



ACTIF AMMAN VALLEY TRIATHLON

ACTIF TRIATHLON DYFFRYN AMAN 2024

April 7th – Ebrill 7fed @7:00am

Race Pack – Pecyn Râs

INTRODUCTION

Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Amman Valley Triathlon at Ammanford Leisure Centre on April 7th 2024

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 Amman Valley Leisure Centre, Margaret Street, Ammanford, Carmarthenshire, SA18 2NP

Parking – The Leisure Centre Car Park will be open until 6:00am. The Car Park will be closed until 11:30 am or until the last cyclist returns. The Parking here is FREE. Alternative Car Parking is available at the Co-Op which is approx 500 metres away. Please do not park on residential roads. No flexibility will be shown to anyone wishing to leave the car park before the last cyclist returns. If you want to leave then please park at the Co-Op car park which is also Free.

Toilets - Public toilets are available in the Leisure Centre together with shower facilities.



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

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 Amman Valley Leisure Centre. 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
- Arm Race Tattoo (Right Arm)
- Security wristband

At Poolside you will receive your Electronic Timing Chip and coloured swim cap.

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 £8.00 day membership fee. You will however still be eligible for category trophies.

THE RACE

Event Schedule April 6th 2024

We will be opening registration for an hour on Saturday 14th for you to collect your race pack if you live locally.

15:00-16:00	Registration Open at Ammanford Leisure Center
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Schedule Sunday April 7th 2024

06:00	Registration Opens
06:00	Transition Opens
07:00	First Swimmers start
11:45	Transition Dismantled
11:30	Prize Presentation

Race Briefing - You will be given a race briefing sheet once you enter the swimming pool. You will be required to read this prior to entering the water.

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 6:00am.

- 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.
- There will be an entry point for athletes racking their bikes – please be mindful that there may be athletes who have actually started to race so please give them priority whilst your racking your bike.
- Please only enter and exit transition at the designated point.

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 £8.00 each if they are not a BTF/WTA member.

Withdrawals - The event refund policy is available on the website. Entries are NOT transferable to another person under 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 06:00am. It is advised that athletes Register and then check into transition in plenty of time so that they don't panic and get to poolside in plenty of time. You must register an hour before your allocated swim time.

Baggage - There is no specific baggage area provided, You may use the lockers at the Leisure Centre. NO BAGS/BOXES can be left in Transition.

Swim Start Times - The swim start times will be published the week before the event. Your start time will reflect the estimated swim time you provided. Slowest swimmers will go first.

Transition Check-in - Transition Check-in will take place on the day of the race only. When bringing your bike to transition you must wear your helmet so the officials can check it is safely secured. We will not be checking the fitting of your helmet for safety purposes but we will need assurance that you have your helmet with you. You must have your bike sticker attached to the seat post of your bike – you will not be allowed in otherwise. You will also need to have your security wristband on. Please ensure your handlebar stops are in place as well.

The more prepared you are when you arrive at transition the quicker you will get in.

Only competitors may access transition. Transition Map can be viewed online.

SWIM – 400m

- The first swimmers will start at 7:30am.
- You will be allocated a swim start time and this will be available from March 25th
- You must be at poolside 15 minutes before your allocated estimated swim start time.
- We will be operating a rolling start programme which means that as soon as one swimmer exits another swimmer will start. This will allow a smoother flow to the race.
- There are 5 swim lanes and depending on entry numbers there will be no more than 3 swimmers per lane.
- You will be asked by the marshal to enter the designated lane - you must not enter the water unless instructed to do so.
- You will enter and exit the swim at the deep end.
- The swim is 16 lengths, you may stand but you must not walk in the pool.

Swim Continued :

- When you exit the water you should exit the building via the fire exit door at the back of the building and make your way to transition.
- You must WALK to the fire exit door – anyone who runs will face disqualification. This is for your own safety.
- There will be marshals counting the number of lengths – when you have 2 lengths to go they will place a float in the water or tap you on the head.
- If you wish to get changed after the swim you will be able to use the changing room facilities first but this time will count towards your finish time.

Bike 16K - 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 Mount line you will take the first left exit out of the Leisure Centre onto Margaret Street which leads you into Union Street then you will turn left onto High Street and then left again onto the A474. Follow the A474 road all the way to Garnant where there is a mini roundabout which will be marshalled – this is your turn around point for the bike. Re-trace your steps back towards Ammanford and all the way down to the roundabout by Lidl's where you will go all the way round the roundabout and head back up past Lidl's before taking the first left back onto High Street. Take a right hand turn back onto Union Street – this will be marshalled but you have to abide by the Highway code and give way to any onward traffic before turning right. Once onto Margaret Street turn

- You can swim front crawl or breast stroke, no back stroke or butterfly techniques can be used.

Bike Continued :

- You will be asked to DISMOUNT at the line.

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 beforehand. (A large scale map will be present at Registration.)

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: This is a straight out and back course. The course will be marshalled and clearly signposted – please be mindful of other pedestrians and cars.

You will exit transition area head out from the Leisure Centre and turn left. Follow Margaret Street, through the housing estate and then take a small lane and turn left onto Walters Road. At the end of Walters Road cross the road and turn right before taking a left turn onto High Street. Within 50 metres you will then enter onto the new cycle path which will take you on a picturesque trail.

The turnaround point will be located along this path and you then re-trace your steps exactly back to the Leisure Centre

right again into the entrance for Amman Valley School which will lead you back to the Leisure Centre.

Withdrawing during the race - If at any point during the race you feel the need to stop and pull out 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!

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

Upon finishing you will receive your finishers memento, drink and banana .Please return your timing chip before leaving the finish area.

Medical - Medical cover will be 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.

Results - Provisional results will be available on the event website on Sunday evening April 2nd

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 for the bike and facing towards the front for the run. 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. If using a Race Belt then you must make sure the race number is on the correct position for both bike & run

Presentations – Overall Male & Female Champion will not be eligible for category prizes. There are 1st, 2nd, 3rd placed trophies for all categories both Male & Female : Senior (under 40) 40+, 1st M/F50+, 1st M/F60+ and 1st Youth & 1st Junior Male & Female and 1st Relay Team.

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.

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

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.

[ALL COURSE MAPS AVAILABLE HERE](#)

[Frequently Asked Questions](#)

[Race Briefing Sheet](#)

Partners

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

- St John's Ambulance
- Dyfed Powys Police
- Carmarthenshire County Council
- Staff at Ammanford Leisure Centre
- Amman Valley Harries

- All Marshalls

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