

# Pembrokeshire Duathlon

18<sup>th</sup> November 2018, Neyland, Pembrokeshire

5k run – 20k bike – 2.5k run

## Race Information Pack

Event web-page: [www.pembstri.org.uk/events/pembrokeshire-duathlon/](http://www.pembstri.org.uk/events/pembrokeshire-duathlon/)



This year we are once again supporting a local charity, PATCH (<http://patchcharity.org.uk/>) who do great work helping individuals and families in need.

The Pembrokeshire Duathlon, based on the riverfront at Neyland, is organised by Pembrokeshire Triathlon Club. This is the 11<sup>th</sup> running of the event, following its debut in 2008. The race is permitted by British Triathlon. The event caters for those looking for a fast time, as well as those taking on a duathlon for the first timer. The run sections are flat and fast, and the bike course has some nice flat sections, with a few steady climbs thrown in for good measure, and a fast descent back in to Neyland to spin those legs out before the final run. The race start is adjacent to the Brunel Quay car park in Neyland, and the transition and finish area is adjacent to Neyland Yacht Club some 200m away.

### **BEFORE THE RACE**

#### **Registration**

Registration will take place at Neyland Yacht Club (Post code SA73 1PX) and will be open between 5pm-6pm on Saturday 17<sup>th</sup> November and 7.15am-8.15am on Sunday 18<sup>th</sup> November. Could those living nearby please try and register on the Saturday, to avoid congestion on the Sunday. At registration (which is on the ground floor of the main building) you will be given your race number, label for bike & helmet, and your t-shirt. All the race information will be posted up in registration – please take the time to read it.

**British/Welsh Triathlon members must produce their race licence at registration, or you will be charged £5 to purchase a day licence (£5 for individuals, £3 for each member of a relay team). SO BRING YOUR RACE LICENCE! If you are not a member you should have purchased a Day Licence when you entered online (by paying £35 instead of £30) – if you didn't we will charge you at registration. No licence = no race. No exceptions.** For details of the benefits of joining Welsh Triathlon visit [www.welshtriathlon.org](http://www.welshtriathlon.org).

### **RACE DAY**

#### **Race day timetable**

- 0715 Registration opens – Yacht Club (also open **Saturday**, see above)
- 0730 Transition area open for bike racking (to competitors only)
- 0815 Registration closes
- 0840 Transition area closes
- 0855 Compulsory race briefing in Brunel Quay Car Park (adjacent to start line)
- 0900 Race starts
- 0915 First runner back (approx.)

- 0950 First cyclist back (approx.)
- 1000 First athlete finishes (approx.)
- 1040 Last cyclist finished (approx.) and transition re-opens
- 1100 Last finisher (approx.)
- 1115 Transition area dismantled – all bikes and kit to be removed
- 1115 Presentation in Yacht Club & results available (Yacht Club to be cleared by 1145)

### **Parking**

Please park only in the Brunel Quay car park, which is adjacent to the start (free parking). **If this is full, please park in the car park in the adjacent Neyland Marina.** You will not be able to park adjacent to the Yacht Club, as this is being used for the transition area, and do not park on the road along the sea front or the road that leads to Brunel Quay/Neyland Marina, as this forms part of the course and this needs to be kept free of vehicles. It is only a short walk from the car park to the Yacht Club where registration, transition, and the finish are situated. Please clear the Brunel Quay car park as soon as possible after the presentation, as a travelling fair will be arriving there in the afternoon.

### **Toilets**

Public toilets are available about 200m from Brunel Quay car park in Neyland Marina. There are also toilets in the Yacht Club (upstairs & downstairs).

### **Race numbers**

At registration you will be given:

- **Race number(s)** – 1 if you are using a race belt, 2 if not. Numbers must be worn on the FRONT during the runs and on the REAR during the cycle stage. They must not be folded and must be pinned in all four corners if not using a race belt. Please complete the personal information on the back of the number. If your number is not visible, we will not be able to record your time (the event is NOT chip timed).
- **2 labels** – one for the front of your helmet, one for your bike (we suggest putting it on your seat post or rear brake cable, clearly visible from both sides). Please ensure these labels are attached before you bring your bike and kit to set up in transition.

