

## Pencoed Novice Triathlon Sunday 30th June 2019



Dear Athlete

Thank you for entering the Pencoed Novice Triathlon 2019. The following information is offered to guide you through this race and to ensure a safe and enjoyable experience at our event. **Please take the time to read and familiarize yourself with the route. Links to bike and Run routes below**

### Venue

This race is based at Pencoed Swimming Pool, Felindre Road, Pencoed, Bridgend, Mid Glamorgan CF35 5PB. The Pool has changing rooms, showers and toilets.

### Parking

There will be **NO PARKING AT THE SWIMMING POOL or on the adjacent highway of the Swimming Pool** Due to access and egress during the event. Parking will be provided for competitors and spectators at Pencoed Rugby club which is located 100 meters from the Pool. If you park offsite, please take care not to block in any of the neighbor's or restrict sight lines along the course.

### Registration

Registration will be open on Saturday the 29<sup>th</sup> of June between 17:00 and 19:00 and at 05:30 and 06:30 On the Sunday. Registration is located in a portacabin outside Pencoed Rugby Club adjacent to the Pool and Transition.

**I would recommend that all entrants that are able to register on the Saturday to do so, as it will be less stressful for you on race day with so much to think off.** At registration you will be given a goody bag containing your race numbers timing chip and event T Shirt.

If you are not a current member of Welsh Triathlon, you will be given a "Day License" which provides third party liability insurance. We recommend that you register one hour before the Race start.

## **Race Numbers**

At registration

You will also be allocated a timing chip which will need to be worn on your left ankle on race day. **If you registered on Saturday Please ensure you have your timing chip on Race Day** In your goody bag you will find two large numbers and two small numbers. Please put one of the small numbers on your BIKE SEAT POST and the other on your HELMET. There will be provision on the back of your large race numbers to write your contact details and any medical conditions or allergies that we need to be aware of. During the bike section of the race, your number should be visible from the rear and during the run; your number should be visible from the front. Please use safety pins or a race belt to secure your number.

## **Transition**

After registration on the Sunday you may rack your bike and lay out your equipment in the Transition area.

**All Bikes will need to be racked before the race start at 06:45 and the area vacated. The reason behind this is we do not want to interfere with the athletes who will already be racing.** The racking will be segregated with wave numbers and you may place your bike anywhere along the racking within your wave number. Only athletes and marshals are allowed into the transition area. For security reasons you will not be able to remove your bike from Transition without your race number to match the number on your bike.

## **Race Briefing**

A race briefing will be held at the pool reception 10 minutes before your start time.

**THE RACE BRIEFING IS MANDATORY.** You should present yourself at this briefing ready to race.

## **Nutrition**

Water will be available on the run course and at the finish line. There will also be isotonic drinks at the finish. It is advised that you keep yourself well hydrated leading up to the event and you may want to carry a drink on your bike.

## Swimming

The swim will be organised into waves, with the first starting at 06:45. The slowest swimmers will start in the first wave and the fastest swimmers in the last wave.

**A sheet indicating the wave number and start time of each athlete will be displayed at registration.** The following Wave will not start until the previous one has finished. If you miss your start time, you cannot be guaranteed a swim. Please be prompt.

You will need to be ready to race and assembled in the Swimming Pool reception area 10 minutes prior to your start time. The signal to start will be signaled by an air horn and will involve a push off from the side of the pool and not via a diving start.

There will be 6 lanes with 3 swimmers in each lane. You will be started at five second intervals in your lane and issued with a different color swim hats to enable the lane counters to identify you. Your 16 lengths (400 meters) will be counted by swim marshals and you will be told when you have “2 lengths to go”

On completion of the swim, please leave poolside by the exit indicated and make your way to the transition area. There will be **NO RUNNING INSIDE THE POOL AREA** as the tiles will be slippery.

## Swim Wave Times

Wave 1 07.00

Wave 2 07.20

Wave 3 07.40

Wave 4 07.55

Wave 5 08.10

Wave 6 08.25

Wave 7 08.35

Wave 8 08.45

## NB

There will be 3 athletes per lane making 18 athletes per wave

## **Transition 1 (T1)**

Your Bike will be checked to make sure it is roadworthy before you enter Transition  
Please leave your clothing for the bike and run sections by the side of your bike in the transition area. Do not leave clothes in the way of other competitors. **Be sure to put on and fasten your helmet** before un-racking your bike. Do not mount your bike until you pass the “mount” line indicated, just past the exit of the transition area. **NO HELMET NO RIDE!!!!!!!**

## **Bike**

Normal rules of the road apply. The bike section of this race consists of 1 lap of approximately 17 kilometers.

This is a non-drafting event. Any competitor slipstreaming behind another competitor will receive a time penalty and may be disqualified. There should be at least 7 meters between cyclists, except when overtaking. When overtaken the slower cyclist is required to drop back to the appropriate distance.

