

Pembrokeshire Coast Triathlon

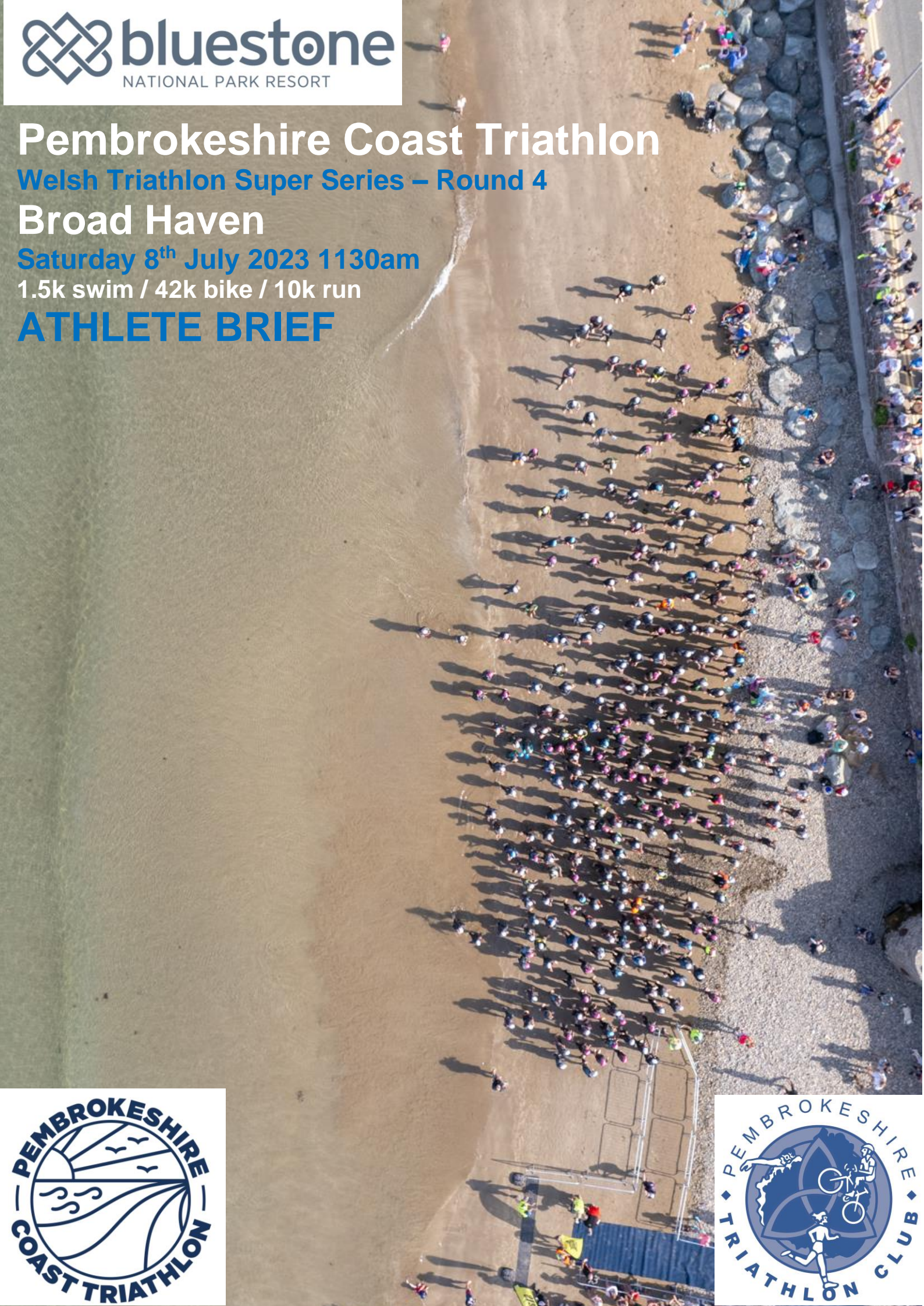
Welsh Triathlon Super Series – Round 4

Broad Haven

Saturday 8th July 2023 1130am

1.5k swim / 42k bike / 10k run

ATHLETE BRIEF



A quick note from the Race Director

Welcome to the Bluestone Pembrokeshire Coast Triathlon 2023. We are delighted that, once again, the event has been selected to be part of the Welsh Triathlon Super Series and look forward to seeing it in all its glory on S4C on Friday 21st July at 8pm!

