



## **Vale of Glamorgan 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 will take place at **Llandow Circuit conference Room** (Post code CF71 7PB) and will be open between 17.30 - 19.30pm on Saturday 9th April. Please do not enter the circuit before this time as there is Motor racing taking place.

Registration on Sunday will take place at **Llandow Circuit conference Room** 6.00 - 07.00am on Sunday 10th April.

**Will anyone living or staying locally please try and register on the Saturday to avoid congestion on the Sunday.**

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**

- 06.00 Registration opens – Llandow Circuit conference room (also open Saturday, see above)
- 06.15 Transition area open for bike racking (to competitors only)
- 07.00 Registration closes
- 07.15 Transition area closes
- 07.25 Compulsory race briefing on start line (adjacent to transition)
- 07.30 Race starts
- 07.48 First runner back (approx.)
- 08.40 First cyclist back (approx.)
- 08.50 First athlete finishes (approx.)
- 09.00 Last cyclist finished (approx.) and transition re-opens
- 09.20 Last finisher (approx.)
- 09.45 Presentation adjacent to transition area (inside conference room in the event of poor weather)
- 10:00 Transition area reassembled for Tri-Star races – all bikes and kit to be removed.

### **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 07.30 due to athlete safety. Please ensure your friends, family and spectators are on site before 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 servicing**

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 on the racking provided 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 at 07.25 am on the start line adjacent to transition. All competitors **MUST** attend. The race is run under British Triathlon rules (see)

[http://www.britishtriathlon.org/britain/documents/about/competition\\_rules.pdf](http://www.britishtriathlon.org/britain/documents/about/competition_rules.pdf)

In particular this means the cycle stage is **NON-DRAFTING** (see details under bike course below).

## **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 – 5.5k**

The first run has **been changed from previous years** and will be carried out on the race circuit.

The start is adjacent to the transition area. You will run in an anti-clockwise direction and will need to complete 4.8 laps of the race circuit before being directed into Transition. Please keep to the inside of the race circuit until the last straight before being directed into Transition.

Link to the map of the 1<sup>st</sup> run <https://ridewithgps.com/routes/12789544>

## 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.

[Link to map of Transition needs adding](#)

## Bike – 26k

### **Non Drafting**

**The Bike leg is non-drafting.**

Take care at the mount line as this could be congested. Caution to be taken once leaving the race circuit as you are now back on the public highway where traffic may be coming in both directions. Competitors then head north through the small village of Llysworney for approximately 5k until they turn left and join the A48. When joining the A48 you head west until you reach the bottom of Crack hill (8k), where you will take a left turn onto the (B4524). You then continue heading west through the village of Corntown until you reach the left hand turn in Ewenny at (12k). After turning left onto the (B4265) you start heading south on the coast road. **The traffic lights in Ewenny will be deactivated and the traffic will be controlled by Safety Bike UK.**

During the next two kilometers there are two Cattle grids and there is a possibility of sheep on the grass verges. Continue along the coastal road (B4265) until you come to the Llantwit Major roundabout. Take a left hand turn onto the (B4266) and head north back to the Race 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 helmet or undo the clip, until the bike is on the rack.**

[Link to map of the Bike course](https://ridewithgps.com/routes/6814953)

## Run 2 – 2.5k

Head out of the transition area and rejoin the race circuit. You need to run two full laps of the circuit in a clockwise direction before joining the finishing Shute leading to the finish line (please ensure your number is visible at the finish line).

[Link to the map of the 2<sup>nd</sup> run](http://ridewithgps.com/routes/7239957)

## 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. Also note that all main junctions will be signposted and marshaled. Be aware that marshals cannot stop traffic, **apart from the right hand turn where entering the main Highway.** The race is run on open roads so it is your responsibility to run and cycle safely following the Highway Code at all times. 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**

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 at 10.15am, or as soon as possible after the last finisher. In the event of bad weather it will take place in the conference center. To claim a spot prize you must be present.

### **Prize categories**

Prizes will be awarded in the following categories:

- 1st, 2nd & 3rd open male and female (open to all),
- 1st, 2nd & 3rd veteran male and female (age 40+ as at 31/12/16)
- 1st super veteran male and female (age 50+ as at 31/12/16)
- 1st Vintage veteran male and female (age 60+ as at 31/12/16)

**(In all cases only one prize will be awarded to any individual, e.g. if the first veteran finishes 2nd overall they will receive the better of the two prizes and the other will be awarded to the next on the list.) The prize categories listed above will depend on the race entries and could be reduced at the organiser's discretion.**

### **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](http://www.aim2tri.co.uk) on the evening of the race.

### **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!

