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

MUMBLES TRIATHLON

RACE PACK



THANK YOU.

We want to take this opportunity to thank you for participating in the Mumbles Triathlon. 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. We cannot thank you enough.

You may have many questions about how the day will run, and we're sure that the race pack will answer all of them. Ensuring the safety of all in attendance is of paramount importance.

Again, a huge thank you 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*

Transition

Knab Rock Car Park, ///cloak.newly.uncle

Finish LIne

The Knuckle, ///stacks.necklaces.folks

Start Line

Slipway, ///thundered.massing.divided

Registration

Mumbles Yacht Club, ///paths.redeeming.balanced

PARKING

The Dairy Car Park

Mumbles, ///riverboat.defining.decently

Oystermouth Foreshore

Mumbles, ///ballots.guarded.eased

Southend Car Park

Mumbles, ///reinstate.shuffles.humble

Knabb Rock (will fill up very early)

Mumbles, ///gateway.letter.couriers

Bracelet Bay

Mumbles, ///blushed.wheat.inferior

ITINERARY

Friday 25th September

4pm - 7pm **Registration** Mumbles Yacht Club ///paths.redeeming.balanced

5.30pm **First Timers Briefing** Transition ///cloak.newly.uncle

Saturday 26th September

6.00am - 7.20am **Registration** Mumbles Yacht Club ///paths.redeeming.balanced

6.15am - 7.30am **Transition** Knabb Rock, Car Park ///cloak.newly.uncle

8am **Event Start** Slipway ///incisions.meanders.digesting

9am **Last Swimmer out of the water** Slip Way ///incisions.meanders.digesting

11am **Last Bike Back** Transition ///cringes.toads.boomed

12pm **Last Athlete Home** Finishline

12pm **Prize Giving** Finishline

1-5pm **Post Race Party** Ulas, Mumbles

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 Seat Post Number

2 X Bib numbers

1 X Helmet Sticker

1 X Swim Hat

1 X Timing Chip

> ***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=dOBOkPRjQCE

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

Pre-Event Safety Video

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

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

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

The run route takes place on the waterfront path with stunning views over Swansea Bay. A fast and flat course, out-and-back heading towards Swansea.

Please keep on the left-hand side of the promenade at all times. Please respect other path users. 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.

After completing the run course, you'll head for your red carpet finish!

If you are cycling in 20mph areas, we ask you not to undertake vehicles or drive dangerously Police will be observing these areas and any dangous riding could result in a disqualification.

Swim

Things you need to be aware of for the swim.

After a short briefing, you will be invited onto the slipway, where you will go over the timing mat, therefore you must wear the timing chip provided on your **left ankle**. Make sure you give yourself plenty of space, this will enhance your enjoyment of the swim.

Water safety is provided by a professional and well-trained organisation. Should you get into trouble, please lie on your back with your hand in the air and they will assist you.

Water Safety is there to enhance enjoyment and naturally to ensure 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 a clockwise direction and will complete 1 lap in the Sprint and 2 laps in the Olympic 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 the water. Please keep your distance from the shoreline and ALWAYS keep the paddler to the LEFT of you at all times. If you decide to retire from the swim, please hand your chip to the Shoreline Lifeguard before leaving the Slipway.

Bike

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.

Course

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 AND OTHER ROAD USERS.

Courses are comprehensively marshalled and signed with black arrows on a fluorescent background. Please be aware that the course is on open roads, so please ride with this in mind and be courteous at all times.

Any dangerous riding and/or use of abusive language will carry a DQ from the event without appeal. Please let other athletes know when overtaking and avoid sudden movements, as there will be a large number of bikes on the course.

Please ride within your ability and consider the conditions of the road - do not get caught up in the event. Be mindful of cattle grids and livestock on course. Please note that you must follow the Highway Code during the event. If traffic lights are on red, or someone is crossing a pedestrian crossing, you **MUST** stop.

There will also be some fast descents and narrow lanes. Please ride accordingly. There may be potholes on the course; please ride accordingly. Please wear appropriate clothing during the event and we would advise lights on your bikes.

Run

The run course is comprehensively marshalled and signed with a black arrow and a fluorescent background. Please remember marshals are there for reference only. They are not for directional purposes. Keep left at all times unless overtaking another athlete, and please respect other path users.

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 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 the transition.
- Bar Ends need to be plugged
- The transition will be laid out to be equal and fair for everyone; therefore, we will not number the racks.
- For relay teams, only the bike athlete will need to rack their bike at transition.
- You will be able to remove your bike once all bikes are back in transition. All bikes must be removed after the last competitor has completed the event. You will be required to show your bib number when collecting your bike.

After the event

The transition will be open to collect your bike from 11am and will close 10 minutes after the last athlete crosses the finish line. After this time, items will be unattended, and we will not be held responsible for any left items.

