

**20TH SEPTEMBER 2024 NALES EVENTS**  
**#InspireTheNation**



**SAUNDERSFOOTTRIATHLON.COM**  
**RACE PACK**

# **IMPORTANT INFORMATION**

**PLEASE ENSURE THAT YOU READ CAREFULLY,  
EVEN IF YOU HAVE RACED BEFORE.**

**Activity Wales Events would like to take this opportunity to thank you for participating in Saundersfoot Triathlon 2024. We can't wait to see you on the start line.**

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

You may have many questions on how the day will run and the race pack will answer these for you. Ensuring safety of all in attendance is of paramount importance so please read through this carefully.

We hope that you have a great time and enjoy the day. Again, a huge thank you for your continued support.

See you on race day!





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# EVENT ITINERARY

## FRIDAY 20TH SEPTEMBER

WHAT	WHEN	WHERE
Registration	11am - 4pm	Regency Hall, Saundersfoot
Transition	3pm - 4.30pm	Harbour Car Park
Briefing	4.40pm	Saundersfoot Beach
Acclimatisation	4.45pm - 4.50pm	Saundersfoot Beach
<b>Event Starts</b>	<b>5pm</b>	
Bike Cut Off	6.45pm	Harbour Car Park
Overall Cut off	7.15pm	Finish line
After Party		Saundersfoot Pubs

## WHAT THREE WORD LOCATIONS

**WHAT: REGISTRATION**

**LOCATION: REGENCY HALL**

**WHAT3WORDS: ///bonnet.bandstand.loosens**

**WHAT: TRANSITION**

**LOCATION: HARBOUR CAR PARK, SAUNDERSFOOT**

**WHAT3WORDS: ///reprints.trainers.hydration**

**WHAT: START LINE**

**LOCATION: SAUNDERSFOOT BEACH**

**WHAT3WORDS: ///slides.comedians.thinkers**

**WHAT: FINISH LINE**

**LOCATION: SAUNDERSFOOT HARBOUR DECKING**

**WHAT3WORDS: //freely.pulp.gums**



# PRE EVENT INFORMATION

## TRAVELLING TO THE EVENT

Please allow extra travel time due to the volume of traffic coming into Pembrokeshire.

## PARKING



ALL CAR PARKS ARE PAY AND DISPLAY

**LOCATION: Coppit Hall, SA69 9AJ**

**WHAT3WORDS: ///exhale.proposals.trusts**

**LOCATION: Saundersfoot Harbour, SA69 9EW**

**WHAT3WORDS: ///coiling.repaid.cherished**

**LOCATION: Regency Hall, SA69 9EW**

**WHAT3WORDS: ///bonnet.bandstand.loosens**

**LOCATION: Saundersfoot Football Field, SA69 9EW**

**WHAT3WORDS: ///stickler.startles.material**

**Please note the football field will be weather dependant.**

**PLEASE BE AWARE SAUNDERSFOOT HARBOUR CAR PARK WILL FILL VERY EARLY SO PLEASE PLAN AHEAD**







# Stay right on the harbourside!

**From as little as £50 per night**



[saundersfootharbour.co.uk](http://saundersfootharbour.co.uk)





## **REGISTRATION**

**LOCATION: REGENCY HALL, SAUNDERSFOOT**

**WHAT3WORDS: ///bonnet.bandstand.loosens**



**DON'T FORGET YOUR PHOTO ID & QR CODE**

Without photo ID, you will be unable to register. You cannot register on someone else's behalf.

On registering you will receive:-

1 x swim hat

1 x timing chip to be worn on your left ankle outside of your wetsuit

2 x bib numbers (Please ensure you complete medical information on the reverse) - One bib number is for your back during the bike and the front during the run - number belts are permitted.

1 x helmet number

1 x bike post number

### **RELAY TEAMS:**

One person can register for the whole team, provided that each team member has already signed the event disclaimer/terms and conditions.

