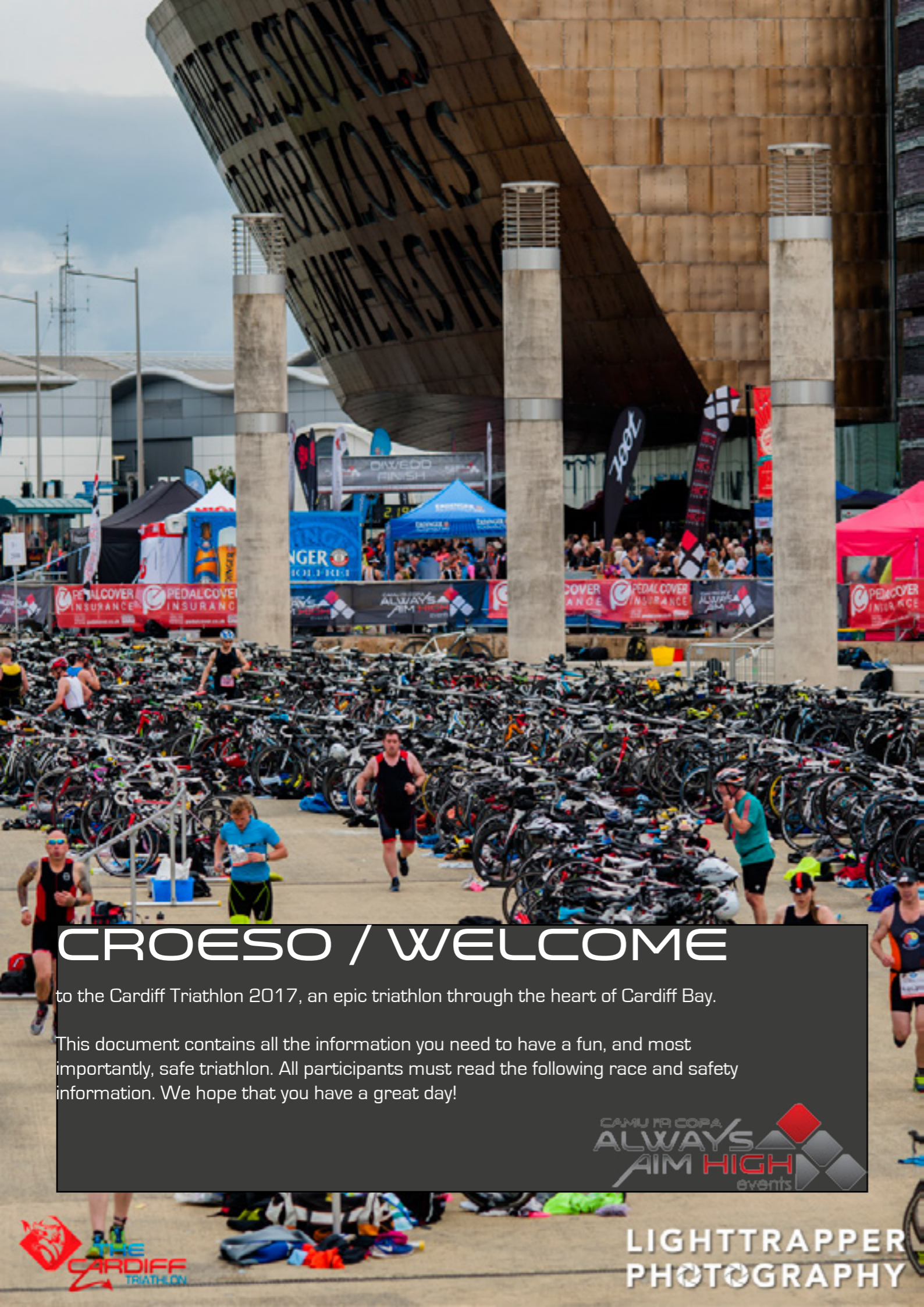




THE CARDIFF TRIATHLON

F I N A L I N S T R U C T I O N S

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CROESO / WELCOME

to the Cardiff Triathlon 2017, an epic triathlon through the heart of Cardiff Bay.

This document contains all the information you need to have a fun, and most importantly, safe triathlon. All participants must read the following race and safety information. We hope that you have a great day!



