

FINISH

Pembrokeshire Duathlon

Welsh Duathlon Championships

Neyland

Sunday 8th March 2026 8:30am

5k run / 21k bike / 2.5k run

Athlete Brief



howies®



Race day timetable

- 0700 Registration opens
- 0700 Transition area open for check-in and bike racking (to competitors only)
- 0810 Registration closes
- 0815 Transition area closes
- 0820 Compulsory race briefing adjacent to transition area (stay off road)
- 0830 Race starts
- 0845 First runner back (approx.)
- 0920 First cyclist back (approx.)
- 0930 First athlete finishes (approx.)
- 1010 Last cyclist finished (approx.) and transition area re-opens
- 1030 Last finisher (approx.)
- 1045 Transition area dismantled – all bikes and kit to be removed by this time

Parking & toilets

Plan 1 – Neyland layout



Parking is free. Once the parking adjacent to transition is full, you will either need to park in Neyland Marina or in the Promenade car park, both of which are just a few hundred metres from transition. **Do not park ANYWHERE on the road as you will be blocking the event course and other road users.**

Public toilets are available about 200m from Brunel Quay car park towards Neyland Marina on the right hand side.

Registration

Registration will take place in the Pembrokeshire Triathlon Club gazebo that will be adjacent to the transition area at Brunel Quay. Park up, and then come to registration.

At registration you will be given your race numbers (2 numbers, and a sheet of stickers), your timing chip and ankle strap, and your event t-shirt (if you entered by the cut-off date). The chip is to be worn on your LEFT ankle, and you must return it to the bin provided at the finish line as soon as you have crossed the line.

Please make sure you check the start list on the event web-page before the event (it will be published on Sunday 1st March). In particular make sure your category is correct (age is based on your age on 31/12/2026, NOT on race day), and that your club is listed correctly. Any changes please e-mail events@pembrokeshire-tri.org.uk by Thursday 5th March at the latest.

This event is permitted by British Triathlon and therefore any British Triathlon members (with a Core or Ultimate membership) do NOT need to purchase a Race Pass, but you will need to show proof of current membership when you register. The membership numbers on the start list are those provided when you entered. Anyone who cannot show proof of a current membership must purchase a Race Pass and you MUST do this BEFORE you register. For details of the benefits of joining British Triathlon visit <https://www.britishtriathlon.org/membership>. If you need to buy a Race Pass, go to this web page: https://www.britishtriathlon.org/events/pembrokeshire-duathlon_16891.

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/>.

Transition

Plan 3 shows the location of transition, and the flows in and out of it before, during, and after the event. Entry to transition pre-race will only be between 0700 and 0815 – transition will be cleared at this point. No-one other than the Event Team and competitors are allowed in transition.

You will need to show your race number to enter transition, and all stickers must be on your bike and helmet. You MUST wear your helmet when entering transition so that we can check the fit – make sure it is properly adjusted and fits well.

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 (so if you bring one please make sure you have somewhere to store it during the race).

You will only be allowed back into transition after you have finished your race once the last cyclist is off the course and onto the second run, to keep transition safe for everyone. You will be able to access your vehicle, if needed, until then.

You will only be allowed to remove your bike and other equipment after the event if the numbers match your race number, so keep it with you until you have cleared transition.

Race briefing / the rules

Please treat this document as the main part of your race briefing – it contains everything you need to know! An additional, short, verbal race briefing will take place on the day at 0820 adjacent to transition. Please do NOT gather on the road next to Brunel Quay until called to the start line just before the 0830 start.

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 for the bike course. Please take time to familiarise yourself with the [British Triathlon Competition Rules](#). We would especially draw your attention to the two documents on this page, [Know The Rules](#) and [Drafting Rules Explained](#).

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 during 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 threatening, abusive or insulting words or conduct
- Do not break road traffic regulations
- No dangerous conduct / careless cycling
- Obey all of the Event Team and the Police
- 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 at transition. Appeals must follow the procedure outlined.

