



Are proud to present the

**2016**

***TUSKA TRIATHLON***

**Sunday 21st August 2016**

**7:30 am Start**

**RACE PACK**

# RACE PACK

This pack contains all the information you will need before the race.  
The race is run under **British Triathlon** rules.

Please read all the information carefully.

## REGISTRATION

**THIS TAKES PLACE ON SATURDAY 20th AUGUST FROM 12:00pm TO 15:30pm AT THE SEA CADET HUT ON PORTHCAWL PIER**

- **Maps will be displayed at registration.**
- **It is the responsibility of the competitor to familiarise themselves with the event rules, times and routes.**

## IMPORTANT

- **DO NOT GIVE YOUR ENTRY TO SOMEONE ELSE.**
- **INFORM THE ORGANISERS IF YOU ARE UNABLE TO COMPETE SO THAT YOUR PLACE CAN BE GIVEN TO SOMEONE ON THE RESERVE LIST**

## Registration will consist of.....

- Issue of a Goody Bag with race numbers, swim cap, T Shirt and race information
- Checking of Welsh Triathlon/British Triathlon cards ... **No Cards** means you pay £5 for a day licence
- There will be limited availability for registering on Race morning. Please inform us ASAP if you cannot attend the Saturday registration.

## Race Day Timetable

- **5:30am** Transition area **OPEN,**
- **7:15am** Transition area **CLOSED**
- **7:00am – 7:15am** Swim warm up
- **7:20am** **RACE BRIEFING** over P.A. system on the **SLIPWAY**
- **7:30am** **MASS START** for all categories in water at **PIER WALL**

# 2016 Tuska Triathlon – Swim Course – 750 m



## Swim Information

750m triangle shaped swim course. Competitors will enter the water via the slipway.

In an emergency during the swim, the competitor should raise one arm vertically above the water and call for assistance from the patrolling lifeguards. No competitor shall continue who is deemed unfit to do so.

The course will be patrolled by safety boats, canoes and lifeguards. Novice or nervous swimmers will be issued yellow Swim caps and will be advised to start at the back so they can be supervised safely.

The 750m swim course, marked with buoys, must be swum once, in an anticlockwise direction (see above). Any competitor seen to be receiving assistance or swimming less than the marked course will be disqualified from the whole event.

Competitors must wear wetsuits and swim caps unless prior permission has been sought from the Race Organiser.

### **NOTE:**

Relay swimmers proceed to transition to tag cyclists as per separate briefing at registration.

**IMPORTANT: IN THE EVENT OF POOR SEA CONDITIONS, A DECISION WILL BE MADE ON RUNNING A DUATHLON RATHER THAN THE TRIATHLON. THIS DECISION WILL BE AT THE DISCRETION OF THE RACE ORGANISER, REFEREE AND THE LIFE GUARDS**

# 2016 Tuska Triathlon – Transition Area



## Transition Area

As previously noted the transition will be open at the following times only:

- **5.30am Transition Area**      **OPEN**
- **7.15am Transition Area**      **CLOSED**

- Only triathletes will be allowed in the transition area in addition to Marshals and Race Referee.
- In order to access the Transition Area competitors must show both bike numbers and vest numbers.
- When leaving the Transition Area bike numbers must be given to the Marshal.
- All bikes must be roadworthy and safety helmets worn.
- All bikes must be racked between 5.30am and 7.15am in transition area.
- Competitors must use the cycle racks provided and place bikes in corresponding numbered positions.
- All competitors should wear their event number on the front and back of their cycle vest.

### NOTE:

**Athletes will not be able to remove their bikes until the last competitor has begun the Run section.**



# 2016 Tuska Triathlon – Cycle Route – 22 km



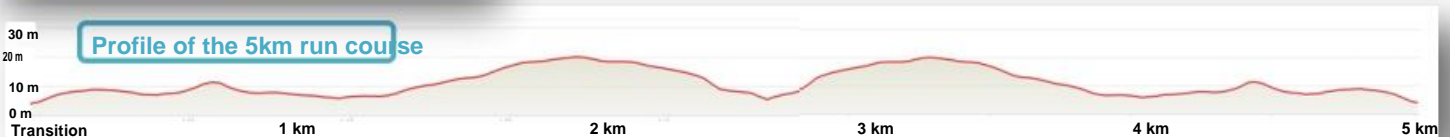
## There is strictly no drafting. 3 motorcycle referees will marshal the course

Relay team cyclists to rack bike and tag runner as per separate briefing.

