



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

SWANSEA
TRIATHLON

POWERED BY



EVENT INFORMATION PACK

Sunday 5th June 2016

4:45pm start

Sprint Distance: 750m Swim / 20k Bike / 5k Run

Message from University of Wales Trinity St David

"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 Swansea Waterfront Innovation Quarter – 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 Swansea Waterfront Innovation Quarter 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 the 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."

- Medwin Hughes, UWTSD Vice Chancellor

Find out more about the University of Wales Trinity St Davids by visiting www.uwtsd.ac.uk

Itinerary

Sunday 5th June

Registration | 10.00am - 3.00pm | Waterfront Museum, Swansea

Meet the team | 10:30am | Transition (Car Park by Swansea Yacht Club)

Expo | 10.00am - 4.00pm | Waterfront Museum, Swansea

Live music & entertainment | 1.00pm - 4.00pm | Castle Square, Swansea

Transition | Opens at 2pm - Closes at 3:30pm | Car Park by Swansea Yacht Club

(No bikes will be allowed into transition after 3:30pm)

Wave 1 (Elite)

(Please note, only athletes in this wave will be eligible to claim 1st, 2nd and 3rd in the Male & Female categories. Age group categories can be won across all waves.)

Mandatory race briefing | 4.30pm

Wave 1 Est. Start | 4.45pm

Wave 2 (First Timer/Junior)

Mandatory race briefing | 4.50pm

Wave 2 Est. Start | 5.00pm

Wave 3 (Open)

Mandatory race briefing | 5.15pm

Wave 3 Est. Start | 5.30pm

Wave 4 (Club)

Mandatory race briefing | 5.45pm

Wave 4 Est. Start | 6.00pm

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 times issued are approximate and could start prior to the advertised time. You will have been emailed your allocated wave. You can also find your wave time at swanseatriathlon.com. Please note that your timing chip will only be activated in conjunction with your wave start time, so you are unable to change your wave start.

Bike cut off | 7.30pm

Last athlete cut off | 8.00pm onwards

Post race party | From 8.30pm onwards | No Sign Wine Bar, Wine Street

Registration

DON'T FORGET TO BRING YOUR PHOTO ID & DISCLAIMER TO REGISTRATION!

At Registration, you will be given your race number, a timing chip, a bike frame number and helmet number. The bike frame number needs to be attached to your bike before entering transition. The best place would be around your seat post. You will be required to show your race number, which will need to correspond with your bike number when exiting the transition area on completion of the race.

IMPORTANT Please complete the medical information on the back of your number. Also on the back of the number is the race control hotline should you require it on the course. All marshals are also issued with this number so please inform the nearest marshal should you or your fellow athletes need assistance.

Insurance - This event is insured independently. We do advise Athletes to seek personal cover from our Insurance Partner Triathlonguard, for an exclusive 10% discount - <http://www.triathloninsurance.co.uk/AW10>

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 given by the Marshals and Race Officials



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[†]10% discount applies to new business only. The price online via the specified URL will automatically include the 10% discount. Any quote given will be valid for 28 days only. *Subject to no changes in your policy in the first year.

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Directions

Directions from the M4 Port Talbot (East)

- At junction 42, exit onto A483 towards Swansea/Abertawe
- Keep left to continue towards Fabian Way/A483
- Merge onto Fabian Way/A483
- Continue onto Quay Parade/A4067
- Continue to follow A4067
- Turn left onto Burrows Place
- Arrival at the National Museum, Swansea

Directions from the M4 Pont Abraham (West)

- At Junction 45, Take the A4067 exit to Pontardawe/Swansea (N)/Abertawe (G)
- At the roundabout, take 4th Exit onto A4067
- At the roundabout, take 2nd exit and stay on A4067
- Keep Left to continue toward A4067
- Slightly left onto the A4067
- At the roundabout, take the 1st exit onto A4217
- At roundabout, take the 1st exit and stay on A4217
- At the roundabout, take the 2nd exit and stay on A4217
- Continue onto E Bank Way/A483
- Turn Right onto Quay Parade/ A4067
- Turn Left onto Burrows Place
- Arrival at the National Museum, Swansea

