



LLANELLI SPRINT TRIATHLON 2023

1st Race of the Welsh Super Series & Welsh Sprint Championships



RACE PACK

INTRODUCTION

Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Llanelli Multi-Sport Festival which includes the Llanelli Sprint Triathlon on May 14th 2023

Confirmation of Entry - All competitors who have registered for the event will have received a confirmation email. If you have not received this, or if you are unsure about your entry, please email: Noelwyn@healthylifeactivities.co.uk

Location – the event headquarters are based at Millennium Coastal Park, North Dock, Llanelli, SA15 2LF

Parking – this is available at the North Dock and is Pay&Display. There is free car parking Dragons24 offices on the right as you enter the Dock

Toilets - Public toilets are available in the Discovery Ctr and we will have portable toilets as well. Showers are in Llanelli Leisure Centre. .



We would encourage all competitors, their supporters and spectators to make the most of their visit to Llanelli and Carmarthenshire. We have plenty of accommodation, local attractions and activities that can be found online at

www.discovercarmarthenshire.com

Relay Team – there will be a separate holding area for relay teams. The swimmer will need to start with the timing chip attached. That will then be passed to the cyclist at the transition holding area who will in turn pass to the runner waiting in the same zone. All Relay Team members receive a race memento. Each Member will also need to purchase a race day licence at £3.00 each

Course Familiarisation - All roads and paths being used for the bike and run course are accessible to the public. If you plan on cycling or running the course please abide by the Highway Code and act responsibly.

Volunteers - Volunteers are the people who really make an event work, and make the experience for the athletes every bit more special.

This event is organised by volunteers who are triathletes, runners or simply individuals who are keen to help out. Healthy Life Activities is a non profit organisation. Please say a thank you to them as you pass. Any athlete who verbally insults any one of our volunteers will be disqualified immediately.

Spectator Information - There are plenty of areas from which to watch the action. We simply ask that spectators don't impede athletes or provide external assistance.

Registration – this will be located at North Dock in the Registration marquee. Competitor information will also be available here together with course maps.

Race Pack at registration will contain :

- Race Bib Number x 2
- Bike & Helmet Numbers
- Security wristband
- Timing Chip
- Swim Cap
- You will need to purchase a Triathlon Day Membership for £6 if you are not a BTF/WTB member.

Home Nation Association Membership Cards - Please bring your valid Home Nations Association membership card with you if you are a member.

If you fail to bring your membership card you will be required to pay £6.00 day membership fee. You will however still be eligible for category trophies.

Withdrawals - The event refund policy is available on the website. Entries are NOT transferable to another person under

THE RACE

Sospan Charity Swim on May 12th 2023 6:30pm

Event Schedule May 13th 2023

18:00 – 19:00	Llanelli Sprint Triathlon REGISTRATION
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Schedule Sunday May 14th 2023

05:15am	Registration Opens
05:30am	Transition Opens
06:30am	Registration Closes
06:45am	Transition Closes
06:45am	Compulsory Race Briefing
07:00am	1 st Swim Wave
07:10am	2 nd Swim Wave
07:20am	3 rd Swim Wave
7:30am	4 th Swim Wave
10:00am	Transition Dismantled
10:00am	Prize Presentation

Transition Set-up - There is no allocated space in Transition. Please allow sufficient space for your fellow athletes. **NO BAGS/BOXES** will be allowed to stay in the transition which will be open from 5:30am

- No-one other than athletes wearing a security wristband will be allowed into Transition.
- You must have the bike number attached. Bikes must be hooked onto the racking by the saddle.
- Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place.
- Your security wristband number must match your bike number in order for you to retrieve it.
- Please only enter and exit transition at the designated point.
- Transition Map can be viewed online
- The more prepared you are when you arrive at transition the quicker you will get in.**

any circumstances unless authorised by the race organiser prior to race weekend.

Arrival at the venue - Plan your arrival at the venue the day before, If you have friends and family coming to watch you, agree a place to meet them afterwards. The more you prepare, the more you will enjoy race day!

Chip in at the End!

Return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged £30 as per the terms and conditions of entry.

Check-In times - Transition is open from 05:30am. You should Register first and then check into transition in plenty of time so that you avoid panic!!

Baggage - There is no baggage area provided, Car Parks are close enough! NO BAGS/BOXES can be left in Transition.

