

2024 BIS Llanrwst Sprint Triathlon

Sunday 7th July



Participants Pack



PART OF THE
BROWN & BROWN TEAM

A Message from Our Main Sponsor for 2024

Business Insurance Specialists, or BIS Insurance, is a trusted provider of quality insurance services for small and medium-sized businesses throughout North Wales, Liverpool, and Manchester. With years of experience in the industry, we provide tailored insurance solutions to meet the unique needs of our valued clients.

At BIS Insurance, we prioritise building close relationships with clients and firmly believe that exceptional customer service is the key to our success. Our dedicated team assists clients throughout the policy process, renewals, and claims and with a focus on local expertise, our knowledgeable teammates are on hand to assess the specific needs of your business. We can conduct these assessments at a time of your choice, be it face-to-face, over the phone, or online.

Business Insurance Specialists is proud to be a part of Brown & Brown, Inc., one of the world's largest insurance broking businesses. This partnership enables us to access strong insurance partnerships, enhanced insurance products, risk management resources, and tap into the expertise of over 14,000 insurance professionals worldwide.

For further information, please do not hesitate to contact our team at BIS Insurance. You can reach us at 01492 555 444 or by emailing admin@bisinsurance.co.uk. We look forward to serving your insurance needs and providing you with peace of mind.



We are proud to be supporting Conwy Mind

Conwy Mind are a local, independent mental health charity that offer a range of free services to anyone living in Conwy, Anglesey or Gwynedd. They are committed to working with the community to challenge stigma and discrimination associated with mental health.

Conwy Mind want to be able to help as many as possible because mental health issues affect us all. Whether it's you, someone in your family, a friend or a colleague, a neighbour or a classmate, it is here to offer support when it's needed, in your local area.

Conwy Mind are proud to be apart of the Mind Federation but are their own, stand-alone, independent charity responsible for raising their own funds.

If yourself, family or friends would like to talk to a member of the Conwy Mind Team regarding mental health, please contact us on 01492 879907 or email info@conwymind.org.uk Visit their website for more detail:

www.conwymind.org.uk



Croeso - Welcome

Gog Triathlon would like to extend a warm welcome to everyone participating or spectating at the 2024 BIS Llanrwst Sprint Triathlon.

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: llanrwsttriathlon@gmail.com

Andy Brazier – Race Director



GOG Triathlon Club welcome you to the 2024 BIS Llanrwst Sprint Triathlon - The Sports Conwy best event last year. We are aiming to make this one even better.

I would like to thank all the volunteers who make this event possible. Also the sponsors who are help in many ways, allowing us to keep the entry fee as low as possible.

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.

Neil Vicars-Harris – Race Referee

I am your British Triathlon Technical Official “race referee” for the 2024 BIS Llanrwst Sprint Triathlon. My role is focussed on safety but I also want you to have fun.



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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.

