

ABERAVON **SUPER SPRINT** **TRIATHLON**



SUNDAY 6TH APRIL 2025
ABERAVON BEACH



Thank you for entering the inaugural **Aberavon Sprint Triathlon**.

The event is designed to be the ideal first triathlon for people new to the sport and for those wanting to brush off the winter cobwebs. There will be **NO DISQUALIFICATIONS** if you do not complete the entire race. If you cannot complete the full distance of each element but would like to continue the race, please do so and let a marshal know at the finish as your time cannot be included in the final results. If you wish to pull out of the event please let a marshal know and head back to the Centre to collect your kit.

Venue

The event will be based in and around

Aberavon Leisure and Fitness Centre,
Princess Margaret Way,
Aberavon Seafront,
Port Talbot,
SA12 6QW

Parking

Although the Centre has parking we ask you to be considerate of their members and ask you to car share or park along the seafront in the free car park bays. There is limited parking available in the Reel Cinema Car Park but as this is part of the course you will need to be parked up **BEFORE** registration closes at 6:45am and cars will not be allowed to be moved until the last athlete has started their run and **BEFORE** 12pm or you will be charged for parking there.

Registration (Opens 06:00am – Closes 06:45am)

Registration will open from 6:00am at the Centre. Please come and register **BEFORE** you rack your bike. At registration you will be handed your timing chip, race number and a sticker sheet for your bike and helmet. So that we can identify you poolside your race number will be written on your hand. Different coloured swim caps will be handed to you when you enter the pool to help the marshals count your lengths so these WILL NOT be part of your registration kit.

Transition (Opens 06:00am – Closes 07:00am)

The transition area will be setup next to the Centre in the Reel Cinema Car Park. You will NOT be able to rack your bike if it does not have your race number sticker attached which you will get when you register. When racking your bike please make sure you wear your bike helmet with the strap closed to make sure you are safe to take part in the event.

Bag Drop

For athletes' safety there will be NO BAGS allowed to be left in transition. You can use a bag to take your kit into transition but then you need to remove it before the start of the race. There will be a bag drop at the Centre (left at your own risk) or you can use the lockers in the changing room if you plan on showering after the race.

Changing Facilities

The Centre have kindly allowed us to use the wet changing rooms for people to get changed in before or after the race. Lockers are available (bring your own small padlock) as well as showers for after the race.

Café

The onsite Café will be open from 06:00am for hot drinks, bacon rolls and snacks.

Spectators

As the swim is pool based there is an ample viewing gallery available for people to support athletes taking part. This is located on the first floor and is clearly marked.

The bike will be mainly on A roads, as show on the map, so if you can't make it down to the Centre feel free to wave and cheer along the route but only where it is safe to do so i.e. Pavements and bridges.

With the run being a small loop around the seafront you will be able to see athletes easily and support your favourites in a safe environment. Please be aware of runners using both the pavement and promenade and try and keep to 1 side to allow them to pass.

Apart from the pool the other areas will be open to the public so please be respectful to others when supporting and remember that they are allowed to be there just as much as you and the athletes.

Race Briefing (06:45am @ Centre Reception)

There will be a short race briefing in the Centre Reception Area just to remind athletes of the route, rules and to answer any questions.

The Swim (400m – 16 lengths)

The event will start at 07:00am in the pool. **PLEASE LINE UP IN ORDER OF YOUR RACE NUMBER** as this will make sure you are with people who swim at a similar pace to you and to reduce overtaking. When it's your time to start you will be handed a swim cap and allocated a lane. Your time will start when you are in the water and the start marshal says "GO". Each lane will hold 3 people and there will be a marshal counting your laps.

You can only swim front crawl or breaststroke. No backstroke or butterfly techniques will be allowed. When you have 2 lengths to go the marshal will place a float in the water or tap you on the head to let you know. NO swim aids are allowed – ie. Fins, paddles, neoprene shorts, calf guards, floats etc.

On exiting the pool you need to leave the pool area via the fire doors. These will be shown to you during the race briefing. You will then proceed along the front of the Centre through the car park to transition.

T1 (Transition from Swim to Bike)

Be careful when entering the transition area as there will be others there already leaving with bikes or starting their run. Find your bike and **ALWAYS** put on your helmet **BEFORE** touching the bike. This is the #1 rule that must be adhered to. After putting on any kit you want to use on the bike please push your bike to the MOUNT / DISMOUNT line which will be at the Cinema end of the transition area and clearly marked. Only mount your bike **AFTER** you cross the line.

The Bike (9.95km)

The route is a flat out and back course around Port Talbot. Please note that the roads are open to the public and you need to always follow the Highway Code. Your safety is more important than a few seconds so please be careful when other road users are around you like cars, lorries and other cyclists.

