



**Gemau Cymru**

**Welsh Triathlon IRC Qualifier**

**Provisional Race Pack for Athletes and  
Parents**

**Sunday 2<sup>nd</sup> July 2017**

**at Parc Bryn Bach, Tredegar**

## 1 Introduction

This year's Welsh Triathlon IRC Qualification race takes at Park Bryn Bach on Sunday 2<sup>nd</sup> July 2017, which is part of the Gemau Cymru multisport festival. This race pack will provide pre-race information to athletes and parents ahead of the event.

Please note that this year's edition of the event will be a **draft legal** event. As such certain advisory entry criteria apply, which can be found in **section 11**. If you are unsure if you will meet these entry criteria please consult with your coaches or email [admin@welshtriathlon.org](mailto:admin@welshtriathlon.org) before filling out the online entry form.

## 2 Gemau Cymru

Gemau Cymru is the bilingual signature event for young people in the Welsh Sporting Calendar, enhancing the performance pathways of Olympic, Commonwealth and Paralympic sports. It will provide an opportunity for young athletes to compete in a high profile multi-sport event while experiencing an athlete village experience.

This year it will be held on the weekend of 30<sup>th</sup> June to 2<sup>nd</sup> July 2017 in different locations in an around Cardiff.

The following sports are part of Gemau Cymru:

- Athletics
- Badminton
- Canoeing
- Gymnastics
- Judo
- Netball
- Indoor rowing
- Rugby 7s
- Table Tennis
- Triathlon
- Weightlifting
- Hockey

Further details are available at <http://gemaucymru.urdd.cymru/cy/>.

## 3 Inter Regional Competition Qualifier

This event will include the Welsh Inter-Regional Championship team selection race for TriStar 2 and TriStar 3 athletes. The Inter-Regional

Championships will take place on Monday 28<sup>th</sup> August 2017 at Mallory Park, Leicestershire, LE9 7QE.

Each English Region, Scotland and Wales send 3 male and female athletes in TriStar 2 and TriStar 3 categories. The event is part of the wider British Triathlon U20's festival. More information can be found here:

<https://www.britishtriathlon.org/events/performance-events/u20-s-festival>

The selection policy for the Welsh IRC team can be found on the Welsh Triathlon website here:

<https://www.welshtriathlon.org/wales/documents/news/2016/december/wt-irc-selection-criteria-.pdf>

#### **4 Event Organiser**

The Event is being organised by Welsh Triathlon.

Race Director: William Kirk

Contact Address: Welsh Triathlon C/O Sports Wales, Sophia Gardens, Cardiff, CF11 9SW.

Contact Email: [willkirk@welshtriathlon.org](mailto:willkirk@welshtriathlon.org)

Contact Telephone: 0300 300 3128

#### **5 Address of Venue**

The event is being held at

Parc Bryn Bach

Merthyr Road

Tredegar

Blaenau Gwent

NP22 3AY

Free parking is available at the event venue; please follow the signs and directions from the marshals on entry to the park, on race day. There is a 500m walk down the hill from the parking area to the Visitors Centre, so please arrive in plenty of time.

We would like to encourage all competitors to car share where possible.

#### **Catering Services**

A café serving hot and cold food and beverages will be open in the Visitors centre

## Toilets & Changing Facilities

Male, Female and accessible toilets and changing facilities are available in the Visitors Centre.

## Venue Website

For further details on the venue please look at their website at [www.parcbrynbach.co.uk](http://www.parcbrynbach.co.uk)

## 6 Registration

Registration will take place in the Visitors Centre at the following times

Saturday 1<sup>st</sup> July 2017 16:00 to 18:00

Sunday 2<sup>nd</sup> July 2017 08:00 to 13:00

## 7 Race packs

Each race pack will include the following items:

- Race Numbers (2)
- Bike Number
- Coloured Swim Hat
- Timing Chip

## 8 Competition Rules

All races at the Gemau Cymru Welsh Triathlon IRC qualification race will be run under British Triathlon's Competition Rules (updated January 2017), and are available here:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>

**All races will be draft legal.** Competitors and their representatives are advised to make themselves familiar with the competition rules and also guidelines for draft legal bikes set up, where these do not conflict with additional rules for children's events in the document above:

<https://www.britishtriathlon.org/britain/documents/events/performance-events/draft-legal-events-bike-setup-guidance-v9.pdf>.