Thankfully there are no specific Covid restrictions at this event. Still, we need to do all we can to avoid spreading it so please practice good hygiene at all times and do not come to the event if you have tested positive for Covid or have Covid-like symptoms.

We hope you have a safe and enjoyable experience with us in Broad Haven on 8th July.

Dave Astins
Race Director
Pembrokeshire Triathlon Club



Our events couldn't happen without a small army of willing volunteers – legends!

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



Event timetable

Friday 7th July

5.30pm-8pm **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 8th July

Time	What?
830-1030am	Registration (for those who can't make it Friday evening)
9am	Transition opens
11am	Transition closes
1120am	Race briefing (at the start on the beach before entering start pen)
1130am	Rolling race start
230pm (approx.)	Transition reopens (when last competitor has returned from bike course)
330pm	Transition area dismantling begins – all equipment to be removed as soon as possible
4pm	Presentation – inside the Ocean Café Bar

Registration

Registration will be in the YHA Study Centre next to Broad Haven YHA in 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. Hand sanitizer will be available at the entry and exit points.

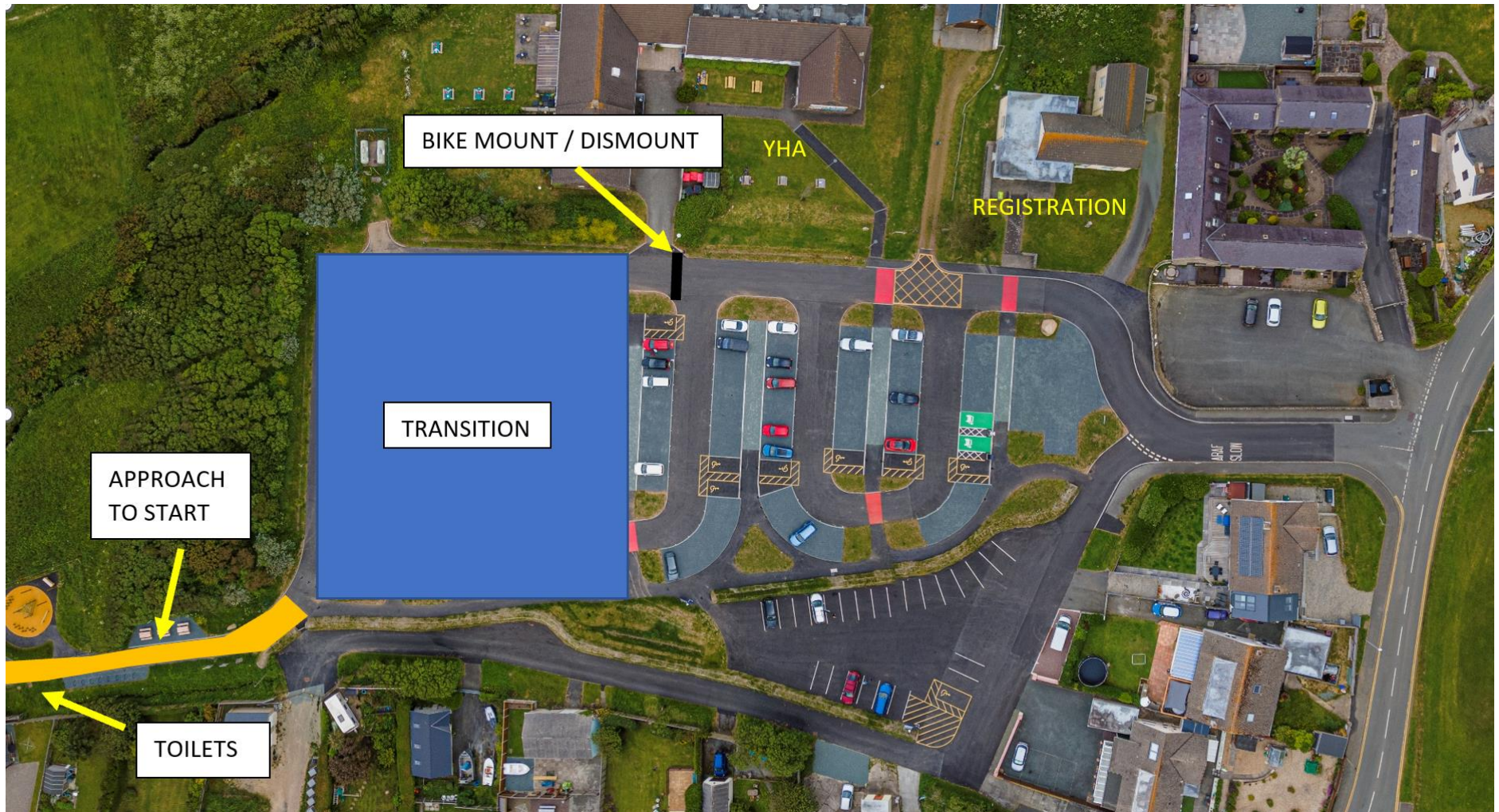
Please double check your details on the start list (individuals [here](#), relay teams [here](#)) – any mistakes please e-mail events@pembrokeshire-tri.org.uk straight away so that the start list can be updated for the electronic race timing system. In particular make sure your age (junior <20, senior 20-39, veteran 40-49, super veteran 50-59, vintage veteran 60-69, super vintage veteran 70+) and gender (either female or open) are correct (age is based on your age on 31/12/2023 NOT on race day).

