



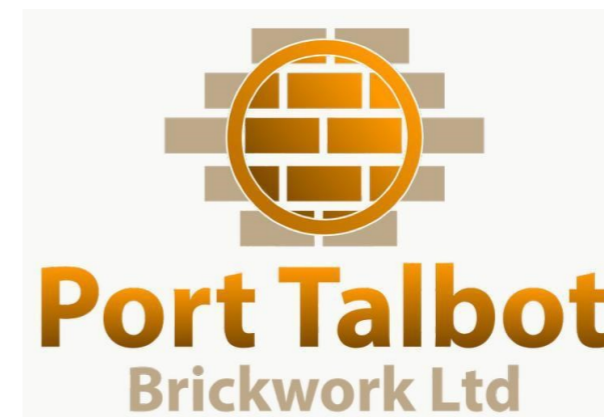
## Aberavon Middle Distance Triathlon—Sat 5th August 2023

The GV 70.tri middle distance triathlon is a unique community led event in South Wales. Growing from humble beginnings in 2020 with 3 athletes, to what you see today. Unlike other events, this is run by volunteers to raise money for local causes, with 100% of the entry fee being donated to charity. All expenses associated with the event are covered by our partners listed below.

Without their support and your entries this event would not be possible—so thank you and enjoy the day!



T-shirt Sponsors





## Aberavon Middle Distance Triathlon—Sat 5th August 2023

A massive thank you to all our sponsors for enabling us to provide the following to you



### Individual Men:

- 1st, 2nd & 3rd—trophies sponsored by Acorn Recruitment
- 1st & 2nd place—£25 San Portablo gift voucher
- 5th & 14th place—£50 everyday garments voucher
- 13th place—£30 Budgy Smuggler voucher
- 1st, 2nd, 18th & 22nd place—Brav socks
- 7th place—3 months Celtic Leisure membership

### 1st Relay team home:

6 spaces for a tribute night of your choice at the Towers Hotel & Spa

### Drawn on the day:

£100 EZ Gains voucher to spend on aero equipment— [www.ezgains.co.uk](http://www.ezgains.co.uk)

### Individual Women:

- 1st, 2nd & 3rd—trophies sponsored by Acorn Recruitment
- 1st & 2nd place—£25 San Portablo gift voucher
- 3rd, 4th, 5th & 6th place—£25 Lunacy Boutique voucher
- 13th place—£30 Budgy Smuggler voucher
- 7th place—3 months Celtic Leisure membership

### On point:

Winner of male and female on point competition will win a lab based performance test (VO2 & lactate threshold) donated by Swansea University Sport & Exercise Science Department.

The on point competition is unique to the GV 70.tri. All competitors will be asked to submit a predicted time for all 3 disciplines prior to the race start, those who are closest to their predicted time at the end will win - simple!

### All finishers:

- Finishers T-shirt
- Finishers medal sponsored by JD Marine
- Post race recovery sponsored by Vitality Gym
- Post race energy drink and cookies sponsored by OX Tools
- Post race live screening of Wales v England rugby
- Live music from Jackson Lucitt and DJ
- RTJ Sports will be providing a mobile bike mechanic on the course as well as support and advice on the day





Transition based in the Aberavon Green Stars Rugby Club, The Pavilion, Darwin Rd, Port Talbot SA12 6BS