**Please bring a pen with you to complete your medical conditions on the back of your bib number.**

**Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (Deadline prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.**

**Registration will close promptly at 4pm. Any athletes after this time will be unable to register for the event. There will be no exceptions.**

# TRANSITION - RACKING YOUR BIKE

**LOCATION: SAUNDERSFOOT HARBOUR**

**WHAT3WORDS: ///fever.followers.infringe**

- Make sure you have numbered your bike and helmet with the numbers provided before entering the transition.
- Your helmet must be on and fastened before entering the transition.
- Please familiarise yourself with the flow of transition pre-event.
- For relay teams only the bike athlete will need to rack their bike at transition

**The transition will close at 4.30pm. After this time, athletes cannot rack their bikes for the event.**

**IT IS VITAL THAT YOU FOLLOW ALL INSTRUCTIONS GIVEN BY TRANSITION STAFF.**





# SAUNDERSFOOT TRIATHLON

## TRANSITION PRE-ENTRY CHECKLIST

☐

**Helmet on and fastened**

☐

**Helmet numbered**

☐

**Bar ends plugged**

☐

**Bike numbered**

☐

**Transition bag/box with bike/run kit**

☐

**Wetsuit**

☐

**Goggles**

☐

**Swim hat**

☐

**Timing chip on left ankle**



# EVENT DAY

## TIMING & RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event. Race numbers must be displayed on your back during the bike and the front during the run. Failure to display in the correct way will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.

## RELAY TEAMS

- Once you have completed your first discipline, make your way to the racked bike where the next athlete should wait to receive the timing chip.
- On returning to transition, you must rack your bike before removing your helmet. Once you have done this, you can proceed to hand your chip over to the runner. Once they have put it on their ankle, they can leave transition.
- You will all be allowed to finish the event together. The other relay members can wait at the top end of the finish line to join the runner. You can all finish together and receive your medals individually.

## SAFETY

[Video briefing](#)

The pre-event video briefing contains important, on-the-day information. Please ensure you watch this prior to the event.

Should poor weather conditions dictate, please ensure you have appropriate bright clothing and lights on your bike.

Due to safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you MUST report to an official to inform them and hand back your timing chip.



# EVENT DAY SERVICES

## PHOTOGRAPHY

There will be a number of photographers & videographers out on course. Athlete pictures will be available online from [Finisherpix](#).

## BIKE MECHANICS

**There will be no bike mechanic in attendance.** We highly recommend that you visit your local bike shop at least 1 week before the event to help prevent any mechanical issues on the day.

## MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification.

It is your responsibility to know the route and to ensure your own safety on the course. Marshals are there purely for reference and are not permitted to stop traffic, or responsible for directions.

***We are very lucky to be granted the relevant permissions to stage the race in the Saundersfoot area. Please help us by reducing the environmental impact as much as possible and take all of your litter home.***

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want to **stay forever.**

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SCAN ME



### Christmas holidays

Plan a special festive season this year with a Christmas holiday by the seaside. Secure the very best sea view stays and cosy cottages today.

### Summer at the seaside

Make the most of warm, blissful summer days with our fantastic selection of beachside homes, sea view cottages and coast path boltholes.



**THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINK BELOW:**

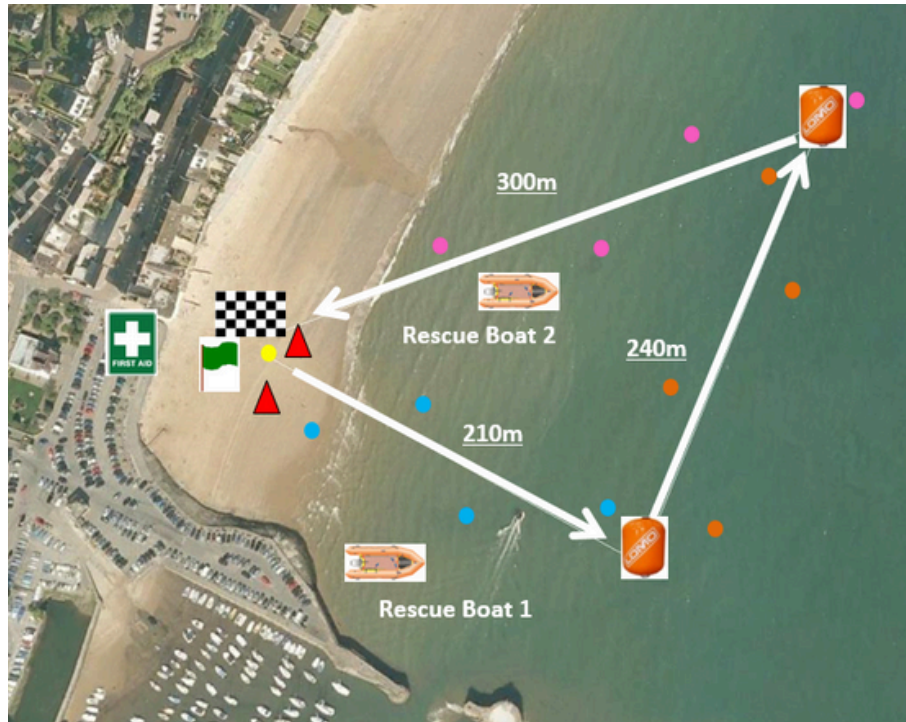
**Courses are comprehensively marshalled and signed with black arrows/fluorescent background.**

**it is your responsibility to know the routes. Marshals hold no liability over directions. Any athlete deviating from the route will be disqualified.**

## SWIM ROUTE 750M

- After a short briefing, you will be invited onto the slipway where you will go over the timing mat, therefore it is essential that you wear the timing chip provided on your left ankle.
- Make sure you give yourself plenty of space, this will enhance your enjoyment of the swim.
- Water safety is provided by a professional and well-trained organisation. Should you get into trouble please lie on your back and put your hand in the air and they will assist you. Water safety is there to enhance enjoyment and naturally to ensure you of your safety, you will not be DQ'D for requesting their help should you then be able to complete the swim.
- The swim will take an anticlockwise direction and will complete 1 lap of the swim course which will be clearly marked out with buoys. There will be two brightly colour buoys which you must go through at the start - keep the first buoy on your left shoulder - second buoy left shoulder - then exit through the two exit buoys which will be inline with the slipway, your route to transition.
- On exiting, athletes of all abilities can get dizzy, this is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from the water.

# COURSE & MAPS



## — MOUNT/DISMOUNT LINE

After collecting your bike there will be a 100m (approx) run to the mount line.