Please also carefully check the Membership column on the start list. This event is permitted by British Triathlon and therefore any British Triathlon governing body members (Welsh Triathlon, Triathlon England, Triathlon Scotland) do NOT need to purchase a Day Membership, but you will need to show proof of current membership when you register. Anyone who cannot show proof of a current membership must purchase a Day Membership (£6 adults, £1 under 20s) – most of you did this when you entered online, but some did not (see the list for who we believe owes). For details of the benefits of joining Welsh Triathlon visit www.welshtriathlon.org. Membership of Welsh Athletics etc does NOT count, sorry.

At registration we will:

- Check proof of your Triathlon Membership if you have one (electronic is fine)
- Collect £6 for any outstanding Day Memberships
- Mark you off on our registration list
- Provide you with:
 - 2 race numbers (rear for bike, front for run, race belts allowed)
 - Sheet of stickers (3 for bike helmet, 1 for bike)
 - Swim cap (female = gold, open = pink, relay = white)
 - Timing chip and ankle strap (matching your race number)
 - Event t-shirt (if you entered on or before 17th June)

Plan 2 – Millmoor Way Car Park (Registration, Transition, Toilets, Approach to Start)



A couple of things to note:

- 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.
- Ensure you put your stickers and race numbers in the right places!
- Your timing chip needs to be worn on your **left** ankle.

Race day parking

For location of car parks please see Plan 1. There are **two** official event car parks. Both are free of charge, but we would expect you to make a donation to our nominated community good cause, Support the Boardwalk, whose volunteers will be on hand to help out.

Firstly, there is VERY limited parking in the Millmoor Way car park (the one transition and registration are in). Once the 50 or so available spaces here are taken, this car park will be closed, so do not expect to park here.

The second event car park is in a field on Settlands Hill, just on the south side of Broad Haven towards Little Haven. It will be signposted and marshalled. If you cross the seafront at Broad Haven and head up the hill towards Little Haven, the entrance in to the parking field is just beyond (south) of the house *Atlantic View* (it is on the left coming from Broad Haven – the right hand side is the sea!). It is less than 10 minutes to walk from here to transition and the start. Please note cars with low clearance may struggle to access this car park.

Please do **not** park in the Marine Road car park or the Slash Pond car park, we have been asked to leave these for other visitors to Broad Haven. Please do **not** park anywhere else in Broad Haven.

Toilets

There are public toilets between the transition area and the beach, and we will be supplementing these with six additional porta-loos adjacent to these. Further public toilets are situated in the Marine Road car park, where a charge of 40p applies. Please leave the toilets as clean as you find them.

Transition: set up & post-race

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

Transition will only be open for racking between 9am and 11am. 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).

