



**Race Information Pack**  
**UPDATED WITH NEW COURSE!!**  
**Pembroke Junior Triathlon**  
**17<sup>th</sup> June 2018**

*Organised by Pembrokeshire Triathlon Club in partnership with Just Tri Junior Triathlon Club & Pembrokeshire Leisure*

**Pembroke Leisure Centre, Pembroke (postcode: SA71 4RJ)**

**Tristart Start (age 8\*) to Tristar 3 (age 13-14\*)**  
*(ages as at 31<sup>st</sup> December 2018)*

Event web-page: [www.pembstri.org.uk/pembroke-junior-triathlon/](http://www.pembstri.org.uk/pembroke-junior-triathlon/)

*Kindly sponsored by Mike's Bikes, Haverfordwest*

[www.mikes-bikes.co.uk](http://www.mikes-bikes.co.uk)

**Tel 01437 760068**



Welcome to the first running of this event for junior triathletes aged 8-14. The event is fully within the Pembroke Leisure Centre & School site, closed to traffic, and all on tarmac roads, paths and grass. It is permitted by British Triathlon, and will be run in accordance with their rules. The permit has been approved following a thorough risk assessment.

Please read this race pack carefully before attending the event.

## **CONDUCT & EVENT RULES**

Can we respectfully remind all parents that this is a children's event & whilst it is a race, we want children to enjoy their experience. We will therefore not tolerate any behaviour at this event which is not in this spirit. Thank you for helping us make this a happy day for everyone involved!

Children must follow British Triathlon rules during the event. For the current British Triathlon competition rules [please CLICK HERE](#). For a summary of the 2018 changes [please CLICK HERE](#).

## **RACE DAY TIMETABLE**

10am	Registration opens (in marquee in car park)
10am	Transition open for bike racking / transition set up (adjacent to Leisure Centre entrance)
1120am	Registration closes – no registration after this time so don't be late!
1130am	<b>COMPULSORY race briefing</b> for all junior athletes & parents (adjacent to transition area)
12pm	First wave starts (see start list for details of waves & start times)
3pm (approx.)	Presentation (outside Leisure Centre of dry, indoors if wet)

## **PARKING**

Turn left into the leisure centre site from the B4322 Pembroke Road, then follow the road around to the right. You will be guided by Staff to the parking area. Do not park anywhere else, there is plenty of space for everyone.

## **REGISTRATION**

Registration will be in the Pembrokeshire Triathlon Club marquee, which will be located within or immediately adjacent to the car park. Registration will be open from 10am and will close promptly at 11.20am.

British/Welsh Triathlon members must produce their race licence (or evidence of membership, e.g. confirmation email) at registration, or you will be charged £1 to purchase a day licence. For details of the benefits of joining Welsh Triathlon visit [www.welshtriathlon.org](http://www.welshtriathlon.org). Forgetting your child's licence will cost you an unnecessary £1!

At registration we will check your child's details & you will be given the following:

- Tyvek race numbers (1 to be worn on back during bike stage, 1 to be worn on front during run stage) – if your child is using a race belt, you only need 1 number but they need to make sure they are correctly displayed during the race
- Sheet of *Sportstiks* triathlon stickers – instructions are printed on the sheet, 1 is for the bike seat post, and 3 for the helmet (both sides & front)
- Single tattoo – instructions on how to apply the tattoo are printed on the reverse, tattoo to be applied to your child’s LEFT upper arm

## REGISTRATION – BIKE CHECK IN

Entrance to the transition area for bike racking is only during the period 10am to 11.20am. Marshals will check children in. Entrance to transition is for competitors only. Please make sure your child’s stickers etc have been applied and they have their race numbers to show the marshals at the transition entrance. Children should wear their bike helmet so it can be checked by marshals to ensure a correct fit (it should not be too loose). Boxes and large bags are NOT allowed to be left in transition.