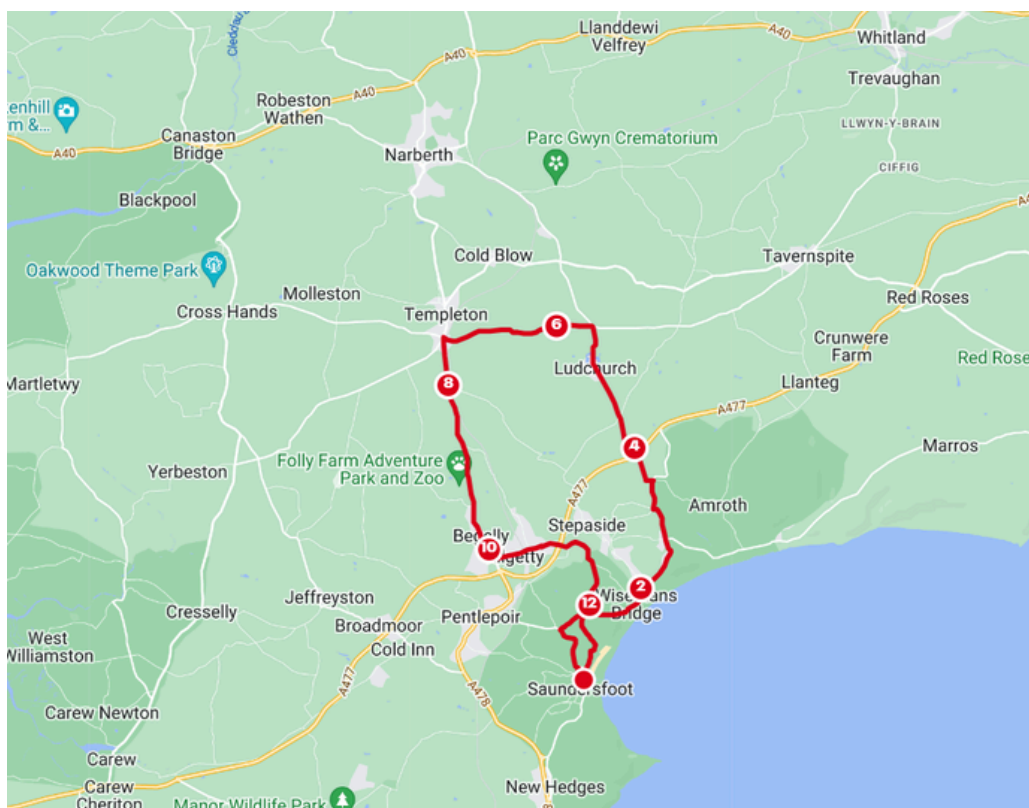
Outside of transition, the mount/dismount line will be clearly marked and there will be a marshal at this point to advise you. During the race, when exiting transition you must not mount your bike until you have crossed the mount line. Anyone riding their bike before the mount line, will result in a DQ.

Similarly, on return, you must dismount your bike before you cross the line.

## BIKE ROUTE 20KM

**PLEASE KEEP TO THE LEFT HAND SIDE AT ALL TIMES UNLESS OVERTAKING. ALWAYS RIDE WITHIN YOUR ABILITY AND WITH CAUTION, PLEASE BE MINDFUL OF ROAD CONDITIONS.**

- Courses are comprehensively marshalled and signed with black arrows on a fluorescent background.
- Please be aware that the course is on open roads, so please ride with this in mind and be courteous at all times. Any dangerous riding or use of abusive language used will carry a DQ from the event without appeal.
- Please communicate with other athletes when overtaking and avoid sudden movements as there will be a large number of bikes on the course
- Please ride within your ability and the conditions of the road - do not get caught up in the event.



