

PEMBROKESHIRE LEISURE Go-Tri Triathlon



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 then exit the pool and leave via the doors leading to the outside of the building. Then run around the leisure centre to the transition area there are changing rooms available should you require them however your race time is from the time you get into the pool at the start of the swim until you cross the finish line at the end of the run so transition is included!!

Cycle

You are responsible for knowing the routes, please familiarise yourself with the routes before you start.

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.

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.

Run

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

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

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.

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.**

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

For safety reasons No personal audio equipment players allowed.

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