

Pembrokeshire Triathlon Club
Club Triathlon
Sunday 2nd May – Haverfordwest
400m swim – 15.8k bike – 3.1k run

Race Information Pack

Thank you for your interest in the Pembrokeshire Triathlon Club Triathlon on Sunday 2nd May 2010. This is a very informal event, with a limited number of entrants (32). The event has a dual purpose – it is PTC's annual club triathlon where the annual awards will be made for best male and female athlete, and it is also a great opportunity for people new to the sport to give triathlon a go and see if they enjoy it. We are confident that you will. We have run similar events since 1999, and many of those who tackled triathlon for the first time have gone on to compete in a number of triathlons and other events, including Ironman UK. The sky is the limit!

For insurance reasons the race is only open to members of Pembrokeshire Triathlon Club. The cost of entering this race is as follows.

New member & entry fee (18 and over)	£20
New member & entry fee (unwaged/student)	£9
New member & entry fee (under 18 as at 31/12/09)	£5
Existing member entry fee only (18 and over)	£8
Existing member entry fee only (unwaged / student)	£4
Existing member entry fee only (under 18 as at 31/12/09)	£4

1 Registration / Race Briefing / Start

You will need to be at Haverfordwest Leisure Centre (please note this is the new pool, on St. Thomas' Green!!) car park with all your kit by 7.00am at the latest to give yourself time to prepare. Please park in the Leisure Centre car park, which is underneath the Centre itself (accessed from the Winch Lane) and respect residents by being as quiet as you can.

You will need to register between 7.00am and 7.25am in the main Leisure Centre reception area, collecting your race numbers and pins, and getting your arms and legs marked up. We will provide you with 2 bags – one (labelled 'RUN') to place your run stuff in, which you must leave at registration. This bag will be transported to Transition 2 (at the Cricket Club) ready for when you come in off the bike. The second bag (labelled 'FINISH') is for you to have in Transition 1, to put any stuff you don't need after the swim (e.g. goggles, hat, towel). This bag will be taken to the finish for you.

We will give you a short briefing at 7.50am on the pool side (Wave 1 swimmers need to be changed ready to swim at this point), running over details such as the swim, bike and run courses, transition arrangements etc. You will be able to ask any final questions that you may have then. However, all the information you need should be in this pack, and you are welcome to contact us before then if you have any queries.

We will get the first wave of 16 swimmers off promptly at 8:00am. You will be given your start time / wave number at registration – the slowest 16 swimmers going in the first wave. It is important that you have honestly estimated your swim time on your entry form so that you start in the right wave. You will be able to change in the large village changing rooms adjacent to the pool, and either pass your stuff to a friend or family member, or to a designated marshal for transportation to the finish.

