



Vale of Glamorgan Tristar Duathlon 2016

This pack contains all the information you will need before the race. The race is run under **British Triathlon** rules. Please read all the information carefully.

N.B DO NOT GIVE YOUR ENTRY TO ANYONE ELSE. PLEASE INFORM THE ORGANISERS IF YOU ARE UNABLE TO COMPETE SO THAT YOUR PLACE CAN BE GIVEN TO SOMEONE ON THE RESERVE LIST.

Registration

Registration on Sunday will take place at **Llandow Circuit conference Room** (Post code CF71 7PB)
09.20 - 10.00am on Sunday 10th April

At registration you will be given your race number, timing chip and goody bag.

British/Welsh Triathlon members must produce their race license at registration. Everyone else must collect their day license. No license = no race. No exceptions.

For details of the benefits of joining Welsh Triathlon please visit

<http://www.welshtriathlon.org/membership>

RACE DAY

Race day timetable

09.20 Registration opens – Llandow Circuit conference room

09.45 Transition area open for bike racking (to competitors only) As Long as seniors have vacated Transition.

10.00 Registration closes

10.10 Transition area closes

10.10 Compulsory race briefing in the conference room for all competitors (adjacent to transition)

10.15 Race starts as long as event change over between the senior events is complete.

Parking

Please park only in the Race circuit car park which is to the right of registration (free parking). Entry to the circuit will be denied after 07.40 and 09:00 due to senior event taking place. Please ensure your friends, family and spectators do not try to gain access during this time.

Toilets

Toilets are available adjacent to registration and will be open for the duration of the event. There will also be extra portaloos available. **(Please leave these in the condition you found them).**

Bike Checks

We aim to provide a bike check facility on race day should you have any last minute adjustments or mechanical problems prior to the race start. This service will be provided by one of our race partners **Ride Bike Wales**.

Transition / bike racking (IMPORTANT)

- The transition area will only be open during the times listed above.
- There will be NO access to the transition area prior to this or before the last cyclist has returned.
- Only competitors bearing a race number will be allowed in transition – no exceptions.
- Bikes must be racked in your numbered slot and hooked on by the saddle
- Your bike must be numbered with the sticky label provided - we recommend it is fixed on the seat post and the number above the rear wheel.

These rules will help keep your bikes secure and your race safe. Thank you.

Race briefing

A compulsory race briefing will take place in the Briefing room. All competitors MUST attend. The race is run under British Triathlon rules (see)

https://events.britishtriathlon.org/uploads/content/2013_btf_rulebook_revisions.pdf.

The course

Course maps will be produced prior to the race and posted on the web-site and available to view at registration. The course descriptions below should make it clear for those that want to 'check it out' beforehand.

Run 1

Category	Run Distance	Number of laps
Tristar Start	400 mtr	0.3 See Map for start point
Tristar 1	1 .2 kilometer	0.85 See Map for start point
Tristar 2	1.6 kilometer	1.1 See Map for start point
Tristar 3	2 kilometer	1.4 See Map for start point

Transition

There will be a one-way flow through transition, which will minimise the potential for competitors to bump into each other and ensure that everyone covers the same distance and not disadvantaged by the positioning of their bikes. On reaching your bike, you must safely put on and fasten your helmet before removing your bike from the racking. Failure to do so will incur a 2-minute penalty. You cannot mount your bike to start riding until you cross the mount line.

Bike Route

The Bike leg is a non Drafting event and all within the Race circuit see table below for distances and the amount of Laps.

The bike route will be clockwise around the circuit keeping to the inside of the track. It is the competitor's responsibility to count their own laps but they will be recorded by the Timing Company. **Anybody not completing the required number of laps will be disqualified.**

Category	Cycle Distance	Number of laps
Tristar Start	1.2 Kilometer	1 Lap of Circuit
Tristar 1	3 .6 kilometer	3 Lap of Circuit
Tristar 2	6 kilometer	5 Lap of Circuit
Tristar 3	7.2 kilometer	6 Lap of Circuit

On reaching the turn into the transition area please take care and dismount where instructed. Follow the directions into the transition area and rack your bike. **Do not remove your cycle helmet or undo the clip, until your bike has been racked in Transition.**

Run 2

Head out of the transition area and rejoin the outer part of the Circuit. It will be an out and back run Turning around a large bollard where instructed. (Please ensure your number is visible at the finish line).