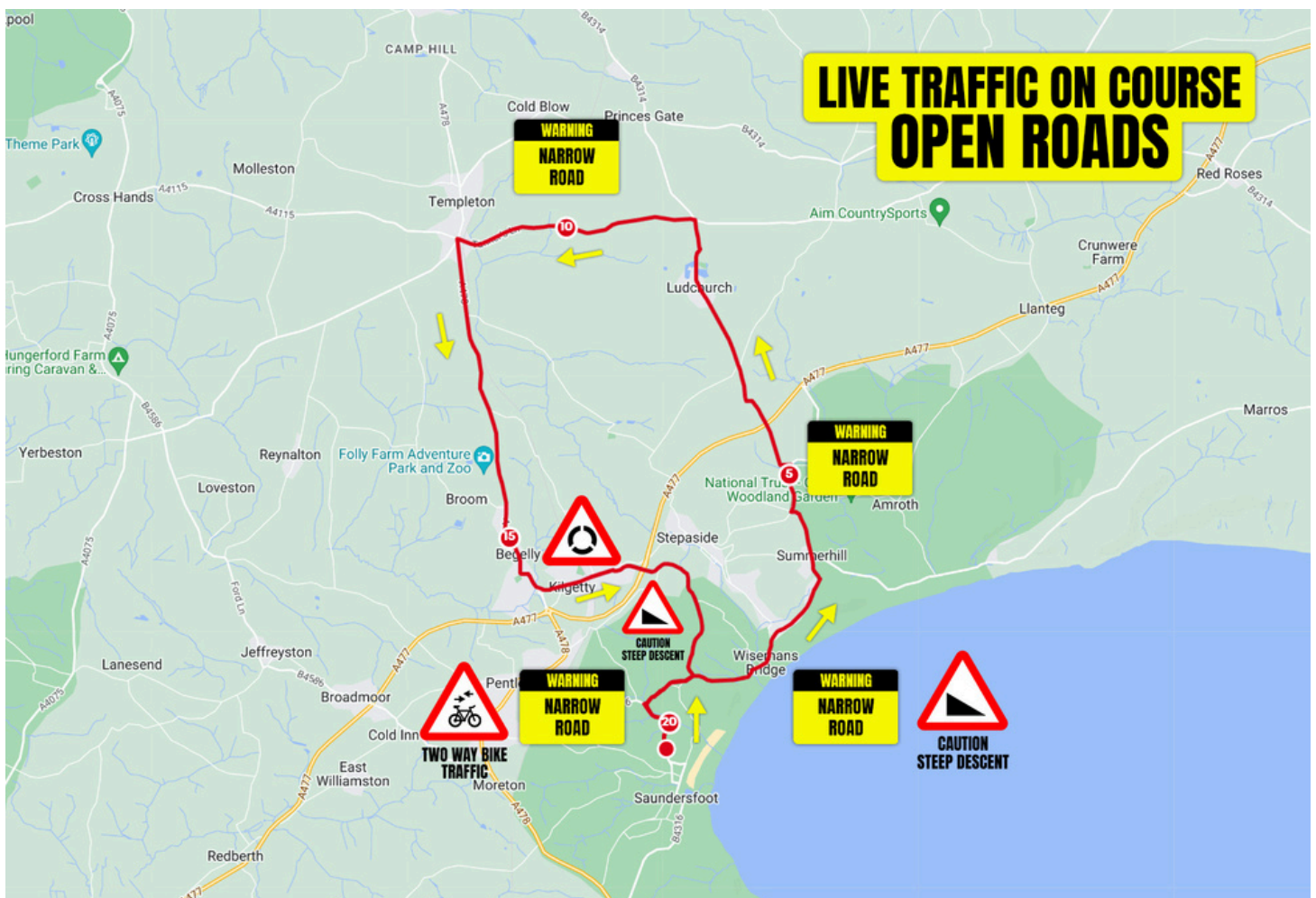
**BIKE CUT OFF 6.45PM**



# COURSE & MAPS

## BIKE ROUTE 20KM

**Below is a map with hazardous points during the bike course. The course is on open roads so please follow the highway code and ride within your ability.**

