



THE 2023 HARLECH

TRIATHLON+DUATHLON

FINAL INSTRUCTIONS
26th March 2023

**Please remember British Summertime begins
on the 26th March.**

WELCOME

TO THE 2023 HARLECH TRIATHLON AND DUATHLON.
THIS DOCUMENT CONTAINS ALL THE INFORMATION
YOU'LL NEED TO HAVE A GREAT DAY AND A SAFE
RACE.

EVENT TIMETABLE

VENUE

Harlech & Ardudwy Leisure, Beach Rd, Harlech LL46 2UG

REGISTRATION

Registration will be on the King George V Playing Fields by transition next to the Leisure Centre. Please follow signs to Registration.

You can find your race number, which you'll need for registration [HERE](#). Type your name into the tracker to find your bib number.

TIMES

- SATURDAY 25th March 13:30 - 15:30 - Registration
- SUNDAY 26th March 07:00 - 12:00 - Registration

SAFETY BRIEF

All competitors must read the safety briefing that will be in the briefing room before your swim start. If you have any questions, these can be asked in the briefing room on race day.

RACE TIMES

07:00 - Transition opens. You may only rack your equipment in the transition area on the morning of the race.

08:00 - First Triathlon Swimmers Start

07:45 - Duathlon Safety Brief

08:00 - Duathlon Race Start

10:30 - Duathlon Prize giving at Ardudwy School (approximate)

13:00 - Triathlon Prize Giving at Ardudwy School (approximate)

16:30 - All bikes and equipment must be clear of Transition

REGISTRATION INFORMATION

Please allow time to register and rack your bike before being at the pool for your allocated slot.

Duathlon Competitors must be at the start-line, near transition by 07:45.

Competitors **MUST** attend registration to collect their registration pack, which includes the following items:

Timing Chip – Secured to your LEFT ankle with the Velcro strap provided. 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 for the bike section and on the front for run section, a tri race belt facilitates this. If you don't have one you can purchase one at registration. Teams are provided with 2 bibs, one for the bike section and one for the run.

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

Security wristband – To be worn at all times to access transition and the castle.

MEMBERSHIP

Unless you are an affiliated member of your home country's federation you must purchase a Day License Membership. If you have paid for this with your entry, you do not need to do anything. If you are an annual member you will be asked to show your card at registration.

GENERAL EVENT INFORMATION

LIVE RACE TRACKER

On race day, spectators, family and friends can get the status of competitors in real-time using the [TDL Event Tracker App](#). Type in the name of the competitor you want to track.

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.

EVENT PHOTOGRAPHY

Our official event photographer is Sport Pictures Cymru. Photos will be available post race through their website. Please visit <https://www.sportpictures.cymru>. We will also post links via our social media channels. If you have purchased a digital download package a code will be emailed to you after the event with instructions on how to claim your pictures (please check your junk email if it hasn't arrived).

LITTERING

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

SPECTATOR INFORMATION

FREE ACCESS TO HARLECH CASTLE

Pick up your wristbands from registration which allow free entry to the castle for your family and friends.

GENERAL EVENT INFORMATION

PRIZE GIVING

The prize giving for the Duathlon will take place at Ardudwy School, [LL46 2UH](#), at approximately 10:30.

The prize giving for the Triathlon will take place at the school at approximately 13:00.

We encourage all participants who are able, to join us at prize giving to enjoy the atmosphere and congratulate our winners.

We are unable to send prizes on after the event, so if you think you may have been placed please make sure you are there to stand on the podium and receive your prize.

We will be awarding the following prizes:

Triathlon (both male and female)

- Top 3 Open
- Top 3 Vet 40
- First place Vet 60, Vet 70 and U23
- First team

Duathlon (both male and female)

- Top 3 Open
- First place Vet 40, Vet 50, Vet 60, Vet 70 and U23 categories

There will also be a trophy presented to the highest place local (male and female).

FACILITIES

There are toilets and showers in the Leisure Centre, these will be available until 16:00. Toilets can also be found in the Beach Rd car park, the castle, Upper Harlech and the school. There are portaloos available in Transition.

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.

ALWAYS AIM HIGH EVENT STORE

This is your one stop shop for all your triathlon needs, whether you're looking to treat yourself or pick up any last minute forgotten items.

