

One

T **T** **TENBY**
TOURERS

1ST SEPTEMBER 2023



SAUNDERSFOOTTRIATHLON.COM
RACE PACK

IMPORTANT INFORMATION

**PLEASE ENSURE THAT YOU READ CAREFULLY,
EVEN IF YOU HAVE RACED BEFORE.**

Activity Wales Events would like to take this opportunity to thank you for participating in Saundersfoot Triathlon 2023. We can't wait to see you on the start line.

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

After two years out and returning with a new bike route, start and finish line location, we're sure it's going to be one to remember!

You may have many questions on how the day will run and the race pack will answer these for you. Ensuring safety of all in attendance is of paramount importance so please read through this carefully.

We hope that you have a great time and enjoy the day. A huge thank you again for your continued support.

See you on race day!



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SAUNDERSFOOT
TRIATHLON

TT TENBY
TOURERS

EVENT ITINERARY

FRIDAY 1ST SEPTEMBER

WHAT	WHEN	WHERE
Registration	12pm - 5.30pm	Regency Hall, Saundersfoot
Transition	4.30pm - 6pm	Saundersfoot CP School
Briefing	6.15pm	Saundersfoot Beach
Event Starts	6.30pm	
Bike Cut Off	8.15pm	Saundersfoot CP School
Overall Cut off	8.45pm	Finish line
After Party		Saundersfoot Pubs

For exact locations, please see page 5

WHAT THREE WORD LOCATIONS

— **WHAT: REGISTRATION**

LOCATION: REGENCY HALL

WHAT3WORDS: ///bonnet.bandstand.loosens

— **WHAT: TRANSITION**

LOCATION: SAUNDERSFOOT CP SCHOOL

WHAT3WORDS: ///finalists.blink.thumbnail

— **WHAT: START LINE**

LOCATION: SAUNDERSFOOT BEACH

WHAT3WORDS: ///slides.comedians.thinkers

— **WHAT: FINISH LINE**

LOCATION: HARBOUR CAR PARK, SAUNDERSFOOT

WHAT3WORDS: ///reprints.trainers.hydratation

PRE EVENT INFORMATION

TRAVELLING TO THE EVENT

Please allow extra travel time due to the volume of traffic coming into Pembrokeshire.

PARKING ⚠️ ALL CAR PARKS ARE PAY AND DISPLAY

LOCATION: Coppit Hall, SA69 9AJ

WHAT3WORDS: ///exhale.proposals.trusts

LOCATION: Saundersfoot Harbour, SA69 9EW

WHAT3WORDS: ///fever.followers.infringe

LOCATION: Regency Hall, SA69 9EW

WHAT3WORDS: ///bonnet.bandstand.loosens

LOCATION: Saundersfoot Football Field, SA69 9EW

WHAT3WORDS: ///tinny.suggested.glitz

**PLEASE BE AWARE SAUNDERSFOOT HARBOUR CAR PARK WILL FILL
VERY EARLY SO PLEASE PLAN AHEAD**

REGISTRATION

LOCATION: REGENCY HALL, SAUNDERSFOOT

WHAT3WORDS: ///bonnet.bandstand.loosens



DON'T FORGET YOUR PHOTO ID & QR CODE

Without photo ID, you will be unable to register. You cannot register on someone else's behalf.

On registering you will receive:-

1 x swim hat

1 x timing chip to be worn on your left ankle outside of your wetsuit

2 x bib numbers (Please ensure you complete medical information on the reverse)

1 x helmet number

1 x bike post number

RELAY TEAMS:

One person can register for the whole team, provided that each team member has already signed the event disclaimer/terms and conditions.

Please bring a pen with you to complete your medical conditions on the back of your bib number.

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (Deadline prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.

Registration will close promptly at 5.30pm. Any athletes after this time will be unable to register for the event. There will be no exceptions.



