



Try a Tri 2013

Cardiff Triathletes

Sunday 5th May 2013

Dear Triathlete

Thank you for entering Try a Tri (Cardiff) 2013. The following information is offered to guide you through this race and to ensure a safe and pleasant event.

VENUE

This race is based around Fairwater Leisure Centre, Waterhall Road, Cardiff, CF5 3LL. The Leisure Centre has changing rooms, showers and toilets. On site parking is limited.

PARKING

Free parking will be available at Ysgol Gyfun Plasmawr, which is the secondary school, next to the Leisure Centre. We recommend you park here, walk to registration, then collect your kit from your car and then proceed to transition.

If you park offsite, please take care not to block in any of the neighbours or restrict sight lines along the course.

REGISTRATION

Registration will open from 06.30 and is located in the downstairs coffee area of the Leisure Centre. At registration you will be given a goody bag containing your race numbers.

If you are not a current member of British Triathlon, you will be given a "Day License" which provides third party liability insurance.

We recommend that you register one hour before your start time.

RACE NUMBERS

At registration your race number will be written on your right arm and left leg. Please let the marker know if you have an allergy to marker pen.

In your goody bag you will find two large numbers and one small number. Please put the small race number on your bike and write your contact / medical information on the back of one of the large numbers.

During the bike section of the race your number should be visible from the rear and during the run; your number should be visible from the front.

TRANSITION

After registration you may rack your bike and lay out your equipment in the transition area. The scaffolding is not numbered and so you may place your bike anywhere along the rack.

Only athletes and marshals are allowed into the transition area.

RACE BRIEFING

A race briefing will be held at the side of the pool 10 minutes before your start time. This race briefing is mandatory. You should present yourself at this briefing ready to race.

NUTRITION

Water will be available as you leave transition and at the finish line. Your goody bag will contain a sports bar, and gels. It is advised that you carry a drink on your bike.

SWIMMING

The swim will be organised into 9 waves, starting at 07:30. The slowest swimmers will start first, with the fastest swimmers in the last wave. Please note wave 1 is an exception to this and has been specifically reserved for youngsters, who are training with Welsh Triathlon's Development squads.

A sheet indicating the wave number and start time of each athlete will be displayed at the registration area.

The following heat will not start until the previous one has finished. If you miss your start time, you cannot be guaranteed a swim. Please be prompt.

You will be asked to enter the swimming pool, before your race commences. The start will involve a push off from the side of the pool and not via a diving start.

There will be 6 lanes with 2 swimmers in each lane. Please swim UP and DOWN the side indicated by the swim marshals.

Your 16 lengths (400 metres) will be counted by swim marshals and you will be told when you have "2 lengths to go" and when to "finish".

On completion of the swim, please leave poolside by the exit indicated and make your way to the transition area.

Walk inside the pool area, as the tiles will be slippery.

TRANSITION 1 (T1)

Please leave your clothing for the bike and run sections by the side of your bike in the transition area.

Do not leave clothes in the way of other competitors.

Be sure to fasten your helmet before un-racking your bike.

Do not mount your bike until you pass the "mount" line indicated, just past the exit of the transition area.

