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Tenovus Women's Only Triathlon 2016

September 4th @ 7:45am



Women's Novice Triathlon in aid of Tenovus Cancer Care

Thank you for joining us for the Women's Novice Triathlon. In partnership with Welsh Triathlon and Tenovus Cancer Care we will be hosting the Tenovus Womens Only Triathlon. By taking part and supporting this event you are helping Tenovus Cancer Care continue to provide essential care and support for cancer patients and their loved ones, where and when they need us most.

The Women's Novice Triathlon will be taking place on the same day as our Llanelli Standard Distance Triathlon, meaning you'll be part of a great day of triathlon activity!

The Women's Novice Triathlon will start at 7:45am with the Llanelli Standard Event starting at 8:00am. As this event is an open water sea swim we are governed by the tide and the easiest time to swim is within thirty minutes of high tide which is why both Triathlons will be set off within ten minutes of each other. The Transition area will have a section specifically for the Women's Novice Triathlon. There's more information later on in the pack about the transition zone.

Registration

Registration will take place at the RNLI Boathouse at Burry Port Harbour on Saturday between 6:00pm – 7:00pm At registration you will be given your race pack that will contain :

- Race numbers x 2 / Swim cap / Sticker for the bike / Helmet Stickers / Right Arm Tattoo .
- Timing chip.

There will also be a FREE TEA/COFFEE Voucher for you to use at the RNLI Marquee. Please use these and support the RNLI.

British Triathlon members must produce their race licence at registration. If you are not a member then you will have to purchase a day licence. The day licence will provide you with insurance cover during the Triathlon. No licence = no race. No exceptions. **Race Day Licence is £5.00.**

Race day timetable – September 4th

6:00am Registration opens – Boathouse Burry Port Harbour
6:15am Transition area opens for bike racking (to competitors only)
7:15am Registration Closes
7:30am Transition Closes
7:35am Compulsory race briefing by Boathouse.
7:40am Swim Warm Up
7:45am Swim Start
10:00am Presentation at Harbour Boat House to Race Winner
11:00am Transition area dismantled – all bikes and kit to be removed

Parking - There are various Car Parking options – all those near the Harbour are Pay & Display. You will need to pay so please bring change as we won't have any at Registration.



Toilets - Public toilets are available at Burry Port Harbour and there will be portable toilets available.

Race numbers - Your race number will be given to you at registration. You can use a Race Belt but if you don't then please make sure the Race Number is on the Front & Back. They must not be folded. With a Race belt please make sure your number is visible on back for the bike and front for the Run. You will also have a sticker with your race number on. Please place this on your bike.

Race Timing - Timing is with chip timing. Please ensure this is safely strapped on. If you don't wear your timing chip there will be no Race Time for you.

The Course

Please ensure you make yourselves familiar with the course beforehand. It is your responsibility to know the bike course and be familiar with both swim and run courses. Our marshals will be there to assist and the course will be very well signed with fluorescent arrows.

General

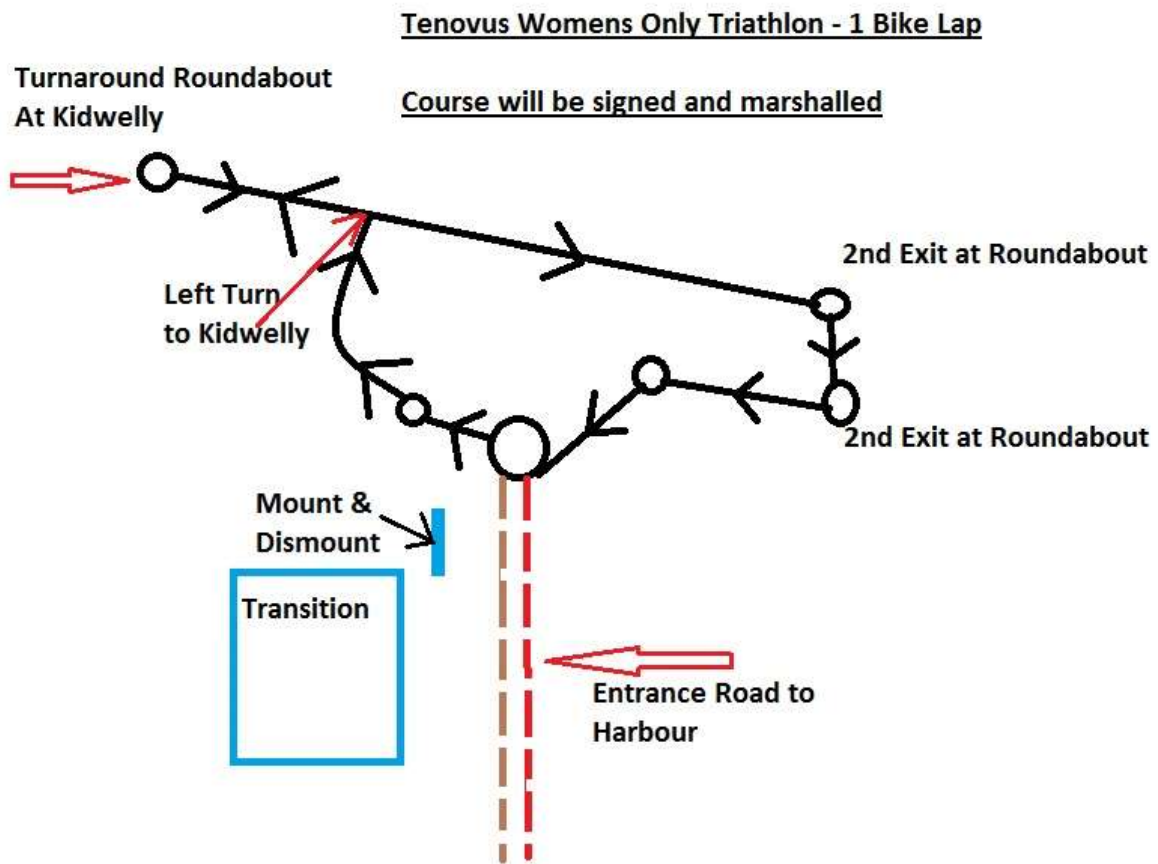
Please note that all main junctions will be marshalled but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to cycle safely. Anything deemed to be unsafe will be recorded by marshals and the race referee will impose a time penalty or disqualification, as appropriate (please see race rules which are online or at www.britishtriathlon.org).

