

# Llanrwst Sprint Triathlon

Sunday 2<sup>nd</sup> July 2023



## Participants Pack

## Croeso - Welcome

Gog Triathlon would like to extend a warm welcome to everyone participating or spectating at the Llanrwst Sprint Triathlon 2023.

This information pack contains important information about the event, which will help it to run smoothly & ensure everyone enjoys themselves.

All information is accurate at the time of publication. Please take some time to read it and if you have any questions please email: [Gogtriathlon@googlemail.com](mailto:Gogtriathlon@googlemail.com).

### Gareth Jones – Race Director



GOG Triathlon Club are very excited to be running the Llanrwst Sprint Triathlon again. We have made a few changes this year including a T1 bag and an Event Village. We hope you enjoy yourself.

It takes a big team of volunteers to run this event. Thanks to everyone.

If you have any queries on the day either talk to me or any of the organisers or marshals. If this is your first triathlon don't be afraid to ask for help – marshals have been briefed to give you extra encouragement.

### Carl Foulkes – Race Referee

Croeso all I am your British Triathlon Technical Official “race referee” for the Llanrwst Sprint Triathlon. My role is focussed on safety. Whilst that inevitably means making sure the rules of BTF are followed I do want you to enjoy the event.



It is your responsibility to know the rules and I would encourage you to download and read them from the British Triathlon website. Here are some of the key rules which do catch athletes out:

This is a **non-drafting event** which means:

- You must stay 10 metres behind the cyclist in front.
- When overtaking you have 20 seconds to overtake.
- If you are overtaken you must drop back 10 meters.

Follow the direction of marshals, the highway code & cycle safely.

Fasten your helmet before un-racking your bike & only unfasten it again after re-racking in transition.

Mount after the mount line & dismount before the dismount line.

Tri suits in sprint events must be zipped up at all times.

Please ensure your bike is “safe” so bar ends plugged, no mirrors, no electronic devices (apart from cycle computers).

Have a great event and please come and speak to me or a member of the BTF Technical Officiating team if you have any questions, we want to help.

### Andy Ellwood – Safeguarding Focal Point

Everyone who participates in Triathlon is entitled to participate in a safe and fun environment and to be given the chance to experience the feelings of enjoyment, challenge and achievement that are inherent to the sport.

If you have any concerns you can talk to me or any of the organisers.



