

**23RD MARCH 2024**



**MUMBLES DUATHLON.COM**  
**RACE PACK**



# ***IMPORTANT INFORMATION***

**PLEASE ENSURE THAT YOU READ CAREFULLY,  
EVEN IF YOU HAVE RACED BEFORE.**

**We would like to take this opportunity to thank you for participating in Mumbles Duathlon 2024. We can't wait to see you on the start line.**

**As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.**

**You may have many questions on how the day will run and we're sure that the race pack will answer all of them for you. Ensuring the safety of all in attendance is of paramount importance.**

**A huge thank you again for your continued support.**

**See you on race day!**



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# EVENT ITINERARY

## FRIDAY, 22ND MARCH

4pm - 7pm	Registration
5.30pm	Beginners briefing - outside of transition

## SATURDAY, 23RD MARCH

6.30am - 7:20am	Registration
6.30am - 7:30am	Transition Open - No racking permitted after 7.30am
8am	<b>RACE START</b>
10.15am	Bike Cut off - Transition
11am	Overall Race Cut Off
11.10am	Transition Closes - Any Bikes left after this time will be unattended





# WHAT THREE WORD LOCATIONS

**WHAT: REGISTRATION**

**LOCATION: MUMBLES YACHT CLUB**

**WHAT3WORDS: ///paths.redeeming.balanced**

**WHAT: TRANSITION**

**LOCATION: KNABB ROCK CAR PARK**

**WHAT3WORDS: ///spoon.headsets.inches**

**WHAT: START LINE**

**LOCATION: KNABB ROCK CAR PARK**

**WHAT3WORDS: ///tune.refrained.until**

**WHAT: FINISH LINE**

**LOCATION: KNABB ROCK CAR PARK**

**WHAT3WORDS: ///tune.refrained.until**

# PARKING

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**LOCATION: MUMBLES SA3 4EL**

**WHAT3WORDS: ///coverings.liners.tokens**

**PARKING: Both Knabb Rock car parks are being used for the event so these will be unavailable for athlete parking.**

**There are alternative car parks in the area. Please DO NOT park on the side of the road or on pavements as this will prove to be problematic during the race. Council Parking Officers will be in attendance.**

There is plenty of parking before the race location which is available at:-

**Southend Car Park - WHAT3WORDS ///reinstate.shuffles.humble**

**Oystermouth Foreshore - WHAT3WORDS ///ballots.guarded.eased**

**There is also plenty of parking beyond the race location.**





# REGISTRATION

**LOCATION: MUMBLES YACHT CLUB**

**WHAT3WORDS: ///paths.redeeming.balanced**

You will need photo ID and QR Code to collect your bib number. Without this, you will be unable to register. You cannot register on someone else's behalf.

**On registering you will receive:-**

**2 x bib numbers (Please ensure you complete medical information on the reverse)**

**1 x helmet number**

**1 x bike post number**

**1 x timing chip**

**RELAY TEAMS:**

One person can register for the whole team, provided that each team member has agreed to the event disclaimer/terms and conditions. If these have not been agreed via your Lets Do this account, the team members will need to attend at the same time to sign disclaimers at registration.

Please bring a pen with you to complete your medical conditions on the back of your bib number.

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (30 days prior to the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.

**PLEASE CHECK ALL RULES OF THE EVENT PRIOR TO COMPETING. FAILURE TO FOLLOW THE RULES WILL RESULT IN DISQUALIFICATION.**

# BIKE RACKING

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## TRANSITION PRE-ENTRY CHECK

**LOCATION: KNABB ROCK CAR PARK**

**WHAT3WORDS: ///spoon.headsets.inches**

- Make sure you have numbered your bike and helmet with the numbers provided **BEFORE** entering transition.
- Your helmet must be on and fastened before entering transition.
- Transition will be laid-out to be equal and fair for everyone, therefore we will not number the racks.
- For relay teams, only the bike athlete will need to rack their bike at transition.
- You will be able to remove your bike once all bikes are back in transition. All bikes must be removed after the last competitor has completed the event. You will be required to show your bib number when collecting your bike.

