



GOWER

TRIATHLON

2022



2022
RACE PACK

IMPORTANT INFORMATION

**PLEASE ENSURE THAT YOU READ CAREFULLY
EVEN IF YOU HAVE RACED BEFORE.**

Activity Wales Events would like to take this opportunity to thank you for participating in Gower Triathlon 2022. We can't wait to see you on the start line.

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

With two distances on offer; Olympic and Sprint, we're sure it's going to be an incredible day for all involved!

You may have many questions on how the day will run, the race pack should answer these for you. Ensuring safety of all in attendance is of paramount importance so please read it through carefully.

We hope that you have a great time and enjoy the day enough to return next year,

A huge thank you again for your continued support.

See you on race day!

A red cursive signature, likely belonging to a representative of Activity Wales Events, positioned at the bottom of the page.

KEY LOCATIONS

REGISTRATION TENT - Port Eynon Car Park What3words ///innovator.scramble.mouth

TRANSITION - What3words ///cookie.typist.inflame

EVENT ITINERARY

WHEN

WHAT

WHERE

FRIDAY 15TH JULY

3pm - 7pm

Registration

Registration Tent

6pm

In-depth onsite briefing

Transition (Port Eynon Car Park)

SATURDAY 16TH JULY

6am - 7.20am

Registration

Registration Tent

6am - 7.30am

Transition open

Port Eynon Car Park

8am

Race Start - Olympic & Sprint

Beach front, Port Eynon

9am

Swim cut off

10.50am

Last bike into transition

11.30am

Last run lap cut off

12pm

Overall cut off

Finish Line, Port Eynon

PRE EVENT INFORMATION

LOCATION: PORT EYNON SA3 1NL

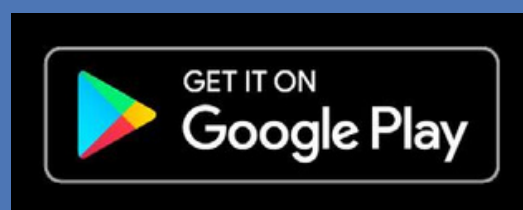
WHAT3WORDS: ///unlimited.abolish.hence



TAKE THE HASSLE OUT OF EVENT DAY PARKING!

**NOBODY WANTS TO BE STANDING IN A QUEUE WHEN THEY SHOULD
BE RACING!**

***Avoid on the day delays by booking your parking ahead.
Download the app:***



P Parking

R Registration

REGISTRATION

! DON'T FORGET YOUR PHOTO ID

LOCATION: PORT EYNON CAR PARK, RED MARQUEES

What3words: ///innovator.scramble.mouth

Without photo ID, you will be unable to register. You cannot register on someone else's behalf.

On registering you will receive:-

2 x bib numbers (Please ensure you complete medical information on the reverse)

1 x helmet number

1 x bike post number

1 x timing chip to be worn on your left ankle outside of your wetsuit

1 x swim hat

Please bring a pen with you to complete your medical conditions on the back of your bib

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (30 days prior to the event), they will be unable to race.

If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.

RELAY TEAMS:

One person can register for the whole team, provided that each team member has already signed the event disclaimer/terms and conditions. If these have not been agreed via your ACTIVE account, the team members will need to attend at the same time to sign these at registration.



EVENT DAY INFORMATION

TRANSITION - RACKING YOUR BIKE

LOCATION: PORT EYNON CAR PARK

What3words: ///cookie.typist.inflame

- Make sure you have numbered your bike and helmet with the numbers provided before entering transition.
- Your helmet must be on and fastened before entering transition.
- The transition area has been laid-out to be equal and fair for everyone, therefore we have not numbered the racks.
- For relay teams only the bike athlete will need to rack their bike at transition.

ACCLIMATISATION

On leaving transition, you can opt for a brief acclimatisation before making your way to the swim start.

IT IS VITAL THAT YOU FOLLOW ALL INSTRUCTIONS GIVEN BY TRANSITION STAFF.



