

Pembrokeshire Coast Triathlon

Welsh Triathlon Super Series – Round 1

Broad Haven

Saturday 10th July 2021 8:15am

1.5k swim / 42k bike / 10k run



A quick note from the Race Director

Welcome to the Bluestone Pembrokeshire Coast Triathlon 2021. It's brilliant to be staging this event again after the postponement in 2020 – I expect you are as excited as we are, if not more so 😊

As you would expect we have had to make a number of changes to the event given the current situation with the pandemic. We have followed guidance from British Triathlon and Welsh Government, and liaised with the Pembrokeshire Event Safety Advisory Group.

It is **VITAL** that you follow the measures and changes we are making this year. Being the first triathlon event in Wales following the pilot event in Fishguard, and being televised, close scrutiny is on us all to deliver this event in a Covid-secure way. We all need to play our part to achieve this, and to give the sport of triathlon that we all love the best chance to flourish in 2021.

Here is a quick summary of the key things you need to do:

1. Read and absorb this Race Pack and the start list which includes your race number and wristband colour for transition (it is on the [website](#))
2. Memorise your race number
3. **Complete the on-line health declaration between 4pm on Wednesday 7th July and 8am on Friday 9th July (the link for this will be e-mailed to you at 4pm on 7th July) – if you do not complete it, you will not be able to register or race**
4. Observe 2m social distancing at all times when at the event (the only exceptions are when overtaking during the swim, bike and run, and with people from your household / extended household)
5. Practice good hygiene at all times
6. Wear a face covering in registration, in transition pre-race (when racking) and post-race (when collecting your stuff) and when using the public toilets
7. Do not bring anyone with you to the race – no spectators

Thank you for playing your part in helping us stage a safe event. Enjoy!

Dave Astins
Pembrokeshire Triathlon Club

COVID-19: really important stuff

We all have a legal responsibility to adhere to the Welsh COVID-19 regulations. Remember you are an ambassador for triathlon, and you have a responsibility to follow the measures put in place at the event, both to ensure the safety of yourselves and others and to ensure that future events continue to take place.

The delta variant of coronavirus (originally identified in India) is circulating widely in all parts of the UK and we know that the delta variant can spread much more easily between people.

So, to help us stage a safe event, please adhere to the following:

- If you have any of the symptoms of COVID-19 (high temperature, new continuous cough, change in sense of smell / taste) or if you feel unwell with mild symptoms, then you should not travel to, or participate in, the event.
- If you have been told you are a contact of a confirmed case of COVID-19 by a contact tracer, or you know you are a contact of a suspected or confirmed case of COVID-19, you should not travel to, or participate in, the event.
- If you have recently arrived in the UK, you must have completed the necessary testing / quarantine requirements prior to travelling to, and participating in, the event.
- Whilst there are no legal restrictions on travel within the UK, the Welsh Government have advised that people should not travel to / from areas with high prevalence of coronavirus if they can avoid it.
- If you have had COVID-19, it can impact on longer term health so if you are concerned, you should seek medical advice prior to taking part in the event.
- Should your situation change (e.g. you become unwell or are told you are a contact) after submitting your on-line health declaration, you must inform us immediately and not attend the event.
- Please be vigilant for the signs and symptoms of COVID-19 following the event and if you feel unwell within 14 days of the event, you must self-isolate, take a COVID-19 test, and inform us if you test positive.
- Your details will be shared with the NHS Test, Trace, Protect service to support contact tracing at the event, should a positive case be identified.

Lateral flow testing

We strongly recommend that you take a free COVID-19 lateral flow test prior to travelling to the event (no more than 48 hours before attending registration). If you have a positive COVID-19 test result, you should not attend or participate in the event.

COVID-19 lateral flow testing kits are available in the UK from local collection points or can be ordered online at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or 'phone 119.

