

# TATA Steelman – Sunday 12<sup>th</sup> June 2022

Dear Athlete,

Hope you're well and training has gone to plan!!

Please read the following information for everything you need to know regarding the Tata Steelman Triathlon

We would like to welcome all entrants to the race which has been a very long time in the making.

As Covid-19 continues to be a risk we would ask competitors and their supporters to take a lateral flow test (LFT) prior to arriving. If positive, please do the correct thing and self-isolate. We do not want an outbreak leading to issues for others in attendance.

## **Pre-Race Day Registration**

**Registration and racking are available on Saturday 11<sup>th</sup> June between 15:00pm-18:00pm.**

There is overnight security to ensure bikes are safe. We would encourage those who live locally or staying overnight to take advantage of this. It will certainly help with reducing congestion on the morning of the race. In order to rack your bike, you will be required to wear your race helmet so it can be checked

## **Race Day Registration**

- Gates to the venue will be open from 05:30am – 07:30am
- Registration will be open from 05:30am - 07:40am
- Transition will be open from 05:40am - 07:45am
- Pre-Race swim warm up 07:30am - 07:40am (this is done at your own risk)

When arriving at the venue you will be directed to a car parking position. The furthest point is approximately 600m from race HQ. Once parked, please go straight to transition/registration to collect your race pack.

At registration you will need your in-date Home Nation Membership Card or your new Electronic Membership. Failure to bring proof of membership will result in you having to purchase a day licence at the cost of £6.00 (CASH ONLY). If you do not hold a Home Nation Membership Card, you will need to bring photographic identification. If you are not from a home nation, you will also need to bring photographic identification.

## **NO PHOTOGRAPHIC IDENTIFICATION = NO RACE**

You will be given your race packs at registration. The race pack includes your race number, timing chip, swim cap, bike/helmet stickers, wrist band, ~~and~~ event t-shirt ~~and~~ event socks

Only competitors are allowed in the transition area. To gain access to transition after you have racked your bike, you will need show your race number. We have wrist bands this year to limit the possibility of people losing their race numbers. These will be put on your wrist when you register. After registering, please ensure you put your race number stickers on your bike and helmet. Transition closes at 07:45 - if you haven't racked your bike by this time, you will not race. When racking you must have wear and fasten your helmet so they can be checked.



When placing your bikes and race wear in transition please remember that **NO BAGS OR BOXES** are permitted for equipment no matter how small they are. This includes carrier bags to cover your bike and running shoes. Any bags or boxes left in transition will be removed with the contents taken to the registration point.

**The mandatory race brief will take place in transition at 07:50am.** Ensure you listen carefully to the instructions given. The race will be a multiple wave start. The swim start is the beach.

**Wave 1 - 8:00am Race Start - Wave 1 = Race No's 1 – 1745 (BLUE CAPS)**

**Wave 2 - 8:03am Race Start – Wave 2 = Race No's 1756-347 (RED SWIM CAPS)**

**Wave 3 - 8:06am Race Start – Wave 3 = Race No's 285-432 (ORANGE SWIM CAPS)**

## **SWIM CUT OFF IS 1 HOUR AFTER YOUR WAVE START**

The water quality is very good at the lake and we expect the temperature to be around 15-18 degrees. The swim is wetsuit mandatory. As many of you are aware, the lake is home to *Dikerogammarus Villosus* (Killer Shrimp). They are not harmful to humans but are to native shrimp. To stop the spread of shrimp to other lakes we ask that after the race you thoroughly wash your wetsuit and leave them to dry.. We request that you do not swim in another fresh water lake for 4 days after the event to stop them spreading to other venues.

When entering transition to start the bike section please be mindful of other competitor's equipment. Anyone found effecting others equipment will be disqualified. Some areas of the transition area are uneven so please be careful.

Please ensure that you put your helmet on before you remove your bike from the racking. You will also need to put your race number on. The number needs to be on your back for the bike leg. It is recommended you use a race belt as you will only be issued with one number.

When exiting transition do not get on your bike until after the mount line.

The first 800m of the bike course is a calm zone due to there being 6 speed humps in the road. Anyone that is down on their aero bars will be disqualified.

You will then be on open roads when you are expected to abide by the laws set out in the highway code. There will be marshals at every roundabout. Marshals are there for your safety and not to stop any motor vehicle. The course is fast but remember to pay attention at roundabouts. Do not take any risks that may cause injury to yourself, other competitors, safety marshals or other road users. The race is also a **NON-DRAFTING** race. There will be a motorbike official on the course who is there primarily to ensure you are riding safely. They will report back to the lead technical official of competitors deemed to be drafting. **DRAFTING IS CHEATING.** Anyone deemed to be purposely drafting will incur a time penalty. If you continue to break the rules you will be disqualified.

It is your responsibility to count your laps. All competitor's need to be complete 4 full laps. There will a timing mat at the furthest point of the bike course to ensure you all do the same race.

## **BIKE CUT OFF IS 11:00**

After you have finished your bike leg you will then re-enter the calm zone back to transition. You will need to dismount before the line.



When placing your bike back on the racking please be mindful of other competitor's equipment. Please remember to place your bike back on the racking before removing your helmet. Your race number should now be moved to your front.

When exiting transition please follow the run route.

The run is a 2-lap course

There will be a water stop on both laps. Water will be provided in biodegradable paper cups - feel free to have as many cups as you feel you need.

Water at the end of the race will also be served in biodegradable paper cups to reduce the amount of plastic waste that has the potential to go into the water and damage the environment and marine life.

After you have completed your required laps, you will then run down to the finish line and receive your well-earned finishers medal.

At the finish line you will have your timing chip removed

You will also receive a token for your free bacon roll and hot drink. We encourage you to stay and cheer on those who are attempting their first open water triathlon.

Unfortunately, there is no massage available after this year's race.

After you have finished you cannot remove your equipment from transition until the last bike has racked and they have started their run. Limited number of athlete's will be allowed in transition at any one time to collect their equipment. Please remember the car parks are closed until after the race has finished. There will be NO vehicle movements other than safety vehicles whilst the race is on. You were able to finish your race without cars impeding you, please provide the same courtesy to competitors still on the course.

You need to be mindful that there will be several vehicles on the bike and run course that are used to film the race so please remember to always smile!!

Car parks are expected to be opened between 11:45am - 12:00pm

The awards will take place immediately after the last runner has finished. Awards will be given for the following standard distance for male and female:

- 1st, 2nd & 3rd
- V40 1<sup>st</sup>
- V45 1<sup>st</sup>
- V50 1<sup>st</sup>
- V55 1s
- V60 1st

There will also be Super Series awards for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> given out by Welsh Triathlon. To qualify for these, you need to be a home nation member.



WELSH  
TRIATHLON  
SUPER SERIES

TATA STEEL



WELSH  
TRIATHLON  
SUPER SERIES



## How to get to the Venue

For those of you using a Sat Nav the post code is **SA13 2NR**

Leave the M4 at Junction 38 follow the signs for Margam Crematorium, drive past the Crematorium for approximately 600m and you will arrive at the gates of the lake.

If at any time there is congestion and a number of people are delayed as a result, the race start will be delayed. If you are late due to your own fault the race will start on time. The gates to the lake will be closed at 07:30am until the race starts. They will then be closed after the last biker has come back to transition. They will remain closed until the last runner has finished.

We look forward to seeing you on Race Day.

**This year all buildings are closed and changing will be in a marque. This will be mixed so please be mindful.**

**There are no shower facilities available.**

**Please note there is NO BAG DROP at the venue.  
Anything you leave is done so at your own risk**

**STEELMAN  
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