

One



30/06/18

GOWER & FANCY DRESS TRIATHLON

EVENT PACK

WWW.GOWERTRIATHLON.COM
WWW.FANCYDRESSTRI.COM

IMPORTANT EVENT INFORMATION

PLEASE READ CAREFULLY



FIRSTLY, THANK YOU.

Activity Wales Events would like to take this opportunity to thank you for participating in one of our events. We're passionate about the events we run and your support in joining us for one of them really does mean a great deal to us.

We hope you have a great time and enjoy our event enough to return next year or try one of our other events.

Please read all the information in this event pack carefully, we take safety very seriously and informing participants correctly is an important part of making that happen.

See on race day and remember to have fun!

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FRIDAY 29TH JUNE 2018

WHEN	WHAT	WHERE
5:00pm - 8:00pm	Registration	The Ship, Port Eynon

SATURDAY 30TH JUNE 2018

WHEN	WHAT	WHERE
6:00am - 7:20am	Registration	The Ship, Port Eynon
6:30am - 7:30pm	Transition Opens	Beach Front, Port Eynon
7:45am	Mandatory Race Briefing (All Athletes)	Beach Front, Port Eynon
8:00am	EVENT START - ONE WAVE OF BOTH	Beach Front, Port Eynon
9:00am	Swim Cut Off	Transition
11:00am	Bike Cut Off	Transition
11:30am	Run Lap Cut Off	Transition
12:00pm	OVERALL CUT OFF	Beach Front, Port Eynon

DIRECTIONS & PARKING

POSTCODE: **SA3 1NL**

DIRECTIONS FROM M4

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

PARKING:

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

REGISTRATION

LOCATION: **THE SHIP INN, SA3 1NN**



YOU WILL NEED YOUR PHOTO ID TO COLLECT YOUR BIB NUMBER, WITHOUT THIS WE HAVE THE RIGHT TO STOP YOU FROM COMPETING. ONLY YOU CAN REGISTER. YOU ARE NOT ALLOWED TO REGISTER ON SOMEONE ELSE'S BEHALF

Entries are now non-transferable. If you have **not** gone through the proper steps to transfer your entry to another person, they will be unable to race. If someone else takes part with your details, you and the person taking part will be disqualified and banned from all 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**
- **1 x Swim Hat**

Please make sure you complete the medical information on the back of the bibs.

TRANSITION

Transition will be at the Beach Front Car Park, Port Eynon. Please make sure you have picked up your registration pack before trying to rack your bike.

Make sure you have numbered your bike and helmet with the numbers provided before entering Transition. **Please make sure your helmet is on when you rack your bike.** The transition area has been laid-out to create an equal transition for everyone - we have therefore not numbered the racks so you can rack anywhere.

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 **12pm** or 30 minutes after the last athlete has crossed the finish line.

TIMING & RACE NUMBERS

At registration you will be given your **timing chip** which you must attach to your left ankle for the duration of the event. Race numbers must be displayed on the front during the run and the back during the bike. Failure to display your number could cause you to be penalised or disqualified. Race belts are permitted.

DRAFTING

THIS EVENT IS A NON-DRAFTING EVENT. Each bike will have a draft zone 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 centered with 1.5m each side of the bike.

On approaching another competitor you must either keep back outside of their draft zone or you must overtake. If you choose to overtake, the cyclist you are overtaking is then responsible for dropping back outside of your draft zone.

If you have difficulty visualising the draft zone then the equivalent distance you must keep between your front wheel and the rear wheel of the cyclist in front is roughly the length of a large family car.

EVENT DAY INFORMATION



PHOTOGRAPHY

There will be a number of photographers & videographers out on course. Athlete pictures will be available online from Charles Whitton - www.charleswhittonphotography.com

SUITABLE CLOTHING & LIGHTS

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

EVENT BRIEFING & CUT-OFF

There is a compulsory pre-event briefing held on the start line which must be attended by ALL athletes.
Any athlete not present at the briefing will be disqualified.

