

MIKE'S BIKES PEMBROKESHIRE COAST TRIATHLON *BRITISH TRIATHLON EVENT OF THE YEAR 2015*

1.5k swim / 43k bike / 10.6k run
Saturday 16th June 2018, Broad Haven

IMPORTANT: Race day timetable – Saturday 16th June

7.30am	Registration opens – Ocean Café Bar (<i>also open Friday 15th, see over</i>)
8am	Transition area open for bike racking
9.15am	Registration closes (absolutely no registration after this time!)
9.30am	Compulsory race briefing in transition area
9.40am	Transition area closes & swim warm up starts – all athletes out of transition except relay cyclists and runners
9.55am	All competitors out of water and counted through funnel to start area
10am	Race starts (mass start)
2.30pm	Transition area dismantled – all bikes and kit to be removed by 12.30pm (secure until then)
2.30pm	Presentation in Ocean Café Bar

Getting to know Broad Haven



LITTERING

The race is set in the stunning Pembrokeshire Coast National Park. It doesn't look good with litter strewn everywhere, especially gel wrappers and clumsily dropped water bottles. Please don't drop your litter – bring it back with you to transition. And if you get caught littering you will also be penalised by a race official...

REGISTRATION

Registration will take place in the Ocean Café Bar (SA62 3JG), on the seafront between the main car park and the transition area. Registration will be open between **6-8pm on Friday 15th and 7.30-9.15am on Saturday 16th**. Could those living locally and staying in the area please make every effort to register on Friday to avoid congestion on Saturday. At registration you will be given:

- Your race number (2 if you don't have a race belt)
- A sheet of Sportstiks (for your bike & helmet)
- A tattoo (for your upper RIGHT arm)
- A swim cap (red for relays, white for females, blue for males)
- Your timing chip & ankle strap (to be worn on your LEFT ankle)
- A race t-shirt (if you ordered one)

Welsh Triathlon members must produce their race licence or equivalent evidence (e.g. a print out from TriConnect) at registration, or pay for a Day Licence for £5. Everyone else should have purchased a day licence via the online entry system. For details of the benefits of joining Welsh Triathlon please visit www.welshtriathlon.org.

Any member of a **relay team** may register for the whole team, but must have money for day licences (£3 per team member) for the whole team (or membership cards where appropriate).

ACCOMMODATION

There are a range of providers in the area. We particularly recommend the following:

Broad Haven Holiday Park www.broadhavenholidaypark.com, tel. 01437 781277. Situated just up from the National Park car park.

Broad Haven YHA www.yha.org.uk Tel. 01437 781688. Situated in the heart of Broad Haven, adjacent to the National Park car park. Variety of rooms available at discounted rates, includes a special triathlon breakfast.

Coed Haroldston www.coed-haroldston.co.uk, tel. 01437 781088). Luxury self-catering cottages overlooking Broad Haven beach.

Timber Hill Holiday Park www.timberhill.co.uk Tel. 01437 781239 or 08452 306090. Family run Holiday Park situated on the run course, close to Broad Haven.

PARKING

Parking is potentially an issue for us in this small coastal village, so **please make every effort to car share** where this is practical. You must only park in the Pembrokeshire Coast National Park (PCNP) car park on Millmoor Way, which is on the right as you enter Broad Haven on the B4327 from Haverfordwest. Parking fees have been kindly waived by PCNP on the Saturday, and we will be collecting donations for a local good cause (Support the Boardwalk) so please give VERY generously – at least £5 in lieu of the car park charge would be nice. If this car park is full, marshals will direct you to appropriate alternative parking. Do not park on the road along the sea front or on residential roads. It is only a short walk from the car park to registration, transition area and showers.

TOILETS

Public toilets are in the main competitor's car park and the transition area. Where charges would normally apply, we have arranged for these to be lifted during the race.

RACE NUMBERS

Numbers must be worn on the REAR during the cycle stage and on the FRONT during the run. They must NOT be folded and must be pinned in all four corners. You need to write your name, any medical condition(s) you may have, and an emergency contact number on the back of your race number. If you need them, safety pins will be available at registration. Race belts are allowed provided the number is visible to the front or rear as above, and is not folded. Follow the instructions on the sticker sheet to attached your bike number to your seat post, and 3 stickers to your helmet. Apply the tattoo to your upper RIGHT arm, following instructions on the reverse of the tattoo. You need water to apply it!

