



FINAL INSTRUCTIONS
Race Date: 30th June 2024

CROESO

welcome to the 2024 Cardiff Triathlon & Duathlon. This document contains all the information you'll need to have a great day and a safe race.



EVENT TIMETABLE

VENUE

Transition will be in the Event Village on the Roald Dahl Plass opposite the Wales Millennium Centre CF10 5AL

The Swim start is located just beyond the Norwegian Church near Tiger Yard/Lo Lounge (the old Dr. Who centre). This is a 500m walk from the Roald Dahl Plass.

REGISTRATION

Registration is in the Event Village on the Roald Dahl Plass next to transition. Please follow signs to Registration. **You MUST attend registration to collect your race pack.**

You must attend at the time allocated to your race only.

SATURDAY 29th JUNE

12:00 - 16:00: Super-Sprint Triathlon, Sprint Triathlon, Sprint Duathlon, Standard Triathlon, Legend Triathlon.

SUNDAY 30th JUNE

04:45 - 05:15: Legend Triathlon
05:00 - 06:00: Standard Triathlon
05:30 - 06:30: Sprint Duathlon
06:00 - 07.15 - Sprint Triathlon
06.30 - 08:00: Super-Sprint Triathlon

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

You can find your bib number, which you will need for registration, as well as your wave & start time, on the [event start list here](#).

GENERAL EVENT INFORMATION

RACE PACK

Timing chip – Secured to your left ankle with the Velcro strap and to be returned at the finish line. For team competitors this tag acts as the ‘baton’, it must be passed to the next team member in transition to continue on the course. Please make sure you return your timing chip, there is a £55 charge for lost chips.

Race number bib – Worn on the back during the bike section and on the front for the run, a tri race belt facilitates this. If you don’t have one you can purchase one at the Event Store. Teams are provided with 2 bibs, one for the cyclist and one for the runner.

Bike Flag – This must be displayed on the seatpost and must not be cut or obscured.

Swim hat - if you prefer to wear your own hat you must still wear this over the top as it identifies your wave.

RACE PASS

British Triathlon Race Pass is a licence for racing and provides you with public liability insurance.

If you are a core or ultimate member of British Triathlon (or your home country’s federation), or you entered before the introduction of Race Pass (1/2/24) and purchased a day licence at point of entry for £6, you do not have to **purchase a Race Pass**.

If you are not a member and entered after 1/2/24 you must purchase a Race Pass from British Triathlon to comply with competition rules. You will be asked to show your Race Pass receipt or membership card at registration.