 **OVERALL CUT-OFF: 12:00PM FOR ALL ATHLETES.**

See itinerary for rest of the cut offs

FAILURE TO FINISH

If you are unable to finish the race, you **MUST** report to an Official to inform them, and hand back your timing chip.

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 race in the Swansea area, so please help us by reducing the environmental impact as much as possible and take all your litter home.

MARSHALS

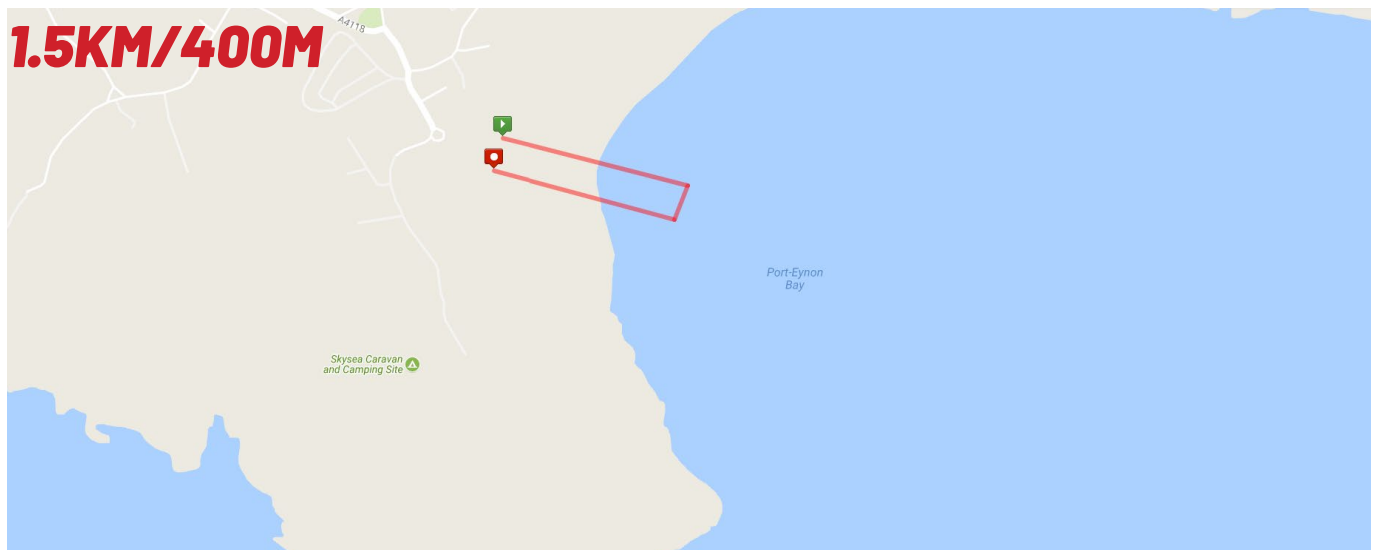
Please be advised that all the Marshals are giving their time for free and without their assistance we would not be able to organise the race. If possible, please show your gratitude whilst on the course and be aware that any abusive behaviour will result in immediate disqualification. Marshals are not 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.

SWIM ROUTE 1.5KM / 400M

Wetsuits are **COMPULSORY** during the swim and an 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**.

