



PEMBROKESHIRE LEISURE Go-Tri Triathlon Series

General Race Information

SWIM

The swim is 16 lengths of the 25 meter pool and a lap counter will inform you when you have two lengths remaining. If you have any discrepancies about the number of lengths you have completed, please do not take it up with the length counter but carry on with the race and speak with the race marshal at the registration/information point following the completion of the race. There should be no more than 3 in a lane at any one time and you are asked to let faster swimmers pass you on the turn. You will be issued with a coloured swim hat just before you get into the pool.

Upon the completion of the swim, you exit the pool and leave via the doors leading to the outside of the building. Once outside, you run around the leisure centre to the transition area where you collect your cycle. There are changing rooms available should you require them, however your race time begins when you get into the pool at the start of the swim, it finishes when you cross the finish line at the end of the run. This means transition is included!! (Any time spent changing will be included as part of your race time)

CYCLE

CYCLE HELMETS - BSI, ANSI or SNELL approved helmets are compulsory and must be worn throughout the cycle section. They must be fastened prior to removing your bike from the racking and neither undone nor removed until after returning your bike to the racking.

CYCLE CONDUCT – Competitors must make sure that their cycle is in a safe & roadworthy condition.

All competitors must keep to the left & overtake on the right checking it is safe to do so. Competitors are responsible for navigating the courses correctly and safely.

DRAFTING – During the cycle section competitors must not place themselves behind or beside another competitor or vehicle.

You must be 5 meters behind the front wheel of the competitor in front, apart from when overtaking there is no side-by-side riding.

When overtaking you must pass the competitor in front within 30 seconds.

It is the responsibility of the cyclist in front to drop back once the over taking cyclists front wheel is ahead of hers/his.

TRANSITION - Please do not cycle in the transition area. You must walk/ run with your bike to the mount zone where you will be allowed onto your bike to start the cycle stage.

On your return from the cycle, dismount your bike in the dismount zone before entering the transition area to rack your bike before you head off on the run.

You are responsible for knowing the routes, please familiarise yourself with the routes before you start, maps can be found on the Pembrokeshire Leisure web page following the link Go-Tri.

YOU MUST OBEY THE RULES OF THE HIGHWAY CODE AT ALL TIMES WHEN CYCLING.

Try to familiarise yourself with the transition area before you start your race. Know where the entry and exit points are. Also where the mount and dismount zones are.

Please do not hang about in the transition area once you have racked your bike and laid your kit out. If your swim time is later the transition will have competitors racing in it while you are racking so please respect this and keep the area clear.

RUN

Once you have racked your bike you will exit transition and start the run.

Run on the pavement where possible or as directed by the marshals.

TEAMS

Teams will be issued with a rubber band and the band will be passed between team members as they complete their part of the race.

The change over for the band will be in the transition area where the team bike is racked.

Once you have completed your stage and handed the band over please leave the area. Please do not obstruct other competitors

RACE NUMBERS

One number must be worn on the front and one on the lower back.

Numbers must not be folded, cut down or mutilated in any way.

Timing

We will endeavour to get everybody's split times however we cannot guarantee this and sometimes we are seconds out so please if you want splits make your own arrangements.

DISQUALIFICATION

Marshals must be obeyed at all times. If a competitor is told to stop they must do so immediately – this is not negotiable and failure to do so will result in disqualification.

Also no:-

- **Abusive Language**
- **Breaking road traffic regulations**
- **Dangerous conduct/riding**
- **Failing to obey marshals or the police**
- **Nudity**
- **Outside assistance**
- **2 x drafting violations**
- **Course irregularities (short cut)**
- **Tampering with other competitor's equipment.**

For safety reasons No personal audio equipment players allowed.

If you start the race but get to a point you feel you can no longer continue please inform a marshal.

We estimate the last competitor finishing by 11:00AM and the prize giving will be as soon as possible after that once all the timings have been worked out.

For competitors entering the series:-

After each race your times will be added together and it will be the shortest time for the four triathlons that will decide the winners of the series.

The results will be posted on the Pembrokeshire Leisure web site, link Go-Tri, as soon as possible after each of the events.

Hope you have great race and enjoy!!