A map is included at the end of this pack however the course is as follows :-

- Leave transition and mount your bike **AFTER** the mount line.
- Follow the exit of the carpark around The Front to the roundabout on The Princess Margaret Way. If safe to do so, turn right at the roundabout (2nd exit) proceeding towards the RNLI roundabout.
- NOTE: There is a zebra crossing after 50m so please be mindful of this – you will be running over this later.
- At the RNLI roundabout take the 4th exit onto Dalton Road. Watch out for the speed bumps on this road.
- At the end of Dalton Road is the roundabout for the A4241. Again, when safe to do so, take the 1st exit onto the A4241.
- Take the 2nd exit at the next roundabout and continue on the A4241 (Morrisons / Lidl)
- Proceed along this road until the next roundabout by Ysgol Bae Baglan school.
- Take the 2nd exit carrying on the A4241.
- At the next roundabout take the 1st exit into the Baglan Energy Park.
- Proceed over the first 2 roundabouts onto Central Avenue.
- After 750m there is a railway bridge – proceed over this.
- The first turning point is the next roundabout by Tai Tarian and Intertissue.
- Take the 4th exit to come back on yourself along Central Avenue.

- Proceed over the next 2 roundabout until you get to the large roundabout on the A4241.
- Take the 3rd exit heading back towards the school roundabout.
- At the roundabout bear left and take the 1st exit.
- At the next roundabout take the 2nd exit and continue on the A4241 (Morrisons / Lidl)
- At the next roundabout take the 3rd exit onto Dalton Road.
- Take the 1st exit and proceed down Dalton Road until you get to the RNLI roundabout.
- Take the 1st exit onto The Princess Margaret Way, watching out for the zebra crossing.
- Take the 1st exit at the next roundabout past The Front and back into the Reel Cinema car park.
- Dismount your bike BEFORE the dismount line and enter Transition.

T2 (Transition from Bike to Run)

After entering transition with your bike please rack it in the exact same place you took it from. This ensures fairness to all athletes. Rack your bike **BEFORE** you take your helmet off. If you need to change your shoes do so and then head out of transition at the RUN OUT sign. Please be aware of other athletes in the area.

The Run (3.1 km)

After leaving transition you will keep to the left-hand side of the zebra crossing. There will be marshals to help you, but they cannot stop traffic for you. When safe to do so cross the road and head left along the pavement.

- Follow the pavement to the right around the flats opposite Sand Rabbit Bar & Grill onto the promenade.
- Carry on along the promenade past the Whale, the toilets, the RNLI station, Remos, Francos and the skate park.
- Turn right after the skate park onto the pavement next to the road.
- Carry on this pavement past Franco's car park, Remos, the Splash Park, the RNLI station, the toilets until you get back to the zebra crossing
- When safe to do so cross the road and turn left into the finishing chute.
- Run under the red finish arch and stop!

Congratulations!!!! You have finished the race.

After the race

Please proceed out of the finish area to allow for others to enter. The Centre will be open for refreshments, a shower or just a seat to sit down. Once you have regained your strength please come and collect your bike and kit from transition. You will need to show your race number to gain access.

Thank You!

We hope you enjoyed your time with us - regardless if its your first, second or 50th triathlon. Results will be available via the DB Max website (<https://dbmaxresults.co.uk/results.aspx?CId=16421&RId=30379>) and shared on social media.

A huge thank you also to our partners for making this event possible... Celtic Leisure Aberavon, Reel Cinemas (Port Talbot) and South Wales Medial Services.

Questions?

If you have any questions, please email events@porttalbotharriers.co.uk and we will do our best to answer them.

