

PEMBROKESHIRE TRIATHLON CLUB

TIME TRIAL COURSE GUIDE

(last updated 1st August 2007)

The following details the current courses used for the Club Championship time trials for members reference, and the current best times for men and women. Notes are included to indicate any changes that may have been made to the course over the years (especially distance).

800m Swim (Milford Haven)

Fairly obvious: 32 lengths of the Meads swimming pool! This time trial first began in 1996. Current Club records are as follows:

Male	Oliver Simon	9:38	22/4 & 20/5/99	Female	Kath Dootson	11:33	24/6/04
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1,500m Swim (Fishguard)

Start on the east side of the inner breakwater on the beach, starting in line with the back of the steps that come down from the breakwater. Swim alongside the breakwater to the end, turn left as tight as you can, and then head straight to the slipway closest to the breakwater (it's roughly in line with the right hand end of the Sea Life Centre building). Run to the top of the slipway and the finish is where the slope levels out, in line with the end of the brick wall either side. This time trial first began in 1999 and the course has remained unchanged, although if the Fishguard Marina ever gets built the course will have to change. Current Club records are as follows:

Male	Luke Watson	19:16	31/5/07	Female	Ellie Jones	22:52	3/6/04
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20k Bike (Haverfordwest)

The start is on the Haven Road, level with telegraph pole D157, between numbers 133 & 135 Haven Road, directly opposite the entrance to Thomson's dry cleaning building. Head to Broad Haven, and just beyond the Galleon Inn take the second left turn (after the car park, just before the monument) up the hill towards Walton West. Just beyond the Walton West cross-roads is a right turn to Rosepool, take that and when you reach the Dale Road turn left and head back to town. The finish line is at the Haverfordwest sign just beyond the entrance to the Cricket Club. This time trial first began in 2000 and the course has remained unchanged, although two new traffic calming islands have been placed in Broad Haven which have the potential to slow you down as you have to potentially give way twice. Current Club records are as follows:

Male	Tom Owen	31:15	5/6/02	Female	Rhiannon Ace	36:07	18/7/07
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40.5k Bike (Fishguard)

Start on Wern Road in Goodwick (the road to St. David's), adjacent to the turn into the Rugby Club. The start line is where the kerb rises to full height, directly opposite lamppost no. 118,200. Cycle west towards St. David's. Turn point is a short way beyond the village of Carnhedryn, where there is a long lay-by on the right hand side of the road. Turn right into the lay-by at the far end, cycle the length of the lay-by and rejoin the road heading back towards Goodwick. The finish line is directly opposite the start line, at the lamppost (no. 118,200).

This course was first used as a time trial course in 2003, and is in fact approximately 40.5km. It was chosen as at the time it was the same course used for the Pembrokeshire Triathlon so proved a great opportunity to get to know the course, even if it is a bit long. Current Club course records are as follows:

Male	Oliver Simon	1:05:42	6/8/03	Female	Rhiannon Ace	1:15:26	13/7/05
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nb. The club records for the original Haverfordwest course (starting at the bottom of Park Corner Road by the gate on the left, doing three loops to Broadway and back along the Dale Road and finishing at the Haverfordwest sign by the Cricket Club), first used in 2001, are:

Male	Roger Devonald	1:04:23	12/6/02	Female	Clair Davies	1:14:58	25/7/01
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5k Run (Haverfordwest)

Start is on the Dale Road some 15m or so from the entrance to the Cricket Club opposite telegraph pole (no. 954). Run to the Bellevue pub, turn sharply left (beware of cars parked in front of the pub) and head out on the Haven Road. Keep to the road (do not use the path) and turn left onto Park Corner Road (the last left turn as you leave Haverfordwest). At the bottom of Park Corner Road turn left again onto the Dale Road, and then turn left into the Cricket Club, bearing immediately left onto the tarmac path. Follow this path around the perimeter of the field, finishing just before the Cricket Club car park at the beginning of the last bench on the left. The start, finish, and KM markers are marked with yellow paint and re-marked every year before the first 5k time trial.

This course was first used as a time trial course in 2003, and is accurately measured and certified by the AAW. Current Club course records are as follows:

Male	David Astins	16:52	3/6/03	Female	Rhiannon Ace	17:46	21/6/05
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Prior to 2003, a similar course was used which had the last 2km or so on the grass. The Club records for that course are as follows:

Male	Simon Watson	16:40	15/5/01	Female	Clair Davies	19:48	27/8/02
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10k Run (Haverfordwest)

Start is on Park Corner Road, about half way up adjacent to first gate post to Freeman's Estate. Run up Park Corner Road, and turn left onto the Haven Road. Keep to the left hand side of the road (running on the cycle track where it exists) and turn left on the minor road towards Tiers Cross just after 3km. Turn left when reaching the Dale Road above Ratford Bridge, and then follow this road, keeping to the left of the road, back to the Cricket Club, finishing at the Haverfordwest sign just beyond the Cricket Club entrance. This time trial first began in 1996 and the course has remained unchanged, although the position of the start varied year to year and was only pinpointed when the course was AAW measured for the 2003 season – in most years up to 2003 the course was probably up to 400m short. Current Club records are as follows:

Male	Simon Watson	33:03	31/7/01	Female	Rhiannon Ace	36:47	8/6/05
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