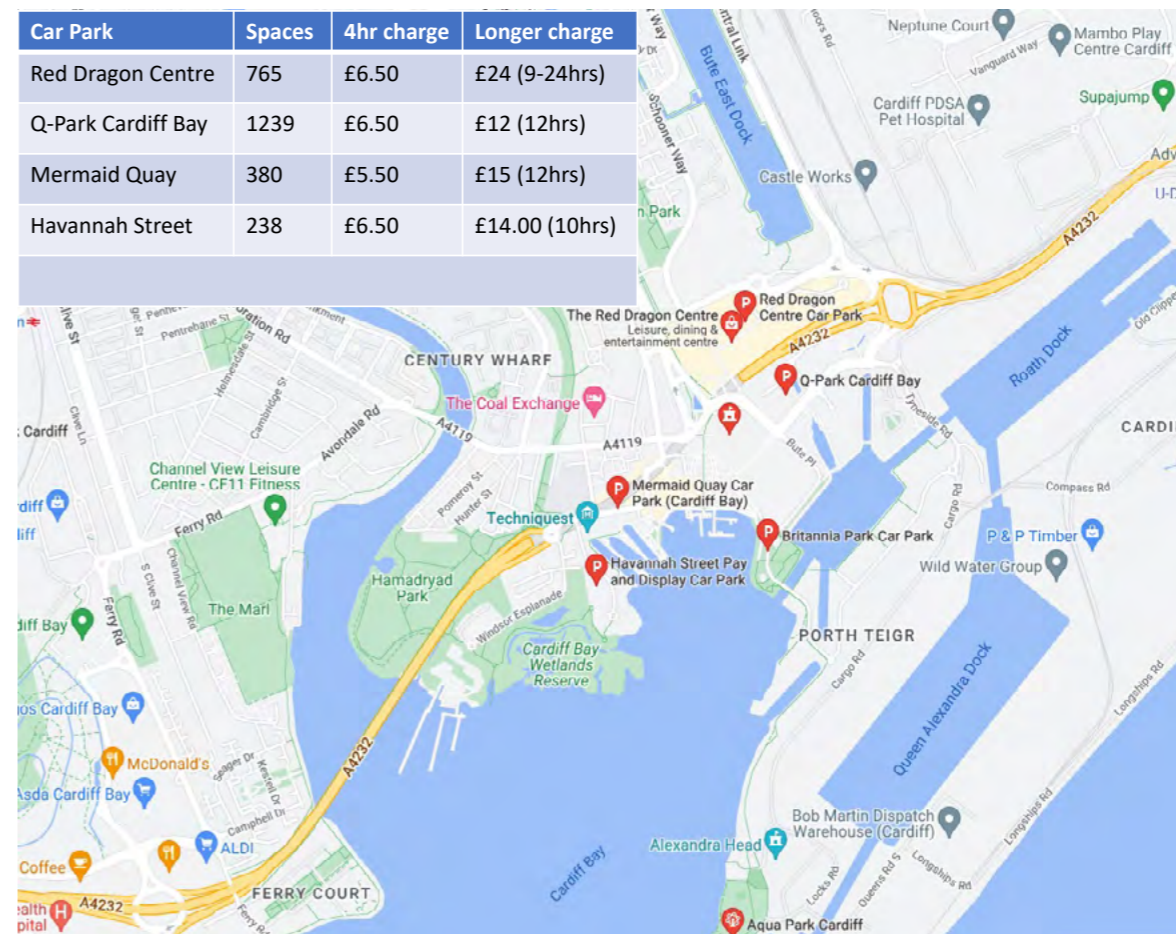
To make the registration process as quick and efficient for all, we kindly ask that Race Passes are **purchased online** prior to arrival.

GENERAL EVENT INFORMATION

CAR PARKING

There are numerous pay and display car parks located around Cardiff Bay. Please make sure you buy a ticket.

Car Park	Spaces	4hr charge	Longer charge
Red Dragon Centre	765	£6.50	£24 (9-24hrs)
Q-Park Cardiff Bay	1239	£6.50	£12 (12hrs)
Mermaid Quay	380	£5.50	£15 (12hrs)
Havannah Street	238	£6.50	£14.00 (10hrs)



GENERAL EVENT INFORMATION

FACILITIES

There will be portaloos on Roald Dahl Plass, at the swim start and on the Legend bike course at the Dunleavy Drive turn-around. Toilets are also available inside the Wales Millennium Centre. Please be sensitive and plan your comfort breaks for where there are facilities available. Under British Triathlon rules you will be disqualified if found urinating in a public place.

BAG DROP

There will be a bag drop tent in transition where you can leave your items for after the race. Please clearly label your belongings with your race number in advance, or by using the sticky labels provided.

Please be respectful and refrain from walking through the Wales Millennium Centre in just your swimming kit. You must have footwear on at all times. The swim start area is gravelly underfoot. There will be an unmanned location to leave flip flops at the swim start, it is your responsibility to return to collect your items after your race. Any footwear not collected by 15.30 will be disposed of.

HOT FOOD AND DRINK

There will be options available in the event village and many surrounding bars and restaurants.

EVENT PHOTOGRAPHY

Our Official Event Photographer is Sports Picture Cymru. Photos will be available post race through their website. Please visit www.sportspictures.cymru

If you have purchased a photography package, please look out for an email containing your code from Sports Pictures Cymru or Photo Hawk after the event; this can sometimes be delivered to spam/junk folders.

GENERAL EVENT INFORMATION

MERCHANDISE

T-shirts, hoodies and any other pre-ordered merchandise must be collected at registration. There will be a limited number of t-shirts and hoodies for sale on the day from the Always Aim High Event Store. **All pre-ordered merchandise must be collected at registration it cannot be posted after the event.**

LIVE RESULTS

Just type in the name of the competitor on the [TDL Live Results service](#), which will be live on the day.

RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip on their left ankle. Failure to do so may result in you not being classified in the race results. During the swim please pull long wetsuits over the chip to prevent loss in the water.

RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently on race day about the race, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.

LITTERING

Any person found littering will be immediately disqualified from the event. Please respect the location you are running and riding in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed to marshals.

GENERAL EVENT INFORMATION

ROAD CLOSURE INFORMATION SUNDAY BOTH JUNE

In order to give the competitors and spectators the best and safest experience, the following roads will be closed between **05:45 and 11:30** and diversions put in place:

- Ferry Road from the Clive Street junction to International Drive
- International Drive to its junction with Olympian Way
- Olympian Way, Watkiss Way and left onto Dunleavy Drive from the Watkiss Way junction to the Dunleavy Drive Retail Park junction.

The following roads will be closed between **05:45 and 14:30** with diversions in place:

- Ferry Road from its junction with Clive Street to Avondale Road.
- 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 to its junction with Clive Street.
- Harbour Drive from its junction with Britannia Quay to where it becomes Porth Teigr. Access will be maintained to The Lock Keepers Cottage Car Park. This will be from 05:45 - 15:15.

As such, there will be potential delays in these areas. Stewards will be on hand to guide and assist and, in the event of an emergency, will be able to escort vehicles in and out as and when appropriate.

GENERAL EVENT INFORMATION



GENERAL EVENT INFORMATION

PRIZE GIVING - APPROX 11.30

The prize giving will take place in the event village. Please come along to collect your prizes and have your moment on the podium. We will be awarding the following prizes:

Super- Sprint Triathlon (both open and female)

Overall top 3

Sprint Triathlon (both open and female)

Overall top 3

U23, Senior, Vet 40, Vet 50, Vet 60, Vet 70 - first place

Team - first place

Standard Triathlon (both open and female)

Overall top 3

U23, Senior, Vet 40, Vet 50, Vet 60, Vet 70 - first place

Team - first place

Legend Triathlon (both open and female)

Overall top 3

U23, Senior, Vet 40, Vet 50, Vet 60, Vet 70 - first place

Sprint Duathlon (both open and female)

Overall top 3

PEDAL COVER BIKE CHECK & MASSAGE



We're thrilled to collaborate with Pedal Cover once more this year; their team will be stationed in the Expo area at the event this year, eager to connect and engage with as many individuals as possible.

Based locally to Cardiff, Pedal Cover offer home and bicycle insurance, travel or bike only cover that is specifically aimed towards cyclists and multi-sport athletes.

On Saturday, Pedal Cover will offer a complimentary bike check service from 11am to 4pm in the event village, provided by Al's Bike Shed. On the Sunday, they will provide free massage services by Neil J Davies from 8am to 4pm, first come, first served..

You can learn more about Pedal Cover at pedalcover.co.uk

RACE DAY LEGEND TRIATHLON

SUNDAY 30TH JUNE - 1900M SWIM, 88K BIKE, 21.8K RUN

04:45 - 05:15: Registration - **we advise you arrive race ready due to the limited time before race start.**

04:45: Transition open

05:30: Transition **MUST** be clear of all Legend competitors (except team members awaiting their relay mate).

06.00: Wave Legend 1 start (pink hat, pink bib)

Your safety brief has been recorded. You MUST follow the below link to watch this to know what to expect on course.

[LINK TO YOUTUBE BRIEF](#)

SWIM ROUTE

The swim course will be a single lap of 1900m. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

BIKE ROUTE

7 laps of a 13km course. You are responsible for counting your laps. After laps one to six follow LAP sign, after lap seven follow TRANSITION sign. Follow signs for LEGEND.

RUN ROUTE

5 laps of a 4.4km course. You are responsible for counting your laps. After laps one, two, three and four, follow LAP sign, and then after lap five follow FINISH sign.

RACE DAY LEGEND TRIATHLON

DRINK STATIONS

There is a drink station approximately 4.6km into the bike lap and approximately 2.5km into the run lap.

There will be NO CUPS on the bike feed station - you'll need to bring your own water bottle. Please make sure you fill up your water bottles in transition. We will provide limited cups on the run feed station.

CUT OFF TIMES

You have 1hour 5minutes to complete your swim.

07:10 - T1 (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

10.35 - Last Bike Lap - You must have started your final lap no later than 10:35. You will not be allowed onto another lap after this time.

