



Llanrwst Triathlon

Sunday 1st September 2019

Race Pack





Llanrwst Triathlon 2019

Welcome

Gog Triathlon would like to extend a warm welcome to everyone participating or spectating at the Llanrwst Triathlon 2019.

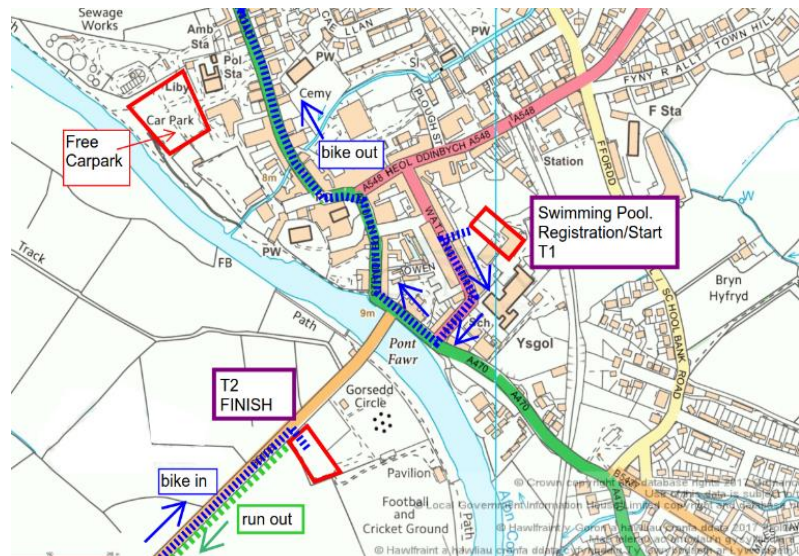
This information pack is intended to be as comprehensive as possible and contains important information about the race, which will help the day run smoothly and ensure that everyone enjoys the event.

All information is accurate at the time of publication. Please take some time to read this information, should you have any unanswered questions after reading it, please email:

Gogtriathlon@googlemail.com.

Location

Llanrwst Swimming Pool,
Watling St,
Llanrwst,
LL26 0LS



Parking

There is no parking available at the Swimming Pool/T1 on the day or at T2 as the car parks will be used for transition.

We advise you to park a short walk away at: **Glasdir**, Plas-yn-Dre, Llanrwst, Conwy, North Wales, LL26 0DF. This is a free car park with plenty of space and there will be signage directing you to registration at the Swimming Pool.



Changing and Toilet Facilities

There are changing facilities at the Swimming Pool along with lockers for personal possessions. Please note that the changing rooms and locker areas **will be closed from 14:00** on race day so please ensure that you collect all personal possessions before this time as we do not have access to them again until Monday. Toilet facilities are also available at T2 car park.

Registration

Registration will open at **07:00hrs** on Sunday 1st September in the hall adjacent to the Swimming Pool building. Registration will **close at 10:30**.

You will be required to read the race risk assessment and any other associated documentation for the race, to confirm that you are responsible for your own health and safety and that you will abide by the highway code at all times whilst riding your bike, and the forestry by-laws whilst running in Gwydir Forest. You will also agree NOT to race through the town centre of Llanrwst. This is a **NEUTRAL ZONE** for health and safety reasons and extreme caution should be taken through this short zone.

If you are a member of British/Welsh Triathlon please bring your Membership Card. There will be a £5 charge for a day race licence if you do not have your membership card with you.

The race will begin with the first wave of swimmers starting at 08.00hrs, so please ensure you arrive promptly to give yourself enough time to register, set up your transitions and familiarise yourself with the Transition Areas (we recommend at least 1 hour).

Race Numbers

You will receive 2 large race numbers and 2 self-adhesive numbers which should be placed as follows:

Large race numbers can either be worn on a race belt (number must be visible from the back on the cycle and front on the run) or attached to your top on the front and back with the safety pins provided. Your number must be clearly visible to the race Referee and Marshals at all times.

