



PORTHCAWL STANDARD DISTANCE TRIATHLON **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.

REGISTRATION.

Sat 21st May 5.00pm - 6.30pm @ the Sea Cadet hut on Porthcawl Pier.

Sun 22nd May 6.00am - 7.00am @ the Sea Cadet hut on Porthcawl Pier.

Maps will be displayed at registration. It is the responsibility of the competitor to familiarise themselves with the event rules, times and routes.

N.B DO NOT GIVE YOUR ENTRY TO SOMEONE 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 will consist of:

Checking of B.T./W.T membership card/Day Memberships.

Issue of swim cap

Issue of Race Numbers

Event bag

Collection of Timing Chip. **Please ensure you hand this back to the Marshall at the finish line.**

Numbering of left shoulder and right thigh will take place at registration.

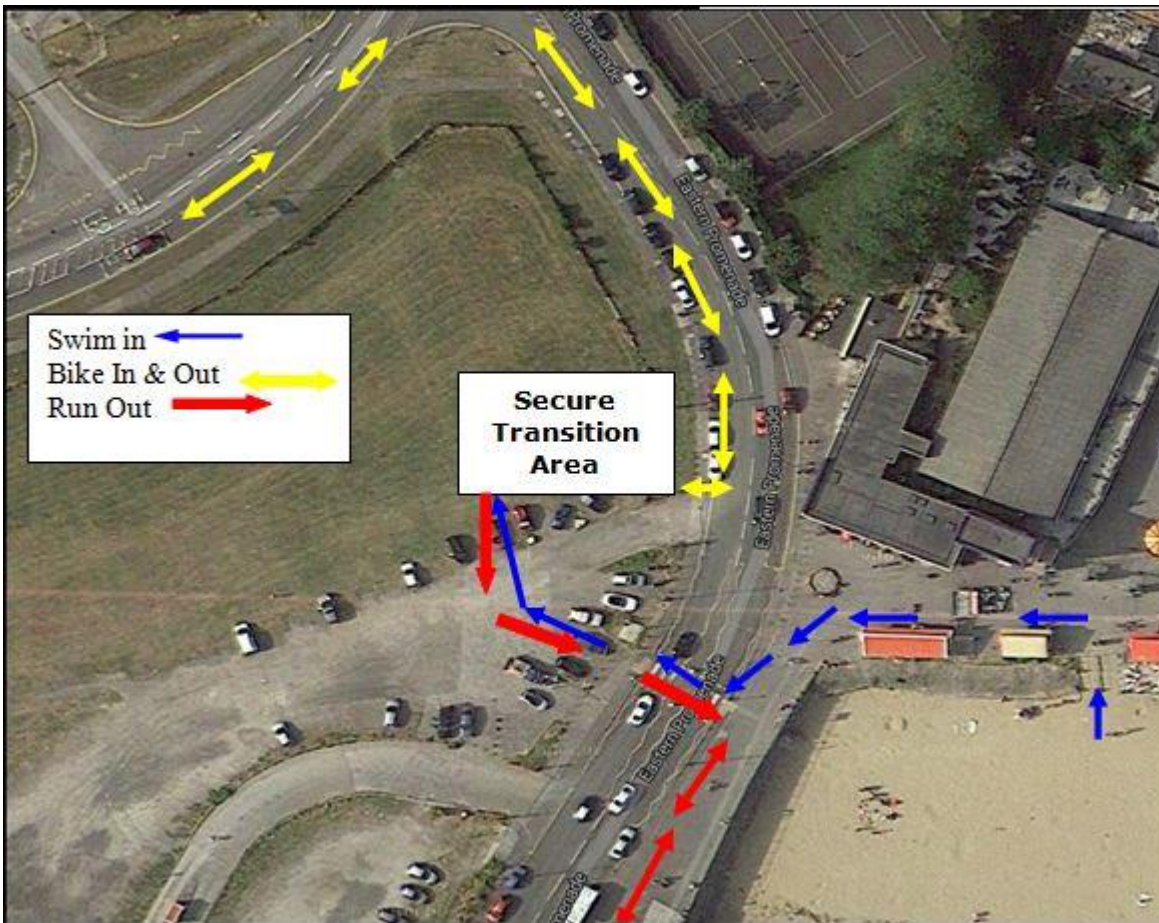
RACE DAY TIMETABLE

06.10am	Transition area OPENS
07.20am	Transition area CLOSED
07.20am	RACE BRIEFING over P.A. system on the Beach
07:30am	RACE STARTS

