



Try a Tri 2016

Cardiff Triathletes

Sunday 1st May 2016

Dear Triathlete

Thank you for entering Try a Tri (Cardiff) 2016. 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, Fairwater, Cardiff, CF5 3LL. The Leisure Centre has changing rooms, showers and toilets. On site parking is limited.

PARKING

Free parking is 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 bike and 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 ground floor coffee shop 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

At the entrance to transition, your bike helmet will be checked and that you have attached the small race number to your bike. The wearing of a cycle helmet (which meets appropriate British safety standards) is compulsory. Remember no helmet, no race.

The scaffolding is numbered. Rack your bike at your number and lay your kit next to the bike. Any excess clothing / kit should be placed in a locker in the changing rooms.

Only athletes, marshals and British Triathlon officials 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 (T1 and T2) and at the finish line. The finish line will have an assortment of drinks and food available.

Lance the coffee guy will be offering refreshments and we expect the coffee shop to be open inside the Leisure Centre.

SWIMMING

The swim will be organised into 8 waves, starting at 07:30. The slowest swimmers will start first, with the fastest swimmers in the last wave.

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

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 on time.

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

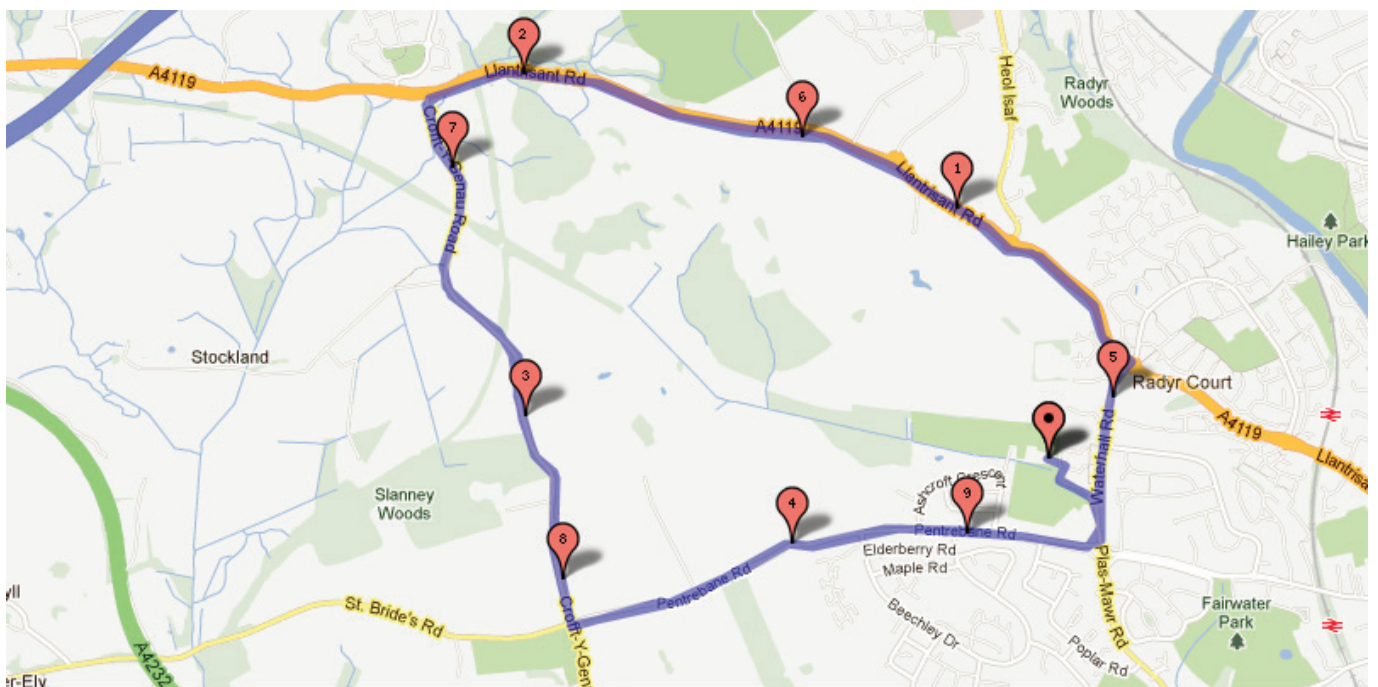
The normal rules of the road apply.