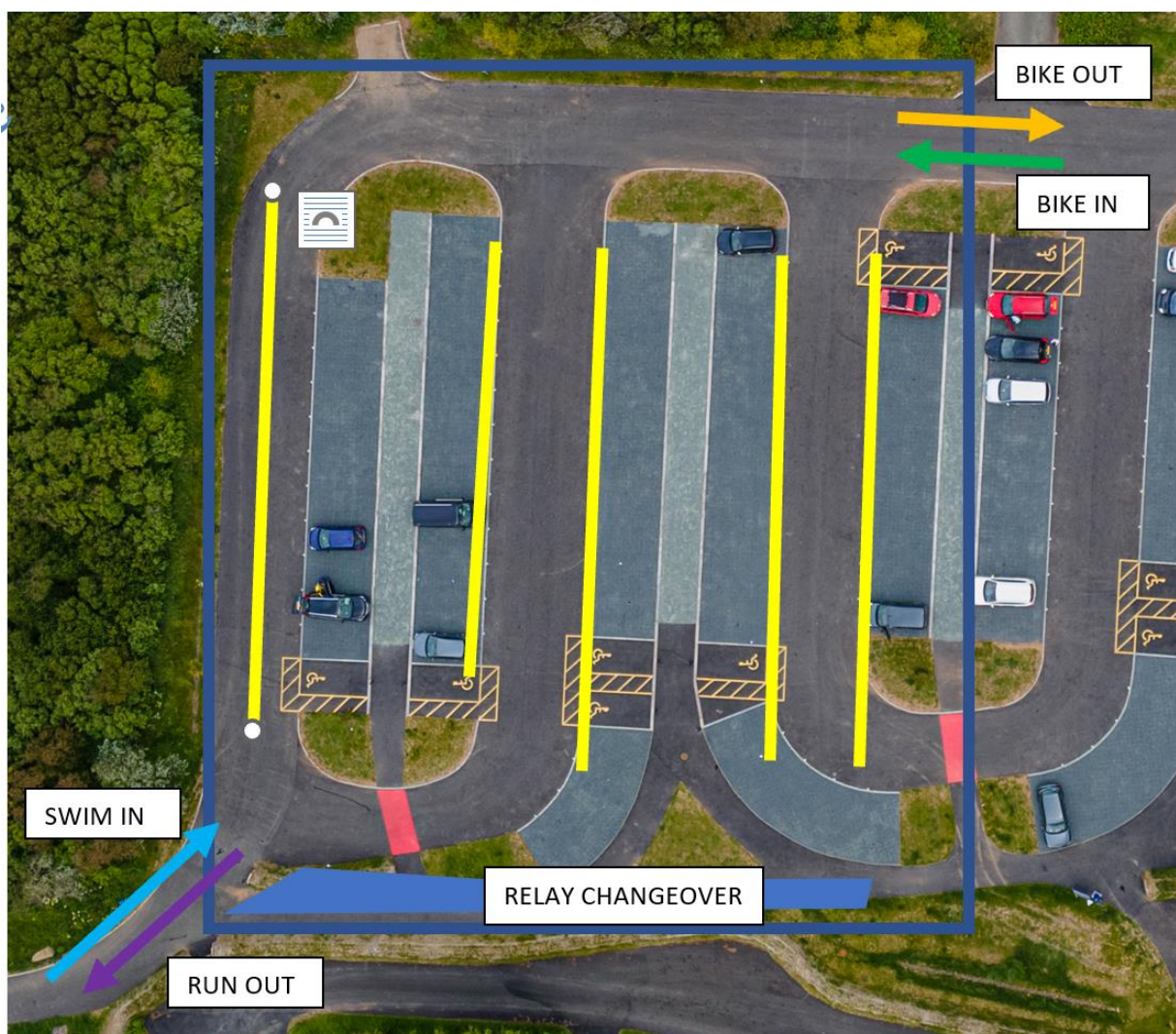
Please wear your helmet to the transition entrance and show the marshals that it fits appropriately and remember that only one small soft-sided bag is allowed to be left in transition – no boxes!!!

Each section of racking will hold five bikes. You will be directed to a section of racking and a spot when you arrive, it will not be a free-for-all! We will rack from the bottom of transition up. Four sections at the top will be dedicated to race numbers 1 to 20 (potential Super Series / podium contenders) so can these athletes please make themselves known as they enter transition.