RACE BRIEFING over P.A. on the Beach (Start Line) @ 07.20am

*****IN THE EVENT OF POOR SEA CONDITIONS, A DECISION WILL BE MADE ON RUNNING A DUATHLON RATHER THAN THE TRIATHLON. THIS DECISION WILL BE AT THE DISCRETION OF THE RACE ORGANISER, REFEREE AND THE LIFE GUARDS***

Porthcawl Triathlon 22nd May 2016 – Transition Area



Transition Area

06.10am Transition Area OPEN
07.20am Transition Area CLOSED

- Only triathletes will be allowed in the transition area in addition to Marshals and Race Officials.
- In order to access the Transition Area competitors must show both bike numbers and race numbers.
- When leaving the Transition Area bike numbers must be given to the Marshal.
- All bikes must be roadworthy and cycling helmets worn.
- All bikes must be racked between 06.10 and 07.20 in transition area.
- Competitors must store their Wetsuits, Goggles and swim hat tidily and not encroach in others space.
- Competitors must use the cycle racks provided
- All competitors' race numbers should be visible at all times.
- Athletes will not be able to remove their bikes until the last competitor has begun the Run section.

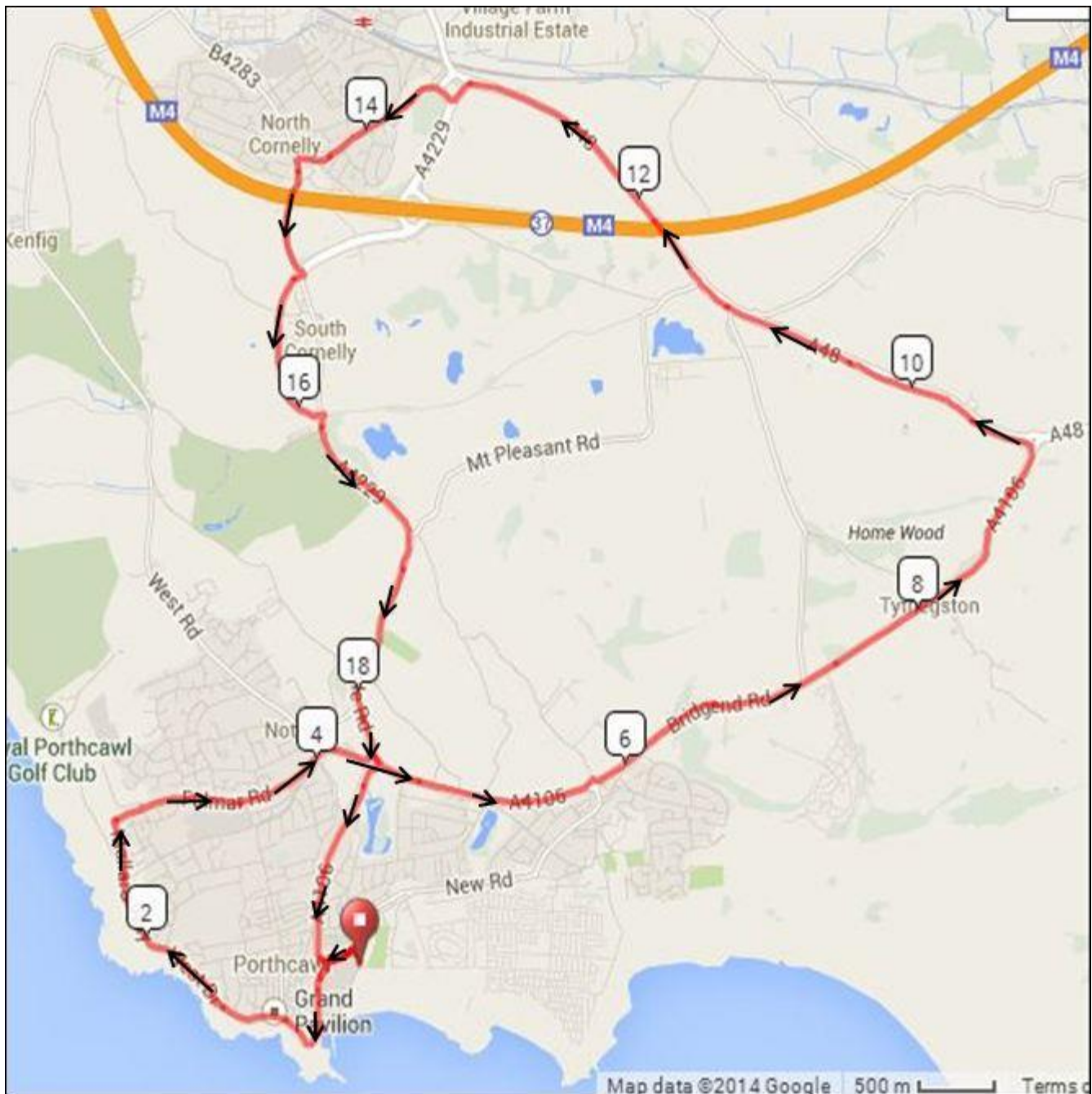
Porthcawl Triathlon 22nd May 2016 - Swim Route



