



SOSPAN SPRINT TRIATHLON LLANELLI 2023
PART OF THE
BRITISH YOUTH, JUNIOR & SENIOR
SUPER SERIES



INTRODUCTION

Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Llanelli Multi-Sport Festival and the **Sospan Sprint Triathlon Llanelli** on May 13th 2023

Confirmation of Entry - All athletes who have received and used their entry code should have received a confirmation email.

Location – the event headquarters are based at Millennium Coastal Park, North Dock, Llanelli, SA15 2LF

Parking – this is available at the North Dock and is Pay & Display. There is free car parking Dragons24 offices on the right as you enter the Dock

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



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

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 still be eligible for category trophies

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.

Withdrawals

The event refund policy is available on the website. In the event of additional spaces being made available through athlete withdrawals a limited number of starts may be available, but by no means guaranteed, on race morning. On the day entries will follow the Super Series procedure detailed in the Super Series explained documents

Spectator Information

There are plenty of areas from which to watch the action. please take special care if moving along the bridge by transition area when the run leg is in progress as the course is narrow and it easy to inadvertently impede runners.

Registration

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

Race Pack at registration will contain :

- Arm Race Tattoo (Right Arm)
- Timing Chip
- Swim Cap

A Mandatory Bike Check will be carried out by **Chief Technical Official** to ensure your bike conforms to rules Associated with Draft Legal racing. Further details on Bike setup, Draft Legal rules, Wheel Regulations and gear restrictions are available [HERE](#).

THE RACE

Event Schedule May 13th 2023 - Race Start Times

11:00am	Youth Female Super Sprint
11:45am	Youth Open Tier 2 Super Sprint
12:30pm	Youth Open Tier 1 Super Sprint
1:15pm	Junior/Senior Female
2:30pm	Junior/Senior Open Tier 2 Sprint
3:45pm	Junior/Senior Open Tier 1 Sprint
5:00pm	Paratriathlon

Youth Female

08:30am	Race Registration Opens
10:00am	Race Registration Closes
09:30am	Transition Opens
10:30am	Transition Closes
10:40am	Race Briefing - Youth Open & Female
10:50am	Swim Warm Up - Youth Open
11:00am	Race Start
<i>11:50am</i>	<i>Last finisher</i>

Youth Open Tier 2

08:30am	Race Registration Opens
10:00am	Race Registration Closes
09:30am	Transition Opens
10:30am	Transition Closes
10:40am	Race Briefing - Youth Open Female
11:35am	Swim Warm Up
11:45am	Race Start
<i>12:30pm</i>	<i>Last finisher</i>

Youth Open Tier 1

08:30am	Race Registration Opens
10:00am	Race Registration Closes
09:30am	Transition Opens
10:30am	Transition Closes
10:40am	Race Briefing - Youth Male & Female
12:20pm	Swim Warm Up
12:30pm	Race Start
<i>1:20pm</i>	<i>Last finisher</i>

Senior and Junior Open Tier 2 Wave

10:45am	Race Registration Opens
12:15pm	Race Registration Closes
11:45am	Transition Opens
12:45pm	Transition Closes
12:55pm	Race Briefing
1:05pm	Swim Warm Up
1:15pm	Race Start
<i>2:30pm</i>	<i>Last finisher</i>

Junior and Senior Open Tier 2

10:45am	Race Registration Opens
12:15pm	Race Registration Closes
11:45am	Transition Opens
12:45pm	Transition Closes
12:55pm	Race Briefing
2:20pm	Swim Warm Up
2:30pm	Race Start
<i>3:45pm</i>	<i>Last finisher</i>

Junior and Senior Open Tier 1

10:45am	Race Registration Opens
12:15pm	Race Registration Closes
11:45am	Transition Opens
12:45pm	Transition Closes
12:55pm	Race Briefing
3:35pm	Swim Warm Up
3:45pm	Race Start
5:00pm	<i>Last finisher</i>

There will be 10 **minute windows** provided to Un-Rack bikes and clear your belongings from Transition.