LIGHTTRAPPER
PHOTOGRAPHY

EVENT TIMETABLE

REGISTRATION

Registration will be outside the Millennium Centre, Cardiff Bay (Postcode: CF10 5AL), right next to transition.

SATURDAY 24TH JUNE

12:00 - 18:00:

Olympic, Sprint and Super Sprint Registration

SUNDAY 25TH JUNE

05.00 - 06:15:

Olympic, Sprint and Super Sprint Registration

BRITISH TRIATHLON ELITES ONLY

SUNDAY 25TH JUNE

09:00 - 09:45 - please see Elite Specific Information further in the document.

We would encourage those who can to register the day before your event to avoid a rush on the morning of your race. Don't forget to take the time to have a look around the Cardiff Triathlon Expo too!

Competitors must attend registration to collect their race pack, which includes the following items:

- **Timing chip** – secured to your ankle with the velcro strap provided and to be returned to the organisers at the finish line. You will be charged £25 if you do not return your timing chip.
- **One race number bib** – Worn on the back for the bike section and on the front for run section, a tri race belt facilitates this. Teams are provided with 2 bibs, one for the cyclist and one for the runner.
- **Bike Flag** – peel the backing and secure to your bike seat post
- **Race number tattoo** – Follow the printed instructions on the tattoo and place on the right upper arm and right outer calf. Teams are provided with 2 tattoos one for the cyclist (placed on right outer calf) and one for the runner (place on right outer calf)
- **Transition security wristband** – must be worn at all times to access transition.
- **Colour coded swim hat** – see swim section for more details.

Plus other exciting race goodies!

Please be respectful of others and refrain from walking through the Millennium Centre in just your swimming kit. Please also make sure you have footwear on at all times when walking around this venue.

GENERAL EVENT INFO

INSURANCE

Unless you are an affiliated member of the British Triathlon Federation you must purchase a Day License Membership at registration. This provides you with third party liability insurance. It's valid on the day of your competition and cannot be transferred. Please bring a cheque or the correct change of £5 to buy your membership at registration. If you are an affiliated member of the British Triathlon Federation please present your day or annual membership ID to our team at registration when you pick up your goodie bag.

CARDIFF TRIATHLON EXPO

The Cardiff Triathlon Expo will have a number of stands from our event sponsors and partners, with information and goodies. Here's what to expect.

Always Aim High Store – We'll be selling Always Aim High goodies, including buffs and T-shirts, Tri, Bike, Swim and Run wear! We will also be selling High 5 sports nutrition products, including bars and gels and bits for your bike too!

We'll have all the partners down too, showing off their amazing products and also being around to chat to you about all things Triathlon. Who to expect; **Bonk, Kitbrix, Pedalcover and Superfeet.**

EVENT T-SHIRTS

If you haven't ordered one already there will be a very limited supply for sale at the Always Aim High Event Shop.

Pick up your pre-ordered t-shirts from the shop located on the Plass.

All T-shirts and prizes must be collected on the day and cannot be posted out.

EVENT VILLAGE

This will be located at Roald Dahl Plass outside the Wales Millennium Centre (the transition area is also located here). There will be lots to see and do for all the family, including; hot and cold food and drink, retailers, live race commentary, and all of the race action.

FACILITIES

There will be ample toilets in the Millennium Centre as well as additional portaloos on the Plass.

- There will not be any shower facilities available for after the race.
- There will be a male and a female changing tent available. Please do not walk through the Millennium Centre in wet kit.
- There will be a bag store available and accessible from outside of transition, but you will be required to show your transition wristband.

EVENT PHOTOGRAPHY

We are excited to be working with [Mel Parry Photography](#) and [Sports Pictures Cymru](#) at this year's event. You will be able to view and purchase great photos of yourself post event on their websites.

CAR PARKING

There are numerous pay and display car parks located in Cardiff. You can park at County Hall Car Park (CF10 4UW) for £3 all day. The car park opens at 5am, please make sure you buy a ticket because you are very likely to get booked if you don't.

FREE BIKE CHECK

Bike Repairs 4U are offering a fantastic free bike check facility. So, bring your bike down on Saturday between 12:00 and 18:00.