Please note that due to the draft legal nature of the event **a lap rule will apply.**

**For the safe running of the event, lapped athletes will be removed from the bike course. There will also be a swim cut off in place due to an overlapping course in and out of transition, which is the equivalent**

of being lapped out. Please see section 11 for the approximate cut off times.

## 9 Race Briefings

All race briefings will take place on Sunday 2<sup>th</sup> July 2017, 20 minutes before the scheduled start time for each wave. The location of the briefing will be on the slipway outside the Visitor Centre, near the start / finish area. Attendance is mandatory at these briefings for all athletes.

## 10 Races Distances/Timings

The event will have races for TriStar 1 athletes up to a Youth/Junior combined wave.

Race Start times are as follows:

Race Start Time	Age Category	Distances Swim / Bike / Run
10.00	Youth/Junior Boys	400m / 10.1 km (3 laps) / 2.5 km
10.40	Youth/Junior Girls	400m / 10.1 km (3 laps) / 2.5km
11.20	TriStar 1 Boys	100m / 4.1 km (1 laps) / 1.2 km
12.00	TriStar 1 Girls	100m / 4.1km (1 lap) / 1.2km
12.40	TriStar 2 Boys	200m / 4.1km (1 laps) / 1.8km
13.20	TriStar 2 Girls	200m / 4.1km (1 laps) / 1.8km
14.00	TriStar 3 Boys	300m / 7.1km (2 laps) / 2km
14.40	TriStar 3 Girls	300m / 7.1km (2 laps) / 2km

Ages for each age group are shown below. These are taken as an athletes age on 31<sup>st</sup> December 2017

TriStar 1	9 or 10 years old
TriStar 2	11 or 12 years old
TriStar 3	13 or 14 years old
Youth	15 or 16 years old
Junior	17 to 19 years old

## 11 Entry Criteria

For event safety purposes cut off times and a lap rule **have** to be in place due to the narrow and technical nature of the course and the fact that bike course in and out from transition overlaps for 200m.

Therefore, the following table shows the approximate swim cut off time based on last year's winning times. Also listed are the winner's approximate lap times. From this table the time athletes in each age group have to achieve not to be lapped out can be predicted.

Age Group	2016 winners combined Swim, T1, Bike time	2017 approximate cut off time to exit T2	Approximate time race winner onto second lap	Approximate Time race winner onto third lap
TriStar 1 Boys	N/A	11 min	N/A	N/A
TriStar 1 Girls	N/A	11 min	N/A	N/A
TriStar 2 Boys	13min23	11 min	N/A	N/A
TriStar 2 Girls	13min46	11 min	N/A	N/A
TriStar 3 Boys	19min00	11 min	12min22	N/A
TriStar 3 Girls	18min52	11 min	12min05	N/A
Youth and Junior Boys	24min14	11 min	12min08	18min11
Youth and Junior Girls	27min32	11 min	13min25	20min29

The following should act as advisory guidelines only as the race winning times may vary. If you are not sure whether you meet the required standard then please consult your club's coach before entering or email [willkirk@welshtriathlon.org](mailto:willkirk@welshtriathlon.org) with any queries.

Please note that the bike is hilly and technical, which should be taken into consideration when looking at the times above.

## **12 Start**

The race assembly area is by the visitors centre, next to the lake. Access will be via the slipway. Please follow the instructions of the marshals and officials, and do not enter the lake until asked to do so.

Athletes must be at the assembly area 20 minutes prior to their start time, for the mandatory safety briefing.

Each athlete will be given a coloured swim hat at registration, which must be worn, on top of any other swim hat. The colour of the swim hat will indicate which wave the athlete is in.

If time allows, there will be an opportunity for a brief warm up in the water, before the athletes are called to the start line.

All race starts will be in deep water, with an air horn signalling the start of the race.

## **13 Swim Course**

All swim courses will be one lap, with each turning point marked by a large buoy. The swim is in an anti-clockwise direction keeping all swim buoys on your left shoulder, except the last buoy nearest the exit, which will be on your right shoulder.

The position of the last buoy is to ensure you exit at the ramp. The swim exit is a short ramp, with matting and athletes should exit on the matting between the two marshals.

Please see swim course map for a diagram of the swim course.

## **14 Water Safety**

Kayaks will be present in the water in case an athlete gets into difficulty. If an athlete needs assistance, they should roll onto their back and raise one hand in the air. This is the signal to the kayakers that you require their assistance.