This opportunity will arise once ALL ATHLETES have exited the water and Transition area of a particular Wave. The ENTRY / EXIT point will be clearly signposted for you. Do not cross any timing mats or enter Transition Area through at any other location.

Transition Set-up

There is no individual allocated space in Transition. Please allow sufficient space for your fellow athletes. **NO BAGS/BOXES** will be allowed to stay in the transition.

- Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place.
- You must have your decals on to enter transition

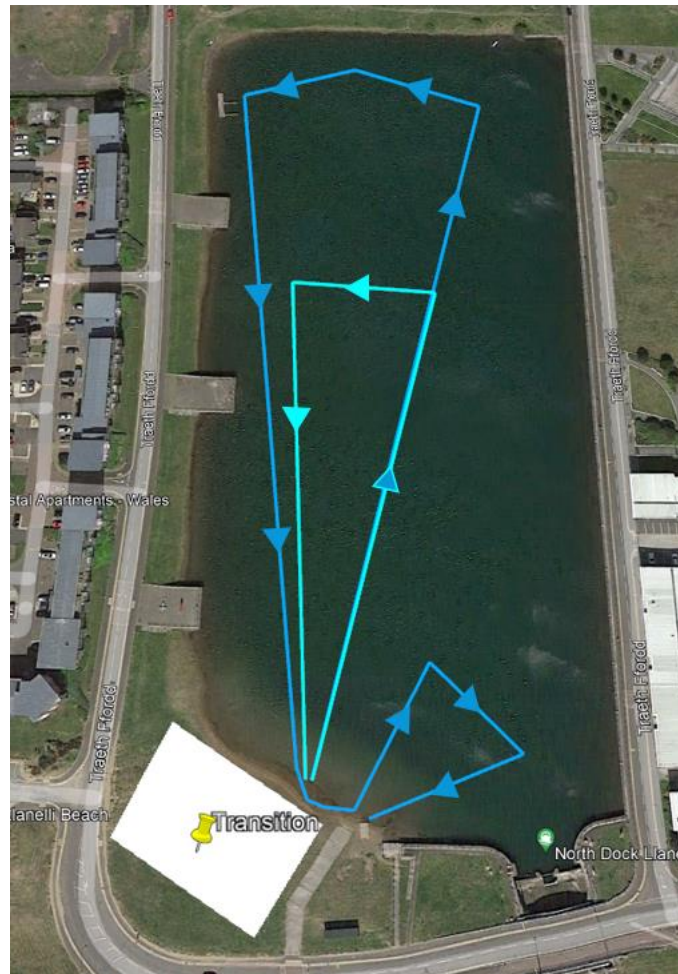
COURSE DETAILS

Swim

- This will be a beach start. Athletes will be ranked and called forward to select a start position according to the Super Series roll down list.
- Please take care on exiting the water.
- The Youth swim course is 400m anti-clockwise loop. The Junior and Senior swim course is 750m, consisting of a 600m anticlockwise loop into an Aussie Exit to a 150m anticlockwise loop.
- Water safety cover will be provided – if you get into difficulties, turn onto your back and raise one arm in the air, and help will be with you quickly.
- It is compulsory to wear a wetsuit for the swim.
- If unfamiliar with beach starts we would strongly recommend making use of the swim warm up. Water and air temperatures cannot be guaranteed in May, any athletes doing the swim warm up are strongly advised to have warm clothing ready to wear between warm up and race start.

- Any athletes who false start will receive a 10 second penalty in T1

Video footage will be taken at the first buoy – any dangerous or overtly aggressive behaviour may result in a penalty or disqualification.



