INTRODUCTION

Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Llanelli Junior Duathlon being held in Llanelli as part of the Llanelli Multi-Sport Festival. The weekend Festival also includes the British Super Series Youth 'Sospan Sprint' Triathlon, Llanelli Paratriathlon and the Llanelli Sprint Triathlon.

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 the Discovery Centre in Llanelli. The address is North Dock, Millennium Coastal Park, Llanelli, Carmarthenshire. SA15 2LF. The building is fully DDA compliant.

Parking – this is available at the Discovery Centre Car Park. You will have to pay for the Car Parking here so please bring some change. There are 100 free spaces available at the Dragon24 offices which are on your right as you come into the North Dock.

Toilets - Public toilets are available in the Discovery Centre and there will be portable toilets available in the Disabled Car Park near the Discovery Centre.

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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

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.

For more information about activities in Llanelli , please visit www.discovercarmarthenshire.com

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!

THE RACE

Event Schedule May 12th

7:30pm – 8:30pm	**Early chance to Register and collect your race pack**

Event Schedule May 13th

The Coastal Road will be closed between 6:00am – 20:00pm for the three events we have on the Saturday.

6.00am	**Road Closure in Place on Coastal Road**
7:00am	**Registration Opens for Duathlon**
7:15am	**Transition Opens**
8:15am	**Transition Closes**
8:20am	**Race Briefing at Marquee**
8:30am	**Race Start with Tristar S. Other categories will start once previous category has finished**
10:30am	**Presentation**

Briefing - There will be a mandatory race briefing conducted at 8:20am. Attendance is compulsory and we will have someone on hand at registration to take any questions as well.

Race briefing will take place outside Transition. The briefing will last approximately 10 minutes. If you have any questions you are encouraged to ask them before the day of the race by emailing Noelwyn@healthylifeactivities.co.uk

Transition Set-up - There is no allocated space in Transition. Please allow sufficient space for your fellow athletes. We will have bike racks available and normal barriers that may be better for the younger athletes to rack their bikes.

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

What you will be given at registration

- Race Number
- Bike Number
- Security Wrist Band
- Helmet Sticker
- Tattoo
- Timing Chip
- Triathlon Wales Day Membership £1 (if required) Safety pins will be available on request

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 £1.00 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 any circumstances unless authorised by the race organiser prior to race weekend.

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Your transition space is for you to leave your racing equipment only. **NO BAGS/BOXES** can be left in Transition

Transition Check-in - Transition Check-in will take place on the day of the race only. You will need to have your security wrist band, bike number attached to the bike and your race number on. 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 can ensure you have your helmet with you.

Check-In times - Transition is open from 7:15am – 8:15am. It is advised that athletes check into transition in plenty of time so that they don't miss Race Briefing. Only competitors may access transition.

The more prepared you are when you arrive at transition the quicker you will get in.
Transition Map can be viewed online.

Electronic Race Timing - This event uses electronic chip timing. Once issued with your chip at registration ensure you do not lose it or get it mixed up with someone else's.

Please ensure you only cross timing mats whilst you are racing, or when instructed to by a marshal. If you cross timing mats when you shouldn't your results could be affected.

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.

Distances :

Cat	Run 1	Bike	Run 2
TSS – 8yr Olds	400m	2k (1 Loop)	300m
TS1 – 9 to 10 yr Olds	1.2k	4k (2 Loops)	500m
TS2 – 11 to 12 yr Olds	1.6k	6k (3 Loops)	500m
TS3 – 13 to 14 yr Olds	2k	6k (3 Loops)	500m

Race Numbers - Each competitor will be issued with a race number, these must not be altered. Your number should be worn throughout the event; on the back for the bike section and on the front for the run section. 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.

Start Times - The race starts at 9:00am for Tristar S category. The following age group races will start once the previous race has finished. There will be a 5 minute break between the end of one race and the start of the next race. You will be called to the start line by the Race Organiser

Run 1 – The race start will be clearly visible with a large inflatable Start/Finish arch. The start will be over by the new playground by the North Dock.

All age categories will start at the same location. You will run up the coastal path towards Machynys. There will be a different turn point in place for each age category due to the different run distances. There will be a lead bike and a marshal at the turn point. When you return from the run you will go straight into transition. You will then pick up your bike and exit transition at the top end. There will be signs to assist and marshals.