BIKE

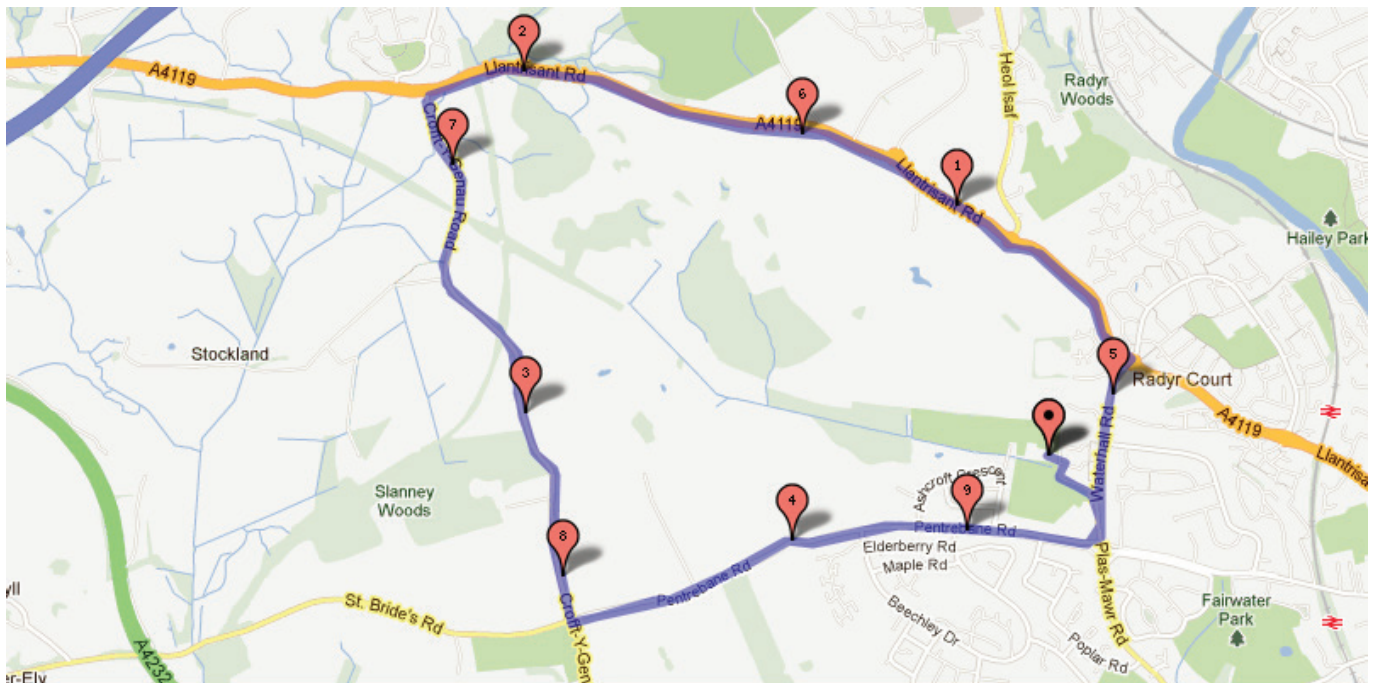
The normal rules of the road apply.

The bike section of this race consists of 2 laps of approximately 8 kilometres each. Upon completion of the first lap proceed straight up the hill. Do not turn towards the Leisure Centre until you have completed the second lap.

This is a non drafting event. Any competitor slipstreaming behind another competitor will receive a time penalty and may be disqualified. There should be at least 5 metres between cyclists, except when overtaking. When overtaken the slower cyclist is required to drop back to the appropriate distance.

Even though this is a race please ride sensibly and safely at all times and be prepared for the unexpected, such as pedestrians, dogs and pot holes. The future of triathlon in public areas depends on all athletes cycling and running in a safe and controlled manner.

THE BIKE COURSE



To view the route on a map- <http://www.gmap-pedometer.com/?r=1690750>

Please ride with your head up, obey marshals advice and follow the direction signs.

On leaving the Leisure Centre car park turn right and then left on reaching the main Waterhall Road, caution traffic calming system.

At the top of the hill (Radyr Cheyne), go left at the roundabout onto Llantrisant Road.

Stay on the Llantrisant Road and go straight on past the two roundabouts. After a short climb you will hit a downhill section of the course, which is very fast as you go under the bridge. You will be making a sharp left turn at the bottom of the hill, so brake early, particularly if it is wet.

After this left turn, at the bottom of the hill is Crofft-y-Genau Road, go straight until the first crossroads, just before St Fagans Village.

Turn Left and proceed along Pentrebane Road, past Ysgol Gyfun Plasmawr on your left. Caution again due to traffic calming system.

