

# Super Series SOSPAN Sprint Triathlon

Llanelli

11 May 2024



# General Information

## Results

Provisional results will be available on the event website on Saturday evening from 22:00

## Home Nation Association Membership Cards

Please bring your British Triathlon membership card and ensure it is up to date and valid on race day. If you fail to bring your membership card, you will be required to pay £8.00/ £2.00 (Aged 25+ / 24 and under) for a Race Pass.

## Withdrawing during the race

If at any point during the race you feel the need to stop and pull out of the race, please do not hesitate to do so. It is mandatory that if you withdraw from the race then you need to find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed.

**Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.**

## Medical

There will be extensive medical cover provided on all sections of the course. If at any point you require assistance, please find the nearest marshal who will be able to locate medical support for you. All race numbers will have a medical details form on the reverse, please complete this if you have any conditions or are taking any medication which the organisers or medical staff should be aware of. If for any reason you are feeling unwell on race day or have been unwell in the build-up to the race, please consider carefully whether you are fit to compete.

## Volunteers

Volunteers are the people who really make an event work and make the experience for the athletes every bit more special. This event is organised by volunteers who are triathletes, runners or simply individuals who are keen to help out. Healthy Life Activities is a non-profit organisation. Please say a thank you to them as you pass. Any athlete who verbally insults any one of our volunteers will be disqualified immediately.

Healthy Life Activities is a not-for-profit organisation, and we organise these events on a voluntary basis. The proceeds are used to cover the cost of the event we also make donations to local charities, community groups and we also donate sports equipment to local schools.

## Sustainability and waste

We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins.

## Partners

We also have several partners to thank who provide support at our events : St John's Ambulance, Dyfed Powys Police, Carmarthenshire County Council, British Triathlon & Welsh Triathlon.

Many thanks to all marshals, family & friends who are vital in making sure this and every event is a success.



# General Information

## Welcome

The British Triathlon Federation and Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Llanelli Multi-Sport Festival and the SOSPAN Sprint Triathlon Llanelli on May 11th, 2024.

## Venue

The event headquarters are based at Millennium Coastal Park, North Dock, Llanelli, SA15 2LF.

## Car Parking

Parking is available at the North Dock and is Pay & Display. There is free car parking at the Dragons24 offices on the right as you enter the Dock.

## Facilities

Public toilets are available in the Discovery Center, and we will have portable toilets as well onsite. Showers are located in Llanelli Leisure Centre.





# Registration & Race Packs

Registration will be located at North Dock in the Registration marquee. Competitor information will also be available here together with course maps.

Registration opening times can be found on the following page. You will only be allowed to register in your allotted time slot.

A mandatory bike check will be carried out to ensure your bike conforms to rules associated with draft legal racing.

Roll outs for Youth athletes will take place around 20 minutes before transition opens.

If your wheels are on the UCI non-standard approved list, please do know the page number or bring a screenshot to speed up queuing at wheel checks.

## Race Pack:

Race Packs will include the following items:

- Timing Chip x1 (Left Ankle)
- Swim Cap
- Race Decal (Right Arm)
- Tri-Bike stickers

Please return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged £60 as per the terms and conditions of entry.

# Event Schedule

| Youth Open Tier 2 |                          |
|-------------------|--------------------------|
| 08:30am           | Race Registration Opens  |
| 10:00am           | Race Registration Closes |
| 09:30am           | Transition Opens         |
| 10:30am           | Transition Closes        |
| 10:40am           | Race Briefing - Youth    |
| 10:50am           | Swim Warm Up             |
| <b>11:00am</b>    | <b>Race Start</b>        |
| 11:50am           | <i>Last finisher</i>     |

| Youth Open Tier 1 |                          |
|-------------------|--------------------------|
| 08:30am           | Race Registration Opens  |
| 10:00am           | Race Registration Closes |
| 09:30am           | Transition Opens         |
| 10:30am           | Transition Closes        |
| 10:40am           | Race Briefing - Youth    |
| 11:35am           | Swim Warm Up             |
| <b>11:45am</b>    | <b>Race Start</b>        |
| 12:30pm           | <i>Last finisher</i>     |

| Youth Female   |                          |
|----------------|--------------------------|
| 08:30am        | Race Registration Opens  |
| 10:00am        | Race Registration Closes |
| 09:30am        | Transition Opens         |
| 10:30am        | Transition Closes        |
| 10:40am        | Race Briefing - Youth    |
| 12:20pm        | Swim Warm Up             |
| <b>12:30pm</b> | <b>Race Start</b>        |
| 1:20pm         | <i>Last finisher</i>     |