Key Contacts

On the day these are the people to speak to with any issues

Race Director

Craig Williams

07590 565760

Safety Officer

Andrew Davies

07967 297768

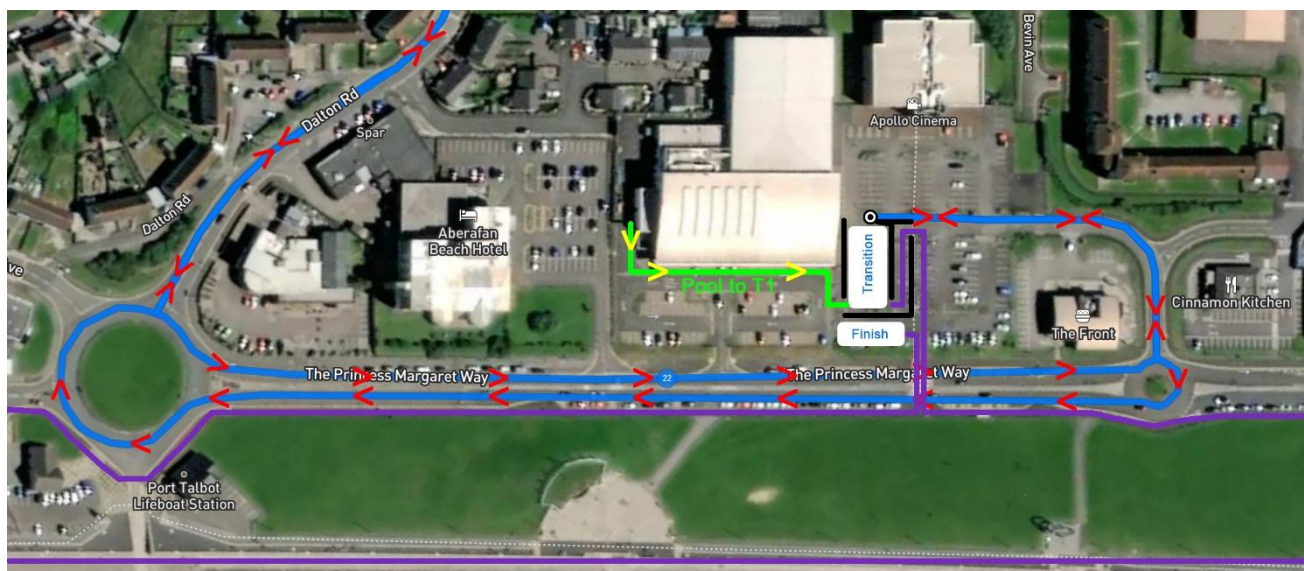
Photography

By taking part in this event you are giving your permission for any photos taken to be used for social media purposes. If you would like to opt out please let us know at registration.

Maps

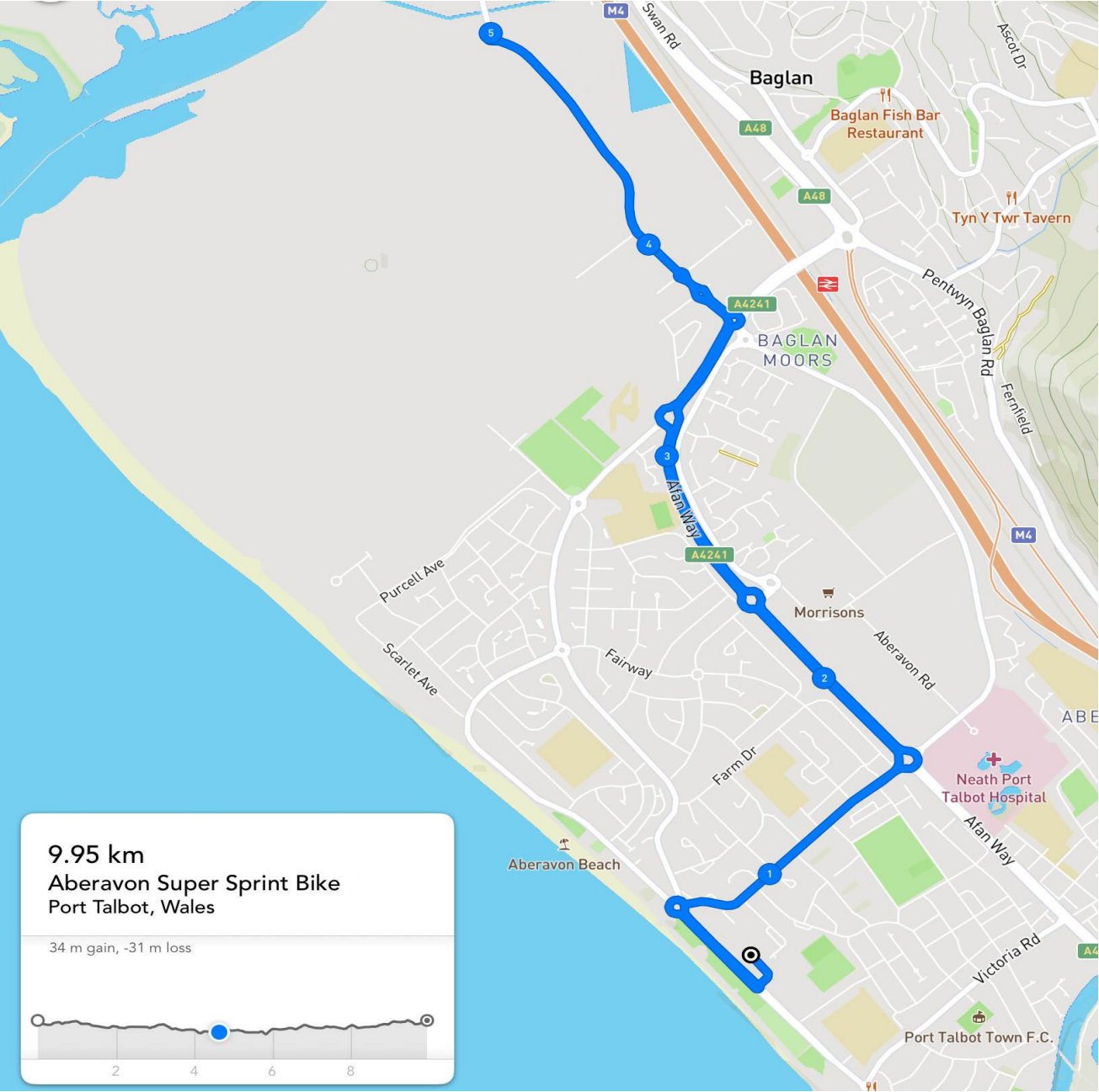
Here are the relevant maps of the Transition, Bike and Run Course.

Transition (and surrounding area)



- Green is swim exit to Transition (T1)
- Blue is the bike course start and end
- Purple is the run course start and end

Bike Course



Run Course