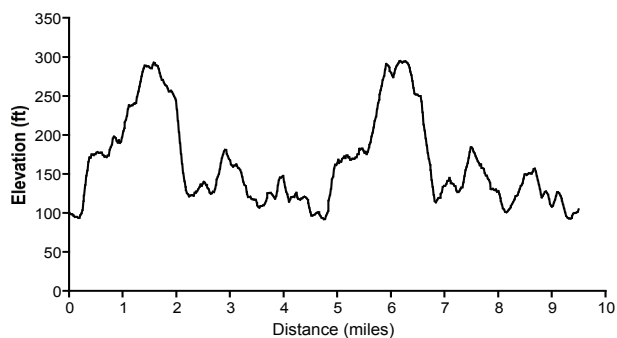
At the junction turn left back onto the Waterhall Road. Please exercise caution here as you will be turning into a busy road and earlier competitors may be crossing the road as part of the run.

This completes your first lap. Do not turn into the Leisure Centre, but head straight up the hill for the second lap.

The second lap is the same as the first.

After the second lap turn left back onto Waterhall Road and left again back into the Leisure Centre. Keep to the left and follow the main flow of traffic into the Leisure Centre car park.

BIKE ELEVATION CHART



TRANSITION 2 (T2)

Take care whilst cycling into the Leisure Centre car park and prepare to dismount before the "dismount" Line, prior to the transition area.

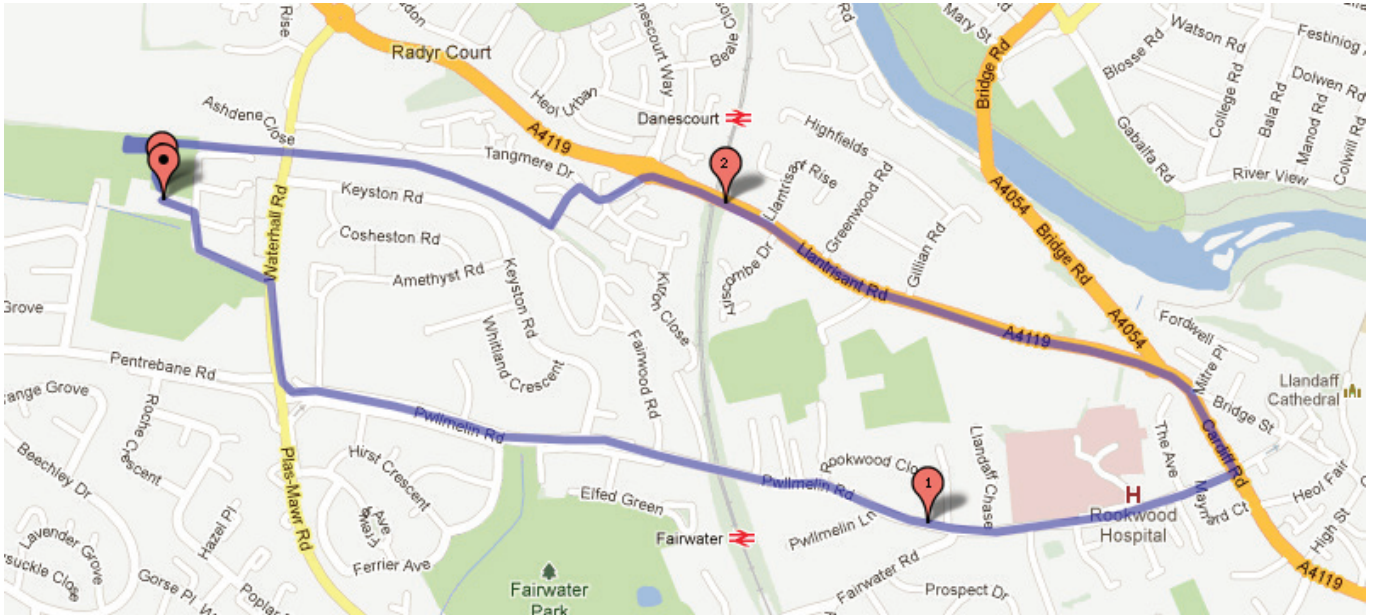
Rack your bike before unfastening your helmet.

Run

The run is a single loop of 4.6 kilometres. It is relatively flat and you will run on pavement and track.

Please give a wide berth to any pedestrians, as you run around the course.

