

# Haverfordwest Sprint Triathlon

Sunday 6<sup>th</sup> April 2025 7am

400m swim / 17k bike / 5k run

## Athlete Brief



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## Welcome...

...to the 2025 Haverfordwest Sprint Triathlon (and Aquathlon)! The origins of this event are in a sprint triathlon that Pembrokeshire Triathlon Club used to organise at the old Haverfordwest Swimming Pool, which was last held in 2011 prior to the new Leisure Centre opening. Pembrokeshire Leisure then ran a series of successful Go Tri events, which included an event in Haverfordwest, which was last held in 2019 (pre-Covid). It is the course that was used for the Go Tri that is the basis for this event.

Everyone is welcome at this event but our main target audience for the event are newcomers to the sport. This is why we are also hosting an aquathlon, and have a relay category in the triathlon. We really hope you enjoy the event: please spread the word for 2026!

**Dave Astins**  
**Race Director**  
**Pembrokeshire Triathlon Club**

## Timetable

### **Saturday 5<sup>th</sup> April**

1500-1600 Registration (Green Room, Haverfordwest Leisure Centre)

### **Sunday 6<sup>th</sup> April**

0600 Registration opens (Green Room, Haverfordwest Leisure Centre)

0600 Transition area open for bike racking

0700 First swim wave starts – timing mats LIVE!

0700 Registration closes

0800 First cyclist back (approx.)

0830 First athlete finishes (approx.)

1000 Last finisher (approx.)

1015 Presentation (Reception area, Haverfordwest Leisure Centre)

1045 Transition area dismantled – all bikes and kit to be removed by this time

## Parking & toilets

Free parking is available behind (and under) Haverfordwest Leisure Centre off Winch Lane. Once this is full, please either park in the car park on St Thomas's Green (adjacent to transition, £2.50 for the day) or in the Rifleman Field car park (which is a very short walk from transition, £1 for the day). Payment is by app or card. Toilets are available in the Leisure Centre, in both reception and in the village changing rooms.

## Registration

Registration will take place in the Green Room in Haverfordwest Leisure Centre. The Green Room is on the first floor, opposite the top of the stairs in reception. Please make every effort to register on Saturday 5<sup>th</sup>, it will be better for you, and us!

At registration you will be given your race numbers (2 numbers, and a sheet of stickers), and your timing chip and ankle strap. The timing chip is to be worn on your LEFT ankle

during the event, and you must return it to the box provided at the finish line as soon as you have crossed the line. You must wear a race number on your back on the bike, and on your chest on the run (race belts are permitted).

Please note that once the first swim wave has started, the timing mats in transition are LIVE. If you are a later starter going into transition once the race is underway, please ensure you use the designated entry/exit into and out of transition, which will not involve crossing the mats. If you accidentally cross the mats before you start, you will very likely not get a finish time.

## Start list

Please make sure you check the start list on the event web-page before the event (it will be published on Sunday 30<sup>th</sup> March). In particular make sure your age and gender categories are correct (age is based on your age on 31/12/2025, NOT on race day), and that your club (if you have one) is listed correctly. Any changes please e-mail [events@pembrokeshire-tri.org.uk](mailto:events@pembrokeshire-tri.org.uk) by Thursday 3<sup>rd</sup> April at the latest.

Please also carefully check the 'membership' column on the start list. If you are a current member of British Triathlon (Core or Ultimate membership) this will be shown on the start list. All non-members should have purchased a Race Pass when you entered (£8 adults, £2 under 25s), and this will also be shown on the start list. If the start list shows that you still need to purchase a Race Pass, please use this link to purchase one before you come to registration: [https://www.britishtriathlon.org/events/haverfordwest-sprint-triathlon\\_16044](https://www.britishtriathlon.org/events/haverfordwest-sprint-triathlon_16044)

For details of the benefits of joining British Triathlon [visit their website](#).

## Race timing

The event is being timed by Tri&Enter events. Results will be on their website very soon after the event: <https://www.triandenter.com/>. Your time starts when you start the swim, and finishes when you cross the finish line. The timing chip on your left ankle will record your finish time, as well as splits for swim, bike and run via the mats in transition.

## Transition: pre-race

Plan 1 (on page 5) shows the location of transition next to the Leisure Centre, and the flows in and out of it during the event. There will be a separate entry / exit point clearly marked for later starting athletes once the event is underway. No-one other than the Event Team and competitors are allowed in transition.

