



Healthy Life Activities
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Carmarthenshire Duathlon – Duathlon Sir Gar 2014

October 26th



9:00am Start/Dechrau

We have a fantastic course for the return of the Carmarthenshire Duathlon which will start and finish outside the Discovery Center in Llanelli. We have now decided that the two runs will be along the same 5k course which is below. This has been done following discussions with safety crew and park rangers. The bike ride will take you down towards the historic town of Kidwelly. This is very fast Duathlon course with less than 10m climbing on the run and a maximum 50m climb on the bike – the wind however may have something to say on the day!! Please remember it is October and therefore bring appropriate clothes for the conditions. It could be very cold, it will probably be very windy and I can't guarantee we won't get some rain!!

It is very important that all race entrants carefully read the Race Details. There will be a mandatory race briefing at 8:45am outside the Discovery Centre in the North Dock.

Venue

The Carmarthenshire Duathlon will start and finish from the Discovery Center of the Millennium Coastal Park in Llanelli. The postcode for you to use is SA15 2LF. The venue is well known to those who have competed in our Llanelli Triathlon's over the years.

Parking

There is parking for 150 cars at the Discovery Center car park and you will have to pay for the Car Parking here at the Pay&Display kiosks. There are 100 free spaces available at the Dragon24 offices which are on your right as you come into the North Dock. If these car parks are full, marshals will direct you to appropriate alternative parking. Do not park on the road along the sea front or on residential roads.

Registration

Registration will take place at the Discovery Centre at the Millennium Coastal Park's North Dock on Race Morning between 7:15 – 8:30am . At registration you will be given your race numbers, a sticker for the bike and timing chip. British Triathlon members must produce their race licence at registration, or purchase a day licence at £5.00. If you are not a member then you will have to purchase a day licence. No licence = no race. No exceptions.

Race day timetable

07:15 Registration opens – Discovery Centre North Dock Llanelli
07:15 Transition area opens for bike racking (to competitors only)
08:30 Registration closes
08:45 Compulsory race briefing outside Discovery Centre
08:45 Transition area closes
08:55 Athletes to be on the start line opposite Discovery Center
09:00 Race Start
11:15 Presentation
11:30 Transition Dismantled when last runner in.

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

Race Timing Chips

Timing 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. You must return your chip at the end and make sure it is safely placed in the collection bucket. Failure to return the chip will result in you paying £30 for the chip to be replaced by the company.

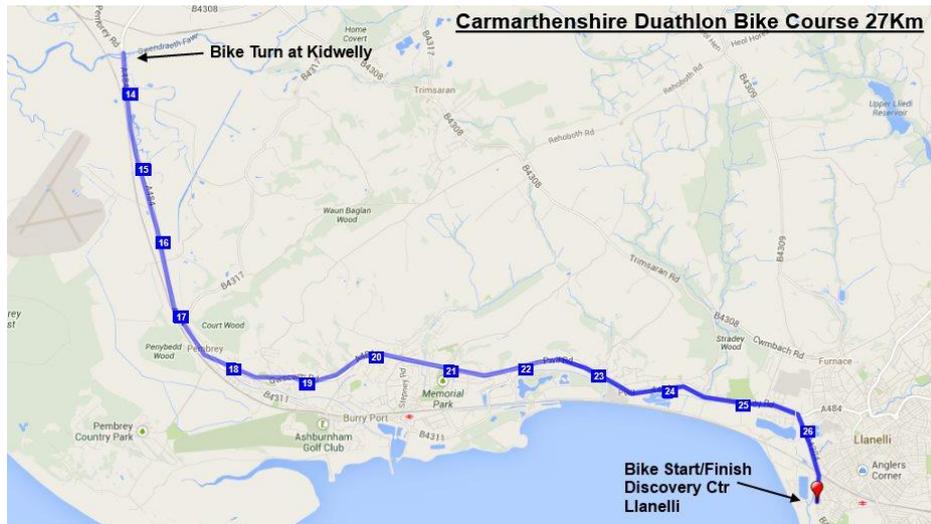
Run 1 – 5Km

The Race will start outside the Discovery Centre at the North Dock. You will run along the Millennium Coastal Path which takes you down towards the Pwll fishing lakes. It is a straight out and back course, we will have cups of water as you finish the 1st run. As you come back towards the Discovery Ctr you will be directed towards Transition, please stay on the pavement and we will have marshals on the car park crossing point. Your course map is below or you can view the map online [HERE](#).



Bike 27km

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) The highest point is only 50m above sea level so this is a pretty flat fast bike course. The map of the course is below or you can click [HERE](#) for an online view of the course.



Run 2 – 5Km

After returning from the 27km bike leg you will exit transition as instructed by marshals and join back up with the Millennium Coastal Path. This will be the same course as the 1st run. However when you come back towards the Discovery Centre you make your way towards the Finish Line. This is a fast run course.

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 by the saddle. Your bike must have the bike sticker clearly visible. Your race number must match your bike number in order for you to retrieve it.

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 and bananas will be available at the finish. You will also receive your Finish Memento here. If the weather is very poor then your Race Memento can be collected from inside the Discovery Centre. Please collect your bike and kit from transition as soon as you can after transition has reopened (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.

Toilets

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

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.

Race briefing / rules

A compulsory race briefing will take place at 8:45am 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.

Drafting

Drafting is always a problem with Duathlon & Triathlons especially when the entry field is quite large. We will have motorcycle referees and they will take the race numbers of any cyclist drafting. At the race briefing all athletes will receive their first formal notice, anyone caught drafting on the bike course will then be immediately disqualified. To minimise the number of bikes leaving transition together we may well have 3 or even 4 waves. These waves will have on average 50 athletes and there will be 10 minutes between waves. This is an option we are considering in an attempt to reduce the risk of drafting taking place.

Thank You / Diolch

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

- Carmarthenshire County Council
- Coleg Sir Gar
- Dyfed Powys Police

- St John's Ambulance
- All Marshals