Paula Stevens – 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

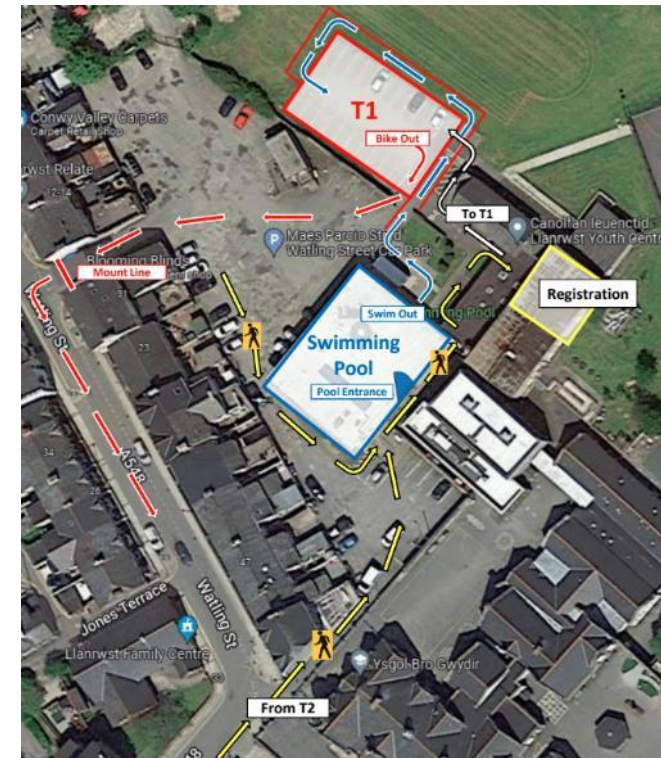
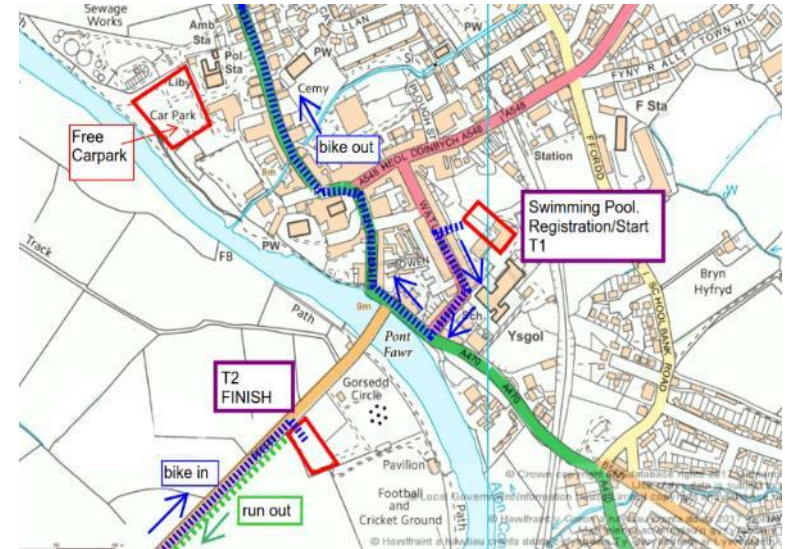
Free parking a short walk away at: **Glasdir**, Plas-yn-Dre, Llanrwst, LL26 0DF.

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/.](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.

Race licence

To participate in this event you are required to be a member of British Triathlon (Core or Ultimate) or purchase a single use Race Pass before the day at https://www.britishtriathlon.org/events/llanrwst-sprint-triathlon_15362

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.

A triathlon suit is ideal if you have one – wear it to swim and keep it on for the bike and run.

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Race Numbers

You will receive:

- **1 Race Number** – worn on a race belt (a few belts will be available at registration if you don't have one). It 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.
- **Numbered 'wrist band'** – attach one to your orange T1 Kit Bag
- **T1 Kit Bag** – attach a '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 – Paula Stevens

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-2024.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.

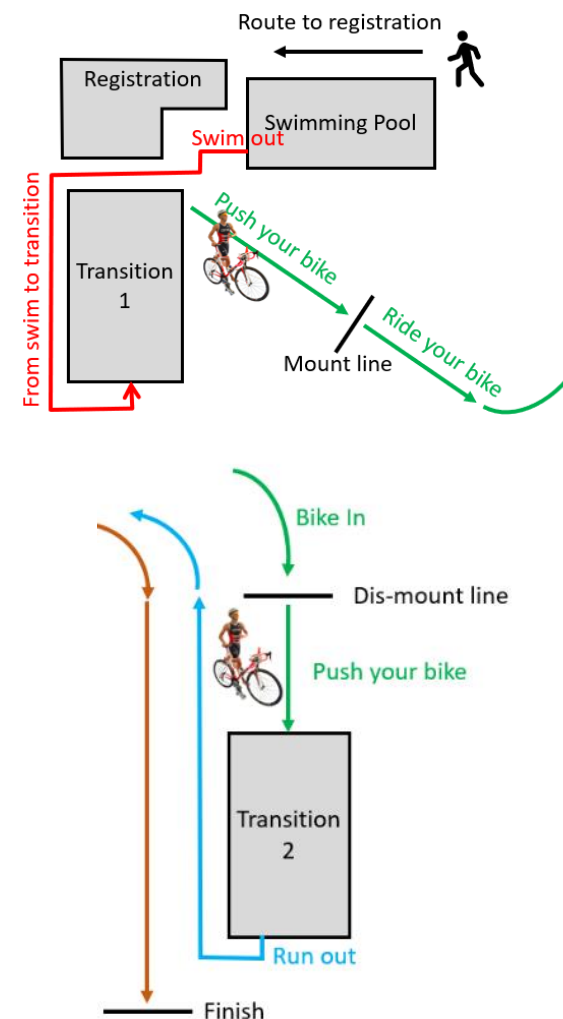
Llanrwst Swimming Pool is 20 metres in length. You will be required to swim 20 lengths (400m in total). You will be advised by a Lane Counter when you have two (2) lengths remaining.

