

2019

**BASH FAWR  
BALA  
BIG BASH**

**COMPETITOR AND VISITOR  
INFORMATION DOCUMENT**

**DOGFEN WYBODAETH  
CYSTADLEUWYR A YMWELWYR**



## RACE HQ AND PARKING

Race Headquarters for the weekend will be situated at Bala RFC, adjacent to the East Bank of Llyn Tegid. There will be parking here for the whole event at a cost of £3.00 per vehicle. There will be NO Parking for competitors within the Leisure Centre car park, and the lakeside car park will also be closed throughout the 29th and 30th for the event.

Parking will be allowed here on a first come first served basis. Additional pay and display car parks can be found across Bala at Plasey Street and Lower Tryweryn Car Park. Both of these are a short walk from Race HQ and the lakeside.

Car Parking at the Leisure Centre is solely for Leisure Centre users and customers of Bala Watersports.

## Welcome to Bala CROESO I'R BALA

The Bala Big Bash 2019 is a collaborative multi-sport festival delivered by Welsh Triathlon, Swim Wales and the Urdd. The event has been endorsed by Gwynedd County Council, Snowdonia National Park, Welsh Government and the five community councils that surround the lake, and each of these agencies welcomes you to Llyn Tegid this weekend. We hope you enjoy your visit.

This document will provide you with the information you need regarding each of the events associated with the Bala Big Bash, these being

**Friday 28th** - Junior Aquathlon Go-Tri

**Saturday 29th** - Bala Junior Triathlon and the Bala Team Relays

**Sunday 30th** - Bala Sprint and Bala Standard Triathlons, as well as Swim Wales National Open Water Championship.

There truly is, something for everyone.

## SPECTATOR INFORMATION

There are plenty of areas where you can watch the action at Lakeside, but please stay on the correct side of the barriers and taped areas and listen to any instructions from the marshals. They are there for your and the athletes safety.

The A494 roads will be closed for a number of the events, therefore please plan your journeys well in advance. A full detailed outline of the road closures can be found on the Bala Big Bash pages of the Welsh Triathlon website and information will also be available at Race HQ throughout the weekend.

# WEEKEND SCHEDULE

## FRIDAY 28TH JUNE

### **BALA Go-Tri AQUATHLON - 5:00pm onwards - TBC**

Based at Penllyn Leisure Centre, participants will complete a pool based swim before heading across the lakeside and finish their run within the grounds of Bala RFC. An Introductory event to those who aren't quite ready for the Water of Llyn Tegid, as well as a warm up opportunity for the Bala Junior Triathlon entrants.

## SATURDAY 29TH JUNE

### **BALA JUNIOR TRIATHLON - 1:45 Start Time**

Waves for Tristar 1 to Tristar 3 athletes, the swim will be either a 100m-200m-300m open water swim within Llyn Tegid, before heading onto a Draft Legal Bike Leg along the closed A494 before completing the run along the lake foreshore.

### **BALA TEAM RELAY - 4:00pm Approx Start Time**

Fast and friendly team relay event for groups of 4 where each discipline is completed before moving onto the next. The only event of its kind in Wales for 2019, a great warm up event for those partaking on the Sunday, as well as a fun social opportunity for friends and team mates to go head to head.

## SUNDAY 30TH JUNE

### **BALA SPRINT & OLYMPIC DISTANCE TRIATHLONS - FROM 8:15AM**

A new sprint distance option to complement the longer olympic distance comes to Bala for 2019, allowing those who may not have the legs just yet for the longer sport to take part in the action. A 750m or 1500m swim within the Lake is followed by a 20km or a 38Km bike leg out and back along the A494 towards Rhydymain. We finish with a 9.5k or a 5k Run, along the lake and back towards the finish at the lake foreshore.

## RACE REGISTRATION

The race registration will be situated at Bala Rugby Football Club.

All competitors, whatever race they are taking part in, need to register here to collect their race packs prior to their event. Here, if required, you will also be able to see a copy of the event permit, the event risk assessment, as well as race entry lists and maps for each event. There are changing and shower facilities here also

Each competitor will receive a race pack relevant for their event. **IT IS IMPERATIVE THAT YOU DO NOT SWAP OR CHANGE RACE PACKS!**

Race registration will be open over the weekend during the following times. You can register for your specific event, up until 30mins before your transition closes (see specific event pages).

**FRIDAY 28th - 2:00pm until 7:00pm**

**SATURDAY 29th - 9:30am until 5:00pm**

**SUNDAY 30th - 6:00am until 7:45am**

## HOME NATION MEMBERS

All entrants to the triathlon events would have been asked for their membership numbers at the online entry portal. If not, you would have purchased a day licence at this point.

If you cannot present a valid copy of your race licence on the day, you will be asked to purchase a race permit.

## COMPETITION RULES

All races at the Bala Big Bash festival will be run under British Triathlon's Competition Rules (updated January 2019), and are available here:

The Bala Junior Triathlon event will be **DRAFT LEGAL**, as it replicates racing conditions found at the IRC Championship.

All other Multisport elements of the weekend will be **NON-DRAFTING**

A copy of the latest competition rules will be made available at race registration and can be found on the Welsh Triathlon website.



## VOLUNTEERS

Volunteers are the people that make this event work and make the experience for the athletes every bit more special. A large number of local volunteers are heavily involved in this event and are an important factor in its success. Please thank them as you pass.