The bike section of this race consists of 2 laps of approximately 8 kilometers 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.

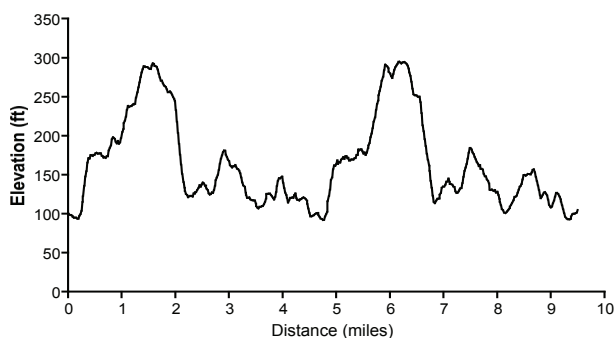
THE BIKE COURSE



BIKE ROUTE CONTINUE

- » Please ride with your head up, obey marshal's advice and follow the yellow direction signs.
- » On leaving the Leisure Centre car park turn right and then left on reaching the main Waterhall Road.
- » 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. A marshal will be positioned, at this turn, waving a red flag. This is to remind you to slow down before the turn.
- » Here you will be making a sharp 90-degree turn left. Slow down before you turn. Proceed along Pentrebane Road, past Plas Mawr High School on your left. At the junction turn left back onto the Waterhall Road.
- » 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.

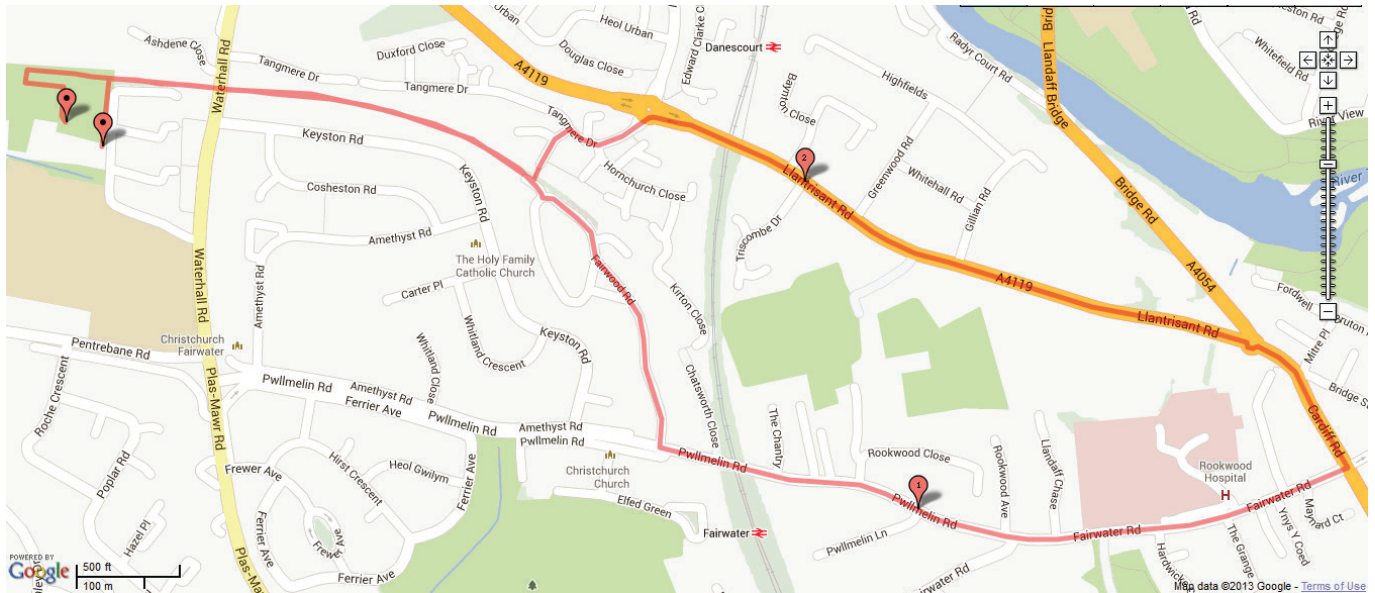
Rack your bike **before** unfastening your helmet.