2 Course Details

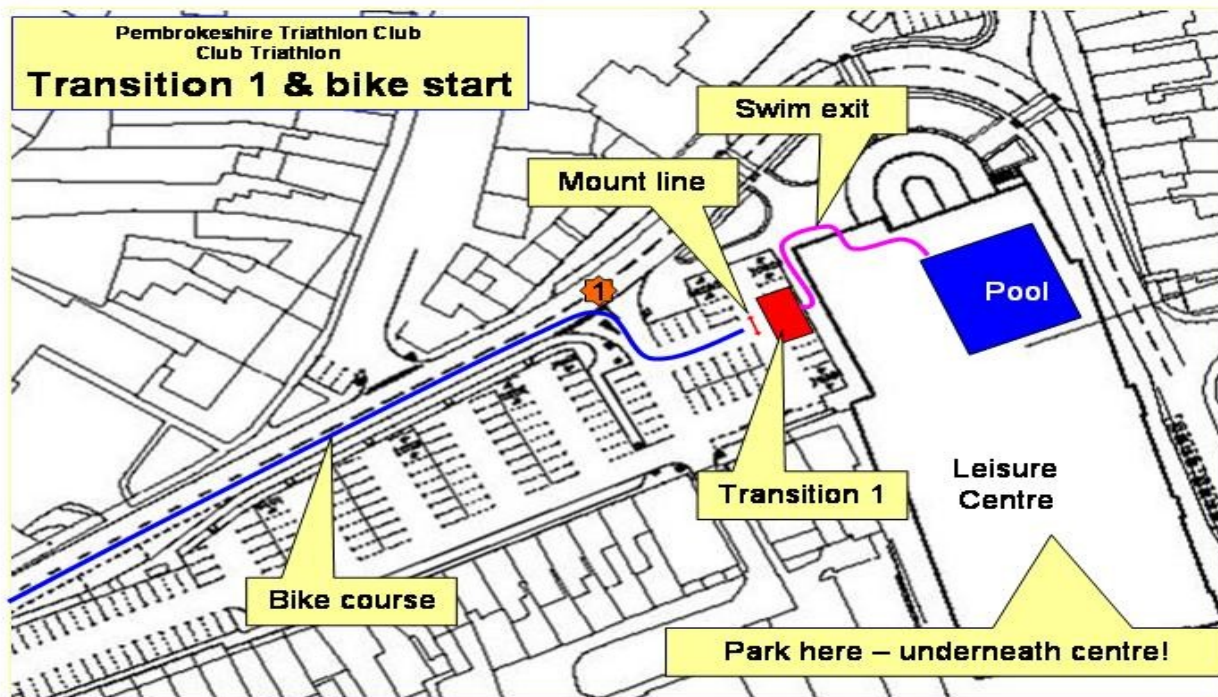
REMEMBER: it is your responsibility to know the course. We will try and provide marshals at key turn points and junctions, but don't rely on it!

Swim:

The swim will be over 16 lengths (400m). 16 people will be in each wave, with two people in each lane. Your lengths will be counted, and you will be notified when you have only two lengths remaining (by a shout and tap on the head). You will leave the water at end of the pool closest to reception, WALKING through reception and out of the main doors and turning left towards the transition area about 10m away. Once out of the main doors, you may RUN to your bike (any running inside the Leisure Centre will be penalised – 2 minutes).

Transition 1:

When you reach your bike, change into your cycling kit (as appropriate), ensuring that ALL of the swim kit you are leaving behind is deposited in the bag labelled 'FINISH', and most of all ensure you are wearing your cycling helmet. This must be securely fastened before you move your bike from the racking. Remember that the clock ticks from the start of the swim to the end of the run, so every second in transition counts. You must wear the race numbers provided at the briefing from the start of the bike, until you cross the finish line at the Cricket Club at the end of the run. You must display one on your back during the bike and one on the front during the run. Unless you are wearing a race belt numbers will have to be pinned in all four corners (not folded) so that we can see your number as you pass through the transitions and the finish!



Bike:

You must not mount your bike until you cross the identified line. You must also ensure that you obey all normal laws and rules of the road at all times. Turn immediately left out of transition onto St. Thomas' Green, and head up past Shipman's Lane onto Merlin's Hill to the Horse Fair roundabout. At the roundabout, head straight across and then bear right, to cross Merlin's Hill onto Scarrowscant Lane (you have to give way to your left here). Turn right onto Snowdrop Lane and at the top of Snowdrop Lane you must stop and put ONE FOOT DOWN, and then turn left onto the B4341 Haven Road when safe to do so. Continue on the B4341 Haven Road towards Broad Haven for around 7.5k to Broadway, where you should turn left onto the minor road (sign-posted "Cream Pots"). After 1.8k this road joins the B4327 Dale Road where you will turn left again (take care when joining the Dale Road) and head back towards Haverfordwest. This 5.7k stretch is fairly undulating.