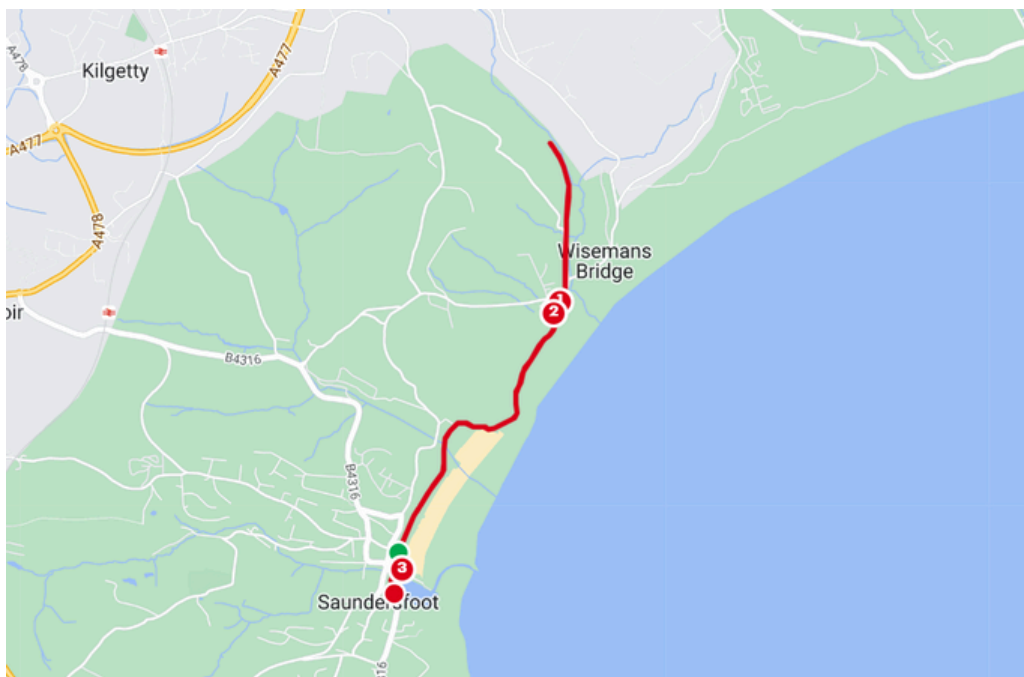


**IT IS ADVISED TO HAVE LIGHTS ON YOUR BIKE AND A HEAD TORCH FOR THE RUN COURSE. AT COPPIT HALL/WISEMANS BRIDGE SECTION ON THE BIKE COURSE AND TUNNELS ON THE RUN COURSE, VISIBILITY CAN BE CHALLENGING.**

## RUN ROUTE 5K

- The run route is an out-and-back course from Saundersfoot to Wisemans Bridge and back, enjoying some beautiful coastal scenery en route.
- On the run course you will go through three tunnels - two of which are very dimly lit due to a colony of bats - low ceilings - uneven underfoot - members of the general public - two ways runners - please take care.
- There are no drink stations on this course so please bring water with you.
- The run course is comprehensively marshalled and signed with a black arrow and a fluorescent background. Please remember marshals are there for reference only they are not for directional purposes.
- Keep left at all times unless overtaking another athlete and please respect other path users.

**IF YOU THINK YOU WILL LEAVE TRANSITION AFTER 6PM, PLEASE BRING A HEAD TORCH FOR THE RUN ROUTE.**



**🕒 OVERALL CUT-OFF: 7.15PM FOR ALL ATHLETES.**

## FINISH LINE

- At the finish line there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100.
- On crossing the finish line you will be able to collect your medal and bottle of water.
- The transition will be open to collect your bike from 6.45pm approx and will close 7.30pm approx. (15 minutes after the last athlete crosses the finish line). After this time items will be unattended and we will not be held responsible for any left items.

**You will be required to show your bib number in order to collect your bike.**





# RULES

**It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence. The rules are available at [www.britishtriathlon.org](http://www.britishtriathlon.org).**

- It is your responsibility as a competitor to know and correctly complete the full course. Marshals are NOT responsible for you not knowing the course. they are there for reference only.
- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Our marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Wetsuits are mandatory.
- Only Front Strokes are allowed.
- Please keep the buoy's on your left-hand side.
- No fins or floatation devices are allowed.
- No swim shoes or gloves allowed.
- Please be responsible for your rubbish and dispose of it appropriately.
- You MUST wear the swim hat provided at registration. You can wear your own hat underneath, but the official hat must be on top.
- Water Safety is there to guide and assist. Please make sure you follow all instructions they give you.
- Ensure that you mount/dismount prior to the line marked outside of the transition. There must be no cycling in transition.
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- You MUST wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (and definitely not elastic). These will be checked visually when racking your bike.
- Any fittings on your bike (computers, handlebar extensions) must be positioned, to prevent injury in the event of a crash. All handlebars and tri bars must be plugged. This will be checked visually when racking your bike. You will not be allowed to rack if they are deemed dangerous.
- Bikes must be single-rider only - tandem bikes are not permitted.
- Your helmet must be fully fastened before racking your bike. Similarly, on your return to transition, your bike must be fully racked before you undo your helmet.
- Nudity is not allowed – after seeing one male competitor drop his swim trunks in transition and try and change into cycle shorts only to get his foot caught and then spend the next 30 seconds hopping around to release himself....I think you know why!

