This race pack is **PROVISIONAL**. Race information may change between now and the event.

WALES TRIATHLON

RACE PACK



THANK YOU.

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

With many other events also taking place on the weekend, including the Fishguard Swim, Fishguard Half Marathon, Fishguard 10k and Fishguard 5k, there will be a range of athletes participating.

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

The AWE Team

Please ensure that you read the information in this race pack carefully, even if you've raced this event before.

IMPORTANT LOCATIONS

> *To make finding where you need to go easier we use **what3words** references that look like this **///filled.count.soap**. To learn more about what3words and how to use it visit: https://what3words.com/products/what3words-app*

Finish Line

Ocean Lab Car Park, ///wage.suitable.unrated

Transition

Parrog Car Park, ///mailers.closer.treat

Registration

Phoenix Centre, ///dust.scatters.zealous

PARKING

Station Hill

Goodwick, ///leads.ants.bibs

Moor Car Park (no parking on the grass verge)

Goodwick, ///workflow.reclaim.snack

West Street

Fishguard, ///petty.florists.waitress

Please note there is NO parking at The Shack.

This is a private car park, Please do not park here

Fishguard & Goodwick Station

Goodwick, ///prep.demanding.staining

ITINERARY

Friday 4th June

2pm-5pm **Registration Open** Phoenix Centre ///dust.scatters.zealous

5pm **In depth, On-site Briefing** Transition ///mailers.closer.treat

6pm **Kids Race** The Parrog

Saturday 5th June

5:30am-7:15am **Registration Open** Phoenix Centre ///dust.scatters.zealous

6am-7:30am **Transition Open** Parrog car park, Goodwick ///mailers.closer.treat

7:35am **Acclimatisation** Slipway (Start-line)

7:45am **Mandatory Race Briefing** Start Line

8am **Race Start - All Distances** Slipway

8:30am **First Lap Cut Off** Swim Exit

9am **Swim Cut Off** Transition

11am **Bike First Lap Cut Off** Mathry Turn Point

1pm **Bike Cut Off - all distances** Transition ///mailers.closer.treat

3pm **Last Run Lap Cut Off** Start of Finish Line Chute

3.30pm **Overall Cut Off- Last athlete finishes** Finish Line

3.40pm **Transition Closes (bib number required to collect your bike)** Transition ///mailers.closer.treat

5pm **Post Race Party** Farmers Arms, Fishguard

REGISTRATION

> ***Don't forget your photo ID:*** *Without photo ID you will not be able to register. You CANNOT register on someone else's behalf.*

At registration you will receive:

1 X timing chip to be worn on your LEFT ANKLE OUTSIDE OF YOUR WETSUIT

1 X Swim Hat

1 X Seat post number

2 X bib numbers (please ensure you complete medical information on the reverse)

1 X helmet number

> ***Entries are non-transferable at registration.*** *If you have not followed the correct steps to transfer your entry to another person (deadline 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.*

STAYING SAFE



Watch the pre-event briefing video at:
https://www.youtube.com/watch?v=SjQMQMt7-qA

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

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

On-site briefings:-

- In depth, on-site briefing 5pm Friday at transition - What3words - ///mailers.closer.treat

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. Failure to return your chip will result in a cost of £100.

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.

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 on the front during the run. Failure to display correctly will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.

FAILURE TO RETURN YOUR CHIP, DURING OR AFTER THE EVENT, WILL RESULT IN A £100 CHARGE FOR LOSS OF CHIP.

If you are unable to finish, please either call the hotline on your race bib or let a marshal/team leader know. If you are unaccounted for, we will assume you are missing.

TRANSITION

> *Please ensure you follow all instructions given by staff in transition*

Transition Pre-check

- Make sure you have numbered your bike and helmet with the numbers provided before entering the 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.

After the Event

Transition will be open until 3:40pm. After this time, items will be unattended and we will not be held responsible for any items left. If you are part if the Olympic or Sprint, they may allow you to remove your bike from transition before the bike cut off; however, this will be when it is safe to do so and to not interfere with any athletes still competing. Please be kind and patient with the team during this time.

PLEASE MAKE SURE ANY TIME YOU ENTER TRANSITION, YOU HAVE YOUR RACE NUMBER.

THE COURSE

Middle Distance - Swim 1.9k /Bike 88k / Run 21k

WALES TRI SWIM - 1.9K

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

This is a 2 lap swim with short run between exit and re-entering the water.

WALES TRI BIKE - 88K

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

The bike course will take place on open roads.

WALES TRI RUN - 21K

LAPS **4**

> *All course cut-off times can be found in the event itinerary.*

Olympic Course - Swim 1.5k / Bike 52k / Run 10k

SWIM COURSE - 1.5K

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

BIKE COURSE - 52K

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

RUN COURSE - 10K

LAPS **2**

> *All course cut-off times can be found in the event itinerary.*

Sprint Distance - Swim 750m / Bike 20k / Run 5k

SWIM COURSE - 750M

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

BIKE COURSE - 20K

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

RUN COURSE - 5K

LAPS **1**

> *All course cut-off times can be found in the event itinerary.*

> *Courses are comprehensively marshalled and signed with black arrows on a fluorescent background*

FEED STATIONS

Bike Course (you are expected to start with two full bottles):

On the bike course, the feed station is located near St David's, around mile 14. This will be clearly signposted. For the Middle distance, you will pass the feed station twice; once for the Olympic. There is no feed station for the Sprint distance.

Bananas, Crisps, Sweets, Water, Torq Energy

Run Course

For the Middle distance, you will pass the feed station 4 times, for the olympic you will pass twice and for the sprint, you will pass once.

Oranges, Crisps, Sweets, Water, Torq Energy

Finish Line

Water and sweets will be available for your post-race recovery.