Competitors who fail to return their timing chip will be charged £30 as per the terms and conditions of entry.

Run 2 – This will be the same route as Run 1. You will exit at the bottom of transition and run up the coastal path to the turnaround point. Apart from TSS category you will all turn at the same point on Run 2. You will finish under the Finish Arch.

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 racked in transition. British Triathlon Rules describe acceptable helmet types and the rules related to this. The road is closed for the duration of the event.

You will push your bike to the designated mount line which will be on the road. You will mount your bike when instructed by the marshals. You will cycle on the left side of the road and you do NOT cross the white line. You cycle around the 1st roundabout and then return to the roundabout at the North Dock – the bollard is the turnaround point here. There will also be a marshal present. Take care when going round the bollards. Once you're back at the North Dock Roundabout you will have finished one lap. You will have to complete the correct number of laps depending on your age category.

Once you have finished the correct number of laps you will dismount and push your bike back to transition. You have to count your own laps – we will have a marshal there to assist and keep track of your laps but you have to know when you've completed the course.

Drafting - This is a non-drafting event. 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

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!

Aid Stations There will be one aid station located at the entrance to transition from Run 1 and as you exit transition to start Run 2. We will also have water at the end for you.

The Finish: The finish area will marked with a large inflatable FINISH ARCH.

Upon finishing you will receive your finishers MEDAL, drink, banana and a Welsh cake! 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.

AFTER THE RACE

Transition Check-out – Transition will be closed from 8:15am until all 4 Junior Races are completed. We will try and be flexible in allowing athletes who have completed their race to collect their bikes. A 5minute window between categories will be allowed.

You will need your security wrist band to re-enter the transition area. Once the racing has finished you will be able to collect your bike. Only the athletes will have entry to transition.

Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.

Presentations – We have 1st 2nd & 3rd placed trophies for all Male/Female category winners. Presentation will take place as soon as the last race has finished and results calculated.

Results - Provisional results will be available on the event website on Saturday evening May 13th. These will have your run and bike split times.

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, which can be viewed here www.britishtriathlon.org/about

It is the competitor's responsibility and parent's / guardians to know and abide by the rules; ignorance is not a defence against a penalty or encourage you to support your child but please also be aware of all children taking part. There are specific guidelines for parents/guardians with British Triathlon.

Fit To Compete? 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 your are fit to compete.

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 available for you to use including recycling options.

Please remember that we are all guests in Llanelli, so help keeping the venue clean would be greatly appreciated.

Further questions - All information contained within this document is believed to be true at the time of publication.

Changes may be required to ensure the event is organised safely and within the law. Whilst the organiser shall endeavour to notify competitors of any changes to these details, the organiser reserves the right to make changes without notice.

Other races – This event is part of the Llanelli Multi-Sport Festival.

Friday May 12th – Sospan Charity Swim

Saturday May 13th

- 8:30am – Llanelli Junior Duathlon
- 14:00pm – British Super Series Youth 'Sospan Sprint' Triathlon

Sunday May 14th

- 7:30am -Llanelli Sprint Triathlon

This event is the property of Healthy Life Activities. The event is sanctioned by British Triathlon Federation's

disqualification. Parents/Guardians – we want to **Spectator Information** - The run & bike course is designed to be as spectator friendly as possible There are plenty of areas from which to watch the action. We simply ask that spectators don't impede athletes or provide external assistance.

We would like to encourage you to stay on after your race and enjoy what Llanelli and Carmarthenshire has to offer.

For more information about activities in Llanelli , please visit www.discovercarmarthenshire.com

Anti Doping

British Triathlon enforces a stringent Anti-Doping Policy that adheres to guidelines recommended by the World Anti-Doping Agency (WADA)

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. The use of performance-enhancing drugs and doping activity severely damages the legacy of sport and undermines the integrity of true athletes. Please visit http://www.ukad.org.uk for more information.

policies and practices as well as its competition rules, which can be viewed www.britishtriathlon.org

Thank You / Diolch

Healthy Life Activities is a non-profit organisation and we organise these events on a voluntary basis. The proceeds are used to cover the cost of the event and we also make donations to local charities and community groups.

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
- Amman Valley Paddlers

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

MWYNHEWCH YR HWYL - ENJOY THE FUN