**Pembrokeshire Triathlon Club
Club Triathlon
Bike Course**

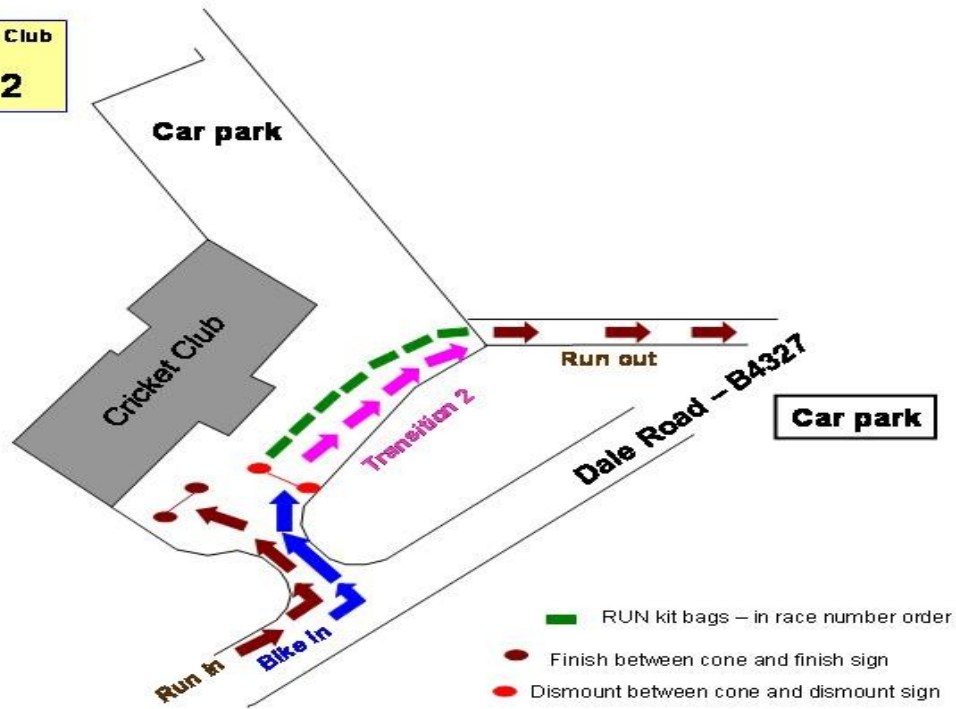


1 Marshal Point

Transition 2:

Turn left into the Cricket Club car park, and dismount where indicated. Someone will take your bike and your bag labelled 'RUN' will be lined up in numerical order by race number. Make any kit changes you need, ensure any kit you are leaving behind is put in the RUN bag, then head onto the final section – the run. NOTE: you must put any equipment left at the end of the cycle leg in the RUN bag before heading off on the run or face a penalty!

**Pembrokeshire Triathlon Club
Club Triathlon
Transition 2**

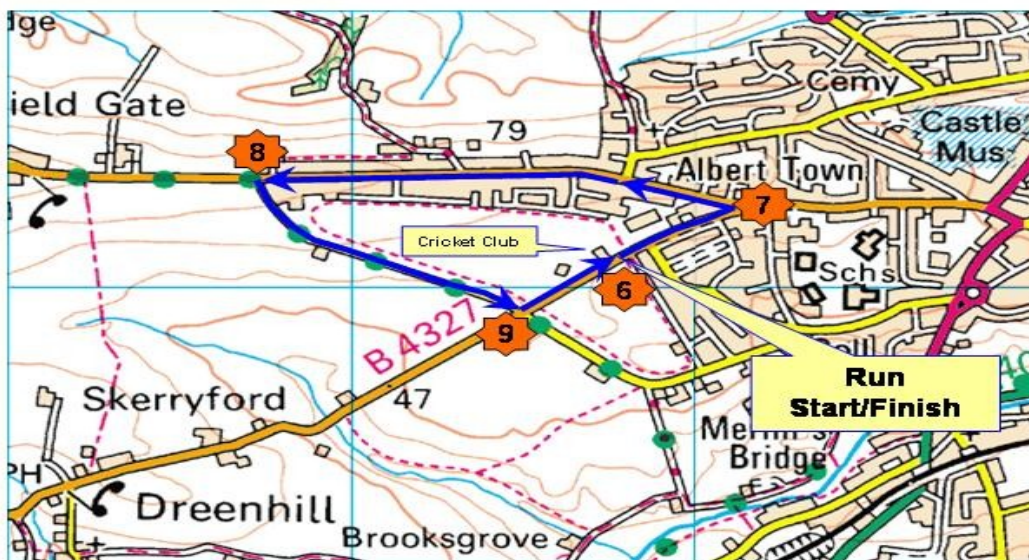


Run:

Run on the pavement or road heading towards Haverfordwest. At the Belle Vue pub turn sharply left onto the B4341 Haven Road towards Broad Haven – watch for cars parked at this turn. Stay on the left-hand side of the B4341 Haven Road, either on the path or keep tight into the edge of the road. As you reach the last house in Haverfordwest on the left, turn left onto Park Corner Road, where you will descend gradually adjacent to the racecourse before joining the B4327 Dale Road again. Turn left, and head back along the last 400m or so to the finish inside the Cricket Club car park.

**Pembrokeshire Triathlon Club
Club Triathlon - Haverfordwest
Run Course**

1 Marshal Point



3 Kit Checklist for Beginners

The following kit list may be of help you:

- swim trunks / swim suit (something that will dry quickly) / goggles / swim hat
- towel for transition (for drying feet)
- bike (clip-less peddles or straps will help, as will slick tyres if using a mountain bike)
- helmet (essential) – no helmet, no race
- drink for bike section
- four safety pins & race numbers (provided at race briefing)
- trainers / cycling shoes
- cycle / run shorts
- vest / T-shirt / socks

One of the big fears before doing your first triathlon is knowing what kit to wear for each section, and how to tackle transitions. The following steps may help you visualise how it will go and ensure that you have the right kit in the right place:

- 1) Swim trunks/suit (not baggy shorts as these will hold water) and goggles / swim hat;
- 2) In first transition, stand on towel to help feet dry and remove goggles / hat and put on cycling shorts (over your trunks, don't worry about a wet bum!), vest/top/T-shirt, helmet, glasses (if required), and cycling shoes or run trainers;
- 3) Make sure you have a drink on your bike;
- 4) When finishing the bike section, remove helmet and cycling shoes and put trainers on (unless you've cycled in your trainers). If you're wearing cycling shorts it will be best to run in them as well – you don't want to waste time changing your shorts!

Triathlon specific race kit is available, for example a tri vest and briefs for the men, which can be worn during all stages of the race and this cuts down transition times. It also dries quickly! However, as a novice triathlete you will probably not have invested in this yet – don't panic! There's plenty of time for all that if you enjoy this race. If you want to talk to an expert, visit Triexercise in Milford Haven (tel. 01646 699236, www.triexercise.co.uk).

4 Other Information

Cycling: Pembrokeshire Triathlon Club implements a “non-drafting” policy during racing. This simply means that you should not ride in the slipstream of the cyclist in front of you. If overtaking please do so swiftly, and if overtaken please drop back to a minimum distance of 7m from the rider in front of you. No side by side riding allowed, for your own safety.

Food/drink: You should provide your own drinks for the race, but water will be available at the finish. A hot roll and a hot drink will be provided in the Cricket Club after the race from 9:45am.

Showers: These will be available for use at the Cricket Club after the race from 9:00am.

Transition bags & car collection: As the start and finish of the race are at different places, you will need to make sure that any kit you need for the run is deposited in your numbered bag labelled 'RUN', and the second numbered bag (labelled 'FINISH') is filled with your swim stuff discarded at Transition 1. We will ensure your RUN bag is waiting for you at Transition 2 where you dismount your bike, so that when you finish the bike section the kit you need for the run is there. We will also take your FINISH bag up to the Cricket Club for the finish. If needed, someone will run you back down to the Leisure Centre to collect your car so that you can return to the Cricket Club for a shower and a well earned bite to eat.

Volunteers: We need people to help out in the pool, at transition and at a few key points on the bike and run sections. It would be helpful if each entrant could provide one helper (or more) for the morning (the race will be over by 10am so apart from an early start it shouldn't disrupt his or her weekend too much!). Please provide your helper's details on your entry form.

5 Contacts

For further information, or if you have any queries, please e-mail pembstri-events@sporty.co.uk, telephone 07793752589.

Remember to take a look at our web-site, which is regularly updated:

www.pembrokeshire-tri.org.uk

Race results will be posted on-line by Sunday evening.