RACE TIMING

A timing chip and ankle strap will be issued to you at registration. You need to fix it to your LEFT ankle (to avoid it getting caught in your bike's drive train) and wear it throughout the race. **Relay teams** will need to pass the chip and strap between them, please refer to the specific relay team instructions posted in registration. No chip = no time. Return the chip & strap to the box provided at the finish.

TRANSITION / BIKE RACKING

The transition area will only be open during the times listed on page 1. There will be NO access to the transition area outside of these times, or before the last cyclist has returned. No-one other than athletes, bearing a race number, will be allowed into the transition area – no exceptions. Bikes must be hooked onto the racking by the saddle, and you must rack at the spot directed by transition marshals – you will not get to choose your favourite spot! This is to give you the most space possible. Your bike must have the number label attached to the rear brake cable/seat post. Your race number must match your bike number in order for you to retrieve it, so hang onto your race number after you finish and keep it with you until you have got your bike out of transition. You must wear your helmet when you enter transition so that the marshals can check for a safe fit.

RACE BRIEFING / RULES

A compulsory race briefing will take place at **9.30am** in the transition area. The race is run under British Triathlon competition rules, for the current rules [please CLICK HERE](#). For a summary of the 2018 changes [please CLICK HERE](#). In particular this means the cycle stage is NON-DRAFTING. Some key points (but not all of them!):

- No boxes or large bags in transition (just your race kit & a small soft sided bag)
- Do not touch or move your bike without your helmet being fastened
- Non-drafting
- No riding in the transition area (mount and dismount where indicated)
- Do not fold or cut your race number
- Do not allow your equipment to impede other athletes
- No banned equipment, including MP3 players, mobile phones
- No racing topless (and any front zipper to be done up)
- No threatening, abusive or insulting words or conduct
- Do not break road traffic regulations
- No dangerous conduct / cycling
- Obey all marshals and the Police
- Only competitors to cross the finish line

Penalties will be posted in a prominent position, which will be highlighted at the briefing, and any appeals must follow the procedure outlined on the day.

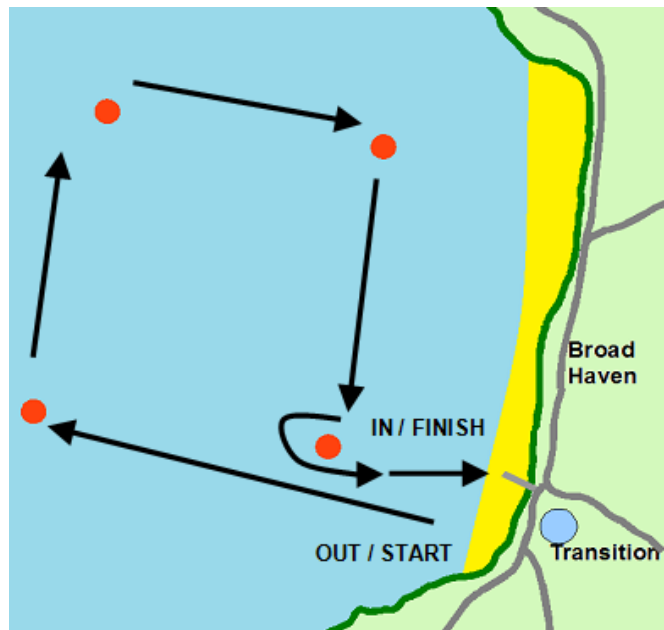
Please note that **boxes and large bags are not allowed in transition**, only small soft-sided bags will be permitted. Please remove all boxes and larger bags from transition once you have set up.

THE COURSE

Please ensure you know the course before the event....

