

INTRODUCTION

Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Carmarthen Cotswold Triathlon at Carmarthen Leisure Centre on October 12th 2014. This will be the first Triathlon in Carmarthen since 1991.

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 Carmarthen Leisure Centre, Llansteffan Rd, Johnstown, Carmarthen, Carmarthenshire, SA31 3NQ

Parking – this is available at Carmarthen Leisure centre for 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 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.

Registration – this will be located at Carmarthen Leisure Centre. Competitor information will also be available here together with course maps.

What you will be given at registration

- Race Bib Number x 2
- Bike Number
- You will need to purchase a Triathlon Day Membership for £5 if you are not a BTF/WTA member.

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

Safety pins will be available on request



THE RACE

Event Schedule October 11th

We will be opening Registration on Saturday afternoon for an hour so that you can collect your race pack. Ideal if you live locally

10:00am – 11:00am	Registration at Carmarthen Leisure Ctr
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Schedule Sunday October 12th

6:15am	Registration Opens
6:15am	Transition Opens
7:30am	First Swimmers start
11:30am	Transition Dismantled
11:30am	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 large bags/boxes allowed to be left in Transition.

- The transition area will be open from 6:15am.
- No-one other than athletes, bearing a race number and cycle helmet will be allowed into the transition area – no exceptions.
- Bikes must be hooked onto the racking by the saddle.
- Your bike must have the number label attached
- Your race 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.

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. 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.

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 06:15am. It is advised that athletes check into transition in plenty of time so that they don't panic and get to poolside in plenty of time.

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

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 can ensure 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

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 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 a race number, this must not be altered. Your number should be worn throughout the event, 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.

Course Maps :

<http://www.healthylifeactivities.co.uk/carmarthen-cotswold-triathlon/course>

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.

SWIM – 400m

- The first swimmers will start at 7:30am.
- You will be allocated a swim start time and this will be available from October 5th.
- 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 8 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.
- You can swim front crawl or breast stroke, no back stroke or butterfly techniques can be used.
- 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.
- When you exit the water you should exit the building via the fire exit door on the left hand side and make your way to transition.
- If you wish to get changed after the swim and as this is a Novice event you will be able to use the changing room facilities first but this time will count towards your finish time.
- You must WALK to the fire exit door – anyone who runs will face disqualification. This is for your own safety.

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 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. This is a straight out and back course to the seaside village of Llansteffan. As you enter Llansteffan you will turn left towards the seaside car park which will be the turnaround point. You then re-trace your route back to the Leisure Centre. You will have a right hand turn back into the Leisure Centre – please abide by the Highway Code as the road will be open to all traffic.

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.

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.

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

New Run Course : This is now a 2 lap run. When heading out onto the run course you must make sure your race number is facing forwards. You will be directed out through the top of Transition and onto the path which will take you through the grounds of QE High School. You will turn right out of the school gate. Please stay on the pavement and follow the yellow arrow signs. After just over 1km you will be turned right onto the cycle path and then at the 1.25Km mark there will be your turn point.

The turnaround point will be clearly marked and marshalled. You then re-trace your steps back to the Leisure Ctr. There will be a bollard and marshal signalling the end of LAP 1. You then run the same lap again. The first runner out onto the course will also have a lead cyclist. There is plenty of opportunity for spectators to show their support along the route and at the turn point. At the end of Lap 2 you run in to the Finish Line.

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

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!

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.

A special thanks to our sponsors Cotswold Outdoors in Carmarthen. Please make sure to use those 15% vouchers at their store after the event and enjoy the ample choice of eating venues at St Catherine's Walk.

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
- Carmarthen Quins RFC Juniors

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

Results - Provisional results will be available on the event website on Sunday evening October 12th

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.

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

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 TShirt, drink, and gel together with some Cotswold goodies! 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 your 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. 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.

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