Parking

We recommend that all athletes and spectators park at the LC car park. Please note that you will not be able to get into this car park after 3:45pm, and will not be able to leave the car park until after 8pm approximately, due to the road closures for the event. For alternative parking visit <http://www.swansea.gov.uk/citycentrecarparks>



Transition Area

Meet The Team – 10:30am

There is a chance to meet the team in transition to ask any questions that you may have. This is targeted at first time athletes to enhance your enjoyment of the event and help calm those nerves!! It's a "no such thing as a stupid question zone!!"

Transition opening times are 2pm – 3.30pm

These times will be strictly adhered to. You are only permitted to check one bike into transition. On checking your bike in you must fully fasten your helmet and have your bike number attached to the seat post. You will need to rack your bike in your wave section; there will be marshals and signage to assist you on this. Please note that to be fair to all athletes no bikes will be allowed to be check out until all athletes have completed the bike section. You will also need to show your bib number when collecting your bike. Transition will be closed 15 minutes after the last athlete has finished. Please collect your bike prior to this time.



Timing **No Chip, No Time!**

You will be given a timing chip, which must be attached to your left ankle for the duration for the race.

Relay team members will have special instructions at Registration, and your chip is your baton. Race 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.

NOTE We are not charging a deposit for use of chips. Please ensure that you hand your chip in to an Official at the finish line location - even if you fail to complete the event. If you lose your chip, £75 will be charged for its replacement. This is the fee the timing company charges us for non-returned chips.

Finish Times will be displayed after the event and there will be full results on the website. The web address is www.swanseatriathlon.com - simply go to the results page



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. Your allocated wave time has been emailed to you, however you can also check which wave you are in at swanseatriathlon.com/race-info. 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.

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.

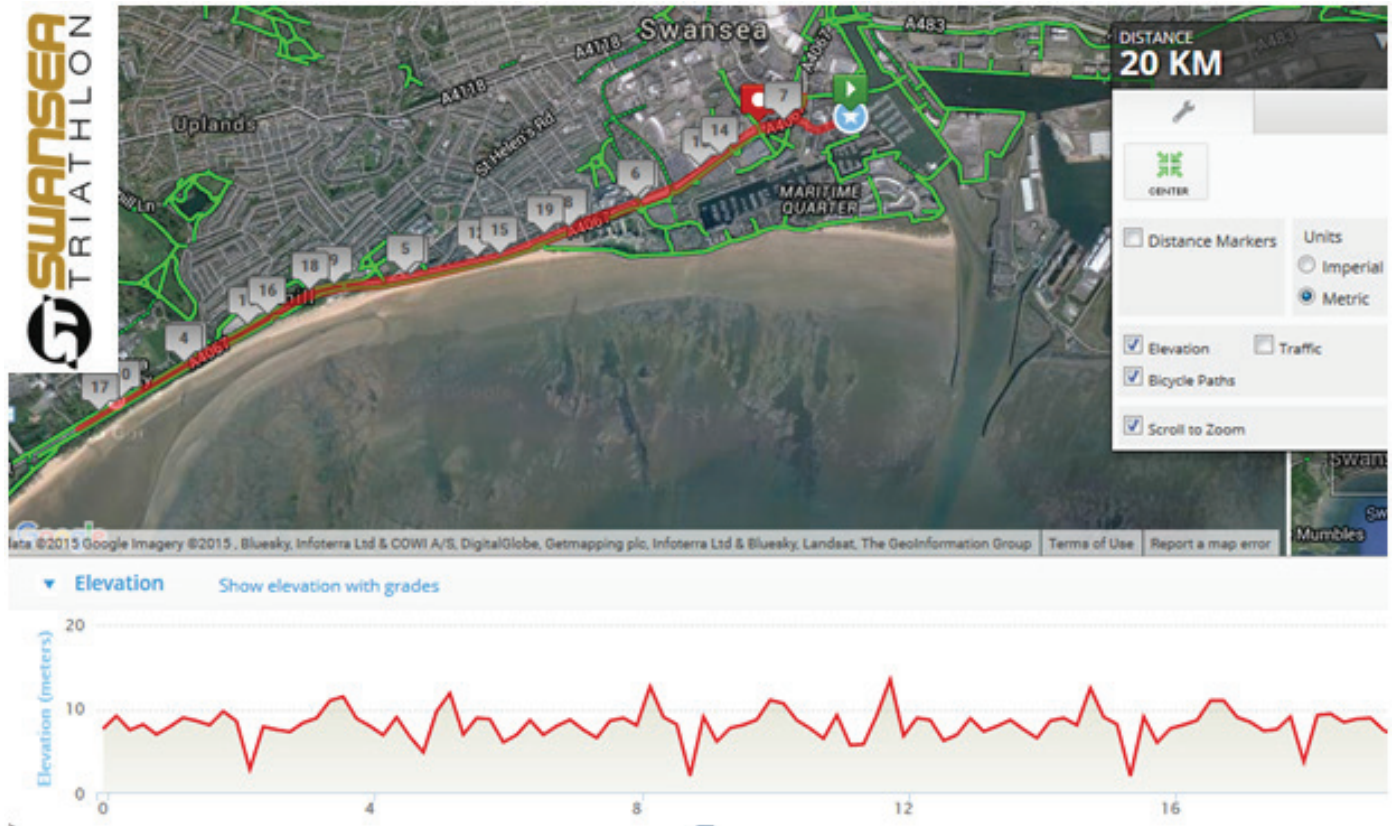
It is imperative that your bike is in a road worthy condition and there will be bike mechanics at registration if you should encounter any last minute problems. Should your bike be found to be non-roadworthy, you will not be allowed to rack your bike.

