip that is attached to the bib. Mount the bib on the torso area of your race top and do not cover with other items of clothes.

A YouTube link for fitting a BibTag can be found at - [www.youtube.com/watch?v=fA5yIUrsqz0](https://www.youtube.com/watch?v=fA5yIUrsqz0)

## **Feeds/Water:**

Drinks will be supplied in small plastic cups, all cups must be deposited in the bins supplied prior to the end of the eco-zone (indicated by a line on the road approximately 20m after the supply of drinks. Anyone found to be dropping litter outside this zone will be automatically disqualified.





### **Feed Station Break Down for The Oakwood Wales Full Marathon:**

**Mile 4 & 24**

Water Station

**Mile 6 & 22**

Energy Station: Water, TORQ Energy, Bananas, Sweets & Mars Bars

**Mile 8**

Water Station

**Mile 12**

Energy Station: Water, TORQ Energy, Bananas, Sweets & Mars Bars

**Mile 16**

Water Station

**Mile 20**

Energy Station: Water, TORQ Energy, Bananas, Sweets & Mars Bars

**Finish Line**

Bottled water, Twiglets & Sweets

### **Feed Station Break Down for The Oakwood Wales Half Marathon:**

**Mile 3**

Water Station

**Mile 6**

Energy Station: Water, TORQ Energy, Bananas, Sweets & Mars Bars

**Mile 9 (Also on The Wales 10k Route)**

Energy Station: Water, TORQ Energy, Bananas, Sweets & Mars Bars

**Mile 11 (Also on The Wales 10k Route)**

Water Station

**Finish Line (Also on The Wales 10k & The Wales 5k Routes)**

Bottled water, Twiglets & Sweets

**Note: Please be aware all distances are approximate and all contents are subject to change.**



# Run Routes

## Full Marathon Route



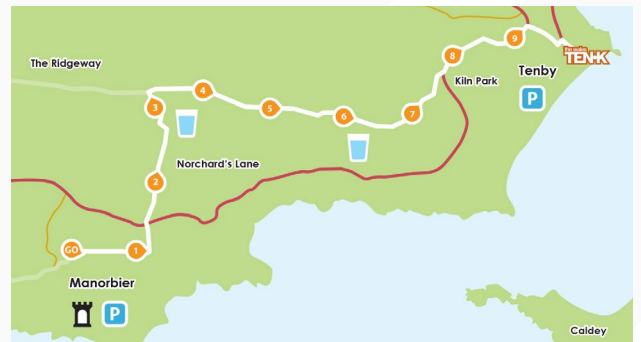
## Half Marathon Route



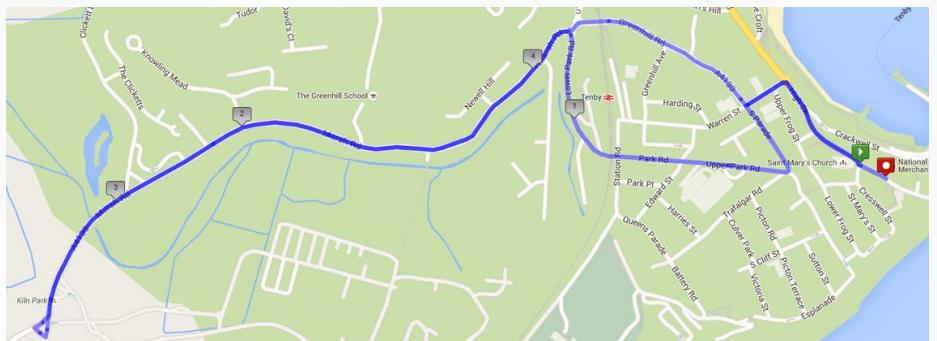
## Wales 10k Route

Note: There will be parking available on the Manorbier Football Club pitch. It will cost £1 to park all day and all funds go towards the club.

Roads will be closing at 11:00am, so ensure you get to Manorbier Early if you intent to park here.



## Wales 5k Route







# Advised Parking

We want your experiences throughout the Long Course Weekend to be as stress free as possible so we've put together advised parking zones, areas in which you can park each day of your race weekend.



## Legend

-  **Leisure Centre**
-  **Salterns Car Park**
-  **Tenby Rugby Pitch**
-  **The Green**
-  **Multi-storey Car Park**
-  **Rectory Car Park**
-  **Greenhill School**
-  **North Beach Car Park**





## **Thursday 6th of July 2017**

Registration & The Wales Triathlon Show

-  **Leisure Centre**
-  **Salterns Car Park**
-  **Tenby Rugby Pitch**








## **Friday 7th of July 2017**

Registration, The Wales Triathlon Show & The Wales Swim

-  **Leisure Centre**
-  **Salterns Car Park** (Wales Tri Show & Swim Start Parking)
-  **Tenby Rugby Pitch**
-  **Multi-storey Car Park**
-  **North Beach Car Park**

## **Saturday 8th of July 2017**

Registration, The Wales Triathlon Show & The Wales Sportive

-  **Salterns Car Park** (Advised for 112 mile sportive athletes)
-  **The Green** (Advised for 112 mile sportive athletes)
-  **Multi-storey Car Park** (Advised for 66 mile sportive athletes)
-  **Rectory Car Park** (Advised for 66 mile sportive athletes)
-  **North Beach Car Park** (Advised for 45 mile sportive athletes)
-  **Tenby Rugby Pitch**
-  **Greenhill School**








**Sunday 9th of July 2017**

**Registration and The Wales Marathon**

-  **Rectory Car Park**
  -  **Multi-storey Car Park**
  -  **Tenby Rugby Pitch**
  -  **Salterns Car Park**
  -  **The Green**
  -  **Greenhill School** (During the Road Closures, Ideal Parking)
  -  **North Beach Car Park** (During the Road Closures, Ideal Parking)
- 

## **Presentation Ceremony**

The medal presentation for all of the full Long Course Weekend Athlete's will take place in Tudor Square on the finish line at 4:30pm to which athletes will be called by name and given their 4<sup>th</sup> medal.

Full Long Course Weekend athletes will only be allowed on the red carpet in their finishing polo tops, which they receive at registration.

The top 3 male and female athletes' trophies will be awarded to them as soon as the last of the top 3 cross the finish line.

Age group awards will be posted to the winning athletes.





# **Further Information**

## **Last but not least**

For supporter information for the full weekend please visit  
[www.longcourseweekend.com/category/blog/](http://www.longcourseweekend.com/category/blog/)

For medical advice from our event doctor please visit  
[www.longcourseweekend.com/category/blog/](http://www.longcourseweekend.com/category/blog/)

### **Finish Times:**

Finish times will be displayed at the end of the event and full results on the website [www.lcwwales.com](http://www.lcwwales.com)

## **Good Luck with your race and remember, race safely!**

### **Activity Wales Events Team**

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 of the marshals and race officials.

Activity Wales Events has a growing list of top quality events.

Keep an eye on the website [www.activitywalesevents.com](http://www.activitywalesevents.com)