If swimming is not your strongest discipline, we recommend that you position yourself towards the back or the side of the wave. It may add a few seconds to your time, but it will enable you to get into your rhythm and enjoy the swim more.

Remember to spot during the swim so that you ensure that you are swimming on the quickest route between the buoys. A good technique is to get into a rhythm whereby you incorporate a water-polo stroke every 6 to 8 strokes, raising your head so that your goggles are just above the water, to check that you are on course. Sight more often when approaching the swim buoys and when approaching the swim exit.

There is a cut off time in place of approximately 11 minutes, from the start of the race, to the time when every swimmer should have exited T1. If competitors are still in the water after this time they will be picked up and taken to the swim exit.

If, in the opinion of Race Officials, an athlete is in a fit state to do so he/she will be allowed to complete the run section of the race, but will appear as a lapped athlete on the results sheet.

## **15 Water Temperature**

We are expecting the water temperature to be around 16 degrees centigrade, at the time of the race. However this can fluctuate depending on the weather conditions in the run up to the race.

An official water temperature will be taken the day before the event and posted at registration. Further water temperature readings will also be taken one hour before the event and posted at registration.

Wetsuits will be optional if the water temperature is between 14°C and 22°C. If the water temperature exceeds 22°C wetsuits will not be allowed. If the temperature is between 11°C to 13°C then the swim will either be shortened or cancelled depending on climatic conditions.

Temperatures and implications for wetsuit use will be made clear at registration and the race briefing.

## **16 Transition 1**

After exiting the water, each athlete should head towards transition, in between the safety barriers.

Each athlete will be allocated a space on the racking. Your equipment and clothing should be arranged neatly next to your bike in a way that does not impede other competitors. Please note, you cannot store your equipment in a transition box or bag in transition during the race.

Athletes should be aware of other athletes when setting up their transition area as other races may be in progress. Please follow the instructions of marshals and technical officials at all times when setting up transition and racking your bike.

After exiting the swim your wetsuit, swim hat and swim goggles should be deposited next to your bike.

Your helmet must be put on and securely attached before you touch your bike.



Do not attempt to mount your bike until you have passed the mount line at the exit of transition.

## **17 Bike Course**

On exiting transition athletes should stay on the left side of the cones following the yellow direction markers and any marshal's signals. The route to the bike lap is very narrow and technical for the first 500m and athletes should exercise caution.

Marshals waving red flags are an indication that athletes are approaching a corner, where caution is required.

The event will be on closed roads, although each athlete should be aware of the possibility of pedestrians and other park users near the side of the road, as the Park is still open to the public. The surface will be on tarmac for the whole bike route.

There is one hill approximately 400 metres from Transition. Following the hill there is a downhill section. Athletes should exercise caution on the corners and listen to the instructions of the marshals.

A marshal near the top of the hill will be making a note of each athlete's number as they pass their station, to ensure every athlete completes the appropriate number of laps. However, athletes are responsible for counting their own laps. Once the correct numbers of laps have been completed athletes should proceed back into transition.

TriStar 1	One lap
TriStar 2	One lap
TriStar 3	Two laps
Youth and Junior	Three laps

Please see the bike course maps for more information on the route.

A lap rule will be in place during the event. Lapped athletes will be returned to transition safely and if considered able and wishing to do so, they will be able to complete the run section. However, they will show in the results list as a lapped athlete.

## **18 Gear Restrictions (TriStar 1, 2 & 3 only, not applicable to Youth and Junior Athletes)**

The IRC Championship event at Mallory Park will be a gear restricted race for TriStar 2 and TriStar 3. In order to prepare Welsh athletes for this event, gear restrictions **will** be applied for this event.

Please see the link below to the gear restrictions page of the British Triathlon website. On this page there are links to the athlete and parent guide, gear restrictions tables and how to videos:

<https://www.britishtriathlon.org/gb-teams/talent/english-talent/gear-restrictions>

TriStar 1, TriStar 2 and TriStar 3 athletes will need to have their bikes checked prior to entering transition. Athletes will be asked to roll out their bikes for one full rotation of the crank arm. One rotation must travel the bike less than 5.40m for TriStar1, 6.05m for TriStar 2 and 6.45m for TriStar 3 athletes. Make sure that you roll your bike out at home, well in advance of the race, to ensure that it is within these limits. Due to expected variance between each separate roll out also make sure that your bike falls within the limit consistently.