11:15 - T2 cut off (bike to run)

15.00 - Finish line timing ends

15:30: Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

RACE DAY STANDARD TRIATHLON

SUNDAY 30TH JUNE - 1500M SWIM, 37K BIKE, 9K RUN

05:00 - 06:00: Registration

04:45: Transition open

06:15: Transition MUST be clear of all Standard competitors (except team members awaiting their relay mate).

06.35: Compulsory Safety Brief at Swim Start (500m from transition)

07.05: Start - Wave Standard 1 (red hat, red bib)

07.10: Start - Wave Standard 2 (white hat, red bib)

07.15: Start - Wave Standard 3 (green hat, red bib)

07.20: Start - Wave Standard 4 (yellow hat, red bib)

SWIM ROUTE

The swim course will be a single lap of 1500m. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

BIKE ROUTE

3 laps of a 13km course. You are responsible for counting your laps. After laps one and two follow LAP sign and then after lap three follow TRANSITION sign. Follow signs for STANDARD.

RUN ROUTE

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

RACE DAY STANDARD TRIATHLON

DRINK STATIONS

There will be a drink station in transition and a drink station at the top turn around on the run course. There are no drink stations on the bike route for Standard distance athletes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You will have 50 minutes to complete your swim.

08:15 - T1 (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

10:20 - T2 (bike to run) If you are still in Transition at this time, you will not be allowed to continue.

15.00 Finish line timing will be shut down

15:30: Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

RACE DAY

SPRINT DUATHLON

SUNDAY 30TH JUNE - 2.5K RUN, 18.5K BIKE, 4.7K RUN

05:30 - 06:30: Registration

04:45: Transition open

06:45: Transition MUST be clear of all Duathlon competitors (except team members awaiting their relay mate).

07.15: Compulsory Safety Brief at Start

07.30: Start - Wave Sprint Duathlon 1 (grey bib)

DUATHLON START

The Duathlon will start under the finish arch. Athletes will complete the shorter 2.5km run first, followed by the same bike and run route as the sprint distance triathlon.

RUN 1 ROUTE

An out and back 2.5km run course, starting at the finish and running out to a turnaround point then heading back to transition.

BIKE ROUTE

2 laps of a 10km course. Make sure you are familiar with the turn around point on the bike route.

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 on the course.

RUN ROUTE 2

1 lap of a 5km course. At the end of your lap follow signs to FINISH.

RACE DAY

SPRINT DUATHLON

DRINK STATIONS

There will be a drink station in transition and a drink station at the turn around on Run 2. There are no drink stations on the bike route for Sprint distance athletes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

08:05 - T1 (run 1 to bike). If you are still out on run 1 at this time you will not be allowed to continue with the race.

09.10 - T2 cut off (bike to run)

15.00 Finish line timing will be shut down

15:30: Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

RACE DAY SPRINT TRIATHLON

SUNDAY 30TH JUNE - 750M SWIM, 18.5K BIKE, 4.7K RUN

06:00 - 07:15: Registration

04:45: Transition open

07:30: Transition MUST be clear of all Sprint competitors (except team members awaiting their relay mate).

07.50: Compulsory Safety Brief at Swim Start (500m from transition)

08.15: Start - Wave Sprint 1 (purple hat, blue bib),

08.20: Start - Wave Sprint 2 (orange hat, blue bib)

SWIM ROUTE

The swim course will be a single lap. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

BIKE ROUTE

2 laps of a 10km course. Make sure you are familiar with the turn around point on the bike route.

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 on the course.

RUN ROUTE

1 lap of a 5km course. At the end of your lap follow signs to FINISH.

RACE DAY SPRINT TRIATHLON

DRINK STATIONS

There will be a drink station in transition and a drink station at the top turn around on the run course. There are no drink stations on the bike route for Sprint distance athletes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You have 30minutes to complete your swim.

09:00 - T1 (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

10.05 - T2 cut off (bike to run)

15.00 Finish line timing will be shut down

15:30: Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

RACE DAY SUPER SPRINT TRIATHLON

SUNDAY 30TH JUNE - 400M SWIM, 9.3K BIKE, 2.5K RUN

06:30 - 08:00: Registration

04.45: Transition open

08:15: Transition MUST be clear of all Super-Sprint competitors (except team members awaiting their relay mate).