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.



Important – Always Ride to Your Own Known Ability!

Bike Route



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.

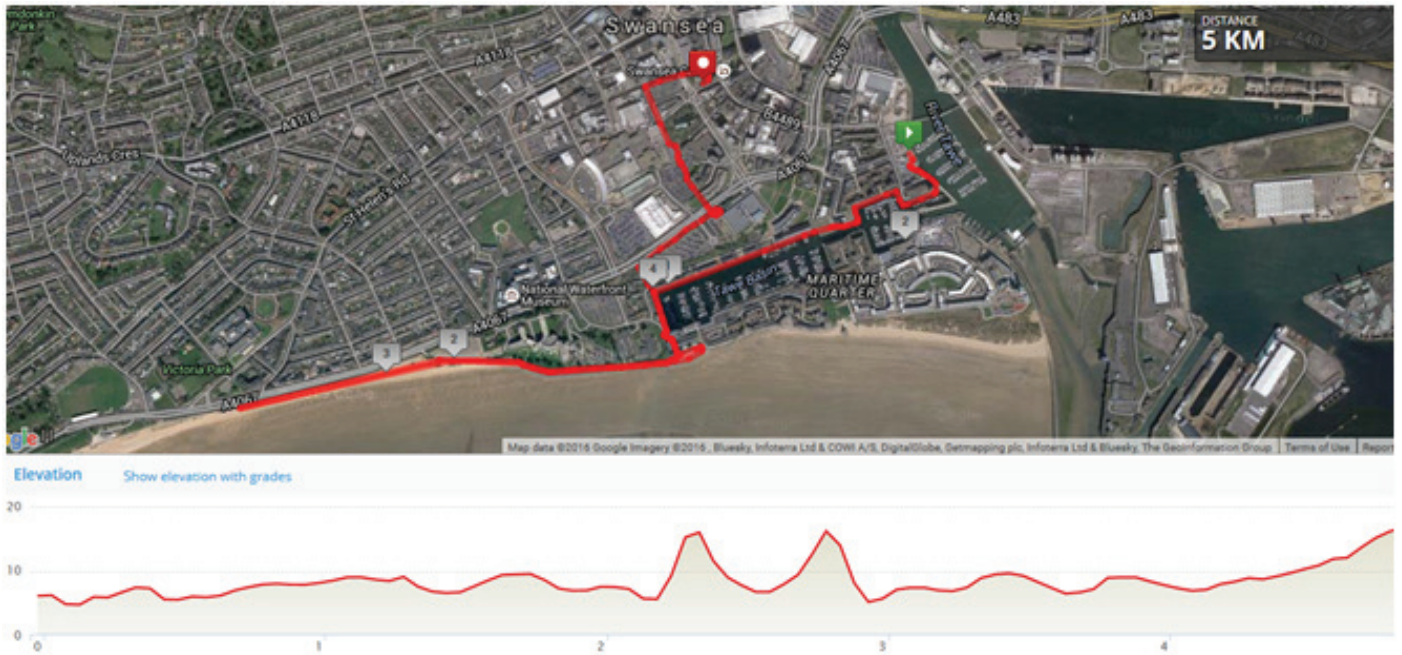
When approaching the UWTSD turn point at the Swansea end of the course you must stick to the right hand side unless you are returning to transition.

