

PEMBROKESHIRE COAST TRIATHLON

WELSH TRIATHLON GRAND PRIX EVENT

1.5k swim / 43k bike / 10.2k run

Saturday 11th July 2009, Broad Haven

Pembrokeshire Tri Multisport Challenge Round 2

RACE INFORMATION PACK



NOTE: the information in this pack may be subject to change, so we suggest that you don't print it out until the week before the race. The final version will be e-mailed or posted to entrants soon after the closing date, and posted on our web-site.

Pembrokeshire Coast Triathlon is based at Broad Haven in St. Bride's Bay, a stunning beach setting in the heart of the Pembrokeshire Coast National Park, and is organised by Pembrokeshire Triathlon Club. This event was last held in Broad Haven in 1997, and there is great excitement that the event is returning to this unique setting. The event has the support of The Havens Community Council, Pembrokeshire County Council, Pembrokeshire Coast National Park, along with numerous sponsors and supporters (more of them later). The course has been designed to be challenging, but enjoyable, with superb scenery for the swim and run sections in particular. The bike and run courses have been accurately measured. The race is sanctioned by British Triathlon, the governing body of triathlon in Great Britain. The event caters for those at the competitive end of the spectrum, to those aiming to get the finish line, whether as an individual or as a relay team.

BEFORE THE RACE

Entry Information

On-line entry is available through the event page on our web-site, www.pembrokeshire-tri.org.uk/pembstri-broadhaven.htm. Alternatively, if you would prefer to post a hard copy, 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 EVENTS for the relevant amount to: Pembrokeshire Coast Triathlon, c/o 32 Tudor Way, Haverfordwest, Pembrokeshire, SA61 1HU (full details are on the entry form).

The **closing date** for receipt of postal entries is **Saturday 27th June 2009**. Entries after this date will NOT be accepted (although we will operate a reserve list – please ring 07766 911069 if you would like to be placed on the reserve list). The **race limit is 300**, so you are advised to enter early to avoid disappointment.

If you enter on-line, you will receive a confirmation from active-europe.com. If you enter by post, cashing of your check is confirmation of your entry. We will keep you up to date with news of the event on our mailing list. The final version of this race information pack will be sent out soon after the closing date.

Welsh Triathlon Grand Prix Event

The 2009 event is part of the Welsh Grand Prix, along with the Pembrokeshire Duathlon, also organised by Pembrokeshire Triathlon Club. Details of the Grand Prix can be found at www.welshtriathlon.org.

Pembrokeshire Tri Multisport Challenge

The Pembrokeshire Duathlon (29th March), along with the Pembrokeshire Coast Triathlon 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.

Getting to know Broad Haven

The map below shows you where to park, where registration is, where the showers are, and where the transition area is. It also shows other basic amenities.



Registration

Registration will take place at Broad Haven Village Hall, opposite the school off just off Marine Road, and will be open between 5-8pm on Friday 10th and 7.30-8.45am on Saturday 11th. Could those living locally and staying in the area please make every effort to register on the Friday, to

avoid congestion on the Saturday. It will be more relaxing for you, knowing you have everything sorted on Friday evening! At registration you will be given your race numbers and goody bag. British Triathlon members must produce their race licence at registration, or purchase a day licence (£2 each). Everyone else must purchase a day licence (£2 each) – please bring the correct change with you to registration. No licence = no race. No exceptions.

Accommodation

There is an abundance of accommodation in the area, for details we suggest checking out one of the following:

- www.visitpembrokeshire.com
- www.stayinwales.co.uk
- www.pembrokeshire.co.uk

The following providers have either sponsored the event, or are offering triathletes and their families a discount. Make sure you mention the Pembrokeshire Coast Triathlon when booking.

