



Aberavon Middle Distance Triathlon
Saturday 16th September 2023
Race Information



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

Please read the following for all the information regarding the GV70.TRI

Race Day Registration

Registration will be open from 05:30-07:00

Transition Open 05:40-07:15

Race Start 07:30

When arriving at the Venue you will directed to the car parking position. The Car is opposite Transition and the Finish Line.

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 not members of a home nation you will need to bring Photographic Identification there are no exceptions.

Relay Teams must register together

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 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 07:30 if you have not 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, Helmet Stickers are to be on the Front and your Right-Hand Side, you must also show your Race Number to gain access

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 07:15 please listen to the instructions. The race will be a Mass Start. Swim start will be a Beach with approximately 50m run into the water

After the Race Brief all Athletes will then walk to the Race Start where you can if you wish drop off running trainers so you can run back to T1

Pre-Race Swim – This may not be possible and will be dependent on all athletes registering, racking and being in transition on time. If the is time to have a quick Swim, then this is done at your own risk

We ask that anyone who is coming to watch you taking part that they do so from the promenade or the beach please tell them do not go onto the pier to watch as this may result in the race being stopped as the local authority will be there observing and we do not want the race stopped before it has even started.



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SWIM CUT OFF IS 1 hour and 10 minutes

The water quality is very good and we expect the temperature to be around 15-18 degrees. The swim is
Wetsuit Mandatory.

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.

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 out on the course for your safety and not to stop any motor vehicle. The
course is fast and remember to pay attention at roundabouts and junctions. Do not take any risks that
may cause injury to yourself, other competitors, safety marshals or other road users. The race is aimed
at being friendly and for people to try out the longer distance without the worry of having a DNF against
your name. 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 riding in
such a manner that may cause an accident, if this is to happen then the person will be removed from
the race. As the race is deemed friendly and many of you have entered to try out the longer distance
then we will not be penalising people for drafting, but this does not mean you ride above the speed
limit in a big chain gang for those of you who will be taking it a bit more serious than others. If this is
the case then the Motor Official will instruct you to break up the group as this will be un-safe to all road
users. Anyone deemed to be purposely ignoring this instruction will be disqualified

The course is well marked out so nobody should get lost !!

Not all round abouts and junctions will have marshals so again I stress that you abide by the highway
code at all times

If at any time you wish to cut the bike course short you can but please do this in a safe manner and we
do ask you to inform us at Race HQ that you have done as it will impact the finish positions

There will be 1 Water Station on the Bike Course where you can re-fill your bottles, this will after you
have started the second lap and will be marked ahead of the stop.

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.

BIKE CUT OFF IS 5 Hours after Start of Race



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The run is a 3-lap course along the glorious Aberavon Beach

There will be 3 Water Stops on the run course, you can access one at the start of each lap, one at 1.5 miles which you will pass in both directions and one at the turnaround point at the furthest part of the course. We will have bins just passed each water station please put your bottles in the bins as failure to do so will result in us be refused permission to put on the race in future. This also goes for Energy Gels we do not want the local authority coming on to us informing us of the littering on the course.

The Run Course may be busy especially if the weather is good as many people will be heading to the beach for the day.

Please be polite and do not be abusive to the general public

Again, as the race is aimed for those who just want to have a go you can decide on doing 1, 2 or 3 laps When you have finished your laps, you will then run down the finish line and collect your well-deserved medal

All Entrants will receive a Medal unless you have been disqualified !!

You must have started your 3rd lap of the Run by 14:30 if you have not you will be directed down the finish line

FINISH CUT OFF IS 7 Hours and 45 minutes after Start of Race

At the finish line you will have your timing chip removed

RELAY TEAMS

All the above you must follow

Bikers cannot start their section of the race until the swimmer has completely removed their wet-suit

Runners Cannot Start their section until the Bike is Racked

Please remember to pass on the timing Chip

**After the Race we have entertainment booked so why not join us
Hot and Cold refreshments are available from 05:30 from the Clubhouse**