# RULES CONTINUED

- You will need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **MUST** be racked on the racking provided using either the seat post, handlebars or brake levers.
- Bikes must not be racked anywhere else. Any athlete not racking correctly will be disqualified.
- Remember to place your equipment as thrown equipment will interfere with other athletes and lead to a penalty.
- You are not allowed to mark your position in transition with any special device, flag etc. Please be careful not to interfere with any equipment of your fellow athletes, either deliberately or accidentally.
- Event numbers must be worn on the back for the bike leg and on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- The race director and referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee have the ability to implement and introduce laws and rules on the day.
- Please make sure you are at the start line 30 minutes prior to the event start. Marshals are only a reference. It is your responsibility to check junctions and know the course.
- If you are unable to complete the course, please report to an official with your timing chip.
- If you have registered and decided last minute not to start the event, please report to an official with your timing chip.
- The course is comprehensively marshalled and signed with black arrows and fluorescent background.
- If a referee thinks you are drafting there is no appeal against this decision. The rule of thumb is to be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.

If you read this and follow the advice, you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have however his/her decision is final.

## DRAFTING

THIS EVENT IS A NON-DRAFTING EVENT.

On approaching another competitor, you must either keep back outside of their draft zone or you must overtake.

If you choose to overtake, the cyclist you are overtaking is then responsible for dropping back outside of your draft zone.

If you have difficulty visualising the draft zone, the equivalent distance you must keep between your front wheel and the rear wheel of the cyclist in front is roughly the length of a large family car.

Please study the poster on the next page for more information.

# DRAFTING RULES EXPLAINED

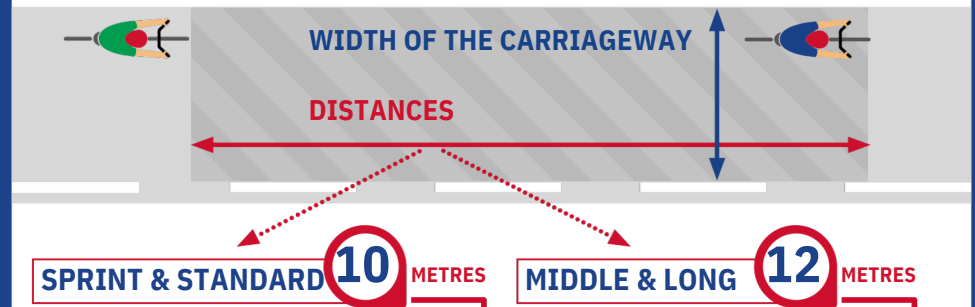
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