Plan 1 – Broad Haven layout (Registration, Transition, Car Parks, Toilets)



Event timetable

Friday 9th July

4pm-9pm Registration in the YHA Study Centre (in the Millmoor Way Car Park – see Plans 1 and 2) – can everyone please make every effort to register on Friday (you can get a friend to register for you if you can't make it)

Saturday 10th July

Time	What?
5:30am-6:00am	Emergency registration (by arrangement only)
6:00am-6:20am	Racking for RED wristbands (competitors 1-60)
6:20am-6:40am	Racking for WHITE wristbands (competitors 61-120)
6.40am-7:00am	Racking for GREEN wristbands (competitors 121-180)
7:00am-7:20am	Racking for YELLOW wristbands (competitors 181-240)
7:20am-7:40am	Racking for BLUE wristbands (competitors 241-300)
8:00am	Athletes gathered in pre-swim zone in race number order
8:00am-8:15am	Walk (socially distanced) to sea and through swim acclimatisation
8:15am-8:25am	Rolling race start in race number order
11:15am (approx)	Transition reopens (when last competitor has returned from bike course)
1:30pm	Transition area dismantled – all equipment to be removed by this time

Registration

Registration will be in the YHA Study Centre accessed from the Millmoor Way Car Park at the north end of Broad Haven (see Plan 2). You can get a free 30-minute parking ticket from the machine.

There will be a one-way flow through registration, please follow the directions and instructions of the Event Team. You must wear a face-covering in registration. Hand sanitizer will be available at the entry and exit points.

Please come to registration with your race number memorised (check the [start list](#) on the website). Double check your details on the start list – any mistakes please e-mail events@pembrokeshire-tri.org.uk by Sunday 4th July so that the start list can be updated.

Note that some of you did not purchase a Day Membership but should have done – please bring the correct money, £6 per competitor, to registration (details are on the start list).

At registration we will:

- Check you off our registration list
- Provide you with an envelope that contains your race numbers (x2), stickers, and security wrist band (colour to match your racking time, see above)
- Provide you with your swim cap
- Provide you with your timing chip and ankle strap (one for each relay member)
- Provide you with your event t-shirt (state your size to the volunteers and they will provide you with this size – once chosen, no changes)

Plan 2 – Millmoor Way Car Park (Registration, Transition, Pre-swim Zone, Approach to Start)



You can get a friend to register for you if necessary. Any member of a relay team (or friend) can register the whole team, you do not all need to come to registration.

To ensure you put your stickers and race numbers in the right places, please follow the instructions on the front of the envelope.

Your timing chip needs to be worn on your **left** ankle.

Please reuse or recycle your envelope.

Race day parking

Parking is limited in Broad Haven. For location of car parks please see Plan 1. If a member of your extended household is also racing or part of the Event Team, please try and car share with them. We recommend you avoid using public transport to get to and from the event. Parking spaces are available as follows:

- Millmoor Way* (next to transition) – 123+ spaces (please follow volunteer instructions)
- Marine Road (opposite Haven Sports) – 50 spaces (£5 for the day pay & display)
- Slash Pond (near school)* – 37 spaces

If you find all of these spaces full, please use your common sense when locating somewhere safe to park. Please do not obscure gateways or driveways.

* As there will be no charging in Millmoor Way or at the Slash Pond please make a £5 donation to Support the Boardwalk in the pink bucket at the entrance to transition.

Toilets

There are public toilets between the transition area and the beach, and we will be supplementing these with some six additional porta-loos adjacent to these. Further public toilets are situated in the Marine Road car park, where a charge of 40p applies, although we are hoping to have this lifted for race morning. You must wear a face covering inside the public toilets. Please leave toilets as clean as you find them.

Transition: set up & post-race

****Please be considerate of residents during the early morning of race day****

You must come to transition to set up during the allocated time for your wristband colour, as set out in the event timetable above. Your wristband and race number will get you in, so make sure you are wearing the wristband and have your number with you (you should have everything – you are only going in once!).