**IT IS VITAL THAT YOU FOLLOW ALL INSTRUCTIONS GIVEN BY TRANSITION STAFF.**





# TRANSITION PRE-ENTRY CHECKLIST

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☐

**Helmet on and fastened**

☐

**Helmet numbered**

☐

**Bar ends plugged**

☐

**Bike numbered**

☐

**Transition bag with bike kit**



# EVENT SPECIFIC INFORMATION

## TIMING & RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event. Race numbers must be displayed on your back during the bike and the front during the run. Failure to display in the correct way could cause you to be penalised or disqualified.

Race belts are permitted. Return bins for timing chips will be provided at the finish line. Please ensure you remove your chip before leaving the finish line pen.

You will need to return your chip at the end of the event, or if you are unable to finish the event. Failure to return the chip, will result in a replacement fee of £100.

## PRE-EVENT SAFETY VIDEO

The pre-event video briefing which contains important, on-the-day information, please ensure you watch this prior to the event. You can find it here [event video briefing](#) or click the picture below.

Should poor weather conditions dictate, please ensure you have appropriate bright clothing and lights on your bike.

**Due to safety reasons, personal music players and headphones are NOT permitted.**





## **FINISH LINE**

At the finish line there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100. On crossing the finish line you will be able to collect your medal and bottle of water.

## **MARSHALS**

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification. It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

## **PHOTOGRAPHY**

There will be photographers and videographers on the course and all athlete pictures will be available online from <https://bit.ly/MumblesDuathlon2024-CharlesWhittonPhotography>. We will notify you by email once the event photos have been published.

## **BIKE MECHANIC**

There will be no bike mechanic in attendance, so please ensure your bike is race ready prior to arrival.

**IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL OR MARSHAL TO INFORM THEM.**

**REMEMBER TO RETURN YOUR TIMING CHIP, FAILING TO DO SO WILL RESULT IN A REPLACEMENT FEE OF £100**

# COURSE & MAPS

**THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINKS BELOW:**

**<https://www.mumblesduathlon.com/athletes/sprint-distance/>**

***Courses are comprehensively marshalled and signed with black arrows/fluorescent background.***

## **SPRINT DISTANCE - RUN 5KM /BIKE 32KM/RUN 5KM**

## **SUPER SPRINT DISTANCE - RUN 5KM /BIKE 21KM/RUN 3KM**

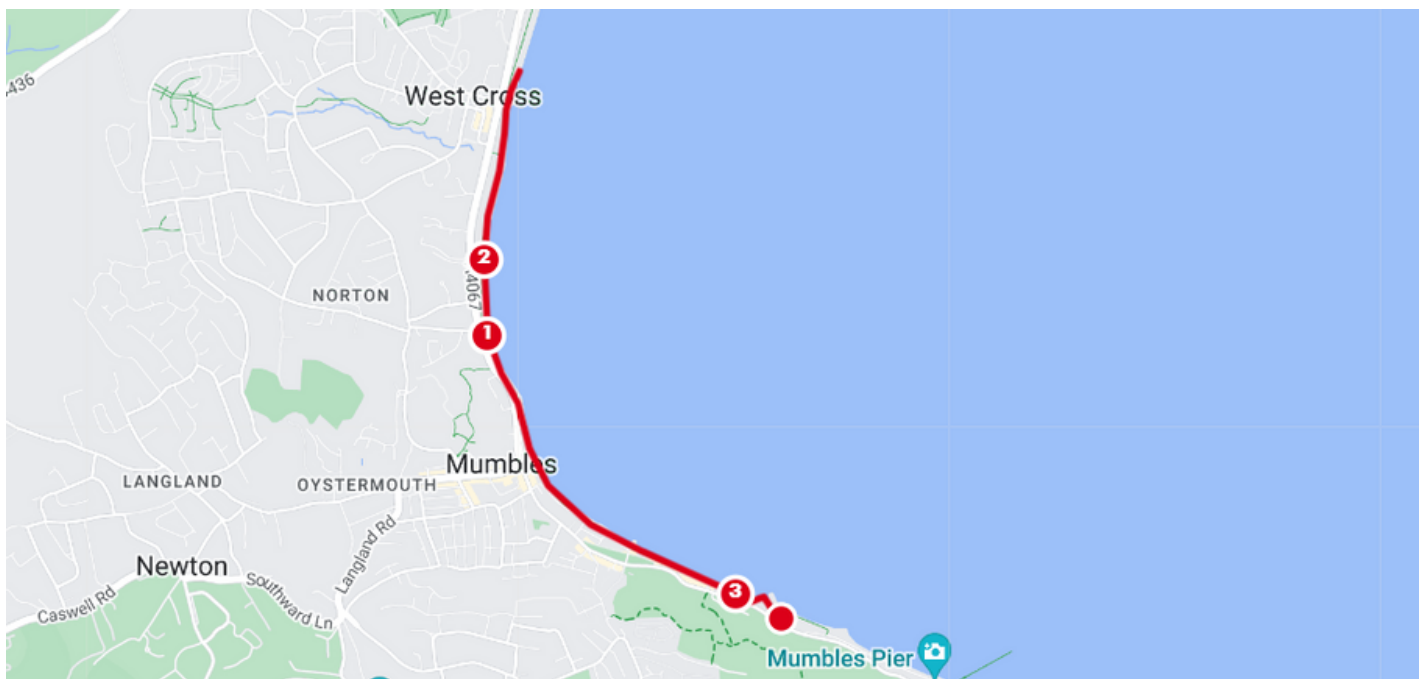
The run route takes place on the waterfront path with stunning views over Swansea Bay. A fast and flat 5km out-and-back course heading towards Swansea. Please note that there are extensive works along the promenade, please follow any diversions or marshals instructions.