Swim Information

- Competitors will **not** be allowed to enter the water prior to the start to warm up.
- It will be a Beach start and the Race start will be signalled by an air horn. In the event of a false start there will be several blasts of the horn and you will be fetched back to the start.
- The swim course is of a rectangle shape and comprises of two laps. There will be a short run on the Beach between laps.
- During the swim you will keep the swim buoys to your right hand side and the course will be swum in a -clockwise direction. (See map above).
- In an emergency during the swim, competitors should raise one arm vertically above the water and call for assistance from the patrolling lifeguards. No competitor shall continue who is deemed unfit to do so.
- The lead swimmer will be directed by a lead canoe throughout the course.
- Any competitor seen to be receiving assistance or swimming less than the marked course will be disqualified from the whole event.
- It is a compulsory wetsuit swim and provided swim caps must be worn.

Porthcawl Triathlon 22nd May 2016 - Cycle Route 2 Laps



[Link to Cycle Route](#)

- All bikes must be roadworthy and Cycle helmets worn.
- All bikes must be racked between 06.10 and 07.20 in transition area.
- Competitors must use the cycle racks provided.
- All competitors should wear their event number on the back of their cycle vest.
- **There is strictly no drafting.**
- **Motorcycle referees will marshal the Course**

The route will start and finish at the Transition Area and will be sign posted and marshalled. Competitors will not mount their bikes until clear of the Transition Area and have passed the "cycle mount sign" and will dismount on their return at "cycle dismount" sign, before entering the transition area.

All competitors are advised that normal road safety regulations must be obeyed as the event will take place on open public highways.

On leaving the Transition area turn left and take the first exit at the roundabout onto the Portway. At approx 1.2miles take a SHARP RIGHT bend, follow this road for approx 800mtrs & go straight ahead at Nottage Roundabout. Follow Bridgend Road and straight ahead at the mini roundabout. Follow Bridgend road up over Danygraig hill towards the A-48. When reaching the A-48 take the first exit and follow the A-48 up an over Stormy Down until reaching the Pyle roundabout. Take the second entrance at the roundabout and follow the road into School terrace. At the Tee junction in Cornelly turns left onto Porthcawl road and follow for approx 800mtrs and take the third exit at the roundabout. Follow the road for one kilometer and then take the third exit at the next roundabout onto Pyle Road. Follow the road for 2.5 kilometer and go straight ahead at Nottage roundabout onto the port way. Follow the Port way Road until the next roundabout where you straight ahead and start your second lap. **At this point on the second lap you will take the first exit at the roundabout and head back into Transition**

