

PEMBROKESHIRE DUATHLON

Sunday 29th March 2009, Neyland, Pembrokeshire
Incorporating the Welsh Duathlon Championships 2009
Welsh Triathlon Grand Prix Event
Round 1 of the Pembrokeshire Tri Multisport Challenge

RACE INFORMATION PACK

Pembrokeshire Duathlon, based on the riverfront at Neyland, is organised by Pembrokeshire Triathlon Club. This is the second running of the event, following its debut in 2008. The course has been accurately measured, with the runs both approved for accuracy by Welsh Athletics. The race will be sanctioned by British Triathlon. The event caters for those looking for a fast time, and those aiming to get around, whether as an individual or as a team – especially those in fancy dress! The run sections are largely flat and fast, and the bike course has lengthy flat sections with some undulations, a steady climb at the beginning and a fast descent to finish.

The race starts at the entrance to Brunel Quay in Neyland, and the transition and finish area is adjacent to Neyland Yacht Club some 100m away. There is a large car park at Brunel Quay.

BEFORE THE RACE

Entry Information

Please complete the appropriate entry form (separate forms available for relay teams and individuals), and send it, along with a cheque made out to PEMBROKESHIRE TRIATHLON CLUB for the relevant amount to: Pembrokeshire Duathlon, c/o 18 Heritage Park, Haverfordwest, Pembrokeshire, SA61 2QF.

The **closing date** for receipt of postal entries is **Saturday 7th March 2009**. Entries after this date will NOT be accepted. The **race limit is just 150**, so you are advised to enter early to avoid disappointment.

Welsh Duathlon Championships & Welsh Triathlon Grand Prix Event

The 2009 event incorporates the Welsh Duathlon Championships (for seniors and above). To qualify for the Championships, you **MUST** be a current member of British Triathlon (www.britishtriathlon.org), and have registered Wales as your home nation, i.e. your membership number must have a 'W' prefix (you must have included this on your entry form!). In addition, you must satisfy one of the following criteria:

- Born in Wales or
- One Welsh Parent or
- Resident in Wales continuously for at least 3 years

If in any doubt about eligibility, please contact the race organisers on 07975 925365. The Welsh Championships applies to seniors only, with categories for Senior (20-39), Veteran (40-49), Vintage Veteran (50-59) and Super Veteran (60+).

Pembrokeshire Tri Multisport Challenge

The Duathlon, along with the Pembrokeshire Coast Triathlon (11th July) and Pembrokeshire Half Marathon (27th September), together form the new Pembrokeshire Tri Multisport Challenge. Prizes for the lowest combined time for the three events will be up for grabs for the first male, female,

veteran male and veteran female, and they will be presented after the Half Marathon. There is no specific entry form for the challenge, we will pick up your details automatically from the entry lists – you just have to record a time in each of the three events!

Refunds

See refunds policy on www.pembrokeshire-tri.org.uk.

Registration

Registration will take place at Neyland Yacht Club, and will be open between 5-6.30pm on Saturday 28th and 6.45-7.45am on Sunday 29th. Could those living in Pembrokeshire please try and register on the Saturday, to avoid congestion on the Sunday. At registration you will be given your race number and goody bag. British Triathlon members will need to show their current membership cards to receive their £2 refund; everyone else will be issued with a day licence at registration. No licence = no race. No exceptions.

RACE DAY

Race day timetable

- 645 Registration opens – Yacht Club (also open Saturday, see above)
- 700 Transition area open for bike racking (to competitors only)
- 745 Registration closes
- 810 Transition area closes
- 820 Compulsory race briefing on start line (adjacent to Brunel Quay car park)
- 830 Race starts
- 845 First runner back (approx.)
- 920 First cyclist back (approx.)
- 930 First athlete finishes (approx.)
- 1010 Last cyclist finished (approx.) and transition re-opens
- 1030 Last finisher (approx.)
- 1100 Presentation adjacent to transition area (inside Yacht Club if wet) & results available
- 1130 Transition area dismantled – all bikes and kit to be removed

Parking

Please park only in the Brunel Quay car park, which is adjacent to the start (free parking). If this is full, please park in the car park in the adjacent Neyland Marina. You will not be able to park adjacent to the Yacht Club, as this is being used for the transition area, and do not park on the road along the sea front or the road that leads to Brunel Quay/Neyland Marina, as this forms part of the course and this needs to be kept free of vehicles. It is only a short walk from the car park to the Yacht Club where registration, transition, and the finish are situated.