Timber Hill Holiday Park

Family run Holiday Park situated on the run course, close to Broad Haven. Tel: 01437 781239 or 08452 306090. www.timberhill.co.uk

South Cockett Caravan & Camping Park SA62 3TU

Situated on the bike course close to Broad Haven. 10% discount for triathlon weekend. Tel: 01437 781296 and 781760. www.southcockett.co.uk

Cuffern Manor

Situated in Roch, 4 miles from Broad Haven, can accommodate 20 people. 10% discount for triathlon weekend. Tel: 01437 710071. www.cuffernmanor.co.uk

Barley Villa B&B

Situated 3 miles from Broad Haven. 10% discount on bookings of two days or more. Tel 01437 781254. www.barleyvilla.co.uk or email sandra@barleyvilla.co.uk.

RACE DAY

Race day timetable

0730 Registration opens – Broad Haven Village Hall (also open Saturday, see above)
0730 Transition area open for bike racking (to competitors only)
0845 Registration closes
0900 Compulsory race briefing in transition area
0915 Transition area closes
0930 Race starts
0950 First swimmer in (approx.)
1055 First cyclist back (approx.)
1130 First athlete finishes (approx.)
1200 Last cyclist finished (approx.) and transition re-opens
1330 Last finisher (approx.)
1345 Transition area dismantled – all bikes and kit to be removed
1400 Presentation on beach
1500 Children's events on beach

Parking

Please park only in the Pembrokeshire Coast National Park car park, which is on the right as you enter Broad Haven on the B4327 from Haverfordwest (we are trying to arrange for this car park to be free on the day – if so, we will be collecting donations for the Wales Air Ambulance so please give generously). If this car park is full, marshals will direct you to appropriate alternative parking.

Do not park on the road along the sea front or on residential roads. It is only a short walk from the car park to registration and the transition area.

If you are registering on Friday evening, limited parking is available in a small car park along Marine Road, opposite the turn up towards the school and the hall where registration takes place. Please only park here for as long as it takes you to register.

Toilets

Public toilets are available in the main National Park car park, and in the transition area.

Race numbers

Your race numbers will be given to you at registration, in your goody bag. Numbers must be worn on the REAR during the cycle stage, and on the FRONT during the run. 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. Your goody bag will also contain two security straps – one for your wrist, and one for your bike (see below).

Electronic Chip Timing

A chip and ankle strap will be issued to you at registration. Please follow the instructions to ensure that we record your time. No chip = no 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 outside of these times, or before the last cyclist has returned. No-one other than athletes, bearing a security wrist band, 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 (we recommend the latter). Your bike must have the security number attached – we recommend it is fixed above the rear brake on the brake cable or around the seat post. Your wrist number must match your bike number in order for you to retrieve it.

Race briefing / rules

A compulsory race briefing will take place at 9:00am in the transition area. 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). Penalties are listed in the British Triathlon rules, but particular attention is drawn to the following:

2-minute penalty

- Moving bike without helmet fastened
- Drafting (first offence)
- Riding in the transition area (failing to mount or dismount where indicated)
- Race number violations (e.g. folded)
- Equipment impeding other athletes (e.g. wetsuit in way of other athletes)

Disqualification if fault not rectified after a warning

- Illegal equipment
- Banned equipment, including MP3 players, mobile phones
- Racing topless

Disqualification

- Threatening, abusive or insulting words or conduct
- Breaking road traffic regulations
- Dangerous conduct/cycling
- Failing to obey marshals or the Police
- Drafting (second offence)

- Failing to put foot down at designated points (see course description – 2 locations)

Penalties will be posted in a prominent position and any appeals must follow the procedure outlined on the day.