## DISTANCES

These follow British Triathlon guidelines for maximum distances for each age group and will be as follows (bike & run distances are approximate):

Age category	Swim	Bike	Run
Tristart Start (8)	50m (2 lengths)	1K (1 lap)	600m (1 lap)
Tristar 1 (9-10)	150m (6 lengths)	3k (3 laps)	1k (2 laps)
Tristar 2 (11-12)	200m (8 lengths)	5k (5 laps)	1.4k (3 laps)
Tristar 3 (13-14)	300m (12 lengths)	7k (7 laps)	1.8k (4 laps)

## HEALTH & SAFETY

Medical cover will be provided at the event by St John’s Ambulance. If your child suffers from any medical condition that the medical team need to be aware of, please write details on the back of your race number.

## THE SWIM

Please ensure your child is poolside at least 15 minutes before the published start time (see start list). Children will be given the following:

- A timing chip & strap, which is to be worn around the LEFT ankle (this is to prevent it becoming tangled in the bike’s chain)
- A swim cap, to be removed poolside as your child leaves the water

Each wave will have a maximum of 8 children in, 2 per lane, with each child staying to either the right or the left of the lane. Only children from the same age category will swim together.

## TRANSITION – SWIM TO BIKE

Children will leave the pool through a door to the side of the main entrance, and climb a set of steps (a marshal will be present to help this run safely). Children will then make their way to the rear of transition, and locate their bike. Bikes must only be moved once bike helmets are securely fastened. Bikes cannot be ridden until they have fully crossed the identified mount line outside of transition.

## THE BIKE

The course is on tarmac. The bike route will be a technical bike with several dead turns utilising the large car park at the facility. We have attempted to make these turns as wide as possible. It will be clearly marked with arrows, barriers, cones & tape. Essentially, athletes will exit Transition and make their way up a rather steep hill to the car park and navigate a circuit within the car park before making their way back down the hill. Depending on their Age Category they will either re-enter Transition or make their way back up the hill to complete another lap. The number of laps is dependent on their Tristar Age Category. **Can we please take this opportunity to ensure that your child's bike is well serviced as good gearing and brakes are essential on this course. If the Transition Team decide that your child's bike does not meet the needs of the course they may not be allowed to race. Please be advised there is no bike maintenance available at this event.** It is your child's responsibility to ensure they complete the correct number of laps, although we will endeavour to count laps as a back-up in case of any queries with the results. There is NO water provided on the bike course so children need to have a bottle on the bike if they need it.



## TRANSITION – BIKE TO RUN

On completing the designated number of laps, children will get off their bikes at the designated dismount line, and push their bikes into transition. Once racked, they can remove their helmet and head off on the run.

## THE RUN

The run course is all on a mixture of tarmac and grass, but mainly on grass on a football field. Additional laps for Tristar 1 to 3 athletes will involve completing the 400m loop. There will be a water station positioned on the run course so that children pass it on each lap. It is your child's responsibility to ensure they complete the correct number of laps, although we will endeavour to count laps as a back-up in case of any queries with the results. On completing the designated number of laps, children will filter off for the finish line which will be on the field and easily visible.



## THE FINISH

There will be water at the finish, as well as some sugary snacks and a medal for every finisher. These will be awarded by well-known & top local triathletes Oliver Simon (Welsh Ironman Record Holder) & Abbie Williams (Junior GB Triathlete, European Youth Championships Gold Medal – mixed relay).

## **REFRESHMENTS**

There will be hot food available courtesy of Dap's Baps & also an ice cream van on site. Please support them by treating your kids (& yourself) after the race!

## **TOILETS & SHOWERS**

Are available in the Leisure Centre.

## **THE PRESENTATION**

Will take place outside the Leisure Centre at approximately 3pm (we will aim for around 15-30 minutes after the last finisher), inside the Leisure Centre if wet. Prizes will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed athlete in each age group for both girls & boys.

## **RESULTS**

Event timing is being provided by StuWeb (<https://www.stuweb.co.uk/>). Print outs of your child's results will be available after the race, and online soon after the event.