RUN COURSE



To view the route on a map- <http://www.gmap-pedometer.com/?r=1690869>

On crossing Waterhall Road, turn left along Pwllmellin Road.

Take extra care at the narrow bridge just past the shops.

Stay on the pavement on Pwllmellin Road and go past Rookwood Hospital.

Shortly after passing Rookwood Hospital turn left at the traffic lights.

Go down the hill, staying on the pavement, and go past the BBC Studios.

Stay on the Llantrisant Road until you come to the garage on your left, just before the roundabout.

Turn left just passed the garage on to Radyr Way, into a housing estate. Then right and left on to Kenly Close and you will be directed onto a footpath by a marshal.

Keep going straight on this footpath which will take you straight back towards the Leisure Centre.

There will be a race sign indicating where to come off the footpath to the left where you will see the Leisure Centre, run across the playing field about 150 metres to the finish.

WITHDRAWAL DURING THE RACE

If you withdraw during the race please inform the Timing Marshal at the finish line. This is so we can account for all competitors who started the race.

The future of triathlon depends upon the safe and sensible use of highways and the consideration paid to motorists and pedestrians alike.

Spare a thought- not everyone is in a hurry on a Sunday morning.

MARSHALS

The marshals are current members and friends of Cardiff Triathletes. Their main role is to guide you around the course. They do not have the authority to interfere with traffic in any way. We plan to have motorcycle marshals patrolling the bike and run sections of this course.

RACE RESULTS

To keep costs down we are not using chip timing. Marshals will take your split times as you exit the pool area, as you exit T2 and at the finish. You can help the Timing Marshals by shouting your number as you pass their station.

We will try our very best to gather the results as soon as possible. We will aim to email the full results to you as soon as possible; they will also be posted on the Cardiff Tri website www.cardifftri.net

Provisional timings may be available in registration, during the event.

PRIZE GIVING

As this is a novice event no prizes will be awarded.

SWIM WAVE TIMES

Wave 1	07.30	(elite juniors wave)
Wave 2	07.40	
Wave 3	08.00	
Wave 4	08.15	
Wave 5	08.30	
Wave 6	08.40	
Wave 7	08.50	
Wave 8	09.00	
Wave 9	09.10	

NB

There will be 2 athletes per lane making 12 athletes per wave.

SWIM WAVE TIMES

RACE NO	WAVE	LANE	START TIME	FORENAME	SURNAME
Wave 1 07.30					
1	1	1	7.30		
2	1	1	7.30		
3	1	2	7.30		
4	1	2	7.30		
5	1	3	7.30		
6	1	3	7.30		
7	1	4	7.30		
8	1	4	7.30		
9	1	5	7.30		
10	1	5	7.30		
11	1	6	7.30		
12	1	6	7.30		
Wave 2 07.40					
13	2	1	7.40	Keith	Hussey
14	2	1	7.40	Russell	Benningwood
15	2	2	7.40	Rowena	Duffield
16	2	2	7.40	Llyr	Williams
17	2	3	7.40	Ross	Duffield
18	2	3	7.40	James	Berrill
19	2	4	7.40	Graham	Mathews
20	2	4	7.40	Tamira	Rolls
21	2	5	7.40	Martin	Lewis
22	2	5	7.40	Neil	Williams
23	2	6	7.40	Andrew	Hillis
24	2	6	7.40	Lorton	Cliona
Wave 3 08.00					
25	3	1	8.00	Kelly	Evans
26	3	1	8.00	Duncan	Milward
27	3	2	8.00	Lee	Yanez
28	3	2	8.00	Nathan	Cornish
29	3	3	8.00	Steven	Kedward
30	3	3	8.00	Darran	Withey
31	3	4	8.00	Sarah	Jeffrey
32	3	4	8.00	Matt	Nodder
33	3	5	8.00	Sian	Fudge
34	3	5	8.00	Amie-Louise	Prior
35	3	6	8.00	Kayleigh	Hansen
36	3	6	8.00	Lyndon	Murphy
NB There will be 2 athletes per lane making 12 athletes per wave.					

