

The background of the document features a photograph of a canal winding through lush green fields and pastures. The water of the canal is a dark, reflective greenish-blue. The surrounding land is a mix of vibrant green grass and some darker, more shadowed areas. In the distance, there are rolling hills or mountains under a clear sky.

2019

PARC BRYN BACH TRI IN TREDEGAR

COMPETITOR AND VISITOR
INFORMATION DOCUMENT

DOGFEN WYBODAETH
CYSTADLEUWYR A YMWELWYR

Welcome to Tredegar CROESO I TREDEGAR

Welsh Triathlon would like to welcome you all to Parc Bryn Bach for the 2019 version of Tri in Tredegar, a day of multisport activity which will include:

- Tristar 1 Open water Aquathlon.
- Tristar 2 and 3 Open Water Triathlon and IRC Qualifier 3.
- British Triathlon School Games
- British Para Super Sprint Championship.
- Stage 5 of the 2019 British Super Series.

Parc Bryn Bach is a ready made multisport haven with a 36 acre lake contained within 340 acres of idyllic woodland. You will be hard pressed to find a more picturesque swim, bike and run within South East Wales.



RACE HQ AND PARKING

Race HQ for the event will be based within the Parc Bryn Bach Visitor Centre. This is where all participants will need to register prior to their races. Registration will be open on the Friday evening between 4:00pm and 7:00pm, and from 7:00am on the Saturday morning prior to activity beginning.

The nature of the event means that the on site roads will be in full use throughout the day. This means that unless you are camping onsite, all participants will need to park offsite within the nearby industrial estate.

Further information on onsite camping and alternative parking can be found within this document.

SPECTATOR INFORMATION

There are plenty of areas where you can watch the action at Lakeside,. 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 paved area surrounding the lake will form the run course, and the on site roads will create the bike course, so please be vigilant as you move around the site, and please stay to signposted crossing points and spectator areas. Thank you.

EVENT SCHEDULE

FRIDAY 2ND AUGUST

RACE REGISTRATION - OPEN BETWEEN 4:00pm and 7:00pm

Based within the visitor centre at Parc Bryn Bach, race registration will be open for all participants for a 3 hour window on the Friday evening. Parking in the main visitor car park will be out of bounds as Transition will be being constructed.

SATURDAY 3RD AUGUST

RACE REGISTRATION FOR ALL WAVES WILL OPEN FROM 7:00AM

Registration for each wave will close at least 30 minutes prior to your event start. specific details can be found for each event on page 11.

8:45am - Bryn Bach T1 Aquathlon (mixed wave)

9:00am - Tristar 2 Boys Open Water Triathlon - IRC3

9:30am - Tristar 2 Girls Open Water Triathlon -IRC3

10:00am - Tristar 3 Boys Open Water Triathlon - IRC3

10:40am - Tristar 3 Girls Open Water Triathlon - IRC3

11:15am-11:40am - BIKE COURSE FAMILIARISATION

11.45am - British Triathlon School Games - Male Wave 1

12:06pm - British Triathlon School Games - Male Wave 2

12:30pm - British Triathlon School Games - Female Wave 1

12:53pm - British Triathlon School Games - Female Wave 2

13:30pm - British Para Super Sprint Championships

14:45pm - British Super Series - Senior and Junior Male Wave

16:00pm - British Super Series - Senior and Junior Female Wave

17:20pm - Youth School Games Mixed Relays

19:00pm - Estimated Finish Time.

RACE REGISTRATION

The race registration will be situated within the visitor centre at Parc Bryn Bach . All competitors, whatever race they are taking part in, will 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 onsite.

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 Friday and Saturday across the following times. You can register for your specific event up until 30mins before transition closes for your specific wave (see specific event pages).

FRIDAY 2nd - 4:00pm until 7:00pm

SATURDAY 29th - 7:00am until 3:00pm



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 day race licence for £5.00 at registration.

COMPETITION RULES

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

<https://www.britishtriathlon.org/competitionrules>

All races utilising a bike leg throughout the day will be DRAFT LEGAL racing. Please ensure you are fully aware of drafting rules and regulations.

A copy of the latest competition rules will be made available at race registration and can be found on the Welsh Triathlon and British 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 this event, please contact

amyjenner@welshtriathlon.org or call on 07587 038156

COURSE FAMILIARISATION

Although the event has been well publicised, the park is a public space. There will not be any vehicles on the bike course, but you may well come across a stray sheep or two. There will be marshals and moto-officials in place throughout the whole course, but athletes are reminded to stay vigilant. The run route is also popular with dog walkers. Marshals will be on hand to assist, but please be aware of your surroundings at all times.

