



**Healthy Life Activities**  
Gweithgareddau Bywyd Iach  
[www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)



## **LLANDOVERY SPRINT TRIATHLON 2015**

Many thanks from Healthy Life Activities for entering the Llandovery Sprint Triathlon. Every effort has been made to ensure you have a safe and enjoyable race but as a competitor you also have a responsibility to read the instructions below carefully so that you and your fellow triathletes have a safe enjoyable day in Llandovery.

### **Registration**

- Registration will take place at Llandovery Leisure Centre from 6:15am – Post Code is SA20 0DY
- You must register an hour before your allocated swim time – don't leave it until the last minute otherwise you'll find yourself in a slight panic!!
- At registration you will be given :
  - Race Numbers
  - Bike Sticker
  - Helmet Stickers
  - Security Wrist Band
  - Right arm tattoo
- Your race timing chip will be given to you at pool side – you must not then leave the pool area.
- Your swim cap will be given to you at poolside.
- Your race number will be written on your right arm.
- British/Welsh Triathlon members must produce their race licence at registration, or purchase a day licence which **is £5.00** If you are not a member then you will have to purchase a day licence. **No licence = no race. No exceptions.**

### **Race day timetable**

- 06:15 Registration opens – Llandovery Leisure Centre
- 06:30 Transition area opens for bike racking (to competitors only)
- 07:30 First Swimmers get underway
- 11:30 Presentation in Llandovery Leisure Centre.
- 11:30 Transition area dismantled – all bikes and kit to be removed (or 15mins after last runner in)

### **Parking**

There will be no car parking at Llandovery Leisure Centre for athletes. This has been done for the safety of yourselves the athletes. We have identified ample car parking in Llandovery and within 500m of the Leisure Centre. If you can car share then that would be great.

## **Toilets & Showers**

Public toilets and showers are available in the Leisure Centre.

## **Race numbers**

Your race numbers will be given to you at registration. Numbers must be worn on the REAR during the cycle stage, and on the FRONT during the run. They must not be folded. Race belts are allowed provided the number is visible to the front or rear as above, and is not folded. You will also have a sticker with your race number on. Please place this on your bike.

## **Race Timing**

We will be operating a electronic chip timing. You will be given your timing chip before you enter the water. You should not then leave the swim area.

## **Transition / bike racking**

- The transition area will only be open from 6:30am.
- No-one other than athletes, with security wristband on, will be allowed into the transition area – no exceptions.
- Bikes must be hooked onto the racking by the saddle.
- Your bike must have the bike number label attached.
- There will be an entry point for athletes racking their bikes – please be mindful that there may be athletes who have actually started to race so please give them priority whilst your racking your bike.
- Please only enter and exit transition at the designated point.

## **Health & safety**

- Medical cover will be available during the race, so in the event that you need medical attention please alert a race official who will act accordingly.
- If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you **MUST** report to a timekeeper at the finish so that this can be recorded and we know that you are safe.
- Everyone who starts the race must be accounted for, so please avoid the cost and worry of a missing person search by reporting in.
- If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. This should help ensure you receive the correct treatment in the event of any emergency.

## **The Finish**

- Water and bananas will be available at the finish.
- You will need to show your race number to gain access to transition and remove your equipment, and this must match the one on your bike, so please don't lose it.
- You will also receive your race momento of the Llandovery Sprint Triathlon 2015.

## **Race briefing / rules**

- All athletes will receive a race briefing prior to entering the water.
- You must be at pool side at least 15 minutes before your allocated swim start time.
- The race is run under British Triathlon rules (see [www.britishtriathlon.org](http://www.britishtriathlon.org)).
- In particular this means the cycle stage is NON-DRAFTING (see details under bike course).
- Standard penalties are listed in the British Triathlon rules, but particular attention is drawn to the following:

- **2-minute penalty**
  - Moving bike without helmet fastened
  - Drafting (first offence – warning will be given at race briefing)
  - Riding in the transition area (failing to mount or dismount where indicated)
  - Race number violations (e.g. folded)
  - Equipment impeding other athletes.
- Disqualification if fault not rectified after a warning
  - Illegal equipment
  - Banned equipment, including MP3 players, mobile phones
  - Racing topless
- Disqualification
  - Threatening, abusive or insulting words or conduct
  - Breaking road traffic regulations
  - Dangerous conduct/cycling
  - Failing to obey marshals or the Police
  - Drafting (second offence)

Penalties will be posted in a prominent position and any appeals must follow the procedure outlined on the day.

