



## Race Info Pack

# COSMESTON SPRINT TRIATHLON, 10th June 2007

1. Welcome to the Cosmeston Sprint Triathlon organised by Cardiff Triathletes. This is a BTF sanctioned event.
2. Registration. Registration will be open from 0600 at the Ranger Station and all athletes must register before 0630, when registration will close. You must present your cycle helmet for inspection at registration. Your registration bag will contain a swim cap, two race numbers and a sticky label with your race number on it. The swim cap must be worn during the swim section of the race and your race number must be visible from the rear during the cycle section and from the front during the run section of the race. Your race numbers must not be torn, folded or mutilated in any way. Number belts will be permitted. The sticky label is to be fixed to your bike. Before leaving registration please make sure that you have your race number written on your left forearm/hand and left thigh.
3. Transition. Access to transition will be restricted to competitors (i.e. those with race numbers on their hand). The bike racking will not be numbered so you may place your equipment anywhere within transition, with due regard for other competitors. A one way system will operate in transition to ensure that no athlete is placed at a disadvantage.

After the race please do not ask anyone else to collect your bike or equipment, they will be refused. Marshalls will check that the number on your hand corresponds to the number on your bike sticker before you can remove your bike.

4. Race Brief. There will be a race brief at 0645. All competitors must attend. The briefing will be held at the swim exit jetty.
5. Route:  
**Swim (750m)** The wearing of wetsuits during the swim section of the race will be obligatory. The swim caps provided must be worn. The swim will commence at 0700 with a single wave start, however, if the junior entry is deemed sufficient there will be a junior wave at 0700 followed by an open wave at 0705. The start will be in the water so please seed yourself according to perceived ability. The swim will consist of one large clockwise lap. A lead canoeist will be present as will a number of other safety canoes. If you get into difficulty during the swim you should roll onto your back and raise one arm above your head to alert safety personnel. If in the opinion of the race officials, a competitor appears unfit to continue after the swim section he/she will be withdrawn from the race.

**Cycle (20km)** Please ensure that your race number is visible from the rear at all times during the cycle section of the race. All bicycles must be in a

roadworthy condition. A SNELL/ANSI approved helmet must be worn throughout the cycle section of the race. Your helmet must be secured before removing your bike from the racking, and must not be undone until after your bike has been returned to the rack. Failure to comply with either of these rules will result in disqualification. There is to be no riding in transition. On leaving the park, competitors turn RIGHT onto the main road. Please obey the marshals and/or police at this point as they will be checking for traffic. If they tell you to stop you must do so for your own safety. Please also note that speed must be reduced to negotiate the Lidl roundabout on the return cycle journey. Please also take care when passing through Sully and any traffic or parked cars associated with the car boot sale. Marshalls will be present at this location and will note the numbers and times of any competitors who are held up. Marshalls cannot stop traffic and it is your responsibility to ensure you negotiate this section of the course safely. A course map will be available at registration and all major junctions will be signed and marshalled. However, it is the responsibility of the competitor to safely and correctly complete the course!

**Drafting** - THIS IS A NON DRAFTING EVENT. These race instructions constitute a warning to all competitors. There will be no warnings or 'two-foot' penalties issued by draftbusters or marshals on the course. The draftbusters and marshals will all be in radio/telephone contact with the race referee. Any competitor adjudged to be drafting will have their number notified to the race referee and this will result in instant disqualification. There will be no right of appeal!!!!!!

**Run** (5 km) Please ensure that your race number is visible from the front during the run section. The run will be entirely on paths within the park. On leaving transition competitors run on the lakeside path (lake on left) to a T-junction. Here competitors turn left and complete a clockwise loop, including short out and back at about ½ way, returning to the 1<sup>st</sup> T-junction, before returning past the lake (lake on right) to finish back at transition.

6. Results. Prizes will be awarded as follows:

First, second and third placed overall male competitor

First, second and third placed overall female competitor

First male junior

First female junior

First male Veteran

First female Veteran

*The above is dependant upon entry numbers at race organisers discretion.*

(Competitors will be eligible for prizes in one category only and second/third will depend on number of entries in each category)

Full results will not be available on the day but will be posted on the Cardiff Triathletes web-site as soon as possible after the event. [www.cardifftri.net](http://www.cardifftri.net)

7. Directions. Leave the M4 at junction 33, and take the A4232 for Cardiff (West), Barry and Penarth. Follow the signs for the airport. At the first major exit (after 3 miles) leave this road and take the A4050 to Barry. The

third roundabout you come to is the turnaround point on the bike course. Follow the signs for Barry and Sully until you pick up the signs for the Country Park. Allow 30 minutes to get from the M4 to the Park. Enter the park's postcode CF64 5UY into <http://www.streetmap.co.uk> or <http://maps.google.co.uk> for more information.

Hope you have a great race.

## Legionella

### TO ALL COMPETITORS Safeguarding Your Health

We have been informed by the Vale of Glamorgan Environmental Health Department that periodically the water at Cosmeston Lakes is *not of an acceptable standard* especially in the area where ducks and swans congregate.

The water is routinely tested for the following: Coliforms, *E. coli* and *Streptococci*, the latter may cause sore throats, fever or skin and wound infections.

Water contaminated by faecal droppings from birds and animals can be the source of several organisms, including *Cryptosporidium*, *Salmonella* and *Campylobacter*, which may cause gastroenteritis in humans. The risk of acquiring infection is likely to be higher in those who have had no previous exposure to this kind of environment.

*Leptospirosis*, commonly known as Weil's disease may be associated with recreational exposure to contaminated water. The disease has an incubation period of 7-12 days. It has a sudden onset with flu-like illness, headache, chills and severe myalgia in the legs. The organism responsible for the disease can enter the body through unprotected cuts and scratches. It can also gain entry through the lining of the mouth, throat and eyes. It is however a relatively uncommon disease in this country.

*To safeguard your health please ensure that you:*

- Immediately wash cuts or abrasions and cover them with a waterproof dressing
- Wear a full body suit with goggles
- Shower after exposure to natural water
- Report any "flu-like" illness to your GP and inform him of the activity you have undertaken.

The risk of contracting any infection or disease has not been fully assessed; it is however believed to be minimal.