

*One*



**20/05/18**

# SWANSEA TRIATHLON

**EVENT PACK**

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



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



SWANSEA  
TRIATHLON



## 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 our £350,000 SA1 Swansea Waterfront Development to create 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. UWTSD's SA1 Swansea Waterfront 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 of UWTSD***

"Braf iawn gennym fod yn brif noddwr Triathlon Abertawe. Mae hwn yn gyfle cyffrous i fod yn rhan o ddigwyddiad chwaraeon newydd pwysig ynghanol y ddinas lle rydym ni wrthi'n codi ein datblygiad £350,000 yn SA1 Glannau Abertawe – i greu cymdogaeth sy'n seiliedig ar ddysgu i'r Brifysgol ac i'n partneriaid academiaidd, busnes a diwylliannol.

Mae'r Brifysgol yn awyddus i weithredu'n symbylydd twf a llewyrch ar draws y rhanbarth, gan anelu trwy ei gweithgareddau yn SA1, at ddenu mewn-fuddsoddiad a chydweithredu â mentrau masnachol a phartneriaid yn y diwydiannau creadigol.

Dengys digwyddiadau megis Triathlon Abertawe fod Abertawe newydd yn raddol ddod i'r amlwg yn nocio'u'r oes a fu yn SA1 ynghyd â chartrefi, swyddfeidd a chyfleusterau hamdden newydd. Ar yr un pryd mae canolfan ddinesig hanesyddol Abertawe yn cael ei haildyfeisio'n raddol at ddibenion newydd. Mae'r Drindod Dewi Sant yn SA1 Glannau Abertawe yn gyfranogwr ac yn gatalydd o fewn y patrwm ehangach hwn o newid yn Abertawe.

Hoffwn i ddymuno bob lwc i'r holl athletwyr sy'n cymryd rhan yn y digwyddiad heddiw. Rwy'n siŵr y bydd yn ddigwyddiad pleserus iawn ac yn un a fydd yn hyrwyddo enw da cynyddol Bae Abertawe fel ardal o ragoriaeth ym maes chwaraeon."



***Yr Athro Medwin Hughes, DL, Is-Ganghellor PCYDDS***



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**University of Wales**  
Trinity Saint David

# 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!



THE ACTIVITY WALES EVENTS TEAM

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## SUNDAY 20TH MAY 2018

WHEN	WHAT	WHERE
09:00am - 3:00pm	Bib No. Collection	Dylan Thomas Centre
09:00am - 3:00pm	Expo's Open	Dylan Thomas Centre
From 12:00pm	Live Music	Castle Square
2:00pm - 3:30pm	Transition opens	Opposite Dylan Thomas Centre
3:30pm	Samba Band Play Prior to Start	Prince of Wales Dock - SA1
4:45pm	<b>WAVE 1 START</b>	Prince of Wales Dock - SA1
4:55pm	<b>WAVE 2 START</b>	Prince of Wales Dock - SA1
5:15pm	<b>WAVE 3 START</b>	Prince of Wales Dock - SA1
5:30pm	1st Athlete Back	Castle Square
5:30pm	<b>WAVE 4 START</b>	Prince of Wales Dock - SA1
7:30pm	Last Bike Back	
8:00pm	Last Athlete Finishes	Castle Square





## DIRECTIONS & PARKING

POSTCODE: **SA1 1RR**

### PARKING:

Quadrant Bus Station, 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

LOCATION: **DYLAN THOMAS CENTRE**



**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**

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

**PRE-EVENT MASSAGE** will be available at registration on the Sunday afternoon prior to event.



## TRANSITION

Transition will be opposite the Dylan Thomas Centre. 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.

## 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.



## PHOTOGRAPHY

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

## BIKE MECHANICS

*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.*

## WAVES

*Your wave time has been allocated and is available to view on the website at [www.swanseatriathlon.com](http://www.swanseatriathlon.com). All waves will have different coloured 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.*



## 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: 8PM FOR ALL ATHLETES.**

The bike cut off is 7:30pm and the last athlete across the finishline is 8pm.

## 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.



# SWANSEA TRILIVE

SAT 19<sup>TH</sup> - SUN 20<sup>TH</sup> MAY 2018

AT CASTLE SQUARE MAIN STAGE

WHERE ROCK N ROLL  
MEETS RADICAL SPORT

LIVE MUSIC & SPORT ALL WEEKEND

POP RAGSY STEVE WILLIAMS QUARTET  
THE SHUFFLE MAESTEG UKULELE BAND JAZZ  
SICKNOTE STEVE HOBBO BLUES  
BIG BAND SOUND BID BRASS BAND  
ROCK & SOUL



LIVE MUSIC • SWANSEA TRIATHLON  
FAMILY MUSIC DAY • FIND THE REAL YOU

[WWW.SWANSEATRILIVE.CO.UK](http://WWW.SWANSEATRILIVE.CO.UK)



## SWIM ROUTE 750M

You will be asked to attend the swim welcome area in SA1 close to the swimming 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 it 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.