**The course will be as indicated below – the Race Organiser can change this course if necessary before race day due to roadworks or for Health and Safety reasons. The Race Organisers decision will be final but will be communicated to athletes before Race Day. Please keep an eye on the website for any updates.**

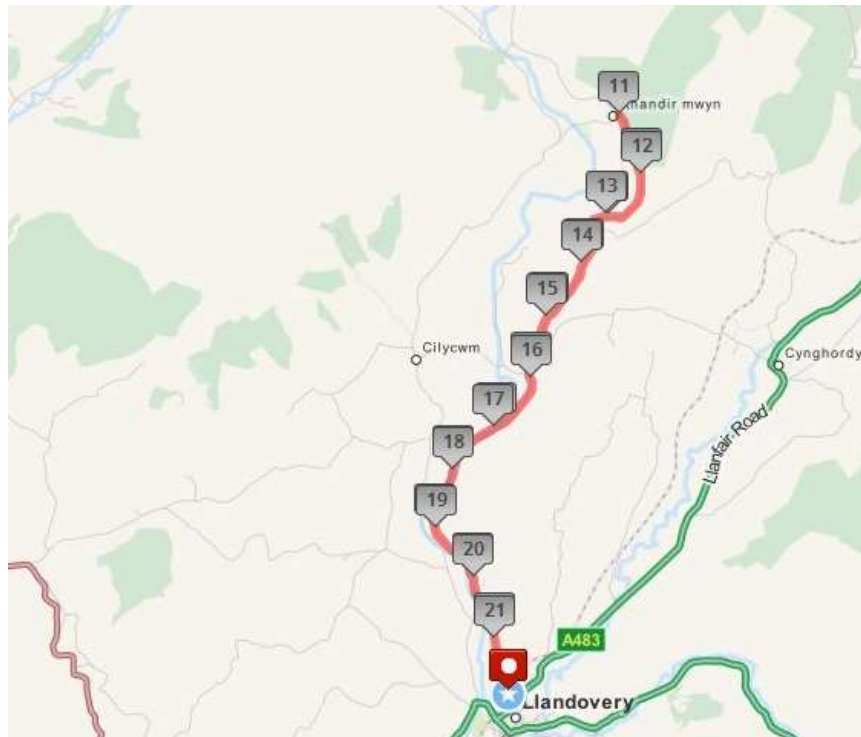
### **General**

Please note that all main junctions will be marshalled but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to cycle safely. Anything deemed to be unsafe will be recorded by marshals and the race referee will impose a time penalty or disqualification, as appropriate (see race details for more information).

### **SWIM – 400m**

- The first swimmers will start at 7:30am.
- You will be allocated a swim start time.
- You must be at poolside 15 minutes before your allocated estimated swim start time.
- Will we will be operating a rolling start programme which means that as soon as one swimmer exits another swimmer will start. This will allow a smoother flow to the race.
- There are 4 swim lanes and depending on entry numbers there will be no more than 3 swimmers per lane.
- You will be asked by the marshal to enter the designated lane and you must not enter the water unless instructed to do so.
- You will enter and exit the swim at the shallow end.
- The swim is 20 lengths – this is a 20m pool, you may stand but you must not walk in the pool.
- You can swim front crawl or breast stroke, no back stroke or butterfly techniques can be used.
- There will be marshals counting the number of lengths – when you have 2 lengths to go they will place a float in the water or tap you on the head.
- When you exit the water you should exit the building via the fire exit door on the right hand side and make your way to transition.
- If you wish to get changed after the swim and as this is a Novice event you will be able to use the changing room facilities first but this time will count towards your finish time.
- You must WALK to the fire exit door – anyone who runs will face disqualification. This is for you own safety