RUN

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

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

RUN COURSE



- » At the exit of transition turn left and run across the playing field.
- » Join the bridleway and run on the right side of the path, to avoid oncoming runners.
- » At the end of the bridleway, join Fairwood Road and head towards Pwllmellin Road.
- » Turn left into 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 bridleway, which will take you straight back towards the Leisure Centre. Run on the right of the path as other runners may be coming towards you.
- » There will be a yellow race sign and a marshal 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.

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.

Please note a marshal in a high viz vest will be positioned at every turn on the bike and run route.

FIRST AID

St Johns will be providing first aid cover at this event. They will be stationed near transition.

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 race, there will be no prizes awarded for the fastest athletes. The purpose of the race is to introduce new athletes to the sport of Triathlon.

PHOTOGRAPHS

Two Club members will be taking digital photos of the event, so don't forget to smile. These photos will be placed on the gallery section of the Club's website. High resolution images will be available on request, free of charge.

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.

SWIM WAVE TIMES

| | |
|--------|-------|
| Wave 1 | 07.30 |
| Wave 2 | 07.55 |
| Wave 3 | 08.15 |
| Wave 4 | 08.30 |
| Wave 5 | 08.40 |
| Wave 6 | 08.50 |
| Wave 7 | 09.00 |
| Wave 8 | 09.10 |

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 |
| 07.35 | Cycle Marshals take positions |
| 08.10 | Run Marshals take positions |
| 09.10 | Last wave starts |
| 10.30 | Last competitor finishes |
| 10.50 | Signage taken down, transition area dismantled |

TRIATHLON RULES

Like all sports Triathlon is governed by a set of rules. British Triathlon set the rules for their sanctioned races. The following rules are taken from the January 2016 Competition Rules.

General Conduct

- » Competitors will practice good sportsmanship at all times.
- » Be responsible for their own safety and the safety of others.
- » Obey traffic regulations and instructions from Technical Officials and marshals.
- » Treat other competitors, organisers, Officials, volunteers, and spectators with respect and courtesy.
- » Avoid the use of abusive language.
- » Compete without receiving assistance other than from event personnel and officials.

Health

- » Triathlons and related multisports are strenuous. To be able to participate, competitors should be in good physical condition.
- » By starting in a race, the competitors declare they are in good health and are in appropriate physical condition to complete the race.
- » It is the responsibility of all competitors to ensure they are able to complete the specific race distances entered comfortably.

Race Numbers

- » During the cycling phase, a number must be displayed to the rear.
- » During the running phase, a number must be displayed to the front.

Swim Conduct

- » Backstroke is not permitted in pool swims.

Cycling conduct

- » Competitors must ensure that his or her cycle is in a safe and roadworthy condition.
- » Cycling safety helmets must be worn by competitors.

Illegal Equipment

Includes, but is not limited to:

- » Headphone(s), headset(s) or technical earplugs.
- » Glass containers.
- » Mobile phone(s).
- » Personal video recording devices.

Drafting

- » Drafting is forbidden of another competitor. The bicycle draft zone will be 10 metres. A maximum of 20 seconds will be allowed to pass through the zone of another competitor.

Transition Conduct

- » All competitors must have their helmet securely fastened from the time they remove their bike from the rack before the start of the bike leg, until after they have placed their bike on the rack after the finish of the bike leg.
- » Competitors should only bring into transition what is required.
- » Cycling is not permitted inside the Transition Area. Competitors must mount their bicycles after the mount line. Competitors must dismount their bicycles before the dismount line.

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 use after swim section
- » Towel for showering after the race
- » Change of clothes
- » Money
- » Post race food
- » Family/friends to cheer you on!

With best wish and we look forward to meeting you on the day.