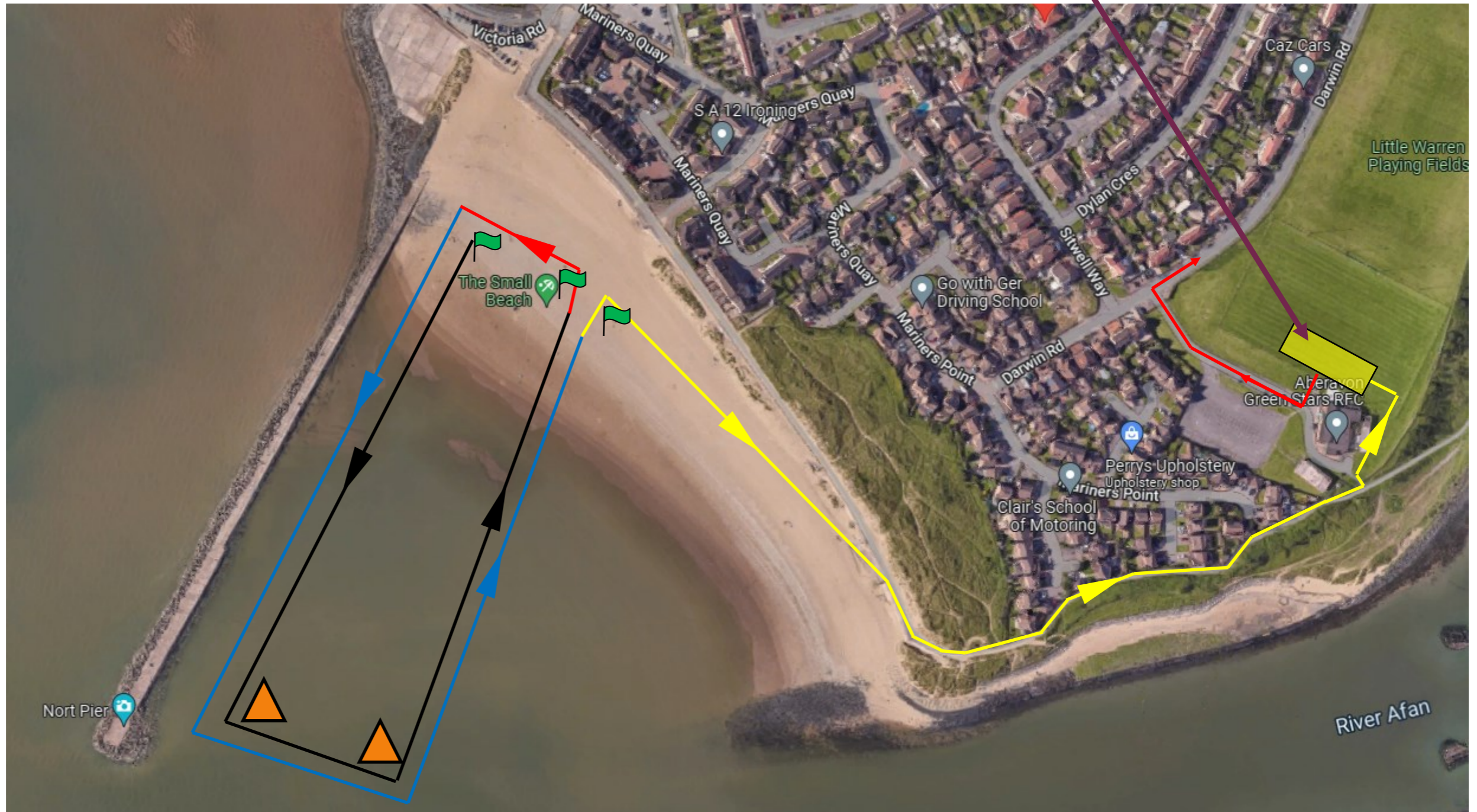
## Swim Course

- Start
- Lap 1 Swim
- Lap 1 Run
- Lap 2 Swim
- Run finish to transition
- Turning Bouy

Swim start—  
Small side beach  
@ 8:00am

High tide: 09:06am  
@9.9m

Official timing  
provided by:



Water Safety provided by **ABERAVON SURF LIFE SAVING CLUB**

Start on the small side beach, head anti-clockwise around the two orange buoys, return to the beach, left around 2 turn flags and return to the water for lap 2, at the end of lap 2 turn right around the 3rd flag and head towards the ramp at the East end of the beach, (trainers can be left here for the run to T1) and head East along the promenade, following the tarmac path through the sand dunes, alongside the river, turning left to enter the Aberavon Green Stars Rugby Club through the rear gate, turn right to T1 (approx. 700m).





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<https://www.strava.com/routes/3111264271201322440>

<https://www.relive.cc/view/vZqNLExKdGO>

## GV 70.3 2023

Cycling Route

★ Saved Edit

### Details

📍 89.63 km ⚡ 480 m

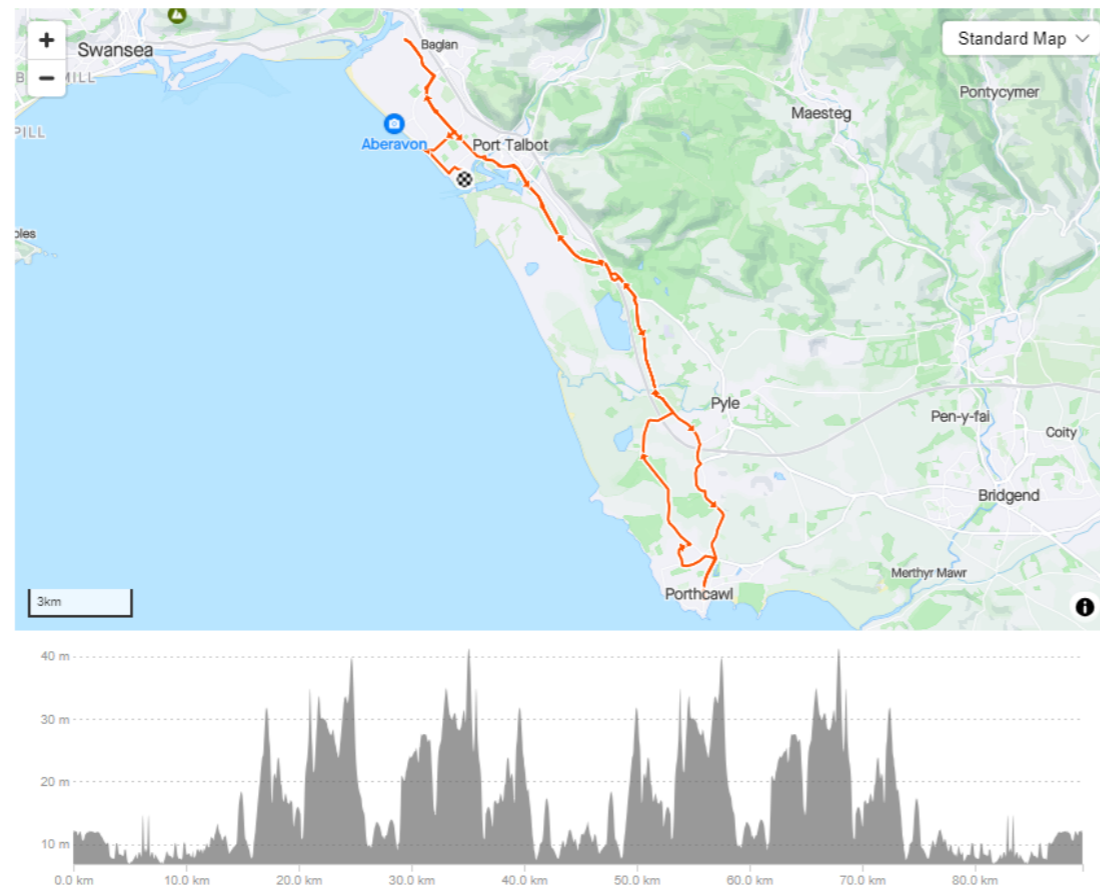
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CREATED BY