Toilets

Public toilets are available adjacent to the registration at Neyland Yacht Club, and about 200m north of Brunel Quay car park in Neyland Marina (take the first right turn in the marina, they are situated on the left). There are also toilets in the Yacht Club.

Race numbers

Your race numbers will be given to you at registration. Relay teams will be provided with 2 or 3 dependant on the number in the team. Numbers must be worn on the FRONT during the run and on the REAR during the cycle stage. They must not be folded and must be pinned in all four corners. You need to write your name, any medical condition(s) you may have, and an emergency contact number on the back of your race number. If you need them, safety pins will be available at registration. Race belts are allowed provided the number is visible to the front or rear as above, and is not folded. If your number is not visible, we will not be able to record your time.

Transition / bike racking

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. No-one other than athletes,

bearing a race number, will be allowed into the transition area – no exceptions. Bikes must be racked in the designated spots, and hooked onto the racking either by the brake levers or saddle. Your bike must have the sticky race number attached – we recommend it is fixed above the rear brake on the brake cable.

Bike servicing

We aim to provide a bike servicing facility on race day should you have any last minute adjustments or mechanical problems prior to the race start. If you make use of this facility, a small donation to our charity would be appreciated. We recommend visiting Enterprise Cycles at Honeyborough in Neyland (tel. 01646 601014) in good time prior to the race should you have any concerns about the road-worthiness of your bike.

Race briefing

A compulsory race briefing will take place at 8:20am on the start line adjacent to Brunel Quay. All competitors MUST attend. The race is run under British Triathlon rules (see www.britishtriathlon.org). 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 the course clear for those that want to 'check it out' beforehand.

Run 1 – 5k

The start is adjacent to the Brunel Quay car park (for those that know it, the same start as the Neyland 10k). The run heads north along the road through and past Neyland Marina. Please keep to the left of the road and note that the road is open to traffic. At the end of the marina, the course joins the Brunel cycle track; please continue to keep to the left. Just before the 2.5k mark, a marshal will turn you back towards the marina. Please keep left, as runners will be running in both directions at this point. Run back past the start line, and turn left towards the Yacht Club and transition area. On reaching the transition area, follow the signs directing you in (a transition plan will be posted at registration).

Transition

There will be a one-way flow in 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 at the top of the slope. Relay team cyclists will be held at the far side of transition, cyclists may not leave this area until tagged by their first runner. Instructions are then as for individual entrants.

Bike – 22k

Take care at the mount line as you are now back on the open road where traffic may be coming in both directions. Once on the bike, competitors head west along the sea front (The Promenade) and onto Military Road, gradually heading north and west away from the waterway. There is a mini-roundabout at Mastlebridge, where you must give way to traffic coming from the right. Just before Waterston, turn right towards onto Scoveston Road toward Sentry Cross roundabout, giving way to traffic coming towards you. At Sentry Cross roundabout, turn right on the A477 towards Neyland, giving way to traffic coming from the right. When you reach the next roundabout at Honeyborough, go all the way around the roundabout, giving way to traffic from your right as you enter the roundabout, and retrace your steps back to Sentry Cross roundabout. Repeat this section by returning to Honeyborough and back to Sentry Cross. Marshals will record your race number at one of these roundabouts so make sure it is visible and call it out if asked to do so. If you are not recorded twice, we will have to disqualify you for not completing the course. At Sentry Cross, turn left and retrace your steps back to the transition area (remember to give way to traffic coming from your right at the T-junction near Waterston, and again at the mini-roundabout at

Mastlebridge. On reaching the turn into the transition area please take care down the slope, 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.