Any competitor who verbally insults any of the volunteers or officials will be disqualified immediately.

If you would like to volunteer at Bala this year, please contact

[amyjenner@welshtriathlon.org](mailto:amyjenner@welshtriathlon.org)



## COURSE FAMILIARISATION

All roads and paths being used for the bike and run course are accessible to the public. If you plan on cycling or running the course prior to the event, please abide by the Highway Code and act responsibly at all times.

## WITHDRAWALS & TRANSFERS

No withdrawals or transfers will be refunded or processed after 7th June 2019. Please do not transfer your entry as we will not have the correct emergency contact information. ALL participants will need to present race licenses or photo ID at race registration. Any amendments made following this date will not be permitted to race.

## ADVERSE WEATHER

Even though the race is in June, weather conditions at Llyn Tegid are highly changeable. In the event of poor weather in the run up to the day, or on the day affecting water and air temperature, the event organisers reserve the right to cancel or amend the event from a triathlon format. The safety of the participant is our priority .

## SAFETY BRIEFING

It is compulsory that all participants must be present at the race briefing. Details of each race briefing can be found in the specific race information but will take place no later than 30 minutes before the race starts. This will take place on the lake foreshore, next to transition and the PA System. You will have time following the briefing to go to the toilets, as well as warm up prior to your wave start.  
ALL ATHLETES MUST BE PRESENT AT THE SAFETY BRIEF.

## TOILETS & WASTE MANAGEMENT

Public Toilets are available lakeside throughout the event. There will be additional portaloos Lakeside. There are additional toilets at Penllyn Leisure Centre and at Bala RFC. We kindly ask all visitors to Llyn Tegid to dispose of their litter in the adequate refuse collection points. Any athlete seen disposing litter on course will also be disqualified. We are very fortunate to have such an event in an area of outstanding beauty, lets please keep it that way.

## EMERGENCIES & MEDICALS

If at any point during the race you feel the need to stop and pull out, please do not hesitate to do so. Find the nearest marshal who will help you get back to event headquarters. All Event marshals will have a form of communicating with first aid providers at the lake foreshore. First aid provision is being provided by St. Johns Ambulance, and during the event there will be 2 emergency vehicles lakeside, as well as on course.

Within the water, there will be sufficient kayakers, and three boats. Each of these vessels will have radio communications with the lake foreshore and the medical team at lakeside if required. Please ensure that we have your correct medical information at registration, and please do not exchange your race number with anyone as this could result in mis-identification in the case of an emergency. Thank you.

If you have been feeling unwell on race day, or leading up to the race, please consider your options carefully before commencing the race.

# BALA & THE AREA

## WHAT'S ON OFFER?

Welcome to the market town of Bala, the home of the Bala Big Bash Weekend. Located in North Wales, Bala is situated in South Snowdonia on the shores of Llyn Tegid the largest fresh water lake in Wales. The lake was formed during the ice age and is an ecologically important site both Nationally and Internationally. It is owned and managed by the Snowdonia National Park Authority who have been extremely co-operative in organisation of this event.

We would encourage all competitors, their supporters and spectators to make the most of Bala and the surrounding areas during your visit. There is plenty of accommodation, attractions and activities and these can be found at [www.VISITBALA.org](http://www.VISITBALA.org)

## BALA HIGH STREET

Be sure to take a walk to the town, and visit the numerous shops and cafes it has to offer:

Pren - Wood-turning and home-wares  
T.J. Roberts & Son; Cigydd – Award winning  
Butcher  
Awen Meirion – Books, Cards and Crafts.  
Oriol Tan yr Hall Gallery – Arts, Crafts and  
Books.  
E.J. Theodore - Traditional Hardware.  
Manna – Christian Books and Fair Trade  
Siop Ria – Contemporary Gifts and Jewellery.  
Siop Hefin – Antiques and Collectables

Siop DE – Clothing and Haberdashery.  
Y Gwyniad –Fishing Tackle and Camping  
Equipment.  
Aran Hufen – Home Made Ice Cream.  
Cocoa – The Chocolate Shop.  
Capel Clay – Pottery and Painting Studio  
Stori – Bottle Shop and Tap Room.  
Number 6 – Antiques, Interiors and Collectables.  
R.H.Roberts - Cycle Shop  
SO58 - Welsh Football Supporters Wrat

## ACCOMODATION & THE LOCAL AREA

The five community councils surrounding Llyn Tegid have many accomodation options for your weekend.

Glan Llyn Caravan - [www.glanllyn.com](http://www.glanllyn.com)  
Bala Caravan Park - [www.balacaravanpark.com](http://www.balacaravanpark.com)  
Abercelyn Country House - [www.abercelyn.co.uk](http://www.abercelyn.co.uk)  
Abercelyn Cottages - [www.self-catering-snowdonia.com](http://www.self-catering-snowdonia.com)  
Penybont Touring – [www.penybont-bala.co.uk](http://www.penybont-bala.co.uk)  
Plas Yn Dre – [www.plasyndre.co.uk](http://www.plasyndre.co.uk)  
Bala Backpackers – [www.bala-backpackers.co.uk](http://www.bala-backpackers.co.uk)  
Plas Coch – [www.yplascoch.co.uk](http://www.yplascoch.co.uk)  
The Eagles Inn, Llanuwchllyn – [www.yr-eagles.co.uk](http://www.yr-eagles.co.uk)

