



The general race information has details to cover **all** of the events, please read these and the appendix to the event you have entered.

Appendix 1-4 then applies to the individual events as the information will be slightly different at each one.

Appendix 1 Scolton Duathlon

Appendix 2 Fishguard Super Sprint

Appendix 3 Fishguard Triathlon

Appendix 4 Tenby Triathlon

Appendix 5 Haverfordwest Triathlon

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 then exit the pool you will be directed to the outside of the leisure centre and into the transition area. Should you require changing rooms they are available, 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 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 entries of 2 or 3 people. One person to do one or two of the disciplines. The team will be issued with a rubber band to be exchanged in transition.

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.**

For safety reasons No personal audio equipment players allowed.

We estimate the last competitor finishing by late morning.

The prize giving will be as soon as possible after that, once all the timings have been worked out.

Results can be found on www.racesplitter.com

Appendix 1 Scolton Duathlon

Scolton Duathlon Information

Start time 08:00hrs

Registration opens at 07:00hrs and will be in the information centre which is situated near the main parking area to the left as you enter the site. Parking will be on the left as you enter the main entrance and has a charge so please bring change for the ticket machine.

There are toilets in the information centre but no showers. Competitors are welcome to use the changing facilities at Haverfordwest Leisure Centre for free (approx. 5 miles)

Racking will be on a grass area close to the parking area.

At registration your details will be checked and your race number will be issued.

The 1st run is a 5k (approximate distance) off road, mix terrain run. It will be a taped area within Scolton manor grounds.

Once you have completed the run you will pick up your bike from transition and head to the mount line.

The cycle is approximately 13.5 miles on tarmac roads. You will exit via the main Scolton manor drive and turn left on the B4329. Follow this for approx. 3.2 miles where you will turn left onto a single track road. After a very short distance (50m) you will turn right onto another single track road which will take you back to the B4329.

You will cross, when safe to do so, and turn right heading back towards Scolton. Continue on the B4329, passing Scolton and into the village of Crundale approx. 10miles into the route.

As you leave Crundale you will take a very sharp left onto Chapel Road and after a very short distance turn left into Cross Lane. Cross Lane will then take you back to the B4329 where you will cross safely and turn right back to Scolton Manor. At the manor turn left at the main entrance and head to the dismount area. After dismounting your bike head back into transition.

The second run will be approximately 2.5k back within the grounds.

Presentation will be as soon as possible after the final person finishes.

Appendix 2 Fishguard Super Sprint

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.

Appendix 3 Fishguard Triathlon

FISHGUARD LEISURE CENTRE GO-TRI TRIATHLON INFORMATION

Pool Swim: 400m

Cycle: Approx. 12.5miles

Run: Approx. 3miles

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.
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- Entry will be at the shallow end where a marshal will instruct you.
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- You will then complete 400m which will be 16 lengths of our 25m pool.
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- 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 Cycle Route is a 2 lap circuit!!

There will be marshals out on the route who will be checking to ensure all competitors complete two laps. It is your responsibility to count your own laps.

Do not expect the marshal to count your laps for you however they will be checking you have completed 2 laps.

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 by-pass roundabout turn left heading back down towards Windy Hall roundabout
- Windy Hall roundabout is the start of Lap 2
- Repeat above route
- When you next reach Windy Hall roundabout on the second lap, 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 exit road from the Leisure Centre to Vergam Terrace
- Cross over Vergam Terrace and turn left, towards Windy Hall
- Follow Footpath to Goodwick Parrog
- Follow Parrog, turn right to Breakwater
- End of Breakwater, turn around and run back turning left onto Parrog
- Continue to steps, Follow to Windy Hill through to Vergam Terrace
- Cross over main road at Fishguard Leisure Centre entrance
- Continue until the finish line at Fishguard Leisure Centre

N.B. At the end of the breakwater competitors will be issued with a rubber band as proof they have been to the end. Competitors are responsible for navigating the courses correctly and safely.

Appendix 4 Tenby Triathlon

TENBY LEISURE CENTRE TRIATHLON INFORMATION

Pool Swim: 400m

Cycle: Approx. 11 miles

Run: Approx. 3 miles

Parking will be in the over flow car park at the back of the centre.

Registration will be in the main Leisure Centre building and will open from 17:30hrs

Transition will be in the Leisure Centre's front car park and will open at 17:30hrs

A verbal briefing will take place at the Leisure Centre at 18:15
Attendance is not compulsory

Swim Information

Entry and exit of the pool will be via the shallow end.

400 metres is 16 lengths of the 25 metre pool.