Electronic Race Timing - This event uses electronic chip timing. Once issued with your chip at poolside please ensure you do not lose it or get it mixed up with someone else's. Ensure your chip is securely fastened to your left ankle.

Race Numbers - Each competitor will be issued with 2 race numbers, these must not be altered. Your number should be worn throughout the event, facing backwards on the bike and facing towards the front on the run if you use a race belt. There are rules related to the wearing of race numbers, failure to display your number correctly could lead to a time penalty. Race belts are permitted.

Rules & Competitor Conduct - We will have a Chief Race Official from Welsh Triathlon. The race is held in accordance to the competition rules of British Triathlon Federation.
<https://www.britishtriathlon.org/events/competition-rules>

Results - Provisional results will be available on the event website on Sunday evening May 14th

Swim

- You can enter the water 5mins before your wave start time.
- This is a beach start and you will be asked to enter the holding pen through one access point
- All athletes will be counted into the holding pen.
- Please take care on entering and exiting the water.
- The swim course will be one lap of 750m, clockwise.
- 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 compulsory to wear a wetsuit for the swim.

Bike

Helmets are mandatory, and must be worn clipped up at all times during the bike stage. Helmets should be put on in transition before you touch your bike, and only taken off again once your bike has been racking in transition. Please make sure your race number is clearly shown on your back before leaving transition.

- 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.

Bike Continued

- The highest point is only 50m above sea level so this is a pretty flat fast bike course.
- It is however your responsibility to be fully aware of the cycle course before hand.
- The Cycle course will be clearly signposted with Large Yellow fluorescent arrow signs and we will have marshalls on all key junctions.

Upon completing the bike stage, on your return to transition you must dismount your bike before the "Dismount" line, which again will be marshalled by technical officials.

You have to abide the rules of the Highway Code on the bike

Drafting - This is a non-drafting event. Motorcycle marshals shall be monitoring drafting throughout the race. Penalties shall be issued for any infringements of these rules, you should be aware that officials are not required to notify you if a penalty has been awarded. It is the competitors' responsibility to ensure they know the rules. A specific guide to the drafting rules can be found on the event at www.britishtriathlon.org

5K Run Course :

- You will exit at the top end of transition.
- Take care crossing the road and you will head onto the Millennium Coastal Path.
- You will keep right and run over the railway bridge and follow the path down to your left.
- You will follow the path towards the Pwll playing fields. This is now a straight out and back run.
- The turnaround point will be clearly marked and marshalled.
- The first runner out onto the course will also have a lead cyclist.

Withdrawing during the race If at any point during the race you feel the need to stop and pull out of the race please do not hesitate to do so. Find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed.

It is important that if you withdraw you tell us you have done so, we want to know you're safe!

Waste - We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins.

Presentations – Overall Male & Female Champion. There are 1st, 2nd, 3rd placed trophies for all categories both Male & Female : Senior (under 40) 40+, M/F50+, M/F60+ 1st M70/F70 and 1st Youth & 1st Junior Male & Female and 1st Relay Team.

Thank You / Diolch

Healthy Life Activities is a not for profit organisation and we organise these events on a voluntary basis. The proceeds are used to cover the cost of the event we also make donations to local charities, community groups and we also donate sports equipment to local schools.

Partners

We also have a number of partners to thank who provide support at our events :

- St John's Ambulance
- Amman Valley Paddlers
- Actif Leisure – Carmarthenshire CC
- Dyfed Powys Police
- Carmarthenshire County Council
- All Volunteers

Many thanks to all marshals, family & friends who are vital in making sure this and every event is a success.

The Finish The finish area will be located near the Discovery Center, with plenty of space for friends and family to cheer you over the line.

Upon finishing you will receive your finishers medal. Please return your timing chip before leaving the finish area.

Medical - There will be extensive medical cover provided on all sections of the course. If at any point you require assistance please find the nearest marshal who will be able to locate medical support for you. All race numbers will have a medical details form on the reverse, please complete this if you have any conditions or are taking any medication which the organisers or medical staff should be aware of. If for any reason you are feeling unwell on race day, or have been unwell in the build up to the race please consider carefully whether you are fit to compete.

AFTER THE RACE - Transition Check-out - You will need your security wrist band to re-enter the transition area. Please be aware of other athletes still racing when you re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.