Relay team cyclists need to follow the instructions as for individual competitors, but as soon as you have racked your bike and removed your helmet, you should exit transition and tag your second runner in the designated area. They will then set off on the final 2.5k run.

Please note:

- The race is non-drafting (i.e. you cannot ride within a 7m x 3m imaginary box from the front wheel of the rider in front – you can only enter this box to overtake, once past it is the overtaken riders responsibility to drop back);
- Draft busters will be in attendance and a two minute penalty will be issued to anyone caught drafting. A second offence will lead to disqualification;
- No side by side cycling is allowed – overtaking must be completed quickly;
- All rules of the road must be observed. Any failure to do so or to obey any marshal's instructions may result in disqualification from the race;
- No personal music devices are allowed – this is a disqualifiable offence.

Run 2 – 2.5k

Head east along the sea front road in the direction of the town centre, and take the first right towards Brunel Quay and Neyland Marina. You now join the 5k course. Keep to the left at all times. At 1.25k a marshal will turn you back, and you will retrace your steps back towards the Yacht Club. The finish area will be at the top of the slope outside the Yacht Club.

General

Please note that there will be NO water stations on the course, so please ensure that you have plenty of water/energy drink on the bike. Please also note that all main junctions will be marshalled but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to run and cycle safely. Anything deemed to be unsafe will be recorded by marshals and 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

Water will be available at the finish. 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.

AFTER THE RACE

Showers

Hot showering facilities will be available at Neyland Yacht Club (they are accessed from the outside, adjacent to the boat park on the east side of the building).

Food & drink

Food & drink will be available for purchase at Neyland Yacht Club, there is also a café in the marina and shops in Neyland.

Presentation

The presentation will take place inside the Yacht Club at 11am, or as soon as possible after the last finisher. To claim a spot prize you must be present. Prizes will be awarded in the categories noted below.

Prize categories

In addition to Welsh Championships categories (see above), 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 31/12/09)

1st super veteran male and female (age 50+ as at 31/12/09)

(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.)

1st male relay team (teams of 2 or 3, any age)

1st female relay team (teams of 2 or 3, any age)

1st mixed relay team (teams of 2 or 3, any age)

1st family relay team (teams of 3 only, any age) (family = related by birth or marriage!)

Best fancy dress relay team & individual (as judged by Crazy Meg)

Spot prizes will be available and open to all finishers (you must be present at the presentation to claim your prize).

Charity

All profits from organising the event will be donated to Adam's Bucketful of Hope Appeal (www.bucketfulofhope.co.uk, reg. charity 1049198/80820), in memory of Pembrokeshire Triathlon Club member Adam Evans-Thomas. Please use the sponsorship form available on the web-site to raise additional funds for this worthwhile cause. Thank you.

Results

Race results will be available on the Online Race Results web site: www.onlineraceresults.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 pembstri@sporty.co.uk or telephone 07975 925365.

Thanks

We would like to thank our main event sponsors, Dragon LNG, for supporting this event for the second year in 2009, and also to Triexercise (www.triexercise.co.uk, tel. 01646 699236) for their help with prizes and event t-shirts.

We would also like to thank everyone who has supported us in staging this event: Gwyn Phillips & Neyland Yacht Club, Dyfed Powys Police, Martin Dyde & Pembrokeshire Harriers, Roland & Pat Sherwood of Online Race Results, Pembrokeshire County Council, St. John's Ambulance, Chris Evans-Thomas & Adam's Bucketful of Hope Appeal and Enterprise Cycles (01646 601014), and anyone else who we've forgotten. Thank you.

Pembrokeshire Triathlon Club

www.pembrokeshire-tri.org.uk

Check out our web site for details of training, races, results and much more!