## Event Location

### Registration & Transition 1 (T1)

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

What3Words - smarting.collides.pumpkin

### Transition 2 (T2) & Finish Line

Carpark adjacent to Gwydyr Park, B5106

What3Words - adjuster.again.milkman

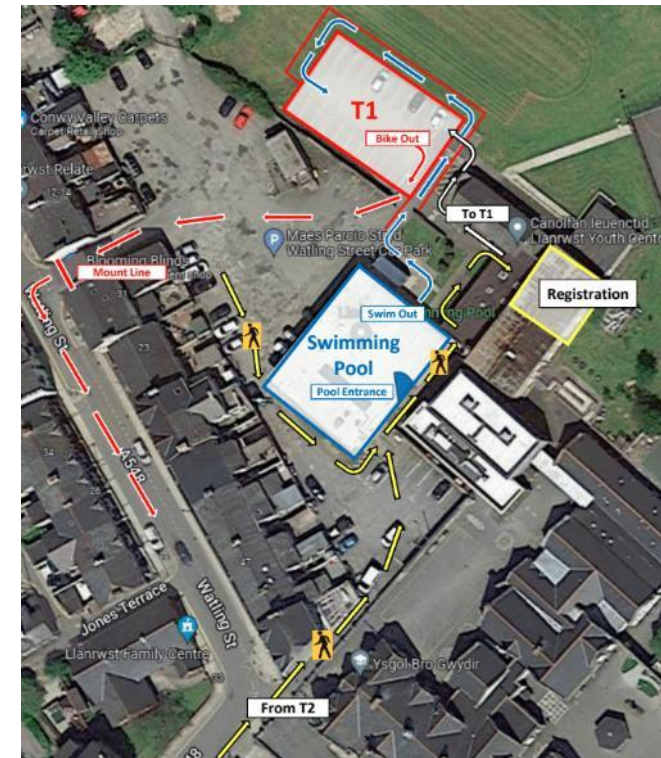
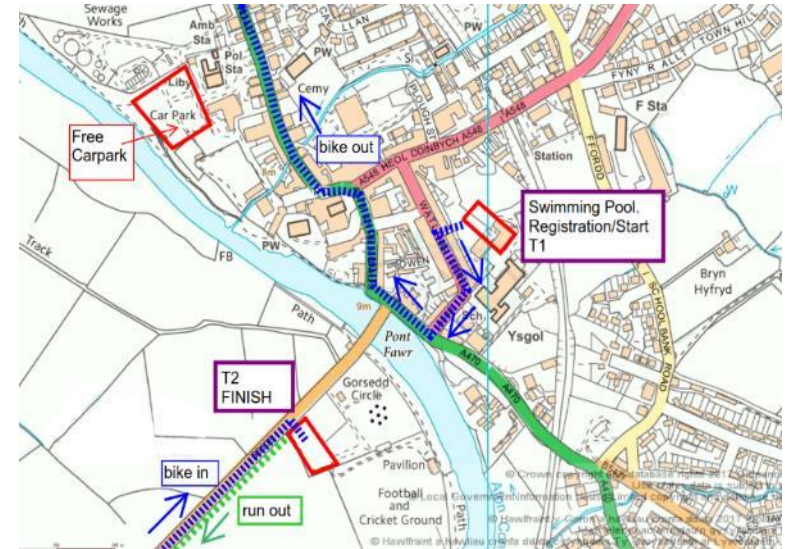
**Free parking** a short walk away at: **Glasdir**, Plas-yn-Dre, Llanrwst, LL26 0DF.

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

There are **changing and toilet facilities** for **competitors only** at the Swimming Pool along with lockers for personal possessions. Note these will be **closed from 14:00** so please collect everything before this time.

**Toilet facilities** for competitors and supporters are available at the community centre next to the swimming pool.

**Bag drop.** There will be a marshalled location at T2 where you can leave bags and boxes at your own risk. The club will not accept any responsibility for any loss of damage to items. Any baggage left unattended outside of the bag drop area will be moved for security purposes.



## **Event Timetable**

Registration and transitions open at 07:00.

You must sign-in on the morning of the event at least 1 hour before your swim (wave) start time.

Swim start times will be on posted on the GOG Triathlon webpage a couple of days before the event

<http://gogtriathlon.com/events/llanrwst-sprint-triathlon/>.

Note there are two transitions. You must visit both T1 and T2 before you start the event to familiarise yourself with routes in and out etc.

You will receive a mandatory event briefing at registration. The route will be explained to you including any restrictions and hazards on the course.

You must read all documentation provided for the event and confirm that you are responsible for your own health and safety and will abide by the highway code at all times whilst riding your bike, and the forestry by-laws whilst running in Gwydir Forest.

Registration will close at 30 minutes before the last swim wave time.

## **Ready to start**

Get changed and be ready to enter the pool at least 20 minutes before your start time.

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

## **Race licence**

If you are a member of British/Welsh Triathlon please bring your Membership Card. If you are not a member or do not bring your card you must pay £5 charge for a day race licence.

## **Race Numbers**

You will receive:

- **1 Race Number** – worn on a race belt (if you don't have a belt a second number can be provided). Number must be clearly visible on your back on the cycle & on your front on the run. Please fill out the back of this number before the race.
- **2 stickers** – the smaller one for the front of your helmet and the longer one for the seat post of your bike.
- **2 numbered 'wrist bands'** – the white one to be fitted to your wrist (this will be your ID to gain access to transition areas) and the green one to be attached to your orange T1 Kit Bag
- **1 Orange T1 Kit Bag** – attach the green 'wrist band' to the bag
- **Registration letter** that you must read before the start.