1. The route will start and finish at the Transition Area and will be sign posted and marshalled. Competitors will not mount their bikes until clear of the Transition Area and have passed the **cycle mount line** and will dismount on their return at **cycle dismount Line** before entering the transition area. All competitors are advised that normal road safety regulations must be obeyed as the event will take place on the public highway. On leaving the transition area head out along the promenade towards Rest Bay.
2. At approx 1.2 miles there is a sharp **RIGHT** hand bend.
3. Follow this road for approx ½ mile and turn **LEFT** into Nottage village at the cross roads go straight over for 100 metres and turn **RIGHT** at the next crossroads into West Road.
4. Continue for 3.2 miles passing Pyle & Kenfig Golf Club on your **RIGHT** hand side.
5. At the next crossroads turn **RIGHT** onto Heol Fach towards South Cornelly.
6. Continue for 1 mile then turn **SHARP LEFT** into School Terrace, continue for ½ mile.
7. At the roundabout take the **2nd EXIT** onto the A48 towards Stormy Down.
8. Follow the A48 for 2½ miles to the next roundabout turn **RIGHT** onto the A4106 towards Porthcawl. There will be a short sharp climb over **THREE STEP HILL**
9. After a fast descent, continue **STRAIGHT ACROSS** the next roundabout for 1 mile.
10. At the next roundabout turn **LEFT** and continue along this road go straight ahead at the next roundabout. Go past the left turn at the harbour and dismount at the car park into transition.



# 2016 Tuska Triathlon – 5km Run Course



## Run Route and Key Information

- The run will start and finish at the transition area. It will be signposted and marshalled. It is an out and back route and runners must keep to the designated course. Competitors must have numbers clearly visible on the Front. It is the competitor's responsibility to shout out their number at finish of the run to ensure the timekeepers have recorded their time.
- Leave Transition and onto the lower level Promenade and continue along the pavement until you join the new path which crosses adjacent to Locks Common. Head towards Rest Bay. Before the Lifeguard Station there is a new additional section which you may not be familiar with. This short additional grass section of 400 metres approx, makes the old route up to exactly 5km. Follow the signs and marshals directions around this loop which takes you back onto the path at 2.6km (Water Station) which you re-join and reverse route back over the common.
- Continue along the path to the shelter, and continue along the pavement until you re-join the lower level of the Promenade and proceed for over 450 metres to the finish line at Porthcawl Pier in front of the Watch Tower.

# Further Information

## ACCOMMODATION

Porthcawl Hotels and B & B [www.welcometoporthcawl.co.uk](http://www.welcometoporthcawl.co.uk)

Contact Porthcawl tourist info details below

Tel: **+44 (0) 1656 786639/782211**

Fax: **+44 (0)1656 782387**

E-mail: [porthcawltic@bridgend.gov.uk](mailto:porthcawltic@bridgend.gov.uk)

## TOILETS

There will be Portaloo toilets at transition and competitors can also use the toilets at the Pier Cafe; these will be open from 5.15am. During the day toilets available at the Pavilion

## CAR PARKING

This will be available at the **SALT LAKE CAR PARK** (which runs parallel to the sea wall, in front of the fairground.) There is unfortunately **NO** free car parking available this year. Please display valid ticket in your car window until you leave the car park.

## LITTER

Please leave Porthcawl as you would wish to find it – Take your litter home!

## REFEREE

The race is run under B.T.A. Rules and the decision of the B.T.A. Referee is final.

There will be three motorcycle referees out on the bike course (**Strictly No Drafting**)

## FIRST AID

First aid cover is provided by the St. John's Ambulance and a Medic Bike on the course.

## APPEALS

In the event of appeals regarding the results, infringements, complaints/objections etc the race referee will adjudicate. An Appeals Panel will be appointed if the nature of the appeal so dictates. The decision of the Referee or Appeals Panel is final.

## PENCOED TRIATHLON CLUB WOULD LIKE TO THANK:

**South Wales Police**

**Bridgend County Borough Council**

**Porthcawl Lifeguards**

**St. John's Ambulance**

**Porthcawl Sea Cadets**

**and all the volunteers for their valued assistance**

# DIRECTIONS TO RACE REGISTRATION

- Leave M4 at Junction 37.
- Take the A4229, sign posted Porthcawl, for approximately 2 miles, going straight ahead at four roundabouts.
- Porthcawl Harbour is on the left-hand side as the road bears sharply round to the right onto The Esplanade.
- Salt Lake Car Park and the Cadet Hut (Registration) are situated just before the Harbour.