Please keep on the left-hand side of the promenade at all times. Please respect other path users. The bike route is on public highways which are open to other road users. Any dangerous riding or abusive language used will carry a DQ from the event without appeal. BTF rules and the highway code must be followed at all times. Please ride within your ability.

After completing the run course for a second time, you'll head for your red carpet finish!

If you are cycling in 20mph areas, we ask you not to undertake vehicles or drive dangerously. Police will be observing these areas and any dangerous riding could result in prosecution.

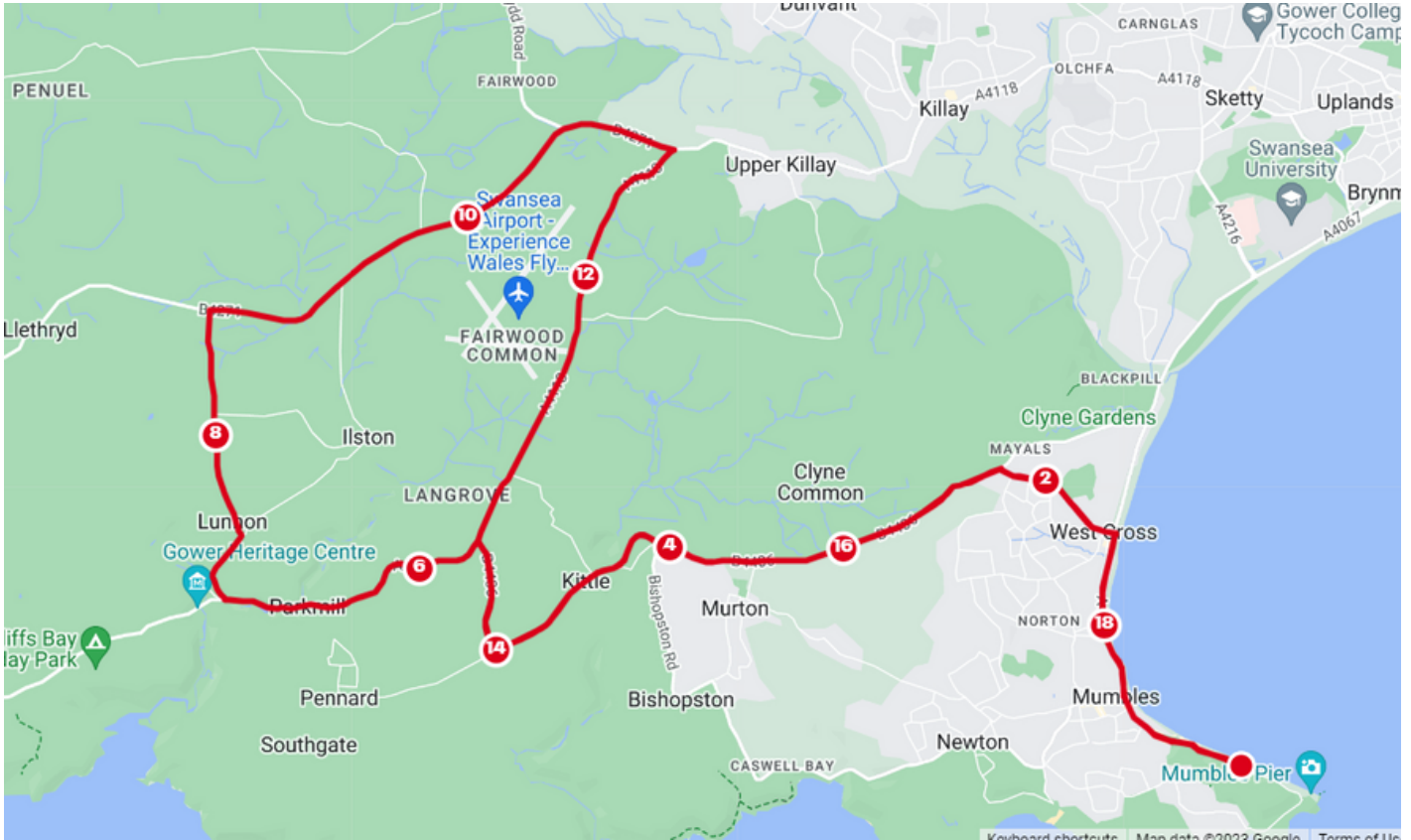
## **RUN COURSE - SPRINT & SUPER SPRINT 1**