You will need to show your race number(s) to enter transition, and all stickers must be on your bike and helmet. You must also wear your helmet when entering transition so that we can check the fit. Make sure it is properly adjusted and fits well before coming to transition.

You will be told where to rack your bike by our Event Team, and bikes must be racked by the saddle – this is to give everyone a fair amount of space. Boxes and large bags are not allowed to be left in transition.



Because of the staggered nature of the swim start, transition will be 'live' throughout the event so if you are racking late or finishing early please be aware of athletes competing around you and only enter and exit transition at the designated point.

You will only be allowed to remove your bike and other equipment after you have finished if the numbers on your bike and helmet match your race number, so keep it with you until you have removed all of your belongings from transition.

Aquathlon instructions: you will have a designated area in transition, please follow the instructions of the marshals. Obviously you won't have a bike or helmet (or the stickers), but you will have at as a minimum trainers, a towel and a race number to put into transition.

## Race briefing / the rules

Please treat this document as the official race briefing – it contains everything you need to know! This event is run under British Triathlon rules, and there will be at least three Welsh Triathlon appointed Technical Officials in attendance including two Motorcycle Officials out on the bike course. Please take time to familiarise yourself with the [British Triathlon Competition Rules](#).

Some 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 allow your equipment to impede other athletes;
- No wetsuits or flotation shorts to be worn in the pool;
- Do not fold or cut your race number;
- Do not touch or move your bike without your helmet being fastened;
- No riding in the transition area (mount and dismount where indicated);
- No drafting during the bike section;
- No banned equipment: this includes MP3 / music players;
- Do not break road traffic regulations;
- No dangerous conduct / careless cycling;
- Obey all instructions from the Event Team and the Police;
- No threatening, abusive or insulting words or conduct;
- Only competitors to cross the finish line.

Hopefully there will not be the need for any, but any penalties awarded by the Technical Officials will be posted in a prominent location. Appeals must follow the procedure outlined.

Please note that there will be no water stations on the course (there will be one at the finish), so please ensure that you have plenty of fluids and energy to get you through the race. You should have at least one bottle on the bike. All main junctions and technical parts of the course will be marshalled and signposted, but please be aware that our volunteers cannot stop traffic and the race is on open roads so it is your responsibility to run and cycle safely. Anything deemed to be unsafe will be reported to the Senior Technical Official who will impose appropriate penalties, which can include disqualification. Please note there are areas with a 20mph speed limit.

