

# TATA Steelman Triathlon 2019

Dear Athlete,

Hope your well and your training has gone to plan.

Please read the following for all the information regarding the Tata Steelman Triathlon on Sunday 19<sup>th</sup> May

## **Pre-Race Day Registration**

Registration and Racking is Available on Saturday 18<sup>th</sup> Between 15:00-18:00 There is overnight security to ensure your bikes will be safe. We would encourage those who live locally and those who have taken up the option of staying overnight to take advantage of this as it will certainly help with reducing congestion on the morning of the race.

## **Race Day Registration**

Gates to the venue will be open from 05:30 – 07:30

Registration will be open from 05:30-07:40

Transition Open 05:40-07:45

Pre-Race swim warm up 07:30-07:40 (this is done at your own risk)

When arriving at the Venue you will directed to the car parking position. The furthest point away from Race HQ is approximately 600m when parked safely please go straight to Transition/Registration to collect your race pack.

At Registration you will need to bring your in-date Home Nation Membership Card with you or your new Electronic Membership, failure to do so will require you to purchase a day licence at the cost of £5.00 If you do not hold a Home Nation Membership Card you will be required to bring photographic identification. Those of you who not members of a home nation you will need to bring Photographic Identification there are no exceptions.

## **NO PHOTOGRAPHIC IDENTIFICATION NO RACE.**

You will be given your race packs at registration which will include Race Number, Timing Chip, Swim Cap, Bike/Helmet Stickers, Wrist Band and your event T-Shirt

Only Participants are allowed into the transition area. To gain access after you have racked your bike you will be required to show your race number when re-entering the transition area, we have wrist bands this year to reduce people losing their race numbers, These will be put on your wrist when you register. When you have registered please ensure that you put your race number stickers on your bike and helmet. Transition closes at 07:45 if you have not racked your bike by this time you will not race.

When placing your bikes and race wear in transition please remember that NO BAGS OR BOXES are permitted to place your equipment in no matter how small they are, this includes carriers bags to cover your bike and running shoes. Any Bags or Boxes left in transition when the race has started will be removed with the contents and taken to the Registration Point. At no point must you impede a fellow competitor.

The Mandatory race brief will take place in transition at 07:50 please listen to the instructions

# TATA Steelman Triathlon 2019

## The race will be a Multiple Wave Start

### Swim start will be a Beach Start

#### Wave 1 = Race No's 1 - 152

The Start of the Race is 08:00 this is for **Male Athletes** wearing (**BLUE SWIM CAPS**)

#### Wave 2 = Race No's 153-284

The Start for Wave 2 is 08:04 for **Male Athletes** wearing (**GREEN SWIM CAPS**)

#### Wave 1 = Race No's 285-400

The Start of the Woman's Race is 08:08 this is for **ALL Female Athletes** (**BLUE SWIM CAPS**)

### SWIM CUT OFF IS 1 Hour after your Wave Start

The water quality is very good at the lake and we expect the temperature to be around 15-18 degrees. The swim is Wetsuit Mandatory. As many of you are aware in the lake there are Dikerogammarus Villosus (Killer Shrimp), these are not harmful to humans but are to the native shrimp. To stop the spread of these we ask you after the race to thoroughly wash your suit and leave them to dry as the shrimp die in dry condition. We request that you do not swim in another fresh water lake for 4 days after the event to stop them spreading to other venues.

When entering transition to start the bike section please be mindful of other competitor's equipment. Anyone found effecting others equipment will be disqualified. Some areas of the transition area are uneven so please be careful.

Please ensure that you put on your helmet before you remove your bike from the racking. You will also need to put on your race number, the number needs to be on the back for the bike leg. It is recommended you use a Race Belt as you will only be issued with one number.

When exiting transition do not get on your bike until after the Mount Line.

The first 800m of the bike course is a calm zone due to there being 6 speed humps in the road. Anyone that is down on their aero bars will be disqualified.

You will then be open roads when you are expected to abide by the laws set out in the highway code. There will be marshals at every roundabout these are there for your safety and not to stop any motor vehicle. The course is fast and remember to pay attention at roundabouts. Do not take any risks that may cause injury to yourself, other competitors, safety marshals or other road users. The race is also a NON-DRAFTING race. There will be a motorbike official on the course who is there primarily to ensure you are all riding safely but will report back to the lead technical official for competitors deemed to be drafting. **DRAFTING IS CHEATING** Anyone deemed to be purposely drafting will incur a time penalty and he/she continues to break the rules they will be disqualified.

It is your responsibility to count your laps. All Competitor's will need to be complete 4 full laps. There will a timing mat at the furthest point of the bike course to ensure you all do the same race.

### BIKE CUT OFF IS 11:00

# TATA Steelman Triathlon 2019

After you have finished your bike leg you will then re-enter the calm zone back to transition. You will need to dismount before the line.

When placing your bike back on the racking please be mindful of other, competitor's equipment. Please remember to place your bike back on the racking before removing your helmet. You now need to have your race number on the front.

When exiting transition please follow the run route.

The run is a 2-lap course

There will be a Water Stop which you can access on both laps which will be Biodegradable paper cups, feel free to have many cups as you feel you need. Again water at the end will be served in Paper Cups as we need to reduce the amount of plastic waste that has the potential to go into the water and damage the environment and marine life.

After you have completed your required laps you will then run down the finish line and receive your well-earned Finishers Medal.

At the finish line you will have your timing chip removed

You will also receive a token for your free bacon roll and hot drink, we then encourage you to cheer those on who attempting their first open water Triathlon.

There is also free massage for all competitors this is provided by BodySolve of Port Talbot.

After you have finished you cannot remove your equipment from transition until the last bike has racked and they have started their run, but please remember the car parks are closed until after the race has finished. There will be NO vehicle movements other than safety vehicles whilst the race is going on after all you finished with no cars impeding you, so you should not impede others who are a little slower.

You will need to be mindful that there will be a number of vehicles that will be on the bike and run course that are used to film the race so please remember to smile at all times !!

Car Parks are expected to be fully opened between 11:45 - 12:00

The awards will take place immediately after the last runner has finished.

Awards will be given for the Following

Standard Distance

Male & Female

1<sup>st</sup> – 2<sup>nd</sup> & 3<sup>Rd</sup>

V40 1<sup>st</sup>

V45 1<sup>st</sup>

V50 1<sup>st</sup>

V55 1<sup>s</sup>

V60 1<sup>st</sup>

## **TATA Steelman Triathlon 2019**

There will also be various age awards given out by Welsh Triathlon, to qualify for these you need to be a home nation member

How to get to the Venue

For those of you using a Sat Nav the post code is SA13 2NR

Leave the M4 at Junction 38 follow the signs for Margam Crematorium, drive passed the Crematorium for approximately 600m and you will come arrive at the gates of the Lake.

If at anytime there is congestion and there are a number of people delayed due to this the race start will be delayed, if you are late due to your own fault the race will start on time. The gates to the lake will be closed at 07:30 until the race start. They will then be closed after the last biker has come back to transition and will remain closed until the last runner has finished. For

We look forward to seeing you on Race Day

**Please note there is NO BAG DROP at the venue and anything that you leave is done so at your own risk**