Once you complete the swim, exit the pool hall via the fire exit to the transition area.

Cycle Information

Tenby bike course consist of single loop of approximately

11 miles on open roads

All turns will be signposted throughout the course, however you are responsible for knowing the route

Cycle Route:

- From Tenby leisure centre turn right onto Clickett lane
- Continue onto B4318 signposted St Florence
- Turn left onto Coal Lane
- Turn left at T junction onto the Ridgeway signposted Tenby
- Continue down Holloway Hill ***caution here**
- Continue left past DJs night spot
- Turn left onto A4139 Sign posted Tenby
- Turn left, enter Tenby Leisure Centre front entrance into transition

Run Information

Run route

- Leave transition and turn right to join the cycle path along A4139 in front of the leisure centre.
- Continue across junction on cycle path on A4139
- Continue past Penally train station
- Turn right into Penally village
- Turn left and re-join cycle path on A4139
- Cross junctions to Leisure Centre
- Turn left into main leisure centre entrance to finish line

You will be responsible for your own fluid and food intake during the race.

Appendix 5 Haverfordwest Triathlon

HAVERFORDWEST LEISURE CENTRE GO-TRI TRATHLON INFORMATION

Pool Swim: 400m
Cycle: Approx. 11 miles
Run: Approx. 3 miles

Parking will be in both St Thomas Green and the Leisure Centre's underground car park.

Registration will be in the main leisure centre building and will open from 07:00hrs

Transition will be in the front leisure centre car park and will open at 06:30hrs

A verbal briefing will take place at the leisure centre at 7.50am.

Swim Information

Entry and exit of the pool will be via the shallow end (closest end to transition)

All 8 lanes will be 2M DEEP

400 meters is 16 lengths of the 25 meter pool.

Once you complete the swim exit the pool hall via the fire exit & main entrance to the transition area.

Cycle Information

Haverfordwest bike course consist of single loop of approximately 10 miles on open roads

All turns & cross roads will be marshalled and signposted throughout the course however you are responsible for knowing the route

Cycle Route:

- From Haverfordwest Leisure car park turn onto St. Thomas Green road.
- Continue onto A487 Merlin's Hill.
- Proceed onto Merlin's Hill roundabout, take first right onto Scarrowscant Lane
- Proceed on Scarrowscant Lane **(4 sets of speed bumps)**
- Turn left onto Scarrowscant Hill.
- Continue onto Palmerston road until cross roads.
- Proceed straight over crossroads onto Park corner Road.
- Turn left onto B4341 Haven Road.
- Continue on B4341 Haven Road to Broadway then.
- Turn Left after crest onto Gilton Lane.
- Turn Left onto B4327 Dale Road.
- Continue on B4327 until outskirts of Haverfordwest.
- Take right at cross roads back onto Palmerston Road **(Take care possible cyclists exiting onto Park Corner Road).**
- Continue on Palmerston Road which merges to Scarrowscant Hill.
- Turn Right back onto Scarrowscant Lane **(Same speed Bumps).**
- At Merlin's Hill Roundabout take second exit, back onto Merlin's Hill and subsequently St Thomas Green Road.
- Turn Right back into transition **(Take care, possible cyclists exiting).**

**PLEASE NOTE NORMAL ROAD/HIGHWAY RULES AND REGULATIONS
APPLY WITH REGARDS ROAD BEHAVIOUR ON BOTH BIKE AND
RUNNING SECTIONS.**

DYFED POWYS POLICE HAVE BEEN INFORMED OF THIS EVENT.

Run Information

Run route

- Leave transition and join public footpath adjacent to St Thomas Green road/Rifleman Lane
- Continue across junction onto Merlins Hill Pavement
- Turn **LEFT** and proceed along Augustine Way. Staying on left pavement. Taking care of driveways and changes in pavement heights/undulations.
- Proceed across Ellis Avenue and continue straight on Augustine way, leading onto Hammond Avenue.
- Continue straight on Hammond Avenue, crossing Trevaughan Close Lane.
- Turn **LEFT** at **T** Junction and proceed up **WINCH LANE** towards Leisure Centre.
- Again Taking care of driveways/entry/exit to Offices on left.
- Continue past entry/exit to Leisure Centre Car Park and keep Leisure Centre on **LEFT**.
- For 2nd & 3rd Lap Run Past bike shed on pavement keeping hedge on your left and re-join 1st lap of run course at Bike **OUT/IN** Junction (St. Thomas Green/Rifleman Lane Junction
- Toward end of 3rd lap Turn left, at Bike Shed, up the steps and proceed to finishing Gantry.