If you need them, safety pins will be available at registration.

### **Transition / bike racking**

- The transition area will only be open during the times listed above.
- There will be NO access to the transition area prior to this, or before the last cyclist has returned during the race
- Only competitors, bearing a race number, will be allowed in transition
- You will be told where to rack your bike by experienced marshals (it is not a free for all), and bikes must be racked by the saddle – this is to give everyone a fair amount of space
- Your bike must be numbered with the label provided - we recommend it is fixed above the rear brake on the brake cable or around the seatpost
- Boxes and large bags are NOT allowed to be left in transition (so if you bring one please make sure you have somewhere to store it during the race)
- You MUST wear your helmet when bringing your bike to rack so that we can check the fit – make sure it is properly adjusted and fits well

### **Race briefing**

***A compulsory race briefing will take place at 8:55am in the Brunel Quay Car Park adjacent to the start line.*** All competitors MUST attend. The race is run under British Triathlon rules, and there will be at least 4 race officials in attendance including 2 moto officials on the bike course. For the current British Triathlon competition rules [please CLICK HERE](#). For a summary of the 2018 changes [please CLICK HERE](#).

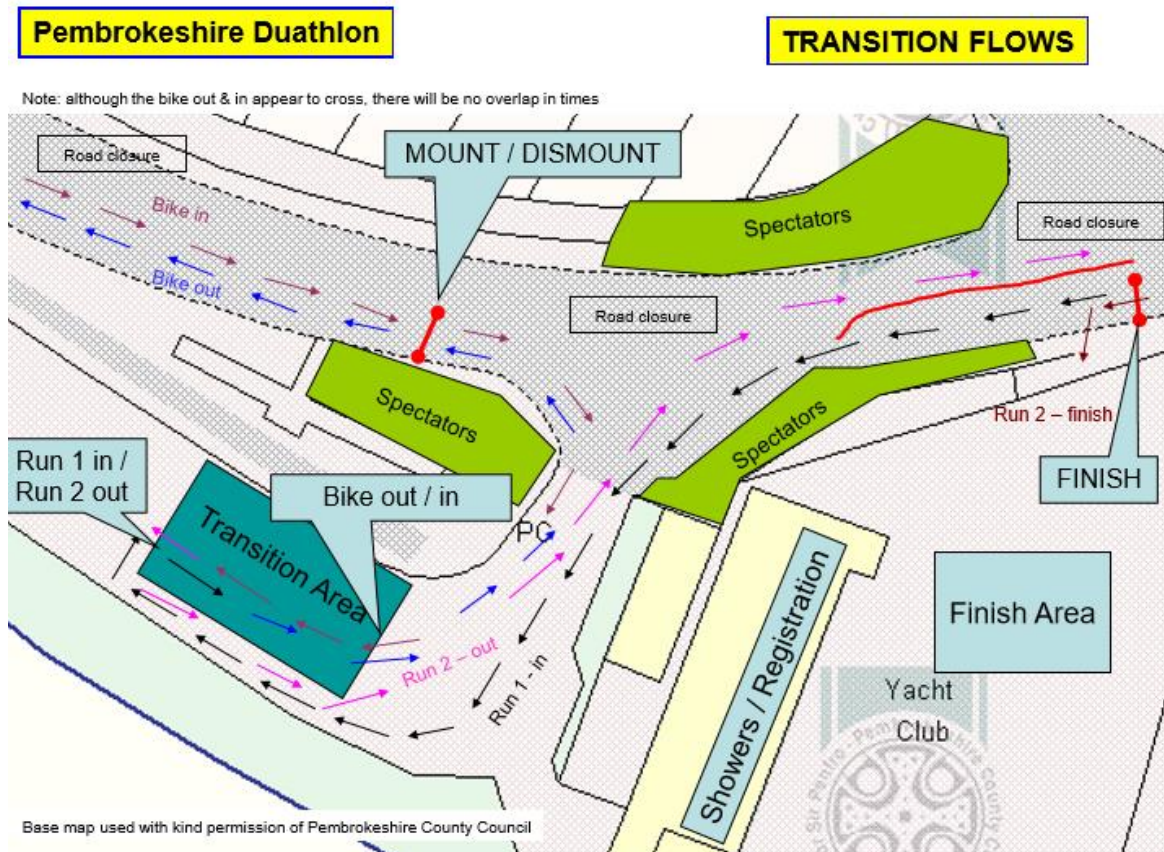
## The course

### Run 1 – 5k



- The start is adjacent to the Brunel Quay car park (for those that know it, the same start as the Neyland 10k).
- The run heads north along the road through Neyland Marina.
- Please keep to the left of the road and note that the road is open to traffic
- At the end of the marina, the course joins the Brunel cycle track; please continue to keep to the left.
- Just before the 2.5k mark, a marshal will turn you around a cone and back towards the marina.
- Please keep left, as runners will be running in both directions at this point
- Run back past the start line, **keeping to the left of the road**, and turn left towards the Yacht Club and transition area
- On reaching the transition area, follow the signs and marshals directing you through the one-way transition flow

### Transition 1





There will be a one-way flow in transition, which will minimise the potential for competitors to bump into each other, and ensure that everyone covers the same distance and not be disadvantaged by the positioning of their bikes (which will be determined by marshals)

- On reaching your bike, you must safely put on and fasten your helmet before touching your bike and removing it from the racking. Failure to do so will incur a penalty
- You cannot mount your bike to start riding until you cross the mount line at the top of the slope – please be careful up the slope, especially if the conditions are wet