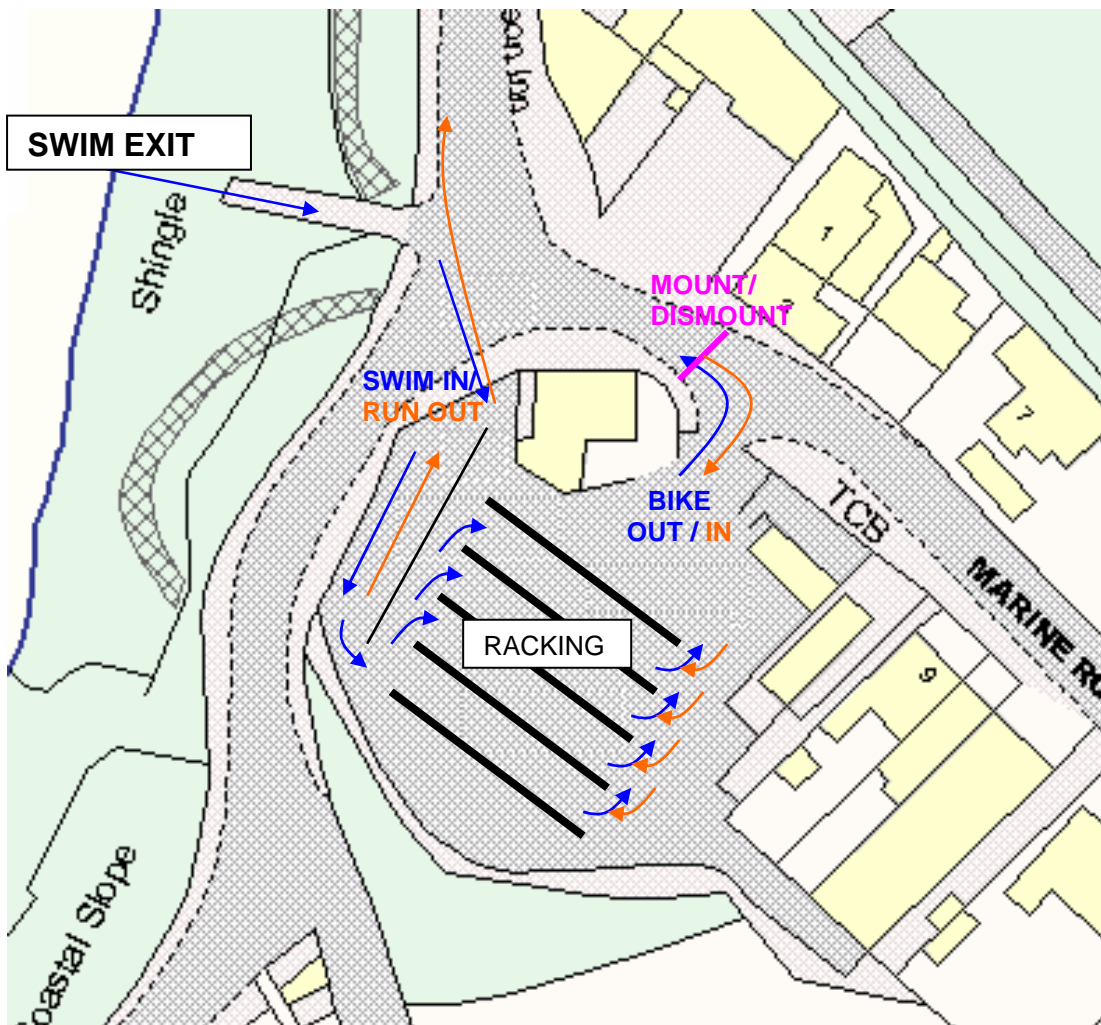
The course

The course descriptions below should make the course clear for those that want to ‘check it out’ beforehand, and convey important information that, if you do not read thoroughly, may lead you to be penalised or disqualified.