- P** PARKING
- R** REGISTRATION
- R** TRANSITION / RACK

TRANSITION PRE-ENTRY CHECKLIST

Helmet on and fastened

Helmet numbered

Wetsuit on

Goggles

Swim hat

Bar ends plugged

Bike numbered

Transition bag/box with bike/run kit

Timing chip on left ankle

RELAY TEAMS

- Once you have completed your first discipline, make your way to the racked bike where the next athlete should wait to receive the timing chip. They will need to place the chip on their left ankle and can then access transition.
- On returning to transition, you must rack your bike before removing your helmet. Once you have done this, you can proceed to hand your chip over to the runner. Once they have put it on their ankle, they can leave transition.
- You will all be allowed to finish the event together. The other relay members can wait at the top end of the finish line for the last leg runner to join. You can all finish together and receive your medals individually.

TIMING & RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event. Race numbers must be displayed on your back during the bike and the front during the run. Failure to display in the correct way will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.



EVENT SPECIFIC INFORMATION

SAFETY

The pre-event video briefing which contains important, on-the-day information, please ensure you watch this prior to the event.

Video briefing

There is an in depth onsite briefing 6pm Friday 15th outside of transition to answer all of your race day questions.

Should poor weather conditions dictate, please ensure you have appropriate bright clothing and lights on your bike.

Due to safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you MUST report to an official to inform them and hand back your timing chip.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification. It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

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.

FEED STATIONS

RUN COURSE - There will be a water station, there will be no food provided at this station. We advise athletes to be self sufficient for the run. Race belts are permitted.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL OR MARSHAL TO INFORM THEM.

COURSE & MAPS

THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINK BELOW:

[**OLYMPIC COURSE MAPS**](#)

[**SPRINT COURSE MAPS**](#)

Courses are comprehensively marshalled and signed with black arrows/fluorescent background.

SWIM

OLYMPIC 1.5KM - 2 LAPS

SPRINT 750M - 1 LAP

N.B Olympic distance - there is NO Australian exit, athletes must stay in the water.

- On making your way to the swim start please go through the 'finish' arch so that your chip is registered. Failure to do so will result in incorrect times or DNS.
- Wetsuits are compulsory during the swim and athletes must wear the swim cap provided at registration. Your timing chip must be worn on your left ankle for the duration of the race.
- Water safety is provided by a professional and well trained organisation. Should you get into trouble please lie on your back and put your hand in the air and they will assist you. Water safety are there to enhance enjoyment and naturally to ensure you of your safety, you will not be DQ'D for requesting their help should you then be able to complete the swim.
- The swim will take an anticlockwise direction and will complete 1 lap of the swim course which will be clearly marked out with buoys.
- On exiting, athletes of all abilities can get dizzy, this is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from water.

PLEASE TAKE EXTRA CARE ON SWIM ENTRY/EXIT AS THERE ARE LOTS OF ROCKS UNDERFOOT

MOUNT/DISMOUNT LINE

Outside of transition, the mount/dismount line will be clearly marked and there will be a marshal at this point to advise you. During the race, when exiting transition you must not mount your bike until you have crossed the mount line. Similarly on return you must dismount your bike before you cross the line.

BIKE

OLYMPIC 37KM - 1 LAP

SPRINT 25KM - 1 LAP

PLEASE KEEP TO THE LEFT HAND SIDE AT ALL TIMES UNLESS OVERTAKING. ALWAYS RIDE WITHIN YOUR ABILITY AND WITH CAUTION, PLEASE BE MINDFUL OF ROAD CONDITIONS.

You are required to complete 1 lap of the course. It is comprehensively marshalled and signed with black arrows/fluorescent background. The bike route is on public highways which are open to other road users. Any dangerous riding or abusive language used will carry a DQ from the event without appeal. BTF rules and the highway code must be followed at all times. Please ride within your ability and conditions of the road.

THERE ARE CATTLE GRIDS ON COURSE AND IN SOME CASES LIVESTOCK - PLEASE RIDE CAREFULLY

RUN

OLYMPIC 10KM - 4 LAPS

SPRINT 5KM - 2 LAPS

Keep left at all times unless overtaking another athlete and please respect other path users.

There will be a water station located in the dunes toward the end of your first run lap. At the water station we will provide water only. There will NOT be food at this station. We advise athletes to be self sufficient for the run. Race belts are permitted.