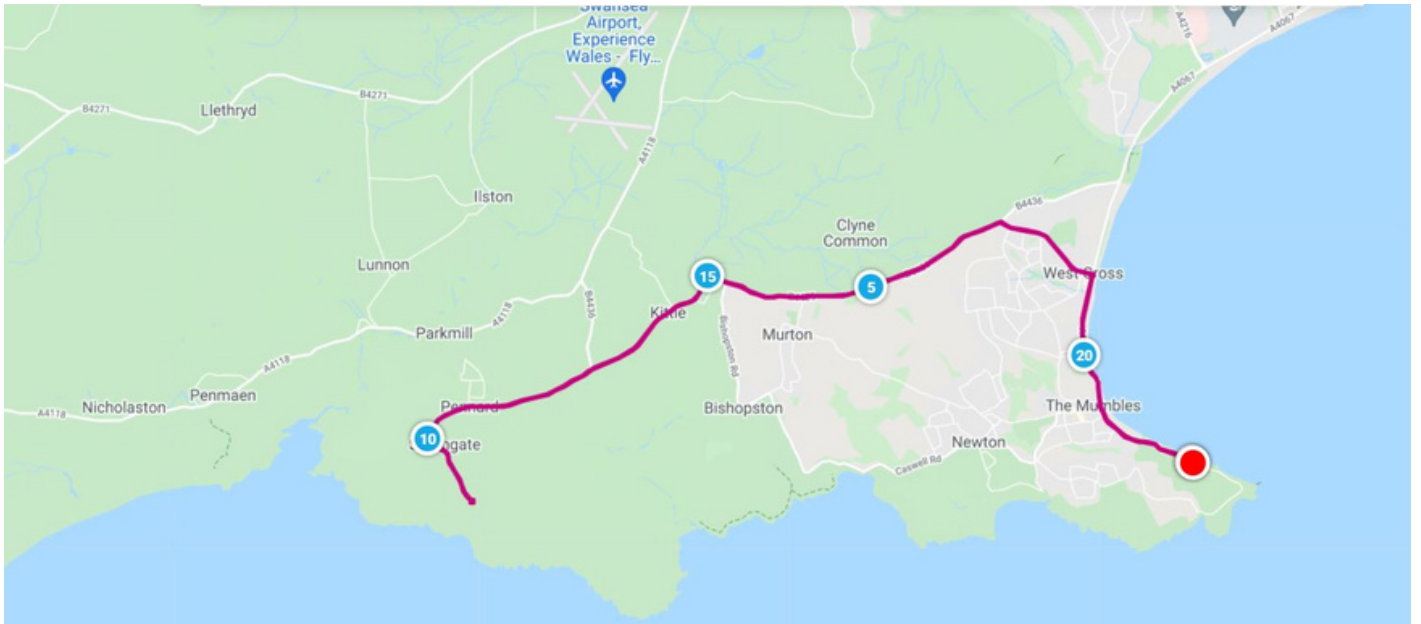


# COURSE & MAPS

## BIKE COURSE - SPRINT



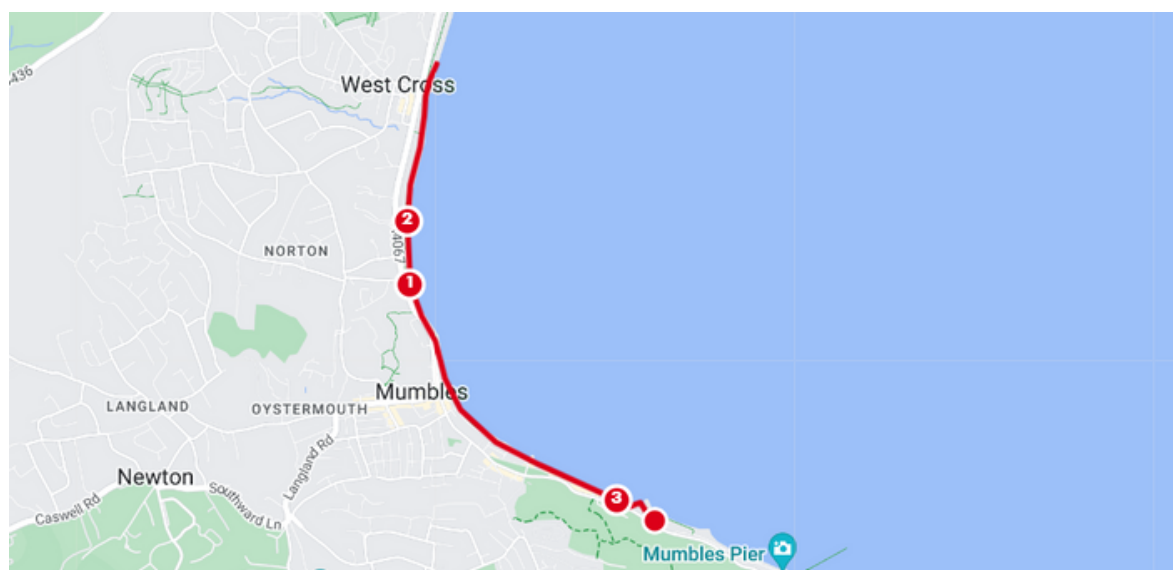
## BIKE COURSE - SUPER SPRINT



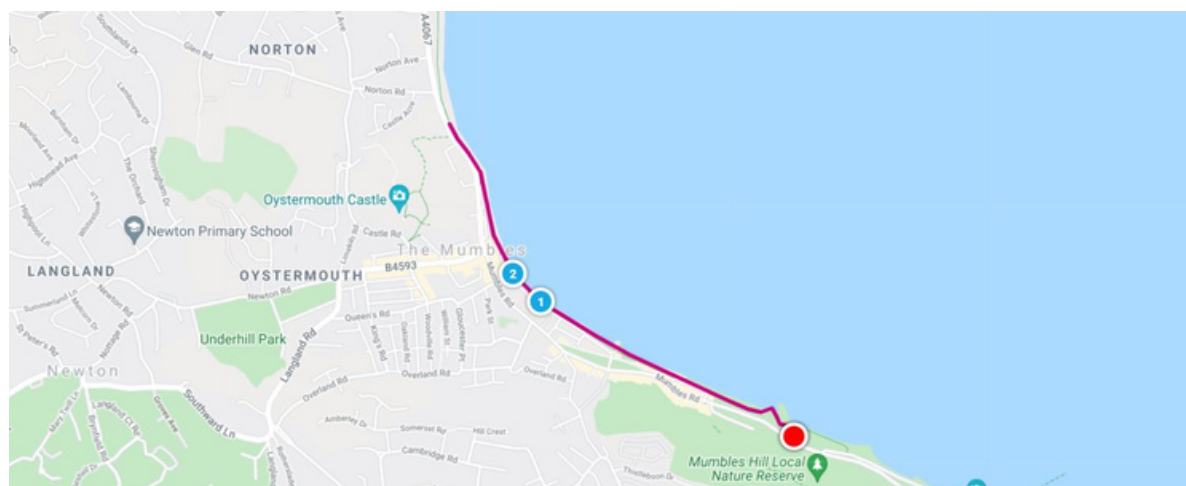
**If you are cycling in 20mph areas, we ask you not to undertake vehicles or drive dangerously Police will be observing these areas and any dangous riding could result in prosecution.**

# COURSE & MAPS

## RUN COURSE - SPRINT 2



## RUN COURSE - SUPER SPRINT 2



## CUT OFF TIMES & FEED STATIONS

### OVERALL CUT-OFF: 11AM FOR ALL ATHLETES.

Athletes will have two cut offs in place throughout the event.

Bike Cut off - 10.15am

Overall Cut off - 11.00am

There are no feed stations/water stations on course. You will need to be self-sufficient during the event.

**FINISH** - When you cross the finish line, we will provide you with a bottle of water and recovery items.

**N.B Courses are always subject to change. - Any course changes after the race pack has been issued, athletes will be notified by Text and/or Email.**



# RULES

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**It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence and the rules are available on [www.britishtriathlon.org](http://www.britishtriathlon.org).**

- It is your responsibility as a competitor to know and correctly complete the full course
- Foul and abusive language is not permitted and the failure to follow a marshals instructions, the police or referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- It is your responsibility to know the course and abide the highway code at all times.