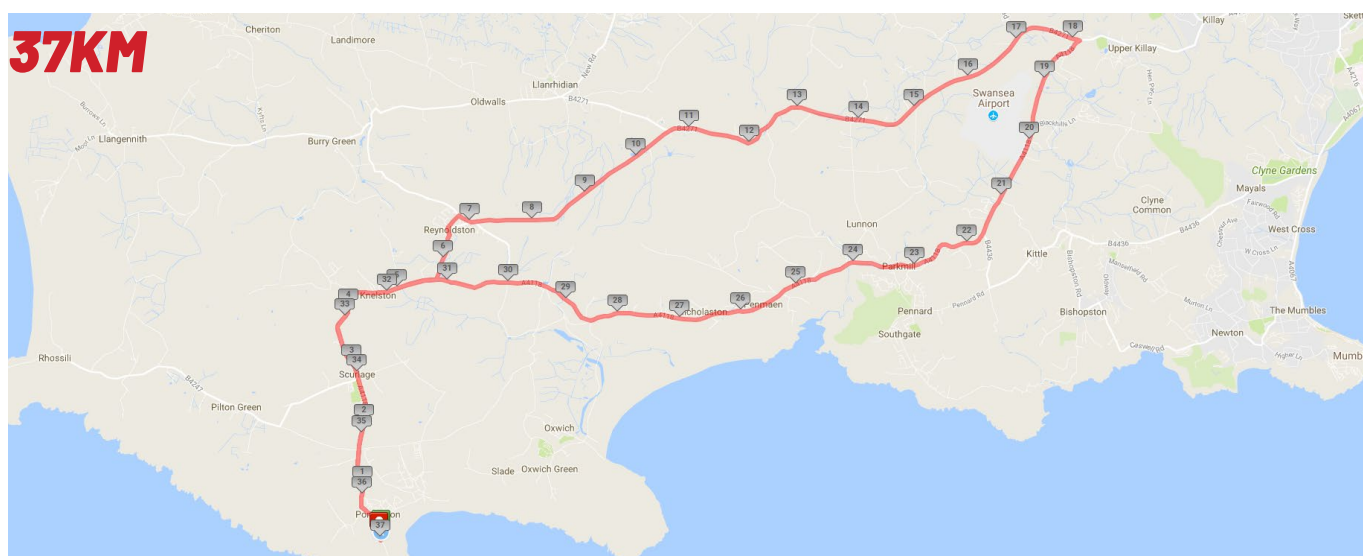
Water safety is provided by professional and well trained organisations. Should you get into trouble please lay on your back and put your hand in the air and they will assist you. Water safety is there to enhance enjoyment and naturally to ensure your safety, you will not be DQ'd for requesting their help should you then be able to complete the swim.



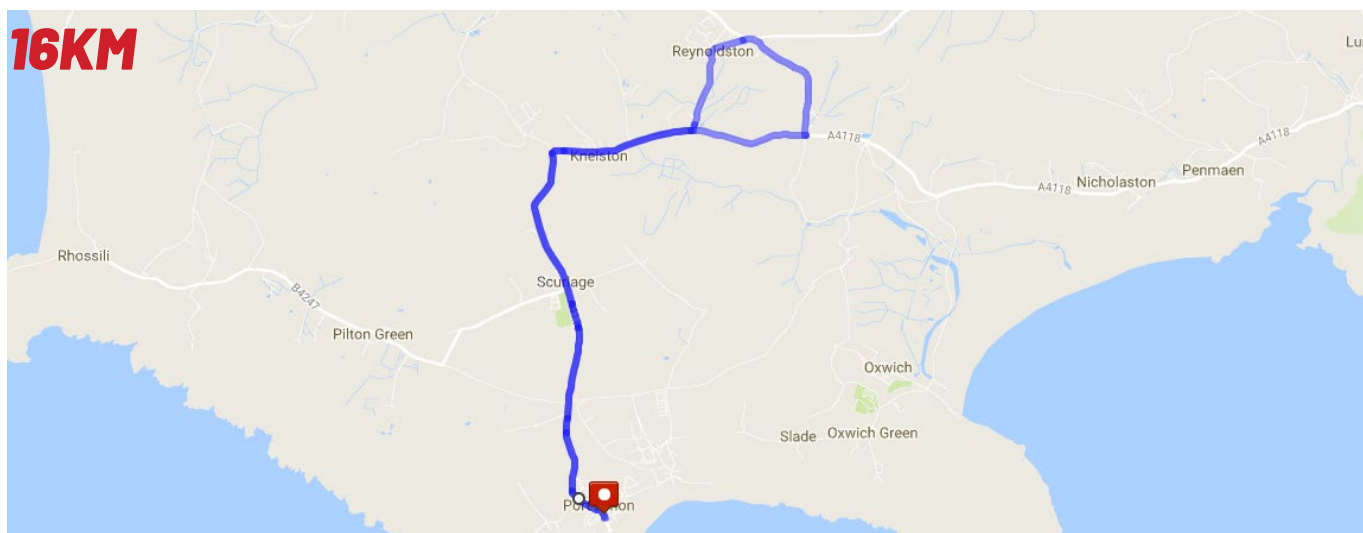
BIKE ROUTE **37KM / 16KM**

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.