Please see distance table below.

Category	Run Distance
Tristar Start	200 meters
Tristar 1	400 meters
Tristar 2	600 meters
Tristar 3	800 meters

General

Please note that there will be a water station on the first run course, it will be your responsibility to ensure you have water/energy drink on the bike. . Anything deemed to be unsafe will be recorded by marshals and the motorcycle referees on the course. In the event of any incidents being reported the race referee will impose a time penalty or disqualification as appropriate.

Health & safety

Medical cover will be available during the race, so in the unlikely 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

There will be a finisher's medal for all competitors when they cross the finish line. Please hand over your timing chip to a finish marshal after crossing the finish line. There will be isotonic drink and Water available at the finish. Please use the bins provided for your used cups. Please collect your bike and kit from transition as soon as you can after transition has re-opened. You will need to show your race number to gain access to transition, so please keep your race number with you.

APPEALS

In the event of appeals regarding the results, infringements, complaints/objections etc the race referee will adjudicate. An Appeals Panel will be appointed if the nature of the appeal so dictates. The decision of the Referee and Appeals Panel is final. **The Penalties board will be posted alongside the timing screen in the timing officials Gazebo.**

AFTER THE RACE

Food & drink

Hot Food & drink will be available to purchase from the Circuit café during and after the event.

Presentation

The presentation will take place on the grassed area adjacent to the finish line once the race is finished. In the event of bad weather it will take place in the conference center.

Prize categories

1st, 2nd & 3rd Tri Star 1 male and female.

1st, 2nd & 3rd Tri Star 2 male and female

1st, 2nd & 3rd Tri Star 3 male and female

.

Results

Race results will be available at the finish line on a computer screen and ticket printer. Online Race Results web site: www.aim2tri.co.uk on the evening of the race. Hard copies will be available at the presentation for a small fee from the race results service.

Feedback

We would very much appreciate your feedback on all aspects of the event, so that we can make improvements for future years. Please e-mail any views you have to. <mailto:events@aim2tri.co.uk>

Thanks

We would like to thank our Race Partners for supporting this event Vale of Glamorgan Council, Moti, Ride bike Wales, One2One sports therapy and Pedal cover insurance.

We would also like to thank everyone who has supported us in staging this event: Llandow Race Circuit, Vale of Glamorgan Council, and South Wales Police

LITTER

Please leave the Vale of Glamorgan and Llandow Race circuit as you would wish to find it – Take your litter home with you!

PHOTOGRAPHIC CONSENT FORM

There is a photographic consent form at the end of this document. Please ensure this is completed and handed in at registration.

NO FORM NO RACE







Consent form for the taking and use of photographic and recorded images of young people (under 18 years of age)

This consent form relates to Vale of Glamorgan Tristar Duathlon only.

This form is to be signed by the parent/guardian of a young person under 18 years of age, together with the young person. Please note that a form will need to be completed for each individual under 18 years of age, one form cannot be used for multiple individuals.

Aim2tri recognise the need to ensure the welfare and safety of all young people in triathlon. As part of our commitment to ensure this safety we will not permit photographs or recorded images of young people to be taken or used without the consent of the parent/guardian and the young person.

Aim2tri will follow the guidance for the use of images of young people as detailed in the Triathlon England's Child Protection Policy and take steps to ensure images are used solely for the purposes they are intended, which is for the promotion and celebration of multi-sport activities.

If you become aware that these images are being used inappropriately you should inform the Welsh Triathlon Lead Safeguarding Officer immediately.

To be completed by parent/guardian:

I _____ (parent/guardian full name) do / do not* consent to **Aim2tri** taking photographic or recorded images of _____ (name of young person). Under the stated rules I can confirm that I am the parent/guardian for this young person and am entitled to give this consent. I also confirm that there are no restrictions related to taking photographic or recorded images.

Signature: _____

Date: _____

To be completed by the young person:

I _____ (name of young person) do / do not* consent to Aim2tri taking photographic or recorded images of my multi-sport involvement under the stated rules and conditions.

Signature: _____

Date: _____

**please delete as appropriate*