

# EVENT INFORMATION PACK

- PLEASE READ CAREFULLY -

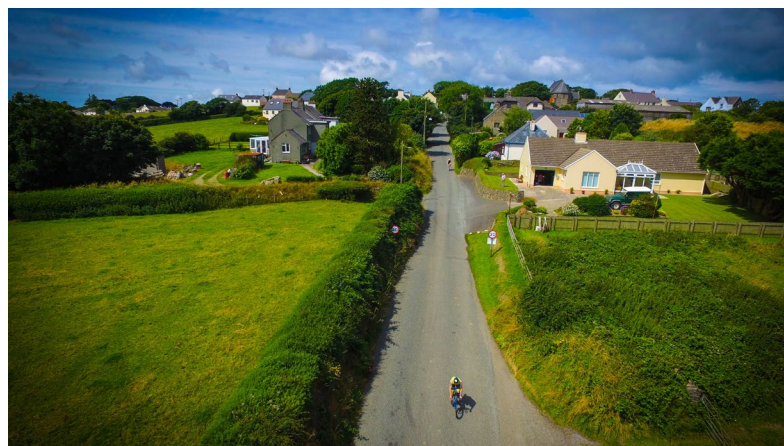
# WALES TRIATHLON CYMRU 2017



## SATURDAY 29TH JULY 2017

Middle - 1.2m Swim/56m Bike/13.1 Mile Run

Sprint - 750m Swim/20k Bike/5k Run



# EVENT INFORMATION

- PLEASE READ CAREFULLY -

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## EVENT ITINERARY

### FRIDAY 28TH JULY 2017

5:00PM - 8:00PM	REGISTRATION & EXPO OPEN	PHOENIX CENTRE, GOODWICK
5:00PM - 8:00PM	MASSAGE	PHOENIX CENTRE, GOODWICK

### SATURDAY 29TH JULY 2017

8:30AM - 10:30AM	REGISTRATION OPEN	PHOENIX CENTRE, GOODWICK
9:30AM - 11:00AM	TRANSITION OPEN	PARROG CAR PARK, GOODWICK
11:15AM	MANDATORY BRIEFING MIDDLE DISTANCE	START LINE
<b>11:30AM</b>	<b>MIDDLE DISTANCE STARTS</b>	
12:15PM	MANDATORY BRIEFING SPRINT DISTANCE	
12:30PM	LAST MIDDLE DISTANCE OUT THE WATER	START LINE
<b>12:30PM</b>	<b>SPRINT DISTANCE STARTS</b>	
8:30AM - 7:30PM	MASSAGE AVAILABLE	FINISH LINE
1:45PM	FIRST SPRINT ATHLETE BACK	
2:45PM	BIKE SECOND LAP CUT OFF	BOTTOM OF MATHRY HILL
3:00PM - 4:00PM	MASS BIKES COME BACK INTO GOODWICK	
5:00PM	LAST BIKE INTO TRANSITION	
5:30PM	PRESENTATION FOR 1ST, 2ND, 3RD	FINISH LINE
6:30PM	LAST RUN LAP CUT OFF	
7:30PM	LAST ATHLETE CUT OFF	

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

# PRE-EVENT INFORMATION

## Directions & Parking

### Directions from Carmarthen

Postcode - SA64 0AA

- Follow A40 to Haverfordwest
- On arrival to Haverfordwest, take the 2nd Exit on Both Roundabouts, sign posted Fishguard
- On Arrival at Fishguard, at the roundabout take the 1st exit on the roundabout towards Goodwick
- Take the 1st exit on the roundabout again and you will pass Goodwick Harbour on your right hand side.
- There is parking on your left handsde in the Goodwick Moor Car Park.

### Parking

Goodwick Moor, The Parrog, Goodwick, Pembrokeshire SA64 0DE  
Manorway Garage, Wern Road, Goodwick, Pembrokeshire SA64 0AA

## Registration & Expo

Registration will be at the Pheonix Centre in Goodwick.

You will need your Photo ID and signed Disclaimer to be able to register. 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 takes part under your details, you and the person racing will be disqualified and banned from all Activity Wales Events.

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

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

Please also remember to pick up any preordered clothing.

## Transition

Transition will be at the Parrog Car Park. Please make sure you have picked up your registration pack before trying to rack your bike.

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 11am. All bikes to be removed from transition by 8pm or 30 minutes after the last athlete has crossed the finish line.

# 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. Event belts can be worn.

Timing for this event is done by DBmax and you will be able to find your results on our website: [www.walestriathlon.com](http://www.walestriathlon.com)

## 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. Any Athlete not at the briefing will be disqualified.

## Cut Off Times

Middle Distance - You will have 1 hour to complete the swim. The bike cut off is 5pm and the Overall cut off is 7.30pm. If you miss any of these cut offs you will not be allowed to continue and will be given a DNF.