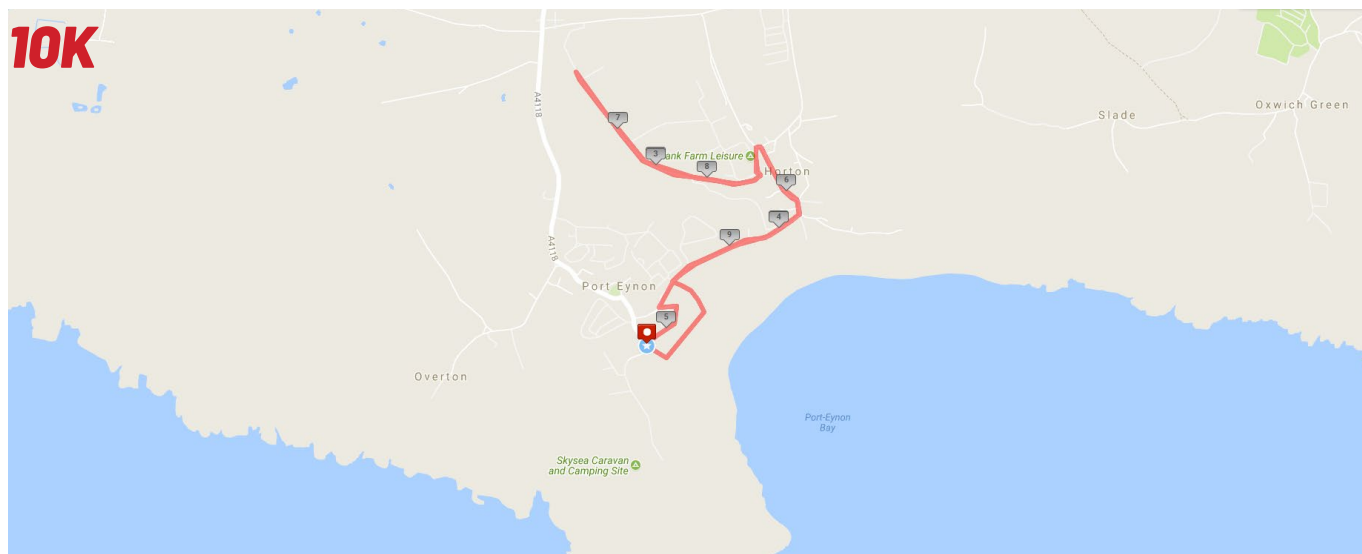


You are required to complete 1 lap of the course. It is comprehensively marshalled and signed with black arrows and fluorescent background. The bike route is on public highways which are open to other road users.

