



PORTHCAWL STANDARD DISTANCE TRIATHLON 2021

A quick note from the Race Director

Welcome to the Porthcawl Triathlon 2021. It's amazing to be staging this event again after the forced cancellation in 2020. Dragon Tri are excited to be working with Welsh Triathlon hosting the Welsh Standard distance championships and round two of the Welsh grand prix series.

As you would expect we have had to make a number of changes to our event given the current situation with the Covid pandemic. We have followed guidance from British Triathlon, the Welsh Government and liaised with the Bridgend Event Safety Advisory Group.

It is **ESSENTIAL** that you follow the measures and changes set out in this year's event, which will enable us to deliver it in a Covid-secure way. The club and the event will be under close scrutiny to ensure we deliver, so we all need to play our part to achieve this. This will give the sport of triathlon that we all love the best chance to flourish in 2021 and beyond.

Here is a quick summary of the key things you need to do:

- Read and absorb this Race Pack and the start list which includes your race number and wristband colour for transition.
- Memorise your race number.
- Observe 2m social distancing at all times when at the event (the only exceptions are when overtaking during the swim, bike and run, and with people from your household / extended household)
- Practice good hygiene at all times.
- Wear a face covering in registration, in transition pre-race (when racking), post-race when collecting your belongings and when using the public toilets.
- Do not bring anyone with you to the race – no spectators.
- **Complete the COVID-19 health declaration form which will be sent to you on Wednesday 4th. This will need to be completed Before 08:00am on the 7th August If this has not been completed you will be unable to register and take part in the event.**

Thank you for your assistance in helping us to deliver a safe and enjoyable race for all.

Steve Butler
Dragon Tri Club

COVID-19: really important information

We all have a legal responsibility to adhere to the Welsh COVID-19 regulations. Remember you are an ambassador for the sport of triathlon and you have a responsibility to follow the measures put in place at the event. This will enable us to ensure the safety of yourselves, others and ensure that future Multisport events continue to take place.

The delta variant of coronavirus (originally identified in India) is circulating widely in all parts of the UK and we know that the delta variant can spread much more easily between people.

So, to help us stage a safe event, please adhere to the following:

- If you have any of the symptoms of COVID-19 (high temperature, new continuous cough, change in sense of smell / taste) or if you feel unwell with mild symptoms, then you should not travel to or participate in the event.
- If you have been told you are a contact of a confirmed case of COVID-19 by a contact tracer or you know you are a contact of a suspected or confirmed case of COVID-19, you should not travel to, or participate in, the event.
- If you have recently arrived in the UK, you must have completed the necessary testing / quarantine requirements prior to travelling to and participating in the event.
- Whilst there are no legal restrictions on travel within the UK, the Welsh Government have advised that people should not travel to / from areas with high prevalence of coronavirus if they can avoid it.
- If you have had COVID-19, it can impact on longer term health so if you are concerned, you should seek medical advice prior to taking part in the event.
- Should your situation change (e.g. you become unwell or are told you are a contact) after submitting your on-line health declaration, you must inform us immediately and not attend the event.
- Please be vigilant for the signs and symptoms of COVID-19 following the event and if you feel unwell within 14 days of the event, you must self-isolate, take a COVID19 test, and inform us if you test positive.
- Your details will be shared with the NHS Test, Trace, Protect service to support contact tracing at the event, should a positive case be identified.

Lateral flow testing

We strongly recommend that you take a free COVID-19 lateral flow test prior to travelling to the event (no more than 48 hours before attending registration). If you have a positive COVID-19 test result, you should not attend or participate in the event.

COVID-19 lateral flow testing kits are available in the UK from local collection points or can be ordered online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or Phone 119.

Event information and Timetable

This pack contains all the information you will need before the race. The race is run under **British Triathlon** rules. <http://www.britishtriathlon.org/take-part/events/british-champs/rules-and-eligibility> please read all the information carefully.

REGISTRATION.

Sat 7th August 4.00pm – 8.00pm @ the Sea Cadet hut on Porthcawl Harbour. You will need to register on Saturday only and we are happy for friends, Club members or family to register for you.

There will be a one-way flow through registration, please follow the directions and instructions of the Event Team. You must wear a face-covering in registration and hand sanitizer will be available at the entry and exit points.

Please come to registration with your race number memorised (check the start list on the website). Double check your details on the start list – any mistakes please e-mail steve@aim2tri.co.uk by Thursday 5th august so that the start list can be updated. Note that some of you did not purchase a Day Membership but should have done – please bring the correct money, £5 per competitor, to registration (details are on the start list).