CUT-OFFS

SWIM - 9AM

BIKE - 10.50AM YOU MUST BE OFF THE ROAD AND IN TRANSITION BY THIS TIME.

RUN (LAST LAP) - 11.30AM

OVERALL - 12PM

POST EVENT INFORMATION

FINISH LINE

At the finish line there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100.

Transition will be open to collect your bike once the last athlete is back off the bike course until 15 minutes after the last athlete crosses the finish line. After this time items will be unattended, we will not be held responsible for any left items.

You will be required to show your bib number in order to collect your bike

AWARDS & RESULTS

We will hold the presentation 5 minutes after the 1st, 2nd and 3rd male and female athletes have crossed the finish line. If the weather does not permit this, we will send out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a £5 P&P charge.

Please note, the on the day presentation will only be for 1st/2nd/3rd overall male and female winners. All other category trophies will be posted out after the event.

WINNING CATEGORIES

1st/2nd/3rd Male & Female Olympic & Sprint

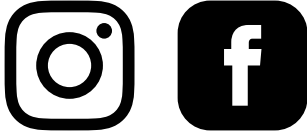
1st/2nd/3rd Male & Female Vet Olympic & Sprint

Results are live and will be available once you cross the finish line

GOWER TRIATHLON RESULTS

LET'S GET SOCIAL

If you or your supporters take any snaps on race day, please share them with us using #gowertriathlon, make sure to tag us @activitywalesevents. We will share these on our Instagram & Facebook pages.



EXTRA INFORMATION

Toilets will be available near to registration.

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

FOOD & DRINK

There are a number of great places to enjoy in the area if you are staying before or after the race.

THE SHIP - (01792 390204)

THE SMUGGLERS - (01792 391257)

SEAFARER - (01792 390879)

THE CAPTAINS TABLE - (01792 390980)

RULES

It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence and the rules are available on www.britishtriathlon.org.

It is your responsibility as a competitor to know and correctly complete the full course.

Foul and abusive language is not permitted and the failure to follow a marshals instructions, the police or referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.

No outside assistance is allowed at any time.

Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing you need to be aware of other competitors and the general public (both on foot and live traffic).

You MUST wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (and definitely not elastic). These will be checked visually when racking your bike.

Any fittings on your bike (computers, handlebar extensions) must be positioned so as to prevent injury in the event of a crash. All handlebars and tri bars must be plugged. This will be checked visually when racking your bike and you will not be allowed if they are deemed dangerous.

Bikes are single use only - tandem bikes are not permitted.

Your helmet must be fully fastened before racking your bike, similarly on your return to transition, your bike must be fully racked before you undo your helmet.

Nudity is not allowed - after seeing one male competitor drop his swim trunks in transition and try and change into cycle shorts only to get his foot caught and then spend the next 30 seconds hopping around to release himself.....well I think you know why!

You will also need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.

Bikes MUST be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking this way will be disqualified.

Remember to place your equipment, as thrown equipment will interfere with other athletes and lead to a penalty.

You are not allowed to mark your position in transition with any special device, flag etc and please be careful not to interfere with any equipment of your fellow athletes, either deliberately or accidentally.

Event numbers must be worn on the back for the bike and on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise you will be penalised.

Ensure that you mount/dismount at the line marked outside of transition. There must be no cycling in transition.

The course is comprehensively marshalled and signed with black arrows and fluorescent background. If a referee thinks you are drafting there is no appeal against this decision, so the rule of thumb is - be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified. If you read this and follow the advice, you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have however his/her decision is final.

Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.

All decisions are final. The race director and race referee have the final say on all decisions and outcomes. For safety purposes the race director and race referee have the ability to implement and introduce laws and rules on the day.

DRAFTING

THIS EVENT IS A NON-DRAFTING EVENT.

On approaching another competitor, you must either keep back outside of their draft zone or you must overtake. If you choose to overtake, the cyclist you are overtaking is then responsible for dropping back outside of your draft zone.

If you have difficulty visualising the draft zone, the equivalent distance you must keep between your front wheel and the rear wheel of the cyclist in front, is roughly the length of a large family car.

Please study the poster on the next page for more information.