ROAD CLOSURE INFO

Please note, road closures will be in place for the Cardiff Triathlon. The following roads will be closed between 06:30 and 11:00 on Sunday 25th June;

- **East Tyndall Street** from its junction with **Schooner Way** to its junction with **Herbert Street** and **Lloyd George Avenue**.
- **Lloyd George Avenue** from its junction with **Herbert Street** to its junction with **Bute Place**.
- **Bute Place** from its junction with **Lloyd George Avenue** to its junction with **Pierhead Street**.
- **James Street, Clarence Road, Avondale Road and Ferry Road**.
- **International Drive** to its junction with **Olympian Way**.
- **Olympian Way, Watkiss Way** and left onto **Dunleavy Drive** from its junction with **Watkiss Way** to its junction with **Dunleavy Drive Retail Park**.

The following roads will be closed from 06:30 until 13:30 on Sunday 25th June;

- **East Tyndall Street** from its junction with **Schooner Way** to its junction with **Herbert Street** and **Lloyd George Avenue**.
- **Lloyd George Avenue** from its junction with **Herbert Street** to its junction with **Bute Place**.
- **Bute Place** from its junction with **Lloyd George Avenue** to its junction with **Pierhead Street**.
- **James Street, Clarence Road, Avondale Road and Ferry Road** to its junction with **Clive Street**.

RACE DAY

TRANSITION SECURITY

All competitors will be issued with a race wristband, which must be worn for you to be allowed access to the transition area. Please respect this in the interest of safety and security of your equipment. You will also need to show your race number so that it matches the number on your bike when leaving transition at the end of the event.

OLYMPIC DISTANCE TRANSITION TIMES

Transition will open at **05:00** and will strictly close at **06:30** on the morning of the race. Please be aware that transition must be clear of all Olympic Distance competitors (except team members awaiting their relay mate) by 06:30. Finally, you can only rack your equipment in the transition area on the morning of your race.

SPRINT DISTANCE TRANSITION TIMES

Transition will open at **05:00** and will strictly close at **07:30** on the morning of the race. Please be aware that transition must be clear of all Sprint Distance competitors (except team members awaiting their relay mate) by 07:30. Finally, you can only rack your equipment in the transition area on the morning of your race.

Please considerate of the active nature of transition after 07:00 and do not get in the way of racing athletes.

SUPER SPRINT DISTANCE TRANSITION TIMES

Transition will open at **05:00** and will strictly close at **08:00** on the morning of the race. Please be aware that transition must be clear of all Super Sprint Distance competitors (except team members awaiting their relay mate) by 08:00. Finally, you can only rack your equipment in the transition area on the morning of your race.

Please considerate of the active nature of transition after 07:00 and do not get in the way of racing athletes.

TRANSITION WILL RE-OPEN FOR ALL COMPETITORS AT 13:00 AFTER THE BRITISH TRIATHLON ELITE RACE

TRANSITION RULES In accordance with the new British Triathlon Rules (Rule 7.1.c) boxes are no longer allowed in transition, only a small soft-sided bag or rucksack can remain. It is the responsibility of the competitor to ensure that any bag used in transition does not impede other competitors, if it is found to be in the way it will be removed to the bag store.

At Always Aim High Events we support up to 2 x KitBrix (totalling 30cm x 40cm) in transition across all our Triathlons as long as any kit does not impede the path of any other athlete, although 1 would probably be sufficient once transition is set up. Kit Brix are available to purchase in the Always Alm High Store.

For Transition options please visit Kitbrix.co.uk

There will be an area provided within transition to leave your bags and boxes, however, these will be left at your own risk. You must also show you wristband to get entry from outside transition after your race and before transition re-opens at 13:00.

Please make sure you familiarize yourself with the British Triathlon rules which can be found on their website.

RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip. Failure to do so will result in you not being classified in the race results.

SPORTS MASSAGE

One2One Therapy are providing us with amazing sports massage in the event village from 6am on race day. All donations they receive will be given to the Cardiff Triathlon Official Charity Velindre Cancer Centre so please be generous!

FACILITIES

There will be toilets in the Millennium centre in addition to portaloos on Roald Dahl Plass.

PRIZE GIVING

The prize giving for the event winners will take place after the Elite Race.