Course Maps will be displayed at registration and links within this document. It is the responsibility of the competitor to familiarise themselves with the event rules, times and routes.

N.B DO NOT GIVE YOUR ENTRY TO SOMEONE ELSE. PLEASE INFORM THE ORGANISERS IF YOU ARE UNABLE TO COMPETE SO THAT YOUR PLACE CAN BE GIVEN TO SOMEONE ON THE RESERVE LIST.

Registration will consist of:

- Checking of B.T./W. T membership card/Day Memberships. If you do not produce your race license and have not purchased a day Membership you will be required to pay £5.
- Issue of swim cap
- Issue of Race Numbers and security wrist band colour to match your racking time
- Event bag to include T shirt
- Collection of Timing Chip. **Please ensure you bring this with you on race day and hand back to the Finish Line Marshal after crossing the finish line. If not returned you will be charged for it.**

Toilets

There will be Portable toilets situated at the Transition area.

Car Parking

This will be available at the Salt Lake Car Park **PAY & Display** (this runs parallel to the sea wall, in front of the fairground.)

Litter

Please leave Porthcawl as you would wish to find it – Take your litter home. Anyone caught littering during the event will be disqualified.

Race Officials

The race is run under British Triathlon rules and the decision of the Senior Race Official is final.

First Aid

First aid cover will be provided by two Paramedics and first aiders based at the Transition area.

Appeals

In the event of an appeal regarding the results, infringements, complaints/objections etc the senior race referee will adjudicate. An Appeals Panel will be appointed if the nature of the appeal so dictates. The decision of the Senior Race Official or Appeals Panel is final.

The rules

<http://www.britishtriathlon.org/take-part/events/british-champs/rules-and-eligibility>

Due to Covid and the need for social distancing throughout the event, there will not be a race briefing on the day. The PA system in transition and on the beach will announce any changes if we need to make any on race day.

Everyone needs to familiarise themselves with the British Triathlon Competition Rules, as these will be strictly enforced on the day by our team of Technical Officials.

It is also important to remember that you must socially distance (2m+) from all other competitors and the Event Team at all times, except when overtaking (which should be done quickly and safely as possible). A couple of the main rules to remember, for those that are new to triathlon below:

- No boxes or large bags in transition (only your race kit & a small soft sided bag)
- Do not touch or move your bike without your helmet being fastened
- No drafting on the bike section
- No riding in the transition area (mount and dismount where indicated)
- Do not fold or cut your race number
- Do not allow your equipment to impede other athletes
- No banned equipment, including MP3 players, mobile phones
- No racing topless (and any front zipper to be done up)
- No threatening, abusive or insulting words or conduct
- Do not break road traffic regulations
- No dangerous conduct / cycling
- Obey all marshals and the Police
- Only competitors to cross the finish line

RACE DAY TIMETABLE

05.00am – 5.15am	emergency registration At Transition prior agreement with Organiser.
05.20am	Transition area OPENS
05.20am	Racking for Red Bands
05.35am	Racking for Aqua Bands
05.50am	Racking for Green Bands
06.05am	Racking for Pink Bands
06.20am	Racking for Lime Green Bands
06.35am	Racking for Orange Bands
06.45am	Transition area CLOSED
06.50am	All competitors to gather in swim waiting area in race number order.
07:00am	Rolling RACE START

*****IN THE EVENT OF POOR SEA CONDITIONS, A DECISION WILL BE MADE ON RUNNING A DUATHLON RATHER THAN THE TRIATHLON. THIS DECISION WILL BE AT THE DISCRETION OF THE RACE ORGANISER, TECHNICAL OFFICIAL AND THE LIFE GUARDS.***

