



RACE INFORMATION PACK



Gower Olympic

8am start

Fancy Dress Triathlon

9am start

Saturday 1st October 2011

Fancy Dress Sprint Triathlon | 400m swim | 16k bike | 5k run (1 lap)

Please note that Fancy Dress is only permitted during the run leg of the event.

Olympic Distance | 1500m swim (2 laps) | 37km bike | 10k run (2 laps)

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 sport's national governing body and to ensure that you have your own PA cover.



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 from the marshals and race officials.

DATE

Saturday 1st October 2011

VENUE

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

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 30th September 2011

- **Pasta Party**
Food available from 6-9pm | South Gower Sports Club

- **Registration**
6-9pm | South Gower Sports Club
Please register on the Friday if possible

Saturday 1st October 2011

- **Registration**
6-7:15am | South Gower Sports Club

- **Transition Open**
6-7:30am | Port Eynon beachfront

- **Marshals Meeting**
7:15am | Port Eynon beachfront

- **Mandatory Race Briefing**
7:45am | Port Eynon beachfront

- **Race Start**
8am (9am for Fancy Dress)

- **Prize Giving**
15 minutes after the last athlete finishes | Port Eynon beachfront

- **Showering Facilities**
South Gower Sports Club

- **Post-Race Party**
Wind Street, Swansea! Venue will be announced on race weekend

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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.

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 finish line/PA system at approximately 7:45am.

START TIMES

Olympic | 8am | 1 wave

Fancy Dress | 9am | 1 wave

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. The chip will be handed over in the transition area at the location of the bike racking. 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, £50 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 the transition area. You must tag your partner at your designated racking point; your chip timing belt is your baton.

RESULTS

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

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IMPORTANT INFORMATION – FANCY DRESS ATHLETES

Due to health and safety reasons, Fancy Dress can **only be worn during the run** aspect of the event.

SWIM COURSE

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 weak 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 7:45am until the last athlete exits the water.

The race will consist of a 400m swim (1 lap) for the sprint athletes, and a 1500m swim (2 laps) for the olympic distance athletes. 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 rectangular-shaped course using the boat lane buoys as your lane. The swim is an anti-clockwise swim.

Care must be taken whilst entering and exiting the water due to poor underfoot conditions.

TRANSITION T1

The transition area will open at 6:00am and will close 30 minutes after the last competitor has finished. **Please remove your bike as soon as possible after the event.**

The 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 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 bike. The bike mounting point will be just after transition and on the good conditioned road.

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BIKE ROUTE

IMPORTANT – ALWAYS RIDE TO YOUR OWN KNOWN ABILITY!

The bike route is on public highways, 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 signposted 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**.

Click [HERE](#) for the Fancy Dress bike route and [HERE](#) for the Olympic bike route.

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. This drinks station, and the one at the finish line, will have water as requested by athletes in previous race feedback comments.

The course has various underfoot conditions, so please take care at all times.

The run route is a 5km course. Athletes doing the sprint race will complete 1 lap and the Olympic distance athletes 2 laps. Click [HERE](#) to see the run route.

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 players, 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, so please help us by reducing the environmental impact as much as possible and take all your 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 organise the race. If possible, please show your gratitude whilst on the course, and understand that any abusive behaviour will result in immediate disqualification.

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FOOD AND DRINK

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

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.

CAMPING

Camping will be provided by **Bank Farm Caravan & Campsite (www.bankfarmleisure.co.uk)**, which is actually part of the run course!

PRIZE GIVING

15 minutes after the last athlete finishes | Port Eynon beachfront.

POST-RACE PARTY

Due to the uncertainty of numbers, the post-race party has been moved to Wind Street in Swansea. A meeting point and time will be posted in registration and announced on the day. We hope to see as many of you there as possible as it will be a great way to end the season with an awesome night out!

Good luck and race safely,

The Activity Wales Events Team

MASSAGE FACILITY

Post race massage can be booked on the day. All bookings will be taken on the race day. The massage facility will be situated near the finish line.

TOILETS/SHOWER

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