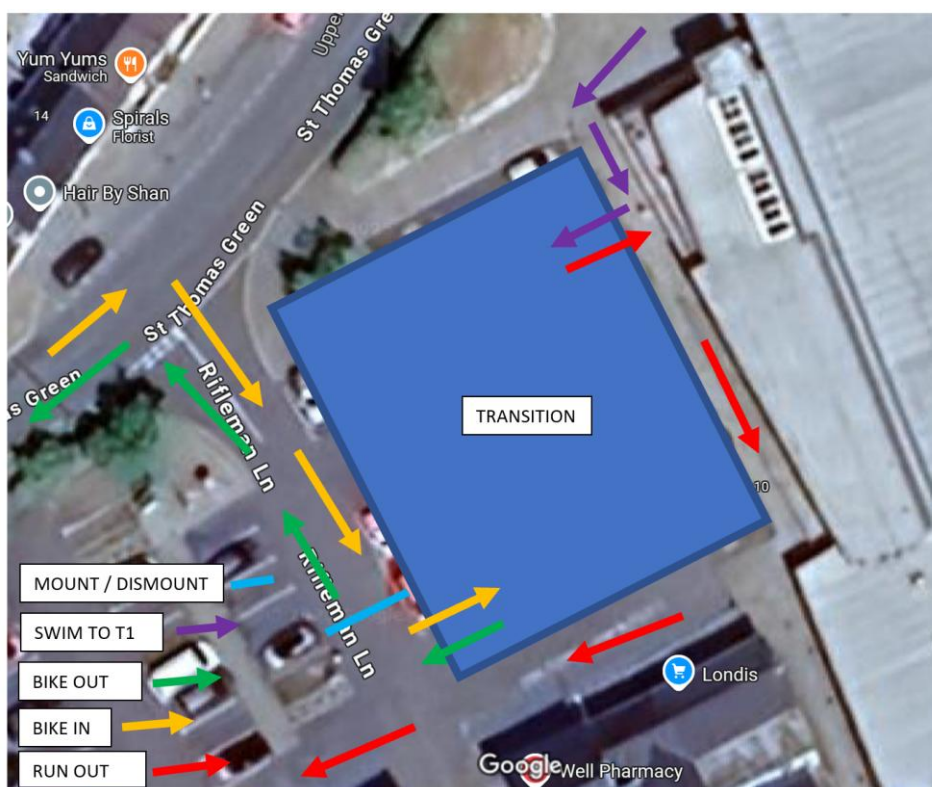
## The swim

Please note your wave number and estimated start time on the published start list. Please be poolside at least 10 minutes before this, lined up on the far side of the pool, in race number order. When you are called forward you will be given a designated coloured swim cap to wear. Your timing chip should be on your left ankle. You will NOT have the chance to warm up in the pool, so please ensure you are ready to swim when you enter the water. The swim will operate as follows:

- Wave 1A (numbers 1 to 8) will start on the first whistle, planned for 7am;
- Wave 1B (numbers 9 to 16) will start on the second whistle, 20 seconds after wave 1;
- Wave 1C (numbers 17 to 24) will start on the third whistle, 20 seconds after wave 2;
- Each of the 8 lanes will either swim clockwise, or anticlockwise, as instructed by the marshals;
- If you need to overtake, tap the feet of the swimmer in front of you, and they will let you pass at the end of that length;
- Please be kind to other swimmers, this is a fun event and the first triathlon for many;
- Waves 2A, 2B and 2C will start once all the swimmers from Waves 1A, 1B and 1C are out of the water, and so on, approximate start times are on the start list;
- Aquathlon swimmers will all be in the last wave, as per the start list;
- Your lane counter will endeavour to let you know when you are about to start your last 2 lengths by inserting a kick board into the water and shouting at you, but please try and count your own swim lengths to ensure you do the correct number;
- Once you are out of the water, remove the swim cap provided and place it in the box indicated.