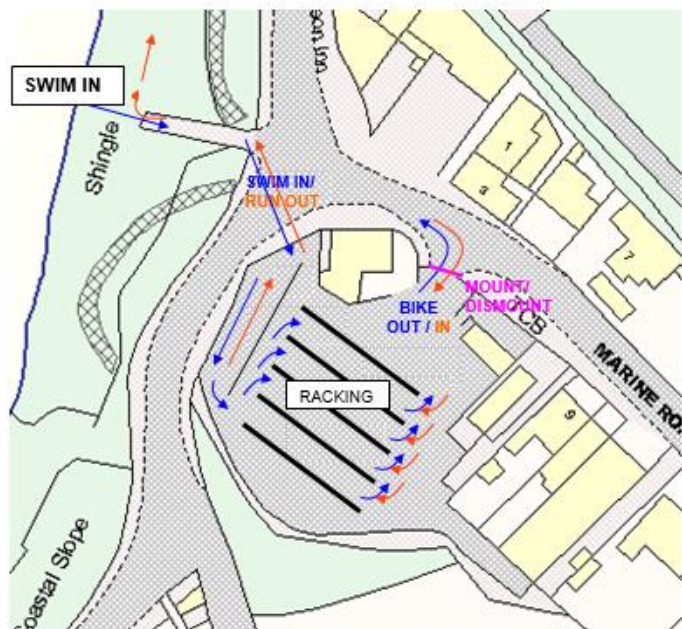
Swim

The swim course will be one lap of 1500m, clockwise keeping buoys to your right, until returning to the final buoy which you keep to your left before turning to head in to the slipway. The start is at the water's edge south of the slipway at the south end of Broad Haven beach. The swim course will exit back onto the slipway. Water safety cover will be provided – if you get into difficulties, turn onto your back and raise one arm in the air, and help will be with you quickly. Please note that wetsuits are compulsory for the swim. If the water temperature on the day is less than 12.5°C the swim will be shortened in line with British Triathlon rules. Finally, there will be a **swim cut-off time of one hour** for safety reasons – anyone still in the water is liable to be removed by safety boat (but we will exercise discretion).