## CYCLE – 22Km



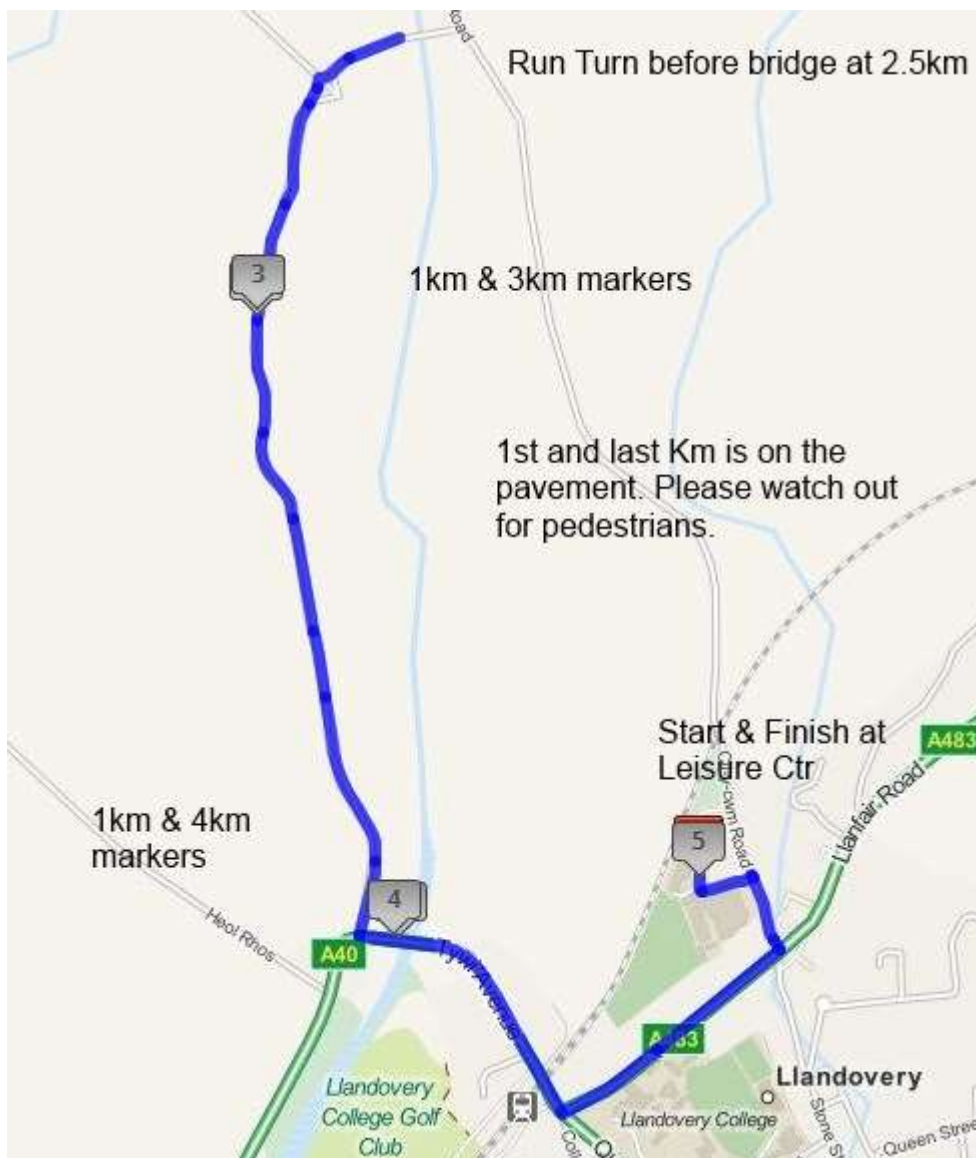
- **Wearing your Helmet is compulsory** – failure to do so will lead to immediate disqualification.
- **You will push your bike down to the designated Mount Line**
- After mounting your bike at the designated line ( this will be after the second speed ramp on the road exiting the Leisure Ctr) you will turn left at the exit of the Leisure Ctr and head up the road towards Rhandirmwyn.
- This is a straight out and back course, there are no turns, roundabouts as you enjoy the climb up towards the village of Rhandirmwyn.
- Once you enter the village of Rhandirmwyn you will have some 200m to the turn. You will see a Tea Room on your right and then the turnaround point.
- You will turn right and around the bollard which will be situated on the exit road opposite the Royal Oak pub. You will then re-join the road which is effectively a left hand turn and re-trace your path all the way back towards Llandovery Leisure Centre.



- As you approach the Leisure Ctr you will have to make a right hand turn. Please make sure to follow the Highway Code, you do not have any priority over other road users. You will then be asked to DISMOUNT at the line.
- The Cycle course will be clearly signposted with Large Yellow fluorescent arrow signs and we will have marshalls on the turnaround point and at the Leisure Centre Exit and enter points..
- It is however your responsibility to be fully aware of the cycle course before hand. (A large scale map will be present at Registration.)

### RUN – 5Km

**This is a 5Km run and is a straight out and back course. The course will be marshalled and clearly signposted – please be mindful of other pedestrians and cars.**



- You will exit transition and follow the instructions provided by marshals as you make your way passed the school and out through the school gate onto the pavement on Cilycwm Road.
- Please be mindful of other pedestrians using the pavement.
- After 300m you will follow the pavement to the right as you head up towards the A40.
- You will then follow the pavement as you bear right and run up passed the service stations and over the railway line.

- After crossing the bridge over the Tywi you will turn Right and follow this road which is signposted Cilycwm. There is no pavement but the road is wide enough for all runners and passing traffic. Please keep to the right at all times.
- At the end of this road you will bear right and the turnaround point is 250m further on and just before the bridge.
- We will have a drinks station here – all water bottles must be deposited in the black bin provided some 100m down the road. **Any runners seen throwing the bottle onto the road or into the hedge will be disqualified.**

### **Transition Area**

- The transition area will be located in the car park of the Leisure Centre, and will be protected by barriers and entry will be for athletes only who have registered.
- The transition area will be open for racking of bikes at 6:30am.
- The racking will not be numbered and bikes should be racked by the saddle.
- A one way system will operate in transition. You will enter from the top end of transition from the swim and exit at the bottom end with your bike.
- You will be instructed by the marshal when to mount your bike.
- On return from the bike you will dismount as instructed and enter transition from the bottom end and exit for the run from the top end.
- Please obey rules above where appropriate in transition. (A map will be present at Registration.)

### **AFTER THE RACE**

#### **Presentation**

The presentation will take in the Leisure Centre, as soon as possible after the last finisher. Prize categories as per Entry Form. We have 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> in all categories Senior, 40+, 50+, 60+ Male and Female plus overall Male & Female winner, 1<sup>st</sup> Junior,

#### ***Thank You / Diolch***

- Staff at Llandovery Leisure Centre
- 5/60 officers from Carmarthenshire County Council
- Carmarthenshire County Council
- Dyfed Powys Police
- St John's Ambulance
- All Marshals