13:30 - British Triathlon Elite Men

13:40 - British Triathlon Elite Women

13:50 - Welsh Championship Winners

14:00 - Cardiff Triathlon Winners

If you think you're a winner make sure you're there to receive your prize, stand on the podium and receive a huge Welsh cheer! If you're not a winner, come and give them a cheer with us. **Prizes must be collected on the day and cannot be posted out after the event.**

LITTERING

Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events. Please respect the iconic locations you are swimming, riding and running around and dispose of any gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points with event marshals along the route, and/or at the feed stations.

DRINK STATIONS

There will be a drink station at the 5km point (Olympic Lap turning) on the run route, a drink station in transition and a feed station at the finish line. Make sure you fill up your water bottles in transition as there are no drink stations on the bike course.

SAFETY BRIEFING

All competitors must attend the compulsory safety briefing in the Swim Start Pens on race day.

- Olympic distance safety briefing – 06:45 at swim start
- Sprint distance safety briefing – 08:15 at the swim start
- Super Sprint distance safety briefing – 08:50 at the swim start

All competitors must be in the appropriate pen area close to start of the swim 15 minutes prior to your wave time.

Please familiarise yourself with the course maps available on our website

COMPULSORY CUT OFF TIMES

SWIM CUT OFF TIMES:

OLYMPIC - Any swimmer still in the water at 08:30 will be removed from the swim.

SPRINT - Any swimmer still in the water at 09:10 will be removed from the swim.

SUPER SPRINT - Any swimmer still in the water at 09:30 will be removed from the swim.

BIKE CUT OFF TIMES

All bikes must be clear off the bike course by 10:30. You will not be allowed to complete another lap after this time.

RUN CUT OFF TIMES

Although there is no official Run cut off time. If you are deemed to be unfit to continue we reserve the right to remove you from the event.

SWIM SECTION

SWIM SECTION

SUNDAY 25TH JUNE

FULL CARDIFF TRIATHLON (1500M, 40KM, 10KM)

07:00	Wave 1 - Yellow Swim Hats
07:05	Wave 2 - Orange Swim Hats
07:10	Wave 3 - Green Swim Hats
07:15	Wave 4 - Red Swim Hats
07:20	Wave 5 - Violet Swim Hats
07:25	Wave 6 - Pink Swim Hats
07:30	Wave 7 - White Swim Hats

SPRINT CARDIFF TRIATHLON (750M, 20KM, 5KM)

08:30	Wave 8 - Light Blue Swim Hats
08:35	Wave 9 - Orange Swim Hats
08:40	Wave 10 - White Swim Hats

SUPER SPRINT CARDIFF TRIATHLON (400M, 10KM, 2.5KM)

09:10	Wave 11 - Red Swim Hats
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The course is swum in a clockwise direction and marked with large round dumpy buoys. A map of the course is on display at the registration desk and on the website.

Swim caps are supplied in your registration pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

Wetsuits are mandatory if the water temperature is below 14 degrees. Announcements will be made regarding this on the Saturday and so make sure you come prepared.

There will be canoes and motorboats to ensure your safety whilst swimming. If you get into difficulty during the swim please raise your hand and shout HELP for a boat to come to you and aid you to safety. You will be asked to hold onto the kayak, please do not attempt to climb on board!

There will be a full safety brief before the race start at the Swim Start

CYCLE SECTION

FULL DISTANCE

3 laps of a 13km course.

You are responsible for counting your laps. Make sure you follow the signs. After lap one and two follow LAP sign and then after lap three follow TRANSITION sign. Follow signs for FULL, FULL DISTANCE or OLYMPIC.

SPRINT DISTANCE

2 laps of a 10km course.

You are responsible for counting your laps. After lap one follow LAP sign and then after lap two follow TRANSITION signs. Follow signs for SPRINT/SBRINT on the course.

SUPER SPRINT DISTANCE

1 lap of a 10km course.

You are responsible for counting your laps. After one lap follow TRANSITION signs. Follow signs for SUPER SPRINT on the course.

Change into your cycling kit in the transition area.

Any cyclist taking part in a relay team should wait in the team handover area to pass on the timing chip that acts as a baton. This must be done before making their way to pick up their bike. The team handover area will be just inside the transition area as you enter from the swim. The area will be clearly marked.