DRAFTING RULES EXPLAINED

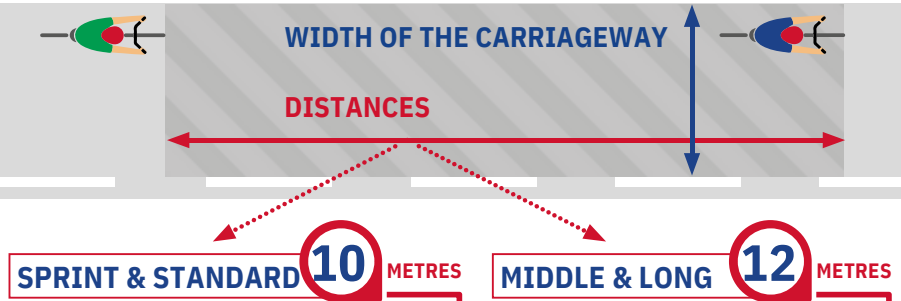
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

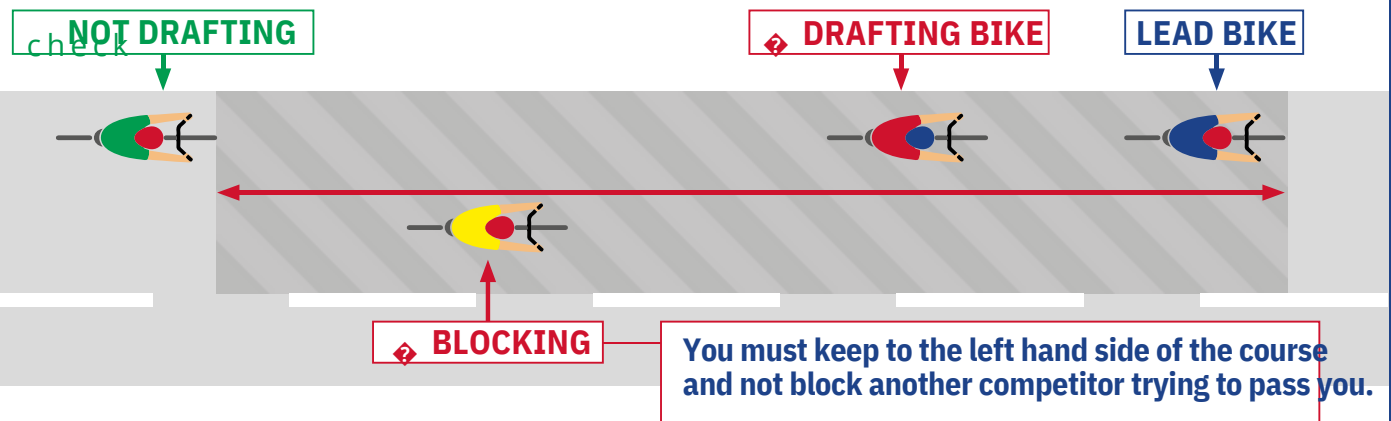
IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD 20 SECONDS

MIDDLE & LONG 25 SECONDS

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	N	N/A
MIDDLE / LONG	5 MINS PENALTY	DISQUALIFICATION	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

REMAINING EVENTS 2022

WALES SWIM RUN 30TH JULY

SAUNDERSFOOT TRI 10TH SEPTEMBER

LONG COURSE WEEKEND HOLLAND 16TH SEPTEMBER – 18TH SEPTEMBER

LONG COURSE WEEKEND BELGIUM 23RD SEPTEMBER – 25TH SEPTEMBER

MUMBLES TRIATHLON 1ST OCTOBER

EVENTS 2023

MUMBLES DUATHLON 25TH MARCH

SWANSEA SWIM 27TH MAY

UWTSD SWANSEA TRIATHLON 28TH MAY

SWANSEA 5K 28TH MAY

CHALLENGE WALES 18TH JUNE

FISHGUARD SPRINT TRIATHLON 19TH JUNE

LONG COURSE WEEKEND WALES 30TH JUNE – 2ND JULY

THE WALES SWIM 30TH JUNE

THE WALES SPORTIVE 1ST JULY

THE WALES MARATHON 2ND JULY

THE WALES HALF MARATHON 2ND JULY

THE WALES 10K 2ND JULY

THE WALES 5K 2ND JULY