

EVENT INFORMATION PACK

- PLEASE READ CAREFULLY -



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

SWANSEA TRIATHLON

POWERED BY



Sunday 28th May 2017
Sprint - 750m Swim/20k Bike/5k Run



WWW.SWANSEATRIATHLON.COM

EVENT INFORMATION

- PLEASE READ CAREFULLY -

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EVENT ITINERY

A QUICK LOOK AT THE ITINERARY FOR THE EVENT

Sunday 28th May 2017

TIME	DESCRIPTION	LOCATION
10am-3pm	REGISTRATION OPEN	NATIONAL WATERFRONT MUSEUM
10am-3pm	MASSAGE	NATIONAL WATERFRONT MUSEUM
10am-3pm	EXPO's OPEN	NATIONAL WATERFRONT MUSEUM
From 12pm	LIVE MUSIC	CASTLE SQUARE
2pm-3:30pm	TRANSITION OPENS	
3:30pm	SAMBA BAND PLAY	
4:45pm	WAVE 1 START	SA1 DOCK
4:55pm	WAVE 2 START	SA1 DOCK
5:15pm	WAVE 3 START	SA1 DOCK
5:30pm	1st ATHLETE BACK	CASTLE SQUARE
5:30pm	WAVE 4 START	SA1 DOCK
7:30pm	LAST BIKE BACK	
8pm	LAST ATHLETE BACK	CASTLE SQUARE

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tri today party after



BUSINESS IMPROVEMENT DISTRICT

With hundreds of
**independent and national
shops, bars, restaurants and
hotels**, Swansea City Centre
has **something for everyone!**

Swansea City Centre Triathlon, Sunday 28/5/17

PLUS let us entertain you with
live music from 1pm - 4pm



swanseaBID



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PRE-EVENT INFORMATION

Directions & Parking

Directions from the M4

Postcode - SA1 3RD

- Leave M4 at Junction 45
- Keep in left hand lane and take A4067 towards the City Centre
- Follow the signs for Stadium for approx. 6 miles and then the Stadium will appear on your left hand side
- After the Stadium follow the road and take a right at the roundabout towards the docks
- There are many car parks in the area which you can park in to access all the areas needed.

Parking

Quadrant Bus Station Public Toilets, Plymouth Street, SA1 3AR

Civic Centre Public Toilets, Oystermouth Road, SA1 3SN

Maritime Quarter Public Toilets (near the Marina barrage), SA1 1UN

National Waterfront Museum Public Toilets, Oystermouth Road, SA1 3RD

LC Swansea Public Toilets, Oystermouth Road, SA1 3ST

Registration & Expo

Registration will be at the National Waterfront Museum. **Please be aware that no bikes are permitted inside the museum.**

You will need your Photo ID and signed Disclaimer to be able to register on the day. Without these we have the right to stop you from competing Only you can register! You are not allowed to register someone else!

Entries are non-transferable, so if someone else races 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 Bib Numbers, 1 Helmet Number, 1 Bike post number and 1 Timing Chip and Swim Hat for your allocated wave. **Please make sure you complete the medical information on the back of your bibs.**

You will be registered in your wave, so please make sure you know your wave before arrival - you can find this information on the website. Waves are not transferable.

Pre race massage with also be available at registration by Vicki White Sports Massage. You can pre-book by visiting www.vickisportsmassage.co.uk/2017/03/swansea-tri-2017-booking/

Transition

Transition will be at the car park by the Swansea Yacht Club. Please make sure you have picked up your registration pack before trying to rack your bike. **You will be racked in your waves.**

You will need to number your bike and helmet with the numbers provided before entering Transition. **Please make sure your helmet is on when you rack your bike. You will be racked in your waves.**

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 in transition after 3.30pm.

ON THE DAY INFORMATION

Timing

At Registration you will be given 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 runs, and rear during the bike. If numbers are not visible, you could be penalised or disqualified. Race belts can be worn.

Mandatory Event Briefing

All athletes will be required to attend the Pre-Event Briefing, which will be held near the PA System the start line. Please make sure you are at the start line 30 minutes prior to your wave time.

Cut Off Times

The bike cut off is 7.30pm and last athlete across the finishline is 8pm.

Drafting

This event is a non-drafting event. There is a draft zone around each bike that is 3m wide by 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 centred 1.5m each side of the bike.