Bodiwan B&B - [www.bodiwan.co.uk](http://www.bodiwan.co.uk)  
Frondderw Country House  
[www.frondderwhouse.co.uk](http://www.frondderwhouse.co.uk)  
The Royal White Lion  
[www.thewhitelionbala.com](http://www.thewhitelionbala.com) -  
Ty Newydd B&B, Bala. - 01678 520964  
Bwch Yn Uchaf, Llanuwchllyn  
[www.bwch-yn-uchaf.co.uk](http://www.bwch-yn-uchaf.co.uk)  
Pant Yr Onnen Campsite  
[www.balacamping.co.uk](http://www.balacamping.co.uk) -

# BALA JUNIOR TRIATHLON

The 2019 Bala Junior Triathlon once again returns as an integral part of the Urdd's Gemau Cymru and is the second of Welsh Triathlon's qualifying races for the Inter Regional Competiton at Mallory Park in September. The Selection Criteria for the Welsh team at the IRCs can be found here:

Enter Link here in different colour:

As this is a draft legal race, all bikes will be checked prior to entering Transition, and each race wave will have their allocated spaces. Please ensure you rack your bikes within the specified area, unless advised by an event marshal or a BTF technical official. For the safe running of the event, lapped athletes will be removed from the bike course. There will be a swim cut off time in place of 11 minutes per wave.

There will be a **mandatory** safety briefing for all participants within the transition area at 1:20pm, with the first wave scheduled to start at 1:45pm.

## EVENT TIMINGS

9:30am	Registration Opens
11:30am	Transition Opens and Bike Roll Out
1:15pm	Registration and Transition Closes
1:25pm	<b>Mandatory Safety Briefing</b>
1:45pm	T1 Boys and Girls Congregate at Jetty
2:00pm	<b>Road Closure on A494 Implemented</b>
2:05pm	Combined Tristar 1 Wave Begins; TS2 Congregate
2:25pm	T2 Boys Start, T2 Girls Prepare, T3 Congregate
2:40pm	T2 Girls Start, T3 Boys Prepare
3:00pm	T3 Boys Start, T3 Girls Prepare
3:30pm	T3 Girls Start – Final <u>Childrens</u> Wave
4:30pm	<b>Approx Time Transition Re-Opens for Tristar</b>
5:00pm	<b>Approx Time Presentation Takes Place</b>

## THE TRANSITION

There will be a flow into Transition at both T1 and T2. This directional flow of movement will reduce congestion. Please follow this flow. Please follow any guidance given to you by BTF technical officials within Transition. They are here to guide and support you and ensure that the race is conducted safely.

## THE BIKE LEG

Helmets should be worn and fastened before you come into contact with your bike, and only removed once the bike has been re-racked post cycle. Please make sure that the race number is clearly shown on your back during the bike leg, and that your race number is clearly identifiable on your bike seat stem. You will exit transition and mount the bike past the mount line, within the tarmac area of the lake foreshore. There is then a short climb and a left turn onto the closed A494 circuit where you will head West towards your turning point dependant on your age category. You will not need to turn off the A494, it is a straight out and back route.

The road closure will be implemented at Bala and Llanuwchllyn. There are other artery roads which join the A494. Every effort has been made to ensure that the local community are aware of the road closure, and local volunteers will be manning the key points along this route. Even though on a closed road circuit, you must adhere to the Highway Code. There will be moto-officials along the route to ensure that athletes adhere to BTF rules and the Highway code. This is a draft legal race. Moto-Officials will be on the course during the event.

## THE SWIM

The first swimmers will be called to the jetty 10 mins before the race starts. Here you will have time to enter the water and acclimatise. Please take care when entering the water as it can be slippery under foot. The Swim will be a deep water start and all participants will be guided to the start point. Wetsuits will be in line with the BTF rules. The Swim will be clearly positioned and TS1 (100m), TS2 (200m) and TS3 (300m) courses will be marked out by Swim Buoys. The Swim map can be found on the final page of this document. Water Safety will be provided by Bala Sailing Club. If you get into difficulty during the swim, turn onto your back, raise one arm in the air and help will make its way too you.

You will exit the swim via the same jetty. please keep your swim caps on until you have entered transition as you will also be counted out of the water.

Although a closed road circuit. Emergency vehicles will still have access if required. These will be monitored by Amberon Staff and guided through the closure. There may be the occasional Staff Vehicle and medical vehicles along the course.

Each age category will have specific turning points along the A494 which are clearly marked and signposted and marshals will slow you down prior to the dead turn. There will also be a marshal at each turn point ensuring all athletes have completed their required distance. There will also be a first aider situated at the turning point of the course, but all other emergency vehicles will be situated at lakeside.

On your return to transition, athletes will cycle past the junction to the lakeside transition and prior to the leisure centre entrance on the A494, will make a U-Turn and then turn left into transition.

When you return to transition, you will rack your bike in the same location it was taken, remove your helmet and make your way to the run course

## THE RUN LEG

You will exit transition for the run via the same entry gate as you entered transition following your swim, but will follow a directional flow within transition. This will be clearly signposted. You will then return to the A494 and turn left, heading West along the pavement to your designated turning point. Each age category will have a different turning point. As you make your way back to Transition you will see a white penalty board. If your number appears on this board, you will be required to serve a time penalty within the penalty box, which will be a Gazebo at the end of transition.

