

**NEATH PORT TALBOT COUNTY BOROUGH COUNCIL  
CYNGOR BWRDEISTREF SIROL CASTELL-NEDD PORT  
TALBOT**

**&**

**Tri & Enter Events**



## **CYMMER AFAN TRIATHLON**

**Saturday 13<sup>th</sup> August 2011  
10am start**

**Full Race 600 metre swim, 24k mountain bike (new route), 6k run**

**Novice / Try-a-Tri 300 metre swim, 15k mountain bike, 3k run.**

### **Tri Star and Youth Race**

8 years (TS), 9 and 10 (T1), 11 and 12 (T2), 13 and 14 (T3),  
Youths (15 and 16) complete Novice distance.

TS 50m Swim, 500m Cycle, 200m Run  
T1 100m Swim, 1000m Cycle, 800m Run  
T2 150m Swim, 2000m Cycle, 1600m Run  
T3 200m Swim, 4000m Cycle, 2400m Run

**Run under the rules of the British Triathlon Association and  
Privately Insured**

## **RACE INFORMATION PACK**



**[www.triandenter.com](http://www.triandenter.com)**

**07854 239 632**

## Directions

Exit the M4 at Junction 40; take the A4107 for Cymer, approx 9 miles. As you enter Cymer the Cymer Afan Community Swimming Pool is located directly in front you as you drive up the hill on the A4107. Parking is available as indicated on the map.

Local accommodation details can be obtained by calling the Afan Argoed Visitor Centre on 01639 850564.

## Start Times

Tri Stars	10:00am
Novice/Tri-a-Tri & Youths	10:30am
Full event	11:00am

**Children's Events: There will be a race brief at the Transition Area at 9:30am. We would like to inform all the athletes and parents of the route to ensure the young athletes complete the course correctly.**

## Registration Swimming Pool

- Registration will be at the reception area of the pool from 8:30am onwards.
- At **registration you will be given your race numbers, a Timing chip and strap and a corresponding bike frame number.** The bike frame number needs to be attached to your bike **before entering transition.** The best place would be around your front brake cables.
- Course maps will be displayed at registration. Briefings for adults races will be conducted 20min prior to your event start at the **transition area.**

**NOTE:** For this event we are using Champion Chip Timing. If you lose your chip, £10 will be charged for its replacement. Please ensure that all timing chips are handed in at the finish line. This is the fee the timing company charges us for non returned chips. **Do not walk over the timing mats once the race is live,** this will activate the timing system and result in an inaccurate time for your race.

## Transition Area Refreshments Rooms Public House

- The transition area is outside the Refreshments rooms' approx 300m from the swimming pool. **(You will need to put shoes on at the swimming pool exit to run to transition as it is over mixed terrain).** The bike frame number needs to be attached prior to locating it in the transition area. On collection of your bike at the end of the race you must show your race number.
- Transition area will open at 8.30am and will close 30min after the last competitor has finished. **Please remove your bike as soon as possible after the event.**
- Transition area has been laid-out to create an equal transition for everyone, we have therefore not numbered the racks so you can rack anywhere, please be aware that some people may be on the course when you rack your bikes.

## Timing No Chip No Time

- You will be timed from the time you start the swim to crossing the finish line. Split times will be taken at transition. Finish Times will be displayed at the end of the event and full results on website. The web address is <http://www.triandenter.com/featuredevents/>
- **You will be given a timing chip which must be attached to your left ankle for the duration of the race.** Relay team members will use the chip as your baton. Race Numbers must be displayed on the front and rear for the whole event. If numbers are not visible you could be penalized or disqualified.

## Pre-Race Briefings

Race briefings will be at the transition area at the following times:

- Tri Stars 9:40 am
- Novice/Tri-a-Tri & Youths 10:10am
- Full event 10:40am

## The Swim

- Be at poolside 10min before your indicated start time. A race official will call you to the holding area ready for your start. You will be called into the pool in your bib number order. This will ensure a max of 3 swimmers per lane.
- You will be told when you have 2 lengths to complete by being shown a last lap sign, please tell the starter if you will be tumble turning.
- **You will need shoes to run from poolside to transition**, this is 300m and over mixed terrain (gravel and chippings), it may be advisable to use one set of shoes for the whole event.