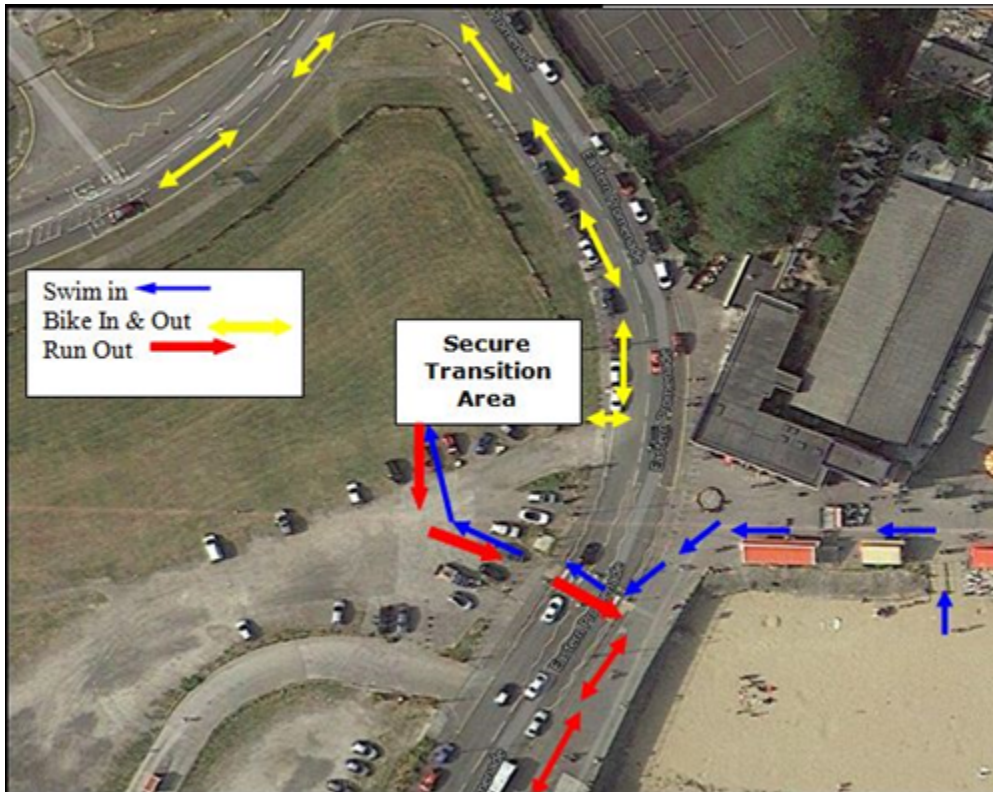
Transition: set up & post-race

You must come to transition to set up during the allocated time for your wristband colour, as set out in the event timetable above. Your wristband and race number will allow you access, so make sure you are wearing the wristband and have your number with you.

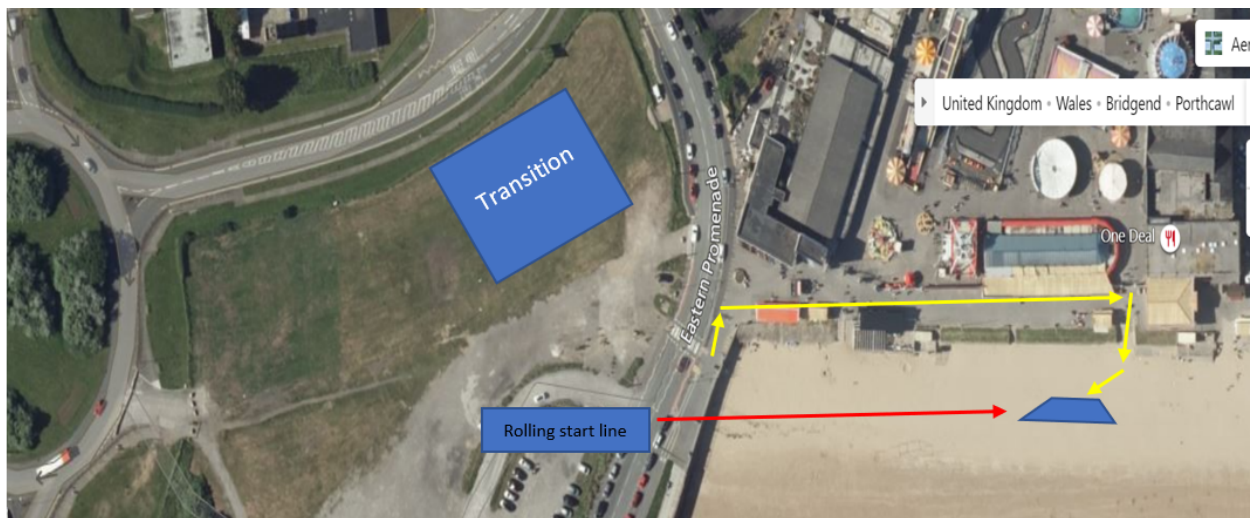
Come to transition with everything you need, you will not be able to come back in once you have set up. Please wear your helmet and show the marshals that it fits appropriately.

There will be 50 sections of racking, each with 6 competitors, one from each colour. This means that when setting up in transition you should be the only person on your rack, helping with social distancing as only your colour will be in there with you. Only rack your bike on the section of racking directed by the transition marshals and on the side they direct you to. The racking will alternate competitors from one side to the other in sequence. Rack bikes by the saddle only. You are allowed one small soft-sided bag in transition with your race gear. We are not allowed to run a bag drop so all other kit should be left in your car. Transition will be reopened as soon as the last cyclist is off the course and out onto the run. This will be announced over the PA system (it should be no more than 3 hours from the last person to start the race, so around 10.00am). Please find somewhere to wait until the announcement is made – there will be plenty of space on the beach, the seafront or you can wait in your car.