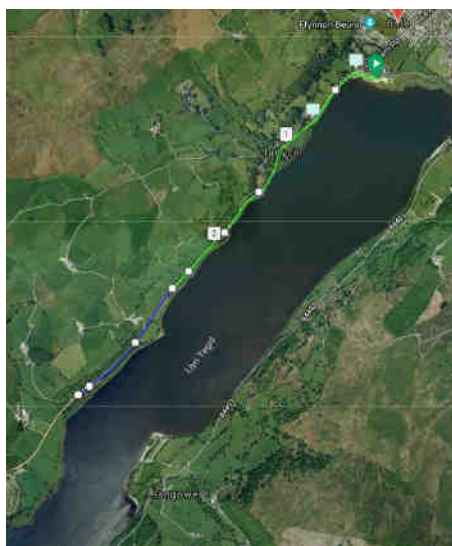
There will also be a water station at this part of the course. When you pass the finishing arch, you will be welcomed by a number of volunteers who will provide you with your medal, some water and some refreshments. There will also be a medic on site here if required. Before leaving the finishing area, you must remove and return your timing chips. No parents or spectators are permitted within the finishing area.

## THE COURSE

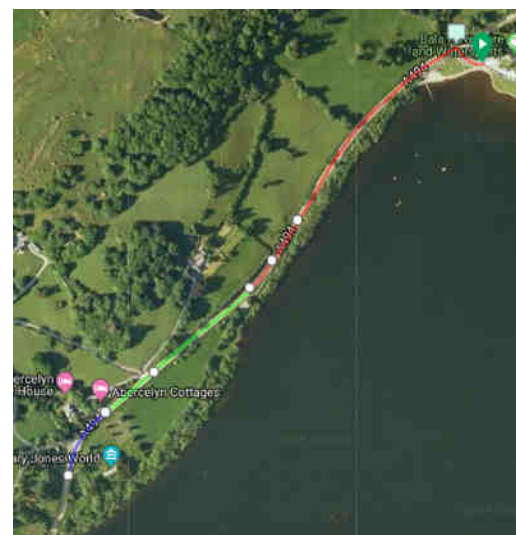
### THE SWIM



### THE BIKE



### THE RUN



## THE FINISH

You will need your security wristband to re-enter transition to gather your bikes and belongings. Please do not enter transition via the bike entry/exit, or the swim entry/run exits. There will be a clear transition entry post-race. Any litter than you may have left at Transition, please dispose in the bins and litter bags provided. You will be able to collect your luggage from the bag drop in registration at any point post event. Please make every effort to wait until presentation, and if you have parked your car within Bala Town, your bike and belongings will be safe within transition until presentations have been completed.

	Swim	Bike	Run
Tristar 1	100m	3km	1.2km
Tristar 2	200m	5km	1.8km
Tristar 3	300m	7.1km	2km



# BALA TEAM RELAYS

The 2019 Bala Team Relays return, the only race of its kind in Wales during 2019.

This is the ideal opportunity for the triathlon community to go head to head with rival clubs and teams, as well as embrace multisport with the support network of friends. A fast and furious super sprint distance will see each competitor finish a 300m swim a 9km bike leg and a 2km run, but unlike the traditional team relays, each discipline will need to be finished first before moving onto the next.

This is a Non-Drafting. Each team will have an allocated space within transition. Please ensure you rack your bikes within the specified area, unless advised by an event marshal or a BTF technical official. For the safe running of the event, any athletes who have not entered the water by 5:15pm will be entered collectively. Likewise, any athletes / team members who haven't entered the bike course by 6:25pm will be entered collectively to ensure the road re-opens within the allocated time frame.

There will be a **mandatory** safety briefing for all participants within the transition area at 3:35pm, with the first Swimmers scheduled to start at 3:50pm.

## EVENT TIMINGS

9:30am	Registration Opens
1:00pm	Transition Opens
3:20pm	Transition Closes
3:35pm	Safety Briefing
3:45pm	First Swimmers Counted for race start – Other members to holding pen
3:50pm	Race Starts - 1 <sup>st</sup> Wave of Swimmers
4:10pm	Estimated start time of first bike
5:15pm	Estimated start time of first runner
5:50pm	Estimated first finish time
7:00pm	A494 Road Closure Reopens
7:30pm	Estimated time of Presentations

## THE TRANSITION

Transition is open for all athletes from 1:00pm and entry will only be allowed to those wearing numbers which match the bikes. You must wear your helmet and have a numbered bike to enter transition. You must wear the wristbands to retrieve your bike post event. No Bags or boxes are allowed within transition but can be left at the bag drop. Please enter and exit transition by the designated entry points, and NOT VIA THE TIMING MATS

During the event, there will be a flow into Transition at both swim entry and run exit, ensuring that there is a directional flow of movement which will reduce congestion. Please follow this flow. There will be a holding pen for athletes at the rear of transition where all Tags / exchanges' will occur. Please follow any guidance given to you by BTF technical officials within Transition. They are here to guide and support you and ensure that the race is conducted safely.

