

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

**&**

**Tri & Enter Events**



## **CYMER AFAN TRIATHLON**

Sponsored By mymoti.com & Inov8 Quality running shoes

**Saturday 4<sup>th</sup> July  
10am start**

Full Race 600 metre swim, 20.8k mountain bike, 6k run.

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

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

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

(Age at 31<sup>st</sup> December 2008)

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.**

## **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 | 11:00am |
| Full event                | 11:30am |

**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

1. Registration will be at the reception area of the pool from 8:30am onwards.
2. 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.
3. Course maps will be displayed at registration. Briefings for adults races will be conducted 15min prior to your event start at the swim exit.

**NOTE: For this event we are using Champion Chip Timing. We are not charging a deposit for use of chips, instead you will have to show and return your chip to remove your bike from transition at the end of the event. If you lose your chip, £10 will be charged for its replacement before being allowed to collect your bike. This is the fee the timing company charge us for non returned chips.**

## Transition Area Refreshments Rooms Public House

1. 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).** You will need to show your chip to gain access to the transition area to rack your bike and again when removing your bike. The bike frame number will be removed when you collect your bike at the end of the event after you have returned your chip or paid the replacement charge.
2. 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.**
3. 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

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 [www.triandenter.com](http://www.triandenter.com) and go to the results page.

**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 have special instructions at registration. 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.

## The Swim

1. Be at poolside 30min before your indicated start time. A race official will call you for a race briefing approx 20 min prior to your start, after this brief you will move to the holding area ready for your start. We will display a list of start times at registration. This will ensure a max of 3 swimmers per lane.
2. You will be told when you have 2 lengths to complete by being tapped with a float, please tell the starter if you will be tumble turning.

3. **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.

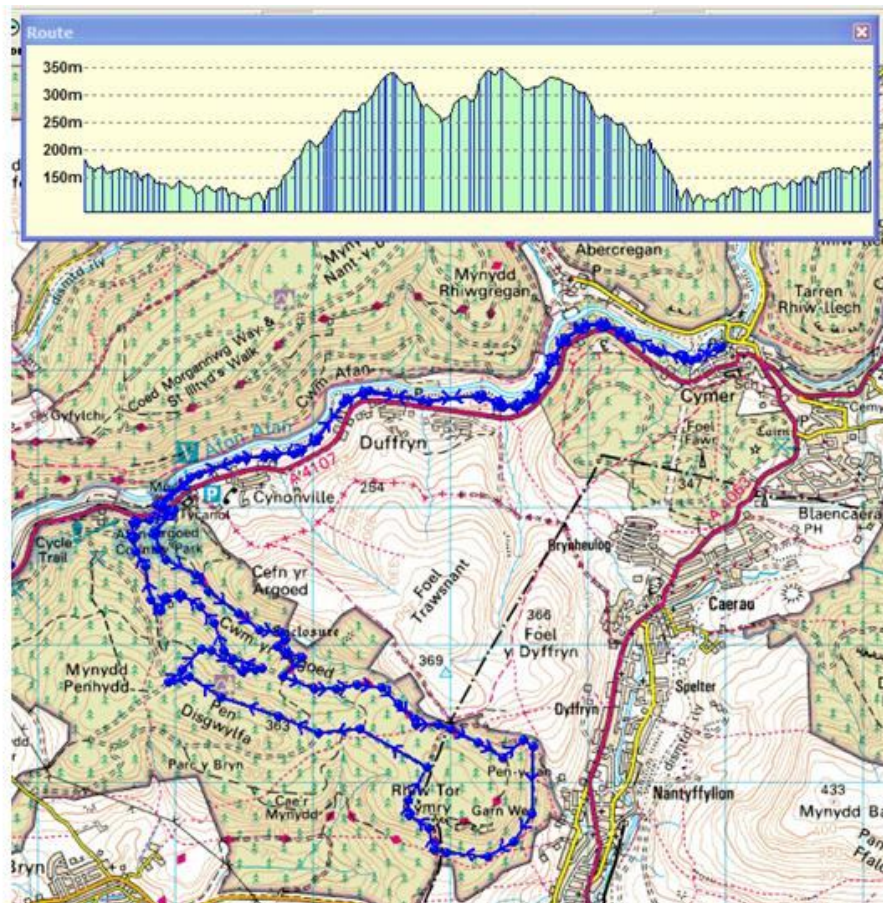
**Teams** – the handover for the teams is in transition area. You must tag your partner at your designated racking point, your chip timing belt is your baton.

**The Cycle** This is an Off Road Event which is suitable for Mountain or Cross 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 final choice of bike is yours.

The Full distance bike route will be as follows - ride 5k down the valley to Afan Argoed Country Park. Here you will go under the bridge and go up the mountain. Once on the top (first peak on profile you will do a circuit before descending back to Afan Argoed via a parallel track. (Full loop 10k) Here you will go back under the bridge, and follow the track back to Cymer, which is another 5k. There is a total of 740m ascent and descent on the route. There is no single track.

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.



1. Helmets must be worn at all times.
2. **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.
3. There must be no cycling in transition area. Wheel your bike out of transition area and mount at the designated line.
4. Your race number must be visible at all times, number belts may be worn.
5. **Please take care throughout the course. The country park is still open to the public. You are responsible for your own safety.**

6. The cycle has out and back sections, **please cycle on the left hand** side of the track to avoid on coming bikes.
7. 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

1. 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.
2. The finish line is alongside transition and in front of the platform of the old railway station.

#### The Presentation

1. 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.
2. 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

1. 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**. All competitors will receive a finisher's trophy immediately after finishing.
2. 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.
3. Why not make a weekend of it and camp at the official race camp site which is located at Glynccorrwg ponds and Mountain Bike centre? We are also holding a post race party at the same location which will start at 7pm. This is an informal gathering where we will have a few beers, a nice meal chosen off the excellent menu some carefully selected music and in an amazing location.
4. **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.**

#### **Cymer Afan 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.**