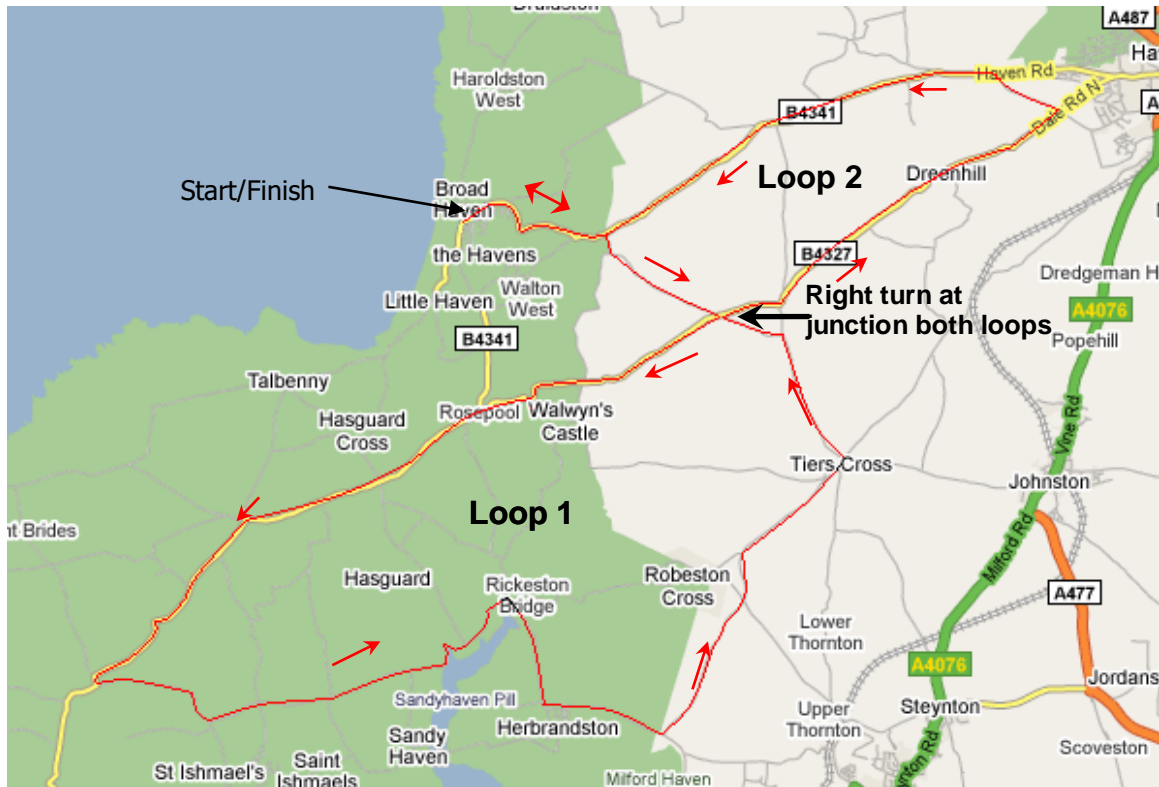


Transition

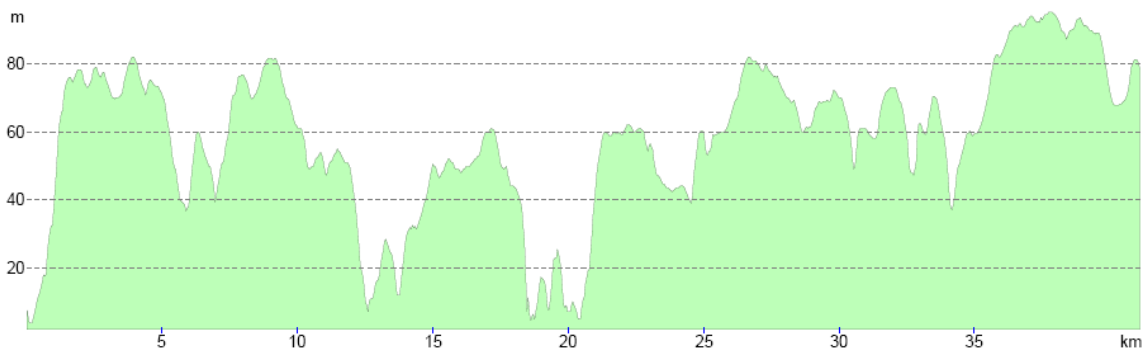
Exit the swim and run up the beach to the slipway at the south end of the beach. Cross the road into transition – the **road closure** will allow you to cross the road into transition in a traffic free environment. Follow directions into transition, all competitors will have to travel the same distance through transition. Once you have fastened your helmet, push your bike to the mount line and on your return please dismount before the line – a penalty will be issued if you do not. When returning from the bike course, re-trace your path into and through transition and exit via the route that you came in from the swim, continuing across the road, down the slipway, and onto the beach.



