

TATA Steelman – Sunday 21st May 2023

Dear Athlete,

Hope your well and your training has gone to plan!!

Please read the following for all the information regarding the Tata Steelman Triathlon

We would like to welcome all entrants to our sell-out race which you also voted Triathlon Cymru Event of the Year 2022 and we hope that you enjoy yourself just as much as last time. If it is your first time racing with us, I am sure you will enjoy the experience.

Pre-Race Day Registration

Registration and Racking is Available on Saturday 20th Between 14:00-17:00 There is overnight security to ensure your bikes will be safe. We would encourage those who live locally and those who have taken up the option of staying overnight to take advantage of this as it will certainly help with reducing congestion on the morning of the race. To Rack your Bike, you will be required to where your Race Helmet so that this can be checked

Race Day Registration

Gates to the venue will be open from 05:30 – 07:20

Registration will be open from 05:30-07:30

Transition Open 05:40-07:40

Pre-Race swim warm up 07:30-07:40 (this is done at your own risk)

When arriving at the Venue you will be directed to the car parking position. The furthest point away from Race HQ is approximately 600m when parked safely please go straight to Transition/Registration to collect your race pack.

At Registration you will need to bring your in-date Home Nation Membership Card with you or your new Electronic Membership, failure to do so will require you 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 be required to bring photographic identification. Those of you who are not members of a home nation you will need to bring Photographic Identification there are no exceptions.

NO PHOTOGRAPHIC IDENTIFICATION NO RACE

You will be given your race packs at registration which will include Race Number, Timing Chip, Swim Cap, Bike/Helmet Stickers, Wrist Band and your event T-Shirt

Only Participants are allowed into the transition area. To gain access after you have racked your bike you will be required to show your race number when re-entering the transition area, please ensure that you put your race number stickers on your bike and helmet. Transition closes at 07:40 if you have not racked your bike by this time, you will not race. When racking you must wear and fasten your helmet so they can be checked this includes those who opt to rack their bike on the Saturday



When placing your bikes and race wear in transition please remember that NO BAGS OR BOXES are permitted to place your equipment in no matter how small they are, this includes carrier bags to cover your bike and running shoes. Any Bags or Boxes left in transition when the race has started will be removed with the contents and taken to the Registration Point. At no point must you impede a fellow competitor.

The Mandatory race brief will take place in transition at 07:50 please listen to the instructions. The race will be a Multiple Wave Start. Swim start will be a Beach

Wave 1 Race Start is 08:00 - Wave 1 = Race No's 1 – 200 (ORANGE CAPS)

Wave 2 Race Start is 08:03 – Wave 2 = Race No's 201 - 383 (BLUE CAPS)

Wave 3 Race Start is 08:06 – Wave 3 = Race No's 384 - 504 (RED 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 in the lake there are Dikerogammarus Villosus (Killer Shrimp), these are not harmful to humans but are to the native shrimp. To stop the spread of these we ask you after the race to thoroughly wash your suit and leave them to dry as the shrimp die in dry condition. 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 on your helmet before you remove your bike from the racking. You will also need to put on your race number, the number needs to be on the 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 open roads when you are expected to abide by the laws set out in the highway code. There will be marshals at every roundabout these are there for your safety and not to stop any motor vehicle. The course is fast and 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 all riding safely but will report back to the lead technical official for competitors deemed to be drafting. **DRAFTING IS CHEATING** Anyone deemed to be purposely drafting will incur a time penalty and he/she continues to break the rules they will be disqualified.

It is your responsibility to count your laps. All Competitor's will 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. You now need to have your race number on the front.

When exiting transition please follow the run route.

The run is a 2-lap course

There will be a Water Stop which you can access on both laps which will be Biodegradable paper cups, feel free to have many cups as you feel you need.

Again, water at the end will be served in Paper Cups as we need 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 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 £5.00 food voucher so why not grab yourself a something to eat and drink and then encourage your team mates and those who you know across the finish line.

Unfortunately, there is no massage 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 amount of athlete's will be allowed in transition at any time to collect their equipment, but 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 going on after all you finished with no cars impeding you, so you should not impede others who are a little slower.

You will need to be mindful that there will be a number of vehicles that will be on the bike and run course that are used to film the race so please remember to smile at all times!!

Car Parks are expected to be fully opened between 11:45 - 12:00

The awards will take place immediately after the last runner has finished.

Awards will be given for the Following Standard Distance

Male & Female

1st – 2nd & 3rd

V40 1st

V50 1st

V60 1st

As the race doubles up as National Standard Distance Championship and Stage 2 of the Super Series there will also be award given out by Triathlon Cymru for 1st, 2nd & 3rd places in the same age categories. To qualify you will need to a Triathlon Cymru member by 5pm on Wednesday 17th May

Please see Rule 24.4 below



WELSH
TRIATHLON
SUPER SERIES

TATA STEEL



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TRIATHLON
SUPER SERIES



Rule 24.4 Home Nation Association National Championships:

*a.) To be entitled to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal, an individual must be a **valid race licence holder of said Home Nation Association at the time of the event.***

(i) Individuals who do not meet the criteria set out in 24.4.a may participate in a Home Nation Association Age-Group championship race, but are not eligible to hold a Home Nation Association national Age-Group title or win a Home Nation Association national Age-Group medal.

*(ii) Individuals who wish to compete for Home Nation Association National Championship must **ensure their race license is valid no later than by 5pm, 3 working days prior to the championships. (i.e., 5pm Wednesday before a Sunday event).***

b.) Competitors racing under a day membership are ineligible to hold a Home Nation Association national Age Group title or win a Home Nation Association national Age-Group medal

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 passed the Crematorium for approximately 600m and you will come arrive at the gates of the Lake.

If at any time there is congestion and there are a number of people delayed due to this 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 07:20 until the race start. They will then be closed after the last biker has come back to transition and 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 and will be mixed so please be mindful.

There will be no shower facilities available

Please note there is NO BAG DROP at the venue and anything that you leave is done so at your own risk

Please see the up-to date rule set out by British Triathlon

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2023.pdf>



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