## Transition 1 (T1)

### Plan 1 – Transition

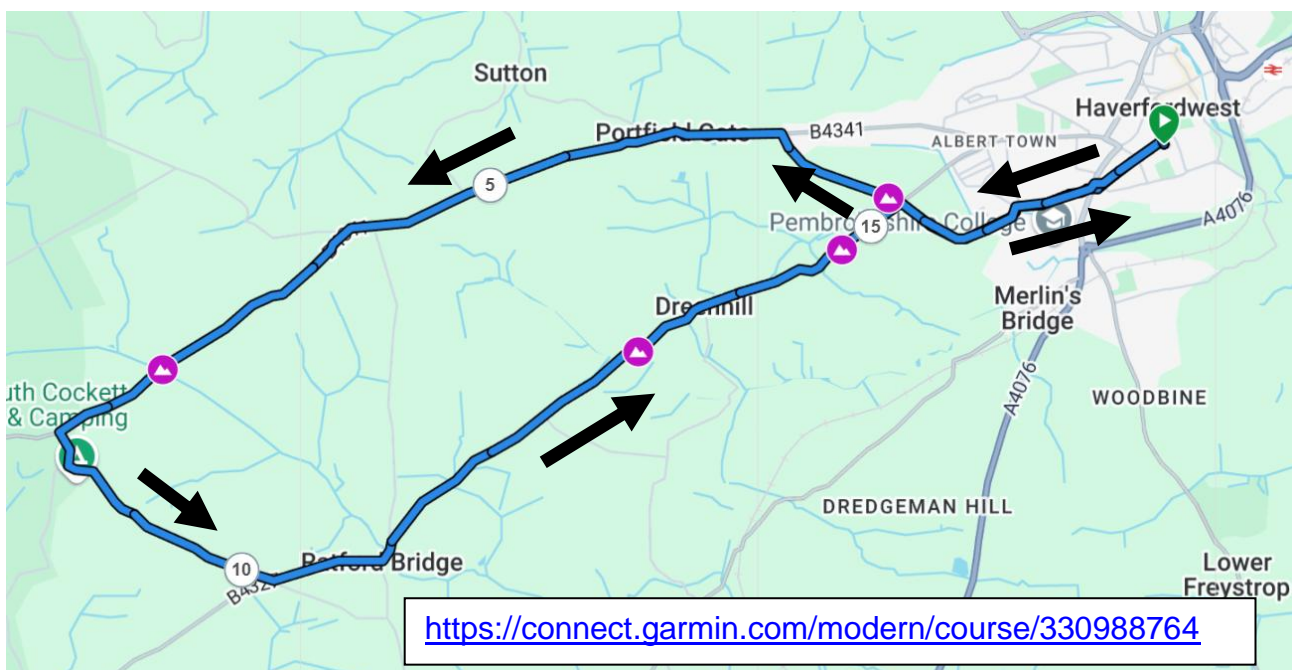


Note the one-way flow and the position of the mount line inside the car park, adjacent to transition. Do not touch your bike or move it until your helmet is securely fastened. Do not mount your bike until you are fully across the mount line. You must give way to any traffic approaching from your right as you turn left out of the car park on to St. Thomas's Green.

Relay teams: cyclists must wait in the designated changeover area adjacent to transition for your swimmer. You must have swapped over the timing chip and strap before you go to your bike on the racking. You may have your helmet on ready to cycle. Can relay team members waiting in transition please be aware of other athletes in transition and not get in their way.

## The bike – 17k

### Plan 2 – the bike course



Please take care when mounting (after the mount line) as you may be trying to mount along with several other competitors. The bike course is all on roads open to traffic so you must follow normal rules of the road. The course will be signed, all turns will have a large arrow and, hopefully, a marshal present. Remember marshals cannot stop traffic anywhere on the course and it is your responsibility to make sure the road is clear at all junctions.

