



Cardiff Triathletes

STUART MACCORMAC SPRINT TRIATHLON SUNDAY 21ST SEPTEMBER 2014

Dear Triathlete

Thank you for entering the Stuart MacCormac Sprint Triathlon 2014. 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. It is advised that you carry a drink on your bike.

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.

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

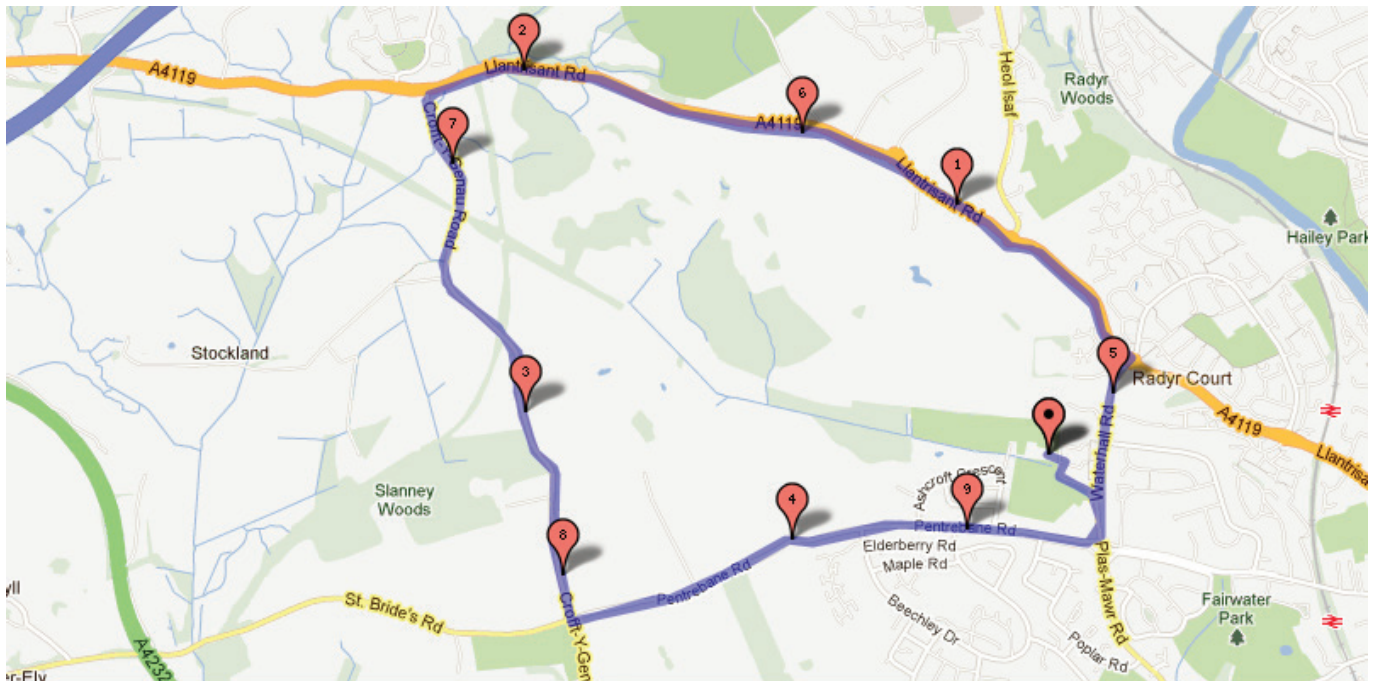
The normal rules of the road apply.

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 marshal's 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, go straight until the first crossroads, just before St Fagans Village. Turn Left and proceed along Pentrebane Road.

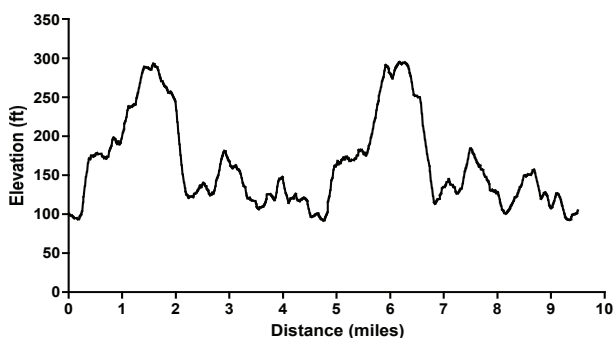
At the junction turn left back onto the Waterhall Road. Please exercise caution here as you will be turning into a busy road.

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.