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. Comply with the pedestrian crossing outside Spar. There are three sharp 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.

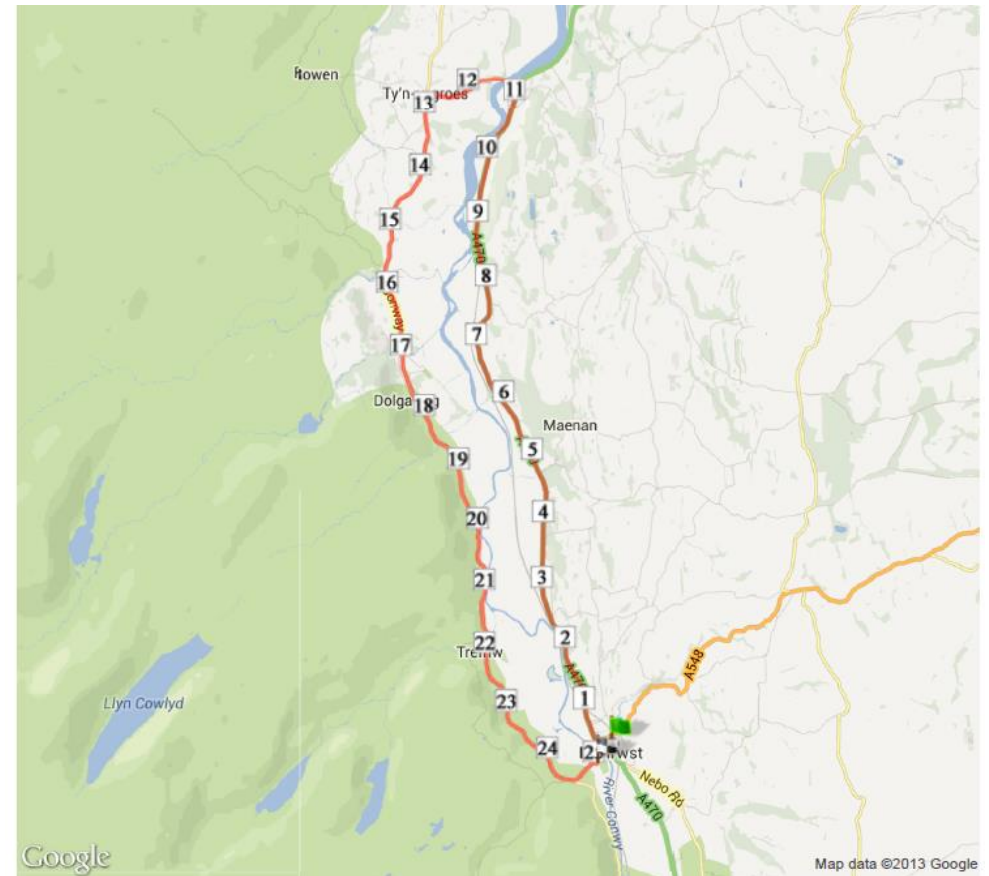
After a fairly steep climb you come to a junction where you turn left onto the B5106. Be aware of traffic from your right.

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.

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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

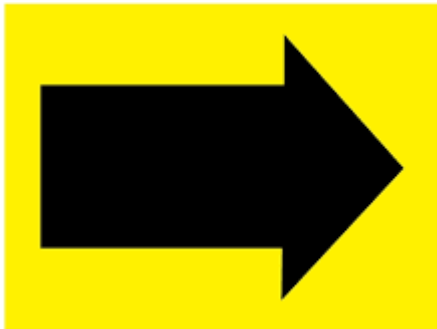
Race penalties include Helmet violation, riding in and out of transitions, traffic violation, drafting and littering.

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 1st, 2nd and 3rd Overall (Open 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 31/12/2022

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 a charity cake stall (cash only – all proceeds to Conwy Mind), coffee van and pizza oven 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.