Self-adhesive numbers are to be placed on the down tube of the bike. The second label is to be placed on your helmet. Your race number will also be marked on your leg and arm when you register.

Start Times

Competitors will start in waves of 8 according to their estimated swim time over 400m. Prior to entering the pool you will be advised on the direction you are required to swim. Please ensure you fully understand the instructions as **lane discipline is paramount** for your safety. Any person found to be disregarding this rule will be disqualified.



Please note that the first 3 waves and the last wave have been allocated to GOG Triathletes who will be either marshalling before or after they race.

Swim start times will be on posted on the GOG Triathlon webpage.

Race Briefing

Your race briefing will be approximately 15 minutes before your swim start time at poolside. The route will be explained to you including any restrictions and dangers on the course. The event has been risk-assessed to identify potential hazards and control measures are in place. Marshals will direct competitors accordingly. It is your responsibility to respect the public highway and your own health and safety. Abuse of safety measures may result in disqualification from the race. Please be aware that if instructed by a Marshal to stop, you must do so immediately, this is for your own safety as well as for those around you. Time credits will be issued to any competitor who has to stop for safety reasons such as: train crossing delays or heavy traffic on the exit from Watling Street for example.

You will also receive your timing chip which will be placed on your left ankle at poolside.

Transition

There are **TWO (2)** transition areas. T1 is adjacent to the Swimming Pool, where you will need to rack your bike and leave bike clothing. T2 is in the Bowling Green car park across the old bridge from Llanrwst town centre on the B5106. As you cross the bridge please follow the arrows which will take you around the bowling green to the Transition entry/exit. Competitors will not be allowed to enter / exit via any other area for safety and security reasons. Here you will need to leave anything you may require for the run.

Both Transitions will be only be accessible to Athletes and Race Marshals once the first bike has been racked in T1.

Be aware at all times when racking bikes and dropping off kit that the race is in progress, competitors have right of way in transition so please do not get in their way. Please be courteous and vigilant at all times and respect other competitors.

In accordance with British Triathlon rules **no boxes or large bags** will be allowed in T2.

When setting up your transitions allow yourself enough time to familiarise yourself with the Transition Area layouts.

Bag Drop

There will be a small designated area within T2 to leave bags and boxes which will be marshalled, however belongings are left the owner's risk and the club will not accept any responsibility for any loss of damage to items. Any baggage left unattended around the transition area will be moved for security purposes.



Swim 400m

The swim will take place in Llanrwst Swimming Pool (**no wetsuits allowed**) which is 20 metres in length. You will be required to complete 20 lengths (400m in total). You will be advised by a Lane Counter when you have **TWO (2)** lengths remaining.

Although there will be Lane Counters **it is your responsibility to count your own lengths** (any discrepancies will be dealt with by the Pool Co-ordinator). Once you have completed your swim, you will exit at the same end you entered the pool. You will then exit the pool from the clearly Marshalled exit over the timing mat to T1.

Swim hats are not compulsory but if you wish to use one please do. Swim hats will **NOT** be provided.

Bike 25km

A good quality and fitting British Standard (or similar) helmet must be worn and fastened during the cycle. This will be checked before the start and anyone not complying with these standards will not race.

Your helmet must be fastened BEFORE you take your bike off the rack in T1 and must NOT be unfastened until your bike is on the rack in T2.

The race is a non-drafting event in accordance with British Triathlon rules.