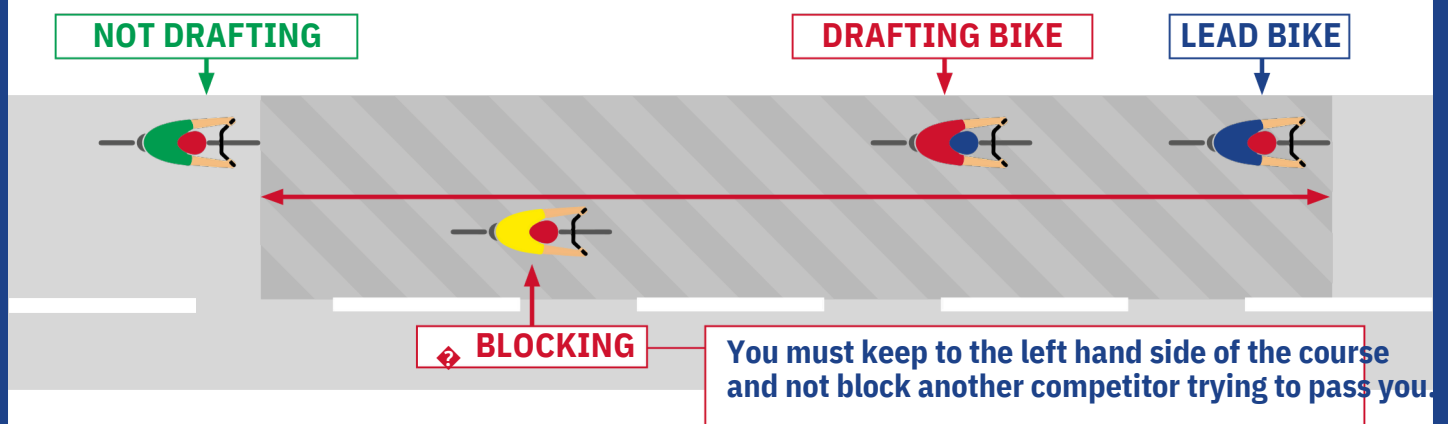
**IT'S AGAINST THE RULES**

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE



## DRAFTING & NOT DRAFTING



## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



SPRINT & STANDARD

**20**  
SECONDS

MIDDLE & LONG

**25**  
SECONDS

If the pass cannot be made you must drop back.  
Any overtaken cyclist must drop back once passed.

## OTHER VEHICLES

You must remain 12 metres behind motorcycles and 35 metres behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.



# POST EVENT INFORMATION

## AWARDS & RESULTS

A presentation for 1st, 2nd 3rd overall Male and Female will take place 5 minutes after the top 3 come over the finish line.

### WINNING CATEGORIES

1st, 2nd, 3rd Male and Female

1st, 2nd, 3rd Relay Team



There will be no age category prizes.

## SAUNDERSFOOT TRIATHLON RESULTS

**Results are live and will be available once you cross the finish line**

## LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

## LET'S GET SOCIAL

If you or your supporters take any snaps on race day, please share them with us using #saundersfoottriathlon, make sure to tag us @activitywalesevents. We will share these on our Instagram & Facebook pages.



# POST EVENT INFORMATION

## FOOD & DRINK

There are a number of great places to enjoy in the area if you are staying before or after the race.

**THE BOATHOUSE - 01834 811890**

**HARBWR BAR & KITCHEN - 01834 811413**

**THE STONECRAB - 01834 813651**

**ROYAL OAK INN - 01834 812546**

**COAST RESTAURANT - 01834 826100**

**KOOKABA RESTAURANT - 01834 813814**

**THE HEAN CASTLE INN - 01834 491378**

**THE OLD CHEMIST INN - 01834 813982**

**SHORELINE - 01834 450554**



# EVENTS 2025

**MUMBLES DUATHLON 23RD MARCH**

**LONG COURSE WEEKEND MALLORCA 3RD & 4TH MAY**

**LONG COURSE WEEKEND NETHERLANDS 16TH - 18TH MAY**

**SWANSEA SWIM 24TH MAY**

**SWANSEA TRIATHLON 25TH MAY**

**SWANSEA 5K 25TH MAY**

**WALES TRIATHLON 15TH JUNE**

**FISHGUARD TRIATHLON 15TH JUNE**

**LONG COURSE WEEKEND WALES 27TH - 29TH JUNE**

**WALES SWIMRUN 19TH JULY**

**LONG COURSE WEEKEND YORKSHIRE 29TH 31ST AUGUST**

**SAUNDERSFOOT TRIATHLON 19TH SEPTEMBER**

**LONG COURSE WEEKEND BELGIUM 26TH - 28TH SEPTEMBER**

**MUMBLES TRIATHLON TBC**

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