When the bike has passed the check a sticker will be given to the athlete to put on their bike.

Athletes that finish in the top three may have their bikes re-checked after the athletes have finished the event. Random checks after the event may also take place.

To minimise queuing, athletes should roll their bikes out at the following times:

Age Group	Roll-out time
TriStar 1	10.15 to 11.00
TriStar 2	11.30 to 12.15
TriStar 3	12.45 to 13.30

If you have any questions, regarding gear restrictions for T2 and T3 athletes, please direct them to [louisrichards@welshtriathlon.org](mailto:louisrichards@welshtriathlon.org) with the subject heading 'Gemau Cymru Gear Restrictions'.

## 20 Transition 2

Athletes must dismount their bike before the dismount line.

After dismounting, push your bike back to your position and rack your bike, before unclipping your helmet. Put your running shoes on and proceed out of transition, towards the run out point from transition. This will be situated on the visitor centre side of transition next to the swim in point.

## **21 Run Course**

The run routes are flat and on a tarmac footpath around the lake.

### **TriStar 1 and 2**

The TriStar 1 and 2 races will be an out and back course. After exiting transition and proceeding towards the swim exit area, you will make a sharp right turn near the exit of the swim and proceed anti clockwise around the lake until the turnaround point after 600 metres for TriStar 1 and 900m for TriStar 2. Run on the left side of the path, nearest the lake, until you go around the turnaround point. These will be clearly marked by a marshal at the turnaround point who will make a note of each athletes number to ensure they have done the correct distance.

After the turnaround points follow the route back, again on your left of the path (farthest from lakeside). With 50 metres to go you will be directed to the finish. The finish line is under the large Welsh Triathlon finish arch.

### **TriStar 3 and Youth/ Junior Event**

The TriStar 3 and Youth/Junior race will be one lap of the lake, in a clockwise direction.

TriStar 3's will complete one lap of the lake and the Youth and Junior Race will complete one lap, plus an additional out and back section.

Please note we do not have exclusive use of the Park, and it will be open to regular users. Therefore athletes should be aware that walkers a wide berth as they run past them.

## **22 Aid Station**

There will be one aid station, with sealed water bottles, situated approximately half way around the run course. Water will also be available at the exit of transition 2.

Athletes are also advised to carry water / fluid with them to drink on the bike in a bottle cage, depending on the weather and their individual requirements.

Please do not drop litter on the bike or run course. At each aid station there will be bin bags to dispose of bottles and cups. Any athlete caught littering and not taking corrective action will be disqualified.

## **23 Transition Check-In**

Transition check-in will take place on race day only.

Prior to transition check in, a gear restriction roll out will be performed. Athletes should rack their bikes straight after roll-out if applicable.

Transition is a restricted area. Only athletes and marshals will be allowed to enter this area. Access to athletes will be from 0900 to 1345.

Other races will be going on in this period, so athletes racking should be aware of competing athletes. Access to transition can be temporarily stopped during busy periods. Please listen and follow instructions of the officials and technical officials in this area.

On entering the Transition Area, athletes must have the following items:

- Bike (having already being checked for gear restrictions T1,2 & T3s)
- Helmet (must be worn and fastened as you enter transition)
- Race numbers (on bike, helmet and person)

**All athletes** will have their helmets, bike and race numbers checked on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race number clearly showing as they enter the transition area. All bikes must be stickered up with the correct stickers distributed in the race packs during registration.

Athletes are asked to set up their transition space so that it does not infringe on any other competitors space besides them. Race numbers will be clearly marked on the racking.

## **24 Chip Timing**

Chip timing will be used to record the splits and overall times of each athlete and should be worn on the left ankle. Results will be found on StuWeb race timing's website after the event and series results will be on the Welsh Triathlon website.

## **25 Marshals**

All marshals are volunteers, either from the Urdd, Sports Cardiff or local triathlon clubs. Their main role is to notify Race Officials of any safety related incidents on the course. During the race they can offer route guidance, although it is still the athletes responsibility to know the course.

If you would like to volunteer at this event please email [willkirk@welshtriathlon.org](mailto:willkirk@welshtriathlon.org). Marshals receive a free packed lunch on the event day and training in advance.