## THE SWIM

The Swim will be a deep water start for Wave 1 and participants will be guided to the start point. All athletes must remain in their allocated wave, keep their allocated number and wear their correct swim cap. The Swim will be one lap of a 300m course, marked out by Swim Buoys. If you get into difficulty during the swim, turn onto your back, raise one arm in the air and help will make its way to you. Further details of water safety, the course and what you will be required to do will be given during the race brief.

You will exit the swim via the same jetty as you entered. Please keep your swim caps on until you have entered transition as you will also be counted out of the water. You will be directed from the water exit into transition to 'Tag' in your team mate. They will then follow the flow of transition, exit via the mat and make their way along the lake foreshore to the Jetty. This will be slippery, and carpet will be put down to provide assistance, however, you are advised to tread carefully when entering the water and stay to the carpeted areas. This cycle will continue for swimmers 2,3 and 4 until athlete 4 enters transition and exchanges with athlete 1 for the bike leg.

	Swim	Bike	Run
Bala Team Relay	300m	9km	2km

## THE BIKE LEG

During the race, Helmets should be worn and fastened before you come into contact with your bike, and only removed once the bike has been re-racked post cycle. Please make sure that the race number is clearly shown on your back during the bike leg, and that your race number is clearly identifiable on your bike seat stem. You will exit transition and mount the bike past the dismount line, within the tarmac area of the lake foreshore. There is then a short climb and a left turn onto the closed A494 Circuit where you will head West, towards the turning point at Glanllyn Caravan Park. You will not need to turn off the A494, it is a straight out and back route. The road closure will be implemented at Bala and Llanuwchllyn. There are other artery roads which join the A494. Every effort has been made to ensure that the local community are aware of the road closure, and local volunteers will be manning the key points along this route. Even though on a closed road circuit, you must adhere to the Highway Code. There will be Moto-Officials along the route to ensure that athletes adhere to BTF rules and the Highway code. This is a Non-Drafting race, Moto-Officials will warn athletes. Emergency vehicles will have access to the course.

There will be no distance markers situated along the course, but the turn point at Glanllyn is approximately 4.4Km. There will also be a first aider situated at the furthest part of the course, but all other emergency vehicles will be situated at lakeside. On your return to transition, athletes will cycle past the junction to the lakeside transition and prior to the leisure centre entrance on the A494, will make a U-Turn and then turn left into transition. This measure has been taken to minimise the risk of collision on entry towards transition. When you return to transition, you will rack your bike in the same location it was taken, remove your helmet and make your way to the holding pen to Tag in the next team mate where the routine continues.

## THE RUN LEG

When cyclist 4 tags in Runner 1 at the holding pen, you will exit transition for the run via the same entry gate as you entered transition following your swim but will follow the same exit chute as swimmers 2,3,4 when they entered the water. This will be clearly signposted within transition. You will head up onto the pavement adjacent to the A494 and head west towards the village of Llanycil. There will be a turning point 1km along this route, before returning to the lakeside to finish with your team mates.

Runners 1,2 and 3 will by this point entered the finishing chute and join the fourth runner to cross together (if they so wish), or they will meet you as you cross the finish line. **ALL ATHLETES MUST HAND IN THEIR CHIP TIMING HERE UPON CROSSING THE FINISH.**

There will be shelter and seating at the finishing chute, along with a first aider and water station.

## THE COURSE

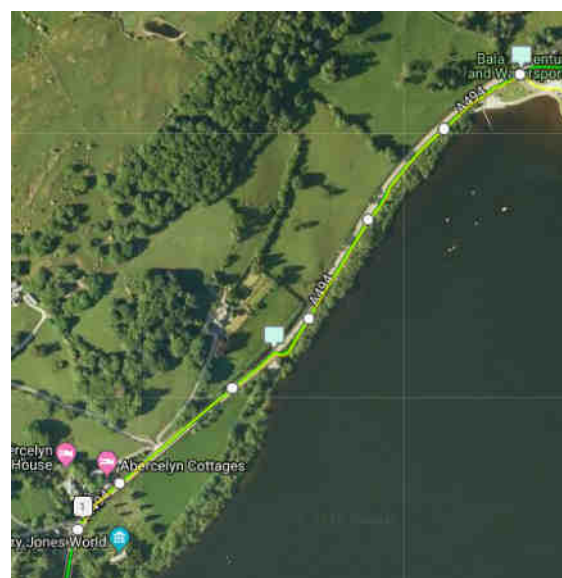
### THE SWIM



### THE BIKE



### THE RUN



# BALA SPRINT TRIATHLON

A new event to the 2019, the Bala Sprint triathlon offers a stepping stone for those newcomers to the sport before going deep into the standard. This year, it also see's it host stage 3 of the Welsh Triathlon Super Series. A 750m open water swim in Llyn Tegid is followed by a 20km cycle on a closed road circuit along the A494. After turning at Pont Rhyd-Sarn, athletes will return to the lakeside transition before commencing a fast 5km run along the A494 with the turning point halfway between Llanycil and Glanllyn, before rutning to the lakeside finish. Remember to smile for the Cameras!!