## 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 and also on the Finish line after the event.

You can pre-pay for your massage now at [www.vickisportsmassage.co.uk](http://www.vickisportsmassage.co.uk)

## 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 Pembrokeshire, 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.

# 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 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.

## Photography

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

## Bike Mechanic

Mikes Bikes 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.

## 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.



# ROUTES

## SWIM

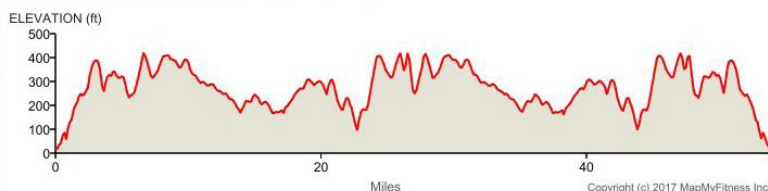
Westsuits are **COMPULSORY** during the swim and athlete must only wear the issued swim caps provided at registration.

After a short briefing you will be invited onto the slipway where you will go over the timing mat, therefore it is essential that you wear the timing chip provided and on your left ankle.

It is a 2 lap swim for the Middle Distance athletes and a 1 lap swim for the Sprint Distance.

Water safety is provided by professional and well trained organisations. Should you get into trouble please lay 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.

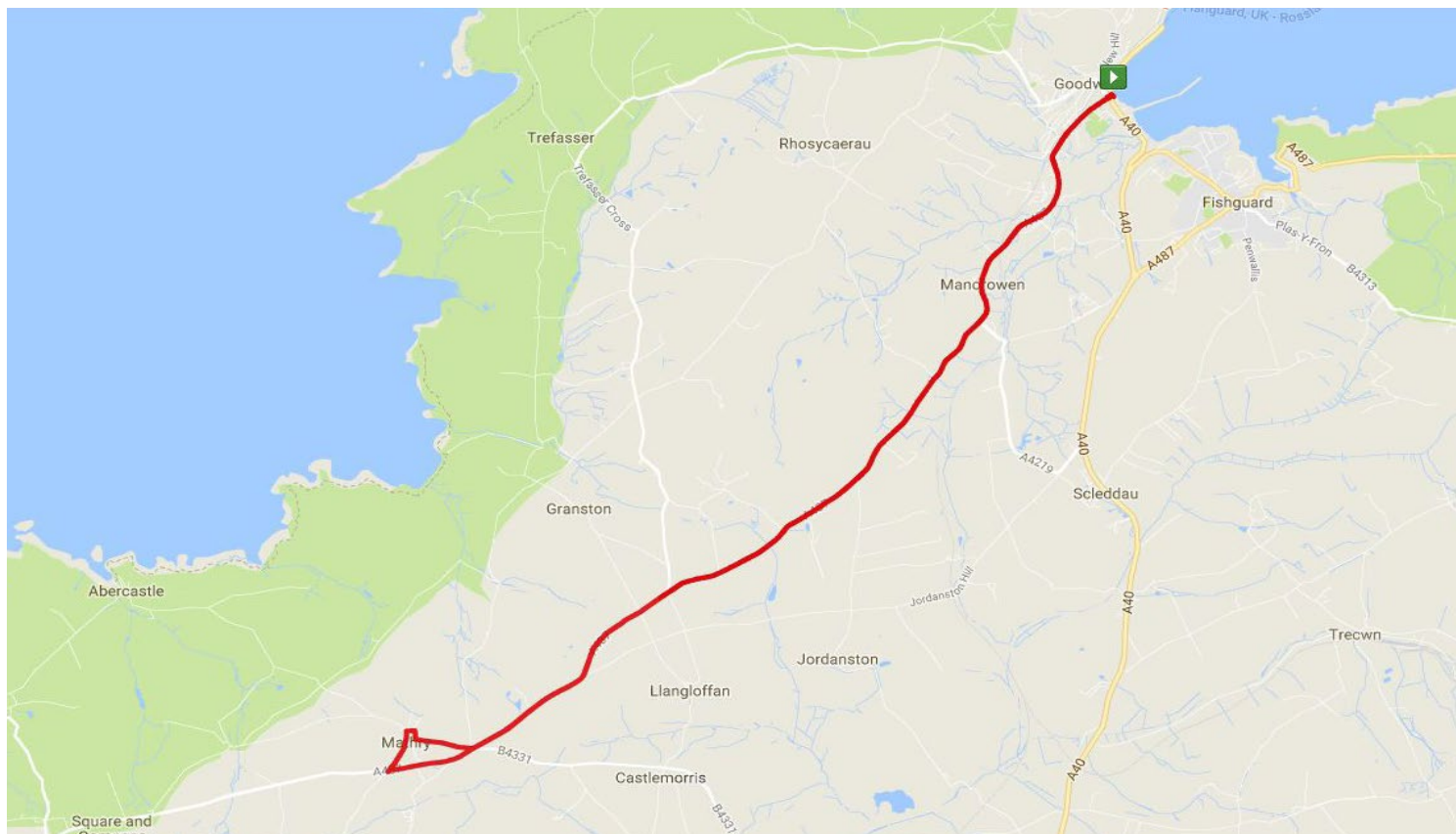
## BIKE - MIDDLE DISTANCE



This is a 2 lap course and there will be a cut off in Mathry for the 2nd lap. There is a feed station in St Davids which you can hit twice. You can only take one bottle on each lap so we advise you take 2 full bottles when you start your ride.

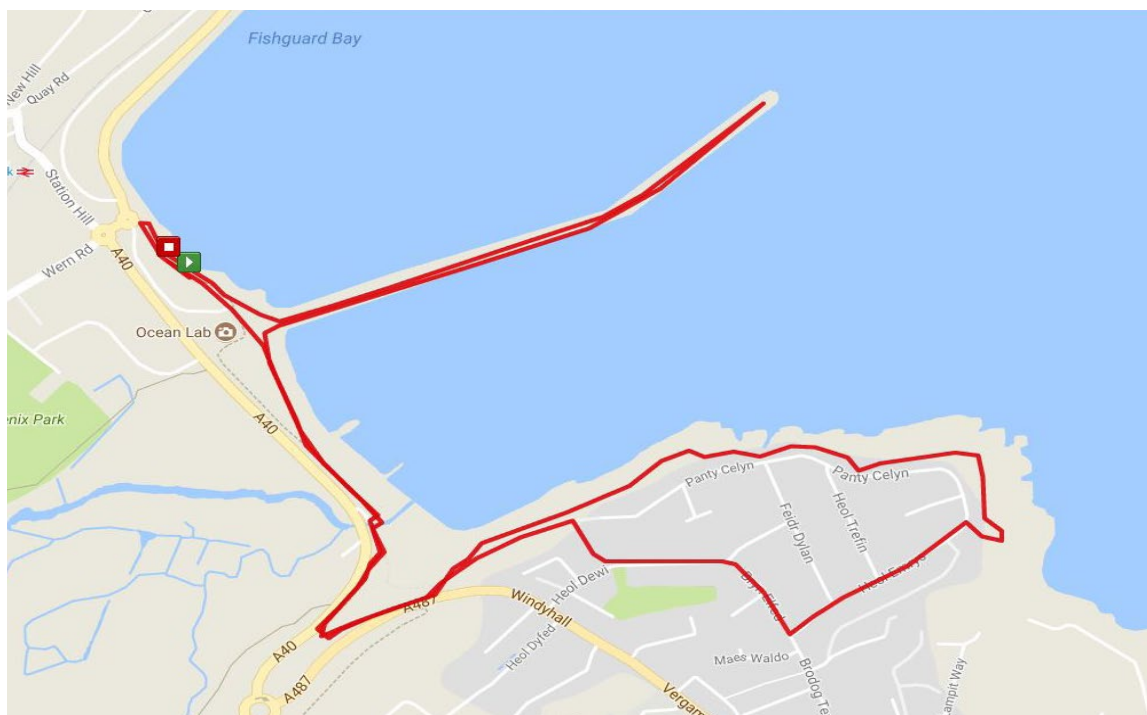
# ROUTES

## BIKE - SPRINT DISTANCE



The sprint distance is one lap from Goodwick to Mathry and back. There is no feed station on the bike.

## RUN - BOTH



The run is a lap run.

### Middle

- Four laps of the run, where you will be given a lap band for each lap you complete.

### Sprint

- Just the one lap and then to the finish line

There is a feed station at Marine Walk which you will pass twice on each lap.

# 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 event.

## 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 an entrant 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 taking part 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 spot-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.



# AFTER THE EVENT

## Presentation

We will hold the presentation approximately 15 minutes after the last athlete has crossed the finishline.

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

## Results

You can find your results on our website [www.walestriathlon.com](http://www.walestriathlon.com) results

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 direct 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](mailto:info@activitywalesevents.com)

## Social Media

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

Facebook - [www.facebook.com/activitywalesevents](http://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 Saturday 28th July 2018 and you can enter the event from Monday 31st July 2017 at [www.walestriathlon.com](http://www.walestriathlon.com)

***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.

**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**

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

**2018 - 13th - 15th July - 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**