Bike



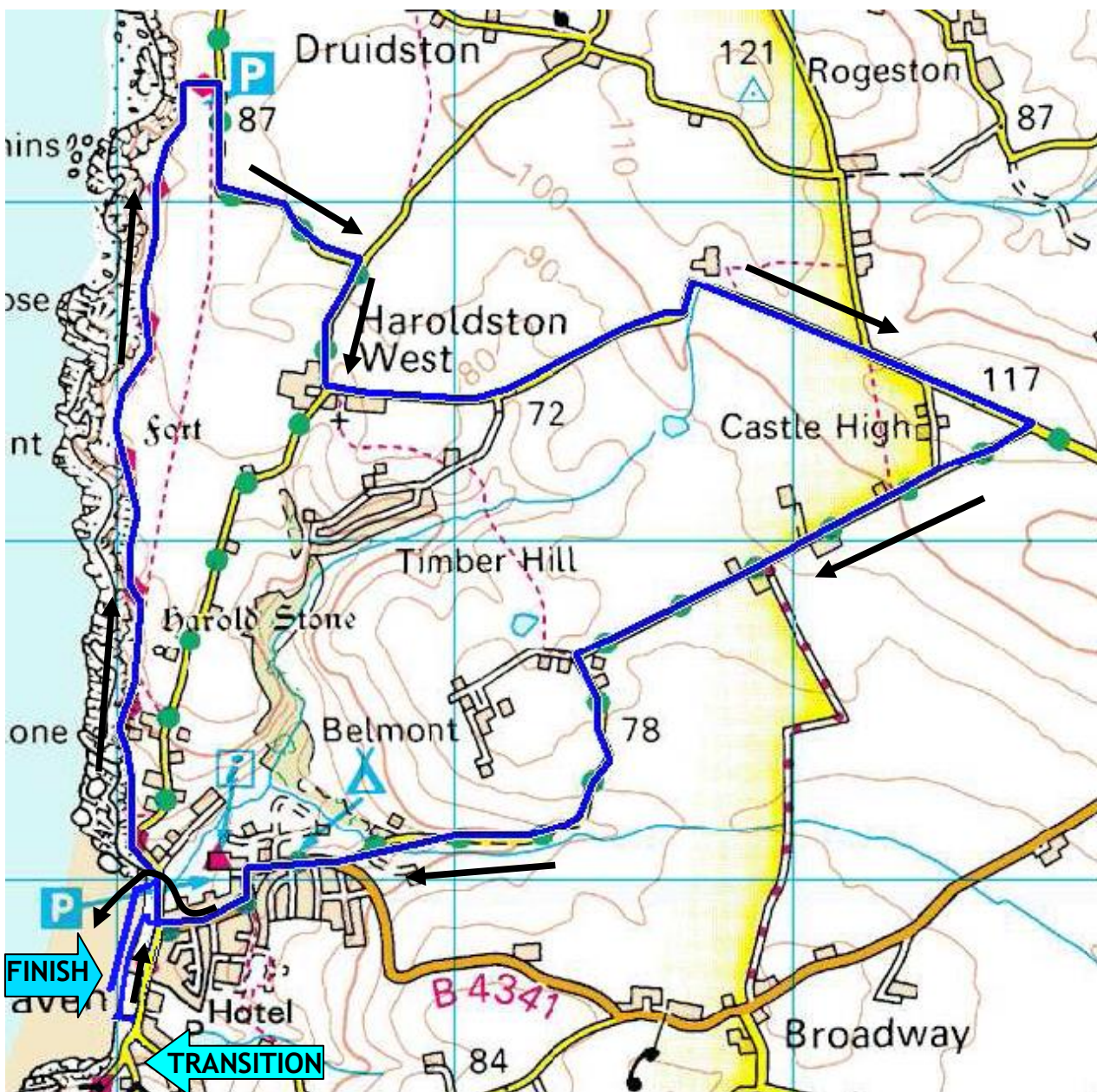
Bike Course Profile:



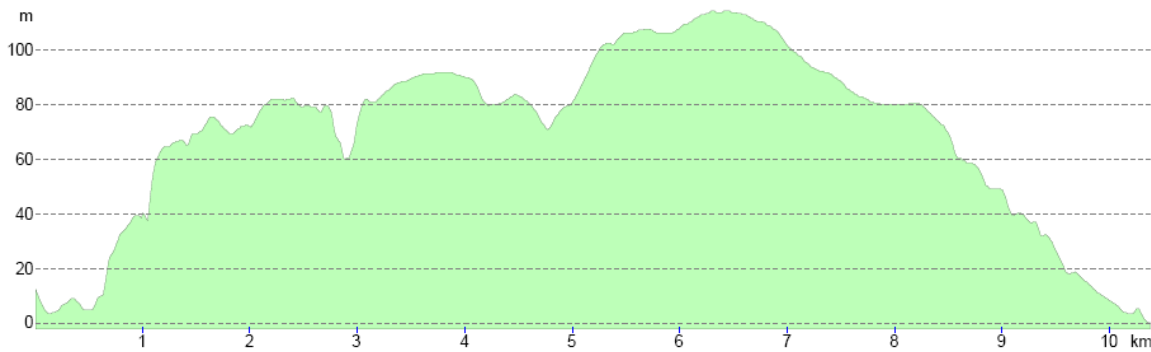
- Exit transition **left** onto Marine Road after crossing the mount line.
- Turn **right** onto the sea front (Enfield Road). The road will be closed across the sea front to through traffic but be aware of vehicles accessing properties along this stretch and cycle only on the left hand side of the road.
- Head out of Broad Haven towards Haverfordwest on the B4341, and after 2.5km make a **right** turn towards Tiers Cross / Creampots. You must give way to oncoming traffic: there is good visibility at this junction and it will be marshalled.
- The next junction is the White Hart cross-roads with the B4327 Dale Road where you will have to give way and make a **right** turn. This junction will also be marshalled.
- The next section of the course is undulating with a few steep descents and tight bends.
- After 10.9km turn **left** at Tavernputt Cross towards Dale / Marloes (still the B4327).
- At the next t-junction, turn **left** towards St Ishmaels / Milford Haven (not right to Dale).
- The route then takes you around Sandy Haven Pill, past Herbrandston, and towards Milford Haven.
- Adjacent to the Murco Oil Refinery, before Milford Haven, turn **left** towards Tiers Cross, soon passing the entrance to the refinery.