## EVENT TIMINGS

5:45am	Registration Opens
6:00am	Transition Opens
7:40am	Transition Closes
7:45am	<b>Mandatory Safety Briefing</b>
8:00am	<b>A494 Road Closure Implemented</b>
8:05am	Bala Sprint Tri – Swim Warm Up
8:15am	<b>Bala Sprint Triathlon Start</b>
8:30am	Bala Standard Tri – Swim Warm Up
8:50am	<b>Bala Standard Tri - Start</b>
10:30am	Final Bike Allowed Access to Road
12:15pm	Broom Wagon Road Sweep
12:30pm	Any athletes on road transferred to pavement
1:00pm	A494 Road Re-Opens
1:15pm	Latest Time for Presentations

## THE TRANSITION

Transition is open for all athletes from 6:15am and entry will only be allowed to those athletes wearing a security tag which matches your bike number.

Transition Numbers and spaces will be allocated and linked to your race numbers. Prior to entering transition, your bike must have the allocated race number attached, and once entered, bikes must be hooked to the racking via the saddle.

Please ensure you are also wearing your numbered helmet before entering transition. You must keep the wristband on to retrieve your bikes post event.

No Bags or Boxes are allowed in transition but can be left at the bag drop within registration. Please enter and exit transition at the designated points, **DO NOT ENTER VIA THE TIMING MATS!**

There will be a flow into Transition at both swim entry and run exit, ensuring that there is a directional flow of movement which will reduce congestion. Please follow this flow. Please follow any guidance given to you by BTF Technical Officials or marshals within Transition. They are here to guide and support you and ensure that the race is conducted safely.of body text

## THE BIKE LEG

Helmets are Mandatory, this is why you cannot enter and rack your bike in transition before the race without one. During the race, Helmets should be worn and fastened before you come into contact with your bike, and only removed once the bike has been re-racked post cycle. Please make sure that the race number is clearly shown on your back during the bike leg, and that your race number is clearly identifiable on your bike seat stem.

## THE SWIM

Each Swim wave will be called to the Jetty and counted into the water 10 minutes before their wave is due to commence. You will enter the water via the jetty on the right-hand side of the lake foreshore.

Please take care when entering the water as it can be slippery under foot. The Swim will be a deep water start and participants will be guided to the start point. All athletes must remain in their allocated wave, keep their allocated number and wear their correct swim cap. It will be compulsory to wear a wetsuit in the race. The Swim will be one lap of a 750m course, marked out by Swim Buoys. If you get into difficulty during the swim, turn onto your back, raise one arm in the air and help will make its way too you. Further details of water safety, the course and what you will be required to do will be given during the race brief.

You will exit the swim via a pontoon, Please keep your swim caps on until you have entered transition as you will also be counted out of the water.

	Swim	Bike	Run
Bala Sprint Triathlon	750m	20km	5km



You will exit transition and mount the bike past the dismount line, within the tarmac area of the lake foreshore. There is then a short climb and a left turn onto the closed A494 Circuit where you will head West, through Llanycil, Parc and Llanuwchllyn, until you reach the turn point at Pont Rhyd-Sarn shortly having passed Llanuwchllyn. You will not need to turn off the A494, it is a straight out and back route. The sprint competitors should reach their turning point prior to any standard distance competitors, meaning that there should be no, or little congestion. In the event of standard distance having caught up, please ensure it is safe to turn before crossing the lanes.

The road closure will be implemented at Rhydymain, Bala and Llanuwchllyn. There are other artery roads which join the A494. Every effort has been made to ensure that the local community are aware of the road closure, and local volunteers will be manning the key points along this route.

Even though on a closed road circuit, you must adhere to the Highway Code. There will be moto-officials along the route to ensure that athletes adhere to BTF rules and the Highway Code. This is a Non-Drafting race, Moto-Officials will warn athletes.

Although a closed road circuit, as part of the agreement, as the road is a main trunk road across the North, Emergency vehicles and public transport will have access. There are two scheduled public buses during the period of the road closure. These will be monitored by Amberon Staff and guided through the closure. There may be the occasional Staff Vehicle and medical vehicles along the course.

Distance markers will be situated along the course at every 5Km.

On your return to transition, athletes will cycle past the junction to the lakeside transition and prior to the leisure centre entrance on the A494, will make a U-Turn and then turn left into transition. This measure has been taken to minimise the risk of collision on entry towards transition.

## THE RUN LEG

You will exit transition for the run via the same entry gate as you entered transition following your swim. You will turn right out of transition and along the lakeside bank, head up towards the A494, and join the pavement where you again will head West towards Glanllyn Caravan Park. The turning point for the sprint will be clearly signposted and situated 2.5km away, half way between the village of Llanycil and Glanllyn Caravan Park. There will be a water station near the turn point. There will also be a water station at transition exit and at the finish.

The finish of the run will bring you back towards Transition, where you will run alongside the lake until you go behind transition and finish along the chute parallel. The final runner on the course will have a sweep cyclist.

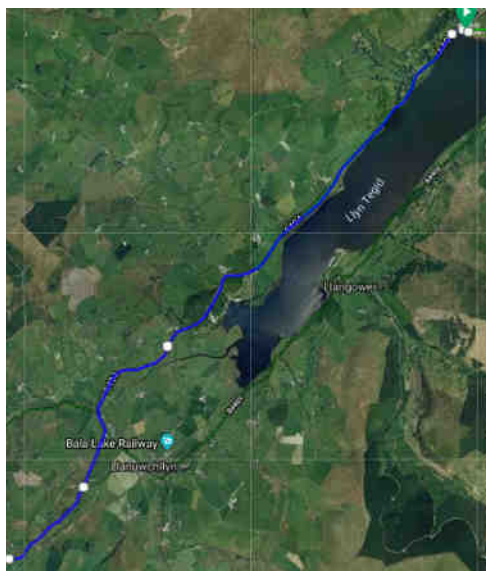
You will be welcomed at the end with a finishers medal, a bottle of water and refreshments. Please ensure that only athletes remain within the finishing chute. First aid provision will be on hand here if required.