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, in particular that you must give way a total of 10 times:

- Give way to traffic coming from your right as you turn left out of transition;
- Take extra care at the Horse Fair roundabout, first giving way to your right as you join from St Thomas's Green, and then giving way both left and right as you cross over to Scarrowscant Lane;
- Take extra care crossing the B4327 Dale Road, you need to give way in both directions;
- Give way at the top of Park Corner Road, turning left onto the B4341 Haven Road;

- Give way turning onto the B4327 Dale Road at White Hart Cross;
- Take extra care on the descent to Ratford Bridge, the road narrows and twists over the bridge at the bottom of the descent;
- Give way to oncoming vehicles when turning right off of the B4327 onto Scarrowscant Lane, and again turning right at Furzy Park;
- Give way turning onto the Horse Fair roundabout;
- Give way to oncoming traffic as you turn right into the car park next to transition, and dismount before the line indicated.

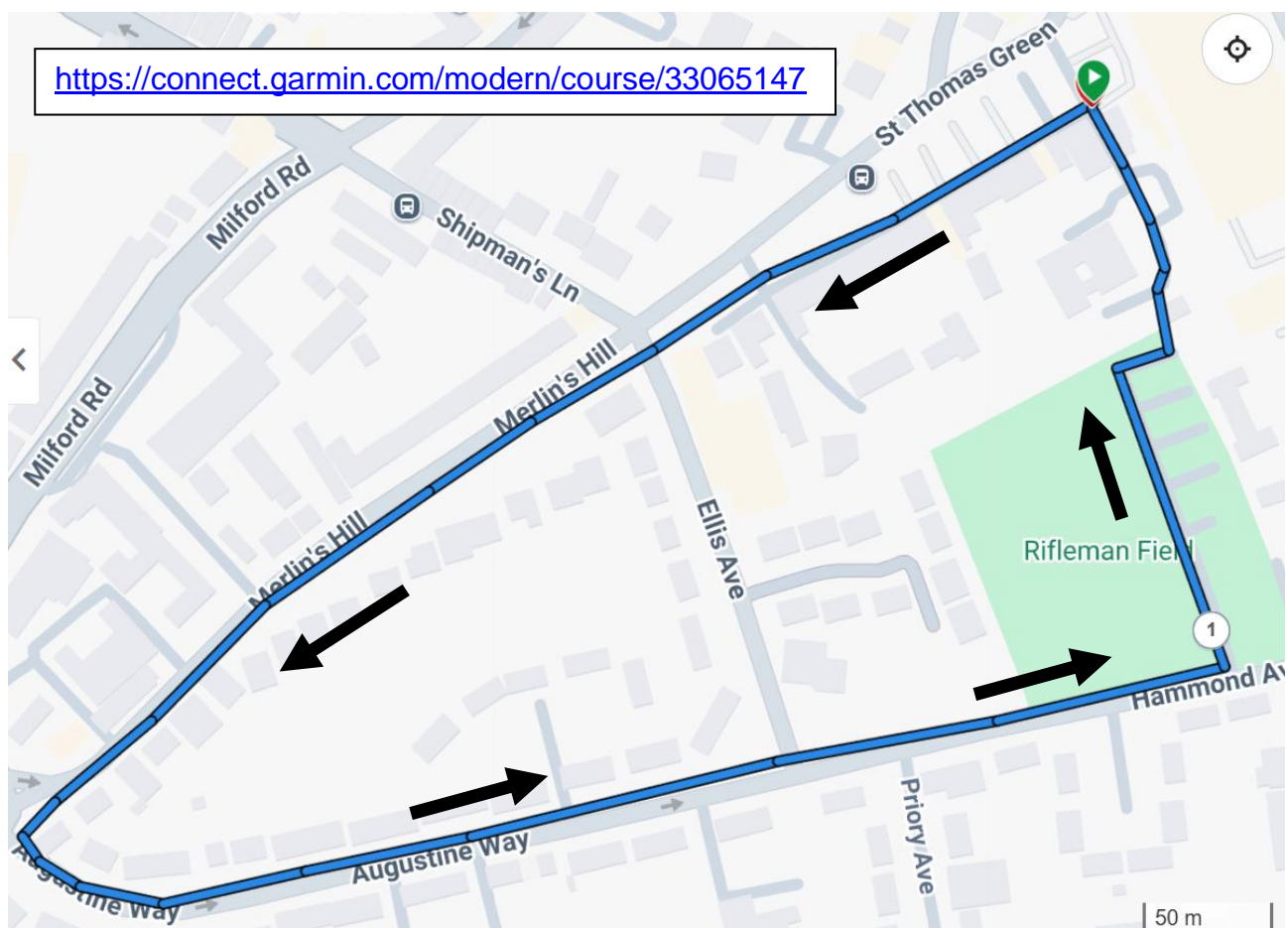
## Transition 2 (T2)

