



The Pembrokeshire Leisure Go Tri events have been developed over the past 6 years to cater for both the experienced and first time participants in triathlon.

### **Equipment Required**

Clothing for Swimming / Cycling / Running (e.g. swimming costume/trunks/cycling shorts/shorts/t-shirt/tri suit)

Remember that the intention is to complete the three disciplines as quickly as you can so the less you need to change the better (i.e. Swimming Costume / Trunks that you can also cycle / run in will reduce the time needed to change into a separate pair of shorts)

Appropriate Cycling / Running Footwear

Cycling Helmet (Safety rated to at least BSEN1078 / SNELLB90)

Appropriate Cycling / Running Clothing

*Optional* - Towel

Remember – public nudity at any point during the triathlon will result in disqualification so swimming attire should be suitable and comfortable for you to cycle and run in. If you want, you may enter the changing rooms after the swim and get changed in to more comfortable/dry clothing but the time used to change will be included in your overall time.

### **The go tri series of sprint triathlons are made up of the following disciplines:-**

Pool Swim of 400m

Bike 12.5 miles (approx) on a marshalled/signposted route

Run 3 miles (approx) on a marshalled/signposted route

Individuals start in the pool and are set off one at a time with a maximum of 3 individuals in one lane at any time. A marshall will inform each competitor when they have 2 lengths left to complete and on completion of the 16 lengths the competitor leaves the pool and walks / runs to their bike which is held at the transition point.

Transition 1 (Swim – Bike)

Dry Off (where required) and get into the required clothing

Cycling helmet worn – bike should not be touched until the helmet is fixed in to position

Bike should be removed from the racking and pushed to the “cycle mount” point where the competitor should mount the bike and continue on to complete the cycle route

Transition 2 (Bike – Run)

On completion of the cycle the competitor dismounts at the “cycle dismount” point and pushes the bike back to the racking where they will put the bike back on racking before they remove their helmet. They will then change their footwear (where applicable) & leave the transition area and undertake the running route by leaving the transition area via the designated ‘run out’ route.

All competitors will complete the run by passing under and through the finishing gantry.

During each event timing is undertaken as following

(Time 1) Swim Time: Start Swim Time – Bike Mount

(Time 2) Bike Time: Bike Mount – Run Out Point

(Time 3) Run Time: Run Out Point – Finishing Line