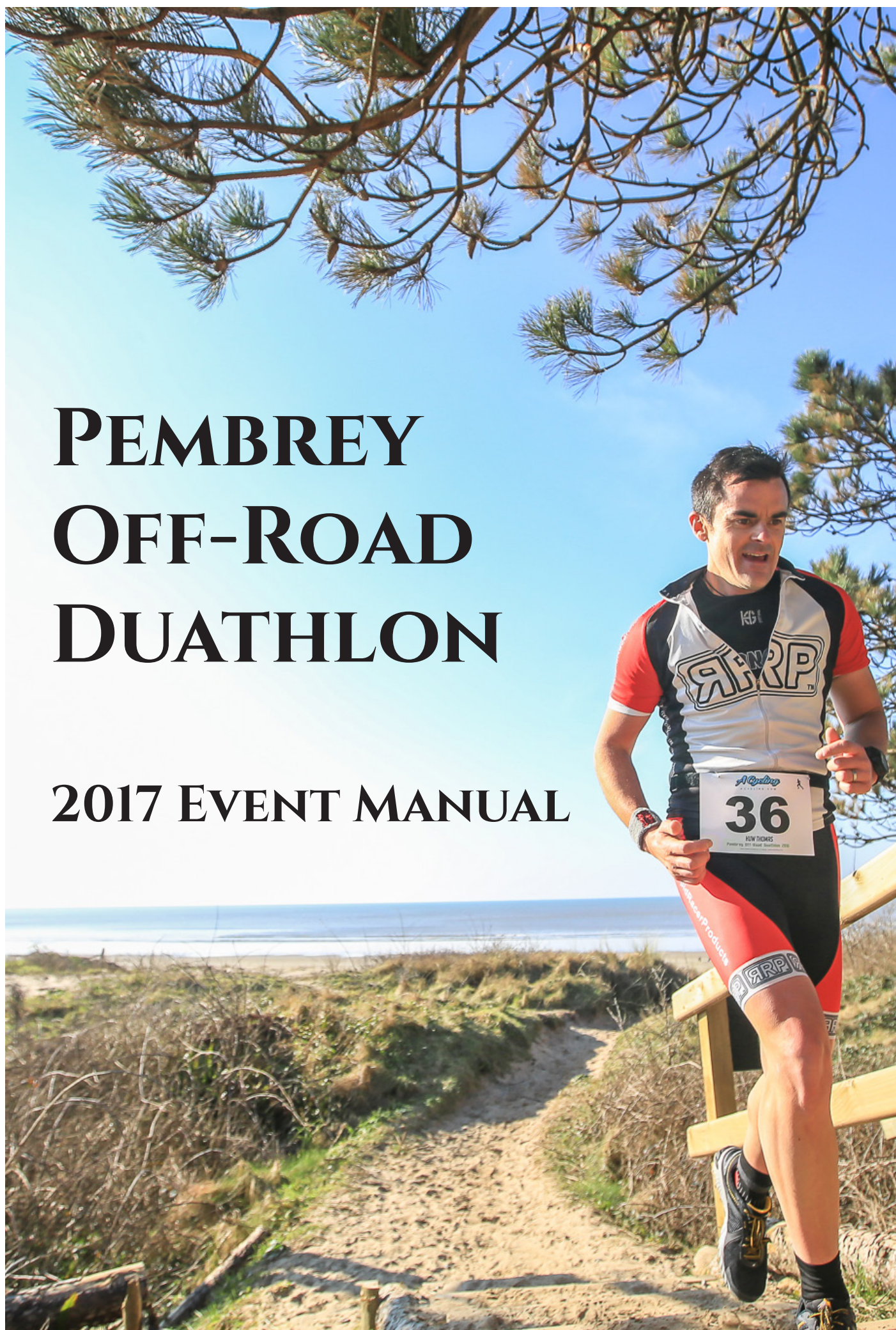


PEMBREY OFF-ROAD DUATHLON

2017 EVENT MANUAL



PEMBREY OFF-ROAD DUATHLON - 2017

NOTE: This information pack is intended to be as comprehensive as possible, but should you have any unanswered questions after reading, please email us at info@acycling.com

All information is accurate at the time of publication and contains all information required for participants and supporters for the 2017 Pembrey Off-road Duathlon.

Welcome

A Cycling would like to extend a warm welcome to everyone participating or spectating at the Pembrey Off-road Duathlon, 2017.

Background

First organised in 2016, the Pembrey Off-road Duathlon was widely acclaimed among those who took part. The spectacular location makes it a superb event location with good facilities and easy access. A Cycling have been organising events in Pembrey Country Park since 2014 which includes events such as Battle on the Beach, one of the largest MTB events in the UK and also the British Cycling Mountain Bike National Series.

We are really excited to bring the Off-road Duathlon back for 2017 and delighted to have been awarded Welsh Triathlon Championship Status for “Cross Duathlon”.

Event Schedule

Saturday 25th February

12pm - Course marked and open to pre-ride/run. Please note all paths will be open to the public, please take care.

