



www.walespropertytriathlon.com

**JEHU GROUP**  
**CONSTRUCTION & PROPERTY TRIATHLON**

Friday 22nd September 2017

*Swim 500m*

*Bike 20K*

*Run 5K*



Registered Charity No.: 1110621  
www.thecalmzone.net

Dear Athlete,

Thank you for entering the Wales Property Triathlon 2017.

The following information is offered to guide you through this race and to ensure a safe and enjoyable experience at our event. **Please take the time to read and familiarize yourself with the route. Links to Bike and Run routes below:-**

<http://walespropertytriathlon.com/the-event/>

### **Venue**

This race is based at Pencoed Swimming Pool, Felindre Road, Pencoed, Bridgend, CF35 5PB – off Junction 35 M4. The Pool has changing rooms, showers and toilets.

### **Parking**

There will be **NO PARKING AT PENCOED POOL! This will be for Marshalls and Jehu/Waterstone staff** only, due to access and egress of the competitors during the event. Parking will be provided for competitors and spectators at Pencoed Rugby Club (park at the top end first) AND in the overflow rugby field (top of Felindre Road closest to the main roundabout) which is located 100m from the Pool. If you park offsite, please take care not to block in any of the neighbor's or restrict sight lines along the course.

### **Registration**

Registration will be open on the morning of the event, Friday 22<sup>nd</sup> September between 11am - 12pm. Registration is located in the Pool car park where the Transition is located.

At registration you will be given your race numbers, timing chip, swim cap, event T Shirt and Event Programme. You will also be issued with your approx. start swim time and lane number.

**We kindly ask you to wear the event T-shirt for the 'group photograph' at 12.15pm please.** If you are not a current member of Welsh Triathlon, as part of your entry fee, you will be given a "Day License" which provides third party liability insurance.

### **Race Numbers**

You will be given two large numbers and two small (sticky) numbers. Please put one of the small numbers on your BIKE and the other on your HELMET. There will be provision on the back of your large race numbers to write your contact details and any medical conditions or allergies that we need to be aware of.

During the bike section of the race, your number should be visible from the rear and during the run; your number should be visible from the front. Please use safety pins or a race belt to secure your number.

You will also be allocated a timing chip which will need to be worn on your left ankle during the race.

## **Transition**

After registration, you may rack your bike and lay out your equipment in the Transition area. **All Bikes will need to be racked before the group photo at 12.15pm after which, the area should be vacated. The reason behind this is we do not want to interfere with the athletes who will already be racing.** The racking will be segregated and you may place your bike anywhere along the racking. Only athletes and marshals are allowed into the transition area. For security reasons, you will not be able to remove your bike from Transition without your race number to match the number on your bike.

## **Race Briefing**

A race briefing will be held **at the pool reception 10-15 minutes** before your start time. **THE RACE BRIEFING IS MANDATORY.** You should present yourself at this briefing ready to race.

## **Nutrition**

Water will be available on the run course and at the finish line. There will also be isotonic drinks at the finish. It is advised that you keep yourself well hydrated leading up to the event and you may want to carry a drink on your bike.

## **Swimming**

The swim will be organised into waves, with the first starting at 12.45. The slowest swimmers will start in the first wave and the fastest swimmers in the last wave.

**A sheet indicating the wave number and start time of each athlete will be displayed at registration.** The following heat will not start until the previous one has finished. If you miss your start time, you cannot be guaranteed a swim. **Please be prompt.**

You will need to be **ready to race and assembled in the Swimming Pool reception area 10-15 minutes prior to your start time.** The signal to start will be signaled by an air horn and will involve a push off from the side of the pool and not via a diving start.

There will be 6 lanes with 3 swimmers in each lane. You will be started at 5 second intervals in your lane and issued with a different color swim hat to enable the lane counters to identify you. Your 20 lengths (500m) will be counted by swim marshals and you will be told when you have “2 lengths to go”.

On completion of the swim, please leave poolside by the exit indicated and make your way to the transition area. There will be **NO RUNNING INSIDE THE POOL AREA** as the tiles will be slippery.

## **Approx. Swim Wave Times:**

Wave 1	12.45
Wave 2	13.15
Wave 3	13.40
Wave 4	14.00
Wave 5	14.15
Wave 6	14.25 (TBC whether this wave will be required)

## **NB:**

There will be 3 athletes per lane making 18 athletes per wave.

## **Transition 1 (T1)**

Your Bike will be checked to make sure it is roadworthy before you enter Transition. Please leave your clothing for the bike and run sections by the side of your bike in the transition area. Do not leave clothes in the way of other competitors. **Be sure to put on and fasten your helmet** before un-racking your bike. Do not mount your bike until you pass the “mount” line indicated, just past the exit of the transition area. **NO HELMET NO RIDE!!!!!!**

## **Bike**

Normal rules of the road apply. The bike section of this race consists of an out and return of approx. 20Km.

This is a non-drafting event. Any competitor slip-streaming behind another competitor will receive a time penalty and may be disqualified. There should be at least 7m between cyclists, except when overtaking. When overtaken, the slower cyclist is required to drop back to the appropriate distance.

Even though this is a race, please ride sensibly and safely at all times and be prepared for the unexpected, such as pedestrians, dogs and pot holes.

**The future of Triathlon on the public highway depends on all athletes cycling and running in a safe and controlled manner.**

## **The Bike Course**

To view the route on a map- [Map of Cycle Route](#)

Please ride with your head up, obey marshal's advice and follow the directional signs.