Even though this is a race, please ride sensibly and safely at all times and be prepared for the unexpected, such as pedestrians, dogs and pot holes. **The future of Triathlon on the public highway depends on all athletes cycling and running in a safe and controlled manner.**

## **The Bike Course**

To view the route on a map- [Map of Cycle Route](#)

Please ride with your head up, obey marshal's advice and follow the direction signs.

On leaving the Swimming Pool car park turn right and then left on reaching the first roundabout then at the next roundabout take the second exit (direction Talbot Green). At the next roundabout take the 3rd exit, carry on this road going straight across 1 large and 2 mini roundabouts through the village of Llanharan following the road with a 90 degree left and right (over a railway bridge) in quick succession (with the High Corner Public House in front of you). Carry on this road onto a steady downhill, and straight across a small roundabout until you reach the turnaround point at **'L'Oreal' roundabout**. There will be a marshal there to send you in the right direction.

You must then re-trace your route in the direction of Bridgend going straight across the 3 small and 1 large roundabout until you come to a slight uphill at this roundabout take your first exit signposted M4, then a short downhill and at the next roundabout take your 2nd exit past Pencoed College and on to the Final roundabout you turn right in towards Pencoed Pool and finally turn left into the transition area

The entire route will be marshaled and signposted so don't worry!

## **Transition 2 (T2)**

Take care whilst cycling into the Swimming Pool car park and prepare to dismount before the “dismount” Line, prior to the transition area. Rack your bike before unfastening your helmet.

**There will be a Map of transition displayed at Registration. It will also show you the flows through transition identifying Swim In, Bike Out, Bike In and Run out.**

## **Run**

The run is on the surrounding playing fields with a distance of 3 kilometers. It is flat and you will run on grass for the duration of the run. The route will be marked out with signs, poles and hazard tape.

## **Run Course**

To view the route on a map [Map of Run Route](#)

You will be directed from the small playing field to the larger field which runs alongside the dual carriageway. You will be required to complete two Laps of the larger field and your hand will be marked after each lap. Once completed the two laps you will be redirected back to the smaller field where you will follow the outside perimeter of the field back to the finish arch alongside transition

## **Withdrawal during the Race**

If you withdraw during the race please inform the Timing Marshal at the finish line. This is so we can account for all competitors who started the race.

**Spare a thought during the event as not everyone is in a hurry on a Sunday morning.**

## **Marshals**

The marshals are current Triathletes and friends of Aim2tri. They are volunteers and the sport rely on them for races to take place please be courteous to them at all time. Their main role is to guide you around the course. They do not have the authority to interfere with traffic in any way. We plan to have motorcycle marshals patrolling the bike sections of this course.

## **Race Results**

Individual Race results will be available as you cross the finish Line. We will aim to email the full results to you as soon as possible. They will also be posted on the Aim2tri website [www.aim2tri.co.uk](http://www.aim2tri.co.uk) Provisional timings may be available in registration, during the event.

## **Prize Giving**

All finishers will receive a finishers Medal and an event T Shirt. As this is a novice race, there will be no prizes awarded for the fastest athletes. The purpose of the race is to introduce new athletes to the sport of Triathlon. There will be spot prizes awarded after the race.

## Special thanks to our Sponsors





## **BIKE CHECK LIST**

The following checks should be carried out prior to coming to the event and preferably on the morning of the actual competition, before placing your bike in the transition area.

These checks should be undertaken as 'Aim2tri' cannot be held responsible for any damage incurred from mechanical failure.

One of our race sponsors Ride Bike Wales will be available to sort out any last minute mechanical problems.

### **ITEM CHECK:**

#### **Frame**

- Wheels in line when straight
- For cracks in tubes or lugs

#### **Saddle**

- For tightness of seat post in frame
- For tightness of saddle fixing itself

#### **Handlebars**

- For tightness of handlebar stem/headset in frame
- For tightness of handlebars in stem

#### **Brakes**

- No wheel rotation when applied
- Clear rims when released
- Tightness of fixing to frame
- Excessive wear of brake blocks and cables
- Tightness of fixing nuts
- Tightness of levers to handlebars

#### **Bearings**

- For play or tightness in bottom bracket or steering

#### **Chain set**

- Tightness of chain wheel bolts

#### **Pedals, toe clips, straps**

- Bearings, fixing of clips and for cracks
- Straps are sound
- Pedals firmly attached to cranks

#### **Chain**

- For wear and lubricated

#### **Gears**

- All fixings, cables for wear, free wheel for smooth running and wear
- Operation for overshooting on top and bottom gears

**Wheels**

- For true running, rims, bearings, fixing to frame, spokes for slackness or breakage

**Tyres**

- Inflated to correct pressure, tread for cuts, small stones and bulges
- Tubulars (if used), for adhesion to rims
- Spare tyre/tube

**Accessories**

- Pump firmly in place
- Tools, bottle cage and spares fixed firmly

The wearing of a cycle helmet (which meets appropriate British safety standards) is compulsory.

**REMEMBER, NO HELMET NO RACE!!!!**

*The future of triathlon depends upon the safe and sensible use of highways and the consideration paid to motorists and pedestrians alike.*