TRANSITION - RACKING YOUR BIKE

LOCATION: SAUNDERSFOOT CP SCHOOL

WHAT3WORDS: ///finalists.blink.thumbnail

- Make sure you have numbered your bike and helmet with the numbers provided before entering the transition.
- Your helmet must be on and fastened before entering the transition.
- For relay teams only the bike athlete will need to rack their bike at transition

The transition will close at 6pm. Any athletes after this time will be unable to rack their bike for the event.

IT IS VITAL THAT YOU FOLLOW ALL INSTRUCTIONS GIVEN BY TRANSITION STAFF.



SAUNDERSFOOT TRIATHLON

TRANSITION PRE-ENTRY CHECKLIST

- Helmet on and fastened**
- Helmet numbered**
- Bar ends plugged**
- Bike numbered**
- Transition bag/box with bike/run kit**
- Wetsuit**
- Goggles**
- Swim hat**
- Timing chip on left ankle**



EVENT DAY

TIMING & RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event. Race numbers must be displayed on your back during the bike and the front during the run. Failure to display in the correct way will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.

RELAY TEAMS

- Once you have completed your first discipline, make your way to the racked bike where the next athlete should wait to receive the timing chip.
- On returning to transition, you must rack your bike before removing your helmet. Once you have done this, you can proceed to hand your chip over to the runner. Once they have put it on their ankle, they can leave transition.
- You will all be allowed to finish the event together. The other relay members can wait at the top end of the finish line to join the runner. You can all finish together and receive your medals individually.

SAFETY

[Video briefing](#)

The pre-event video briefing contains important, on-the-day information. Please ensure you watch this prior to the event.

Should poor weather conditions dictate, please ensure you have appropriate bright clothing and lights on your bike.

Due to safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you MUST report to an official to inform them and hand back your timing chip.

EVENT DAY SERVICES

PHOTOGRAPHY

There will be a number of photographers & videographers out on course. Athlete pictures will be available online from [Charles Whitton Photography](#).

BIKE MECHANICS

[Mikes's Bikes](#) will be in attendance should you have any last-minute problems or minor adjustments. We highly recommend that you visit them or your local bike shop at least 1 week prior to the event to help prevent any mechanical issues on the day.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification.

It is your responsibility to know the route and to ensure your own safety on the course. Marshals are there purely for reference and are not permitted to stop traffic, or responsible for directions.

Please allow time to walk from Registration to Transition on the day of the event and allow yourself plenty of time.

We are very lucky to be granted the relevant permissions to stage the race in the Saundersfoot area. Please help us by reducing the environmental impact as much as possible and take all of your litter home.

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COURSE & MAPS

[Course Maps](#)

THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINK BELOW:

Courses are comprehensively marshalled and signed with black arrows/fluorescent background.

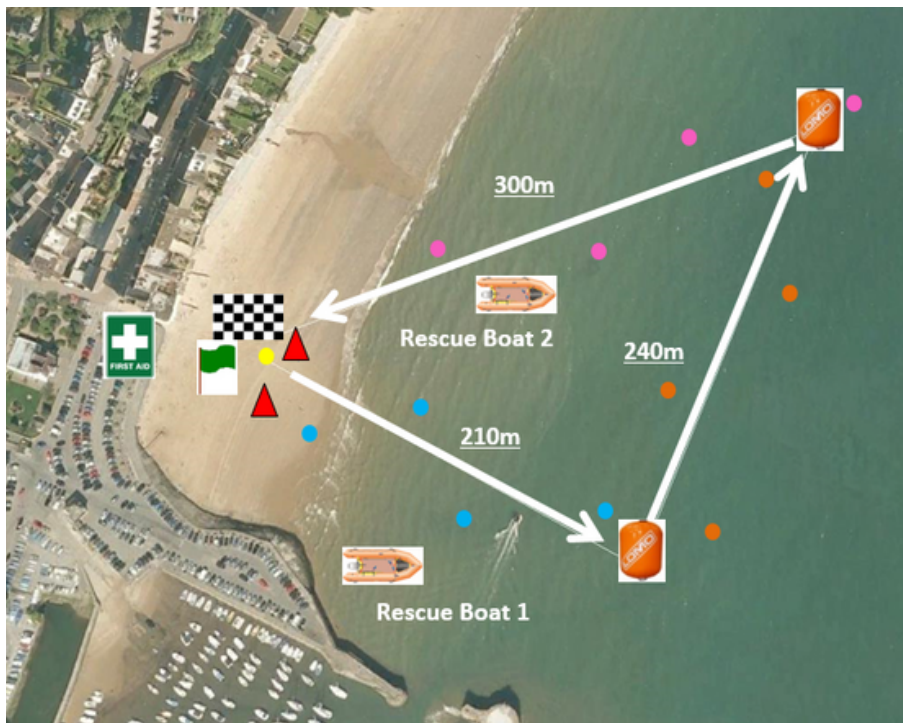
it is your responsibility to know the routes. Marshals hold no liability over directions. Any athlete deviating from the route will be disqualified.