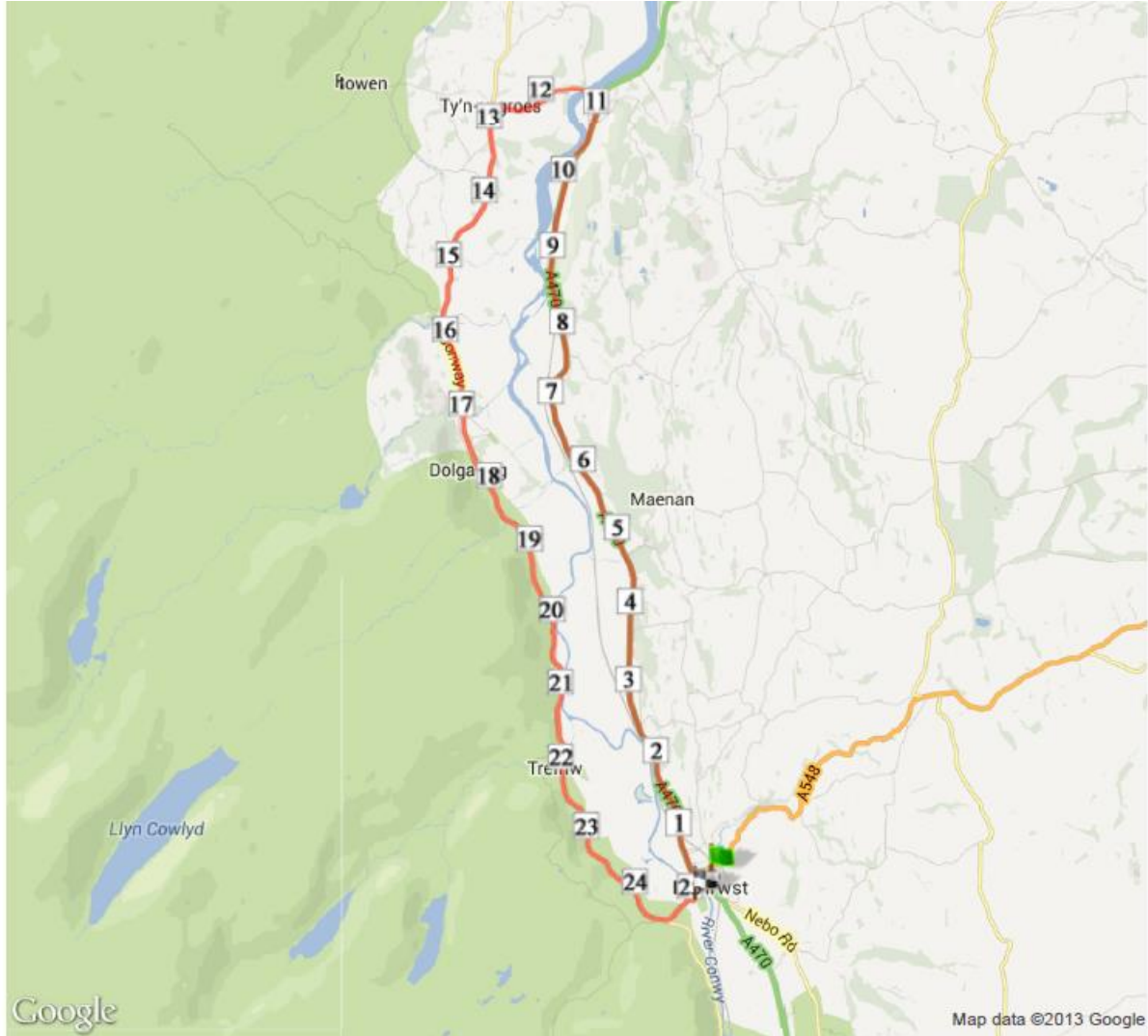
ROUTE:

Exit T1 over the timing mat, **do not mount** the bike until the mount line .

(Neutral Zone Start) Turn left on to Watling street, follow the road to the junction where you will turn right onto the main road (this is a busy junction and will be Marshalled. You must take extra care at this junction as traffic will be approaching from both directions, DO NOT cut the corner as this could result in disqualification). You will cycle through the town centre with a sharp right, left and right **(Neutral Zone Ends)**. **You must obey all traffic signals and markings.**

