



LLANELLI WATERSIDE TRIATHLON

NORTH DOCK – MILLENNIUM COASTAL PARK

May 23rd 2010 – 8:30am

www.humanbeingactive.org



Registration

Registration will take place at the Discovery Centre at the Millennium Coastal Park's North Dock on Saturday afternoon between 4:00pm – 5:00pm and then on Race Morning between 7am – 8:15am . At registration you will be given your race numbers and swim cap and a sticker for the bike. British Triathlon members must produce their race licence at registration, or purchase a day licence (£2 each). Everyone else must purchase a day licence (£2 each) – please bring the correct change with you to registration. No licence = no race. No exceptions.

Race day timetable

07:00 Registration opens – Discovery Centre North Dock LLanelli
07:30 Transition area opens for bike racking (to competitors only)
08:15 Registration closes
08:20 Compulsory race briefing outside Discovery Centre
08:20 Transition area closes
08:25 Swimmers allowed into the water to warm up.
08:30 Race starts (a decision on number of waves taken closer to race date)
08:40 First swimmer in (approx.)
09:30 First cyclist back (approx.)
09:50 First athlete finishes (approx.)
11:00 Transition area dismantled - all bikes and kit to be removed
10:45 Presentation in Discovery Centre

Parking

Please park only in the Discovery Centre Car Park. Parking is **FREE**.
If this car park is full, marshals will direct you to appropriate alternative parking.
Do not park on the road along the sea front or on residential roads.

Toilets

Public toilets are available in the Discovery Centre and there will be portaloos available in the Race Car Park.

Race numbers

Your race numbers will be given to you at registration. Numbers must be worn on the REAR during the cycle stage, and on the FRONT during the run. They must not be folded. Race belts are allowed provided the number is visible to the front or rear as above, and is not folded. You will also have a sticker with your race number on. Please place this on your bike.

Race Timing

Timing this year will be with chip timing. Please ensure this is safely strapped on. If you don't wear your timing chip there will be no Race Time for you.

Transition / bike racking

The transition area will only be open during the times listed above. There will be NO access to the transition area outside of these times, or before the last cyclist has returned. No-one other than athletes, bearing a race number, will be allowed into the transition area – no exceptions. Bikes must be hooked onto the racking either by the saddle. Your bike must have the number label. Your race number must match your bike number in order for you to retrieve it.

Race briefing / rules

A compulsory race briefing will take place at 8:20am outside the Discovery Centre. All competitors **MUST** attend. The race is run under British Triathlon rules (see

www.britishtriathlon.org). In particular this means the cycle stage is NON-DRAFTING (see details under bike course below). Standard penalties are listed in the British Triathlon rules, but particular attention is drawn to the following:

2-minute penalty

- Moving bike without helmet fastened
- Drafting (first offence – warning will be given at race briefing)
- Riding in the transition area (failing to mount or dismount where indicated)
- Race number violations (e.g. folded)
- Equipment impeding other athletes (e.g. wetsuit in way of other athletes)

Disqualification if fault not rectified after a warning

- Illegal equipment
- Banned equipment, including MP3 players, mobile phones
- Racing topless

Disqualification

- Threatening, abusive or insulting words or conduct
- Breaking road traffic regulations
- Dangerous conduct/cycling
- Failing to obey marshals or the Police
- Drafting (second offence)

Penalties will be posted in a prominent position and any appeals must follow the procedure outlined on the day.

The course

The course descriptions below should make the course clear for those that want to 'check it out' beforehand, and convey important information that, if you do not read thoroughly, may lead you to be penalised or disqualified.

SWIM – 500m



You will be allowed to enter the water at 8:25am to warm up. All swimmers will enter via the slipway. Please take care on entering and exiting the water. The swim course will be one lap of 500m, anti-clockwise. You will start in the water at the designated location which will be visible on the day. Water safety cover will be provided – if you get into difficulties, turn onto your back and raise one arm in the air, and help will be with you quickly. The North Dock is ideal for first time open water swimmers. The maximum depth is approx 5' 10" at it's deepest. It is possible therefore to stand up in the water if in any difficulty. It is NOT compulsory to wear a wetsuit for the swim.

CYCLE – 17 miles

After mounting your bike at the designated line you will take the first left exit at the roundabout (0,5m). The same will apply at the second roundabout and this will take you over the railway line and toward the third roundabout at 1.5m. You will take the second exit here and head down to Kidwelly. You will travel straight through the next two roundabouts as you head through Pembrey towards Kidwelly. The main roundabout on the outskirts of Kidwelly is the turnaround point for the Cycle course and you then re-trace your steps all the way back to the North Dock. The Cycle course will be clearly signposted with Large Yellow fluorescent arrow signs and we will have marshalls on all key junctions. It is however your responsibility to be fully aware of the cycle course before hand. (A Large scale map will be present at Registration)

RUN – 5Km



On exiting transition area you will head out onto the Millennium Coastal Path. The run takes you along the promenade next to the shoreline. You will run over the Railway bridge and turn left and head down towards the mini roundabout which has a Welsh Dragon proudly sitting at it's centre. This is the turnaround point for the run. You will then head back towards the Discovery Centre where you will then start your Second Loop. The 5Km is a Two lap run. There will be a drinks station situated at the turnaround point near the Discovery Centre.

Transition Area

The transition area will be located by the North Dock. Transition area will be open for racking of bikes at 7:30am. The transition area will be protected by barriers and entry will be for athletes only who have registered. The racking will not be numbered and bikes should be racked by the saddle. You must place your wetsuit next to your bike and it must not be left where it can impede other athletes. A one way system will operate in transition. You will enter from the top end of transition from the swim and exit at the bottom end with your bike. You will be instructed by the marshal when to mount your bike. On return from the bike you will dismount as instructed and enter transition from the bottom end and exit for the run from the top end. Please obey rules above where appropriate in transition. (A map will be present at Registration.)

General

Please note that all main junctions will be marshalled but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to cycle safely. Anything deemed to be unsafe will be recorded by

marshals and the race referee will impose a time penalty or disqualification, as appropriate (see above).

Health & safety

Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert a race official who will act accordingly. If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you **MUST** report to a timekeeper at the finish so that this can be recorded and we know that you are safe. Everyone who starts the race must be accounted for, so please avoid the cost and worry of a missing person search by reporting in. If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. This should help ensure you receive the correct treatment in the event of any emergency.

The Finish

Water, bananas and chocolate will be available at the finish. You will also receive your Finish Momento here. If the weather is very poor then your Race Momento can be collected from inside the Discovery Centre. Please collect your bike and kit from transition as soon as you can after transition has re-opened (as soon as the last runner is out on the course). You will need to show your race number to gain access to transition and remove your equipment, and this must match the one on your bike, so please don't lose it.

AFTER THE RACE

Showers

Hot showering facilities will be available at Llanelli Leisure Centre which is less than one mile away.

Presentation

The presentation will take in the Discovery Centre, as soon as possible after the last finisher. Prize categories as per Entry Form.

Thank You / Diolch

Many thanks to yourselves as athletes for supporting the Llanelli Waterside Sprint Triathlon.

Carmarthenshire County Council
Dyfed Powys Police
Llanelli Waterside
St John's Ambulance
All Marshals