## **First Triathlon**

We hope you are excited. You will find everyone involved in triathlon is very friendly and helpful. Take a bit of time to prepare yourself and enjoy the whole day. Everyone will be encouraging you and ready to help.

## **Safeguarding**

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Event Safeguarding Officer – Andy Ellwood

Safeguarding procedures can be found on the day at Registration.

## Course Details

**Safety:** The event has been risk-assessed to identify potential hazards and control measures are in place. There will be at least 40 marshals on the course to ensure your safety and direct you accordingly.

Hazards that you need to look out for include:

- Uneven and slippery surfaces around the pool, both transitions and the whole of the run route;
- Road traffic on all parts of the bike route and some of the run;
- Railway level crossing at Tal y Cafn;
- Road hazards including speed humps near to Dolgarrog school;
- Cyclists leaving T1 and arriving in T2;
- Mountain bikers and walkers in an around Gwydir forest (run route).

These are some of the known hazards but things can change so you must always be aware of what is going on. This includes weather related issues (hot, cold, rain, wind), which you must be prepared for. If extreme weather is forecast the event may be modified or cancelled for your safety.

You must respect the public highway and your own health and safety. Abuse of safety measures may result in disqualification from the event. 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.

**Rules:** for a full list of British Triathlon Rules please visit:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2023.pdf>



# KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

**RULE 2.1 Littering**



All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

**RULE 2.1 Racing Conduct**



Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

**RULE 2.1 Know the Course**



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

**RULE 2.9 Race Numbers**



During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!

**RULES 4.10|5.2|6.4 Illegal Equipment**



Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.

**RULE 5.2 Helmets**



Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.

**RULE 5.5 Drafting**



Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.

In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

**RULE 7.1 Transition**



Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.

## Transitions

There are two (2) transition areas.

T1 is adjacent to the Swimming Pool. You need to rack your bike and leave cycle clothing and your T1 bag with your number attached here.

T2 is in the Bowling Green car park across the old bridge from Llanrwst town centre on the B5106. You need to leave things you need for the run (shoes) here.

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

Be aware when racking bikes and dropping off kit that the event is in progress, competitors have right of way in transition so please do not get in their way.

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

Allow yourself enough time to familiarise yourself with the Transition Areas.

## Swim (400 metres)

You will be allocated a lane and told which side of the lane 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. No wetsuits allowed.

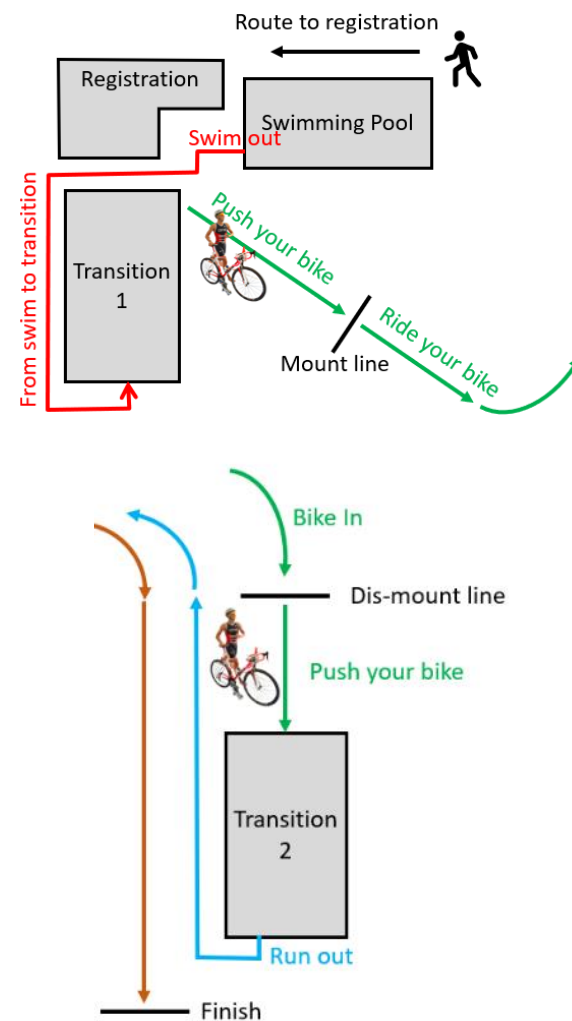
Llanrwst Swimming Pool is 20 metres in length. You will be required to swim 20 lengths (400m in total). You will be advised by a Lane Counter when you have two (2) lengths remaining.

