



Gower Peninsula Triathlon Race Information

Date: Saturday 2nd August 2008

Venue: Port Eynon, Gower.

Distance: 750m swim (1 lap)
24km bike
5km run (2 laps)

B.T. A. Licences

All athletes who have BTA licenses must show them at registration or a £4.00 levy will be charged for a day license. All other athletes will be given them in the goody bag.

Car Parking

There is sufficient car parking for all at the race venue, Port Eynon beach front. Please note that it is a pay and display car park.

Registration

Will take place at Port Eynon Village hall. There is limited parking so please park in the main car park and proceed on foot, the hall will be well signposted and is approximately a 5 minute walk.

You will receive your race numbers, swim cap, pins, tee shirt and goody bag.

You will be numbered on your right arm and left leg. If you have any allergic reaction to marker pens, please let us know before the race.

Swim

Wetsuits will be compulsory, during the swim. All athletes must only wear race issue swim caps. There will be canoeists and motor rescue craft, in the event of a problem during the swim just roll on your back and raise your arm to attract attention.

There will be a single wave deep water start. Please ensure that all first time and week swimmers start at the back or sides of the main pack.

Water safety will be present from 6.45am until the last athlete exits the water.

The race will consist of a 750m swim. Ensure that all the marker boys are on your right hand side. The swim will start and finish in Port Eynon and consist of a triangular shape course. Care must be taken whilst entering and exiting the water due to poor underfoot conditions.

Transition T1

From the swim exit there it is a 50m run up the beach to the bikes racked in T1 transition. Wetsuits must be left in your changing area in a manner not to obstruct other athletes. Helmets must be secured **before** touching your bikes. The bike mounting point will be just after the white markings which is part of the round about.

Bike Course

This is a non-drafting race and B.T.F. rules and the highway code **must be followed at all times**.

- **Starting from the transition** area which is located on the beach front at Port Eynon, proceed out of the village up a short but steep climb, continue for approximately 4 miles, **turn left** after the petrol garage which is sign posted Reynoldston.
- **Continue through a narrow lane** (please note athletes are asked to use caution on race day) starting the climb up Cefn Bryn past the King Arthur Pub.
- Once you have reached the summit and start the decent please take care as you will pick up speed quickly and the face a tight left hand bend which needs to be approached with caution, you then continue past Broad Pool on your left until you reach the T junction.
- At the T Junction **turn left** and continue along the road until you reach another T junction by the petrol garage.
- **Turn left** and continue past the Grey Hound Pub (As tempting as it might be to stop for a pint you will have to wait for the party in the night!!) for approximately 1.5 miles then you will start a very fast and technical section of the course. Firstly the road has a tight right hand corner immediately dropping sharply followed by a tight left hand bend and finally a tight right hand bend just before a short but sharp climb up the hill, please take care on this section.

- Follow the road for approximately 0.5 of a mile and you will come to Bury Green. Take the **first left** which is a sharp bend leading towards a narrow part of the course and the **NO OVER TAKING ZONE**, the NOZ last for only 400m but it is extremely tight section of the course and it will be strictly monitored by Marshalls who will be in radio contact. On completion of the NOZ continue along a fast and flat section of the course until you reach the only right hand bend.
- **Turn Right**, please note that is the athletes responsibility to ensure that it is safe to cross the line of traffic and **NOT** the Marshalls. There is excellent visibility in both directions.
- Once you have turned right the road leads back to Port Eynon. As you drop down into Port Eynon please take care and use caution as the road is narrow with a very tight right hand bend at the bottom of the hill, continue until you complete the course at the transition area.

Transition T2

In T2 athletes must not remove their helmet until you have racked your bike.

Run Course

There is a drinks station immediately after transition which will be available on both laps.

- **Starting from the transition area** with you back to the sea there is a line of shops, at the end of the shops is a wooden boarded path follow this until you reach the car park of a hotel, **follow the path on the right** until you reach a cross roads in the path.
- **Carry on straight over** following the path past the lifeboat station on your right until you reach a village green.
- **At the green make a U turn** at the end of the grass onto the tarmac road.
- **Follow the road back towards Port Eynon** staying on the Gravel Burrows road.
- Continue until you reach a T junction just past the Ship Inn pub and **turn left**, please take care as this is a public highway.
- Follow the road back to transition where you will start the **second lap**.
- On completion of the second lap head toward the finish gantry which will be located on the beach.

Food and Drink

There will be food and drink available from the captains' Table all day for competitors and supporters who will have excellent views of the race due to its location.

Massage Facility

Race day massage can be booked on the day for pre-post race massage. All bookings will be taken on the race day. The massage facility will be situated on the beach near the finish line.

Toilets/Shower

Toilets are located at the beach front and showers are available at South Gower Sports Club immediately after the race.

Please see below for the Full Weekend Itinerary:

Friday 01/08/08

- **Pasta party** – Food available from 6-9pm – South Gower Sports Club.
- **Registration** – 6-9pm – South Gower Sports Club.

Saturday 02/08/08

- **Registration** – 5-6.15am – Port Eynon village hall, drive through the village until you see the signs for registration. Please park in the main car park.
- **Transition Open** – 5-6.20am – Port Eynon beach front.
- **Marshalls Meeting** – 6am – Port Eynon beach front.
- **Mandatory Race Briefing** - 6.30am - Port Eynon beach front.
- **Water Safety Available** For warm up – 6.45am.
- **Race Start** – 7am.
- **Prize Giving** – 15 minutes after the last athlete finishes (approximately 11am) – Beach front or South Gower Sports Club an announcement will be made on the day.
- **Showering Facilities** – Available from 9am onwards – South Gower Sports Club.
- **Live band & BBQ** – 5pm – last man (or woman) standing. Shuttle buses from the campsite will be available until 12pm. 'Fun children's races 5.30pm(approx.)

Please note all details and timings are subject to change. Any changes to the information will be displayed at registration and conveyed during the mandatory pre race briefing.