SWIM ROUTE 750M

- After a short briefing, you will be invited onto the slipway where you will go over the timing mat, therefore it is essential that you wear the timing chip provided on your left ankle.
- Make sure you give yourself plenty of space, this will enhance your enjoyment of the swim.
- Water safety is provided by a professional and well-trained organisation. Should you get into trouble please lie on your back and put your hand in the air and they will assist you. Water safety is there to enhance enjoyment and naturally to ensure you of your safety, you will not be DQ'D for requesting their help should you then be able to complete the swim.
- The swim will take an anticlockwise direction and will complete 1 lap of the swim course which will be clearly marked out with buoys.
- On exiting, athletes of all abilities can get dizzy, this is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from the water.



COURSE & MAPS



TRAINER DROP

There will be a trainer drop zone available at the bottom of the slipway, which you can leave footwear at your own risk.

RUN FROM SWIM TO TRANSITION

There is a 500m (approx.) run to transition over mixed terrain to the school, so please take care.

MOUNT/DISMOUNT LINE

After collecting your bike there will be a 100m (approx) run to the mount line.

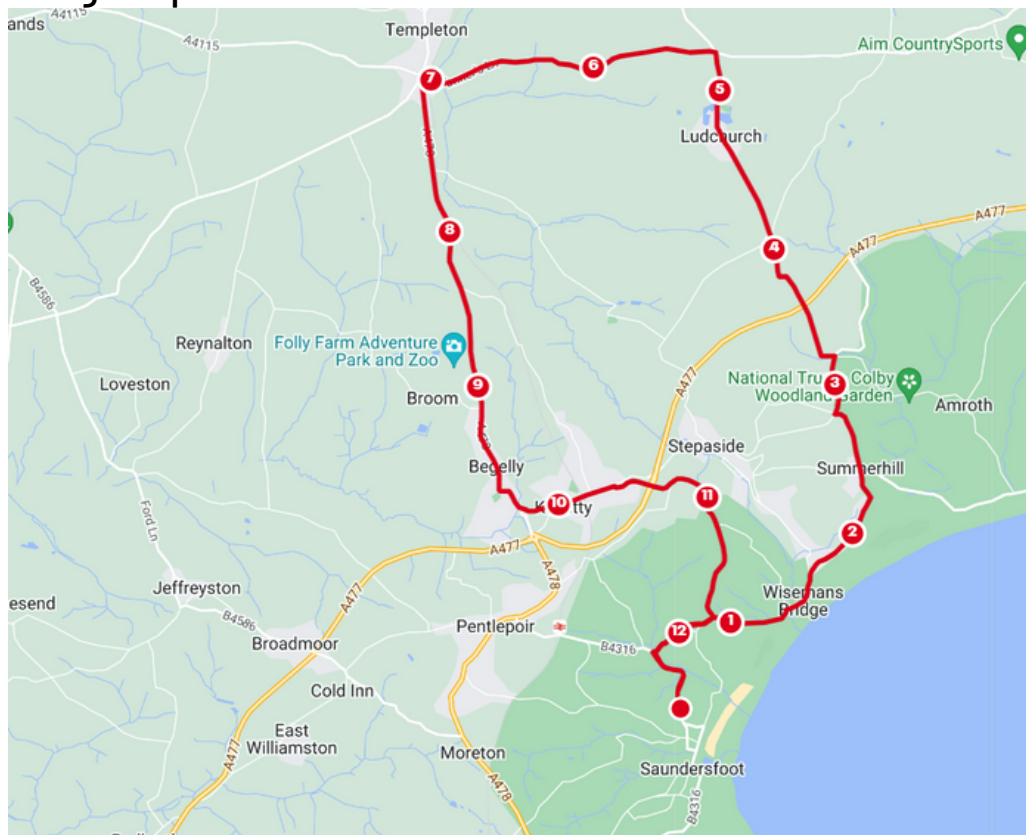
Outside of transition, the mount/dismount line will be clearly marked and there will be a marshal at this point to advise you. During the race, when exiting transition you must not mount your bike until you have crossed the mount line. Anyone riding their bike before the mount line, will result in a DQ.