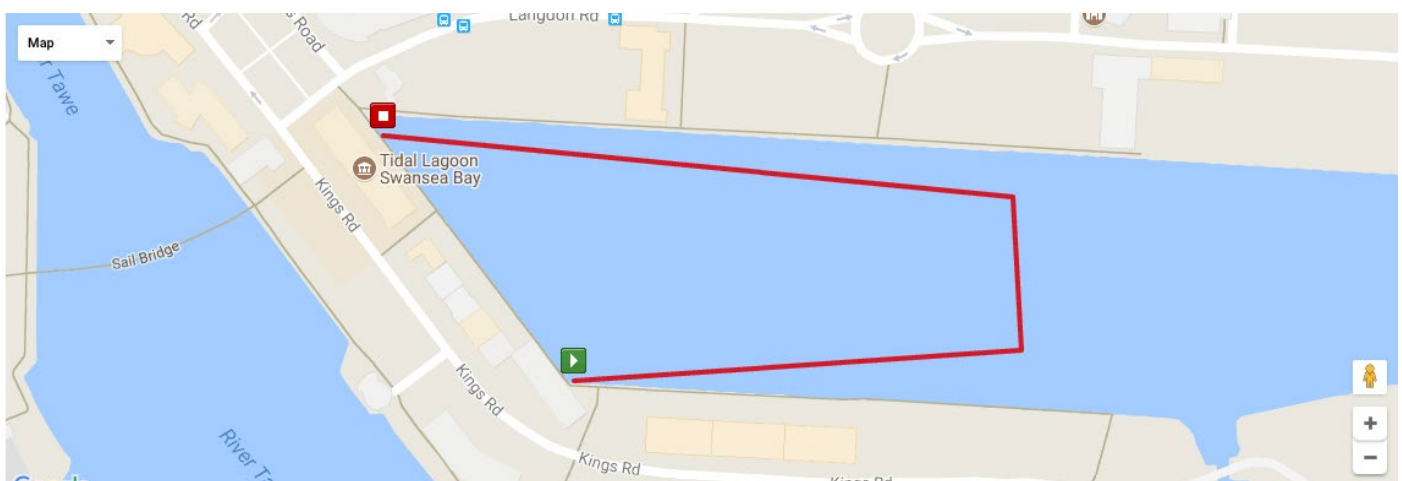
Please take care when entering the water. You then will be invited to proceed to the start line which will be clearly indicated. It is a deep water start; weak swimmers are advised to start at the side or back of the group.

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 you of your safety, you will not be DQ'D for requesting their help should you then be able to complete the swim.

The swim will take an anticlockwise direction. You will be swim between a floating pontoon and the large orange buoy, and then head out to swim the buoy at the furthest end of the lagoon. You will exit the swim at the opposite end that your entered.



## 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 you are fully stable on your feet before the final exit from 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.**

## SAIL BRIDGE WILL HAVE NO ACCESS FOR SUPPORTERS

The **Sail Bridge** will be **Athlete only**. Please make sure your supporters are aware during the event that they will **not** be allowed to cross and an alternative route will be placed.



## SAIL BRIDGE

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



## 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 you 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 the expo 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.*

## BIKE ROUTE 20KM

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 so 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.

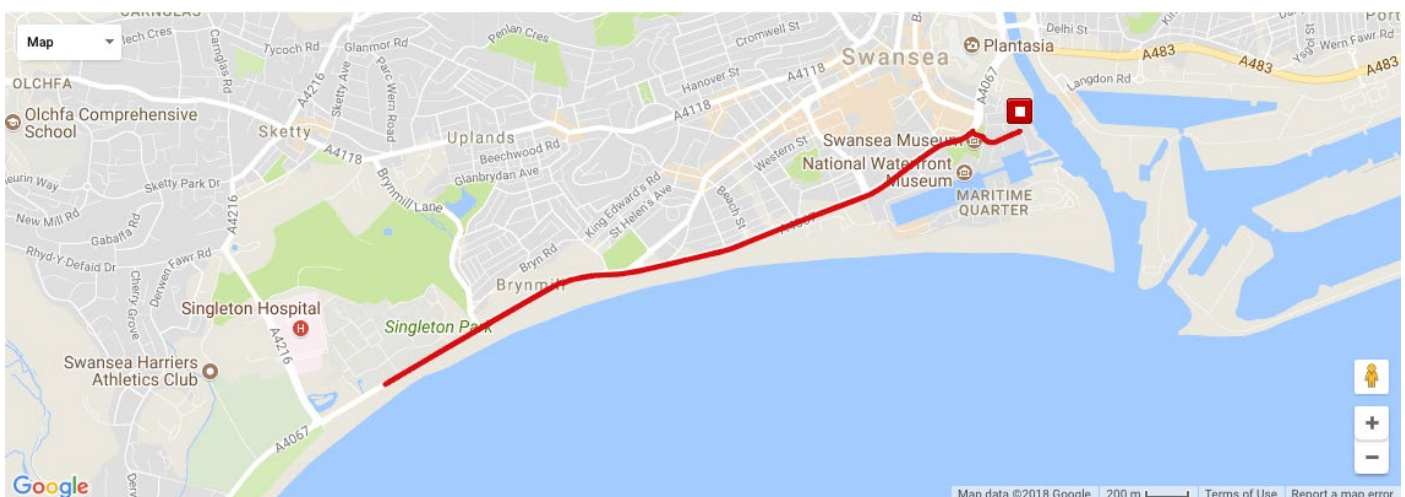
It is a **non drafting event**; please see example in the rules section. To complete the distance you are required to complete 3 laps of the course. Comprehensively marshalled and signed with a black arrow and fluorescent background.