EVENT MERCHANDISE

Pre-ordered t-shirts, hoodies & merchandise can be collected at registration. There will be a limited number available for sale on the day at the Event Store.

All pre-ordered t-shirts, hoodies & merchandise must be collected on the day.

FOOD AND DRINK

Bacon and veggie baps are provided to every participant. Please head to the school to collect yours. There will be hot food, tea and coffee sold by vendors on the event field. Please also take the time for a walk through town and give your support to local businesses.

CAR PARKING

Official Parking for athletes is available opposite the event field in Ysgol Ardudwy School and at the Beach Road Car Park. (Please see map on the right).

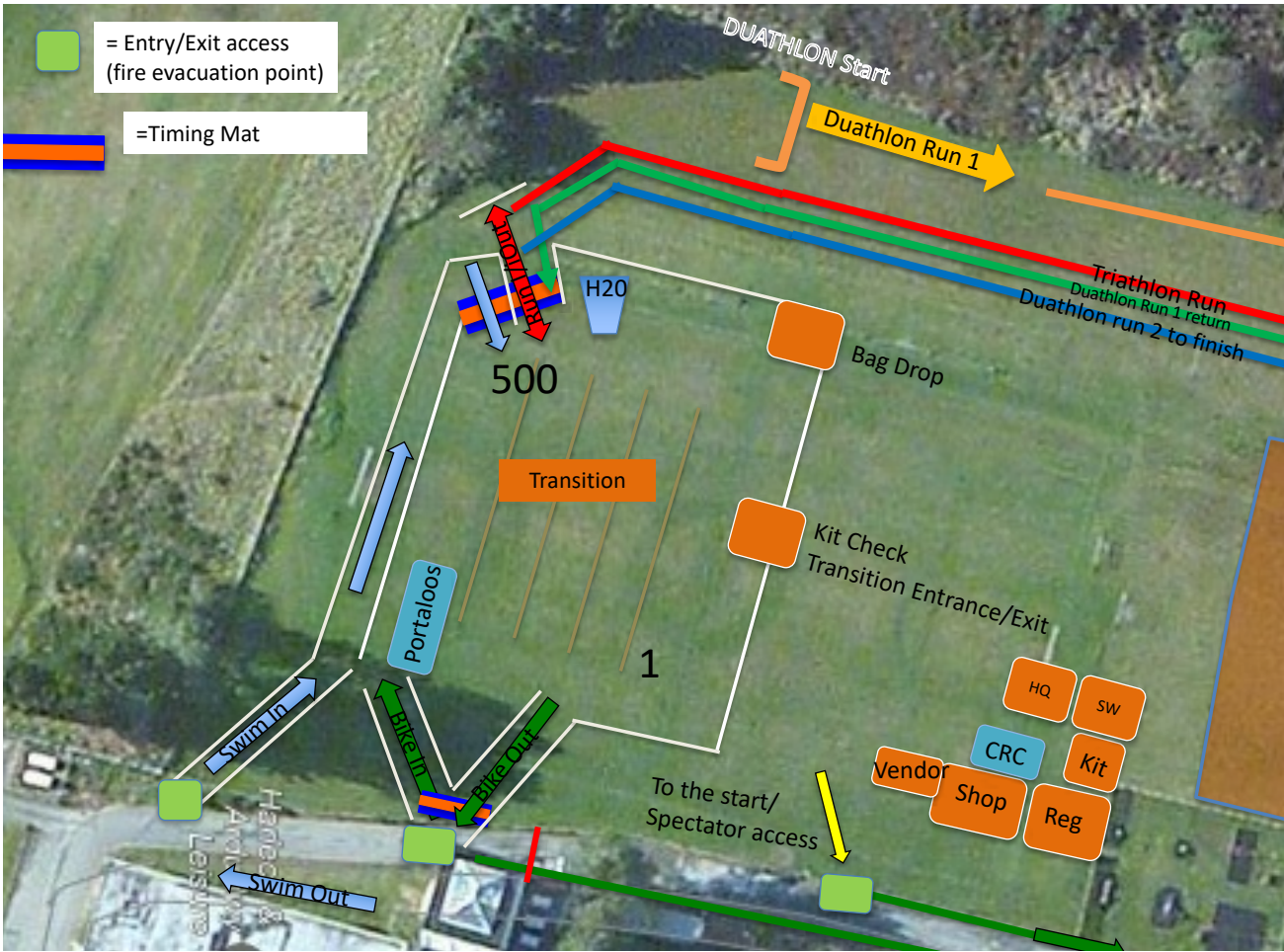
Harlech Triathlon is run as a community event and is not-for profit. Parking will be a suggested donation of £5. All proceeds from the parking will go to local community groups.