Swim

The swim course will be one lap of 1500m, starting at the waters edge on Broad Haven beach. The course will be marked with large inflatable buoys and the exit marked on the shore with two 4m flags. The swim course will exit between these flags onto the slip way. A detailed map of the course will be posted in registration. Water safety cover will be provided – if you get into difficulties, turn onto your back and raise one arm in the air, and help will be with you quickly. It is compulsory to wear a wetsuit for the swim

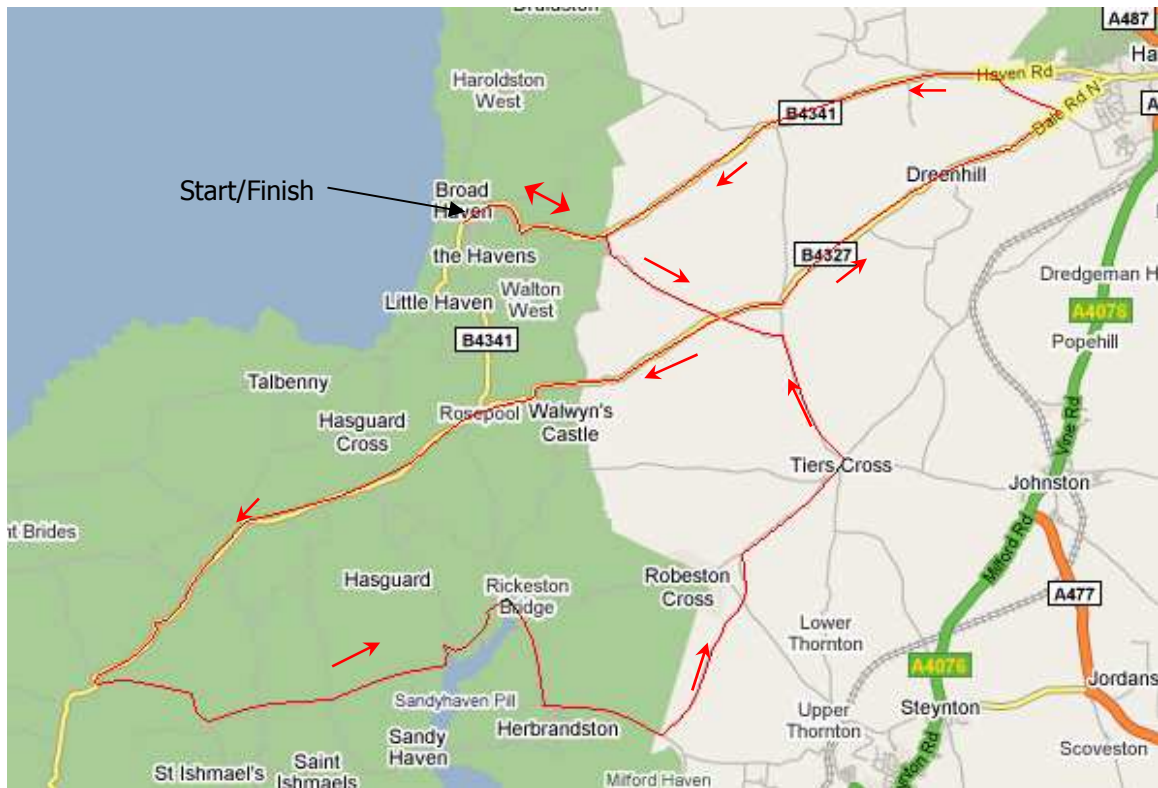
Transition



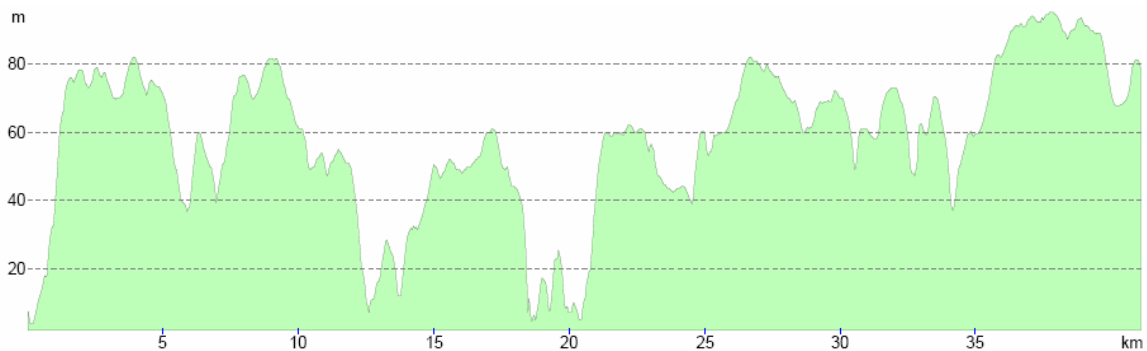
Exit the swim between the flags and run up the beach to the slip way. Cross the road into transition. Continue along the barrier to the entrance to the racking. This is so that all competitors have to travel the same distance through transition. Follow the one way system to exit at the far side of the racks and continue towards the bike out sign. The racking will be numbered. Do not mount before reaching the mount line and on your return please dismount before the line. When