A good quality and fit, British standard (or similar) helmet must be worn and fastened during the cycle section. This will be checked before the start and anyone not complying with these standards will not race.

Important – your helmet **MUST** be fastened before you take your bike off the rack and **MUST NOT** be unfastened until your bike is back on the rack.

You should not mount your bike in the transition area. The location to mount and dismount your bike will be clearly marked with signs and will be staffed and checked by marshals. Be aware of pedestrians, they may not have seen or heard you if you are approaching them from behind.

The cycle route is clearly signposted. Marshals and signs will guide you at junctions, Turn around points and roundabouts.

The cycle section of the event is on closed roads. However, please exercise caution and be aware of event vehicles and emergency vehicles on the route. Please be aware of signage and follow instructions of all course marshals. You must **NOT** cross the centre line of the road.

Emergency recovery vehicles will be standing by to respond should the need arise. **Should you have an issue out on the course please inform the closest marshal and/or call the event emergency number on 07527034308**

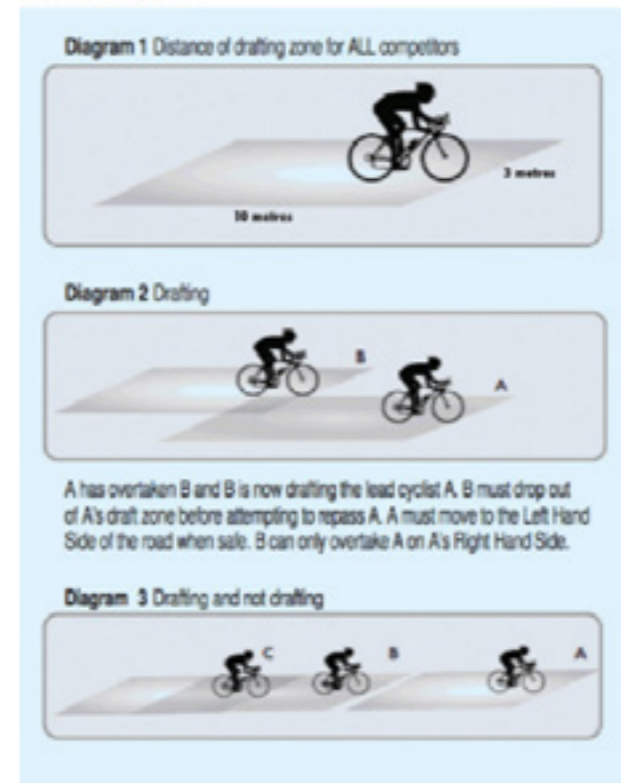
Motorbikes will be present during the cycle section to support, guide and referee.

In the interests of safety cyclists must not cross the white lines in middle of the road. Failure to adhere to this rule will result in disqualification from the event. Be aware white lines can be very slippery when wet – exercise caution! Please remain aware at all times!

At the end of each lap on your approach to the transition area you will need to filter into the correct lane, either to start another lap or to come in to transition. Signs will either say Lap or Finish. Please exercise caution and look out for other riders in this area.

The Cardiff Triathlon is a non drafting event. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification. Please see the diagram on drafting below.

Drafting Diagram



IMPORTANT CYCLE COURSE SPECIFIC HAZARDS

EXIT FROM TRANSITION TO MAIN ROAD

Be aware of approaching bikes. Exercise caution and follow instructions of all course marshals.

CYCLE LAP FILTER

At the end of each lap on your approach to the transition area you will need to filter into the correct lane, either to start another lap or to come in to transition. Signs will either say Lap or Transition. Please exercise caution and look out for other riders in this area.

CYCLE TURNAROUND POINTS

Sprint and Super Sprint competitors are doing a shorter 10km lap. The Turnaround point will be clearly signposted marking the 'U' Turn around a roundabout. Full competitors will continue on their 13.3km lap and turn around at a later point. Please exercise caution when rejoining the main carriageway and follow instructions of all course marshals.

STREET FURNITURE

Be aware of road humps, pedestrian crossings and speed bumps

FINISH

Be prepared to stop - dismount at the dismount line and be aware of officials and pedestrians.