- No outside assistance is allowed at any time.
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing you need to be aware of other competitors and the general public (both on foot and live traffic).
- You **MUST** wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (and definitely not elastic). These will be checked visually when racking your bike.
- Any fittings on your bike (computers, handlebar extensions) must be positioned so as to prevent injury in the event of a crash. All handlebars and tri bars must be plugged. This will be checked visually when racking your bike and you will not be allowed if they are deemed dangerous.
- Bikes are single-use only - tandem bikes and electric bikes are not permitted.
- Your helmet must be fully fastened before racking your bike, similarly on your return to transition, your bike must be fully racked before you undo your helmet.
- Nudity is not allowed – after seeing one male competitor drop his swim trunks in transition and try and change into cycle shorts only to get his foot caught and then spend the next 30 seconds hopping around to release himself.....well I think you know why.
- You will also need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.

# RULES CONTINUED

- Bikes **MUST** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking this way will be disqualified.
- Remember to place your equipment, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not allowed to mark your position in transition with any special device, flag etc and please be careful not to interfere with any equipment of your fellow athletes, either deliberately or accidentally.
- Event numbers must be worn on the back for the bike and on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise you will be penalised.
- Ensure that you mount/dismount at the line marked outside of transition. There must be no cycling in transition.
- This is a non-drafting event: please see a guide on the following page. The course is comprehensively marshalled and signed with black arrows and fluorescent background. If a referee thinks you are drafting there is no appeal against this decision, so the rule of thumb is - be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.
- It is your responsibility to know the course.
- If you read this and follow the advice, you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have however his/her decision is final.
- Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- All decisions are final. The race director and race referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee have the ability to implement and introduce laws and rules on the day.
- Video and Photography will be taken on the day for social media and marketing use. This will also include spectators and anyone who partakes in the run with a loved one channel.