If you approach another competitor you have a choice, keep back and stay outside that zone or overtake. If you decide to overtake, you have 15 seconds (30 seconds in long distance events) to get past the cyclist or drop back. The cyclist who you have just overtaken 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!).

Massage

Vicki White Sports Massage will be available at Registration on the Sunday Afternoon and also on the Finish line after the race. You can pre-pay for your massage now at www.vickisportsmassage.co.uk/2017/03/swansea-tri-2017-booking/

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 Swansea area, so please help us by reducing the environmental impact as much as possible and take all your litter home. If you are caught littering on course or at transition, you will be disqualified from the event.

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.

ON THE DAY INFORMATION

Photography

There will be a number of photographers & videographers out on course. Athlete pictures will be available online from Finisher Pix.

Bike Mechanics

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 then prior to the event for a full service to ensure that your bike is in full working order.

Waves

Your wave time has been allocated and is available to view on the website at www.swanseatriathlon.com
All waves will have different swim hats and are non transferable.

Please make sure you are at the start line 30 minutes prior to your start time. All wave times are approximate and may be subject to change on the day. You will only be able to race in the wave time allocated to you.

Suitable Clothing & Lights

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

Failure to Finish

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





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School of Sport, Health and Outdoor Education

Challenge by Choice

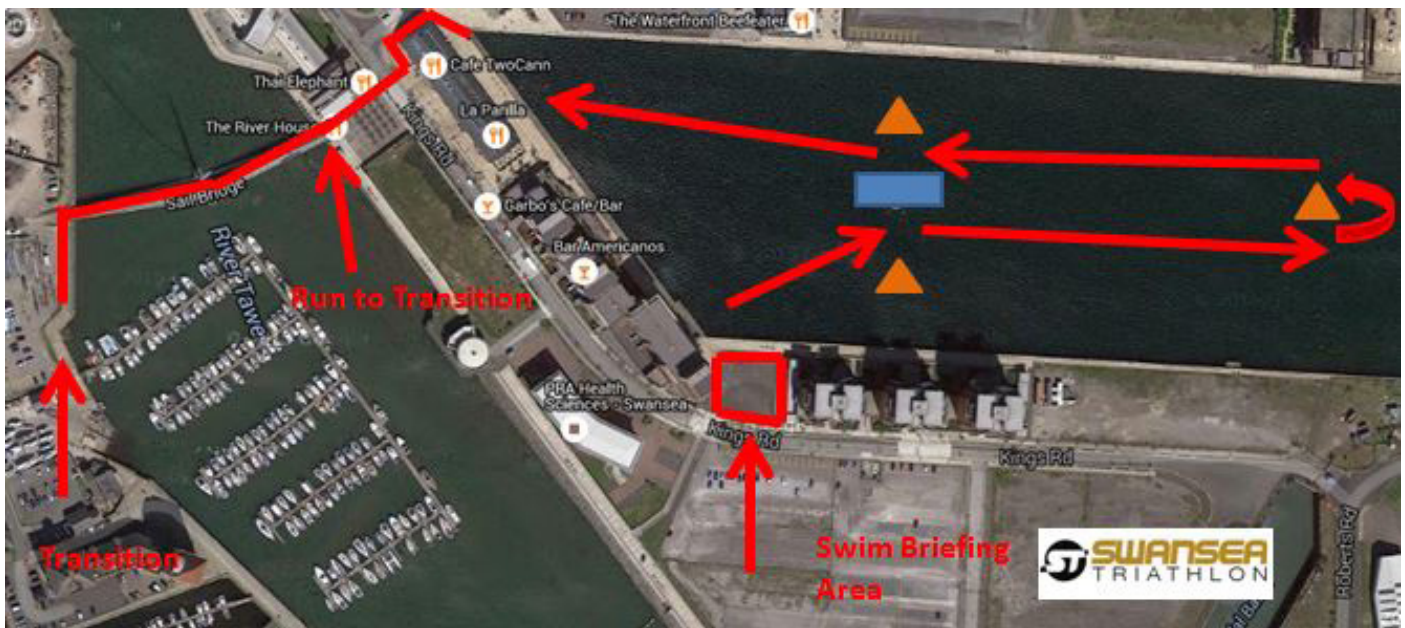
BSc Sport and Exercise Science
(Sports Nutrition)
(Personal Training)
(Outdoor Fitness)
(Clinical Exercise Physiology)

These courses are aimed at those who have an interest in sport, health and physical activity, and wish to deepen their understanding of the functioning of the human body.

