



Super Series Llanelli Paratriathlon

Llanelli

13 May 2023



General Information

Welcome

The British Triathlon Federation and Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Llanelli Multi-Sport Festival and the Llanelli Paratriathlon on May 13th, 2023.

Venue

The event headquarters are based at Millennium Coastal Park, North Dock, Llanelli, SA15 2LF. The building is fully DDA compliant.

Car Parking

Parking is available at the Discovery Centre Car Park. You will have to pay for the Car Parking. We will have sectioned off an appropriate number of space close to Transition for competitors only. We would ask helpers to use the remainder of the car park. There are 100 free spaces available at the Dragon24 offices which are on your right as you come into the North Dock.

Facilities

Public toilets are available in the Discovery Center, and we will have portable toilets as well onsite. Showers are located in Llanelli Leisure Centre.



General Information

Results

Provisional results will be available on the event website on Saturday evening. Results will become final no later than May 15th.

Home Nation Association Membership Cards

Please ensure that your British Triathlon membership is up to date and valid on race day. If you fail to bring your membership card you will be required to pay £5.00 day membership fee. You will however not be eligible for category prizes. Entries are not transferable to another person under any circumstances.

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. It is mandatory that if you withdraw from the race then you need to 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.

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.

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.

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.

Sustainability and 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.

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, British Triathlon & Welsh Triathlon.

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



Registration & Race Packs

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

Registration opening times can be found on the adjacent table. You will only be allowed to register in your allotted time slot.

A Mandatory Bike Check will be carried out by Chief Technical Official to ensure your bike conforms to rules associated with Draft Legal racing.

Race Pack:

Race Packs will include the following items:

- Timing Chip x1
- Swim Cap
- Race Decal
- Bike and Helmet Number

Please 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.

Event schedule

Paratriathlon	
2:15pm	Race Registration Opens
3:15pm	Race Registration Closes
3:15pm	Transition Opens
4:15pm	Transition Closes
4:30pm	Race Briefing
4:50pm	Swim Warm Up
5:00pm	Race Start
Presentations will immediately follow the race	

Bike Familiarisation

There is no official Bike Familiarisation. If you wish to ride the course prior to your race, please be aware it is at your own risk.

Transition

Transition check-in will take place on race day only.

You will need to have your bike and helmet numbers attached, and show your race number to gain entry to transition throughout the day.

When bringing your bike to transition you must wear your helmet so the officials can check it is safe. You will also be required to wear one of your race numbers.

Athletes are allocated space in transition, transition maps will be available before the event. Chairs will be available on request.

Your transition space is for you to leave your racing equipment only. It is not a place to leave large bags. Competitors are not allowed to “mark” their position in any way that gives them an advantage over another competitor. Officials will be checking this throughout the event. Any markings will be removed by officials.

Please do not clutter transition with personal items other than the equipment you need for your race. The main event car park is less than 10m from transition; if possible please leave large items in your car.

Swim Caps

Red – Definitely Require Assistance

Blue – Unlikely to Require Assistance

White - Guide

Yellow – May Require Assistance

Green – PTVI Athletes



Course Maps – Swim

Swim Information

Access to the swim start will be down a ramp. We will be counting all competitors into the water. Handlers may accompany athletes to the water to support them and carry any items they may need at the end of the swim. Competitors will then make their way over to the start line and listen to the race officials instructions. The race will be started by an air horn.

The swim course will be marked with swim large orange buoys. The course is one lap.

Swimming conduct PTVI athletes will be as per the rules to be enforced at the British Championships, athletes and guide must swim side-by-side. Swimming athletes behind guides is not allowed.

At the swim exit there will be lifeguards available to assist you. Once out of the water run up the concrete ramp and into transition. Wetsuits and swim hats should only be removed in transition. At the swim exit a pre-transition area will be located on your left hand side as you exit the water. There is a slope up to transition, PTWC competitors may be aided by their handlers to transition. The race will be wetsuit compulsory due to the expected water temperature.

Water safety - There will be a large water safety team to support competitors. Should you require any assistance or want to pull out of the race during the swim please roll onto your back and raise your arm in the air, a kayak will come to assist you.



Course Maps – Bike

Bike Information

The bike route is on Llanelli Coastal road and will be closed for the event. It is 5 loops of a 4Km course for all competitors.

You will have 2 dead turns on lap 1 & 5 with three dead turns on lap 2,3,4. Please see the course map adjacent and online.

Please cycle on the left hand side of the lane at all times, and overtake on the right. When approaching the dead turns, please be aware of other riders around you, do not try and overtake someone near the dead turn.

Whilst the event is entirely on closed roads, the public will still be able to cross the course so please be aware of this. Competitors are responsible for riding in a safe and responsible manner to ensure the safety of themselves, other competitors and the public. Any dangerous riding will result in a penalty or even disqualification.

Motorcycle officials will be monitoring the course continually.

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. British Triathlon Rules describe acceptable helmet types and the rules related to this.

Please make sure your race number is clearly shown on your back before leaving transition.

You may only mount your bike once you have crossed the “Mount” line which will be clearly marked and marshalled by technical officials. You must not ride your bike until you reach this point.

The turn points will be clearly marked, At the end you will be directed towards the Finish Line. This will be alongside the Transition Area. Competitors are responsible for counting their own laps, if you do not fully complete the required laps then you will be disqualified.

PTWC Athletes - Please note PTWC athletes will be using part of the bike course for their run course. Note you do not turn left off the B4304, instead continue straight on through to the turn point on the B4304. At the end of the final loop you will be directed up to the Finish Line.



Course Maps – Run

Run Information

The run course for PTS2-PTS5 and PTVI consists of two laps along the scenic Millennium Coastal Path. They are straight out back loops. There is plenty of opportunity for spectators to show their support along the route.

When heading out onto the run course you must make sure you race number is facing forwards, time penalties will be issued if they are not visible from the front.

There will be a secure funnel in place from Transition to the run course. The path is open to the Public so please be mindful of this – we will endeavour to ensure as little public access as possible. We cannot guarantee that no member of the public will gain access to the route so please be aware of this.

The turn points will be clearly marked, At the end of Lap 2 you will be directed towards the Finish Line. This will be alongside the Transition Area. Competitors are responsible for counting their own laps, if you do not fully complete two laps then you will be disqualified.

PTWC Athletes - Please note PTWC athletes will be using part of the bike course for their run course. It will also be two laps but you do not turn left off the B4304, instead continue straight on through to the turn point on the B4304. At the end of the second loop you will be directed up to the Finish Line.



See you on race day!

If you have any questions, please email the team at
SuperSeries@britishtriathlon.org