**For Full Terms and Conditions [Click Here](#)**



# DRAFTING RULES EXPLAINED

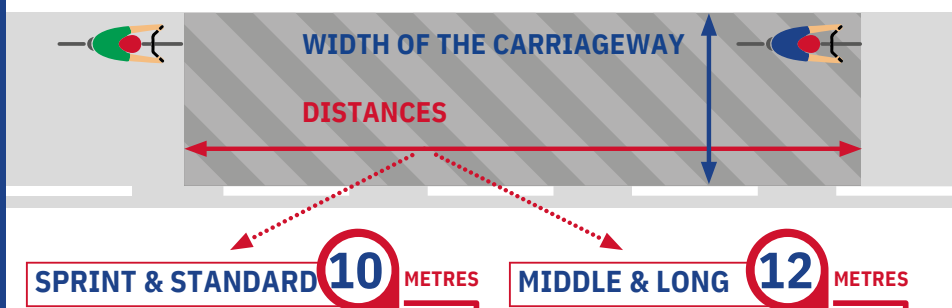
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

### IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE



## DRAFTING & NOT DRAFTING

### NOT DRAFTING

check

### DRAFTING BIKE

### LEAD BIKE

### BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

**SPRINT & STANDARD**

20 SECONDS

**MIDDLE & LONG**

25 SECONDS

If the pass cannot be made you must drop back.  
Any overtaken cyclist must drop back once passed.



## OTHER VEHICLES

You must remain 12 metres behind motorcycles and 35 metres behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
<b>SPRINT</b>	1 MIN PENALTY	DISQUALIFICATION	N/A
<b>STANDARD</b>	2 MINS PENALTY	N	N/A
<b>MIDDLE / LONG</b>	5 MINS PENALTY	DISQUALIFICATION	DISQUALIFICATION

N 5 MINS PENALTY



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

# POST EVENT INFORMATION

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## AWARDS & RESULTS

See below the winning categories of the event - please note a presentation of 1st, 2nd 3rd Male & Female Overall FOR SPRINT ONLY will be done on the day.

## WINNING CATEGORIES

### SPRINT

1st/2nd/3rd Male & Female - Sprint

Results will be posted on the website and can be found

### SUPER SPRINT

There will be no prizes for the super sprint and it will be participation only.

<https://www.mumblesduathlon.com/athletes/results/>

These are normally live in the days following the event, However, we will let you know via our social media channels when they are active.

## LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

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## ACCOMMODATION

For more information on where to stay - Check out the website

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## FOOD & DRINK

For information on Where to eat - Check out the website



**£69.95**

**OCEANLAVA IS  
BACK IN  
MUMBLES**

**AIIIIE**  
**OCEANLAVA**  
**MUMBLES TRIATHLON**

**MIDDLE: SWIM 1.9KM BIKE 90KM RUN 21KM**  
**SPRINT: SWIM 750M BIKE 32KM RUN 5KM**

**11.05.24**

MUMBLESTRI.COM



**ENTER**

# OUR EVENTS 2024

**MUMBLES TRIATHLON 11TH MAY**

**SWANSEA SWIM 25TH MAY**

**SWANSEA TRIATHLON 26TH MAY**

**SWANSEA 5K 26TH MAY**

**CHALLENGE WALES 9TH JUNE**

**FISHGUARD TRIATHLON 9TH JUNE**

**LONG COURSE WEEKEND WALES 21ST - 23RD JUNE**

**THE WALES SWIM 21ST JUNE**

**THE WALES SPORTIVE 22ND JUNE**

**THE WALES MARATHON 23RD JUNE**

**THE WALES HALF MARATHON 23RD JUNE**

**THE WALES 10K 23RD JUNE**

**THE WALES 5K 23RD JUNE**

**WALES SWIM RUN 13TH JULY**

**LONG COURSE WEEKEND YORKSHIRE 6TH - 8TH SEPTEMBER**

**SAUNDERSFOOT TRI 20TH SEPTEMBER**

**LONG COURSE WEEKEND BELGIUM 20TH - 22ND SEPTEMBER**



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