RACE NO	WAVE	LANE	START TIME	FORENAME	SURNAME
Wave 4 08.15					
37	4	1	8.15	Savino	Delcuratolo
38	4	1	8.15	Mathew	Bevan
39	4	2	8.15	Joseph	Impey
40	4	2	8.15	Pam	Prema
41	4	3	8.15	Teresa	Brotherton
42	4	3	8.15	Jeni	Evans
43	4	4	8.15	Michael	Prior
44	4	4	8.15	Darren	Mordecai
45	4	5	8.15	David	Cleland
46	4	5	8.15	Aled	Guy
47	4	6	8.15	Andrew	Evans
48	4	6	8.15	Tim	Farrer
Wave 5 08.30					
49	5	1	8.30	Michael	Higgins
50	5	1	8.30	Dafydd Trystan	Davies
51	5	2	8.30	Nora	O'leary
52	5	2	8.30	Ashlee	Kendall
53	5	3	8.30	Hollie	Dunwoodie
54	5	3	8.30	Graham	Griffiths Moore
55	5	4	8.30	Charity	Place
56	5	4	8.30	Charity	Place
57	5	5	8.30	Natasha	Gress
58	5	5	8.30	Steve	Swabey
59	5	6	8.30	Philip	Hughes
60	5	6	8.30	Patrick	Moran
Wave 6 08.40					
61	6	1	8.40	Michelle	Campbell-Davies
62	6	1	8.40	Richard	Bowen
63	6	2	8.40	Paul	Tucker
64	6	2	8.40	Suzanna	Noorbhai
65	6	3	8.40	Simon	Thomas
66	6	3	8.40	Jennifer	Hogan
67	6	4	8.40	Jonathan	Evans
68	6	4	8.40	Gavin	Black
69	6	5	8.40	Claire	Dare
70	6	5	8.40	Cecilia	Thomas
71	6	6	8.40	CHARITY	PLACE
72	6	6	8.40	CHARITY	PLACE
NB There will be 2 athletes per lane making 12 athletes per wave.					

RACE NO	WAVE	LANE	START TIME	FORENAME	SURNAME
Wave 7 08.50					
73	7	1	8.50	Rob	Tanner
74	7	1	8.50	Emma	Feehan
75	7	2	8.50	Mark	Harris
76	7	2	8.50	Louise	Fowler
77	7	3	8.50	Alun	Reffell
78	7	3	8.50	Emma	Reffell
79	7	4	8.50	Phillip	Hewer
80	7	4	8.50	Kevin	Burford
81	7	5	8.50	Cain	Thomas
82	7	5	8.50	Em	Colbeck
83	7	6	8.50	Huw	Neale
84	7	6	8.50	Edward	Watt
Wave 8 09.00					
85	8	1	9.00	Leigh	Nelmes
86	8	1	9.00	Daniel	Nelmes
87	8	2	9.00	Lauretta	Jones
88	8	2	9.00	Joanna	Raper
89	8	3	9.00	Ryan	Bedwell
90	8	3	9.00	Liza	Wright
91	8	4	9.00	Abigail	Bowen
92	8	4	9.00	Sarah	Burford
93	8	5	9.00	Olivia	Blok
94	8	5	9.00	Joanne	Brace
95	8	6	9.00	Mark	Brace
96	8	6	9.00	David	Lewis
Wave 9 09.10					
97	9	1	9.10	Hef	Davies
98	9	1	9.10	Angharad	Pocock
99	9	2	9.10	Gwen	Williams
100	9	2	9.10	Dafydd	Sion
101	9	3	9.10	Sarah	Withey
102	9	3	9.10	Britta	Ga
103	9	4	9.10	Math	Gould
104	9	4	9.10	Jack	Castleman
105	9	5	9.10	Nathan	Bevan
106	9	5	9.10	David	Mortimer
107	9	6	9.10	Robert	Davies
108	9	6	9.10	Ioan	Richards
NB There will be 2 athletes per lane making 12 athletes per wave.					