On leaving the Swimming Pool car park, turn right and then left on reaching the first roundabout, then at the next roundabout take the second exit (direction Talbot Green). At the next roundabout, take the 1st exit; carry on this road heading towards Heol-Y-Cyw. When approaching Heol-Y-Cyw, take the left hand turn towards Bryncethin. Before reaching Bryncethin, take the left hand turn heading towards Coity. Follow the road up the hill and after crossing the Bridge over the M4 Motorway take the 1<sup>st</sup> turning right signposted Bridgend (Parc Prison) follow the road for approx. 300m where there will be a marshalled turnaround point. You must then re-trace your route downhill in the direction of Bryncethin. When at the bottom of the hill you **WILL NOT TURN RIGHT** but continue down to and around the mini roundabout before heading back towards Heol-Y-Cyw. At the T-junction you will take the right hand turn heading towards Pencoed, follow the road to the next roundabout and take the 3<sup>rd</sup> exit signposted M4, then a short downhill and at the next roundabout take your 2<sup>nd</sup> exit past Pencoed College and on to the final roundabout where you turn right towards Pencoed Swimming Pool, and finally turn left into the transition area.

The entire route will be marshaled and signposted, so don't worry!

## **Transition 2 (T2)**

Take care whilst cycling into the Swimming Pool car park and prepare to dismount before the “dismount” Line, prior to the transition area. Rack your bike before unfastening your helmet.

## **Run**

The run is 5K on the surrounding playing field, country lanes and public footpath. It is undulating and you will run on grass and tarmac during the run. The route will be marked out with signs, poles and hazard tape. There will be marshals at all road crossings.

## **Run Course**

To view the route on a map [Map of Run Route](#)

You will be directed from the playing field towards Pencoed Rugby Club where you will cross the main road. You will follow the footpath to the Pedestrian crossing point over the Dual Carriageway. You will then follow the footpath until entering the country lanes. You will

complete a 3K loop of the country lanes before retracing your steps back to the Pedestrian crossing point over the Dual Carriageway. You will then follow the footpath before crossing the main road towards Pencoed Rugby Club. You will then be redirected back to the Playing field where you will follow the outside perimeter of the field back to the finish arch alongside transition.

### **Withdrawal during the Race**

If you withdraw during the race, **please inform the Timing Marshal at the finish line.** This is so we can account for all competitors who started the race.

***Spare a thought during the event as not everyone is in a hurry on a Friday Afternoon.***

### **Marshals**

They are volunteers and the sport relies on them for races to take place so please be courteous to them at all time. Their main role is to guide you around the course. They do not have the authority to interfere with traffic in any way. We plan to have motorcycle marshals patrolling the bike sections of this course.

### **Race Results**

Individual Race results will be available as you cross the finish Line. We will aim to email the full results to you as soon as possible. They will also be posted on the Wales Property Triathlon website following the event: [www.walespropertytriathlon.com](http://www.walespropertytriathlon.com)  
Provisional timings may be available in registration, during the event.

### **Prize Giving**

This is a charity event in aid of **CALM**. There will be trophies awarded at a Presentation for the fastest male & female athletes, and fastest Team following the event, approx.. 5pm at Pencoed Rugby Club where there will be a hog roast provided and refreshments available. Individual medals will be given out to ALL competitors at the finishing line.

### **Photographs**

Photographs will be taken by our Photographer Dave Powell, and the images will be available for viewing on our website following the event: [www.walespropertytriathlon.com](http://www.walespropertytriathlon.com)



### **BIKE CHECK LIST**

The following checks should be carried out prior to coming to the event and preferably on the morning of the actual competition, before placing your bike in the transition area.

These checks should be undertaken as Wales Property Triathlon cannot be held responsible for any damage incurred from mechanical failure.

One of our race sponsors **Ride Bike Wales** will be available near the transition area to sort out any last minute mechanical problems.

## **ITEM CHECK:**

### **Frame**

- Wheels in line when straight
- For cracks in tubes or lugs

### **Saddle**

- For tightness of seat post in frame
- For tightness of saddle fixing itself

### **Handlebars**

- For tightness of handlebar stem/headset in frame
- For tightness of handlebars in stem

### **Brakes**

- No wheel rotation when applied
- Clear rims when released
- Tightness of fixing to frame
- Excessive wear of brake blocks and cables
- Tightness of fixing nuts
- Tightness of levers to handlebars

### **Bearings**

- For play or tightness in bottom bracket or steering

### **Chain set**

- Tightness of chain wheel bolts

### **Pedals, toe clips, straps**

- Bearings, fixing of clips and for cracks
- Straps are sound
- Pedals firmly attached to cranks

### **Chain**

- For wear and lubricated

### **Gears**

- All fixings, cables for wear, free wheel for smooth running and wear
- Operation for overshooting on top and bottom gears

### **Wheels**

- For true running, rims, bearings, fixing to frame, spokes for slackness or breakage

### **Tyres**

- Inflated to correct pressure, tread for cuts, small stones and bulges
- Tubulars (if used), for adhesion to rims
- Spare tyre/tube

### **Accessories**

- Pump firmly in place
- Tools, bottle cage and spares fixed firmly

The wearing of a cycle helmet (which meets appropriate British safety standards) is compulsory.

**REMEMBER, NO HELMET NO RACE!!!!**

*The future of triathlon depends upon the safe and sensible use of highways and the consideration paid to motorists and pedestrians alike.*