



Race information Pack

4th September 2011

Directions – from Cardigan follow signs to St Dogmaels, follow road to Poppit. (SA43 3LN)

Car Parking – Available at the start, (possible charge)

Registration – Will be held in the Life Saving Club on the beach next to the lifeboat station. Registration will open @ 06.30am.

At registration you will be given your, race number swim hat and T shirt.

Welsh Championships - Lime green hat & red number.

Surf & Stride Aquathlon – Pink hat & white number

U/16 Surf & Stride Aquathlon – White hat & white number

B.T.A Licenses – All athletes who have a BTA licenses must show them at registration. All athletes taking part in the Welsh Championships must be members of Welsh Triathlon. All other athletes will be issued with a day licence.

Course maps will be displayed at registration.

Mandatory Race Briefing – All athletes will be required to attend the pre-race briefing which will be held on the beach in front of the lifeboat station at approximately 8.30am.

Start Time – The race will consist of one wave start time 9.00am.

Timing – The event is being timed. Race numbers must be displayed on the front during the run leg. Race belts can be worn. The timing split will be as you exit transition. It is the athlete's responsibility to make their number visible when they cross the finish line. If a number is not displayed it may result in your time not being recorded.

Full results will be available on www.onlineraceresults.org.

Relay Teams – the handover for the relay teams will be in the transition area.

Swim Leg – Wetsuits will be compulsory, during the swim. All athletes must only wear race issue swim caps. There will be lifeguard cover provide by the RNLI, and IRB rescue boat from Newport SLSC. In the event of a problem during the swim roll on **to your back and raise your arm** to attract attention.

There will be a single wave start from the beach. Please ensure that all first time and weak swimmers start at the back of the pack. Water safety cover will be available from 8.45am until the last athlete exits the water.

The race will consist of a 1km swim. The first marker is passed on your left hand side. The course is clockwise around the three markers with the markers on your right hand side. On exiting the water, run up the beach to transition.

Transition – transition has been laid out to create an equal transition for everyone. Wetsuits must be left in you changing area in a manner not to obstruct other athletes.

Run Leg - Exit transition, (drinks available), follow marshalls direction and signs. Leave the beach on the footpath to join the road, follow the road to the end of the car park and turn right, then turn left onto foot path where directed. Follow footpath past Caravan Park, the route is clearly marked and marshalls will be present at all junctions. Follow the road past Ty Newydd Farm until you reach the main road, turn left. The road is marshalled but open to traffic so take care on the decent past the Webley Hotel. Turn right onto the footpath and follow path over 'stepping stones' (care to be taken as stones can be slippery). Follow direction around water line to the finish near the transition.

Failure to Finish – If you are unable to finish you **must** report to an official to inform them.

Environmental Impact – Poppit Sands is in the Pembrokeshire National Park. Pembrokeshire CC and the National Parks have allowed us to hold this event here, please help us reduce the environmental impact by taking all you litter home with you.

Food and Drink – There is a cafe adjacent to the beach car park that will open from 07.00am.

Toilets – Toilets are located at the entrance to the beach next to the lifeboat station.

Showers – Showers are available in the life saving club next to the lifeboat station.

Camping – Camping is available on the field behind the beach @ £5/£10 per night.

ENJOY THE RACE

Poppit Sands Surf Life Saving Club.



Sunday September 4th

Start 9.00am

Itinerary

Registration – From 06.30am

Transition open – 7.15 - 8.15am

Marshalls Meeting – 8.00am

Mandatory Race Briefing – 8.30am

Water Safety Available for warm up – 8.45am

Race Start – 9.00am

Prize Giving – As soon as race results can be compiled after the last athlete finishes @ transition and registration area.