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.

Run Route



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.

Failure to Finish

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

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

Massage

University of Wales Trinity Saint David will be providing post race massage located just off the finish line.

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

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.

A Word 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 Race 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 race 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.

- 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 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.

Drafting

Triathlon is an individual sport, so in age group triathlon drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the swim and run so if you must draft please do it then.

British Triathlon has now changed its draft zone to fall in line with the ITU (Main governing body), and the new guidelines are highlighted below:



The draft zone is an area extending from the front wheel of the leading bike to a point 10m behind it and 1.5m either side of the cyclists centre point. If you wish to overtake the cyclist in front you have 20 seconds. If your front wheel is not passed their wheel in the allotted time you must drop back to 10m from their front wheel.

If another rider overtakes you, it is your responsibility to drop back out of their draft zone.

If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. It is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.

You are not allowed to ride side by side (even if not drafting) unless the road is closed to traffic.

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.

Event Photos

FinisherPix will be in attendance to capture the event for you and photos will be available on their website - www.finisherpix.com

Race Expo

The Race is being supported by a number of sponsors and there will be an opportunity to purchase various items on the Sunday. The Expo will be held near the Race HQ, at the Waterfront Museum. The expo opens at 10am and closes at 4pm.

The Presentation

The Presentation will take place at the end of the event at approximately 8pm, at the finish line.

Good luck and compete safely,

The Activity Wales Events Team

Principal Sponsor



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Activity Wales Events has a growing list of top quality events.
Keep an eye on our website and remember to enter early as most of our events sell out quickly.

2016 SEASON

JUNE 18th

MUMBLES TRIATHLON

JULY 8th - 10th

TRIATHLONGUARD LONG COURSE WEEKEND

JULY 8th - 10th

JUNIOR LONG COURSE WEEKEND

JULY 8th

FOLLY FARM TAFF KIDS

JULY 8th

ZONE3 WALES SWIM

JULY 9th

CYCLEGUARD WALES SPORTIVE

JULY 10th

OAKWOOD WALES FULL & HALF MARATHON

JULY 10th

COASTAL COTTAGES WALES 10K

JULY 10th

NEW RADIO PEMBROKESHIRE WALES 5K

JULY 23rd

OCEAN LAVA WALES & WALES TRIATHLON

Be in with a chance of winning one of 24 places for the Lanzarote grand final!

SEPTEMBER 3rd

GOWER TRIATHLON & FANCY DRESS TRI

SEPTEMBER 17th

NEW SAUNDERSFOOT TRIATHLON

Ironman Wales weekend - Compete Saturday, watch Ironman on Sunday!
Ideal for clubs and supporters travelling down for Ironman Wales.