WITHDRAWALS & TRANSFERS

No withdrawals or transfers will be refunded or processed after 16th July 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 early August, weather conditions at Parc Bryn Bach can change in an instant. 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 (page 11) but will take place no later than 20 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 within the Parc Bryn Bach visitor centre. Additional portaloos will be available next to the water entry adjacent to race HQ. We kindly ask all visitors to Parc Bryn Bach 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 Acute Medics, and during the event there will be 2 vehicles onsite

Within the water, there will be sufficient kayakers and SUPs, as well as a boat. 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.

EVENT PARKING

There will be no parking onsite at Parc Bryn Bach during Saturday 3rd August. Access will only be provided to staff prior to 8am. All competitor parking will be situated on the Tafarnaubach Industrial Estate situated over the bridge to the North of the park. If looking for the industrial estate, enter postcode NP22 3AA into your Sat Navs. Security on the entrance to Parc Bryn Bach will direct you during the day's activities.

Please be careful when making your way to the Park from the industrial Estate, and when within the park grounds, please follow the designated walking areas.



The red lines indicate areas of Tafarnaubach Industrial Estate which may be used for parking. The yellow line then shows the direction to where you must walk to reach the entrance to Park Bryn Bach.

ONSITE CAMPING

There are a limited number of spaces available onsite for competitors who wish to stay for the weekend. With the traffic restrictions in place, all those who choose to camp MUST ENTER Parc Bryn Bach on the FRIDAY evening, and WILL NOT BE ABLE TO DEPART UNTIL SUNDAY. There will be NO MOVEMENT OF CAMPERS ON SATURDAY whilst the event is in action. There are approximately 20 Camping Pitches and 20 Campervan/Caravan pitches available. Please book these directly via Park Bryn Bach on 01495 355920 or visit their website by clicking https://parcbrynbach.co.uk/visitor-centre/caravan_campsite/



LOCAL ACCOMODATION

There are a number of hotels available within a 15 -20 minute drive of Parc Bryn Bach. If you are wanting a little more comfort, use your regular accommodation search engines and look at Tredegar, Merthyr, Ebbw Vale, or even a little further afield towards Abergavenny, Caerphilly and Cardiff

THE COURSES & LAYOUT



The main hub of activity throughout the day will be in the area surrounding the visitor centre. The centre itself will act as Race Registration and will also include a cafe for refreshments, and a changing and shower facility. The Youth Sport Trust Outreach and Education stand for school games athletes will be situated in a gazebo in front of the visitor centre. Both Car parks will have been turned into Transition Areas. Transition A will be used for the Tristar Races, The British Triathlon School Games Waves and the Para Athletes, whilst Transition B will be solely for the Senior and Junior participants of the British Super Series. The yellow lines which exit both transition areas will take competitors to their bike route, where they will complete a set number of laps depending on their event (please see specific event info).

Returning to the lake, the red track which surrounds the water will be the run course throughout the day. Again, depending on your event, these distances and directions will vary, but each one will finish by returning to the finishing area from a clockwise direction. At the finish, you will be met with refreshments.

Each element will start in the water. Entry to and exit from the lake will occur via the slipway in front of the visitor centre. Here, all participants will be counted in and out of the water. The Swim distances and courses will vary according to each event. You will be briefed of the swim element in your safety briefing as well as when you enter the water. Once exiting the water, you will make your way along the run path towards your designated Transition area. Please follow the guidance of any marshals and / or technical officials throughout. They are there to assist you.