## THE COURSE

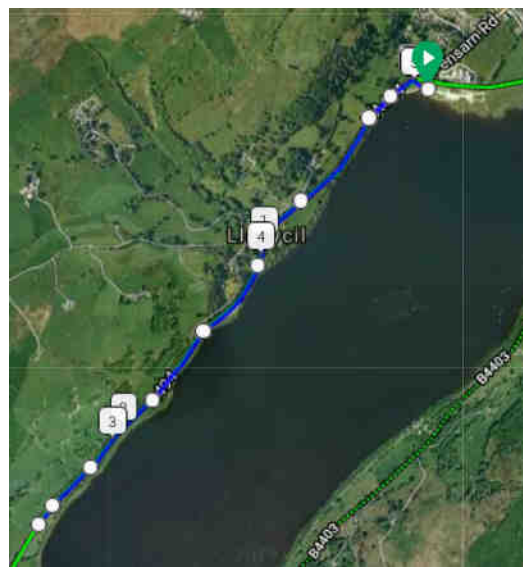
### THE SWIM



### THE BIKE



### THE RUN





# BALA STANDARD TRIATHLON

The calendar favourite returns, one of two closed road standard distance triathlons to be held in Wales throughout 2019. An earlier start than previous years will see athletes take to a 1500m swim in the waters of Llyn Tegid, before heading West along the A494 on a fast closed road circuit. Having reached the turn-point at Rhydymain, its back East along the A494, usually with a tailwind, before returning to the lakeside transition and rejoining the closed road for the run course. A flat 9.4km run to Glanllyn and back will see you finish back on the lake.

## EVENT TIMINGS

5:45am	Registration Opens
6:00am	Transition Opens
7:40am	Transition Closes
7:45am	<b>Mandatory Safety Briefing</b>
8:00am	<b>A494 Road Closure Implemented</b>
8:05am	Bala Sprint Tri – Swim Warm Up
8:15am	<b>Bala Sprint Triathlon Start</b>
8:30am	Bala Standard Tri – Swim Warm Up
8:50am	<b>Bala Standard Tri - Start</b>
10:30am	Final Bike Allowed Access to Road
12:15pm	Broom Wagon Road Sweep
12:30pm	Any athletes on road transferred to pavement
1:00pm	A494 Road Re-Opens
1:15pm	Latest Time for Presentations

## THE TRANSITION

Transition is open for all athletes from 6:15am and entry will only be allowed to those athletes wearing a security tag which matches your bike number. Transition Numbers and spaces will be allocated and linked to your race numbers. Prior to entering transition, your bike must have the allocated race number attached, and once entered, bikes must be hooked to the racking via the saddle.

Please ensure you are also wearing your numbered helmet before entering transition. You must keep the wristband on to retrieve your bikes post event.

No Bags or Boxes are allowed in transition but can be left at the bag drop within registration. Please enter and exit transition at the designated points, **DO NOT ENTER VIA THE TIMING MATS!**

There will be a flow into Transition at both swim entry and run exit, ensuring that there is a directional flow of movement which will reduce congestion. Please follow this flow. Please follow any guidance given to you by BTF Technical Officials or marshals within Transition. They are here to guide and support you and ensure that the race is conducted safely.

## THE BIKE LEG

Helmets are Mandatory, this is why you cannot enter and rack your bike in transition before the race without one. During the race, Helmets should be worn and fastened before you come into contact with your bike, and only removed once the bike has been re-racked post cycle. Please make sure that the race number is clearly shown on your back during the bike leg, and that your race number is clearly identifiable on your bike seat stem.

## THE SWIM

Each Swim wave will be called to the Jetty and counted into the water 10 minutes before their wave is due to commence. You will enter the water via the jetty on the right-hand side of the lake foreshore. Please take care when entering the water as it can be slippery under foot. The Swim will be a deep water start and participants will be guided to the start point. All athletes must remain in their allocated wave, keep their allocated number and wear their correct swim cap. It will be compulsory to wear a wetsuit in the race. The Swim will be one lap of a 1500m course, marked out by Swim Buoys. If you get into difficulty during the swim, turn onto your back, raise one arm in the air and help will make its way too you. Further details of water safety, the course and what you will be required to do will be given during the race brief.

You will exit the swim via a pontoon, Please keep your swim caps on until you have entered transition as you will also be counted out of the water.

	Swim	Bike	Run
<b>Bala Standard Triathlon</b>	1500m	38.6km	9.4km

You will exit transition and mount the bike past the dismount line, within the tarmac area of the lake foreshore. There is then a short climb and a left turn onto the closed A494 Circuit where you will head West, through Llanycil, Parc and Llanuwchllyn towards Rhydymain. You will not need to turn off the A494, it is a straight out and back route.

The road closure will be implemented at Rhydymain, Bala and Llanuwchllyn. There are other artery roads which join the A494. Every effort has been made to ensure that the local community are aware of the road closure, and local volunteers will be manning the key points along this route.