- In Tiers Cross, go straight over the roundabout and then take the **second left** (signposted Broad Haven)
- At the White Hart cross-roads (again!), turn **right** onto the B4327 towards Haverfordwest (this is the same junction you crossed earlier in the course, but you are now on the opposite side of the junction). You may have to give way if traffic is passing, before turning right at the junction when it is safe to do so.
- On the outskirts of Haverfordwest, turn **left** onto Park Corner Road (at the edge of Haverfordwest Racecourse).
- At the next junction with the B4341 turn **left** again. Be aware of traffic approaching from your right as you make the turn (you must give way).
- Follow the B4341 back to Broad Haven and re-trace your path along the sea front, turning **left** into Marine Road and **right** into Transition, dismounting at the identified line.
- The cut-off for finishing the bike section is **3 hours** after the race start, anyone still on the bike course at this point is liable to be withdrawn from the race (but we will exercise discretion).

Run



Run Course Profile:



- Exit transition via the sea front exit (road closed) and continue across the road and down the slipway (same as swim exit) onto the beach.
- Turn right at the bottom of the slip, outside the finish area, and run north along the beach.
- At the north end of the beach, join the road using the **last slipway** and turn **left** and up towards Haroldston Hill.
- After approximately 20m turn **left** onto the coast path: the surface is generally in good condition however there are some narrow sections and stones in the path so take **extra care on the coast path**.
- The path may also be used by walkers. Try to stay to the **left of the path** where possible and overtake fellow runners to the right. **After the 3rd gate the path splits – take the path closest to the coast (downhill and to the left) – go straight ahead and you will be cutting the course.**
- There are 5 gates on the coast path section, we will endeavour to have these open or removed for the race.
- After taking in the fantastic views of St. Bride's Bay you will turn **right** off the coast path and head through the car park at Haroldston Chins. A water station will be positioned as you turn right off the coast path. **Please drop your cups in the designated area, before you reach the car park.**
- Turn **right** to join the road and keep to the right hand side.
- At the next junction turn **right** again and move to the left hand side of the road, when safe to do so, ready for the next junction which is just a few hundred metres away.
- When you reach the left turn at Haroldston West, turn **left** and head past the Timber Hill Holiday Park.
- Follow this road, around two tight bends, and turn **right** turn at the top of the hill (which actually goes straight ahead of you). Keep to the right hand side of the road.
- After another 500m you will then take a sharp **right** onto Long Lane.
- The second water station will be in the lay-by just after the turn. **Please drop your cups in the designated area after the water station.**
- Continue along this road, keeping to the left hand side.
- The road eventually joins the main B4341 road into Broad Haven, at the junction turn **right** and keep to the right hand side of the road and rejoin the pavement by the main car park.
- Continue on the main road to the sea front road (NOT through the car park), turn **right** just before the sea front as if heading back towards Haroldston Hill, but keep to the left hand side and head down the **first slipway** (i.e. not the same slipway you used to come off the beach at the start of the run) as directed by the marshal onto the beach, where you have 400m to run along the beach to the finish line just before the slipway.

General

Please note that we aim to marshal all main junctions but please be aware that marshals cannot stop traffic and the race is run on open roads so it is your responsibility to run and cycle safely. Anything deemed to be unsafe will be recorded by marshals and the Senior Race Official may impose a time penalty or disqualification, as appropriate (see above).

