



Activity Wales Gower Triathlon



Saturday 21st July 2012

7am Start

Sprint Triathlon | 750m open water swim | 24k bike | 5 k (2 laps) run

This Race is independently insured but Run under the rules of the British Triathlon Association. We encourage all our athletes to become members of the sports national governing body.

RACE INFORMATION PACK

<http://www.gowertriathlon.co.uk>



Date: Saturday 21st July 2012

Venue: Port Eynon, Gower. (SA3 1NL sat nav use)

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

Directions

From M4 (East) travelling westbound:
Leave motorway Junction 42 M4 joining A483 to Swansea.

From Swansea follow A4118 to Port Eynon (18 miles).

Itinerary

Friday 20/07/12

- **Pasta party** | Food available from 6-9pm | South Gower Sports Club.
- **Various guest speaker** | 7-8pm
- **Registration** | 6-9pm | South Gower Sports Club.



Saturday 21/07/12

- **Registration** | 5-6.15am | **South Gower Sports Club**, Scurlage.
- **Transition Open** | 5-6.20am | Port Eynon beachfront.
- **Marshalls Meeting** | 6.15am | Port Eynon beach front.
- **Mandatory Race Briefing** | 6.30am | Port Eynon beachfront.
- **Water Safety Available** For warm up | 6.45am.
- **Race Start** | 7am.
- **Prize Giving** | 15 minutes after the last athlete finishes (approximately 9:45am) | 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, games & refreshments** | 5pm start, fun children's races 5.30pm

Registration

Registration will be held at South Gower Sports Club (on your right hand side 1.5 miles from Port Eynon) on Friday Evening & Saturday Morning. **Please register on the Friday evening if possible.**

At registration you will be given your **race number, a Timing chip and a bike frame number**. The bike frame number needs to be attached to your bike before entering transition. The best place would be around your front brake cables. You will be required to show your race number which will need to correspond with your bike number when exiting the transition area on completion of the race.

Course maps will be displayed at registration.

Please note that all details are correct at the time of publishing and may change. All details will be given at registration. It is the athlete's responsibility to follow all instructions or the marshals and race officials.



Car Parking

There is sufficient car parking for all at the race venue, Port Eynon beachfront. Please note that it is a **pay and display** car park and there will be attendants on duty.

Mandatory Race Briefing

All athletes will be required to attend the pre-race briefing which will be held near the start line at approximately 6.30am.

Start Time

The race will consist of a one wave start at 7:00am.

Timing - No Chip No Time

You will be given a timing chip which must be attached to your left ankle for the duration of the race. Relay team members will use your chip as your baton. Race Numbers must be displayed on the front and rear for the whole event. If numbers are not visible you could be penalized or disqualified. Race belts can be worn.

NOTE: For this event we are using Champion Chip Timing. We are not charging a deposit for use of chips. Please ensure that you hand your chip in to an official at the finish line location even if you fail to complete the event. If you lose your chip, £10 will be charged for its replacement. This is the fee the timing company charges us for non-returned chips.

Teams – the handover for the teams is in transition area. You must tag your partner at your designated racking point; your chip timing belt is your baton.

Full results will be available online on the race day. The web address is www.triandenter.com and go to the results page.



Swim

Wetsuits will be compulsory, during the swim. All athletes **must** only wear race issue swim caps. Any athlete who does not wear the race issue hat will be disqualified. 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. For this reason only forward facing strokes are allowed.

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.

Port Eynon has no known rip currents. Should one occur do not attempt to swim into it. Change direction ideally in the direction of the swim exit or in the case of an emergency towards the shoreline.

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 buoys are on your left 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

Transition area will open at 5.00am and will close 30min after the last competitor has finished. Please remove your bike as soon as possible after the event.

Transition area has been laid-out to create an equal transition for everyone; we have therefore not numbered the racks so you can rack anywhere.

From the swim exit there it is a 150m run up the beach to the bikes racked in T1 transition, situated in the overflow car park. 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 roundabout.



Bike route – Important – Always Ride to Your Own Known Ability!!

The bike route is to take place on public highway which **are open** to other road users, **please ride accordingly**. The route has been designed to limit the number of right hand turns to maximise the safety of the athletes and other road users. The route will be comprehensively sign-posted for athletes and other road users.

Please ensure that your bike is in excellent working order, Jeremy Rees will be available in registration on Friday evening to assist you if you have any mechanical problems.

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** situated approximately 100m from transition which will be available on both laps. The drinks station on course and at the finish line will be water as requested by athletes in previous race feedback comments.

- Starting from the transition area looking back towards the café', run around the disabled parking, across the beach front, and down the wooden ramp on to the sand.
- Turn left on to the wooden dune path, following the path for approximately 100 yards and turn right on to the dunes.
- At the green follow the markers for the switchback, then 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 the residential area, turn left, and then immediately right to follow a single track path back to the beach front.
- Join the course for a second lap and on return to the beach front and after completing your second lap, follow the marshal's instructions and sprint on to the finish.

Failure to Finish

If you are unable to finish the race you **MUST** report to an official to inform them.

MP3 – iPods

Unfortunately due to health and safety reasons no MP3, iPods or any other personal stereos are permitted at any time.

Environmental Impact

We are very lucky to be granted the relevant permissions to stage the race in the Gower area and please help us by reducing the environmental impact as much as possible and take all you litter home.



Marshals

Please be advised that all the marshals are giving their time for free and without their assistance we would not be able to organize the race. If possible please show you gratitude whilst on the course and any abusive behavior will result in immediate disqualification.

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.

Race Expo

The race is being supported by a number of sponsors and there will be an opportunity to purchase various items over the weekend. The expo will be held near the race HQ.

Toilets/Shower

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

Camping

Camping for the weekend will take place at South Gower Sports club. All monies will be collected by the club officials on arrival at a cost of £20 per tent for two nights. Anyone who has pre-paid for camping will have to report to the club officials on arrival. Camping will be available from 2pm on the Friday and all campers will be required to vacate the club by 2pm on the Sunday.



Prize Giving | 15 minutes after the last athlete finishes (approximately 9:45am) | 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 & Refreshments | 5pm start, fun children's races 5.30pm

Good luck and race safely,

Tri & Enter Events Team

Tri & Enter Events has a growing list of top quality events. Keep an eye on the website <http://www.triandenter.com/> and remember to enter early as most of our events sell out.