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.

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## **Bike 25km**

You must have a good quality and fitting British Standard (or similar) bike helmet. This will be checked before the start and anyone not complying with these standards will not be able to take part.

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.

After you finish your swim put any belonging in you T1 bag, collect your bike and push it to the exit of T1 and over the timing mat. Do not mount the bike until past the mount line .

The first section is a neutral zone, which means no racing

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 with traffic coming from both sides. It will be Marshalled but you must stick to all the rules of the road.

Cycle through the town centre, which includes with a sharp a series of bends (right then left then right). The Neutral Zone finishes after these bends.

You will be on the A470 the which is fairly flat and fast.

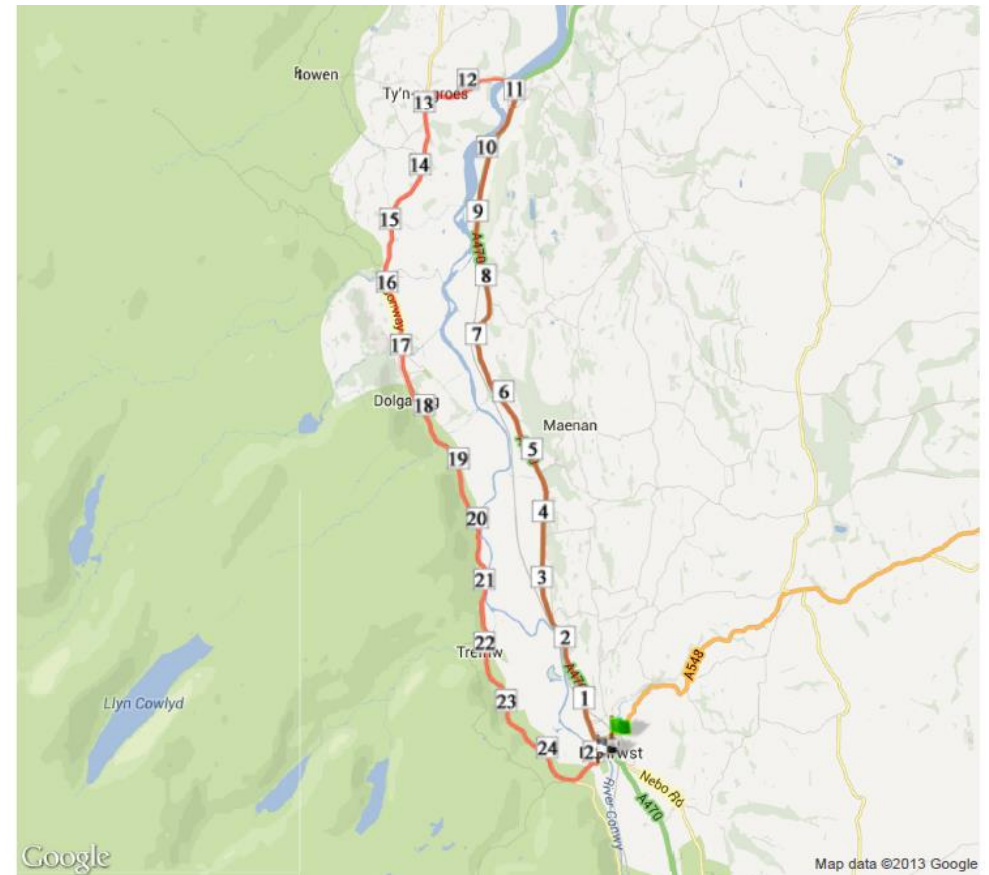
Continue north until a sharp left turn at The Tal-y-Cafn Public House (10.9km), cross the railway line and river. If the rail crossing lights are flashing you must Stop Immediately. The Race Official will note your number and credit any lost time. Any person jumping railway stop signals will be disqualified.