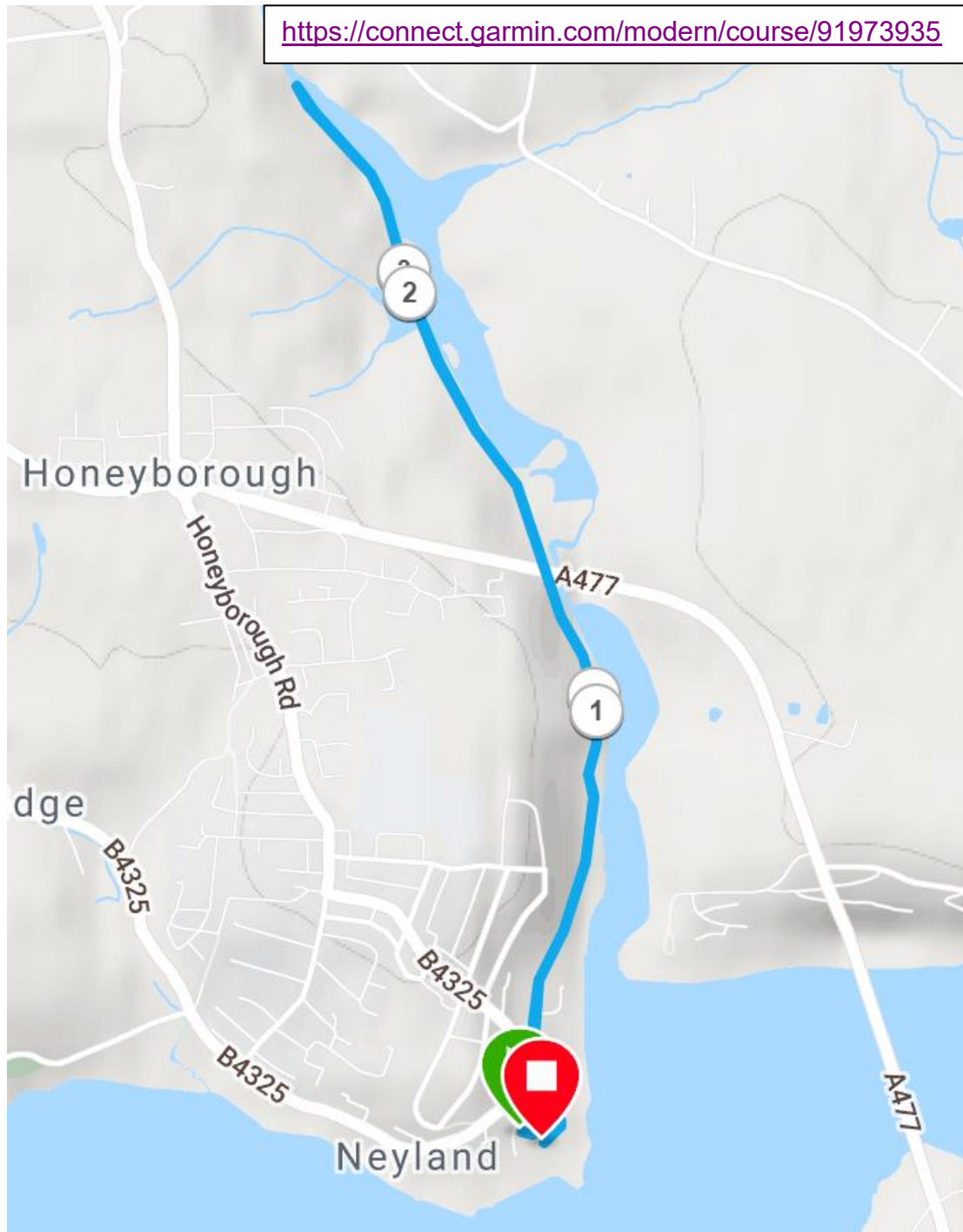
Please note that there will be NO water stations on the course (there is one at the finish), so please ensure that you have plenty of fluids and energy to get you through the race. All main junctions and technical parts of the course will be marshalled and signposted, but please be aware that our volunteers 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 also areas with the new 20mph speed limit.