- Relay team cyclists must not touch their bike until tagged by their runner (you may have your helmet on ready to cycle)
- Can relay team members waiting in transition please be aware of other athletes in transition.

### Bike – 20k



Take care at the mount line as you may be trying to mount along with several other competitors. The bike course is as follows:

- Head west along the sea front (The Promenade) and onto Military Road, gradually heading north and west away from the waterway towards Waterston
- At the mini-roundabout at Mastlebridge (marshal point), you must give way to traffic coming from the right, and also be aware of traffic joining from the left has limited visibility

- Just before Waterston, turn right onto Scoveston Road toward Sentry Cross roundabout, giving way to traffic coming towards you from Waterson
- At Sentry Cross roundabout (marshal point), turn right on the A477 towards Neyland, giving way to traffic coming from the right at the roundabout
- When you reach the next roundabout at Honeyborough (marshal point), turn left towards Rosemarket
- Please take care on the initial section of this road, in parts it is narrow, especially either side of the entrance to Shipping Farm
- After passing a minor crossroads (marshal point), you will head into a fast, steep, descent which ends in a sharp 90 degree right hand bend at the bottom, under the Brunel Cycle Track and then turn sharp 90 degree left – PLEASE TAKE EXTRA CARE DESCENDING TO THIS POINT (marshal point)
- Continue straight ahead into the village of Rosemarket, taking the second left onto West Street towards Johnston (this road goes straight ahead of you, but it is technically a left turn)
- About 200m further on you turn left again at a right bend on West Street, again this road goes straight ahead of you but is technically a left turn)
- Very soon you reach a short steep descent, again take care as the road surface is a little loose in places and it is also quite narrow
- There then follows a fairly steady climb along a narrow lane all the way to Johnston – please take extra care with any vehicles that may come towards you or try to overtake you
- Turn left at the top of this lane into Church Road, giving way to traffic coming from the right (marshal point)
- Turn left again onto the A477, again giving way to traffic coming from the right (marshal point)
- At Sentry Cross roundabout go straight ahead onto Scoveston Road, giving way to traffic from the right at the roundabout – you will now be retracing the course from here back to transition
- Turn left at the end of Scoveston road towards Neyland, giving way to traffic from the right
- This is a fast downhill section, please take care at the mini-roundabout (marshal point) at Mastlebridge with vehicles coming from the right
- As you head across The Promenade get ready for the dismount line on the main road, and take care down the slope into transition.