Transition 2 is essentially the reverse of Transition 1. Do not unclip or remove your helmet until your bike is safely on the rack.

Relay teams – cyclists need to rack their bikes, and then go to the relay changeover area to swap the timing chip with their runner. No need to remove helmets before the changeover.

## Run – 5k

### Plan 3 – first 3 laps of the run

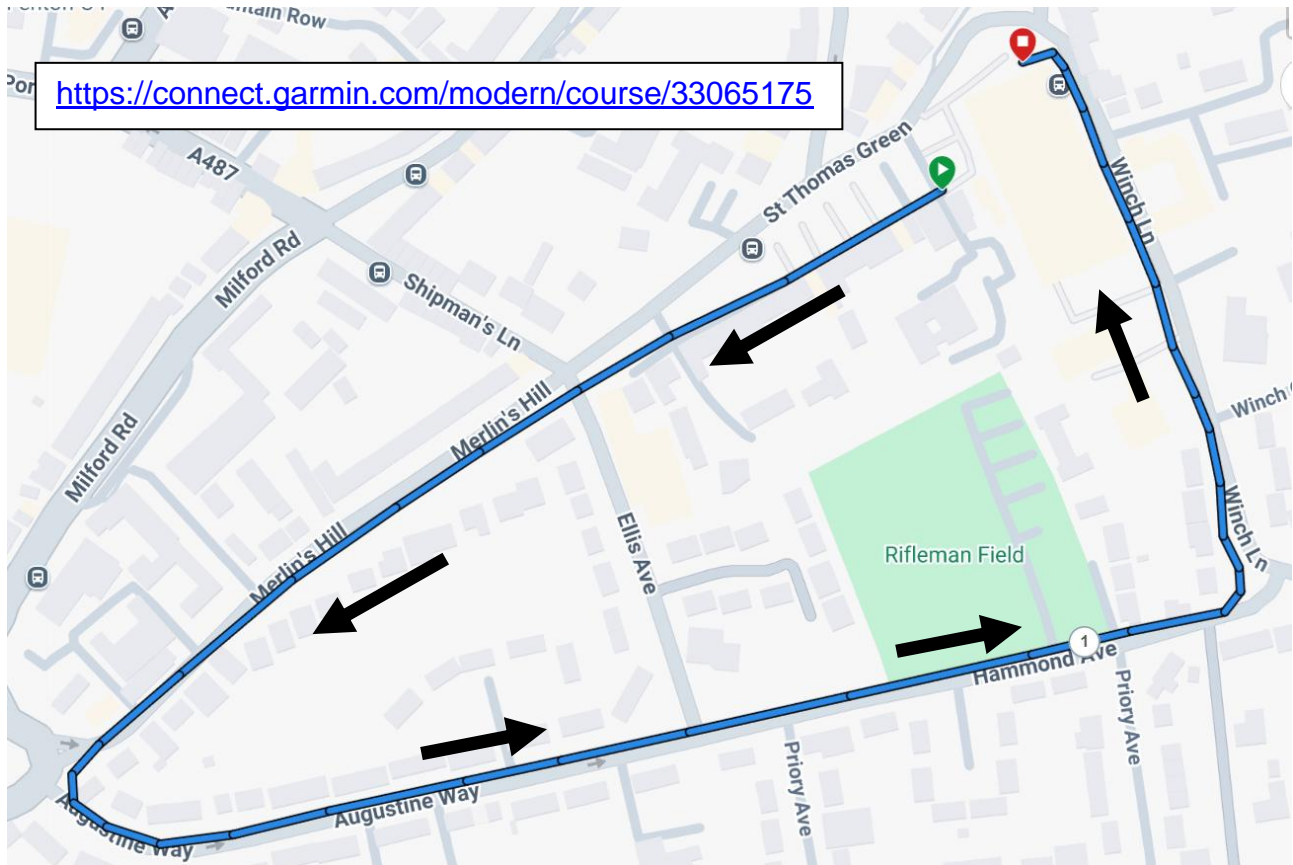


After exiting transition turn right and right again around the transition area itself (see the flows in Plan 1 on page 5). Stay on the roadway through the car park, taking care as the car park is in use. Take care crossing Ellis Avenue (give way to traffic) and continue on



the path along Merlin's Hill, bearing right onto Augustine Way. Take care crossing Ellis Avenue (give way to traffic) and continue on to Hammond Avenue. Turn left into the Rifleman Field car park, staying on the path on the left. Follow the footpath at the top right corner of the car park, heading past the doctors surgery onto St Thomas's Green next to transition, and turn left for laps 2 and 3.

#### Plan 4 – 4<sup>th</sup> and final lap of the run



For the 4<sup>th</sup> and final lap, follow the same course, but instead of turning into the Rifleman Field car park, continue straight on and then bear left onto Winch Lane. At the end of the Leisure Centre (on your left), following the marshals instructions to turn left into the finish, which will be on the paved area in front of the Leisure Centre.

## The finish

There will be a finish arch and timing mat marking the finish line. Please ensure you return your timing chip and strap when you finish, place in the receptacle provided in the finish area. Any lost chips will be charged, but also going back across the transition mats with your chip on will invalidate your finish time. Water will be available, and all finishers will receive a commemorative wooden medal, made by one of our members!

You will be able to collect your bike and other belongings as soon as you are ready, but please make sure you use the designated access point and avoid getting in the way of any athletes who are still competing. You will need your race number to get into transition.



## 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 checked in), 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

There are village showering and changing facilities available in the Leisure Centre.

Food and drink will be available in the café inside the Leisure Centre, please do support them and stick around for a drink or some well-earned breakfast.

There will be a prize ceremony soon after the last person has finished. We anticipate this being around 1015am. This will take place inside the Leisure Centre, in reception adjacent to the café.

There are solid wood trophies for the first place open and female, and first place open and female novices. We hope to also provide some prizes for age category winners – if the budget allows!

Race results will be available on the [Tri&Enter web-site](#) very soon after the event. A copy will also be published on the Pembrokeshire Triathlon Club web-site a few days later.

Official event photos are being taken by club-member Julia Barker and will be available to download within a few days of the event. Links will appear on [Julia's Facebook page](#), and the [Pembs Tri Club Chatter](#) Facebook page, and will be included in the post-event e-mail.

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).

## And finally....

Our Event Team are nearly all volunteers: without them this event could not take place. Thank you to you all!

We would particularly like to thank Mark Edwards of the [Forbidden Florist](#) for generously sponsoring the event. This has allowed us to put on a quality event at a fantastic price.

We would also like to thank everyone who has supported us in staging this event: Pembrokeshire Leisure, Pembrokeshire Event Safety Advisory Group, Pembrokeshire County Council, Dyfed Powys Police, and anyone else who we've forgotten. Thank you!