

## WELSH TRIATHLON CHAMPIONSHIPS FOR TRI-STARS AND YOUTHS 07

1. **General.** The Welsh Triathlon Championships 07 is to be held at MOD St Athan on Sun 01 Jul 07, commencing at 1400 hrs, it is strongly recommended that all athletes arrive as early as possible. The race will be held within MOD St Athan camp using the military gymnasium facilities on MOD closed roads.

2. **Categories.** The triathlon will be run over the following distances per age category:

Cat	Age	Swim	Bike	Run
TS2	11 to 12 yrs	200m	6 km	1.8 km
TS3	13 to 14 yrs	300m	8 km	2.4 km
Youth	15 to 16 yrs	400m	10 km	3 km

3. **Swim.** The swim will be conducted in a six lane 33.3 yard pool.

- a. A more detailed brief on the direction of travel will be given prior to the athletes starting their specific race.
- b. Athletes will start in the water and tumble turns are permitted.

4. **Transition.** The transition area is situated inside the gymnasium and is approximately 50 metres from the pool.

- a. Non slip matting will guide the athletes to the transition area, this will also be mine taped.
- b. A more detailed brief on the direction of travel and the correct entry and exit to the transition area will be given prior to the race start.
- c. The transition area will be clearly marked and mine taped to help assist athletes.
- d. Transition will be open all morning from 0900 hrs but, will be closed 1 hour prior to the first race start.
- e. Only athletes and officials will be allowed in the transition area.
- f. Athletes must show race number to officials prior to removing their bikes.

5. **Cycle.** The bike course is a looped course within MOD St Athan Camp; the roads will be closed to all traffic.

- a. A more detailed brief on the bike course will be given on the day.
- c. The roads are wide with an excellent surface conducive for fast riding.
- d. The course will be marshalled and signed throughout the course.
- e. The course is a simple anti clockwise circuit with only two technical areas.
- f. It is the athlete's responsibility to count their own laps.

6. **Run.** The run will be on road and hard grass suitable for racing flats.

- a. A more detailed brief on the run course will be given on the day.
- b. The course will be marshalled and signed throughout.
- c. It is the athlete's responsibility to count their own laps.

7. **Timings.** The timings are as follows:
  - a. 0900 hrs - Registration Transition Open (Team Managers Only).
  - b. 1000 hrs - Transition Area Open.
  - c. 1100 hrs - Bike and Run course open for recce.
  - d. 1300 hrs - Compulsory Race Brief (Main Hall).
  - e. 1300 hrs - Transition Area Closed.
  - f. 1400 hrs - Fist wave starts.
8. **Registration.** Team managers can register from 0900 hrs to 1100 hrs prior to the event. Team managers are to register the whole team. All team members must be members of British Triathlon Association and Team managers should present their athletes' licences/membership.
9. Team managers are to ensure they receive the following at registration:
  - a. 2 individual race numbers per athlete.
  - b. Safety Pins x 8 per athlete.
  - c. Timing chip and strap x 1 each.
  - d. Swim Cap.
10. **Rules.** The event will be conducted under the rules of the British Triathlon and can found on [www.britishtriathlon.org](http://www.britishtriathlon.org).
11. **Entry Forms.** Race entry forms can be found attached; entries should be received by no later than 25 June 07.
12. **Entry Fees.** The entry fee for the event is £12.00 per athlete and should be made payable to Mark Livesey (event organiser).
13. **Facilities.** Changing and shower facilities are situated in the main gymnasium hall. Spectators will have designated areas in which to watch the event. If you would like to look at some of the facilities available, please log onto [www.tri-mil.co.uk](http://www.tri-mil.co.uk).
14. **Photographs.** It is of paramount importance that all photography be registered prior to the event at race registration located in the main gymnasium hall.
15. **Prize Giving.** Prize giving will start 30 minutes after the last athlete crosses the line. The British Triathlon Association will be providing the awards.
16. **Parking.** On arrival you will be directed to the allocated parking area for this event, which is approximately 500 metres from the gymnasium.
17. **Security.** As you are aware you will be entering a military establishment, therefore you are required to fully complete and return the attached security/entry form. On arrival you will be met by one of my representatives (soldier) who will issue you with a temporary vehicle and visitors pass. **Please ensure that all visitors and guests have photographic identification on their possession.**

17. **Summary.** If you have any queries or require any further information, please do not hesitate to contact the undersigned.

Mr Mark Livesey  
Army Triathlon Technical Director

Mob: 07786176167  
Work: 01446 797710  
Email: [Mark@tri-mil.co.uk](mailto:Mark@tri-mil.co.uk)

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(TO BE RETURNED BY NO LATER THAN 25 JUNE 07)

## ENTRY FORM

### 1. Athletes' details:

Full Name	Sex	Age	Cat	BTA No	Remarks

### 2. Entry Fees:

I have enclosed the sum of £\_\_\_\_\_ made payable to Mark Livesey. £12.00 per athlete.

### 3. Security Details. Please include all vehicle and passenger details in the table below.

Full Name	Vehicle Reg	Make	Model	Colour

### 4. This entry form is to be fully complete and returned to either of the addresses below:

- a. Sgt (SI) Mark Livesey APTC  
Pedflt (Gymnasium)  
East Camp  
MOD St Athan  
Vale of Glamorgan  
CF62 4WA
- b. [mark@tri-mil.co.uk](mailto:mark@tri-mil.co.uk)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

Contact No: \_\_\_\_\_