**Best in Wales
for Student
Satisfaction in
Sport Science**
Complete University Guide 2018



ROUTES SWIM COURSE



You will be asked to attend the swim welcome area in SA1 close to the swim in point at least 30 minutes before your wave start time as we will be running a rolling wave start, as one wave finishes the next will begin. The wave time issued is approximate and could start prior to the advertised time. Please note that your timing chip will only be activated in conjunction with your wave start time. **Wetsuits are mandatory for the swim.**

After a short briefing you will be invited into the water. You will be going over a timing mat at the top of the pontoon to count you into the water. This is for safety purposes and to activate your timing chip in your relevant wave, so once you have crossed this point you will not be permitted to cross the mat again. Therefore it is essential that you wear the timing chip provided and on your left ankle.

Please take care when entering the water. You will be then invited to proceed to the start line which will be clearly indicated. It is a deep water start; weak swimmers are advised to start at the side or back of the group.

Make sure you give yourself plenty of space. This will enhance your enjoyment of the swim.

You will be given a 30 second warning prior to the start of the event. The event will then start anytime in the next 30 seconds.

Water safety is provided by professional and well trained organisations. Should you get into trouble please lie on your back and put your hand in the air and they will assist you. Water safety are there to enhance enjoyment and naturally to ensure of 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 anticlockwise direction. You will swim between a floating pontoon and the large orange buoy, and then head out to the swim buoy at the furthest end of the lagoon. You will exit the swim at the opposite end that you entered.

ROUTES SWIM COURSE

Swim Exit

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 some blood flow into your legs. Please make sure that you are fully stable on your feet before the final exit from the water as this is up some steps.

Run To Transition

There is an approximate 350m run to the transition area, most athletes will run barefoot but we will have a trainer drop section, trainers can be left here prior to your swim. It will be your responsibility to find your own shoes.

Road To Sail Bridge

You will be required to cross a road prior to the sail bridge, this will be marshaled but it is your responsibility to ensure that it is safe to cross the road.

Sail Bridge

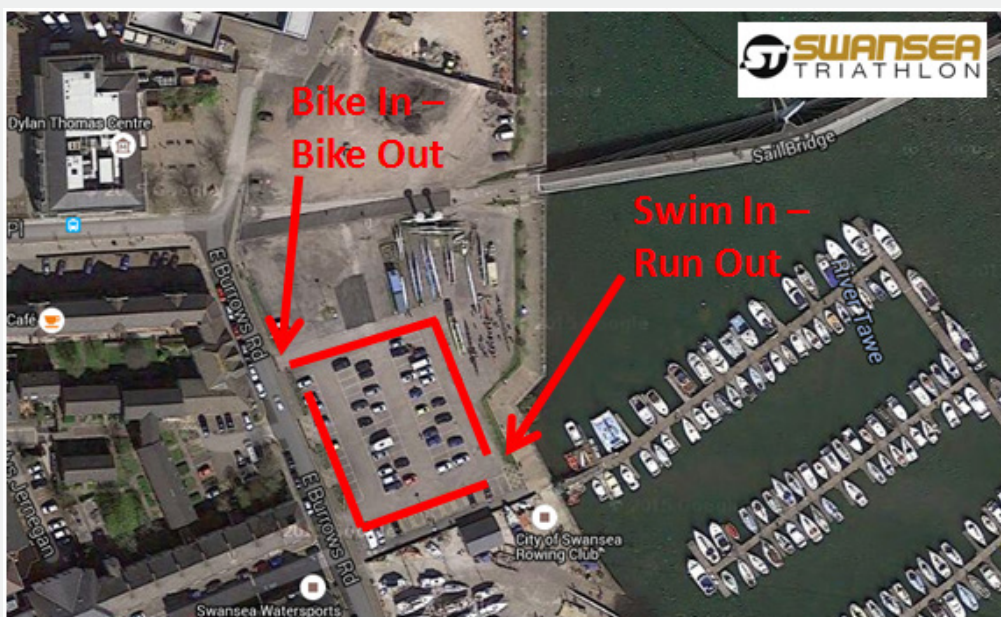
On entering the sail bridge athletes must keep to the **right hand side**.

Transition

Transition is laid out in a fair way. Please familiarise yourself with transition when racking your bike, there will be marshals in attendance and specific sail flags to assist you with this. You must rack your bike in your allocated wave location. You must ensure that leave your wetsuit in a manner that will not impede other athletes. You must also fully fasten your helmet before unracking your bike. This is one of the rules the referees will be looking out for.