RUN SECTION

OLYMPIC DISTANCE

2 laps of a 5km course. **You are responsible for counting your laps. After lap one follow LAP sign and then after lap two follow FINISH sign**

SPRINT DISTANCE

1 lap of a 5km course.

You are responsible for following signs to FINISH.

SUPER SPRINT DISTANCE

1 lap of a shorter 2.5km course.

You are responsible for counting your laps follow signs to FINISH.

Change into your running kit in the transition area.

The run is well signposted and marshals will be present at many junctions.

Runners taking part in a team should wait in the team handover area to receive their timing chip from the cyclist. The cyclist finishing their section must rack their bike in the transition area before making their way to the team handover point.

Part of the run is on public footpath, please be aware and considerate to other pedestrians.

There will be a water station at the 5km mark on the Full run route only. There will be no water station on the Sprint or Super Sprint.

IMPORTANT RUN COURSE SPECIFIC HAZARDS

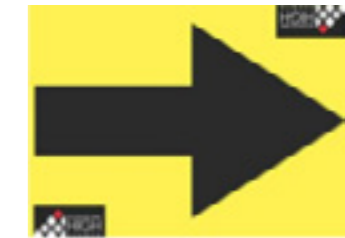
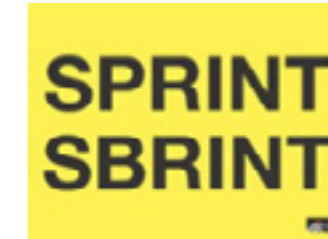
Please follow instructions of all course marshals. Please exercise caution around other pedestrians.

Super Sprint Turnaround Point: The Turnaround point will be clearly signposted marking the 'U' Turn around a cone. Please exercise caution when rejoining the main run way and follow instructions of all course marshals.

Sprint and Full Turnaround Point: The Turnaround point will be clearly signposted marking the 'U' Turn around a cone. Please exercise caution and follow instructions of all course marshals.

RACE SIGNAGE

When the following signs are shown, there will be a necessity to reduce your speed, change direction or stop.



WE WISH YOU ALL THE BEST FOR A FANTASTIC RACE AND HOPE YOU HAVE A GREAT DAY!!

BRITISH TRIATHLON ELITE RACE

EVENT TIMETABLE

SUNDAY 25TH JUNE

REGISTRATION

BRITISH TRIATHLON ELITES ONLY

09:00 - 09:45 - Registration on the Plass.

09:15 - 10:15:

Official Bike Check

10:15:

Transition Opens for Men and Women

10:45:

Transition Closes for Men and Women

10:55:

Compulsory Safety Briefing at the Swim Start

11:00:

Warm up British Triathlon Elite Men

11:15:

British Triathlon Elite Men's Wave - White Swim Hats

11:40:

Compulsory Safety Briefing at the Swim Start

11:45:

Warm up British Triathlon Elite Women

12:00:

British Triathlon Elite Womens Wave - Yellow Swim Hats

Competitors must attend registration to collect your race pack, which includes the following items:

- **Timing chip** – secured to your ankle with the velcro strap provided and to be returned to the organisers at the finish line. You will be charged £25 if you do not return your timing chip.
- **Bike Flag** – peel the backing and secure to your bike seat post
- **2 x Number Stickers** - to go on each side of your helmet.
- **Race number tattoo** – Follow the printed instructions on the tattoo and place on the right upper arm and right outer calf.
- **Bike Kit Check Slip** - to be filled out and presented to the Bike Check Officials.

- **Transition security wristband** – must be worn at all times to access transition.
- **Colour coded swim hat** – see swim section for more details.

Please be respectful of others and refrain from walking through the Millenium Centre in just your swimming kit. Please also make sure you have footwear on at all times when walking around this venue.

TRANSITION

All competitors will be issued with a race wristband, which must be worn for you to be allowed access to the transition area. Please respect this in the interest of safety and security of your equipment. You will also need to show your race number so that it matches the number on your bike when leaving transition at the end of the event.

Transition will be active as you rack up your bikes. Please be considerate of racing participants and do not hinder their race.

Transition will re-open at 13:00. There will be access to the Bag Store from outside of transition should you wish to get changed before Transition re-opens. You will have to show your wristband to enter and you will not be allowed into transition itself.

