**July 29th 2018 – 7:00am START**

MIDDLE DISTANCE
TRIATHLON

Melin

# Sospan Sizzler Middle Distance Triathlon 2018

## RACE PACK

## YMDRECH A LWYDDA

## EFFORT SUCCEEDS

## INTRODUCTION

### Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Melin Sospan Sizzler Middle Distance Triathlon on July 29th

**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 Burry Port Harbour, Burry Port Lifeboat Station,The Harbour,Burry Port, Carmarthenshire, SA16 0ER

**Parking** – there will be ample free parking close to the venue and within 500m of the start line.

**Toilets -** Public toilets are available at the harbour and we will have portable toilets as well.

discovering carmarthenshire

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

**Relay Team –** there will be a separate holding area for relay teams. The swimmer will need to start with the timing chip attached. That will then be passed to the cyclist at the transition holding area who will in turn pass to the runner waiting in the same zone. All Relay Team members receive a race memento. Each Member will also need to purchase a race day licence at £3.00 each

**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 the Marquee near Transition. Competitor information will also be available here together with course maps.

**Race Pack at registration will contain :**

- Race Bib Number x 2
- Bike & Helmet Numbers
- Arm Race Tattoo (Right Arm)
- Security wristband
- Timing Chip
- Swim Cap
- You will need to purchase a Triathlon Day Membership for £5 if you are not a BTF/WTA member.

**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.

**THE RACE**

**Saturday July 28th - Registration 5pm – 6pm**

**Schedule Sunday July 29th**

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| **5:30am** | **Registration Opens** |
| **5:30am** | **Transition Opens** |
| **6:30am** | **Registration Closes** |
| **6:30am** | **Transition Closes** |
| **6:40am** | **Full Race Briefing** |
| **6:50am** | **Swim Warmup** |
| **07:00am** | **Race Start** |
| **12:30** | **Transition Opens** |

**Transition Set-up -** There is no allocated space in Transition. Please allow sufficient space for your fellow athletes. **NO BAGS/BOXES** will be allowed to stay in the transition which will be open from 5:45am

- No-one other than athletes wearing a security wristband will be allowed into Transition.
- You must have the bike number attached. Bikes must be hooked onto the racking by the saddle.
- Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place.
- Your security wristband number must match your bike number in order for you to retrieve it.
- We will check stoppers in handlebars.
- Please only enter and exit transition at the designated point.
- Transition Map can be viewed online
- **The more prepared you are when you arrive at transition the quicker you will get in.**

**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 05:30am. You have to Register first and then check into transition in plenty of time so that you avoid panic!!

**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. 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 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.

**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 www.britishtriathlon.org/about

**Results -** Provisional results will be available on the event website on Sunday evening July 29th

**Swim**

- If conditions allow You can enter the water 5mins before the race start to warm up.
- All swimmers have to enter via the slipway. You will be counted into the water.
- Please take care on entering and exiting the water.
- The swim course will be two laps of 950m, clockwise. This could change to anti-clockwise depending on weather conditions. This will be a beach start.
- Must wear swim cap provided.
- 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.

**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.

For a detailed look at the Bike Course please follow this link -http://www.healthylifeactivities.co.uk/melin_sospan-sizzler-middle-distance-triathlon/course

- The mount line is on a closed section of the road near Transition.
- 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.
- There will be one Drink/Feed Station on the course at Mile 28. This will be near Burry Port Harbour.
- Please carry two drinks bottles with you and you will be able to collect two at the drinks station.
- 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.

**You have to abide the rules of the Highway Code on the bike**

**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

**21k Run Course :**

- You will exit at the top end of transition.
- You will follow the path out past the RNLI station towards Pwll – this is a short 3.5km loop and your 1st Loop
- You will come back past the Burry Port Harbour that and out onto the Millennium Coastal Path towards Pembrey Country Park on the 2nd loop.
- You will then run through Burry Port harbour and past all spectators as you head out on Loop 3 that takes you out towards Pwll.
- Once again you will come back into Burry Port Harbour and then head out on the final 7km loop.
- The Finish Line will be clearly marked near Transition Area.
- Feed Stations will at start of Run 1.75k, 3.5k 7km, 10.5km, 11.75k, 14km, 17.5km and plenty of food at the Finish Line.
- The course map can be viewed here – http://www.healthylifeactivities.co.uk/melin_sospan-sizzler-middle-distance-triathlon/course
- The turnaround points will be clearly marked and marshalled.
- The first runner out onto the course will also have a lead cyclist. We will also ensure the final runner on the course gets some company as well!

**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. We will have a sweep vehicle on the bike course.

**Feed Stations – BIKE**
There will be one Feed Station on the bike course at 46km**.** This will be near Burry Port Harbour and will contain High 5 energy drinks, water, half cut banana, half cut energy bar. 1 Bottle per athlete at Bike feed station.

**Feed Stations – RUN**
You will pass 7 feed stations on the run course :
At **1.75km & 10.5km** there will be Water & Electrolyte sports drink.
All other feed stations will have Electrolyte sports drink, water, flat coke, pretzels, jaffa cake and jelly babies.

**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.

**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.

**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
- Dyfed Powys Police
- Carmarthenshire County Council
- All Marshalls

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

It is important that if you withdraw you tell us you have done so, we want to know you're safe!

**Cut Offs**
There are no official cut offs for each section of Sospan Sizzler, though we do expect competitors to be close to finishing within 8.5 hours. However, we take a common sense approach on this, and if you are close to completing you will be able to finish. If you are deemed to be a danger to yourself you will be asked to stop, or if you are taking significantly longer than we deem acceptable you again will be asked to stop. For more information on cut offs please Noelwyn@healthylifeactivities.co.uk

**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 and Tshirt and plenty of choices of drink and food to re-energise you. Please return your timing chip before leaving the finish area. You will get a Tea/Cake voucher for use with the RNLI staff who will receive a £2.00 donation per athlete.

**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 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.

CYCLE
SPECIFIC

Victoria Prendiville
Sport and Exercise Performance Dietitian