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 to give you the most amount of space). Rack by the saddle on the spot marked with coloured tape.

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 three hours from the last person to start the race, so around 230-240pm). 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

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

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 outside transition)
- 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 etc
- No racing topless (and if you have a front zipper it has to be done up at all times)
- 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 enter the finish chute and cross the finish line

Penalties will be posted in the window of the YHA Study Centre, any appeals must follow the procedure outlined.

The start

The swim start is adjacent to the RNLI station, which is opposite the beach side exit from transition (beyond the toilets). You are allowed to enter the sea to acclimatise if you wish, but please do this to the north (right as you look out to sea) of the swim start. There will be a short race briefing on the beach at 1120am (so you must be out of the water by this time), before you are counted through into the start pen.

The start itself 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...).

The swim

The 1.5k swim is the usual rectangle marked by four triangular buoys. Buoys 2 and 4 will be taller than 1 and 3 so that you can more easily spot them along the longer sides of the course. Head out to the nearest buoy to the start, turn left around that, and then keep the next three buoys to your right. As you turn right around buoy 4 head straight for the flags on the beach, keeping buoy 1 to your right (the flags will be where you started – on the beach, just to the left of the RNLI hut as you approach the shore).

Plan 4 – the swim course



If you get into difficulty 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 13–14 degrees Celsius, so wetsuits are likely to 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 (road closed to traffic this year) and head up to transition. There will be a one-way flow through transition – remember where you racked! See Plan 3. There will be an area for relay team changeovers – remember, your timing chip is your baton.

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 5 – transition flows, bike start & finish, run start



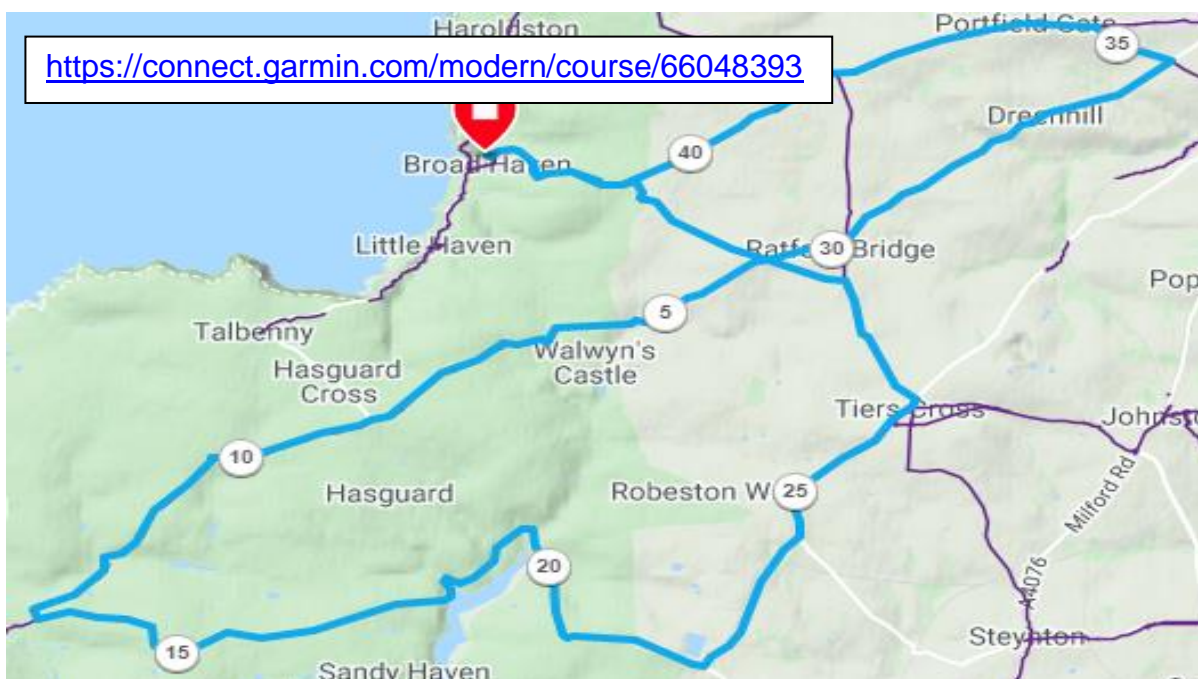
The bike

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 main 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, and expect the road to be busy and also queuing traffic in places.** 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 (around 4k) you turn right onto the B4327 towards Dale. You must slow down when approaching this junction, you must not cut the junction, and you must give way to traffic coming from both directions. You are very likely to have to stop here and put a foot down. Anyone cycling dangerously here will have their number taken and a penalty applied.
- 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.), reduce your speed as you start the descent
- At White Hart Cross the 2nd time (29k) 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 as before. Do not cut the corner.