Similarly, on return, you must dismount your bike before you cross the line.

BIKE ROUTE 20KM

PLEASE KEEP TO THE LEFT HAND SIDE AT ALL TIMES UNLESS OVERTAKING. ALWAYS RIDE WITHIN YOUR ABILITY AND WITH CAUTION, PLEASE BE MINDFUL OF ROAD CONDITIONS.

- Courses are comprehensively marshalled and signed with black arrows on a fluorescent background.
- Please be aware that the course is on open roads, so please ride with this in mind and be courteous at all times. Any dangerous riding or use of abusive language used will carry a DQ from the event without appeal.
- Please communicate with other athletes when overtaking and avoid sudden movements as there will be a large number of bikes on the course
- Please ride within your ability and the conditions of the road - do not get caught up in the event.

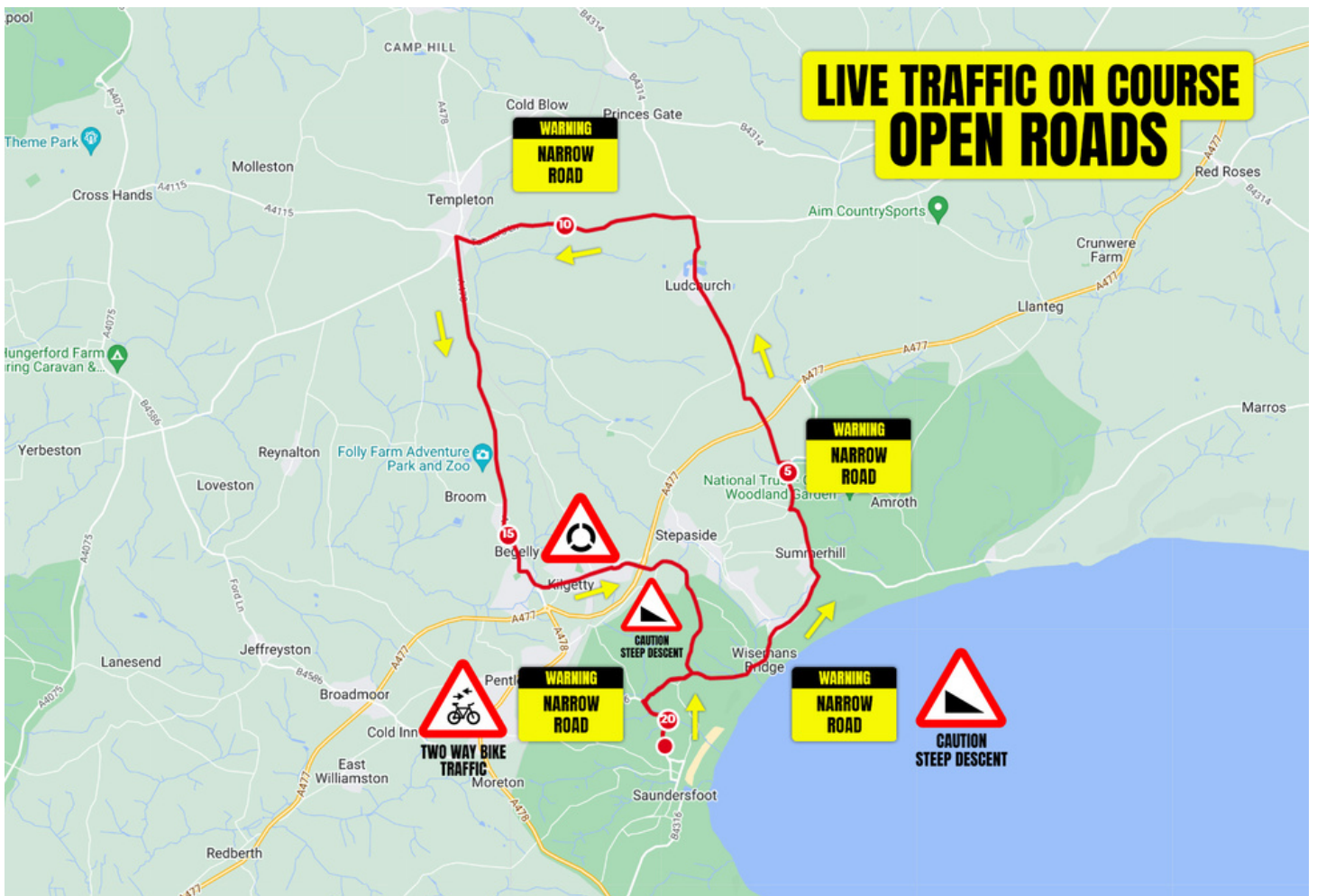


BIKE CUT OFF 8:15PM

COURSE & MAPS

BIKE ROUTE 20KM

Below is a map with hazardous points during the bike course. The course is on open roads so please follow the highway code and ride within your ability.