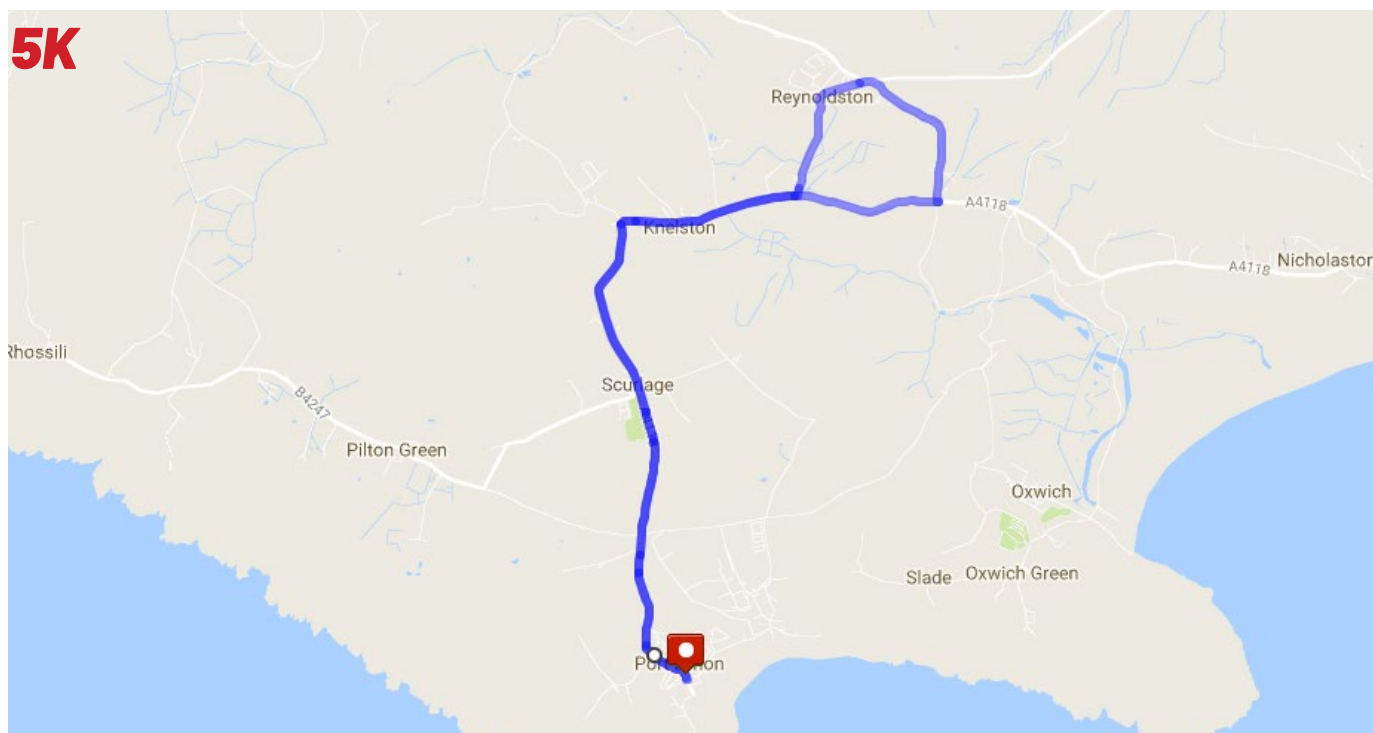


RUN ROUTE 10K / 5K

The Run route is 2 laps of a 3 mile course.



The Run route is 1 lap of a 5k course.



GENERAL RULES & 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.
- 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 any way 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.

AWARDS PRESENTATION

We will hold the presentation at approximately 15 minutes after the last athlete has crossed the finish line. If the weather does not permit this, we will send 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 GOWER

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

1st Male and Female FANCY DRESS

RESULTS

You can find your results on our website **www.gowertriathlon.com / www.fancydresstri.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 our 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

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**

2019 EVENT DATE

The event will be on **22nd June**. Entries will be open on **4th July**.



— OUR EVENTS —

Long Course Weekend - 13-15 July 2018 **SOLD OUT**

Junior Long Course Weekend - 13-15 July 2018 **SOLD OUT**

Taff Kids - 13-15 July 2018

The Wales Swim - 13 July 2018

The Wales Sportive - 14 July 2018 **SOLD OUT**

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

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

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

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

Saundersfoot Triathlon - 8 September 2018

Mumbles Triathlon - 29 September 2018



LCW Jervis Bay - 19 October 2018



LCW Mallorca - 27 October 2018

Mumbles Duathlon - 23 March 2019 **OPEN NOW**

Swansea Triathlon - 2 June 2019 **OPEN NOW**

Wales Tri - 8 June 2019 **OPEN NOW**

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