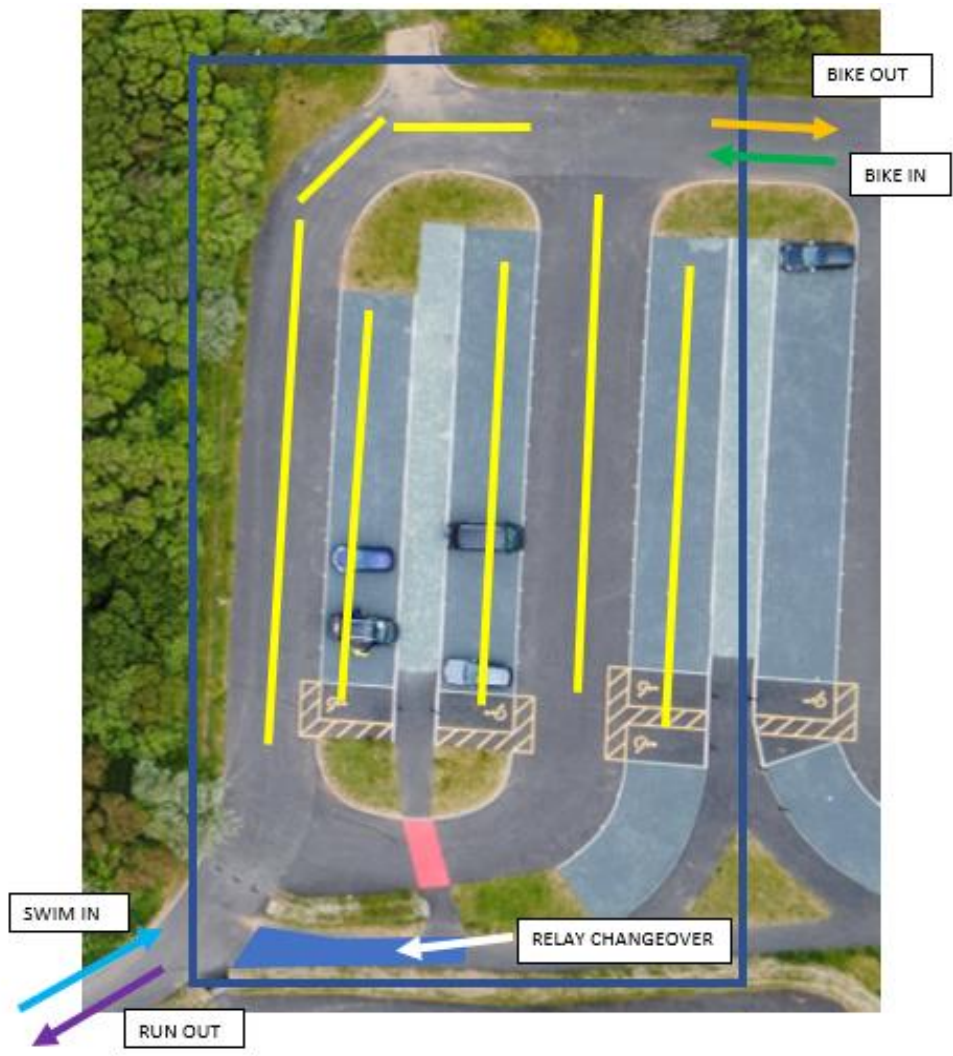
Come to transition with everything you need, you will not be able to come back in once you have set up. Please wear your helmet and show the marshals that it fits appropriately.

There will be 60 sections of racking, each with 5 competitors, one from each colour. This means that, when setting up in transition, you should be the only person on your rack, helping with social distancing as only your colour will be in there with you.

Only rack your bike on the section of racking directed by the transition marshals, and on the side they direct you to (the racking will alternate competitors from one side to the other in sequence). Rack by the saddle on the coloured tape that matches your wristband colour. You are allowed one small soft-sided bag in transition with your race gear. We are not allowed to run a bag drop so everything else should be left in your car.

Transition will be reopened as soon as the last cyclist is off the course and out onto the run. This will be announced over the PA system (it should be no more than 3 hours from the last person to start the race, so around 11.30am). Please find somewhere to wait until the announcement is made – there will be plenty of space on the beach, the seafront, or you can wait in your car.

Plan 3 – transition detail including relay changeover



The rules

Because of Covid and the need for social distancing throughout the event, there will not be a race briefing on the day. The PA system in transition and on the beach will announce any changes if we need to make any on race day, e.g. cancelling the swim (as happened in 2019).

Everyone needs to familiarise themselves with the [British Triathlon Competition Rules](#), as these will be strictly enforced on the day by our team of Technical Officials.

It is also important to remember that you must socially distance (2m+) from all other competitors and the Event Team at all times, except when overtaking (which should be done quickly).