08:35: Compulsory Safety Brief at Swim Start (500m from transition)

09.00: Start - Wave Super Sprint 1 (blue hat, orange bib)

SWIM ROUTE

The swim course will be an A to B course. Please keep all buoys to your right. Please follow instructions given to you by marshals and the water safety team.

BIKE ROUTE

1 lap of a 10km course. Make sure you are familiar with the turn around point on the bike route.

After your lap follow TRANSITION signs. Follow signs for SUPER SPRINT on the course.

RUN ROUTE

1 Lap of a 2.5km course. Make sure you are familiar with the turn around point.

At the end of your lap follow signs to FINISH.

RACE DAY SUPER SPRINT TRIATHLON

DRINK STATIONS

There will be a drink station in transition. There are no drink stations on the bike route or the run route. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You have 20minutes to complete your swim.

09:25 - T1 (swim to bike). If you are still in Transition at this time, you will not be allowed to continue.

10:10 - T2 cut off (bike to run)

15:00 Finish line timing will be shut down

15:30: Transition must be clear of all bikes after the race.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

**TOW FLOATS AND DRY BAGS
ESSENTIAL TRAINING KIT**

BE SAFER BE SEEN

WWW.SWIMSECURE.CO.UK



FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

TRANSITION

Strictly one bike per person. You must rack your bike on the morning of the event, bikes can not be left in transition overnight. Transition will be open for you to collect your race equipment throughout the race day. You must give priority to those who are racing.

SECURITY

You must show your race number in order to access the transition area. Please respect this in the interest of safety and security of your equipment. Your bike will be checked against your race number on entry and exit of transition.

TRANSITION RULES

In accordance with British Triathlon Rules (Rule 7.1.c) boxes are not allowed in transition, only a soft sided bag or rucksack is allowed. 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. There will be an unmanned bag drop gazebo within transition; items left here will be left at your own risk.

COMPETING AS A TEAM

There is an allocated team handover area in transition. Team members should wait in the team handover area to pass on the timing chip. The cyclist finishing their section must rack their bike in the transition area first before going to the team handover box to hand over the timing chip.

SWIM COURSE

The swim is set in the fresh water of the iconic Cardiff Bay. When leaving transition to go to the swim start you will be directed through exit gates at the side of transition. This is to ensure you do not impede athletes who have started their race.

The swim course will be clearly marked with large round dumpy buoys and you will swim in a clockwise direction. You must keep the buoys on your right hand side. A map of the course will be on display at the registration desk and at the swim start.

In line with British Triathlon Rules wetsuits are compulsory for the swim if the water temperature is below 14 degrees. 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.

There will be safety vessels and a motorboat 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 may be asked to hold onto the kayak, please do not attempt to climb on board.



BIKE COURSE

The cycle route is on closed roads and clearly signposted. Marshals and signs will guide you at junctions and turnarounds but it is a good idea to familiarise yourself with the route before hand. You can find the routes on our website and at registration.


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.

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 must 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.

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 clearly marked.



DRAFTING RULES EXPLAINED

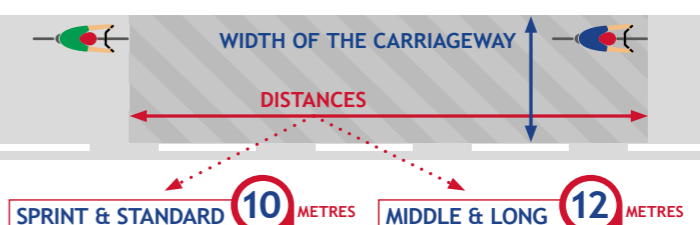
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

IT'S AGAINST THE RULES

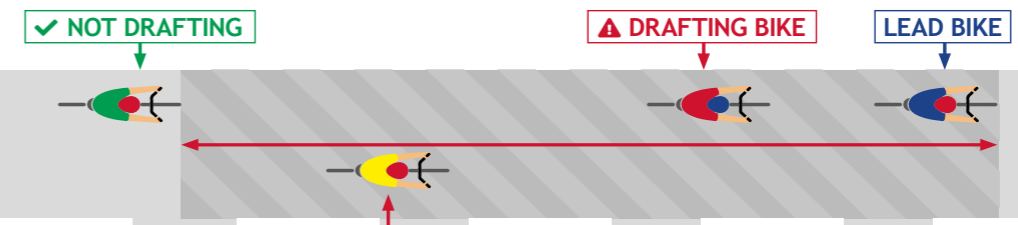
Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



SPRINT & STANDARD **10 METRES** | MIDDLE & LONG **12 METRES**

DRAFTING & NOT DRAFTING



BLOCKING You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD

20
SECONDS

MIDDLE & LONG

25
SECONDS

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.