HEALTH & SAFETY

Your safety is our #1 priority. Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert a race official who will act accordingly. If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you **MUST** report in so that this can be recorded and we know that you are safe. Everyone who starts the race must be accounted for, so please avoid the cost and worry of a missing person search by reporting in. If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number.

THE FINISH

Water, bananas, Welsh cakes and all sorts of sweet and sticky goodies will be available at the finish. When leaving the finish pen please place your timing chip and strap in the bin provided. Please collect your bike and kit from transition as soon as you can after transition has re-opened (as soon as the last runner is out on the course). You will need to show your **race number** to gain access to transition and remove your equipment, and this must match the one on your bike, so please don't lose it. **No race number = bike left in transition!!**

AFTER THE RACE

MASSAGE

Post-race massage will be provided by local sports therapists Nathan Miles and Lee Gibbons, 10-15 minutes for just £10. Your body will thank you! Located inside the Pembrokeshire Triathlon Club gazebo outside the Anchor Guest House on the seafront.

SHOWERS

Hot showering facilities will be available after the race, up to the time of the presentation, at the Football Club, which is a short walk from the transition area and car park (see map on page 2 for location).

FOOD & DRINK

Widely available in the village. To book a table for food at the Ocean Café Bar on either the Friday or Saturday evening please 'phone 01437 781882.

PRESENTATION

The presentation will take place in the Ocean Café Bar at 2.30pm. The Welsh Championship & Welsh Super Series prizes will be awarded first, followed by the main event presentation. Event prizes will be awarded as follows:

1st, 2nd & 3rd male and female (all categories)

1st male & female 17-19 and in all 5-year age categories above (20-24, 25-29 etc)

Triathlon club prize (lowest combined time of first 3 athletes from one Triathlon Club)

1st male relay team (teams of 2 or 3, any age)

1st female relay team (teams of 2 or 3, any age)

1st mixed relay team (teams of 2 or 3, any age)

1st corporate relay team (teams of 3, any age or sex, representing an organisation or business)

OUR GOOD CAUSE



This year the race is again putting something back into the community by raising funds for the amazing **Support the Boardwalk** campaign. Check out their web-site

<http://www.supporttheboardwalk.co.uk/>

And like them on Facebook!

They will be managing the car park, for which the fees have been waived, so please give generously!!

RESULTS

Race results will be available at <http://www.stuweb.co.uk> soon after the finish, and on our web-site (www.pembstri.org.uk) within a day or so.

EVENT PHOTOGRAPHS

Event photographs will be available at <http://www.behindthelensmedia.co.uk> soon after the event.

FEEDBACK

We would very much appreciate your feedback on all aspects of the event, so that we can make improvements for future years. Please e-mail any views you have to events@pembrokeshire-tri.org.uk.

THANKS

We would like to thank Mike's Bikes of Haverfordwest (<http://www.mikes-bikes.co.uk/>, tel. 01437 760068) for being our main sponsor once again this year. The following companies have also kindly sponsored or supported the event:

- Acanthus Holden Architects (<http://www.acanthus-holden.co.uk/>, tel. 01646 685472)
- Broad Haven Holiday Park (www.broadhavenholidaypark.com, tel. 01437 781277)
- Broad Haven YHA (broadhaven@yha.org.uk, tel. 0845 3719008)
- Coed Haroldston (www.coed-haroldston.co.uk, tel. 01437 781088)
- Ocean Café Bar (www.oceancafebarandrestaurant.co.uk, tel. 01437 781882)
- Sealyham Activity Centre (www.sealyham.com, tel. 01348 840763)
- Treeworks (<http://www.treeworks.wales/>, tel. 01437 899888)
- Timber Hill Self Catering Cedar Lodges (www.timberhill.co.uk, tel. 01437 781239)

We would also like to thank everyone who has helped us in many different ways: Pembrokeshire County Council, Dyfed Powys Police, Kevin Wheeler, Haverfordwest Kayak Club, Pembrokeshire Paddlers, St. John's Ambulance and the volunteers from Support the Boardwalk and Valero.

www.pembstri.org.uk

Check out our web site for details of training, races, results and much more!