



Tri Dewi
Nofio • Beicio • Rhedeg

GOG Pool & Track Aquathlon Participant Pack



Croeso / Welcome

Ymunwch â Tri Dewi Dydd Gŵyl Dewi yma er mwyn darganfod yr hwyl o Nofio, Beicio, Rhedeg! Mae'r digwyddiad yma'n rhan o ddathliadau Dydd Gŵyl Dewi Tri Dewi Triathlon Cymru. Mae'n ddigwyddiad hamddenol a chyfeillgar sy'n rhoi'r pwyslais ar gael hwyl, rhoi cynnig ar rywbeith newydd a dathlu ein hunaniaeth Gymreig drwy triathlon! Cymerwch rhan er mwyn profi hwyl Nofio, Beicio, Rhedeg eich hun!

Join Tri Dewi this St David's Day and discover the fun of Swim, Bike, Run! This event is part of Triathlon Cymru Tri Dewi St David's Day celebrations. It's a relaxed, friendly event all about having fun, trying something new, and celebrating our Welsh identity through triathlon! Take part and experience the fun of Swim, Bike, Run for yourself!



GOG Pool & Track Aquathlon

Participant Pack

Aquathlon is a multi-sport event involving a swim followed by a run. During GOG Aquathlon you will swim in Colwyn Leisure Centre pool. You will then change into your running kit in the transition area and then run on the athletics track.

There are two distances for adults and juniors:

Short Sprint – 300 metre swim (12 lengths) and 4 km run (10 laps)

Micro Sprint – 150 metre swim (6 lengths) and 4 km run (5 laps)

There is also a junior Splash N Dash of 1 length and 1 lap, with the option to do more if you want.

Some useful information for you ahead of the event:

Date	Sunday 1 st March
Start time	8 am
Venue	Colwyn Leisure Centre, Eirias Rd, Colwyn Bay LL29 7SP
Registration time and location	Leisure centre entrance from 7:30 am. Please wait outside the building and do not enter until instructed.
Mandatory briefing	5 minutes before your swim start
Parking	There is free parking at the leisure centre
Changing and toilet facilities	You will be using the leisure centre facilities. Lockers require a 20p piece, which is not refunded.

What to bring

- Swimwear (or tri-suit if you have one)
- Goggles
- Towel
- Running shoes
- Running top or T Shirt (weather dependent)
- Sports watch (optional)
- Water bottle
- Any medication you may need (inhaler, EpiPen, etc)
- Money for lockers.

Registration

When you check in at registration we will:

- Confirm the final instructions for your wave (including start time)
- Write your participant number on your left hand
- Ask about photograph consent
- Answer your questions.

Photography consent

We will be capturing the story of Tri Dewi across the event for Triathlon Cymru to share on their social media and in our club promotion.

Unauthorised photography is banned inside the swimming pool building. GOG Triathlon cannot control members of the public taking photos at any other stage of the event and there may be an official event photographer. Entering this event means you accept that your photo may be taken and posted to social media, local press etc.

If you or your supporters take photos consider tagging them @triathloncymru and @gogtriathlon. Suggested hashtags #tridewi #pethaubychain #swimbikerun

Preparing to start

When instructed you can enter the swim centre and access the changing room.
Get changed into your swimwear (or tri-suit. Have goggles ready (also hat, ear plugs etc.)
Prepare your running shoes, clothes and towel ready to leave by the pool for transition.
You should bring a bag to leave in transition, where you will leave your goggles, hat, towel etc. Please attach a label with your name. The bag will be available in the changing rooms after you finish the aquathlon.
When directed go to pool side waiting area with your running gear and bag.
There will be a copy of the event briefing that you must read.
When called, leave the waiting area and put your running gear with bag in transition.
Line-up next to the swim start marshal.

Swim

The swim follows a zig zag so you change lanes as you go along (this will be explained)
You will be shown the start and end points by the swim marshal.
Swimmers will start one at a time at 30 second intervals.

No diving.

Transition

When you finish the swim, get out of the pool and go to the transition area.
Change into your running gear and put your swimming gear into your bag.
Go to the pool exit door and leave your bag in the identified place.
Leave the pool and head to the running track.

Stay on the path.

Run route

You will be directed onto the running track.
It is your responsibility to count the number of laps you run.
The finish line will be clearly marked.



GOG Pool & Track Aquathlon

Participant Pack



Safety Information

This event takes place on shared paths. Please be courteous to pedestrians, families and other route users. Follow marshal instructions and all signage. If you see someone unwell or injured, please alert the nearest marshal.

Tri Dewi is a community wellbeing event and safety comes first. If weather conditions are poor, we may adjust the route, shorten distances, move parts of the session indoors, delay start times, or (if required) cancel. Any changes will be communicated by email and via our social media as early as possible.

First Aid

Will be located at Race HQ (inside the leisure centre)

Lost child point

If a child is separated, inform a marshal immediately. Please talk with any children that are accompanying you before attending and tell them that if they get lost, they need to inform a marshal (in high viz) or make their way to race HQ.

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.

Any participants under 16 years old must be accompanied by a parent or other named responsible adult the whole time. The adult cannot take part in the event. The junior event will start before the adult event, but juniors and adults may be on the running track at the same time.

Finish and celebration

At the finish, you will receive a Tri Dewi slate medal

Please stick around, support others and enjoy the community atmosphere.

There will be a short presentation at the end of the event, after everyone has got changed.



Spectators

Spectators and supporters are very welcome as it all adds to the event atmosphere.

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.

What happens next?

Tri Dewi is the start – clubs across Wales will be offering more Swim, Bike, Run and beginner friendly opportunities after St. David's Day. If you enjoy, please talk to the club and ask about more information about our club, our weekly training schedule, taster sessions and future SBR events.

Thank you for signing up to our Tri Dewi event. We hope you enjoy and look forward to seeing you on the day 😊

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

Have a great day and GOOD LUCK