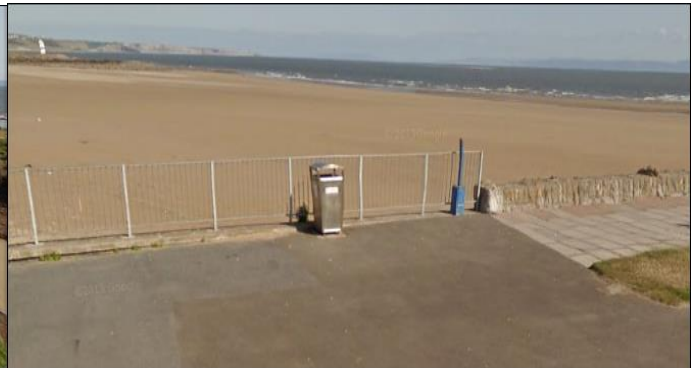
Porthcawl Triathlon 22nd May 2016 - Run Route 2 Laps



**Run Turn around Point/ Drinks station
At 2.5K and 7.5K**



**Finish Line Area/Drinks station
At 10 K**



[Link to Run Route](#)

- The run will start and finish at the transition area. It will be signposted and marshaled. It is an out and back two lap route and runners must keep to the designated course.
- Competitors must have numbers clearly visible on the front of their vest.
- It is the competitor's responsibility to shout out their number at finish of the run to ensure the timekeepers have recorded their time.

Leave Transition and cross the road at the Pedestrian crossing, follow the footpath around the harbor onto the lower level Promenade and continue along the pavement until you join the Coastal Path, which crosses Locks Common. Head towards Rest Bay turning @ 2.5km (Turnaround point/Water Station) at this point you re trace your steps back to the finish line to complete your second lap.

Porthcawl Triathlon 22nd May 2016

Event Presentation

Will take place at the Finish area or at the Cabin bar depending on weather conditions.
Within 1 hour after the last finisher

Awards and Categories.

1st 2nd 3rd Male & Female
1st 2nd 3rd Male & Female Vet
1st Male & Female Super Vet

You will be able to obtain a copy of your result on the day and from the following website.
No later than 24hrs after the event www.aim2tri.co.uk

ACCOMMODATION

Porthcawl Hotels [ACCOMODATION LINK](#)

Contact Porthcawl tourist info details below

Tel: +44 (0) 1656 786639/782211

Fax: +44 (0)1656 782387

E-mail: porthcawltic@bridgend.gov.uk

Toilets

There will be Portable toilets situated at Transition area.

Car Parking

This will be available at the Salt Lake Car Park **PAY & Display** (this runs parallel to the sea wall, in front of the fairground.)

Litter

Please leave Porthcawl as you would wish to find it - Take your litter home!

Referee

The race is run under B.T. rules and the decision of the Senior Referee is final.

First Aid

First aid cover will be provided by two Paramedics at Transition area.

Appeals

In the event of an appeal regarding the results, infringements, complaints/objections etc the senior race referee will adjudicate. An Appeals Panel will be appointed if the nature of the appeal so dictates. The decision of the Senior Referee or Appeals Panel is final.

Aim2tri would like to take this opportunity to thank:

South Wales Police, Bridgend county borough council, Porthcawl Lifeguards, Porthcawl Sea Cadets, Pat Evans, Ride Bike Wales, One2One sport therapy, Moti, High 5, and all the volunteers for their valued assistance in enabling us to put on this event.

Porthcawl Triathlon 22nd May 2016

DIRECTIONS TO RACE REGISTRATION

Leave M4 at Junction 37.

Take the A4229, sign posted Porthcawl, for approximately 2 miles, going straight ahead at four roundabouts.

Porthcawl Harbour is on the left-hand side as the road bears sharply round to the right onto The Esplanade.

Salt Lake Car Park and the Cadet Hut (Registration) are situated just before the Harbour