Even though on a closed road circuit, you must adhere to the Highway Code. There will be moto-officials along the route to ensure that athletes adhere to BTF rules and the Highway code. This is a Non-Drafting race, Moto-Officials will warn athletes. Static draft busters will also be in attendance throughout the course.

Although a closed road circuit, as part of the agreement, as the road is a main trunk road across the North, Emergency vehicles and public transport will have access. There are two scheduled public buses during the period of the road closure. These will be monitored by Amberon Staff and guided through the closure. There may be the occasional Staff Vehicle and medical vehicles along the course.

Distance markers will be situated along the course at every 5Km. There will also be an emergency vehicle situated at the furthest part of the course, at Rhydymain turning point.

On your return to transition, athletes will cycle past the junction to the lakeside transition and prior to the leisure centre entrance on the A494, will make a U-Turn and then turn left into transition. This measure has been taken to minimise the risk of collision on entry towards transition.

## THE RUN LEG

You will exit transition for the run via the same entry gate as you entered transition following your swim. You will turn right out of transition and along the lakeside bank, head up towards the A494, where you again will head West towards Glanllyn Caravan Park. Dependant on the time following your bike leg, you will be able to run towards Glanllyn on the left-hand lane of the A494. The turning point will be as you approach the entrance to Glanllyn caravan park, before returning to the A494 and heading back to transition along the pavement.

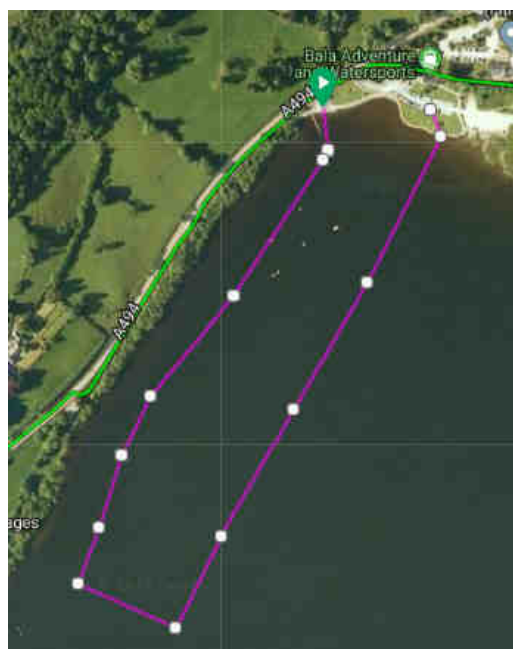
There will be a first aider at the entrance of Glanllyn Caravan Park, as well as a water station. There will also be a water station at transition exit and at the finish.

The finish of the run will bring you back towards Transition, where you will run alongside the lake until you go behind transition and finish along the chute parallel. The final runner on the course will have a sweep cyclist.

You will be welcomed at the end with a finishers medal, a bottle of water and refreshments. Please ensure that only athletes remain within the finishing chute. First aid provision will be on hand here if required.

## THE COURSE

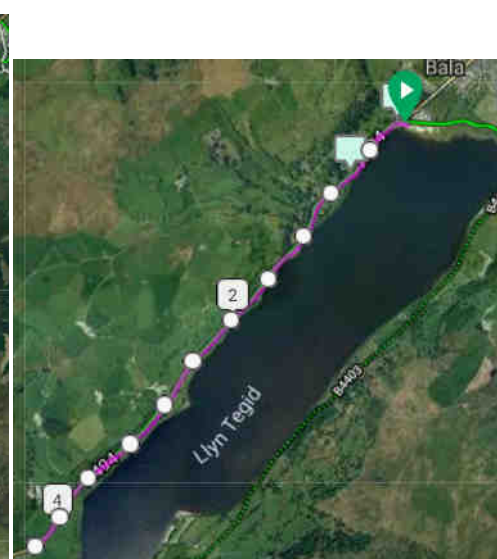
### THE SWIM



### THE BIKE



### THE RUN



# ADDITIONAL INFORMATION

## THE ROAD CLOSURE

The A494 will be closed between 2:00pm and 7:00pm on Saturday the 29th June from Penllyn Leisure Centre to Glanllyn Caravan Park. The A494 will also be closed between 8:00am and 1:00pm on Sunday 30th June between Penllyn Leisure Centre and Rhydymain. During these times, only Emergency Vehicles and Event Vehicles will have access to the roads, as well as any planned Public Transport which will be ushered through under guidance. There will be local traffic checkpoints at the junction for Bala Sailing Club and Llanuwchllyn, as well as at Rhydymain on the Saturday. Please make every effort to avoid the roads during these times as it will cause disruption. A copy of the traffic plan and closure agreements can be found at race registration, as well as at Bala and Llanuwchllyn. Further Information can be found at [www.welshtriathlon.org/events/bala-big-bash](http://www.welshtriathlon.org/events/bala-big-bash)

## EVENT PARTNERS

The organisers of the Bala Big Bash would like to thank the following organisations for their contributions over the weekend.

- The Community Councils of Bala, Llanuwchllyn, Llanycil, Lladdrefel and Llanddowror
- Bala RFC
- Bala Sailing Club
- Llanuwchllyn Football Club
- Bala Rotary Club
- Bala Chamber of Commerce
- Raynet
- St. Johns Ambulance
- Amberon and JT Signs

## PRIMARY SUPPORTERS / SPONSORS