OTHER VEHICLES





You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION

Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting. A full set of rules can be found at www.britishtriathlon.org - This document is for guidance purposes only.

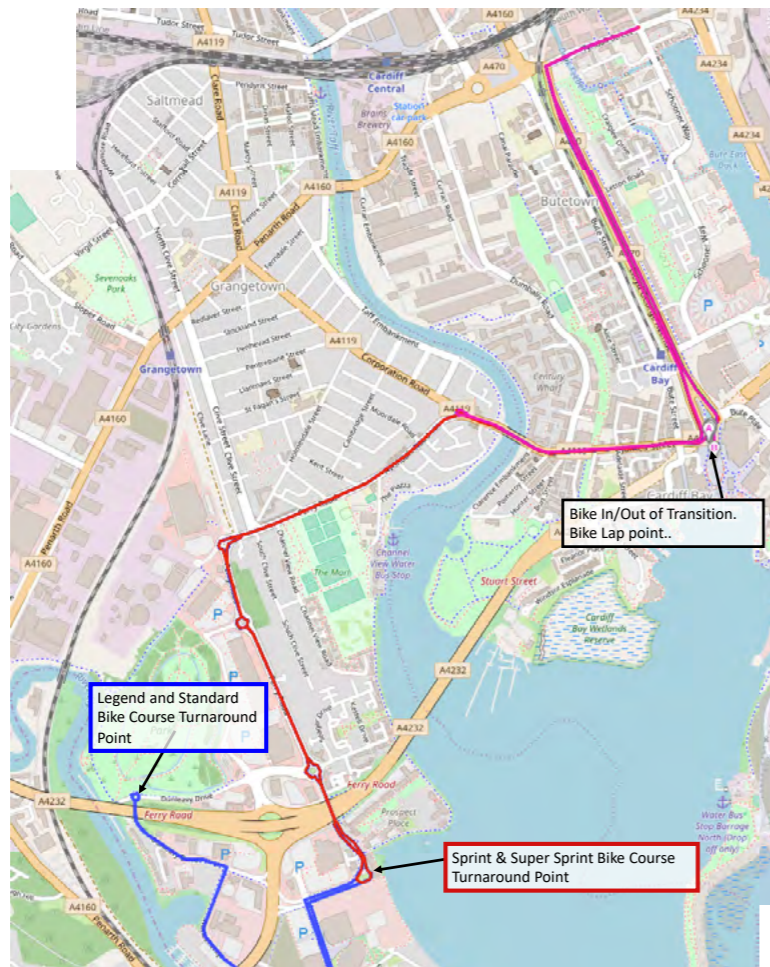





MAPS AND PLANS

TRANSITION & START AREA

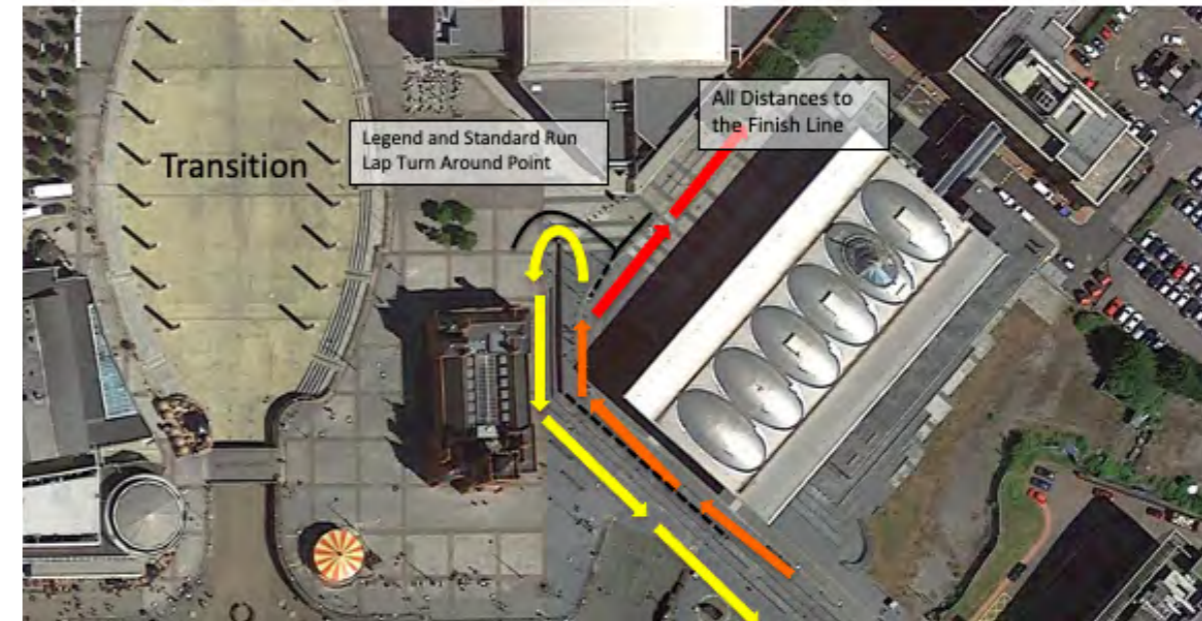


BIKE ROUTE



RUN COURSE

Athletes will run out of transition and along the board walk to join the run course. The run lap turnaround point for Legend and Standard athletes is just after the Senedd building. Please see below.



BAD WEATHER CONTINGENCIES

In the interest of competitor safety, as with all events, it might be necessary to implement contingencies on the race. We will do all that we can to ensure you have the best experience and will only make changes to the race if it is absolutely necessary. Thank you for your understanding.

RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



ARE YOU TAKING PART IN ANY OF OUR OTHER EVENTS THIS YEAR?

EVENTS CALENDAR 2024

- Unique Road Runs
- Iconic Triathlons/Duathlons
- Epic Trail Runs
- Wild Swim Events
- Stunning Cycle Sportives

<p>FEBRUARY</p> <ul style="list-style-type: none"> 11th. Nick Beer 10k <p>MARCH</p> <ul style="list-style-type: none"> 3rd. Anglesey Half Marathon & 10K 	<p>APRIL</p> <ul style="list-style-type: none"> 14th. Harlech <p>MAY</p> <ul style="list-style-type: none"> 12th. Weston Park 	<p>JUNE</p> <ul style="list-style-type: none"> 9th. Slateman 29th. Cardiff Bay 30th. Cardiff 	