SWIM SECTION

The course is swum in a clockwise direction and marked with large round dumpy buoys. A map of the course is on display at the registration desk and on the website.

Swim caps are supplied in your registration pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

Wetsuits are compulsory for the swim.

There will be canoes and motorboats to ensure your safety whilst swimming. If you get into difficulty during the swim please raise your hand and shout HELP for a boat to come to you and aid you to safety. You will be asked to hold onto the kayak, please do not attempt to climb on board!

There will be a full safety brief before the race start at the Swim Start prior to the water warm up time.

BIKE SECTION

3 LAPS OF A 6.4KM COURSE.

You are responsible for counting your laps. Make sure you follow the signs. After lap one and two follow LAP sign and then after lap three follow TRANSITION sign.

You should not mount your bike in the transition area. The location to mount and dismount your bike will be clearly marked with signs and will be staffed and checked by marshals. Be aware of pedestrians, they may not have seen or heard you if you are approaching them from behind.

The cycle route is clearly signposted. Marshals and signs will guide you at junctions, Turn around points and roundabouts.

The cycle section of the event is on closed roads. However, please exercise caution and be aware of event vehicles and emergency vehicles on the route. Please be aware of signage and follow instructions of all course marshals. You must NOT cross the centre line of the road.

Emergency recovery vehicles will be standing by to respond should the need arise. **Should you have an issue out on the course please inform the closest marshal and/or call the event emergency number on 07527034308**

Motorbikes will be present during the cycle section to support, guide and referee.

In the interests of safety cyclists must not cross the white lines in middle of the road. Failure to adhere to this rule will result in disqualification from the event. Be aware white lines can be very slippery when wet – exercise caution! Please remain aware at all times!

At the end of each lap on your approach to the transition area you will need to filter into the correct lane, either to start another lap or to come in to transition. Signs will either say Lap or Transition. Please exercise caution and look out for other riders in this area.

This is a Draft Legal Race. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification. Please familiarise yourself with these.

IMPORTANT CYCLE COURSE SPECIFIC HAZARDS

EXIT FROM TRANSITION TO MAIN ROAD

Be aware of approaching bikes. Exercise caution and follow instructions of all course marshals.

CYCLE LAP FILTER

At the end of each lap on your approach to the transition area you will need to filter into the correct lane, either to start another lap or to come in to transition. Signs will either say Lap or Transition. Please exercise caution and look out for other riders in this area.

TURNAROUND POINTS AT CLIVE STREET, LLOYD GEORGE AVENUE AND BUTE PLACE

The Turnaround points will be clearly signposted marking the 'U' Turn around cones in the road. Please exercise caution and follow instructions of all course marshals.

STREET FURNITURE

Please be aware of speed bumps, bollards and other permanent structures in the road. These will be signed and marshalled where appropriate, but you must use caution.

RUN SECTION

1 LAP OF A 5KM COURSE.

You are responsible for following signs to FINISH.

The run is well signposted and marshals will be present at many junctions.

Part of the run is on public footpath, please be aware and considerate to other pedestrians.

PENALTY BOX

This will be located towards the end of the run. On the run out there will be officials to notify you of any penalties you need to serve, you will then serve your penalty on the way back to the Finish line.

There will be signage to inform you of the distance to the penalty box.

IMPORTANT RUN COURSE SPECIFIC HAZARDS

Please follow instructions of all course marshals. Please exercise caution around other pedestrians.

Turnaround Point: The Turnaround point will be clearly signposted marking the 'U' Turn around a cone. Please exercise caution and follow instructions of all course marshals.

DRINK STATIONS

There will be water stations at approximately 1.25km intervals on the run course providing bottled water.

Please dispose of used bottles in the bins provided.

RACE SIGNAGE

Please see Race Signage as previously shown in this document. It is important that you follow this.

PRIZE GIVING

Times for prize giving are below:

13:30 - British Triathlon Elite Men
13:40 - British Triathlon Elite Women
13:50 - Welsh Championship Winners
14:00 - Cardiff Triathlon Winners

WE WISH YOU ALL THE BEST FOR A FANTASTIC RACE AND HOPE YOU HAVE A GREAT DAY!!