Once you leave the town on the A470 the route is fairly flat and fast. Continue north until LH turn at The Tal-y-Cafn Public House (10.9km) where you will turn sharp left, cross the railway line and bridge crossing the Afon Conwy (river Conwy). This junction will be Marshalled, however please be careful as Marshals cannot stop traffic. If rail crossing lights are in operation, STOP immediately. The Race Official will note your number and credit any lost time. Any person jumping railway stop signals will be disqualified from the race immediately. Once over the crossing and bridge, turn left and you will climb a fairly steep hill. At the top of the hill there will be a race Marshal. Please be aware of traffic from your right. Once at the top of the hill (12.5km) turn Left towards Tal-y-Bont, Dolgarrog and Trefriw, where there are a few downhill sections and flat fast road. As you approach Llanrwst the B5106 road bears left passing the RH turn to Betws-y-Coed. This junction will be Marshalled as it is also part of the run course. T2 is another 400m on the right which will be clearly signed and Marshalled. You will enter T2 at this point and **dismount before the dismount line**. Bikes must be racked in your designated spot before removing your helmet.

The area around T2 will be very busy at times so please be careful as other road users, cyclists, pedestrians, competitors and Officials.



Max Height: 67m
 Min Height: 5m
 Total Asc: 294m
 Total Desc: 297m



Route Information

Distance: 25.06 km

Bike Route Map

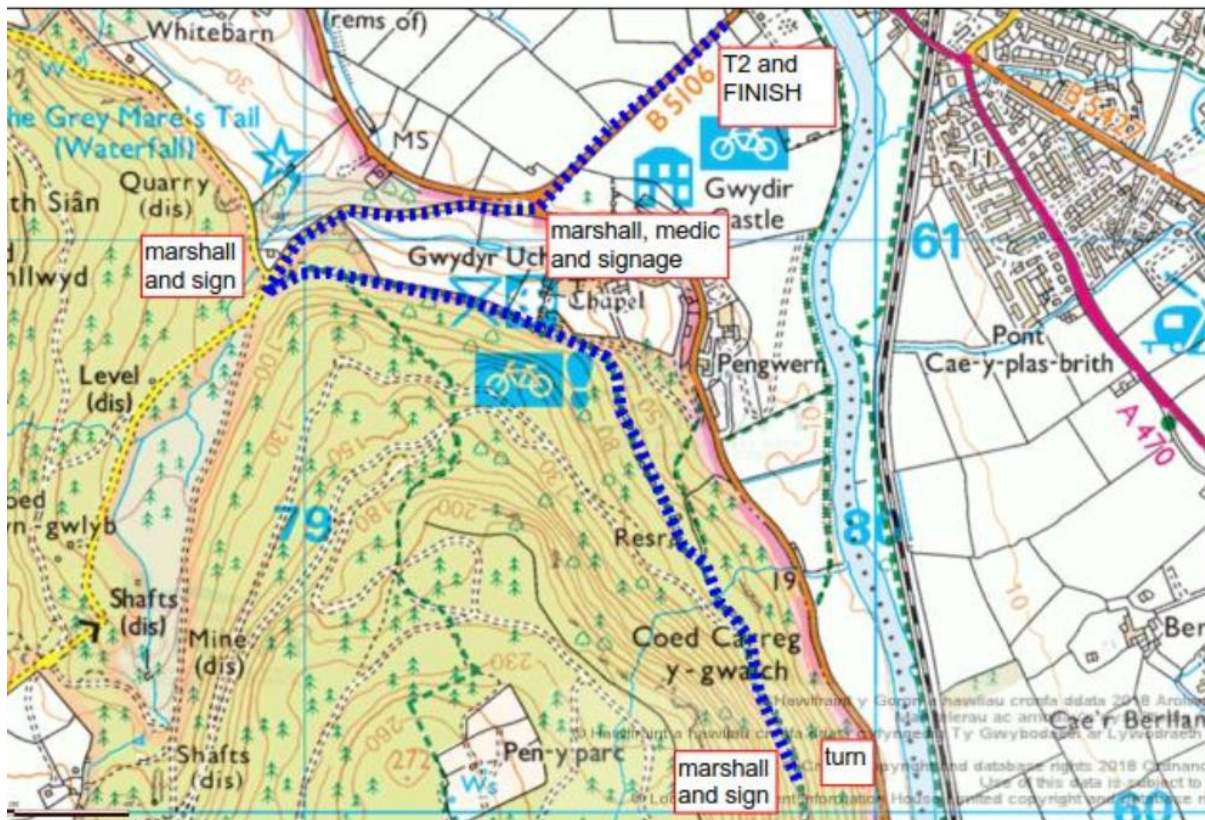


Run 5km (out and back)

Change into your running kit in the Transition area.