SCHEDULE FOR THE DAY

- 06.00 Transition area set up, registration set up and signage put up
- 06.30 Transition and registration opens
- 07.10 Final Briefing for Marshals by finish
- 07.20 Swim Marshals take positions
- 07.30 First wave starts
- 07.30 Cycle Marshals take positions
- 08.00 Run Marshals take positions
- 09.10 Last wave starts
- 10.30 Last competitor finishes
- 10.50 Signage taken down, transition area dismantled

EQUIPMENT CHECK

SECTION ITEMS

SWIM Swimwear, goggles, swim hat (if used)

BIKE Bike, helmet, cycle shoes/trainers, cycle top/t-shirt (or tri suit)

RUN Trainers, socks (if wearing), t-shirt/top

OTHER USEFUL ITEMS

- Race belt (safety pins will be provided at registration)
- Drink – make sure you stay hydrated before, during and after the race
- Shower stuff
- Talc for inside trainers (helps get them on quicker)
- Towel for after swim section
- Towel for showering after the race
- Change of clothes
- Money
- Post race food
- Family/friends to cheer you on!

BIKE CHECK LIST

The following checks should be carried out prior to coming to the event and preferably on the morning of the actual competition, before placing your bike in the transition area.

These checks should be undertaken as 'Cardiff Triathlon Caerdydd' cannot be held responsible for any damage incurred from mechanical failure.



ITEM CHECK:

Frame

- Wheels in line when straight
- For cracks in tubes or lugs

Saddle

- For tightness of seat pillar in frame
- For tightness of saddle fixing itself

Handlebars

- For tightness of handlebar stem in frame
- For tightness of handlebars in stem

Brakes

- No wheel rotation when applied
- Clear rims when released
- Tightness of fixing to frame
- Excessive wear of brake blocks and cables
- Tightness of fixing nuts
- Tightness of levers to handlebars

Bearings

- For play or tightness in bottom bracket or steering

Chain set

- Tightness of chain wheel bolts

Pedals, toe clips, straps

- Bearings, fixing of clips and for cracks
- Straps are sound
- Pedals firmly attached to cranks

Chain

- For wear and lubricated

Gears

- All fixings, cables for wear, free wheel for smooth running and wear
- Operation for overshooting on top and bottom gears

Wheels

- For true running, rims, bearings, fixing to frame, spokes for slackness or breakage

Tyres

- Inflated to correct pressure, tread for cuts, small stones and bulges
- Tubulars (if used), for adhesion to rims
- Spare tyre/tube

Accessories

- Pump firmly in place
- Tools, bottle cage and spares fixed firmly

The wearing of a cycle helmet (which meets appropriate British safety standards) is compulsory. Remember no helmet, no race.

TRIATHLON RULES

Like all sports Triathlon is governed by a set of rules. British Triathlon sets the rules for their sanctioned races, which include

- 13.3 Competitors are ultimately responsible for their own safety and for the safety of others
- 13.4 It is the competitors responsibility to be properly prepared for the event and to ensure that their equipment is suitable and fit for its intended purpose
- 14.5 Competitors must be adequately clothed at all times (Do not take your top off during the cycle / run)
- 14.7 Competitors must not receive any assistance other than that provided by the race organisers
- 15.1 Athletes must not bring helpers, friends or family members into the transition area
- 15.4 Cycles must be racked
- 15.5 Competitors must mount their cycle outside the transition area
- 15.6 Competitors must dismount their cycle outside the transition area
- 16.3 During the cycle phase a race number must be displayed to the rear
- 16.4 During the run phase a number must be displayed to the front
- 17.5 No diving (at the start of the race)
- 18.5 All competitors must follow the normal rules of the road
- 18.7.1 Helmets must be fastened before the cycle is moved and must remain fastened until the cycle is racked
- 19.1 Competitors are not allowed to draft (i.e. come within 5 metres of the cycle in front. The overtaken cyclist should drop back)
- 8.1 Any equipment that acts as an impediment to hearing or concentration is prohibited from use during the event. (i.e. no MP3 players etc)
- 8.2 No glass containers shall be used at any time

The full version of all the rules are available on the British Triathlon website.