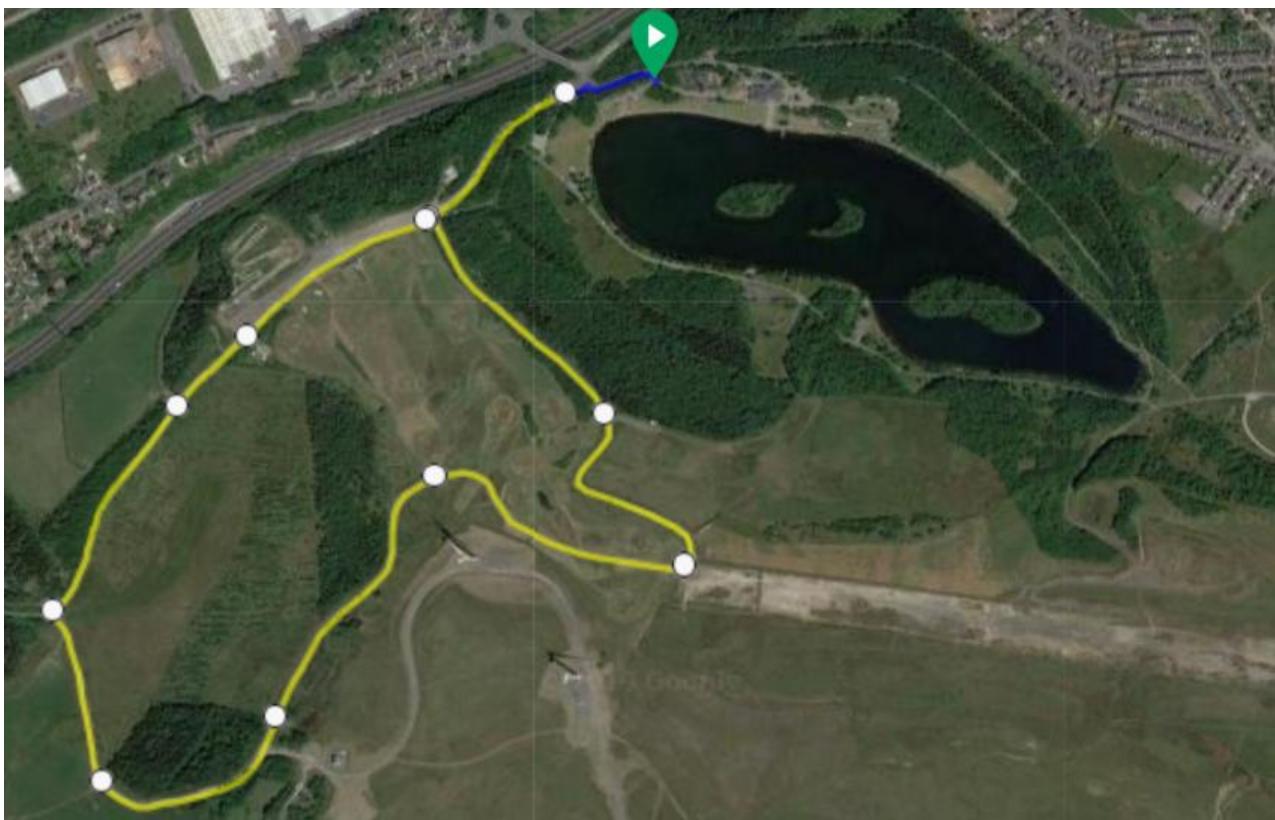
THE SWIM

The majority of swims will occur in front of the visitor centre with an out and back swim around their designated buoys. Courses based on colours below.

- Tristar 1 - Yellow 50m Out & Back (100m)
- Tristar 2 - Green 100m Out & Back (200m)
- Tristar 3 - Red 150m Out & Back (300m)
- British Triathlon School Games - Red 150m Out & Back (300m)
- Para Super Sprints - Pink 180m Out & Back (375m)
- British Super Series - Full Circular Course totalling 750m - Clockwise Direction



THE BIKE



The bike course is challenging and technical. Athletes are advised to familiarise yourself with the course on the allocated time frame on Saturday, or by accessing the roads yourselves on the Friday. Having exited your transition areas and mounted your bikes following the mount line, you will head towards the main entrance to the park. The initial road here is narrow, and caution should be taken incase athletes are in the process of returning or lapping you.

Having just passed the main entrance, the road widens, and to your left is an additional entrance to an overflow car park. This location is your turning point if you are completing more than one lap of the bike course. This will be easily identifiable by appropriate signage and marshals during the event taking place. This is only relevant to Tristar 3 athletes, Para Athletes and the Senior and Junior British Super Series competitors.

All athletes will make their way towards Parc Bryn Bach Golf course, and take an immediate left turn once you reach the course. The road will then climb for approximately 700m until you plateau at the top of the golf course, amongst the wind turbines and views over Blaenau Gwent and Caerphilly Borough. You will then have a steady descent for the next 800m before your bike handling skills are put to the test with a sweeping right hand turn on a descent running for the next 500m. Once reaching the lowest point of the bike course here, it is a long, steady ascent for the next 600m, passing the climb you have just completed and returning towards the Park's main gate. Here you will either complete a deadturn and return to complete another 3.4km lap or spend the next 300m returning to transition before heading out on your run.

