

PENCOED JUNIOR TRIATHLON 2016

Dear Triathlete,

Thank you for entering the Pencoed Children's Triathlon, being held on Sunday 5th June 2016. The event is sanctioned and run under the British Triathlon rules for Children's Triathlon Events. All entrants will receive a goody bag.

Entrants will be given an overall time, some split timing may be available, dependant on volunteers.

The Tri is a fun event aimed at giving children their first taste of triathlon. The emphasis is on having a go and having fun!

VENUE

Pencoed Swimming Pool, Felindre Road, Pencoed, Bridgend CF35 5PB

REGISTRATION

You are required to register for this event in the Pavilion between 11.00am and 12.30pm where you will receive your race pack. **If you are a BTA/WTA member, please bring your race licence/membership card, otherwise you will be given a day race licence for insurance purposes. Payment of the race license is included in the race entry fee.** You will also be required to present your bike and cycle helmet for inspection. Your arm and leg will be numbered with a permanent marker pen, and you will also have two number stickers in your race pack; one for your helmet and one for your bike. This is for bike security. Your body number and bike number will be checked before you are able to remove your bike from Transition following the race. You will be given 2 large race numbers. This must be secured to your race belt (if you have one) or pinned to the front and rear of your top using safety pins provided, so that they can be seen from the front and back and must not be cut or folding in any way. They must be visible throughout the bike and run sections.

COMPULSORY RACE BRIEFING

At 12.45pm there will be a compulsory race briefing in the pavilion. If you have any questions, please ask them at this briefing.

The first wave will start promptly at 13.00pm.

SWIM SECTION

There will be a maximum of 2 swimmers per lane. Your lane marshal will remind you of how many lengths you are to complete. One length is 25m. You will be allowed to enter the water one minute before your heat starts. If you get into difficulty during the swim, you can hold onto the side or a lane rope and wait for assistance.

All heats will start and finish in the shallow end. Once you have finished swimming, you will exit the pool via the door at the rear right hand corner of the building. You may leave your shoes and t-shirt on poolside near this exit.

TRANSITION (T1)

Your bike will be situated in the tennis courts. You must secure your helmet before moving your bike and walk/jog with your bike to the mount line on the playing fields.

CYCLE SECTION

The cycle route will take place around the perimeter of the cricket pitch. It's a lap of approximately 500m.

Cyclists will mount at the mount line and join the loop and complete as many laps required for their race. It is the competitor's responsibility to find out how many laps he/she is required to complete prior

to racing. There will be lap counters to ensure that the correct number of laps are completed. There will be a drinks station available on the bike route.

CAUTION: The cycle route is a grassed surface and may be slippery if conditions are wet.

TRANSITION (T2)

This is situated between the bike and run loops. All competitors must place their bike in this area safely before removing their helmet. A marked out route leads you to the run route.

RUN SECTION

The run route will take place around an inner loop of the cricket pitch. It's a lap of approximately 400m. Competitors are required to run around the marked sections of the run route as directed by the marshals. There will be a drinks station available on the run route.

Competitors are again advised to familiarise themselves with the number of laps they should complete. Once the number of laps is completed competitors will then leave the run route following the markers to the finish line. The finish is situated within the centre of the cricket field. There will be a drinks station here. You will not be able to collect your bike/helmet until the final competitors are on the run section for safety reasons.

RESULTS:

Results will be available on Resultsbase Live Timing System. See the online entry website for details.

TOILETS AND SHOWERS:

Toilets, showers and changing facilities are available within the pool complex.

MEDICAL ADVICE:

If you have any known medical conditions please inform us before the race and write your condition on the back of the number.

PLEASE NOTE

This event is sanctioned by the BTA and normal BTA rules will apply. Any competitors and/or spectators found to be in breach of these rules will be dealt with accordingly. Any running alongside or accompanying competitors may result in disqualification as will any abuse to marshals.

ANY ADULTS WHO FEEL THEY CAN ASSIST ON THE DAY PLEASE MAKE THEMSELVES KNOWN TO A CLUB MEMBER/OFFICIAL.

Wave	Age	Swim Distance in metres	Cycle Distance in metres	Run Distance in metres
TriStart	8	50 (2 lengths)	1,000 (2 laps)	800 (2 laps)
TriStar 1	9-10	100 (4 lengths)	2,000 (4 laps)	1,200 (3 laps)
TriStar 2	11-12	200 (8 lengths)	3,000 (6 laps)	2,000 (5 laps)
TriStar 3	13-14	300 (12 lengths)	4,000(8 laps)	2,400 (6 laps)

Note: The numbers of laps may change on the day dependant on weather conditions.

Any queries please contact kidstri@pencoed.club and note the contact number of the Race Organiser, Katherine Iles as below: 07841 249 655

We look forward to seeing you on Sunday 5th June.

www.pencoedtri.club