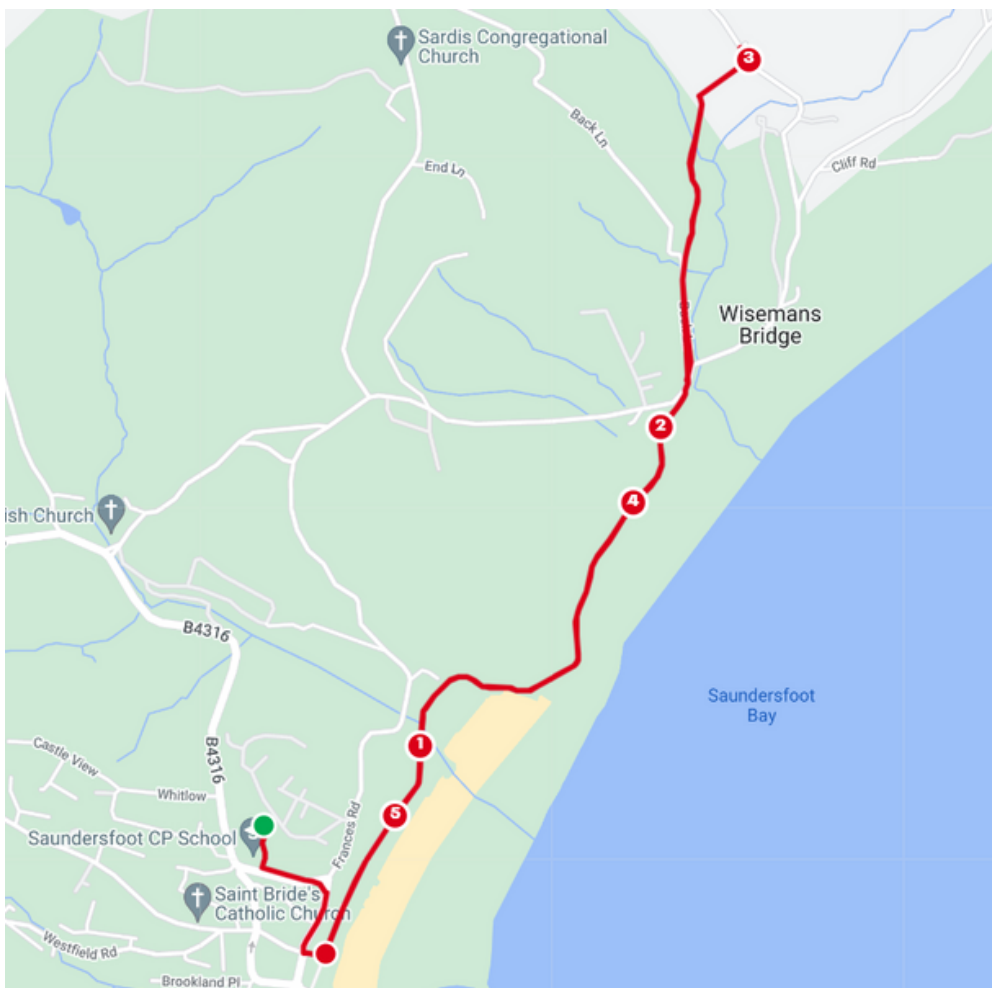


COURSE & MAPS

RUN ROUTE 5K

- The run route is an out-and-back course from Saundersfoot to Wisemans Bridge and back, enjoying some beautiful coastal scenery en route.
- There are no drink stations on this course so please bring water with you.
- The run course is comprehensively marshalled and signed with a black arrow and a fluorescent background. Please remember marshals are there for reference only they are not for directional purposes.
- Keep left at all times unless overtaking another athlete and please respect other path users.

IF YOU THINK YOU WILL LEAVE TRANSITION AFTER 8PM, PLEASE BRING A HEAD TORCH FOR THE RUN ROUTE.



🕒 OVERALL CUT-OFF: 8.45PM FOR ALL ATHLETES.

FINISH LINE

- At the finish line there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100.
- On crossing the finish line you will be able to collect your medal and bottle of water.
- The transition will be open to collect your bike from 8.15pm approx and will close 9.00pm approx. (15 minutes after the last athlete crosses the finish line). After this time items will be unattended and we will not be held responsible for any left items.

You will be required to show your bib number in order to collect your bike.



RULES

It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence. The rules are available at www.britishtriathlon.org.

- It is your responsibility as a competitor to know and correctly complete the full course. Marshals are NOT responsible for you not knowing the course. they are there for reference only.
- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Our marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Wetsuits are mandatory.
- Only Front Strokes are allowed.
- Please keep the buoy's on your left-hand side.
- No fins or floatation devices are allowed.
- No swim shoes or gloves allowed.
- Please be responsible for your rubbish and dispose of it appropriately.
- You MUST wear the swim hat provided at registration. You can wear your own hat underneath, but the official hat must be on top.
- Water Safety is there to guide and assist. Please make sure you follow all instructions they give you.
- Ensure that you mount/dismount prior to the line marked outside of the transition. There must be no cycling in transition.
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- You MUST wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (and definitely not elastic). These will be checked visually when racking your bike.
- Any fittings on your bike (computers, handlebar extensions) must be positioned, to prevent injury in the event of a crash. All handlebars and tri bars must be plugged. This will be checked visually when racking your bike. You will not be allowed to rack if they are deemed dangerous.
- Bikes must be single-rider only - tandem bikes are not permitted.
- Your helmet must be fully fastened before racking your bike. Similarly, on your return to transition, your bike must be fully racked before you undo your helmet.
- Nudity is not allowed – after seeing one male competitor drop his swim trunks in transition and try and change into cycle shorts only to get his foot caught and then spend the next 30 seconds hopping around to release himself....I think you know why!