| Junior & Senior Open Tier 2 |                                 |
|-----------------------------|---------------------------------|
| 10:45am                     | Race Registration Opens         |
| 12:15pm                     | Race Registration Closes        |
| 11:45am                     | Transition Opens                |
| 12:45pm                     | Transition Closes               |
| 12:55pm                     | Race Briefing - Junior & Senior |
| 1:05pm                      | Swim Warm Up                    |
| <b>1:15pm</b>               | <b>Race Start</b>               |
| 2:30pm                      | <i>Last finisher</i>            |

| Junior & Senior Open Tier 1 |                                 |
|-----------------------------|---------------------------------|
| 10:45am                     | Race Registration Opens         |
| 12:15pm                     | Race Registration Closes        |
| 11:45am                     | Transition Opens                |
| 12:45pm                     | Transition Closes               |
| 12:55pm                     | Race Briefing – Junior & Senior |
| 2:20pm                      | Swim Warm Up                    |
| <b>2:30pm</b>               | <b>Race Start</b>               |
| 3:45pm                      | <i>Last finisher</i>            |

| Junior & Senior Female |                                 |
|------------------------|---------------------------------|
| 10:45am                | Race Registration Opens         |
| 12:15pm                | Race Registration Closes        |
| 11:45am                | Transition Opens                |
| 12:45pm                | Transition Closes               |
| 12:55pm                | Race Briefing – Junior & Senior |
| 3:35pm                 | Swim Warm Up                    |
| <b>3:45pm</b>          | <b>Race Start</b>               |
| 5:00pm                 | <i>Last finisher</i>            |



# Bike Familiarisation

There is no official Bike Familiarisation. If you wish to ride the course prior to your race, please be aware it is at your own risk.

# Transition

Transition check-in will take place on race day only.

There will be no marking permitted in transition, this includes the use of talc on the floor.

There will be 10-minute windows provided to un-rack bikes and clear your belongings from Transition. This opportunity will arise once all athletes have exited the water and Transition area of a particular Wave. The Entry / Exit point will be clearly signposted for you. Do not cross any timing mats or enter Transition Area through any other location.

There will be numbered racking in Transition and boxes supplied. Please allow sufficient space for your fellow athletes. No personal Bags/Boxes will be allowed to stay in the transition. Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place. Additionally, you must have your decals on to enter transition.

After the race, you will need your decal to re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can. We would appreciate the Transition area being cleared as quickly as possible once permissions has been given by the Race Organiser.

## Transition Area Opening Times:

Youth Open Tier 2 – 9:30-10:30

Youth Female – 9:30-10:30

Junior/Senior Female – 11:45-12:45

Youth Open Tier 1 – 9:30-10:30

Senior and Junior Open Tier 1 – 11:45-12:45

Senior and Junior Open Tier 2 – 11:45-12:45



# Course Maps – Swim

## Swim Information

This will be a beach start. Athletes will be ranked and called forward to select a start position according to the Super Series roll down list.

Please take care on exiting the water.

The Youth swim course is 400m anti-clockwise loop. The Junior and Senior swim course is 750m, consisting of a 600m anticlockwise loop into an Aussie Exit to a 150m clockwise loop.