SWIM COURSE 750m



All swimmers will enter via the slipway. **The Race Start is 7:45am.** Please be aware that the athletes from the Llanelli Standard Triathlon will be around the area. Please take care on entering and exiting the water. You will be counted into the water. The swim course will be one 750m lap, anti-clockwise. This is displayed by the Yellow line on the course map above – you will only swim ONE LAP. You will start in the water at the bottom of the slipway into the sea. 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. We will give you some sighting TIPS at Race Briefing!!

CYCLE – 20km



We have an interactive Map online but here is an artists impression not drawn to scale!!

This is a one lap bike course for the Women's Novice Triathlon. You will be able to follow small Pink arrow signs. It will be the same bike loop as the Llanelli Standard Triathlon but you will only be doing **ONE LAP**. When you exit transition you will head towards the Roundabout. Turn left here and take 1st left at the next roundabout. You will then follow this road through Pembrey – please take care of the parked cars. At the junction you will then Turn left and follow the road out towards Kidwelly. You will turn at the 1st Roundabout in Kidwelly and head back on the road to Llanelli. You then take the 2nd exit on the next Roundabout and straight through the following roundabouts as you head back towards Burry Port Harbour. At the roundabout to the Burry Port harbour entrance you will go back into Transition. It's a straight forward course that will be clearly signposted and marshalled.

RUN – 5Km

You will exit from Transition and follow the Coastal Path back towards Pwll – at the 2.5km point there will be a drinks station and turnaround point. You will then return to Burry Port harbour and run up the Finish Line to finish your 5k and the Women's Novice Triathlon. This is a flat out and back course. Once again an interactive map can be viewed online

The Finish will be along the Harbour front.



Transition Area

The Transition area will be based on the grass land next to the Harbour. You will have to have your wristband on at all times to gain access to Transition. There will be a clearly marked section within Transition for the Women's Only Triathlon. On entering Transition after the swim you will collect your bike after fastening your helmet and then push the bike to the Highway where we will have a mount line. There will be a coned safety area for you to Mount but please be aware of other road users. When you return from the Bike course you will be asked to dismount by the marshal and then push your bike back to transition. Rack your bike before taking your helmet off. You will then exit Transition at the top (same way as you came in from the Swim) and then head out along the run course. To collect your bike after the event you will need to show your security wristband. There will be an Athletes entrance to Transition for you to collect your bike – you will not be able to collect your bike until all cyclists have returned and please be mindful of the Llanelli Standard Triathlon athletes



Health & Safety

Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert a race official who will act accordingly. If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you **MUST** report to a timekeeper at the finish so that this can be recorded and we know that you are safe. Everyone who starts the race must be accounted for, so please avoid the cost and worry of a missing person search by reporting in. If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. This should help ensure you receive the correct treatment in the event of any emergency.

The Finish

Water and bananas will be available at the finish. You will also receive your Finish Memento here. If the weather is very poor then your Race Memento can be collected from inside the RNLI Boathouse. Please collect your bike and kit from transition as soon as you can after transition has re-opened (as soon as the last cyclist is back). You will need to show your security wrist band to gain access to transition and remove your equipment, this must match the one on your bike, so please don't lose it.

AFTER THE RACE

The presentation will take place outside the RNLI Boathouse, as soon as possible after the last finisher. We will have an overall Female winner.

Thank You / Diolch

We would like to thank :

- RNLI at Burry Port
- All our marshals who have given up their time to assist on race day.
- Dyfed Powys Police
- Amman Valley Paddlers
- St John's Ambulance
- Carmarthenshire County Council