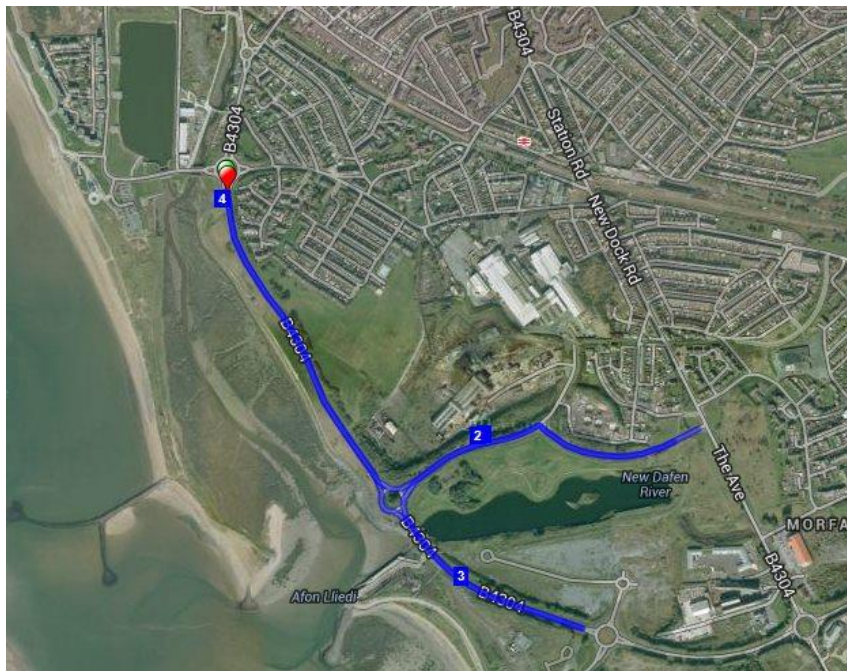
[Please View Course Online \(This Course is subject to possible Change \)](#)

Bike Course

- After mounting your bike at the designated line you will be directed to the start of the bike circuit which is a 4km loop. Youths will complete 3 Loops and Juniors will complete 5 loops of the course and it is your responsibility to count your own loops.
- It is 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.
- **The race is draft legal, lapped athletes will pulled out of the race with immediate effect as per ITU rules...**
- Helmets are mandatory, and must be worn fastened 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.

Please note athletes are responsible for counting their own laps and ensuring they enter the transition area at the correct time.

[Please view the course online](#)



There is a 80m section from Transition to the start of Loop 1



Run Course

- You will exit at the top end of transition.
- This is a 2.5km loop – Youth athletes complete one lap and Junior athletes complete 2 laps.
- The course will take you on Millennium Coastal Path towards Machynys.
- The course is flat and fast and on tarmac which runs parallel to the bike course.
- A traffic cone will mark the turn point at 1.25km and will be marshalled.
- The turnaround point at the end of Loop 1 will be next to transition and within touching distance of the Finish Line. Once again this will be marshalled.
- Once you have completed your run course you will head for the Finish Line. It is your responsibility to know the run course and do the correct number of laps.



[Please View course Online](#)

Protect the Environment- 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.

AFTER THE RACE - Transition Check-out

You will need your 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. We would appreciate the Transition area being cleared as quickly as possible once permissions has been given by the Race Organiser

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

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.

Baggage

There is no baggage area provided, Car Parks are close enough! NO BAGS/BOXES can be left in Transition.

Electronic Race Timing

This event uses electronic chip timing. 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 with 2 race numbers, these 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 if you use a race belt. 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.

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.

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. The latest British Triathlon rules can be viewed Online at this link - [British Triathlon Rules](#)

Results

Provisional results will be available on the event website on Saturday evening from 22:00

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 memento, drink, and a good old Welsh cake! Please return your timing chip before leaving the finish.

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.

Partners

We also have a number of partners to thank who provide support at our events :

- St John's Ambulance
- Amman Valley Paddlers
- Dyfed Powys Police
- Carmarthenshire County Council
- British Triathlon
- Welsh Triathlon
- Actif Leisure – Carmarthenshire County Council
- Swim Sharks Shop

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