Please remember to dismount your bike prior to the dismount line, and keep your helmet fastened until the bike is fully racked. A full breakdown of how many laps can be found on page 11.

THE RUN LEGS

Each run leg will differ ever so slightly. All will incorporate the footpath surrounding the lake, but the Tristars, who will commence proceedings, will go against the grain and run in an anti-clockwise direction.

Each Tristar Wave will utilise Transition Area A (closest to the visitor centre). As they exit transition and join the lakeside path, they will turn right and complete an 'Out and Back' circuit.



Tristar 1 - Total Distance 1.2km
 600m Out and 600m Back (Yellow)
 Tristar 2 - Total Distance 1.8km
 900m Out and 900m Back (Green)
 Tristar 3 - Total Distance 2km
 1000m Out and 1000m Back (Red)

As they make their return in a clockwise direction, all participants will join the finish funnel swiftly after the turn to transition where they will be met with refreshments.

BRITISH TRIATHLON SCHOOL GAMES

The run course for the British Triathlon School Games will replicate the run course for the Tristar 1s. Athletes will exit T2 and turn right, heading in an anti-clockwise direction around the lake, away from the visitor centre. You will follow this course for 600m (the yellow route above), before returning along the same path, keeping left, as you head towards the finish area. The relay leg will follow the same course, but the first athletes will return to the Transition area to tag in their colleagues before the final athlete reaches the finish.

BRITISH SUPER SERIES & PARA CHAMPS

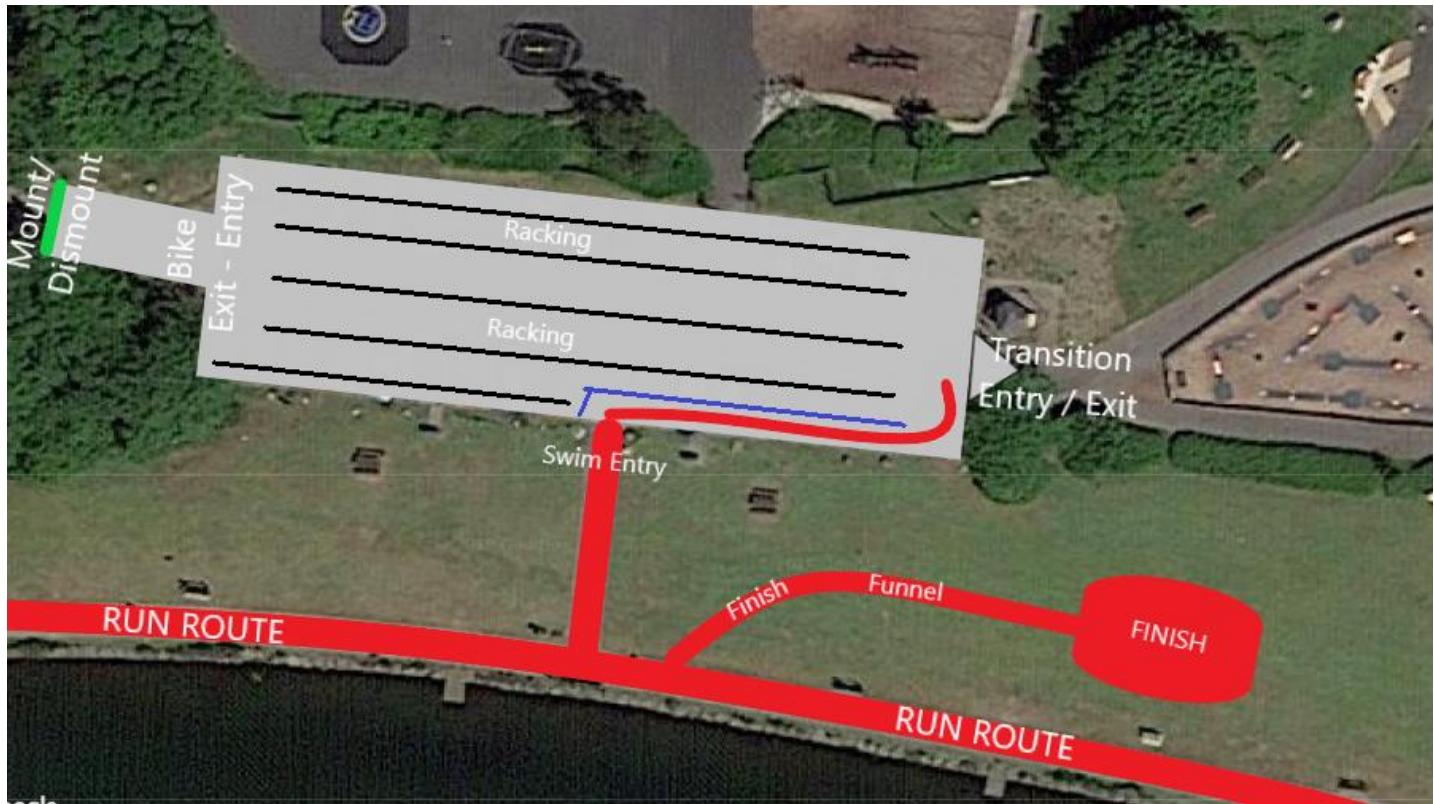
The British Super Series and Para Championship event take on an extended lap! At its furthest point East, the run course briefly exists Parc Bryn Bach, then returns, as the lap extends from 2000m to 2.5km (Blue Map)