It is imperative that your bike is in a road worthy condition and there will be bike mechanics at registration if you should encounter any last minute problems. Should your bike be found to be non-roadworthy, you will not be allowed to rack your bike.

On exiting transition you must not mount your bike until you have crossed the mount line. There will be a marshal at this point to advise you.



ROUTES

BIKE COURSE



You are now entering the bike section of the course. Whilst every possible effort has been made to ensure the course is sterile of vehicles this cannot be 100% guaranteed please keep this in mind at all times. Please ride within your own ability and don't get caught up in the event. Also if there is a blue light incident on course connected or not to the race they get priority.

It is a **non drafting event**; please see example in the rules section. To complete the distance you are required to complete is 3 laps of the course. Comprehensively marshaled and signed with a black arrow and fluorescent background.

Please be aware that there will be members of the general public crossing the road at various points so please ride with this in mind and be courteous at all times. Any dangerous riding or abusing language used will carry a DQ from the event without appeal.

Please communicate with other athletes when overtaking and avoid sudden movements as there will be a large number of bikes on the course.

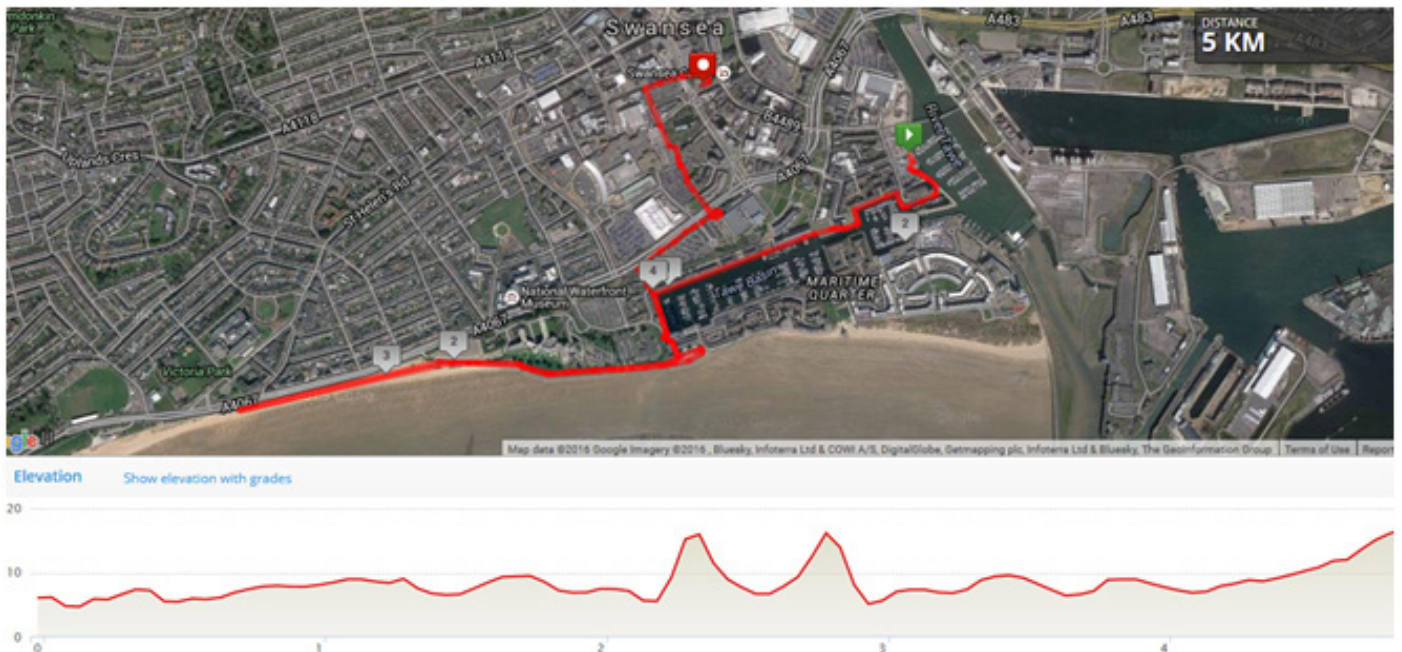
Please reduce your speed when approaching the turn points. When approaching the UWTSD turn point at the Swansea end of the course you must stick to the right hand side unless you are returning to transition.

