

*Aberavon Aquathlon Series*  
*Race 3 – Monday 26<sup>th</sup> August*

**Race information Pack**

**RACE START 15:30**

Registration will be in the Function Suite of the Bar Gallois from 13:00 – 15:00

Car Parking will be at Channel View Car Park SA12 6JG although we are trying to get the Car Park that we used last year opened for the race before the land gets redeveloped. Please avoid from Parking at the Bar Gallois as this is reserved for people using the restaurant and we do not want to jeopardise the future of the race.

Please allow yourself plenty of time to Park and register as Aberavon Beach is proving more popular than ever and if the weather is nice there could very well be limited spaces in the Car Parks so wherever possible please car share. The Welsh Life Saving Championships will also be taking part on Saturday so please be mindful of the time you plan to arrive

When arriving at Registration please make sure that you have your Photographic Identification with you. For those that are members of one of the Home Nations you will need to bring your Valid Membership Card, failure to do so will result in you needing to purchase a Day Licence at the cost of £3.00 Adult and £1.00 for U18's you will also need photographic identification. Those competing under the Age of 18 will require a Parent of Guardian to sign the disclaimer for you.

Parental Consent Form is attached please print this off and bring this with you to registration

Please try and remember your Race Number this will speed up the registration.

In your Race Pack you will receive your Race Number, Timing Chip, Swim Cap and Event T-Shirt (If you have ordered the incorrect size T-Shirt we will only be able to exchange it after the race as we have ordered the amount dependant on what you have stated when registering).

When placing your items in Transition please remember that NO BOXES OR BAGS are allowed under British Triathlon Rules.

The Swim is a Wetsuit Swim unless the Water Temperature is over 18'. Wetsuit means Wetsuit and not Buoyance Shorts and Tri Top. Short Sleeved Wetsuits are permitted but be advised the water maybe cold and you use this at your own risk.



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After placing your items in transition, you can do a warm up swim at your own risk.

All competitors are to be in transition for 15:15 for the mandatory Race Brief, those who are in the water warming up will be removed from the race without notice.

All Swimmers will be counted into the water in their respective Waves. You will be called to line and walk through a funnel where you will be counted.

Wave Times are as follows:

Wave 1 – 15:30 – (RED CAP) If any Junior wishes to move Wave contact us prior to the Race Start

Wave 2 – 15:31 – (BLUE CAP)

Wave 3 – 15:32 – (RED CAP)

If at anytime during the swim you get into difficulty roll onto your back and raise your arm in the air and the water safety team will come to you. This does not mean that your race is over, you can hold onto the paddle board, canoe or life boat to compose yourself, but if the Water Safety team feel you are in any form of danger they will remove you from the race, there is no appeal against this. Safety is paramount not only for you but for everyone that is taking part. The only permitted swim strokes are Front Crawl and Breaststroke.

The Water Safety is provided by the Aberavon Surf Life Saving Club who provide the water safety for numerous events such as Ironman, Swansea Triathlon and Long Course Weekend as well as our very own TATA Steelman. The RNLI will also be present as additional cover so those of you who are a little worried about doing your first sea swim event, rest assured you will be in very safe hands.

The Swim is a Clockwise swim and is in a form of a triangle meaning you will make two righthand turns.

After you have completed your swim and begin your run section please ensure that your Wetsuit, Swim Cap and Goggles do not impede any other athlete. Do not hang your wetsuit over the railings. You must be fully clothed before beginning your run, failure to do so will lead to disqualification. For those who are competing in the Relay, the runner cannot start the run until the swimmers Wetsuit is removed.



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When on the run course please run on the righthand side and be courteous to others using the promenade. There will be section where this will be tight, but we have marshals informing people that there is a race taking place, they are however not permitted to stop anyone from using the promenade. The promenade will be busy as there is also the Welsh Life Saving Championships take part on the main beach, please be mindful.

### **Please Note – You must complete the Swim to do the run section**

After you have finished your race if you can remove your items from transition as we need to return the Car Park back to the council by 17:00

The awards will be given out in the Bar Gallois at 17:00 (1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Male & Female) why not join us there for a well-deserved drink and a natter and tell everyone how you could have gone faster, but held back!!

If anyone pulls out of the race the places will not go back on sale as this is not permitted under our British Triathlon Permit

We look forward to seeing you all on Race Day

Please note your place is **Non-Refundable, Deferrable or Transferrable** as stated when you signed up for the race as we get inundated with requests