returning from the bike course, re-trace your path through transition and exit via the 'run out'. From here continue along the sea front road along the run course.

Bike Course



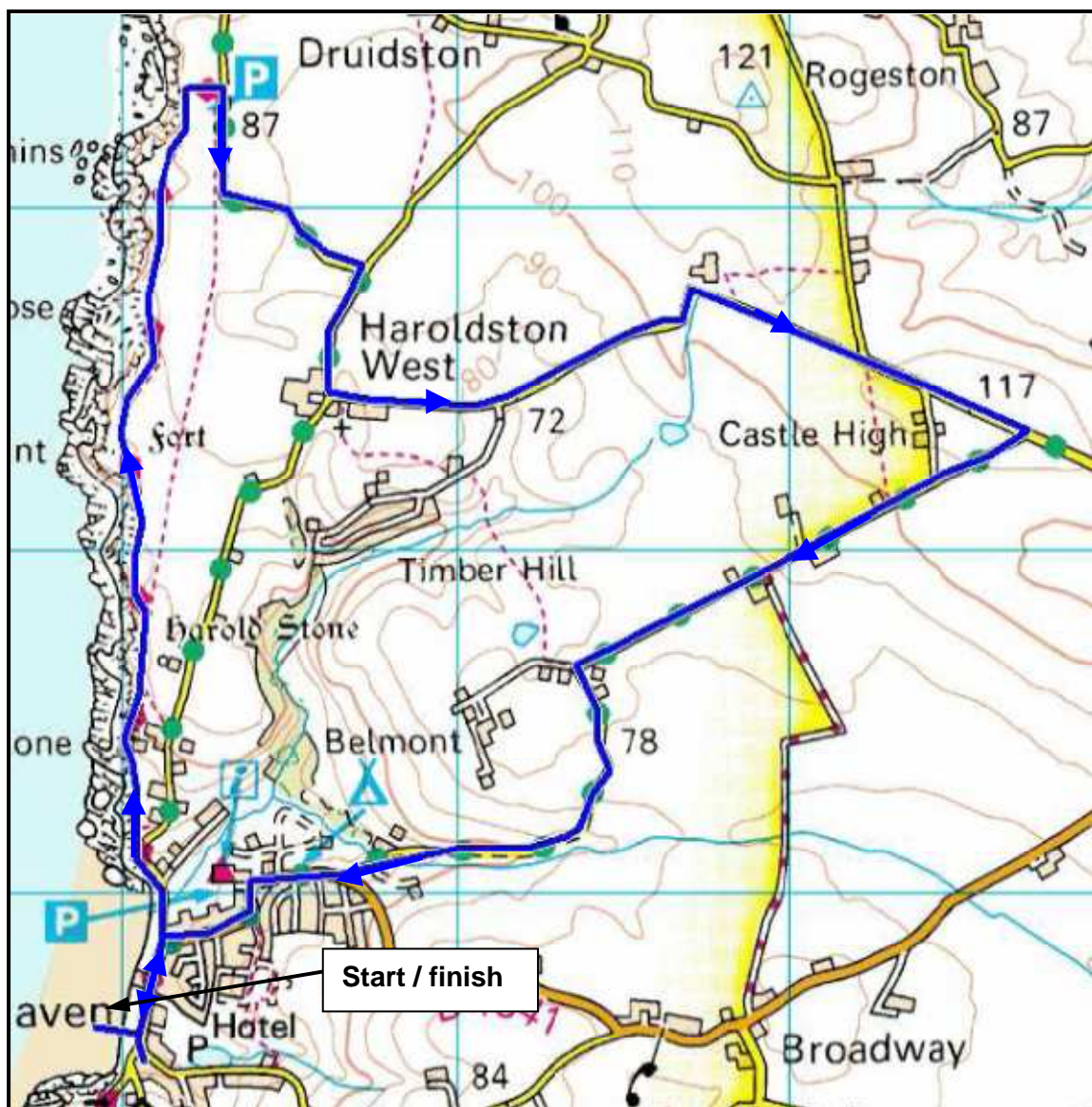
Bike Course Profile:



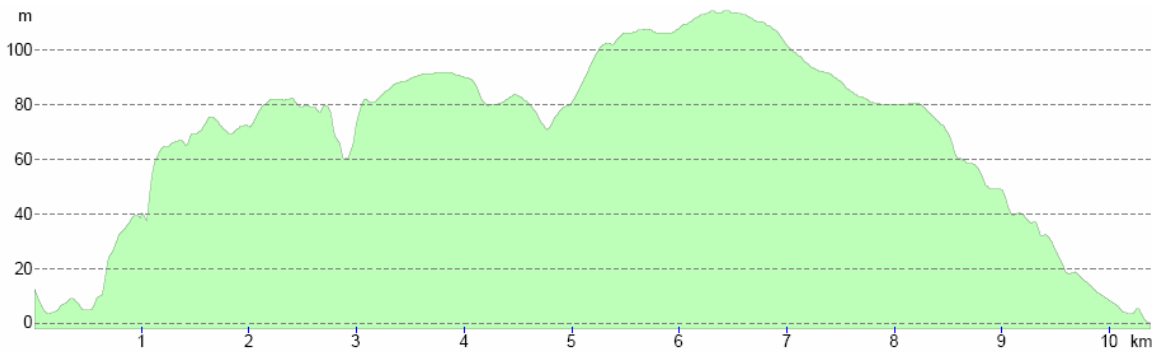
- Exit transition onto Marine Road, turn left to cross the mount line which will be clearly marked.
- Turn right onto the sea front road it is in public use and normal rules of the road apply. Marshals will be there to assist you.
- Head out of Broad Haven towards Haverfordwest, and after 2.5km make a right turn towards Tiers Cross. You must give way to oncoming traffic, there is very good visibility at this junction and it will be well marshalled.
- The next junction is a cross-roads with the B4327 where you will have to give way and make a right turn. For your safety, and that of other road users, you must stop and put one foot down within the marked zone. If you do not stop and put a foot down you will be disqualified – no exceptions. This junction will also be well marshalled.
- The next section of the course is undulating with a few steep descents and tight bends. These sections will be sign posted.

- After 10.9km turn left at Talbenny Cross towards Dale.
- At the next t-junction, turn left towards St Ishmael's / Milford Haven.
- The route then takes you around Sandy Haven Pill, through Herbrandston, and on towards the Milford Haven.
- At the Murco Oil Refinery, turn left towards Tiers Cross, passing the entrance to the refinery.
- In Tiers Cross turn left, which eventually brings you out to the B4327 at the same point where you previously had to stop, but on the opposite side of the junction. You must again stop at this junction and put one foot down, before turning right at the junction when it is safe to do so.
- This road heads towards Haverfordwest, take a left turn on the outskirts of Haverfordwest onto Park Corner Road.
- At the next junction turn left again, be aware of traffic approaching from your right as you make the turn.
- Follow this road back out to Broad Haven to re-trace your path along the sea front and back into Transition, dismounting at the identified line.