Garod Thomas (Jinx\_Sport)  
4 July 2023 · Public



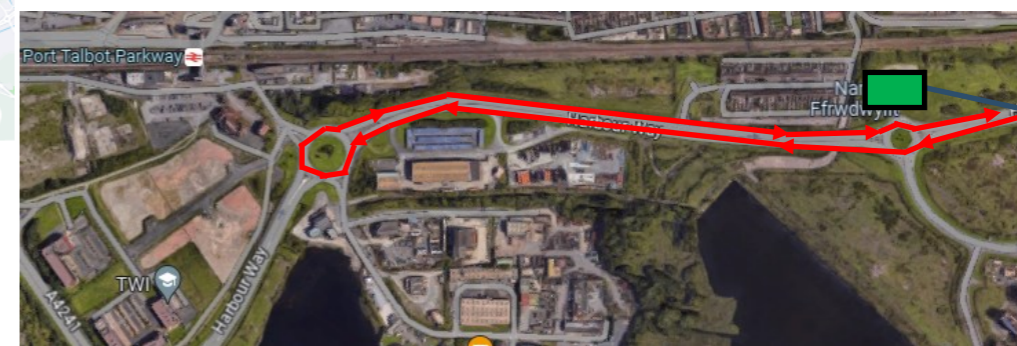
### Route and Elevation



## Bike route to Princess Margaret Way



## Harbour way turn point & feed station



what3words  
soda.patrol.coffee

**Feed Stations Supported by**

Leave transition, head right up Darwin Road, take 1st left on to Dickens Ave, then 2nd left in to Lake Road, continue to T Junction with Victoria Road and turn left, head South to roundabout and turn right and head West along promenade to RNLI roundabout, North up Dalton Road, turn left on to Afan Way (A4241) at Hospital roundabout, head to Intertissue/Tai Tarian roundabout as first turn point. Head back along Harbour Way towards Margam Park, turning right towards Grand Sultan/Kenfig Industrial Estate, head through North Cornelly, past the Grove Golf Club towards Porthcawl, straight on down to the Coney Beach roundabout and do a U-turn, head back and take the 1st left at the Nottage roundabout, down Fulmar Road, right towards the “shops” on West Park Drive, left on to West Road and return via Royal Porthcawl golf club, Kenfig Pool, Angel Inn, turn left, head towards Margam Park. Return to Port Talbot along Harbour Way. The turn point between lap 1 and 2 is the Port talbot Station Roundabout (OX Tools feed/water station located at the Blast furnace roundabout on LHS after the turn roundabout). Repeat lap 1 from here for lap 2. On the return from lap 2, head through Beach Hill lights to the Intertissue/Tai Tarian turn point, return along Afan Way and take a right at hospital roundabout, South down Dalton Road, left on to promenade at the RNLI roundabout, head to the Bar Gallois roundabout, turn left, head up Victoria Rd, right on Lake Road, 4th right to Dickens Road then continue to T junction and right on to Darwin Road, head South, turning left in to T2





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fine.comical.flash

## Run turn point & feed station



**Feed Stations Supported by**



## Run finish



Distance	Elevation Gain	Elevation Loss
7.08 km	5 m	5 m

Leave transition, head out through the rear gate (swim entrance in to T1) and turn right on the tarmac path, continue on to the little side promenade, continue down the promenade to the Bar Gallois, cross the road and head down Princess Margaret Way (on the pavement), there will be a feed station at the RNLI roundabout (Surf School Wales) continue on the pavement to Scarlet Ave when you pass Memo Beach (on your left), turn point is at the Naval Club (there will be a feed station at the turn point—supported by OX Tools). Re-trace your route back to transition, run anti-clockwise around the outside of the rugby pitch barriers. Head out for laps 2 & 3 (same as lap 1). When returning to transition at the end of lap 3, run around the outside of the rugby pitch barriers, when rounding the last corner of the pitch bear right in to the finishing chute.