A couple of the main rules to remember, for those that are new to triathlon:

- 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
- No drafting on the bike section
- 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 the window of the YHA Study Centre, appeals must follow the procedure outlined.

Changes to the usual course...

Many of you will have raced this event before. The main change for 2021 is the transition area has been relocated from the Marine Road (south) car park to the Millmoor Way (north) car park (you will have noticed this by now if you have looked at Plans 1 and 2!). This is to give more space in transition, and to discourage spectators. The swim therefore starts and finishes at the north end of the beach, although the rectangular course remains the same. The bike and run courses are the same, except for the obvious changes caused by the relocated transition (they are both a bit shorter!). Read on....

Pre-swim

This bit is really important.....remember that you should be socially distanced (2m+) from all competitors and all of the Event Team (and any members of the public who may be around) at all times.

We need you to gather in the Millmoor Way car park next to transition, in the area identified in green on Plan 2 – the pre-swim zone. The remainder of the car park can also be used to maintain social distancing.

The Event Team will be on hand to organise you, and announcements will be made over the PA system, but you will be walking from the top end of the car park down towards the sea in **race number order**. Therefore, the lower numbers will be called first in groups of 10, and will slowly make their way down towards the approach to the start (yellow on Plan 2). Plan 4 shows the route you will follow, along the road, and on to the beach at the northernmost slipway.

Plan 4 – Approach to start (from Millmoor Way car park)



As you reach the beach at the bottom of the slipway, you will be able to briefly acclimatise in the shallow water – get your feet and hands wet, splash your face, but no swimming: it will be impossible to manage. Basically, stay in your race number order so all you have to do is be 2m behind the person whose race number is one less than yours, and 2m in front of the person whose race number is one more. Simple, eh?

The start

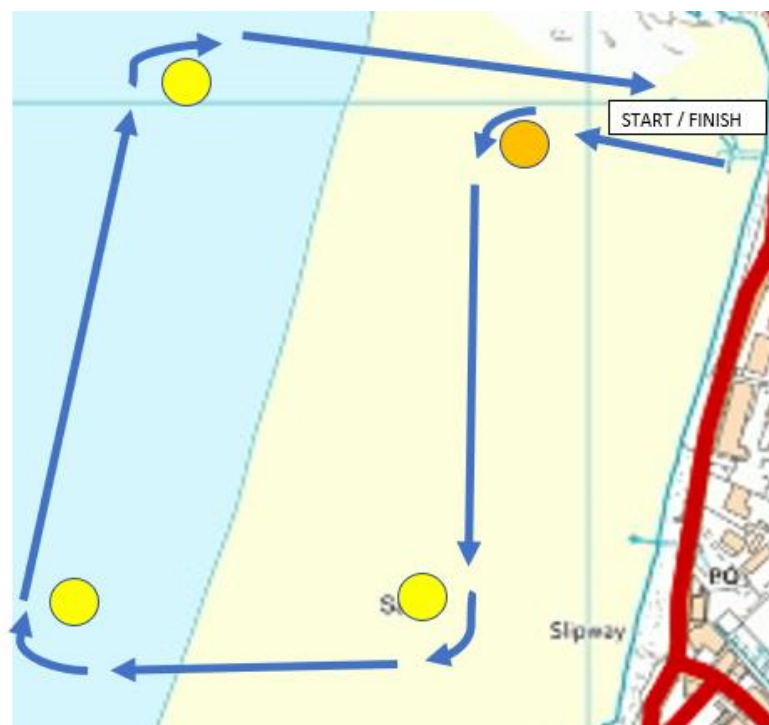
The start will be clearly defined by two 3.2m tall yellow flags with the word **START** on them! In between them will be the start timing mat (4m wide). As you cross the mat your time will start (provided you remembered to wear your timing chip on your left ankle). All you need to do is maintain that all-important 2m social distancing through the start and into the water.

Essentially there will be a steady flow of competitors all the way from the top of the car park, past the toilets, along the road (traffic held), down the slipway, through the swim acclimatisation area, to the start and off on to the swim.

The swim

The 1.5k swim is the usual rectangle. You swim clockwise. The nearest buoy to the start will be orange, turn left around that, and then keep the next three yellow buoys to your right. As you turn right around the third yellow buoy head straight for the flags on the beach (these will be where you started – just to the left of the RNLI hut).