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

Plan 6 – the bike course



Transition 2 (T2)

As you descend into Broad Haven at the end of the bike course, **please slow right down**, as you will be taking a sharp left bend just after the entrance to Broad Haven Holiday Park, and then almost immediately taking a sharp right into the Millmoor Way car park. Traffic will be managed coming up from Broad Haven sea front, so you should have a clear turn into the car park, but make sure it is safe before you turn. See Plan 5 to remind yourself of the flow. The dismount point is before transition, outside the YHA.

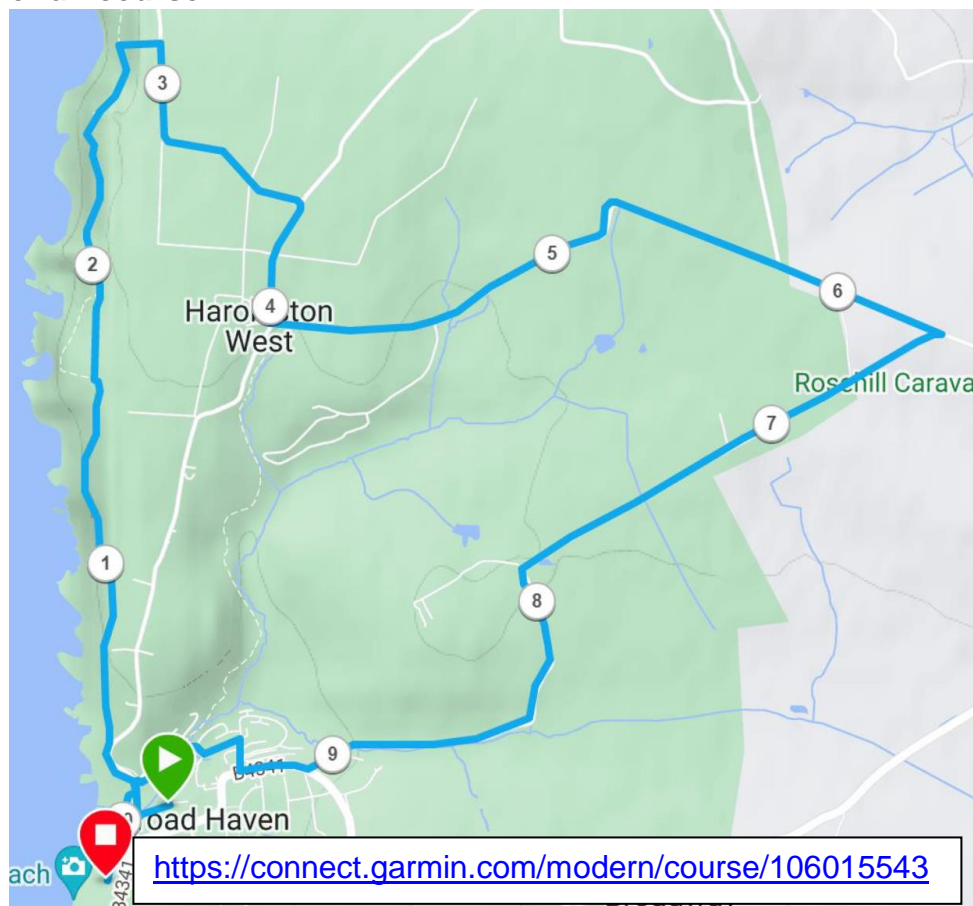
The run

As you leave T2 you will head towards the sea and turn right onto Haroldston Hill (which will be closed to traffic). Cross to the left 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 two water stations on the run, just before 3k as you leave the coast path, and at 6.5k at the top of Long Lane. Please drop your empty cup in the bin provided.