Transition Flows



Rolling Start Line up



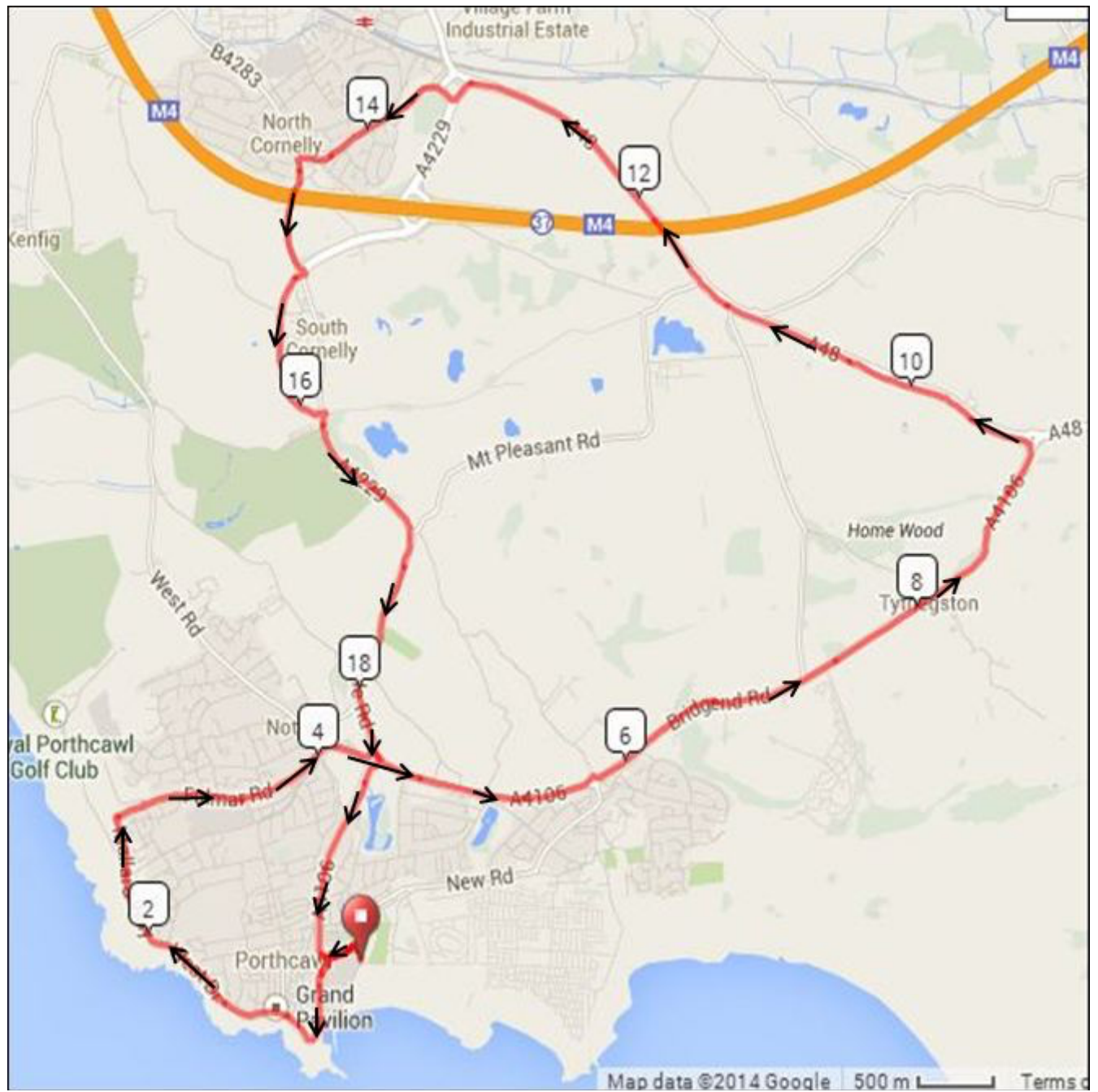
Swim Route



Swim Information

- Competitors will **NOT** be allowed to enter the water prior to the start.
- It will be a rolling Beach start and the race start will be signalled by an air horn.
- The swim course is of a rectangle shape and comprises of two laps. There will be a short run on the Beach between laps.
- The swim will be in a clockwise direction, keeping the swim buoys to your right-hand side. (See map above).
- In an emergency during the swim, competitors should raise one arm vertically above the water and call for assistance from the patrolling lifeguards. No competitor shall continue who is deemed unfit to do so.
- Any competitor seen to be receiving assistance or swimming less than the marked course will be disqualified from the whole event.
- It is a compulsory wetsuit swim and provided swim caps must be worn.