Plan 5 – the swim course



If you get it difficult in the swim and need assistance, please turn onto your back and raise one arm in the air. Help will be with you quickly, follow the instructions of the water safety team. In reality you will never be far from water shallow enough to stand up in.

The water temperature is expected to be around 14 degrees Celsius, wetsuits will be compulsory. Water temperature will be measured on the day following British Triathlon guidelines.

For safety reasons there is a swim cut-off of one hour from when you start. You will not be allowed to start the bike if you have not completed the swim in this time.

Transition 1 (T1)

You will cross the road above the beach (traffic managed) and head up to transition. This area will have been well swept the day before the event. There will be a one-way flow through transition – remember where you racked! See Plan 3. Please observe social distancing through T1.

Do not touch your bike or move it until your helmet is securely fastened. The mount line is situated outside of transition next to the YHA. Do not mount your bike until you are fully across this line.

Plan 6 – transition flows, bike start & finish, run start & finish



The bike

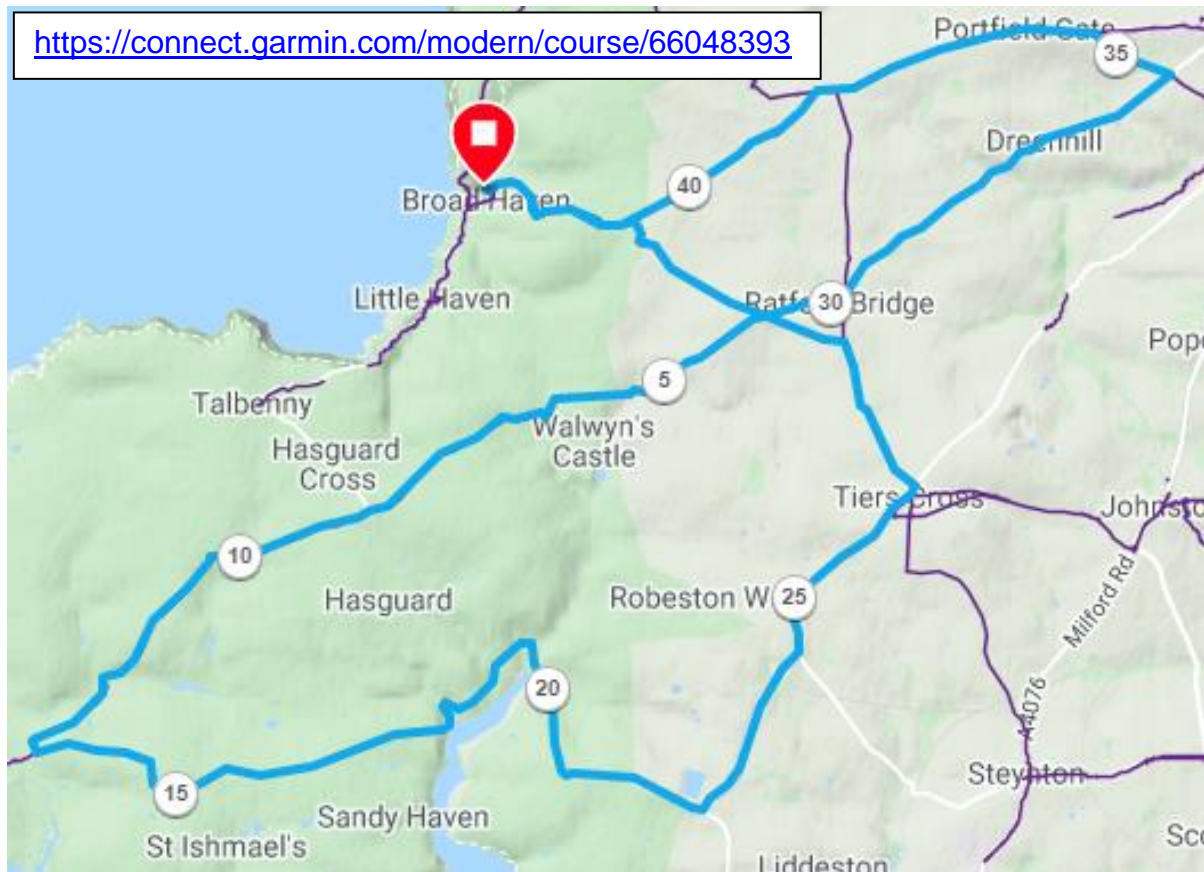
When you reach the road at the exit of the car park, trained traffic management staff will stop traffic coming from Broad Haven to enable you a safe left turn onto the road. Do slow down here though to make sure the way is clear. The bike course is on roads open to traffic so you must follow normal rules of the road. You should have checked out the course in advance, but there are a couple of key points on the bike course to particularly make you aware of:

- On the B4341 at Broadway (about 2k into the bike) you make a right turn towards Tiers Cross / Creampots. Do not cut the corner, and give way to oncoming traffic.
- At White Hart Cross you turn right onto the B4327 towards Dale. You must slow down when approaching this junction, and give way to traffic coming from both directions.
- Take care on the narrow and fast descent to Slate Mill, with a 90 degree left hander at the bottom (12k approx.)

- Take care on the steep descent and right-hand bend at Sandy Haven Chapel (18k approx.) – there will be a marshal with a yellow flag at this point
- At White Hart Cross (yes, again!) you turn right onto the B4327 towards Haverfordwest. You must slow down when approaching this junction, and give way to traffic coming from both directions.

You must complete the bike course within three hours of starting the race, to be allowed onto the run course.

Plan 7 – the bike course



Transition 2 (T2)

As you descend into Broad Haven at the end of the bike, please slow down, as you will be taking a sharp left bend just after Broad Haven Holiday Park, and then almost immediately taking a sharp right into the Millmoor Way car park and dismounting before the line. There will be a marshal at this point with a red flag reminding you to slow down.

At the dismount point you will be directed to cross to the right for the run down to transition. Runners who are nearing the end of their run will also be running through this space, crossing to the left, so take care. Runners have priority to cross to the left first.

See Plan 6 to remind yourself of the flow.

The run

See Plan 6 for the flow of run out of T2 and back through the Millmoor Way car park towards the end of the run.

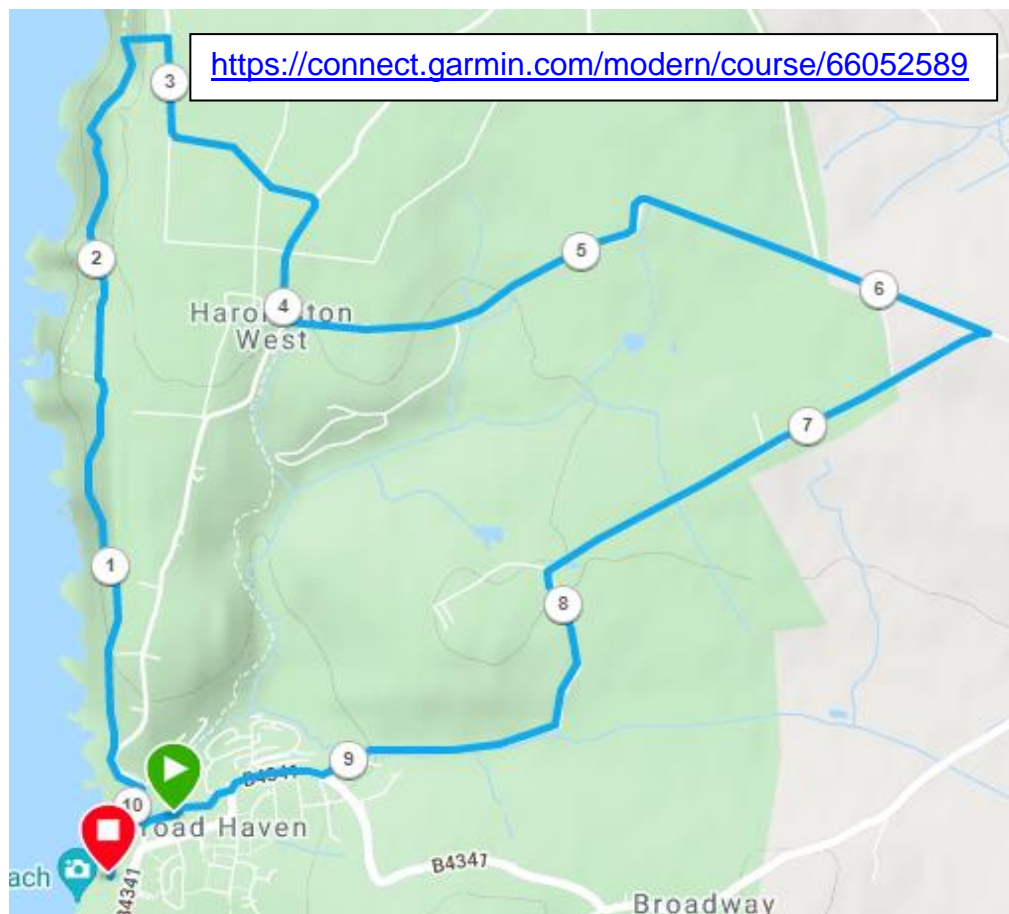
As you leave T2 you will head towards the sea and turn right onto Haroldston Hill. Traffic will be managed here, but take care just in case. Cross to the left when safe to do so, and join the Pembrokeshire Coast Path. On the Coast Path, please be courteous to walkers, and only overtake to the right (overtaking options are limited on this stretch).