After a fairly steep climb you come to a junction where you turn left onto the B5106. Be aware of traffic from your right.

You will pass through Tal-y-Bont, Dolgarrog and Trefriw.

As you approach Llanrwst the B5106 road bears left passing the right turn to Betws-y-Coed. T2 is another 400m on the right.

Enter T2 and dismount before the dismount line.



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



### **Route Information**

Distance: 25.06 km

## Run 5km (out and back)

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

After dismounting rack your bike at your numbered slot and change into your running kit. Headphones are not permitted.

Exit transition through the run channel and over the timing mat.

You will turn left onto pavement alongside the road. Keep to the path 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).

Do not dispose of litter on the course.

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.



Run Route Map



## Race Penalties

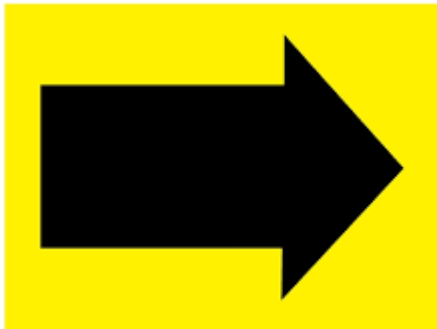
Race penalties include Helmet violation, riding in and out of transitions, traffic violation, drafting and littering.

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.

## Event Signage


Signage similar to the below will be used to mark the route and Transition area. Please only follow the signs below which will be either 'Caution Runner/Cyclists' or direction arrows.



## 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 timing chips for the whole event.



# DRAFTING RULES EXPLAINED

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

**IT'S AGAINST THE RULES**

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE

WIDTH OF THE CARRIAGEWAY

DISTANCES

SPRINT & STANDARD **10 METRES** MIDDLE & LONG **12 METRES**

## DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE

⚠ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

SPRINT & STANDARD **20 SECONDS** MIDDLE & LONG **25 SECONDS**

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.

## OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION

⚠ Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

### Presentation

The presentation will approximately one hour after the final competitor has finished. It will take place in the Event Village at T2/Finish if weather allows (or the hall at the Swimming Pool where you registered if the weather is poor).

*Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Overall (Male and Female) and 1<sup>st</sup> in age categories (or roll down if 1<sup>st</sup> 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 31/12/2022

CATEGORY
Junior (17-19)
Senior 1 (20-29)
Senior 2 (30-39)
Veteran (40-49)
Super Veteran (50-59)
Vintage Veteran (60 Plus)

### Refreshments

There will be a water station on the run and at the finish line for competitors.

The Event Village will be in adjacent to T2 and the finish line. There will coffee, tea, barbeque and homemade cakes 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 event 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.

### About GOG Triathlon Club

GOG Triathlon is a growing club based on the North Wales coast in Llandudno but draws membership from all over North Wales.

We're a friendly team of like-minded individuals who encourage each other at all levels of triathlon. Everyone receives a warm welcome, whether they are total beginners or individuals training for the national squad.

You can follow the club on Facebook, Instagram and Twitter. Just search @GOGtriathlon.

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

**Have a great day and GOOD LUCK!**

## Sponsors

Without Sponsors and Supporters it would not be possible to hold such events.  
So a huge THANKS to you all.



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