Plastic free Betws and District

We are very pleased to have become a Plastic Free Community Alley event. Although only small steps so far, we hope to reduce our impact on the environment over coming years by cutting back on single use plastic. This year ours pledges are to reduce the number of cable ties and plastic bottles used. Also, we have asked our catering supplies to do the same.

<https://www.facebook.com/plasticfreebetwsanddistrict>

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!

Thank you to our Sponsors

Without them it would not be possible to hold such events.

Main Sponsor – BIS Insurance



PART OF THE
BROWN & BROWN TEAM

Gold Sponsor – Gwydyr View Lodge Park



Gwydyr View Lodge Park is the perfect retreat for those looking to experience the Welsh countryside in quiet luxury. We host 13 exclusive pitches with views onlooking Snowdonia National Park.

Surrounded by beautiful trees in the quaint village of Trefriw which hosts shops, restaurants and bars. Walk a little further to escape onto the woodland trails, take a dip in the nearby lakes or relax by the majestic Conwy river.

The neighbouring villages of Betws Y Coed, Conwy & Llanrwst have plenty for you to explore from historic castles to boutique cafes.

Our exclusive family run park offers a personal friendly touch to holiday home ownership. Please visit our website www.Gwydyrview.co.uk

Silver Sponsors



New Heights Firewood Ltd. is a family run business delivering high quality firewood and kindling across North Wales. Hardwood and softwood can be supplied in bulk bags or loose loads. All seasoned and kiln dried ready for the most efficient burning. Cut and split ready to throw straight on the fire. Add a few net bags of kindling to get that party (fire) started!
<https://www.facebook.com/newheightsfirewood.co.uk>

With a shop at Porth Eirias on the Colwyn Bay beach-front, Môr Watersports are passionate about Stand-up Paddle Boarding (SUP), open water swimming, surfing and all other watersports. They are leading stockists for iSUPs, wing foils, dry bags, changing robes, wetsuits, swim floats and other accessories. They are a local family run business who know the area, allowing them to provide the advice and support you need to enjoy your time in the water.

<https://www.facebook.com/morwatersports>



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The Haven is a welcoming, family run guest house in Holyhead, Anglesey. Offering 7 ensuite bedrooms, breakfasts, secure parking, free wifi, multi channel tv's including Netflix, pet friendly, and transfers to/from ferry/trains. Phil and Sian, your friendly hosts are on hand to ensure that you have a comfortable and enjoyable stay.
<https://www.thehavenholyhead.com/>



The Knight Shop International is one of Europe's largest retailers and wholesalers of replica militaria and associated giftware. Established back in 1999 within the walls of Conwy, is one of the must visit shops on any visit to North Wales. We are proud to sponsor the award winning Llanrwst Triathlon for another year. <https://www.theknightshop.com/>



We Cycle are proud to be supporting the Llanrwst Triathlon. As the largest bike shop in North Wales we know how important the cycle element of an event like this can be which is why we take pride in helping make sure participants not only have the right bikes and kit to take part, but with our award winning workshop we also help make sure bikes are running perfectly for the big events. www.wecycle.co.uk



Pete Borlace is a Graphic Designer & Illustrator based in North Wales, UK. He's worked for a range of clients

over 20 years, helping create engaging and innovative print & digital design.

Services include: Personalised logo design and branding consultancy, Custom website design, Print design for a range of products. Illustration for books, games and displays.

To find out more, please visit Pete's website and get in touch to discuss your project <https://peteborlace.com>



TriRox Training is a personal triathlon training service based in Llandudno, North Wales that helps develop and improve athletes, in a fun, positive environment. Set up by successful Triathlete Rhian Roxburgh, the business offers comprehensive support for swimming, cycling and running.

Services offered include bespoke personalised training plans, one to one coaching, online training sessions and analysis sessions.

<https://triroxtraining.co.uk>



PARCELS & PALLETS WORLDWIDE

Grand Prix Express is a privately-owned family business with over 45 years in the industry. Continuously investing in the very latest delivery

software and communications technology, transport fleet and human resources. You and your customers can be assured of the very best service available in the UK global parcel and pallet carrier market today.

Based in North Wales, Grand Prix Express prides itself on a professional and efficient worldwide parcel and pallet delivery and collection service. They in partnership with UK's leading parcel and pallet companies, national and local businesses as well as the private sector.

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<https://venturecaravans.co.uk/>

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