Cycle Route 2 Laps



[Link to Cycle Route](#)

- All bikes must be roadworthy and Cycle helmets worn.
- All bikes must be racked in transition area between 05.20 and 06.45.
- Competitors must use the cycle racks provided.
- All competitors should wear their event number on the back of their cycle vest.
- **There is strictly no drafting.**
- **Motorcycle Official's will be monitoring for drafting on the Bike route.**

The route will start and finish at the Transition Area and will be sign posted and marshalled. Competitors will not mount their bikes until clear of the Transition Area and have passed the "cycle mount sign" and will dismount on their return at "cycle dismount" sign, before entering the transition area.

All competitors are advised that normal road safety regulations must be obeyed as the event will take place on open public highways.

On leaving the Transition area turn left and take the first exit at the roundabout onto the Portway. At approx 1.2miles take a SHARP RIGHT bend, follow this road for approx 800mtrs & go straight ahead at Nottage Roundabout. Follow Bridgend Road and straight ahead at the mini roundabout. Follow Bridgend Road up over Danygraig hill towards the A-48. When reaching the A-48 take the first exit and follow the A-48 up an over Stormy Down until reaching the Pyle roundabout. Take the second entrance at the roundabout and follow the road into School terrace. At the Tee junction in Cornelly turn left onto Porthcawl road and follow for approx 800mtrs and take the third exit at the roundabout. Follow the road for one kilometer and then take the third exit at the next roundabout onto Pyle Road. Follow the road for 2.5 kilometer and go straight ahead at Nottage roundabout onto the port way. Follow the Port way Road until the next roundabout where you straight ahead and start your second lap. **At this point on the second lap you will take the first exit at the roundabout and head back into Transition.**

Run Route 2 Laps



[Link to Run Route](#)

- The run route is different from previous years due to the maintenance of the sea wall defenses. Please familiarise yourself with the amended route. Maps will be posted in registration and can be found in the link above
- The run will start and finish at the transition area. It will be signposted and marshaled. It is an out and back course with a two-lap route from the Pier to Rest Bay and runners must keep to the designated course.
- Competitors must have numbers clearly visible on the front of their vest.

Leave Transition and cross the road at the Pedestrian crossing, heading down the Eastern Promenade follow the footpath around the harbour and onto the lower-level of the Promenade. Continue along the pavement until you join the Coastal Path, heading towards Rest Bay (Turnaround point) @ 3km at this point you re-trace your steps back to the Pier to the turnaround point to start lap two. Once completing lap two you will head down past the Harbour crossing the road to head up the Western Promenade turning into Salt Lake car Park heading to the finish line.

**Run Turn around Point at Rest Bay
at 3k and 7.2K**



**Turn around point at the Pier
at 5K**



Controlled Road Crossing Point at 5.9 Miles



Presentation

**Event Presentation May not go ahead due to Covid Restrictions.
If this is the case all category winners Prizes will be posted to the winners.**

Presentation will take place at Finish area once the last competitor has finished

Awards and Categories.

1st 2nd 3rd Male & Female
1st 2nd 3rd Male & Female Vet
1st Male & Female Super Vet
1st Male & Female Vintage Vet
1st Junior
1st Team

You will be able to obtain a copy of your result the following website.

No later than 24hrs after the event <https://dragontri.co.uk/>

ACCOMMODATION

Porthcawl Hotels <https://www.visitbridgend.co.uk/stay/stay>

Contact Porthcawl tourist info details below

Tel: **+44 (0) 1656 815332**

E-mail: tourism@bridgend.gov.uk

***Dragon Triathlon Club would like to take this opportunity to thank:
South Wales Police, Bridgend County borough council, Porthcawl Lifeguards, Brav Endurance,
Onit Sports and all the volunteers for their valued support and assistance in enabling us to
deliver this event.***

DIRECTIONS TO RACE REGISTRATION

Leave M4 at Junction 37.

Take the A4229, sign posted Porthcawl, for approximately 2 miles, going straight ahead at four roundabouts.

Porthcawl Harbour is on the left-hand side, as the road bears sharply round to the right onto The Esplanade.

Salt Lake Car Park and the Cadet Hut (Registration) is situated next to the RNLI Shop at the Harbour.