Athletes will continue to run around the lake in a clockwise motion. The Para Championship athletes will complete only one lap of the 2.5k circuit, whilst the Juniors and Seniors of the British Super Series will complete 2 laps, before returning to the finishing area.

TRANSITION & FINISH

With all of the activity taking place, we will have two transition areas on site. Please ensure that you are aware if you are in transition area A or transition area B. The image below is a representation of transition area A which is adjacent to the visitor centre and next to the finish funnel. Transition Area B will take the same format, but rotated to allow the bikes to exit onto the road.



When racking your bike before competing, please ensure that you only enter your specific transition area via the correct entry point. Please do not enter via the swim entry and bike entry/exit as you may set off the timing mats. Racking will be set up as per event, so please follow the guidance provided by marshals as to where you should rack your bike. You will have a specific location so that it will be easier for you to collect your bike post event without impeding on the next competition.

During competition, you will enter transition by running along the run route from the swim exit on the jetty (as shown on page 7) and turning along the footpath towards the park car park. As you enter, safety barriers will direct you so that you eventually flow from the back end of transition. You will then run to your bike, fasten your helmet before coming into contact with your bike and then make your way towards the bike exit / entry point. There will be a mount / dismount line clearly visible once you have left the transition area.

As you return from your bike, you will dismount prior to the line and re-rack your bike in its original place. Only then can you unfasten your helmet. You will exit for the run from the same location / direction as where you entered for the swim, and then be directed along the run course, in the correct direction dependant on what your distance is.

As you come to the end of your run, you will make your way to the finish from a direction which allows you to safely steer onto the finish funnel, and eventually cross under the finish arch. Please ensure you do not confuse the finish funnel with the pathway into the transition area.

Only competitors will be allowed within transition, and you will be allowed to collect your bike and belongings as soon as it is safe to do so post your event, without disturbing the flow of the wave that will be active. Please be patient, we will make every effort to make this as soon as possible for you.

EVENT TIMINGS & LAPS

Below is a matrix for all the timings which are relevant to your event. Please ensure you leave sufficient time to register and position your equipment within the transition area. Each safety briefing is MANDATORY and it is compulsory that every participant taking part will be at their respective safety briefing. Each briefing will take place on the jetty slipway next to the water entry / exit.

Event	Registration Opens	Registration Closes	Transition Area Closes	Event Safety Briefing	Event Start	Approximate Finish Time
Tristar 1 Aquathlon	0700hrs	0800hrs	0815hrs	0825hrs	0845hrs	0900hrs
Tristar 2 Boys Triathlon	0700hrs	0820hrs	0830hrs	0825hrs	0900hrs	0925hrs
Tristar 2 Girls Triathlon	0700hrs	0900hrs	0900hrs	0825hrs	0930hrs	0955hrs
Tristar 3 Boys Triathlon	0700hrs	0930hrs	0930hrs	0940hrs	1000hrs	1030hrs
Tristar 3 Girls Triathlon	0700hrs	1010hrs	1010hrs	0940hrs	1040hrs	1110hrs
Youth School Games – Male Wave 1	0700hrs	1115hrs	1115hrs	1125hrs	1145hrs	1205hrs
Youth School Games – Male Wave 2	0700hrs	1115hrs	1115hrs	1125hrs	1206hrs	1230hrs
Youth School Games – Female Wave 1	0700hrs	1115hrs	1200hrs	1125hrs	1230hrs	1250hrs
Youth School Games – Female Wave 2	0700hrs	1115hrs	1200hrs	1125hrs	1253hrs	1315hrs
British Para Super Sprint Championships	0700hrs	1250hrs	1300hrs	1310hrs	1330hrs	1440hrs
British Super Series – Male Wave	0700hrs	1400hrs	1415hrs	1420hrs	1445hrs	1555hrs
British Super Series – Female Wave	0700hrs	1500hrs	1530hrs	1540hrs	1600hrs	1710hrs
Youth School Games Mixed Relay	0700hrs	-----	1650hrs	1655hrs	1720hrs	1840hrs

