

Pembrokeshire Triathlon Club
Club Triathlon
Sunday 27th April 2008 – Haverfordwest
400m swim – 15.5km bike – 3.1km run

Race Information Pack

Thank you for your interest in the Pembrokeshire Triathlon Club Triathlon on Sunday 27th April 2008. 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)	£18
New member & entry fee (unwaged/student)	£8
New member & entry fee (under 18)	£4
Entry fee only (18 and over)	£6
Entry fee only (unwaged / student)	£3
Entry fee only (under 18)	£3

1 Registration / Race Briefing / Start

You will need to be at Haverfordwest Swimming Pool car park with all your kit by 7.20am to give yourself time to prepare. Please park in the adjacent library car park to keep the transition area clear.

We will give you a short briefing at 7.40am, in the pool car park (transition area), running over details such as your start time, the course, 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 8 swimmers off soon after 8:00am. You will be given your start time / wave number at the race briefing at 7:40am – slowest swimmers going in earlier waves. 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 changing rooms adjacent to the shallow end of the pool.

2 Course Details

Swim: The swim will be over 16 lengths (400m). Eight 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 the shallow end, and exit through the side door straight into the car park.

Transition 1: When you reach your bike, change into your cycling kit (as appropriate), ensuring that ALL of the kit you are leaving behind is deposited in your bin bag / box (provided), and most of all ensure you are wearing your cycling helmet. This must be securely fastened before you move your bike. 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 number provided at the briefing from this point, until you cross the finish line at the Cricket Club at the end of the run. You may display it on the front or back during the bike (normally it must be on your back during the bike, hence two race numbers at most triathlons) and on the front during the run. Unless you are wearing a race belt it will have to be pinned on your front so that we can see your number as you pass through the transitions and the finish! Please attach to your clothing securely with four pins in advance.

Bike: you must mount your bike in transition before leaving the car park as the hill up to Goat Street is too steep for those using clipless pedals to clip in. Head up the hill and turn right onto Dew Street. Fork right at the Taj Mahal and then stay on the left hand side of the road to head up Portfield past Tesco. Take care at the mini-roundabout. Continue on to the Haven road for around 4 miles to Broadway, where you should turn left onto the minor road (sign-posted "Cream Pots"). After a mile or so this road joins the Dale road where you will turn left again (take care when joining the Dale road) and head back towards Haverfordwest. This 4.5 mile (or so) stretch is fairly undulating.

Transition 2: Dismount where indicated, just beyond the entrance to the Cricket Club. Someone will take your bike and your bin bag / box will be lined up against the fence in numerical order by race number. If you are changing from cycling shoes to running shoes we will try and have them out ready for you. Make any kit changes you need, then head onto the final section – the run.

Run: Run on the pavement or road heading towards Haverfordwest. At the Belle Vue pub turn sharply left onto the Haven road towards Broad Haven – watch for cars parked at this turn. Stay on the left-hand side of the 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 Dale road again. Turn left, and head back along the last 300m or so to the finish at the Haverfordwest sign just beyond the Cricket Club entrance.

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

3 Kit Checklist for Beginners

The following list of kit may 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 number (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.

4 Other Information

Cycling: Pembrokeshire Triathlon Club supports 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 10m from the rider in front of you.

Food/drink: You should provide your own drinks for the race, but bottled water will be available at the end of the race. A hot roll and a hot drink will be provided in the Cricket Club after the race from 10:00am.

Showers: These will be available for use at the Cricket Club after the race from 09:30am.

Car / kit collection: As the start and finish of the race are at different places, you will need to make sure that any kit is deposited in the bin bag / box provided before you leave transition 1 on your bike. We will take this up to the Cricket Club for you so that when you finish the bike section the kit you need for the run is there. When you finish, we will run you back down to the swimming pool (if needed) to collect your car so that you can return to the Cricket Club for a shower and a well earned bite to eat.

Helpers: We will need a handful of 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 contact David Astins, 32 Tudor Way, Haverfordwest, Pembrokeshire, SA61 1HU. Tel 07766 911069.
E-mail david.astins@btopenworld.com.

Please get your entry form in early - we look forward to seeing you on the day!

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 on Sunday evening.

Course Map