Please park considerately as there is limited space.

Always Aim High Events cannot accept any responsibility for damage to vehicles.



TRANSITION TRANSITION MAP



TRANSITION

TRANSITION TIMES

07:00 - Transition Open

Transition will be open for you to collect your race equipment throughout the race day. **You must give priority to those who are racing and be considerate of others at all times.**

All equipment must be removed at the end of your race and by 16:30.

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 need to show your race number which matches the number on your bike when leaving transition at the end of the event.

TRANSITION RULES

In accordance with British Triathlon Rules (Rule 7.1.c) boxes are not allowed in transition. 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 moved to the bag drop area. Items left will be left at your own risk. We recommend you return all non essential items to your car or leave them with a friend.

To speed up entry to transition, please arrive at the check-in tent wearing your helmet fastened, your wristband on and your race number available. Your bike must also have its number flag displayed correctly.

CUPLESS ENERGY STATIONS

There will be a drink station in transition, with High5 Electrolyte and water to fill up bottles. As part of our commitment to sustainability, **there will be no cups on the bike course at this event – you'll need to bring your own water bottles.** There will NOT be a water station on the bike or run course once you leave transition.

The finish line drink station will have electrolyte and water provided in recyclable paper cups. Your finishers hot drinks and bacon/veggie baps are available at the school a short walk opposite the field.

RACE DAY

DUATHLON START

The Duathlon start line will be next to transition on the event field. Athletes must attend the Compulsory Safety Brief at 07:45 at the race start.

Duathletes will complete their longer run first, followed by the cycle and then followed by the shorter run.

TRIATHLON START

The Triathlon start will be in the pool. You can find you allocated pool arrival time on the [live tracker app](#). Please arrive on site at least one hour prior, to allow time for registration and racking in transition. Faster swimmers will go first.

SWIM

You should be dressed ready to swim at your pool arrival time. You will be shown to the pre-start area for the safety briefing and you may ask any questions pertinent to the course.

On completion of the race briefing, wait until called forward, you will then be shown a lane and allocated a swim hat.

Do not enter the water until told to do so – diving is not allowed. Your time will start as soon as you enter the water. Do not wait for a cue to start swimming once in the water. Lane counters will warn when you have 2 lengths to go and tell you on completion of all 16. Their decision is final.

Once you have finished your swim, follow the signs to Transition.

Take care – the floors in the pool may be slippery when wet – the steps down from the emergency exit are relatively narrow and steep.

EVERYONE WILL BE ALLOCATED A SWIM START TIME. IF YOU WISH TO TURN UP EARLIER AND SEE IF YOU CAN BE SLOTTED IN EARLIER YOU ARE WELCOME TO DO SO BUT IT WILL BE AT THE DISCRETION OF THE SWIM MANAGER AND DEPENDANT ON SPACE. **SWIMMERS WHOSE OFFICIAL START TIME IT IS WILL BE GIVEN PRIORITY.**

BIKE

The bike course includes a rail crossing. Trains will be running.

You **MUST** obey all instructions given to you by marshals at the railway crossings. Anyone who attempts to jump the train lines or who disobeys a marshal will be disqualified from the race.

A good quality and fit, British Standard (or similar) helmet must be worn and fastened during the cycle section. Your helmet will be checked before the start and if it does not comply with these standards you will not be able to race.

Important – when racing, 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.

The cycle route is clearly signposted. Marshals and signs will guide you at junctions.

The Highway Code must be strictly obeyed. Give way to traffic; marshals are NOT there to stop traffic. You must obey all signals, signs and markings.

Any rider exceeding the speed limit or crossing the central white line will be disqualified.