The start

The start line (Plan 3) is on the road adjacent to the car park / transition area at Brunel Quay and will be clearly defined by two 3m tall yellow flags. Please remember this road is OPEN during the event, we will only call you to the start line when the event is ready to start (just before 0830) so do not gather on the start line before this.

Run 1 – 5k

Plan 2 – first run

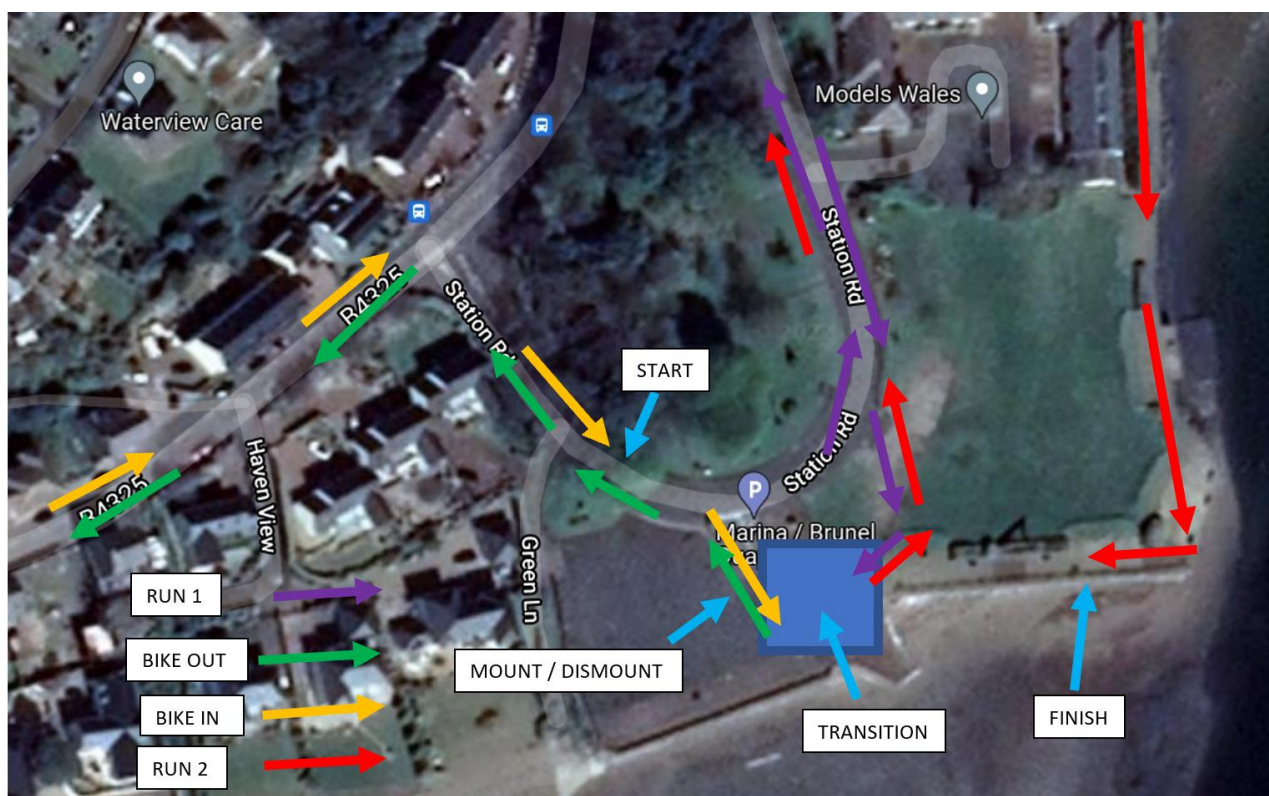


- The run is essentially an out-and-back course.
- The run heads north along the road through Neyland Marina (i.e. away from the Milford Haven Waterway).
- Please keep to the left hand side of the road and note that the road is open to traffic.
- At the end of the marina, the course joins the Brunel cycle track and runs through [Westfield Pill Nature Reserve](#); please continue to keep to the left.

