



Welsh Aquathlon Championships
Porth Erias Colwyn Bay
Saturday 18th of August 2018

Event Manual





Welsh Aquathlon Championships

Welcome

Gog Triathlon would like to extend a warm welcome to everyone participating or spectating at the Welsh Aquathlon Championships 2018.

This information pack is intended to be as comprehensive as possible and contains important information about the race, which will help the day run smoothly and ensure that everyone enjoys the event.

Please take some time to read this information, should you have any unanswered questions after reading it, please email Gogtriathlon@googlemail.com for further information.

All information is accurate at the time of publication and contains all information required for participants and supporters for the 2018 Welsh Aquathlon Championships.

Background

The first Porth Eirias Aquathlon incorporating the Welsh Championships was held by GOG Triathlon in 2016. GOG Triathlon was delighted to be asked to organise the event again this year. The race is located on the golden sands of Colwyn Bay beach making the use of the new Porth Eirias Water Sports Complex.

The race consists of a two lap sea swim with an Australian exit followed by a run through the sand to the transition area. This is followed by a fast flat run finishing on top of the Porth Eirias building.

The club is excited to welcome both athletes, spectators and representatives of Welsh Triathlon for what is going to be a great day and race!



Event Schedule

Saturday 18th of August:

- 13:45 Registration opens (you will find us on the Colwyn Bay beach next to Porth Eirias complex)
- 15:00 Registration closes
- 15:15 Race Briefing to be held on the beach. It is compulsory for all the competing athletes to attend the Race Briefing.
- 15:35 Athletes warm up in the water
- 15:43 National Anthem
- 15:45 Race start
- 17:30 Prize giving (to take place at the finish on top of Porth Eirias once the last competitor has finished)

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Location

Sat Nav LL29 8HH

Promenade, Colwyn Bay LL29 8HH

Just 2 minutes off the A55 Junction 22 (Old Colwyn)

Parking

Competitors are requested not to park at the Porth Eirias Complex itself as the spaces here are required for customers of the restaurant. There is parking along the Promenade which is pay and display (the cost of which is added below). As it is summer season it is likely that the beach will be busy and parking is limited so keep this in mind when travelling and aim to arrive early.

You must pay for parking between 10am and 4pm

Up to 1 hour 50p

Up to 2 hours £1

Up to 4 hours £2.50

Over 4 hours £3.50

Payment can be made by cash or Card.



Toilets & Facilities

There are toilets, changing rooms and showers at the Water Sports complex which are free of charge. Within the complex there is also a café and Bryn's restaurant if you want some food and drink.

Registration

Registration will be on the beach located close to the Start of the race on the left hand side of Porth Erias. Look out for the tent with GOG signs on it. The tent will open for registration at 1345 hours. The registration will close at 1500.

At the registration you will collect the following:

- 1 x race number to be attached to your race belt or running top
- Timing Chip to be worn on your left ankle
- Pins for your number if required
- Goodie bag
- **If you are a member of British/Welsh Triathlon please bring your card. There will be a £5 charge for a day race licence should you not bring your membership card with you.**

Please note that at the registration your hand will be marked with your race number.

Bag Drop

There will be provisions on the day to leave your bags but this will be at the owners risk and the club will not accept any responsibility for any loss of damage to items.



Welsh Championship Status & Eligibility

We are delighted to be awarded the honour of being the 2018 Welsh Aquathlon hosts.

As per the British Triathlon's competition rules of 2017/18 to be eligible for a Welsh Triathlon Championship medal you must be a member of Welsh Triathlon no later than by 5pm, 3 days prior to the race. (i.e 5pm Tuesday 14th of August 2018).

Non-members & all nationalities will be allowed to compete at this event, but will not be eligible for a Welsh Triathlon Championship Medal.

Prizes will be awarded in the following Welsh Championship Categories:

Ages are taken at 31/12/2018

CATEGORY	MALE	FEMALE
Youth (15-16)	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Junior (17-19)	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Senior (20-39)	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Veteran (40-49)	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Super Veteran (50-59)	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd
Vintage Veteran (60 Plus)	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd

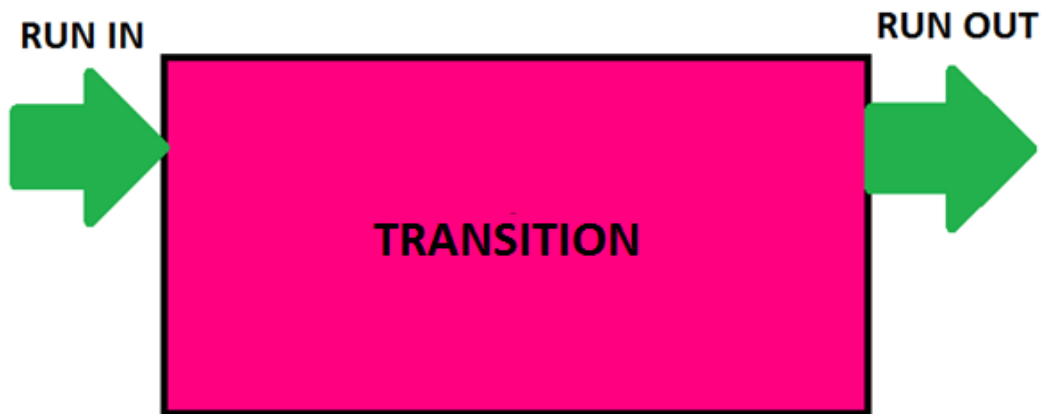
GOG Aquathlon Championships

All competitors will also be eligible for the following:

CATEGORY	MALE	FEMALE
Open age group	1 st , 2 nd , 3 rd	1 st , 2 nd , 3 rd



Transition



Transition details

Following your swim you will have a short run up the beach into the transition area. Your area will be marked with your race number. You will have enough space for your trainers and to leave your wetsuit, goggles following the swim.

There is limited space available, therefore **no boxes or large bags** will be allowed in the transition. Please move them to the side or hand them in to baggage drop off.

Follow the EXIT signs and marshals instructions for the Run Out.

Some rules

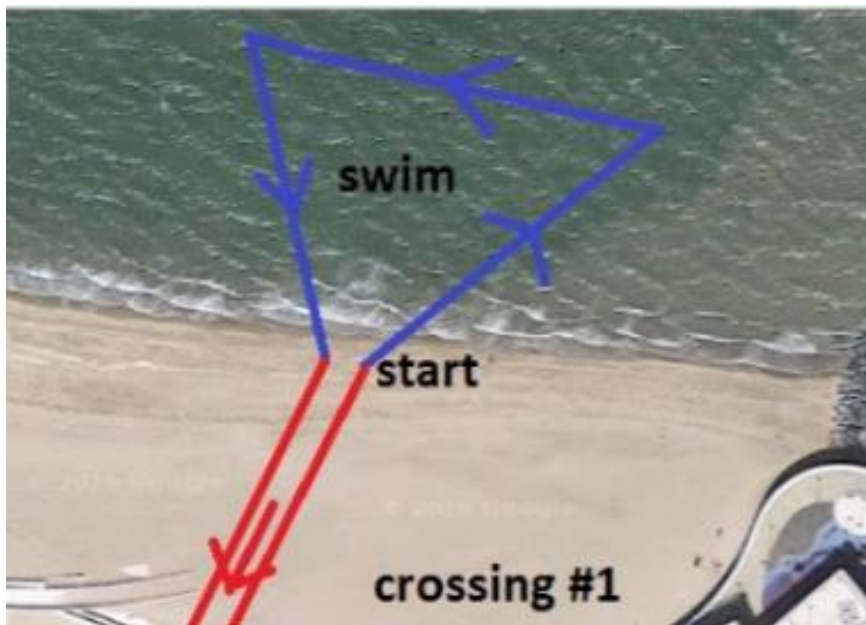
- Only the competitors wearing their race numbers will be allowed in the transition area.
- No headphones, mobile devices will be allowed in the transition area.
- No smoking in the transition area.
- Please enter and exit the transition area prior to the race as instructed by marshals.
- When leaving transition during the race for the run section, please make sure your number is visible on your front.



Swim

The swim will be a sea swim consisting of two laps with an Australian exit (run along the sand) in between each lap. The total swim distance will be 750 meters. You will swim out before turning left and left again to complete your first lap. You will then do the same before running through the arch and up the beach to the transition area.

Please note that wetsuits are compulsory in this race.



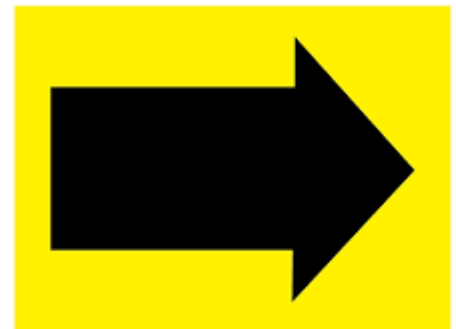
Run

The run is a fast flat 5k out and back route. You will run past the sea front side of the water sports complex, across the car park and down the promenade to the Rainbow Bridge before turning around and following the same route back. When you get back to the car park; instead of heading back to the beach you will run up to the top of the Water Sports Complex where there will be finishing line on the roof. WHO WILL BE THE CHAMP OF THE RAMP???



Event Signage

On the day signage similar to the below will be used to mark the race route and transition area. Please only follow the signs which will be either 'Caution Runner' or direction arrows. You will also see marshals out on the course with GOG Squad High Viz jackets on giving you directions.



Timing

Timing will be provided by Nifty Timings who are a tried and tested company. You will be able to access your results on their website shortly after the event.

<http://www.niftyentries.com/>

There will be split times for swim from start to the timing mat transition, transition time and run time.

There may even be a little surprise, which could be announced on the day so make sure you listen in the race brief.



Rules

For a full list of British Triathlon Rules which includes Aquathlon events please visit:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>

Thanks

Without help from sponsors and club members events like these would not be able to take place.

Please wave and thank any Marshalls you see who are giving up their day to help YOU.

Great thanks to our sponsors who have helped us to put the event on and donated prizes.





Our Chosen Charities for 2018 are