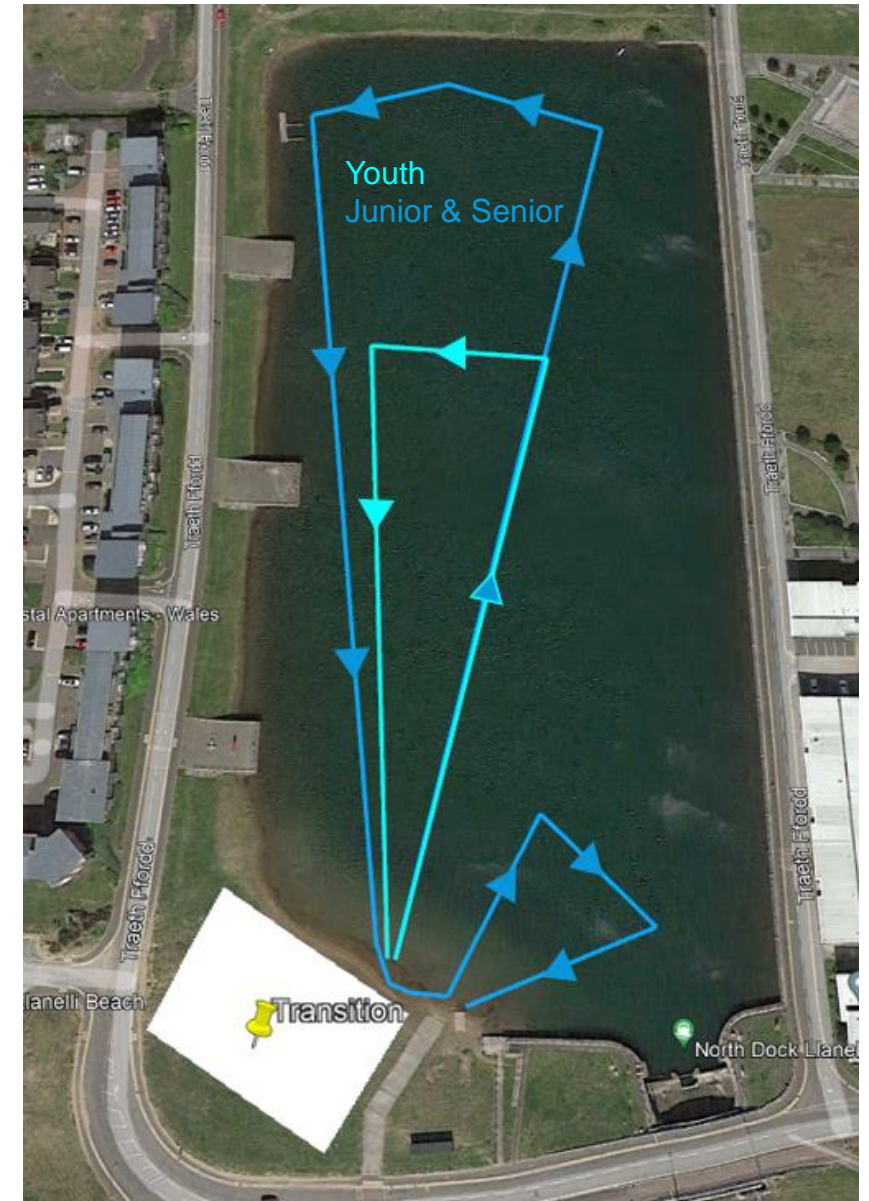
Water safety cover will be provided – if you get into difficulties, turn onto your back and raise one arm in the air, and help will be with you quickly.

It is compulsory to wear a wetsuit for the swim.

If unfamiliar with beach starts, we would strongly recommend making use of the swim warm up. Water and air temperatures cannot be guaranteed in May, any athletes doing the swim warm up are strongly advised to have warm clothing ready to wear between warm up and race start.

Any athletes who false start will receive a 10 second penalty in T1

Given its early season the water and air temperature can be relatively cold please see our [Racing in the Cold and Wet](#) guide well ahead of the race if this looks likely.



# Course Maps – Bike

## Bike Information

After mounting your bike after the designated 'Mount' line, you will be directed to the start of the bike circuit, which is a 4km loop. Youths will complete 3 Laps and Juniors will complete 5 laps of the course. It is your responsibility to count your own laps.

It is your responsibility to be fully aware of the cycle course before the race.

Upon completing the bike stage, on your return to transition you must dismount your bike before the "Dismount" line, which again will be marshalled by technical officials.

The race is draft legal, lapped athletes will be pulled out of the race with immediate effect as per World Triathlon rules. Lapping out in the Super Series does not apply to Junior Senior Female.

Helmets are mandatory and must be worn always fastened up during the bike stage. Helmets should be put on in transition before you touch your bike, and only taken off again once your bike has been racked in transition.

Please note athletes are responsible for counting their own laps and ensuring they enter the transition area at the correct time.





# Course Maps – Run

## Run Information

You will exit at the top end of transition, which will be clearly marked, and sign posted.

This is a 2.5km loop – Youth athletes complete one lap, and Junior athletes complete 2 laps.

The course will take you on Millennium Coastal Path towards Machynys.

The course is flat and fast, on tarmac which runs parallel to the bike course.

A traffic cone will mark the turn point at 1.25km and will be marshalled.

The turnaround point at the end of Lap 1 will be next to transition and within touching distance of the Finish Line. Once again, this will be marshalled.

Once you have completed your run course you will head for the Finish Line. It is your responsibility to know the run course and complete the correct number of laps.



# See you on race day!

If you have any questions, please email the team at  
[SuperSeries@britishtriathlon.org](mailto:SuperSeries@britishtriathlon.org)