## **26 First Aid**

First Aiders will be present on site during the event. They will be stationed near the finish line and on the bike route, during the race. If you require first aid please contact the nearest marshal who can help you access this.

## **27 Event Photography Policy**

Members of the public or attendees to this event who intend to use photographic or video equipment are required to register their details with the event organiser.

Photo registration will be conducted next to registration.

Any individual found to be taking photographic or video images without having registered may be challenged and asked to stop immediately

## **28 Event Photography Opt Out**

If a parent does **not** wish to have their child photographed at the event they will need to fill out and sign the appropriate part of the parental consent form. These forms will be available at registration.

## **29 Access to Equipment at End of Race**

Athletes will be allowed limited access to transition to retrieve their equipment, as long as it does not interfere with later races.

## **30 Presentations / Medal Ceremonies**

The presentation will take place next to the Visitors Centre at approximately 16.00. We may hold the presentation inside the visitors centre, if there is inclement weather.

Medals will be awarded to the first, second and third athlete, both male and female, for each category. If an athlete is unable to attend their presentation, their award will be posted to them after the event.

## **31 Adverse Weather**

Even though the race is in July, weather conditions at Parc Bryn Bach are highly changeable.

In the event of poor weather in the run up to the day or on the day affecting water and air temperatures, the event organisers reserve the right to cancel or amend the event from a triathlon format

If the event is not held as a triathlon (e.g Duathlon) then all qualification slots for the IRC event will be solely decided on the results of previous 2017 TriStar series races. In this case the race at Parc Bryn Bach **will not** count towards selection.

## 32 Open Water Swimming - Health Warning

All athletes please note.

United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are even less. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. If you are unwell, please do not take part in the event.

Risks to health from open fresh water are small, but people must be aware of the possible hazards. Potential illnesses and symptoms have been identified below, so that users may be aware of the risks following contact with the water.

The majority of reported illnesses associated with recreational water use tend to be short-lived and self-limiting gastrointestinal symptoms. However other illnesses include eye, skin, wound, chest and upper respiratory tract infections can occur. There is potential for more serious illnesses to occur such as Hepatitis A and Leptospirosis (Weil's disease).

If any participant in the event feels unwell in the weeks following the event day they should consult their GP without delay and mention that they have taken part in the event. This can be beneficial in focusing diagnosis and treatment where needed.

### **Reducing the risks:**

The following advice has been taken from British Triathlon's Open Water Swimming Safety Guide for multi sport events.

- Cover all cuts and abrasions, however minor with sticking plasters.
- Wash hands in fresh water before eating after the race. There are washing facilities at the visitors centre
- Take a full shower at the earliest opportunity. There are shower facilities at the Visitors Centre.
- Try not to ingest water whilst swimming.

## Schedule of Event

Saturday 1<sup>st</sup> July 2017

Time	Action
16.00	Registration Opens
18.00	Registration Closes

Sunday 3 July 2016

Time	Action
08.00	Registration Opens
09.00	Transition Opens
09.40	Mandatory Safety Briefing for Youth and Junior Boys
10.00	<b>Race Start Youth and Junior Boys</b>
10.15	T1 Boys and Girls roll out starts
10.20	Mandatory Safety Briefing for Youth and Junior Girls Race
10.40	<b>Race Start Youth and Junior Girls</b>
11.00	T1 roll out ends
11.00	Mandatory Safety Briefing for T1 Boys
11.15	T2 Boys and Girls Roll out starts
11.20	<b>Race Start T1 Boys</b>
11.40	Mandatory Safety Briefing for T1 Girls
12.00	T2 Boys and Girls Roll out ends
12.00	<b>Race Start T1 Girls</b>
12.20	Mandatory Safety Briefing for T2 Boys
12.40	<b>Race Start T2 Boys</b>
12.45	T3 Boys and Girls Roll out Starts
13.00	Registration Closes
13.00	Mandatory Safety Briefing for T2 Girls
13.20	<b>Race Start T2 Girls</b>
13.30	T3 Boys and Girls Roll out Ends
13.40	Mandatory Safety Briefing for T3 Boys
14.00	<b>Race Start T3 Boys</b>
14.20	Mandatory Safety Briefing for T3 Girls
14.40	<b>Race Start T3 Girls</b>
14.50	Dismantle Swim Course
15.20	Dismantle Bike and Run course
15.30	Transition shuts
16.00	Presentations
16.15	Dismantle Transition and clear site