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.

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.





## RUN COURSE 5KM

Comprehensively marshalled and signed with a black arrow and a 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.

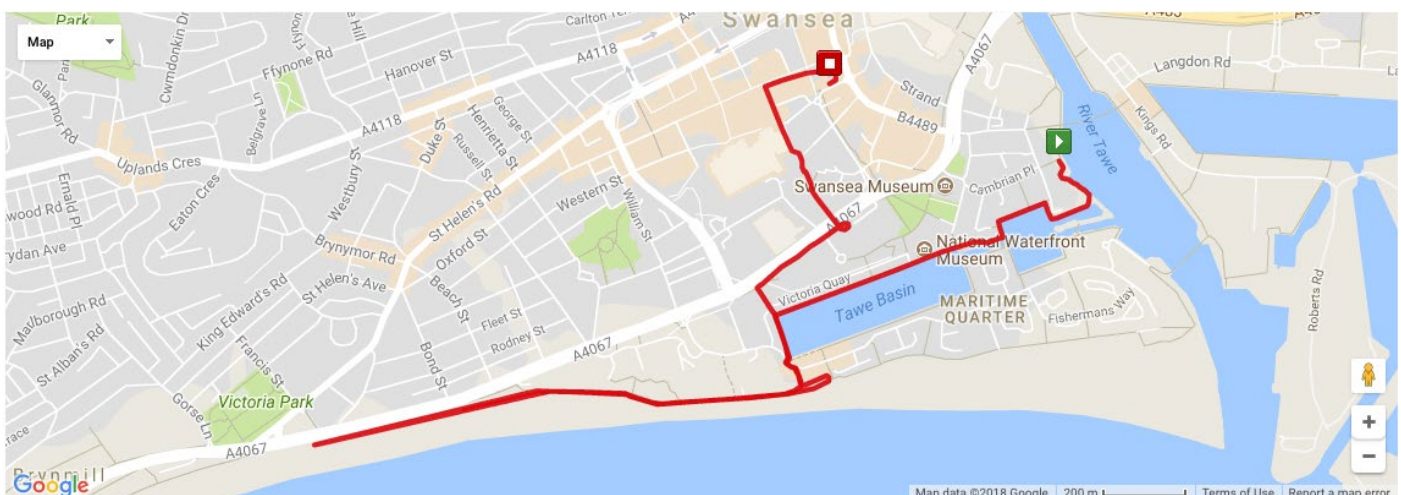
## ROAD AND STEPS

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.





## 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](http://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.

## Buddsoddi yng nghanol dinas Abertawe

Datblygiad £300 miliwn newydd SA1 Glannau Abertawe yn agor ym mis Medi 2018

Creu canolfannau effaith i fanteisio ar wybodaeth a datblygu sgiliau

Cydweithio â busnesau i ddenu buddsoddiad newydd i'r rhanbarth

## Investing in the heart of the city centre

New £300 million SA1 Swansea Waterfront Development opening in 2018

Creating impact hubs to enhance knowledge and develop skills

Collaboration with businesses to attract new investment into the region



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



[www.uwtsd.ac.uk](http://www.uwtsd.ac.uk)

**Trawsnewid Addysg, Trawsnewid Bywydau**  
**Transforming Education, Transforming Lives**



## AWARDS PRESENTATION

We will hold the presentation at approximately 7:30pm, on the stage at 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 (only available in wave 1)

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

**1st, 2nd, 3rd** Junior

## RESULTS

You can find your results on our website **[www.swanseatriathlon.com](http://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 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](mailto:info@activitywalesevents.com)**

## 2019 EVENT DATE

The event will be on **Sunday 26th May 2019**. Entries will be open on **23rd May 2018**





## — OUR EVENTS —

**The Wales Tri Middle** - 16 June 2018

**Gower Triathlon** - 30 June 2018

**Fancy Dress Tri** - 30 June 2018

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

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

**Taff Kids** - 13-15 July 2018

**The Wales Swim** - 13 July 2018

**The Wales Sportive** - 14 July 2018

**The Wales Marathon** - 15 July 2018

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

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

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

**Saundersfoot Triathlon** - 8 September 2018

**Mumbles Triathlon** - 29 September 2018

**LCW Jervis Bay** - 19-21 October 2018

**LCW Mallorca** - 27-29 October 2018

**Mumbles Duathlon** - 23 March 2019



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