**Teams** – the handover for the teams is in transition area. You must tag your partner at your designated racking point; your chip timing belt is your baton.

**The Cycle RIDE TO YOUR OWN ABILITY** This is an Off Road Event which is suitable for Mountain Bikes but unsuitable for road bikes. The top section of the track has been surfaced therefore the Tri-Star's will be able to use a race bike – this is on tarmac surface but could have small pieces of debris (It is a Forest Trail used by Mountain bikers and Ramblers).

**The Full distance bike route is new and has some single track technical sections; you must ensure that your bike is in excellent working order.** The route will be as follows - ride 5k down the valley to Afan Argoed Country Park. Turn right off the path and descend onto a wooden foot bridge via the new single track section. Immediately after crossing the bridge take the bridal path to your right, after a short ride you will take a new section of single track section taking you to the fire track. Follow the fire track until you branch left up a long and steady climb up the mountain. There are then a number of single track sections towards the top of the Wall decent. The route takes the Old Wall decent which is a wide but rocky section. Please ride according to your ability, over the metal bridge and follow the track back to Cymer, which is another 5k.

**The novice route** remains unchanged going from Cymer past Afan Argoed and down to Pontrydyfen Foot Bridge where you turn and follow the track back to Cymer. This route is gently sloping downhill on the way out and up hill on return approx 100m over 7.5k each way. (The gently sloping bits either side of the hill in the centre of the profile below).

**The Children's route** is out and back to a designated turn point for their age category. This is all on Tarmac surface. A marshal will be present at each of the turn points so no child will be out of site for the duration of the course.

- Helmets must be worn at all times.
- **Your helmet must be on and securely fastened** before you un-rack your bike and your bike must be racked at the end of the cycle section before you unfasten your helmet. 2 min penalties or disqualification will apply.
- There must be no cycling in transition area. Wheel your bike out of transition area and mount at the designated line.
- Your race number must be visible at all times, number belts may be worn.
- **Please take care throughout the course. The country park is still open to the public. You are responsible for your own safety.**
- The cycle has out and back sections, **please cycle on the left hand** side of the track to avoid on coming bikes.
- On return to transition you must dismount at the designated line. Failure to do so will result in penalty time being added. You must rack your bike by the saddle, prior to starting your run.

## The Run

- The run loop is a 3k circuit. **Novice athletes** will conduct 1 circuit; **full athletes** will do 2 circuits. The **children's** event will do multiple circuits of a smaller course.
- The finish line is alongside transition and in front of the platform of the old railway station.

## The Presentation

- The Presentation will take place at the end of the event at the Refreshment Rooms in Cymer at approximately 3:00pm or 15min after the last competitor has finished.
- All Tri Stars will be awarded a finishers trophy immediately after finishing their race.

### **Catering**

- Catering will be provided at the refreshment rooms on the platform overlooking the transition finish area. They will be open from 9:30am serving tea, coffee and snacks. There is a restaurant serving light meals throughout the day. Please contact 01639 850901 for advance booking.

### **General**

- There will be prizes for each event. The formal presentation will be at the end of the whole event, but remember, everyone who finishes the course is a **WINNER**.
- The swimming pool will remain open until 4pm. You will be able to shower and change here. If you are not going back to the building before 4pm please do not leave any belongings in the changing room lockers as you will not be able to retrieve them.
- **We wish you good luck in your event and hope you enjoy your race.**

### **Marshals**

**We are always looking for extra marshals on race days. If you have friends or family travelling with you who would like (be willing, or press ganged) to marshal we would be more than grateful. They will each receive a voucher for the refreshment rooms and a big thank-you from the competitors. Please contact Scott on 07854 239 632 beforehand or make yourselves known at registration.**

**Cymmer Triathlon Team**

**Tri & Enter Events has a growing list of top quality events. Keep an eye on the website [www.triandenter.com](http://www.triandenter.com) and remember to enter early as most of our events sell out.**