Sunday 26th February

8am - Park Open to public. Please note there is a £2 per car fee to enter the Country Park. Correct change is recommended.

8am - Registration Opens

10am - Race Starts

12:31pm - Low Tide. Given the tide time, the beach section is expected to be included during the run.

We will aim to award all prizes immediately after all riders have finished.

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Location

Sat Nav: SA16 0EJ

Follow the brown signs for “Pembrey Country Park”

It is just 20 minutes off the M4.

Once in the park, please follow signs for “Race HQ”

Parking

There is a £2 entry charge into Pembrey Country Park. We recommend you bring correct change as there is a coin operated barrier when it is not manned.

Once inside the park, there is plenty of parking which will be right next of the registration and race start area.

Toilets & Facilities

There are toilets in the park close to the start. Camping is available on request, please contact Pembrey Country Park directly. Full camping facilities such as electric hook-ups are available. Due to the official season starting on March 1st, showers may not be available.

There will be coffee and snacks available with Henry from mmmCoffee in attendance. He is a fantastic, friendly and skilled barista.

Registration

We will open registration at 8am on the day of the event. At registration you will collect:

- 3 x Race Numbers. One for your bike and two for your body.
If you are using a race belt you will be able to turn your number and only need to attach one number to be visible on your body.
- Timing Chip. This will be placed on your ankle.
- Zip ties & pins to secure your numbers
- If you are a member of British/Welsh Triathlon please ensure you bring your membership card.

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Welsh Championship Status & Eligibility

We are delighted to be awarded the honour of being the 2017 Welsh Triathlon, Cross Duathlon Championships.

As per the British Triathlon's Competition Rules of January 2017, to be eligible for a Welsh Triathlon Championship medal you must be a member of Welsh Triathlon no later than by 5pm, 3 days prior to the race. (i.e. 5pm Wednesday 22nd February).

Non-members & all nationalities will be allowed to compete at these events, but will not be eligible for a Welsh Triathlon Championship medal.

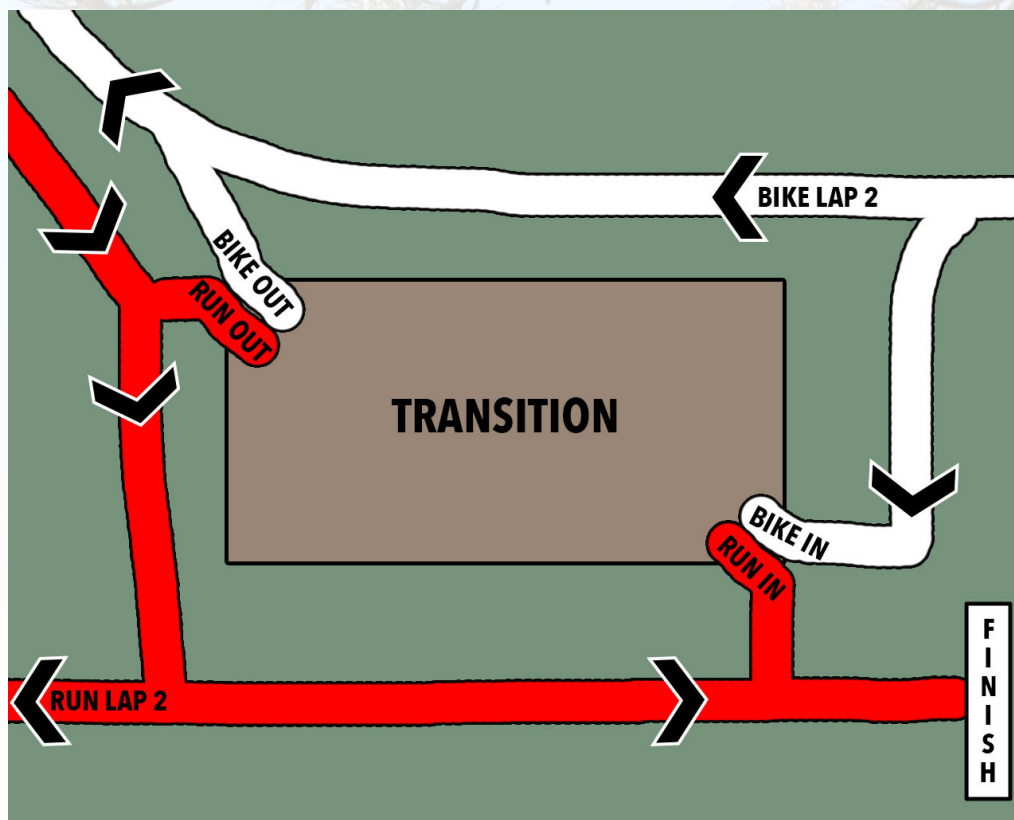
Welsh Championship Categories:

Ages are taken at 31/12/2017

CATEGORY	MALE	FEMALE
Youth (15 to 16)	1st, 2nd, 3rd	1st, 2nd, 3rd
Junior (17 to 19)	1st, 2nd, 3rd	1st, 2nd, 3rd
Senior (20 to 39)	1st, 2nd, 3rd	1st, 2nd, 3rd
Veteran (40 to 49)	1st, 2nd, 3rd	1st, 2nd, 3rd
Super Veteran (50 to 59)	1st, 2nd, 3rd	1st, 2nd, 3rd
Vintage Veteran (60 plus)	1st, 2nd, 3rd	1st, 2nd, 3rd

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Transition



Transition Details

There are no allocated spaces within the transition area. Please allow sufficient space for all others taking part. The transition area will be designed so that no location offers an advantage. Transition map will be available online before the event.