RULES CONTINUED

- You will need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes MUST be racked on the racking provided using either the seat post, handlebars or brake levers.
- Bikes must not be racked anywhere else. Any athlete not racking correctly will be disqualified.
- Remember to place your equipment as thrown equipment will interfere with other athletes and lead to a penalty.
- You are not allowed to mark your position in transition with any special device, flag etc. Please be careful not to interfere with any equipment of your fellow athletes, either deliberately or accidentally.
- Event numbers must be worn on the back for the bike leg and on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- The race director and referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee have the ability to implement and introduce laws and rules on the day.
- Please make sure you are at the start line 30 minutes prior to the event start. Marshals are only a reference. It is your responsibility to check junctions and know the course.
- If you are unable to complete the course, please report to an official with your timing chip.
- If you have registered and decided last minute not to start the event, please report to an official with your timing chip.
- The course is comprehensively marshalled and signed with black arrows and fluorescent background.
- If a referee thinks you are drafting there is no appeal against this decision. The rule of thumb is to be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.

If you read this and follow the advice, you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have however his/her decision is final.

DRAFTING

THIS EVENT IS A NON-DRAFTING EVENT.

On approaching another competitor, you must either keep back outside of their draft zone or you must overtake.

If you choose to overtake, the cyclist you are overtaking is then responsible for dropping back outside of your draft zone.

If you have difficulty visualising the draft zone, the equivalent distance you must keep between your front wheel and the rear wheel of the cyclist in front is roughly the length of a large family car.

Please study the poster on the next page for more information.

DRAFTING RULES EXPLAINED

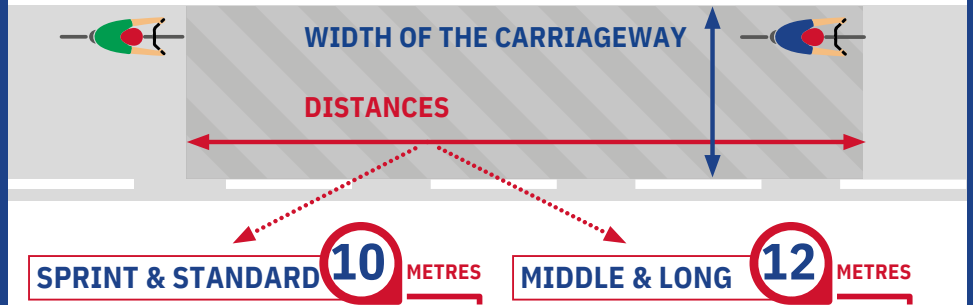
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE

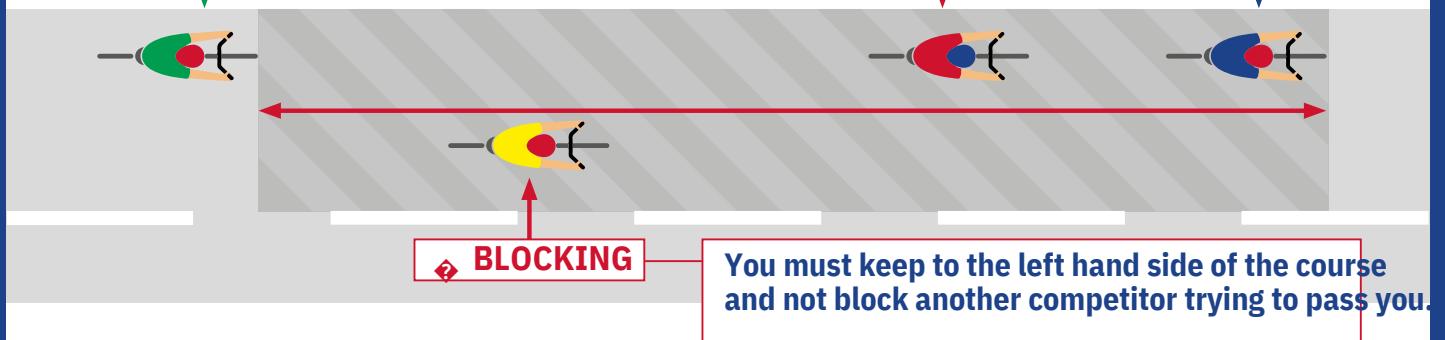


DRAFTING & NOT DRAFTING

NOT DRAFTING

DRAFTING BIKE

LEAD BIKE



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



SPRINT & STANDARD



MIDDLE & LONG



OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

POST EVENT INFORMATION

AWARDS & RESULTS

A presentation for 1st, 2nd 3rd overall Male and Female will take place 5 minutes after the top 3 come over the finish line.

All other prizes will be posted out after the event.

WINNING CATEGORIES

1st, 2nd, 3rd Male and Female

1st, 2nd, 3rd Male and Female Vet

1st, 2nd, 3rd Male and Female Junior

1st, 2nd, 3rd Relay Team



SAUNDERSFOOT TRIATHLON RESULTS

Results are live and will be available once you cross the finish line

LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

LET'S GET SOCIAL

If you or your supporters take any snaps on race day, please share them with us using #saundersfoottriathlon, make sure to tag us @activitywalesevents. We will share these on our Instagram & Facebook pages.



POST EVENT INFORMATION

FOOD & DRINK

There are a number of great places to enjoy in the area if you are staying before or after the race.

THE BOATHOUSE - 01834 811890

HARBWR BAR & KITCHEN - 01834 811413

THE STONECRAB - 01834 813651

ROYAL OAK INN - 01834 812546

COAST RESTAURANT - 01834 826100

KOOKABA RESTAURANT - 01834 813814

THE HEAN CASTLE INN - 01834 491378

THE OLD CHEMIST INN - 01834 813982

SHORELINE - 01834 450554



REMAINING EVENTS 2023

LONG COURSE WEEKEND BELGIUM 22ND - 24TH SEPTEMBER

MUMBLES TRIATHLON 30TH SEPTEMBER

WORMS HEAD 10K 14TH OCTOBER

GOWER THREE PEAKS 14TH OCTOBER

EVENTS 2024

MUMBLES DUATHLON 23RD MARCH

SWANSEA SWIM 25TH MAY

UWTSD SWANSEA TRIATHLON 26TH MAY

SWANSEA 5K 26TH MAY

CHALLENGE WALES 9TH JUNE

FISHGUARD SPRINT TRIATHLON 9TH JUNE

LONG COURSE WEEKEND WALES 21ST - 23RD JUNE

THE WALES SWIM 21ST JUNE

THE WALES SPORTIVE 22ND JUNE

THE WALES MARATHON 23RD JUNE

THE WALES HALF MARATHON 23RD JUNE

THE WALES 10K 23RD JUNE

THE WALES 5K 23RD JUNE

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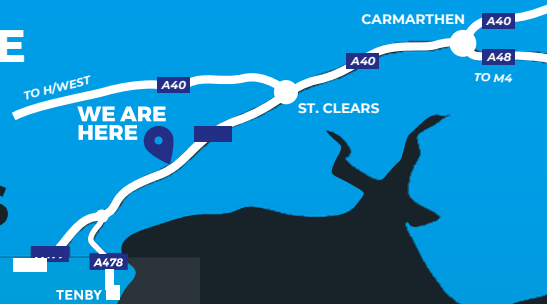
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VISIT OUR SHOWROOM

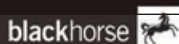
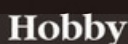
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