### Transition 2

- Follow the directions into the transition area (which will be the reverse of T1) and rack your bike
- Do not remove your helmet, or undo the clip, until the bike is on the rack
- Relay teams: as soon as your cyclist has racked their bike, tag your runner, and be careful of other athletes in transition

## Run 2 – 2.5k

- Head up the slope out of transition and east along the sea front road in the direction of the town centre, and take the first right towards Brunel Quay and Neyland Marina
- Keep to the left at all times on the roads and through the Marina
- At 1.25k a marshal will turn you around a cone, and you will retrace your steps back towards the Yacht Club – again, keep left all the way as there will be runners going in both directions and vehicles on the road
- The finish area will be clearly marked on the road just before the Yacht Club

## General

Please note that there will be NO water stations on the course (there is one at the finish), so please ensure that you have plenty of fluids and food to get you through the race. All main junctions and technical parts of the course will be marshalled 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 reported to the race referee who will impose appropriate penalties, which can include disqualification.

## **Health & safety**

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 to a timekeeper at the finish 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. This should help ensure you receive the correct treatment in the event of any emergency.

## **The finish**

Water and food will be available at the finish. Please collect your bike and kit from transition as soon as you can after transition has re-opened (after the last cyclist has returned to transition). You will need to show your race number to gain access to transition so please keep your race number with you.

# **AFTER THE RACE**

## **Showers**

Hot showering facilities will be available at Neyland Yacht Club (they are accessed from the outside on the ground floor, adjacent to the boat park on the east side of the building, next to registration).

## **Food & drink**

Hot rolls & drinks will be available for purchase at Neyland Yacht Club.

## **Presentation & Prizes**

The presentation will take place inside the Yacht Club (upstairs) at 11.15am. Prizes will be awarded in the categories noted below.

- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall male and female (open to all)
- 1<sup>st</sup> Youth male and female (15-16 on 31/12/18)
- 1<sup>st</sup> Junior male and female (17-19 on 31/12/18)
- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> veteran male and female (age 40+ as at 31/12/18)
- 1<sup>st</sup> super veteran male and female (age 50+ as at 31/12/18)
- 1<sup>st</sup> vintage veteran male and female (age 60+ as at 31/12/18)
- 1<sup>st</sup> relay team

In all cases only one prize will be awarded to any individual, e.g. if the first veteran finishes 2<sup>nd</sup> overall they will receive the better of the two prizes and the other will be awarded to the next on the list. Several spot prizes will be available and open to all finishers (you must be present at the presentation to claim your prize).

### **Results**

Provisional race results will be available on the Online Race Results web site:

<http://www.onlineraceresults.org.uk/> on the evening of the race, and finalised on the Triathlon Club website a few days later.

### **Photos**

Official event photos are being taken by Behind The Lens Media and will be available to download from their website soon after the event: <http://behindthelensmedia.co.uk/events/>.

### **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](mailto:events@pembrokeshire-tri.org.uk).

### **Thanks**

We would like to thank all our sponsors for supporting this event:

Valero Energy Corporation ([www.valero.com/en-us/Pages/Pembroke.aspx](http://www.valero.com/en-us/Pages/Pembroke.aspx))

Mikes Bikes ([www.facebook.com/mkesbikespembs/](http://www.facebook.com/mkesbikespembs/))

Melin Consultants ([www.melinconsultants.co.uk](http://www.melinconsultants.co.uk))

We would also like to thank everyone who has supported us in staging this event: Gwyn Phillips & Neyland Yacht Club, Pembrokeshire County Council, Dyfed Powys Police, St. John's Ambulance, Roland & Pat Sherwood of Online Race Results, and anyone else who we've forgotten. Thank you.

### **And finally....**



We will be making a donation to PATCH after the event. We will have a couple of their collection boxes at the event if you would like to make an additional donation. We will also be collecting stuff for their foodbank, so if you would like to donate something please bring it to registration and leave it in the box that will be placed there. The following are the sorts of things they desperately need:

*Tinned goods:* meat, sausage & chicken meals, ravioli, curry, macaroni, chilli, bolognese, cold meat (corned beef or Spam/ham) fish, soup, baked beans, spaghetti, kidney beans, chickpeas etc, tinned tomatoes, custard/rice pudding, pasta or rice, tinned potatoes, tinned vegetables, tinned fruit

*Other non-perishable foods:* spaghetti or lasagne, cook-in-sauce (bottle or packet), packet noodles/savoury rice etc, cereal, coffee, tea, treats (biscuits etc), UHT milk, sugar, soft drinks, jam, marmalade, flour, pickles, sauces, gravy powder