Exit transition through the run channel and over the timing mat. You will turn left back onto the main road (be aware once again of other road users). Keep to the path along the main road and continue until you arrive at the Betws-y-Coed T-junction. The run continues straight on up the hill on a minor road leading to Gwydir Forest. The hill climbs for approximately 500m where you will take a sharp left turn off the road and in to Gwydir Forest Car Park. There will be Marshals at this point as well as a drink station (water only). Continue along the path until you reach the turn point where a Marshal will take your number (please shout your number at the Marshal and ensure your number is visible). Retrace your steps back downhill all the way! The finish is at T2 once you've crossed the timing mat. Once over the line hand in your timing chip to the Race Official. Refreshments will also be available here along with your goody bag containing your Medal!

Headphones are not permitted on the run. Please do not dispose of litter on the run course.



Run Route Map



Presentation

The presentation will hopefully take place within an hour after the final competitor has finished their race. This will take place in the hall at the Swimming Pool where you registered. Refreshments will be available.

Prizes will be awarded to 1st, 2nd and 3rd Overall (Male and Female) and 1st in age categories (or roll down if 1st included an overall winner). There will also be a number of spot prizes for those who attend at the presentation so please hang around, and place your race number in the box provided.

Prizes must be collected on the day and cannot be posted.

Age groups will be as follows with ages being taken at 31/12/2017

CATEGORY
Youth (15-16)
Junior (17-19)
Senior 1 (20-29)
Senior 2 (30-39)
Veteran (40-49)
Super Veteran (50-59)
Vintage Veteran (60 Plus)
Relay 1 st Place

Timing

Timing will be provided by Nifty Timings. You will be able to access your results on their website shortly after the event at: <http://www.niftyentries.com/>

[It is compulsory for competitors to wear their timing chips. Failure to do so will result in your result not being classified in the race results.](#)

Race Penalties

Race penalties include Helmet violation, riding in and out of transitions, traffic violation, drafting and littering.

Abusive behaviour towards the public, other competitors and Race Officials, receiving outside assistance and **NUDITY** in transition will result in Disqualification.

The decision of Race Officials is final. Any verbal dispute will result in an automatic disqualification, any time penalties will be adjusted at the end of the race.

Rules

For a full list of British Triathlon Rules please visit:

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



Refreshments

There will be a water station on the run and at the finish line for competitors. There will also be a mobile catering unit which will serve fresh coffee, tea and homemade cakes at T2 for competitors and spectators.

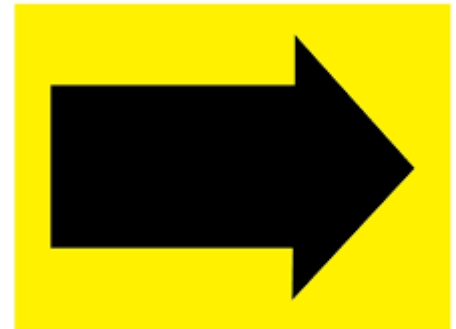
There is also a wide variety of shops, cafés and pubs in Llanrwst.

Spectators

Spectators and supporters are very welcome as it all adds to the race atmosphere. We ask competitors to remind friends and family not to enter Transition areas or block entry and exit. Please adhere to any requests from Race Officials.

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 below which will be either 'Caution Runner/Cyclists' or direction arrows. You will also see Marshals out on the course with GOG Squad High-Viz jackets on giving you directions.



Finally

THANK YOU for participating in our race. We hope you enjoy it!

Have a great day and GOOD LUCK!

Sponsors

Without help from Sponsors it would not be possible to hold such events so a huge THANKS and support to our sponsors below who have helped us to put the event on and donated prizes.