As you can see, there is a full day of activity, so we need to run as close to the advertised times as possible. There will be instances throughout the day where although entry to transition may be open, you will be led by marshals as other races may be active and athletes may be on the verge of returning to the transition area. We will make every effort to allow you access to your belongings within transition post race as soon as the flow of subsequent races allow. Please be patient and follow the guidance of marshals and volunteers. Their priority will be ensuring that transition is safe for you to enter and that your presence does not effect the current race.

EVENT LAPS

Below is a breakdown of what distances, or laps you need to complete within each element of your event.

Event	Swim Leg	Transition Area	Bike Leg	Run Leg
Tristar 1 Aquathlon	100m – 1 st Buoy	A	N/A	1.2KM – 600m Out and Back
Tristar 2 Boys Triathlon	200m – 2 nd Buoy	A	1 LAP	1.8km – 900m Out and Back
Tristar 2 Girls Triathlon	200m – 2 nd Buoy	A	1 LAP	1.8km – 900m Out and Back
Tristar 3 Boys Triathlon	300m – 3 rd Buoy	A	2 LAPS	2km – 1000m Out and Back
Tristar 3 Girls Triathlon	300m – 3 rd Buoy	A	2 LAPS	2km – 1000m Out and Back
Youth School Games – Male Wave 1	300m – 3 rd Buoy	A	1 LAP	1.2km – 600m Out and Back
Youth School Games – Male Wave 2	300m – 3 rd Buoy	A	1 LAP	1.2km – 600m Out and Back
Youth School Games – Female Wave 1	300m – 3 rd Buoy	A	1 LAP	1.2km – 600m Out and Back
Youth School Games – Female Wave 2	300m – 3 rd Buoy	A	1 LAP	1.2km – 600m Out and Back
British Para Super Sprint Championships	375m – 2 nd Buoy	A	3 LAPS	2.5km – 1 x Extended Lap
British Super Series – Male Wave	750m – Full Circuit	B	5 LAPS	5km – 2 x Extended Laps
British Super Series – Female Wave	750m – Full Circuit	B	5 LAPS	5km – 2 x Extended Laps
Youth School Games Mixed Relay	300m – 1 st Buoy	A	1 LAP	1.2km – 600m Out and Back

Please familiarise yourself with the distances and required laps for each of your events, and cross reference these with the images available on the previous pages. It is your responsibility as a competitor to ensure that you complete the required distances within competition. You will be reminded of these distances and courses within the safety brief, but ultimately, you are responsible.

ADDITIONAL INFORMATION

Welsh Triathlon would like to thank all partners and organisations who are providing assistance in the delivery of this event. A number of partners are collaborating and without their support the event would not be possible. Special thanks goes to

- Aneurin Leisure
- Park Bryn Bach Adventure
- British Triathlon
- Youth Sport Trust
- Acute Medics Ltd
- Young Ambassadors
- Welsh Triathlon Volunteers
- DB Max Timing

A Polite Reminder To Participants & Supporters

Please remember that although the nature of the event means that someone will finish first, when your child is competing, please behave in a manner which supports all participants, and not in a way which puts unnecessary pressure on any competitor. We aim to facilitate events which provide a positive experience and enjoyment for all competitors. Experiences which mean they remain engaged in the sport over the long term. You as supporters, parents, coaches play a large part in that, so please, positively encourage all participants.

Please be conscious that even though you may not be competing at any given point, other races will be in full flow, so be vigilant of other athletes and be conscious of not blocking the course as other athletes will be using it.

Please dispose of your litter and waste in an appropriate manner using the refuse facilities across the park, and do not litter on the course when competing.

The course is CLOSED TO ALL NON EVENT THROUGHOUT THE SATURDAY. If you are camping onsite, you will need to book camping for both Friday and Saturday nights. If you feel that you need to leave the site at all during the event being active, you will need to park your car offsite.

Finally, ENJOY YOURSELVES. The range of ages and abilities across the day showcases the broad range of engagement our wonderful sport has. We hope you thoroughly enjoy your visit to Parc Bryn Bach and enjoy a positive, competitive multi-sport experience.