

INTRODUCTION

Welcome / Croeso

Healthy Life Activities would like to extend a warm welcome to everyone entered into our 6th Sospan Charity Swim which is part of the Llanelli Multi-Sport Festival 2024. We are donating all entry fees to the Breony Breast Care Unit at Prince Philip Hospital.

Confirmation of Entry - All competitors who have registered for the event will have received a confirmation email. If you have not received this, or if you are unsure about your entry, please email:
Noelwyn@healthylifeactivities.co.uk

Location – the event headquarters are based at Millennium Coastal Park, North Dock, Llanelli, SA15 2LF

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

Toilets - Public toilets are available in the Discovery Ctr and we will have portable toilets as well. Showers are in Llanelli Leisure Centre. .



We would encourage all competitors, their supporters and spectators to make the most of their visit to Llanelli and Carmarthenshire. We have plenty of accommodation, local attractions and activities that can be found online at www.discovercarmarthenshire.com

Course Familiarisation - Please make yourself familiar with the swim course layout. Here is a Link to our page on the website - <http://www.healthylifeactivities.co.uk/sospan-charity-swim/course>

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.

Spectator Information - There are plenty of areas from which to watch the action. We simply ask that spectators don't impede athletes or provide external assistance.

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

Race Pack at registration will contain :

- Timing Chip
- Swim Cap – different coloured swim cap depending on Swim Distance entered.
- You will need to purchase a Triathlon Day Membership for £6 if you are not a BTF/WTA member.

Home Nation Association Membership Cards - Please bring your valid Home Nations Association membership card with you if you are a member.

If you fail to bring your membership card you will be required to pay £8.00 day membership fee. You will however still be eligible for category trophies.

Withdrawals - The event refund policy is available on the website. Entries are NOT transferable to another person under any circumstances unless authorised by the race organiser prior to race weekend.

THE RACE

Sospan Charity Swim – May 10th 2024

17:00	Registration Opens
18:25	Registration Closes
18:20	Swim Warm Up
18:30	MASS ROLLING START – Swim time starts when you cross the timing mat.

Swim

- You will be asked to exit the water after the swim warm up.
- All swimmers will then enter the holding area that will lead you to the Beach Swim Start.
- Please take care on entering and exiting the water.
- You will exit the water on the slipway – this will be clearly marked.
- The swim course will be a 750m clockwise lap.
 - **Y Sospan – 750m (One Lap)**
 - **Sospan Fach – 1500m (Two Laps)**
 - **Sospan Fawr – 2250m (Three Laps)**
 - **Y Crochan – 3000m (Four Laps)**
- 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.
- The North Dock is ideal for first time open water swimmers. The maximum depth is approx 5' 10" at it's deepest. It is possible therefore to stand up in the water if in any difficulty. It is compulsory to wear a wetsuit for the swim.
- **There will be a CUT-OFF of 2hrs for the Sospan Charity Swim.**
- We have the right to withdraw any competitor at the end of a Lap if we feel it is in their best interest on the grounds of Health & Safety.

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.

Presentations – 1st Male and Female in each swim distance category. No age group prizes.

Arrival at the venue - Plan your arrival at the venue the day before, If you have friends and family coming to watch you, agree a place to meet them afterwards. The more you prepare, the more you will enjoy race day!

Chip in at the End!

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 £30 as per the terms and conditions of entry.

Baggage - There is no baggage area provided, Car Parks are close enough! NO BAGS/BOXES can be left in Transition.

Electronic Race Timing - This event uses electronic chip timing. Once issued with your chip at poolside please ensure you do not lose it or get it mixed up with someone else's. Ensure your chip is securely fastened to your left ankle.

Rules & Competitor Conduct - The race is held in accordance to the competition rules of British Triathlon Federation.
<https://www.britishtriathlon.org/events/competition-rules>

Results - Provisional results will be available on the event website on Sunday evening May 12th

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 important that if you withdraw you tell us you have done so, we want to know you're safe!

The Finish The finish area will be located on the grass near the Swim Start. There is plenty of space for friends and family to cheer you over the line.

Upon finishing you will receive your finishers medal, drink. Please return your timing chip before leaving the finish area.

Thank You / Diolch

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.

Partners

We also have a number of partners to thank who provide support at our events :

- Amman Valley Paddlers
- Actif Sport and Leisure
- St John's Ambulance
- Dyfed Powys Police
- Carmarthenshire County Council

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

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 your are fit to compete.