- At the turn point, towards the far end of the Westfield Pill Nature Reserve, a marshal will turn you around a cone and back towards Neyland Marina.
- Please keep left, as runners will be running in both directions at this point.
- Before you reach Manilla's café, you will be directed left in front of the café, and you then follow the footpath, keeping the water on your left, and through the quayside adjacent to Dale Sailing.
- Follow instructions from marshals who will guide you to the transition area, which will be a one-way flow.

Transition 1 (T1)

Plan 3 – transition flows, mount & dismount lines

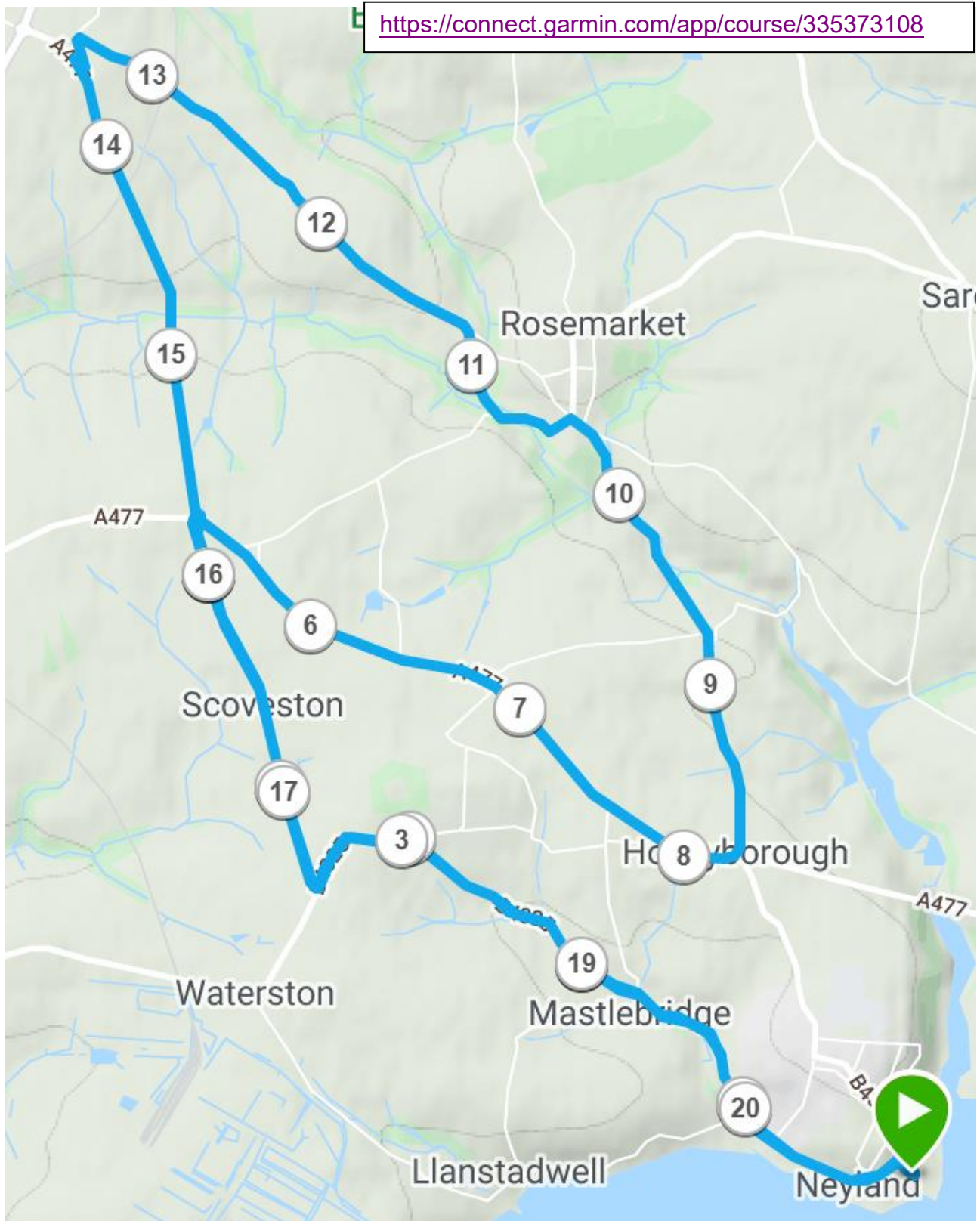


Note the one-way flow and the position of the mount line inside the car park. Do not touch your bike or move it until your helmet is securely fastened. The mount line will be situated outside of the transition area, but inside the car park. Do not mount your bike until you are fully across this line. You must give way to any traffic approaching from your right as you turn left out of the car park and then again on to the main road.