When you have completed your 3 laps you need to keep left at this point to head back to transition.

Bikes in two directions so please take care and keep left at all times. There is a 7:30pm cut off for the bike section. You must get off your bike prior to the dismount line. Rack your bike before you take off your helmet.

Exit onto the run.

ROUTES RUN COURSE



Comprehensively marshaled and signed with a black arrow and fluorescent background.

It is not possible to wear personal listening devices. Anyone found wearing one will be DQ.

Keep left at all times unless overtaking another athlete.

Respect other path users.

Pump House

As you head out on the run, you'll head to the Pump House's 'High 5 Zone', where crowds will gather as you pass through the beer garden. It's a great place for family and friends to gather before they head to Castle Square to see you cross the finish line.

Road and steps

Road crossing after the marina section. There will be marshals in attendance but it is your responsibility to ensure it is safe to cross the road prior to doing so.

Please take care when going up and down a small section of steps.

The course will head out to a turn point along the promenade in the direction of Mumbles. There are sections of the course that are two way, please respect other path users.

There is an 8pm cut off for the overall race.

SWANSEA TRIATHLON LIVE

WHERE ROCK N ROLL
MEETS RADICAL SPORT

SAT 27TH - SUN 28TH &
MON 29TH MAY 2017



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LIVE MUSIC • SWANSEA TRIATHLON
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A MESSAGE 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.
- 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.

A WORD FROM OUR SPONSOR

"We are delighted to be the main sponsor of the Swansea Triathlon. This is an exciting opportunity to be part of a major new sporting event in the heart of the city centre where we are developing SA1 Swansea Waterfront – a learning-centred neighbourhood for the University and for our academic, business and cultural partners.

The University is keen to act as an engine for growth and prosperity across the region aiming to attract through its activities at SA1, both inward investment and collaboration with commercial enterprise and creative industry partners.

Events such as the Swansea Triathlon show that a new Swansea is gradually emerging in the former docks at SA1 together with new homes, offices and leisure facilities. The historic civic centre of Swansea is simultaneously being gradually reinvented for new purposes. UWTSU's SA1 Swansea Waterfront development is both a participant and catalyst in this broader pattern of change in Swansea.

I would like to wish all the athletes taking part in today's event the very best of luck. I am sure it will be a very enjoyable event and one that will further Swansea Bay's growing reputation as an area of sporting excellence."

Professor Medwin Hughes, DL, Vice-Chancellor, University of Wales Trinity Saint David

#PoppysDream



Swansea Triathlon 2017

We're the charity dedicated
to helping families with
children with brain conditions
discover a better life together.

Please give Poppy a cheer as
we make her triathlon
dreams come true.

Text CEREB12 £5 to 70070

www.cerebra.org.uk

CEREBRA
Working wonders for children
with brain conditions

Registered Charity no. 069812 Company no. 4336208

AFTER THE EVENT

The Presentation

We will hold the presentation approximately 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 after the event with a £5 P&P charge.

Winning Categories -

1st, 2nd, 3rd Male and Female

1st, 2nd, 3rd Male & Female Vet

1st, 2nd, 3rd Junior

There will also be results for Vintage Vet, but there won't be a prize.

Results

You can find your results on our website www.swanseatriathlon.com.

We will let you know on our facebook page when they are live.

Lost Property

Any lost property that has been found will be brought back to the office. Please contact us directly after the event and if it has been found we will be happy to send it back to you with a P&P charge.

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 Media and Social campaigns, please send them in to us at info@activitywalesevents.com

Social Media

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

Facebook - www.facebook.com/activitywalesevents

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

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

2018 Event Date

The event will be on Sunday 27th May 2018 and you can enter the event from Monday 29th May 2017 at www.swanseatriathlon.com.

***Good Luck and Race Safely
From Activity Wales Events***



2017 Season

All these events are open already and filling up faster so make sure you enter now and don't lose your place crossing that finishline.

We look forward to seeing you there.

7th - 9th July - Long Course Weekend

7th July - Taff Kids

7th July - The Wales Swim

8th July - The Wales Sportive

9th July - The Wales Marathon

9th July - The Wales Half Marathon

9th July - The Wales 10k

9th July - The Wales 5k

29th July - Wales Triathlon and Sprint Triathlon

9th September - Saundersfoot Triathlon

16th September - Gower Triathlon & Fancy Dress Triathlon

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