Take care as you re-join the B4341 at the bottom of Long Lane and stay on the right to the entrance to Broad Haven Holiday Park, turning right into the Holiday Park. Follow the course through the Holiday Park and past the play area, and cross Haroldston Hill and onto the slipway down to the beach. You will see the finish line from here!

Plan 7 – the run course

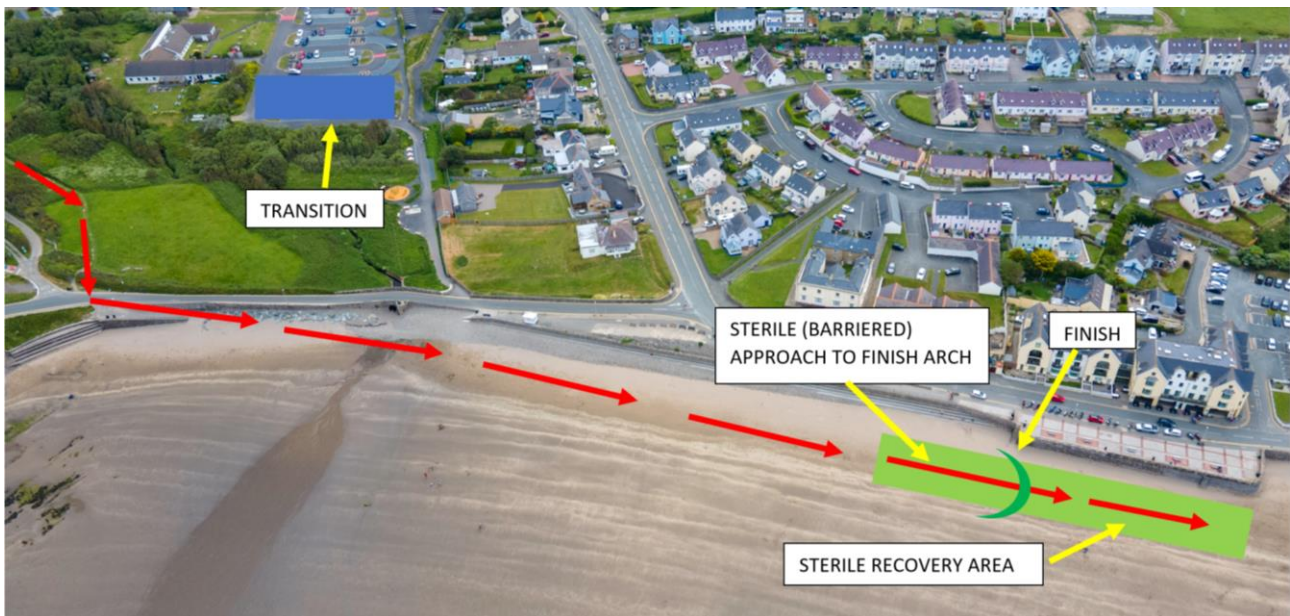


The finish

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, keep the bottle in case you need a refill. Leave the recovery zone as soon as you can to avoid congestion.

As soon as the last competitor 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 race number to get into transition so keep it with you. Millmoor Way car park will be re-opened at this point.

Plan 8 – 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. Please make sure you complete the form on the back of your race number, including any medical conditions the medical team need to be aware of (e.g. asthma).

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.

Post-race massage

Post-race massage will be available at the Event HQ (YHA Field Study Centre) after the race. Cost will be £10 for 15 minutes, first come first served, payment with cash or card.

Presentation

There will be a prize presentation in the Ocean Café Bar at 230pm (as soon as everyone has finished). This will cover the following prizes, as well as the top 3 female and open eligible for the Welsh Triathlon Super Series:

- Overall top 3 female and open category (all age groups)
- 1st female and open junior (17-19 on 31/12/23)
- 1st female and open veteran (40-49 on 31/12/23)
- 1st female and open super veteran (50-59 on 31/12/23)
- 1st female and open vintage veteran (60+ on 31/12/23)
- 1st female and open super vintage veteran (70+ on 31/12/23)
- 1st relay team
- 1st female relay team
- 1st open relay team
- 1st mixed relay team

Supporting the 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 supporting the event as our title sponsor again this year. The race is also sponsored and supported 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 Holiday 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, Little Haven RNLI, 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