There will be a single water station at the half way point of the run. Please take a bottle (the cap will be on) and then either drop it in the bin provided (approximately 50m further on) or keep it with you for the remainder of the run.

Take care as you re-join the B4341 at the bottom of Long Lane and stay on the right past Broad Haven Holiday Park, including around the left-hand bend as there may be traffic coming towards you. Turn into the Millmoor Way car park and then safely cross to the left-hand side, taking care with any returning bikes that may be dismounting at this point.

You will run down the outside of the car park (the same area as the pre-swim zone) and down to sea, turning right again onto Haroldston Hill – only this time don't go onto the Coast Path, turn down the slipway and on to the beach to the finish!

Plan 8 – the run course



The finish

There will be an inflatable arch on the beach opposite the Ocean Café Bar – you won't miss it! Run into the barriered area and under the arch. Walk through the recovery zone beyond the finish line, returning your timing chip in the bin provided, and take a bottle of water from the table if you need one. Leave the recovery zone and use the space of the beach and the rest of Broad Haven to socially distance away from the finish.

As soon as the last competitor has left T2 and is on to the run course, this will be announced over the PA system and you will be able to return to transition to collect your bike and other equipment. You will need your wristband and race number to get into transition. Please access transition from the seaward side, and leave via the road (the opposite way to pre-race). The Millmoor Way car park will be re-opened at this point.

Plan 9 – the finish



Health & safety

Your safety is our number one priority. Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert one of our marshals 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.

Post-race

Because of the COVID-19 restrictions, once you have finished the event and collected your stuff from transition, that's it! There will be no post-race massage, no showers available, and no presentation. Prizes will be posted out after the event.

You are of course welcome to make the most of what Broad Haven has to offer. There are several cafés and a shop if you want a bite to eat or a drink post-race.

The YHA café adjacent to transition will be open from 7:30am on race morning, serving cakes and drinks, and then lunches from midday.

Supporting The Havens community



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!

We will also be making a donation to another community project nominated by the Havens Community Council.

Thanks....

Special thanks go to [Bluestone](#) for coming on board as our title sponsor this year. They have been incredibly supportive and we are looking forward to working with them over the coming years.

The race is also sponsored by the following, and we thank them all:

- Acanthus Holden Architects (www.acanthus-holden.co.uk)
- Broad Haven Holiday Park (www.broadhavenholidaypark.com)
- Broad Haven YHA (www.yha.org.uk/hostel/yha-broad-haven)
- Coed Haroldston Holliday Cottages (www.coed-haroldston.co.uk/)
- Oochitecture (www.oochitecture.com)

We would also like to thank everyone who has helped us in many different ways: Pembrokeshire County Council, Dyfed Powys Police, Haverfordwest Kayak Club, Pembrokeshire Paddlers, St. John's Ambulance and the volunteers from Support the Boardwalk. And last, but not least, the volunteers who make up the Event Team 😊

www.pembstri.org.uk