



FISHGUARD LEISURE CENTRE SUPER SPRINT INFORMATION

Pool Swim: 200m

Cycle: Approx 10km

Run: Approx 1.6km

Registration and transition opens at 07:00hrs.

Registration is in the main Leisure Centre building.

Transition is in the top car park at the front of the Leisure Centre.

A race briefing will be held at 07:45hrs attendance is not compulsory.

Parking will be at the Leisure Centre Lower Car Park.

Pool Information

- On poolside you will be issued with a swimming hat.
- Entry will be at the shallow end where a marshal will instruct you.
- You will then complete 200m which will be 8 lengths of our 25m pool.
- You will then exit the pool at the shallow end where you will make your way out of the building towards transition.

Cycle information

Fishguard Super Sprint Cycle Route is a 1 lap circuit!!

There will be marshals out on the route but you are responsible for knowing the route.

Cycle Route:

- From Fishguard Leisure Centre turn left into Vergam Terrace down to Windy Hall roundabout
- Turn right at Windy Hall roundabout towards Goodwick to Goodwick Harbour roundabout and turn left onto St Davids Road
- Follow this to A4129 and turn left towards Scleddau

- At the A40 Junction turn left heading towards Fishguard
- At the bypass roundabout turn left heading back down towards Windy Hall roundabout.
- When you next reach Windy Hall roundabout, turn right towards Vergam Terrace.

At the Fishguard Leisure Centre entrance, turn right and make your way back into the transition area.

Run information

Run Route:

- Leave transition and follow the foot path at the rear of the Leisure Centre towards the bypass path.
- Continue along this path all the way to Maesgwyn Lane.
- Turn right for 20m where there will a cone point to return back on the path.
- A marshal will be at the cone to issue you with a coloured band to show you have reached the turnaround point.
- Following the same path return to the leisure centre and pass under the finish banner.