Relay teams: relay 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 and not get in their way.

The bike – 21k

Plan 4 – the bike course



Although the mount line is traffic free, please take care 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. 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 9 times**:

- Give way to traffic coming from your right as you turn left out of transition, and then again turning left onto Picton Terrace (20mph).
- Take care at the mini-roundabout at Mastlebridge, you must give way to traffic coming from the right, and also be aware of traffic joining from the left has limited visibility.
- When you turn right onto Scoveston Road toward Sentry Cross roundabout, give way to traffic coming towards you from Waterson.
- At Sentry Cross roundabout, turn right on the A477 towards Neyland, giving way to traffic coming from the right at the roundabout.
- After passing a minor crossroads on the road towards Rosemarket, 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.
- In Rosemarket, take 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.
- As you reach Johnston, turn left at the top of this lane into Church Road, giving way to traffic coming from the right.
- Turn left again onto the A477, again giving way to traffic coming from the right (this can be busy so expect to have to stop here).
- 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, giving way to vehicles coming from the right.
- Turn right off Picton Terrace into Brunel Quay/Station Road, giving way to traffic coming towards you, and then again as you turn right into Brunel Quay car park and dismount at the line indicated before transition.

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.

Run 2 – 2.5k

Plan 5 – second run / finish area



- After leaving transition you will re-join Station Road and head north towards Neyland Marina, crossing to the left hand side of the road when safe to do so (there is a long straight here with light traffic).
- The turn point will be clearly marked with a marshal and a cone – it is approximately 50m before the Westfield Pill road bridge.
- Stay on the left on the return, and come off the road onto the footpath where indicated (opposite the first house in the marina).
- Follow this path along the side of marina, passing in front of Manilla's café, and on the old railway by the quayside, finishing on the path adjacent to the Milford Haven Waterway.

The finish

There will be a finish arch marking the finish line. Water will be available. We will try and award trophies as people cross the finish line!

Please move away from the finish area as soon as possible to allow more space for other competitors.

As soon as the last competitor has left T2 and is on to the final run, 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. Please access transition from the car park side. Brunel Quay car park will be re-opened at this point.

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 no showering or changing facilities available at the event, sorry.

Food and drink will be available from the Cwm Dine mobile catering unit which will be inside the car park next to transition. Sit down food is available nearby at the excellent [Manilla's café](#) in the marina, and [The Galley](#) at Neyland Yacht Club. There is a Co-op on Neyland High Street 5 minutes walk from the race venue.

We will try and award **prizes** as soon as people cross the finish line. There are trophies for the top 3 in the open and female categories, and other prizes for age-category winners as follows (all ages as at 31/12/2026):

1st, 2nd & 3rd overall open and female (trophy)
1st 15-16 age group open and female
1st 17-19 age group open and female
1st 40-49 age group open and female
1st 50-59 age group open and female
1st 60+ age group open and female
1st relay team

In all cases only one prize will be awarded to any individual, e.g. if the first 40-49 finishes 2nd overall they will receive the second place trophy, and the first placed 40-49 prize will be awarded to the next person in that category to finish.

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

Official **event photos** are being taken by Matthew Kelly of [RAW Photography](#). They will be available to download for free within a few days of the event.

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.

And finally....

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

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

- Howies (<https://howies.co.uk/>)
- Melin Consultants (www.melinconsultants.co.uk)
- Valero Pembroke Refinery (www.valero.com/en-us/Pages/Pembroke.aspx)

We would also like to thank everyone who has supported us in staging this event: Pembrokeshire Event Safety Advisory Group, Pembrokeshire County Council, Dyfed Powys Police, Neyland Town Council, Wildlife Trust of South & West Wales and anyone else who we've forgotten. Thank you.