<p>JULY</p> <ul style="list-style-type: none"> 13th-14th. Yr Wyddfa Snowdon24 14th. Snowdonia Trail Marathon Eryri 	<p>AUGUST</p> <ul style="list-style-type: none"> 3rd. Ogwen25 Yr Helgi Du 3rd. Snowman 4th. Snowman 18th. Tour de Môn 	<p>SEPTEMBER</p> <ul style="list-style-type: none"> 1st. Bala 14th-15th. Sandman 29th. Llandudno 	<p>NOVEMBER</p> <ul style="list-style-type: none"> 10th. Anglesey Trail Half Marathon & 10k

WWW.ALWAYS AIM HIGH EVENTS.COM

SCAN TO FIND OUT MORE:    

SPECTATOR INFORMATION

The Cardiff Triathlon Event Village and Expo will have a number of stands from our event sponsors and partners, with information and goodies. It will be located on Roald Dahl Plass opposite the Wales Millennium Centre. There is always an exciting atmosphere including live commentary, and all of the race action.

VOLUNTEERING

If any of your supporters would like to assist with marshalling, we have a great reward scheme in place that recognises the effort and shows our appreciation of our amazing volunteers. Individuals can choose between shop vouchers, race entries or charity donations and there are a number of positions available.

Contact marshals@alwaysaimhighevents.com to get involved

SAFEGUARDING

Permitted Events Commitment Statement

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.



WWW.ALWAYS AIM HIGH EVENTS.COM