At the finish line, middle-distance athletes will also be given a food voucher.

RULES

> *It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence.*

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

- It is your responsibility as a competitor to know and correctly complete the full course. Marshals are NOT responsible for you not knowing the course. They are there for reference only.

- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Our 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.

- Wetsuits are mandatory.

- Only Front Strokes allowed.

- Please keep the buoy's on your left-hand side.

- No fins or floatation devices allowed.

- No swim shoes or gloves allowed.

- Please be responsible for your rubbish and dispose of it appropriately.

- You MUST wear the swim hat provided at registration. You can wear your own hat underneath, but the official hat must be on top.

- Water Safety is there to guide and assist. Please make sure you follow all instructions they give you.

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

- 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, 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. You will not be allowed to rack if they are deemed dangerous.
- Bikes must be single rider 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!
- You will 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. Any athlete not racking correctly 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. 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 leg 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.
- The race director and 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.
- Please make sure you are at the start line 30 minutes prior to the event start. Marshals are only a reference. It is your responsibility to check junctions and know the course.
- If you are unable to complete the course, please report to an official with your timing chip.
- If you have registered and decided last minute not to start the event, please report to an official with your timing chip.
- 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. The rule of thumb is to 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.

It is your choice to enter the water for the event.

PENALTIES

> *It is your responsibility as a competitor to know to be aware of the penalties for not following the rules.*

PENALTIES:

General Rules:

- Failure to comply with Competition Rules may result in a competitor being verbally warned, incurring a time penalty, or disqualified;
- Competitors may only be penalised by officials & moto referees although infringements may be reported to the Official by marshals and other race personnel.
- Penalties may be issued, or disqualification given at any time up to the announcement of the final results, as communicated by the Event Organiser. The exception is where drug testing is involved, or where a concern is raised as to non-compliance of an individual's race category, when the results must be considered provisional until the outcome is known;
- Unless safe to do so and as not to place either the Official or competitor at risk, Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.
- Athletes must obey the specific traffic regulations for the event.

Warning:

- The purpose of a warning is to alert a competitor about a possible rule violation and to promote a proactive attitude on the part of Officials. An Official can also provide a warning to a competitor to correct a minor infringement;
- A verbal warning may be given when:

(i) A competitor violates a rule unintentionally;

(ii) An Official believes a violation is about to occur;

(iii) No advantage has been gained.

- It is not necessary for a Official to give a warning prior to issuing a more serious penalty.
- A verbal warning will be given for the following infringements where the infringement can be rectified, (but are not limited to):

(i) Illegal equipment (swim, cycle or run equipment);

(ii) Banned equipment (including, but not limited to, mobile telephones, MP3 players, metronomes, personal video recording devices);

(iii) Illegal progress (during swim, cycle or run);

(iv) Racing with an exposed torso, including zips not fastened. (during cycle or run);

(v) Littering on the course unless disposed of in specified littering zones provided by the Event Organiser.

- If corrective action is not taken to remedy the infringement, the competitor will be disqualified.

Draft zone:

The bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another competitor. Consecutive attempts to overtake with no success may lead to a drafting infringement;

Time Penalty:

- A time penalty is an appropriate penalty for infringements which do not warrant a disqualification;
- Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor’s finish time;
- There are two types of infringement where a competitor can be penalised with a time penalty:

These include, but are not limited to:

- Placing markers in transition that cannot be removed, but do not impede the progress of others;
- Race number violations (if unable to be rectified after a warning);

- Helmet violations (unclipping helmet whilst in contact with the cycle) unless corrected;
- Riding in the transition area, including over the mount/dismount line unless corrected
- Time penalties vary depending on the type of infringement: (i) Drafting infringements:
- 3 minutes in long-distance races (first and second drafting violations noted by a Motorcycle or Official);
- 2 minutes in middle distance races (first and second drafting violations noted by a Motorcycle or Technical Official);
- 1 minute in standard distance races (first violation noted by a Motorcycle or Technical Official);
- 30 seconds in sprint or shorter distance races (first violation noted by a Motorcycle or Technical Official).

Any penalties issued after the violations will result in a DQ.

Penalties for Drafting:

- It is forbidden to draft in a race declared as draft-illegal;
- Officials will notify competitors who draft they are subject to a time penalty sanction; it is the competitor's responsibility to ensure they are aware of any penalties that have been awarded against them;
- Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- The penalties awarded for drafting are detailed above.
- Unless safe to do so and as not to place either the official or competitor at risk, Technical and Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation;
- Drafting violations cannot be appealed.

RESULTS & AWARDS

Award Categories

🏆 1st, 2nd, 3rd Male Overall Middle Distance

🏆 1st, 2nd, 3rd Female Overall Middle Distance

🏆 1st, 2nd, 3rd Male Overall Olympic Distance

🏆 1st, 2nd, 3rd Female Overall Olympic Distance

🏆 1st, 2nd, 3rd Male Overall Sprint Distance

🏆 1st, 2nd, 3rd Female Overall Sprint Distance

FAQ

If there's something you need to know that isn't covered in this race pack head over to our Frequently Asked Questions page by clicking the link below.

Frequently Asked Questions

OTHER INFORMATION

LOST PROPERTY

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.

LOCAL HOTSPOTS!

- Cove Corner
- The Shack
- Ocean Lab Cafe
- Gourmet Pig
- Dolphin Fish and Chips
- Creswell Cafe
- Mannings Cafe
- Royal Oak
- Farmers Arms

CAMPING

There is camping available for the event at the Phoenix Centre. Its £25 for 2 nights and £40 for 3 nights. There will be toilet and shower facilities on site and the Gourmet Hut will also open early for breakfast. There is no Electric Hook up available.