Event: Snowdonia Trail Ultra Marathon



EVENTS
CALENDAR 2023

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



- JUNE**
- 10th. Slateman
 - 10th -11th. Slateman
 - 24th. Cardiff
 - 25th. Cardiff



- FEBRUARY**
- 12th. Nick Beer 10k



- JULY**
- 8th - 9th. Snowdon24
 - 9th. XTERRA Snowdonia Trail Marathon
 - 29th. Snowman
 - 29th - 30th. Snowman



- MARCH**
- 5th. Jones o Gymru Anglesey Half Marathon
 - 25th. World's Steepest Street Race
 - 26th. Harlech



- AUGUST**
- 20th. Tour de Môn
- SEPTEMBER**
- 9th - 10th. Sandman
 - 9th. Torchlight Trail



- MAY**
- 13th. XTERRA Weston Park
 - 14th. Weston Park



- OCTOBER**
- 1st. Llandudno
- NOVEMBER**
- 5th. Anglesey Trail Half Marathon & 10k

RUN

The run course includes a rail crossing. Trains will be running.

In the interests of marshal and runner safety you **MUST** obey all instructions given to you by marshals at the railway crossing. Marshals will be stopping runners from crossing the train line as soon as they have line of sight of the train. This may mean you have a couple of minutes to wait at the run crossing. Anyone who attempts to jump the train lines or who disobeys a marshal will be disqualified from the race.

The run is well signposted, and marshals will be present at many junctions. Part of the run is on public footpaths, please be aware and considerate to other users.

Important run course specific hazards:

Uneven and slippery ground – there will be numerous potential hazards underfoot along the entire run route. Appropriate footwear should be worn and be aware of the ground conditions. There will be a mixture of sand, tarmac and track.

Motor Vehicles – you will be running in part on open roads, check both directions before crossing or joining these for oncoming traffic, event or emergency vehicles.

Cyclists – As the bike and run courses crossover, keep alert to cyclists approaching from behind or crossing in-front of you

Runners must give way to all motor traffic.



TEAMS

Swimmers taking part in a team should pass their timing chip to the cyclist in the clearly marked team handover area after entering Transition. After the bike, the cyclist finishing their section, must rack their bike in the transition area before making their way to the team handover point again to pass their timing chip to the runner who must be waiting in the team handover.

Team members should then make their way to the castle to meet their runner; this could be quite a race in itself!

Team Members are advised to bring warm layers to wear whilst waiting for their team members to arrive.

DRAFTING RULES

Both the Duathlon and Triathlon are non-drafting events. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification.

The Cycle route contains some open and some closed roads.

The Highway Code must be strictly obeyed. Motorbikes will be present during the cycle section to support, guide and referee. Marshals are NOT there to stop traffic. You must obey all traffic lights, signals, signs and markings.

DRAFTING RULES



DRAFTING RULES EXPLAINED

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

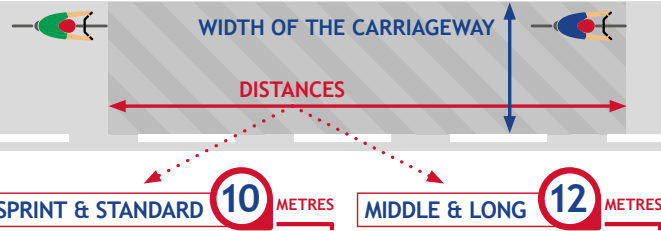
WHAT IS DRAFTING?



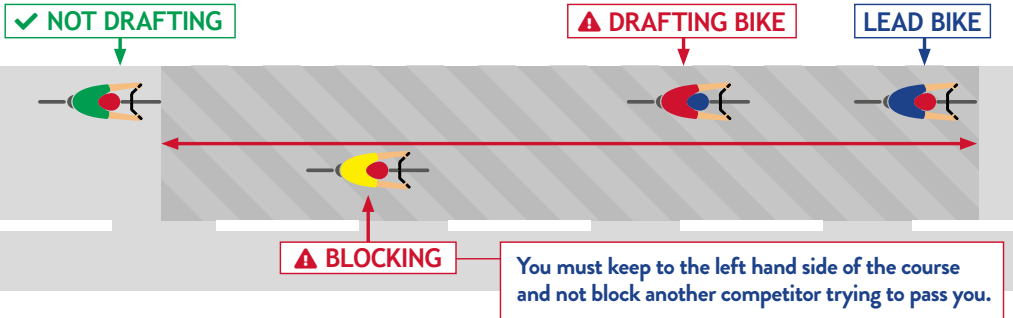
IT'S AGAINST THE RULES

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

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

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



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.



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 – Nigel Kendrick – 07811 947751

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



WWW.ALWAYSAIMHIGHEVENTS.COM