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

THE COURSE

Olympic Distance - 1500m Swim / 42km Bike / 10k Run

SWIM - 1500M

LAPS **2**

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

BIKE - 42KM

LAPS **1**

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

RUN - 10K

LAPS **2**

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

Sprint Distance - 750m Swim / 32km Bike / 5km Run

SWIM - 750M

LAPS **1**

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

BIKE - 32KM

LAPS **1**

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

RUN - 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 -

There will be no feed stations on the bike course. We require you to be self-sufficient.

RUN COURSE

The feed station will be located just after the runaround from Verdis. Race belts are permitted.

Available at the feed station for Olympic Athletes -

- Water
- Torq Energy
- Crisps
- Sweets

Sprint Athletes

- Water
- Torq Energy

FINISH LINE

When crossing the finish line, all athletes will receive -

- Bottle of Water
- Small bag of Sweets

Food and drink will also be available for purchase in the yacht club.

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 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 marshal's instructions, the police or the 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.
- It is your responsibility to know the course and abide by the highway code at all times.
- No outside assistance is allowed at any time.
- Wetsuits are mandatory
- 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 and electric 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 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 may 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 the transition. There must be no cycling in transition.
- This is a non-drafting event: please see a guide on the following page. The course is comprehensively marshalled and signed with black arrows and a 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.
- It is your responsibility to know the course.
- 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 can implement and introduce laws and rules on the day.
- Video and Photography will be taken on the day for social media and marketing use. This will also include spectators and anyone who participates in the run with a loved one channel.

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 DECISION TO ENTER THE WATER.

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 - Olympic**

🏆 **1st, 2nd, 3rd Female - Olympic**

🏆 **1st, 2nd, 3rd Relay - Olympic**

🏆 **1st, 2nd, 3rd Male - Sprint**

🏆 **1st, 2nd, 3rd Female - Sprint**

🏆 **1st, 2nd, 3rd Relay - Sprint**

🏆 **Ocean Lava Slots - 6 slots in each distance will be available for Ocean Lava Lanzarote.**

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

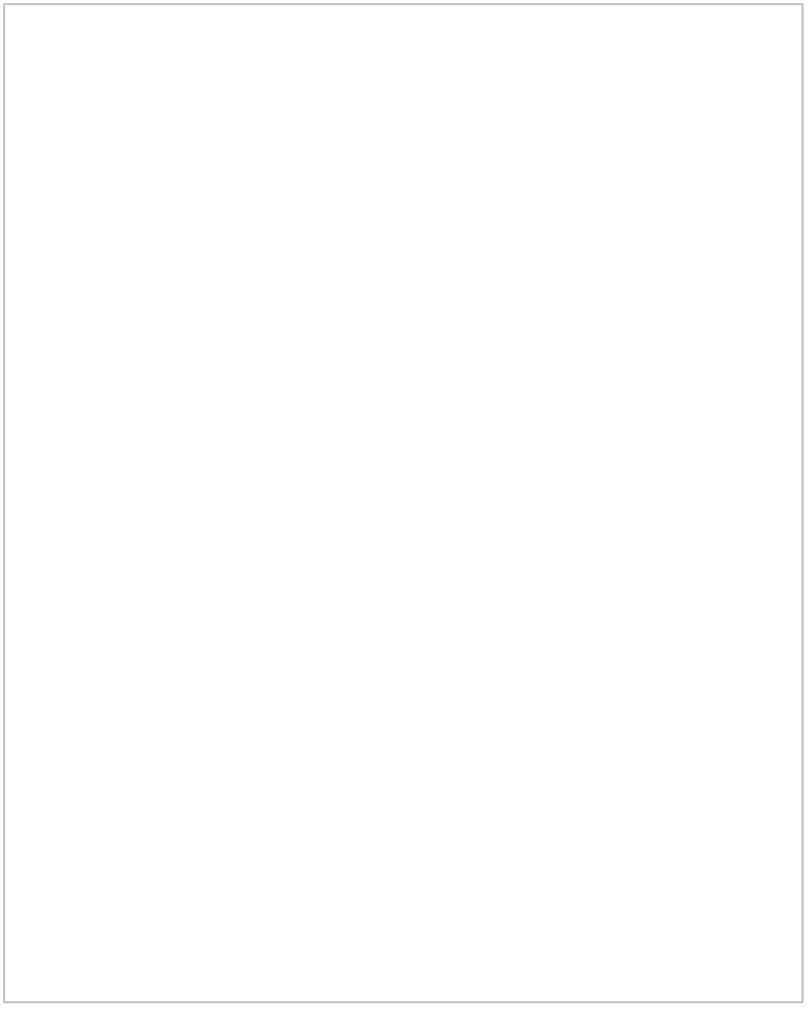
LOST PROPERTY

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.

END OF SEASON PARTY

Come join us for the End of season party at Ula's Rooftop bar after the event.



Join us at Ula’s Rooftop Bar for a well-earned drink (or two!) and help us round off another fantastic season of racing.

🎶 Live DJ

🍻 Post-race drinks

🤼 Meet fellow athletes, sponsors & the AWE team

📆 Saturday 26th September

⏰ 1pm – 5pm

Are you joining us? - https://forms.gle/V6E9fsSc7pbpBmvF8