Run



Run Course Profile



- Exit transition via the sea front exit and continue across the road to join the pavement on the sea side of the road.
- Turn right along the sea front following the coned off area.
- You will soon turn left to join the road heading towards Druidston, keep to the left hand side of the road as this road will not be closed.
- Rejoin the pavement as you head up Haroldston Hill out of Broad Haven.
- After approximately 50m the route takes you onto the coastal path on your left, the surface is generally in good condition however there are some narrow sections and stones in the path so take extra care.
- The path may also be used by walkers who will have been made aware of the race by marshals. Try to stay to the left of the path where possible and overtake fellow runners to the right.
- There are two 'kissing gates' on the coastal path, both on steeper sections, we will endeavour to have these removed for the race.
- After taking in the fantastic views of St. Bride's Bay you will turn right to head through the car park at Haroldston Chins.
- Turn right to rejoin the road and move to the left hand side. A water station will be positioned on the road. Please drop your cups in the identified drop zone.
- At the next junction turn right again and move to the left hand side of the road ready for the next junction.
- When you reach the left turn at Haroldston West, turn left and head past the Timber Hill Holiday Park.
- Follow this road round two tight bends to the right turn at the top of the hill (which actually goes straight ahead of you).
- After another 500m you will then take a sharp right onto Long Lane.
- The second water station will be in the lay-by just after the turn. Please drop your cups in the identified drop zone.
- Continue along this road, keeping to the left hand side.
- The road eventually joins the main B4341 road into Broad Haven, at the junction turn right and keep to the right hand side of the road and rejoin the pavement by the main car park.
- Continue on the main road to the sea front road, bearing left across the sea front to finish on the beach where you began.

General

Please 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 (see above).

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 security wristband to gain access to transition and remove your equipment, and this must match the one on your bike, so please don't lose it.

AFTER THE RACE

Showers

Hot showering facilities will be available at the Football Club, which is a short walk from the transition area (see map on page 2 for location).

Food & drink

The Galleon Inn are supporting the event and Ian and Jacky will have food and drink available all day. There will also be some sort of entertainment on the Saturday night (more details to follow). This is also an ideal location for spectators.

Presentation

The presentation will take place on the beach at 2pm, or inside Broad Haven Village Hall if wet, 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

Prizes will be awarded in the following categories:

1st junior male and female (age 17-19 as at 31/12/09)

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)

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 corporate relay team (teams of 3, any age or sex)

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

Charity

The race is supporting the Wales Air Ambulance (www.walesairambulance.com, reg. charity 1083645). Further details are available on our web-site, including a sponsor form. Please try and raise as much money as you can for this essential emergency service.

Results

Race results will be available on our web-site on the evening of the race (and through www.tri247.com).

Photography

Event photographs will be available at www.yourphoto.org.uk soon after the event.

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 the following for sponsoring this event:

- Triexercise, Milford Haven (www.triexercise.co.uk, tel. 01646 699236)
- Timber Hill Self Catering Cedar Lodges (www.timberhill.co.uk, tel. 01437 781239)
- Station Self Drive (tel. 01437 762222)
- Rockpool Design (www.rockpooledesign.co.uk, tel. 01437 781123)
- The Galleon Inn (www.thegalleoninn.co.uk)

And also a thanks to those supporting us:

- Folly Farm (www.folly-farm.co.uk, tel. 01834 812731)
- Royal Hotel, Broad Haven (tel. 01437 781249)
- Haven Sports (www.havensports.co.uk) – who will be offering a 10% discount on all full-priced items on the 11th-12th July

We would also like to thank everyone who has supported us in many different ways: The Havens Community Council, Pembrokeshire County Council, County Councillor Peter Morgan, Dyfed Powys Police, Pembrokeshire Paddlers, St. John's Ambulance, and Wales Air Ambulance.

www.pembrokeshire-tri.org.uk

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



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TIMBER HILL
SELF CATERING CEDAR LODGES