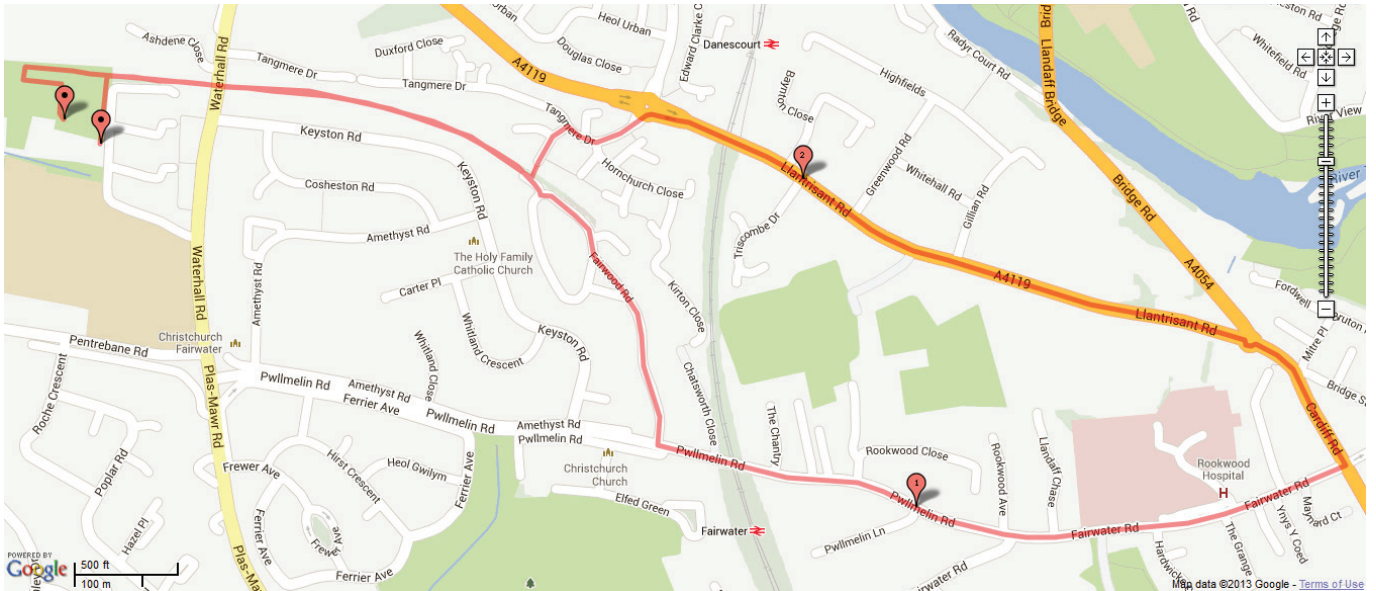
Rack your bike before unfastening your helmet.

RUN

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

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

RUN COURSE



To view the route on a map- <http://www.gmap-pedometer.com/?r=6069752>

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 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

An informal prize giving ceremony will be held at the end of the race, with various trophies awarded. We estimate this will take place around 11.00.

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
11.00	Award Ceremony

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!

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 3 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.

STUART MACCORMAC SPRINT TRIATHLON



This Triathlon is being held to celebrate the life of Stuart MacCormac, who died tragically, aged 53, whilst scuba diving at Scapa Flow, in November 2011.

Stuart became very interested in Triathlon in the mid 1980's. Having competed in his first race, the Penybont Tinman organised by the lifesaving club at Ogmore, he became hooked, loving the challenges that this new sport had to offer.

In 1984 he was one of the founding members of Cardiff Triathletes, becoming its Chairman. He was a very active member of the Club. In 2008 he qualified as a Triathlon coach and was the regular Thursday evening swim coach. His unfailing enthusiasm, support and knowledge encouraging triathletes, old and new, to enjoy training and improve. In 2010 and 2011 he won the Super Vet category at the Club's Annual Championship race.

Stuart was also involved in the development of Triathlon at the national level. During the early 2000s he became the Chairman of Welsh Triathlon and achieved many positive outcomes, including helping secure funding for the first Development Officer, overseeing BTA and WTA links, especially with regard to funding and autonomy and ensuring monies were put in place to secure a youth development programme (one of the beneficiaries of which was Helen Jenkins nee Tucker).

Stuart was a sporting all rounder. He swam, played water polo and baseball for Cardiff. As a schoolboy he played for and captained Cardiff and District Youth rugby teams and later the Senior District team. He captained St Peter's Youth and Senior teams and played for Penarth, when they faced and beat the Barbarians.

He also managed to find time to become a judo black belt, karate brown belt, run marathons, and in his forties he learnt to ski and became an advanced scuba diver. He truly was an 'action man' and it was his gentle, friendly, encouraging nature that made him the popular man he was.

He is greatly missed by his wife Denise, and children, Alexander, Cameron and Elinor.

All profits from this event will be donated to Royal National Lifeboat Institute.