NO BOXES OR BAGS ARE ALLOWED IN TRANSITION

- No-one other than athletes wearing their race number will be allowed into Transition.
- You must have the bike number attached to enter/exit.
- Bikes must be hooked onto the racking by the saddle.
- Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place.
- Your personal race number must match your bike number in order for you to retrieve it.
- Please only enter and exit transition at the designated point.
- The more prepared you are when you arrive at transition the quicker you will get in.

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Refunds / Cancellation

No refunds are available on race entries.
Entries can not be transferred to another person.

Timing

We will be using one of the most trusted timing companies for the event timing with active chips in use to ensure reliable and accurate results are produced.

Please remember to return the chip immediately following the event. If you do not finish the event, please return your chip and let the timing company know.

Rules

For a full list of British Triathlon rules, which includes Cross Duathlon events please visit:
<https://www.britishtriathlon.org/events/competition-rules>

Cross Duathlon/Triathlon Specific Rules

19. CROSS TRIATHLON AND DUATHLON:

19.1 General:

- a.) Cross Triathlon consists of swimming, mountain biking (MTB) and cross-country running;
- b.) Cross Duathlon consists of cross-country running, mountain biking (MTB) and cross-country running.

19.2 Distances:

- a.) The recommended distances for Cross Triathlon are found in appendix A;
- b.) The recommended distances for Cross Duathlon are found in appendix A;
- c.) The course should have challenging technical aspects.

19.3 This line is intentionally omitted.

19.4 Mountain Biking Conduct:

- a.) The maximum tyre diameter for the MTB is 29 inches/74 centimetres. **The minimum cross section is 1.5 inch/3.8 centimetre;** Front and rear wheels may have different diameters;
- b.) Studded and/or slick tyres are allowed;
- c.) Competitors are allowed to push or carry the bike over the course;
- d.) Drafting is allowed; for safety reasons it may be forbidden to pass other athletes before entering the transition area. Lapped competitors will not be removed from the race;
- e.) Clip-ons are not allowed;
- f.) **Traditional road handlebars are forbidden;**
- g.) **Traditional MTB bar ends are authorized. Ends must be plugged.**
- h.) **Cyclocross bikes are forbidden unless they comply with the above criteria.**

19.5 Running Conduct:

- a.) Spiked shoes are allowed.

19.6 This line is intentionally omitted.

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Run

- The run course will be marked with RED arrows on a black background.
 - A section of the full lap will be on the beach. There are no signs on the beach, but a marshall at the start & finish of the beach section (approximately 1km per lap)
 - There will be a water station on the Run Course at approximately 1km. There will also be a water point within the arena at the Lap end location.
 - After the second run section, the finish line will be under the inflatable arc
-
- **SPRINT & YOUTH ONLY:** The turn off point on **RUN LEG 2** will be at the water point at 1km into the run course, which will be marshalled. It is your own responsibility to turn at this point. On Run Leg 1 you will complete a full lap (4km).

Bike

Helmets are mandatory, and must be worn clipped up at all times during the bike stage. Helmets should be put on in transition before you touch your bike, and only taken off again once your bike has been racking in transition. Please make sure your race number is clearly shown on your back before leaving transition.

- The MTB course will be clearly signposted with WHITE Arrows on black background. We will have marshalls a various points
- The course is 100% off-road with various surface changes. A significant percentage will be on singletrack. There are no sections that are deemed severely technical, but MTB experience is a must.
- There are no feed stations on the bike course. Please use a bottle or hydration pack.
- Upon completing the bike stage, on your return to transition you must dismount your bike before the “Dismount” line, which again will be marshalled by technical officials.
- Each lap of the course is approximately 12 kilometres. It is your own responsibility to ensure you complete the correct number of laps and also to ensure you know the course and in particular the section where the lap starts/finishes.

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2017 Course



Distances:

Open/Main event: 8km run (2 laps), 24km MTB (2 laps), 4km run (1 lap)

Sprint/Youth event: 4km run (1 lap), 12km MTB (1 lap), 2km run (shortened single lap)

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Event Signs

Please only follow the signs and tape specific to this event.

Run Course: Red arrows on black background

MTB Course: White arrows on black background

Tape: A Cycling branded barrier tape



Run Course
Directional Arrows

MTB Course
Directional Arrows