

## INTRODUCTION

### Welcome / Croeso

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

**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 £5.00 day membership fee. If you are not a member of your Home Nation you are not eligible for British Paratriathlon Championship prizes.

Entries are NOT transferable to another person under any circumstances

**Course Familiarisation** - Please note that the course is not being closed for any course practice prior to the race, however 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. It is possible to practise in the North Dock but this will be done at your own Risk. A warmup opportunity will be provided 15 minutes prior to the start of the Event.

### **Event Schedule Overview – May 11<sup>th</sup> 2019**

12:00pm	Registration Opens for Paratri Event
1:00pm	ParaTri Transition Opens
1:00pm	Registration Closes for ParaTri Event
2:00pm	ParaTri Transition Closes
2:15pm	ParaTri Race Briefing
2:35pm	ParaTri Swim warm up
<b>2:45pm</b>	<b>ParaTri Start</b>

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

#### **What you will be given at registration**

- Race Bib Number x 2
- Race Number tattoo
- Bike & Helmet Numbers
- Timing Chip
- Swim Hat
- Security Wristband
- Triathlon Wales Day Membership (if required)

**Briefing** - There will be a Paratriathlon race briefing conducted at 2:15pm outside marquee. The briefing will last approximately 15 minutes. If you have any questions you are encouraged to ask them before the day of the race by emailing [Noelwyn@healthylifeactivities.co.uk](mailto:Noelwyn@healthylifeactivities.co.uk)

Attendance is compulsory and athletes guides and handlers should be in attendance at race briefing. We will also have someone on hand at registration to take any questions.

Classification is determined by the British Paratriathlon Performance team, if you place in the top three of that category you must have your classification verified within 1 month of the event. If you are unsure about your classification please contact the British Paratriathlon Performance team or email

[paratriathlon@britishtriathlon.org](mailto:paratriathlon@britishtriathlon.org)

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**Transition Set-up** - 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.

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**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 at the swim start. If you cross timing mats when you shouldn't your results could be affected. PTWC athletes can place timing chips on wrist and please make sure to lower wrist when crossing timing mat. 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 as per the terms and conditions of entry.

**Arrival at the venue** - Plan your arrival at the venue the day before.

Remember the roads will be closed from 06:00am on Saturday for the Junior Gateway Triathlon event and Junior Duathlon event so allow extra time to get to Llanelli.

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!

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**Transition Check-in** - Transition Check-in will take place on the day of the race only. You will need to have your wristband on, 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 safely required to wear one of your race numbers.

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

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**Check-In times** - Transition is open from 1:00pm – 2:00pm It is advised that athletes check into transition in plenty of time so that they don't miss Race Briefing.

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**Baggage** - There is no specific baggage area provided, however you may leave a small number of items at your transition position, however this doesn't mean your suitcase!

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**Race format** - Competitors should note that all categories will be competing the same race format.

Swim – 750m (one lap)

Bike – 20km ( 5 Loops )

Run 5k PTS2 – PTS5 & PTVI ( 2 Loops )

PTWC - (1 long lap, 1 shorter lap)

*Please note PTWC athletes are using part of the bike course for their run course, an out and back loop. PTWC Run course explained in Run section. Maps are available on the website and we will have one at Registration.*

**Race Numbers** - Each competitor will be issued race numbers, these must not be altered. Your number should be worn throughout the event, under your wetsuit in the swim, facing backwards on the bike and facing towards the front on 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.

For those athletes with a guide - your guide has to wear the second number.

Competitors are responsible for counting their own laps.

**Handlers** must register and collect a bib top from registration at the same time as the competitor registers. Handlers will have full access to the course to support their athletes. Numbers of handlers allowed is as follows: • Up to one (1) personal handler for sport classes PTS2, 3, 4 & 5. The classification process will determine for each athlete the allowance of using one handler in the competitions. Any athlete in this category must apply for a handler by emailing [majorevents@britishtriathlon.org](mailto:majorevents@britishtriathlon.org)

- (ii) One personal handler for sport class PTWC;
- (iii) No personal handlers for PTVI – guides may act as personal handler for this sport class.

### Start Times & Swim cap colours

- please see above for swim start times for various categories. We will have different coloured swim hats.

Definitely require assistance Red.

May require assistance Yellow

Unlikely to require assistance Blue

VI athletes (PTVI) Green

Guides White (to identify athletes who are able bodied)

### Swim (One Lap)

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 guide 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.

### Bike Continued

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.

**Bike** - 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 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

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.

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](http://www.britishtriathlon.org)

Helmets are mandatory, and must be worn clipped up

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.

Competitors are responsible for counting their own laps, if you do not fully complete five laps then you will be disqualified.

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.

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## Run

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.

## 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 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!

**Run Continued - 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.

A separate RUN COURSE map has been prepared for you.

**Rules & Competitor Conduct** - The Chief Race Official for this event is Tom Roberts of 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](http://www.britishtriathlon.org/about)

It is the competitor's responsibility to know and abide by the rules; ignorance is not a defence against a penalty or disqualification.

**Time Penalties & Appeals** - All penalties will be posted in the finish area throughout the event by the race officials. Appeals against these penalties must be made in writing to the race referee within one hour of the penalty being notified and accompanied by £15.00 refundable if the appeal is upheld.

Please note that to overturn a penalty you must be able to provide proof that the penalty was incorrectly awarded. It is the competitors' responsibility to check the penalty board. Officials are not required to notify you if a penalty has been awarded.

**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.

**Presentations** - There are 1<sup>st</sup> medals for all classifications. You have to be a classified athlete to qualify for the category prizes, or be classified within one month after the event, otherwise your prize will be rolled down to the next person in your category.

**Aid Stations** There will be one aid station located at the swim exit and also one on the Finish.

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

Upon finishing you will receive your finishers' medal TShirt, 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.

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 race number and security wrist band to 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. Transition will open once all bikes have returned.

**Results** - Provisional results will be available on the event website on Saturday evening May 11<sup>th</sup> after 10:00pm. Results will become final no later than May 15<sup>th</sup>

**Presentations** will take place at 4:30pm or as soon after the last finisher crosses the line.

 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](http://www.discovercarmarthenshire.com)

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

**What to do if you can't make it** - As per the terms and conditions of entry, notice of withdrawal from the event must be communicated by emailing [Noelwyn@healthylifeactivities.co.uk](mailto:Noelwyn@healthylifeactivities.co.uk) stating clearly the desire to withdraw and putting the word WITHDRAWAL in subject line of the email. Withdrawals will not be accepted by telephone. The event refund policy is available on the website, withdrawals after the 1st May are not eligible refund.

**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.

## Ownership

This event is the property of Healthy Life Activities. The event is sanctioned by British Triathlon Federation's policies and practices as well as its competition rules, which can be viewed [www.britishtriathlon.org](http://www.britishtriathlon.org)

**Photographer will be assigned on the day**

## 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

The course is designed to be as spectator friendly as possible using a multi-lap format. 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](http://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.

**Diolch / Thanks You**

We would like to thank everyone who has entered this event and we hope you and your families enjoy your visit to Llanelli.

We also work closely with :

Carmarthenshire County Council

Dyfed Powys Police

St John's Ambulance

Local Sports Clubs as marshals on the day

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