



CARDIFF TRIATHLON CAERDYDD
Try-a-Tri, Sunday 4th May 2008.

Dear Competitor,

Thank you for entering 'Cardiff Triathlon Caerdydd' Try-a-Tri. We hope that if you are entering a triathlon for the first time you will find the experience enjoyable. The following information is offered to guide you through your first triathlon and ensure a safe and pleasant event.

The first swimmers will be in the water promptly at 7.30am (sorry for such an early start). The first wave will be for Cardiff tri club members who are traveling to Portugal in May to compete in the European championships. Subsequently, competitors will be allocated a starting order depending upon their swimming ability = the slower swimmers starting first. Refer to the table attached.

WARNING: - IF YOU MISS YOUR SWIM START WE CANNOT GUARANTEE THAT SPACE WILL BE AVAILABLE FOR YOU TO SWIM AT A LATER TIME.

1.0 REGISTRATION.

From 6.30am onwards, in the Lounge Bar at the Leisure Centre, you will: -

Please register your intention to participate as early as possible.

Be issued with your race numbers and have your race number written on both arms and legs.

2.0 NUMBERS

The numbers should be visible to marshals, on front and back.

It would also help if you shouted out your number to marshals at transition timing areas – at exit of pool, when leaving bike compound and at finish.

3.0 SWIM SECTION.

After the European championship triathletes have completed the swim section, the first swimmers of the main race will be in the water at **7.40am prompt**. Slowest swimmers will be in the early heats.

A sheet indicating the heat number and approximate start time of swimmers will be displayed at the registration area and this will be strictly adhered to. Please remember your heat start time and be ready to swim when requested by the swim marshals.

Please assemble; ready to swim at the far end of the pool 10 minutes before your designated start time.

The following heat will not start until the previous one has finished. If you miss your heat or start time you cannot be guaranteed a swim. Please be prompt.

There will be 6 lanes with 2 swimmers in each lane. Please swim UP and DOWN the side indicated

by the swim marshals.

Your 16 lengths (400 metres) will be counted by swim marshals and you will be told when you have "2 lengths to go" and when to "finish".

On completion of the swim, please leave poolside by an exit indicated and make your way to the bike transition area, as shown.

Please leave your clothing for the bike and run sections by the side of your bike in the bike transition area.

Do not leave clothes in the way of other competitors – keep them neat. You may use the facilities at the leisure centre to change and shower if desired.

4.0 CYCLE SECTION.

Please try to have a number visible or be ready to shout out your number to marshals.

Any competitor slipstreaming behind another competitor will be disqualified. There should be at least 4 bike lengths between cyclists, except when overtaking.

The cycle section of this race consists of **2 laps** of approximately 5 miles each.

4.1 COURSE.

To view the route on a map- <http://www.gmap-pedometer.com/?r=1690750>

* **Please note** – On turning out of the Leisure Centre, the cycle route consists of only LEFT HAND TURNS. Please ride with your head up, obey marshal's advice and follow direction signs.

- On leaving the Leisure Centre car park TURN RIGHT and then LEFT on reaching the main Waterhall Road, caution traffic calming system.
- At the top of the hill (Radyr Cheyne), go LEFT at the ROUNDABOUT onto Llantrisant Road.
- Stay on the Llantrisant Road and go straight on past the roundabouts after a short climb you will hit a downhill section of the course which is very fast as you go under the BRIDGE. **(CAUTION)** you will be making a sharp LEFT turn at the bottom of the hill so brake early to keep your bike under control particularly if it is wet.
- This LEFT turn at the bottom of the hill is Crofft-y-Genau Road go straight until the first CROSSROADS.
- TURN LEFT and proceed along Pentrebanne Road, past Plas Mawr High School on your left, **CAUTION** again due to traffic calming system.
- At the junction TURN LEFT back onto the Waterhall Road.

PLEASE TAKE CARE HERE AS YOU ARE JOINING A BUSY MAIN ROAD. ALSO RUNNERS FROM EARLIER HEATS WILL BE CROSSING THIS ROAD TO BEGIN THE RUN SECTION OF THE RACE.

This completes your first lap. The second lap is the same as the first. Come along Pentrebanne Road for the SECOND time. TURN LEFT back onto Waterhall Road and LEFT again back into the Leisure Centre. Keep to the LEFT and follow the main flow of traffic into the Leisure Centre car park. You are now back in the bike/run transition area.

The future of triathlon depends upon the safe and sensible use of highways and the consideration paid to motorists and pedestrians alike. The local police have been extremely helpful please help them.

5.0 RUN SECTION.

On completing the cycle section of the triathlon, leave your bike racked in the transition area (**not on the ground**).

5.1 COURSE.

To view the route on a map- <http://www.gmap-pedometer.com/?r=1690869>

- On crossing Waterhall Road, TURN LEFT along Pwllmellin Road.
- Take extra care at the narrow bridge just past the shops.
- Stay on the pavement on Pwllmellin Road and go past Rookwood hospital.
- Shortly after passing Rookwood Hospital TURN LEFT at the TRAFFIC LIGHTS.
- Go down the hill, staying on the pavement, and go past the BBC Studios.
- Stay on the Llantrisant Road until you come to the Texaco garage on your left, just before the ROUNDABOUT.
- TURN LEFT just passed the garage on to Radyr Way, into a housing estate.
- TURN LEFT then RIGHT on to Kenly Close and you will be directed onto a footpath by a marshal.
- Keep going straight on this footpath which will take you back straight back towards the Leisure Centre.
- There will be a race sign indicating where to come off the footpath to the left where you will see the Leisure Centre, run across the playing field about 100 metres to the finish.

STUDY MAP OF ROUTE

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WELL DONE!! YOUV'E DONE IT!!

Spare a thought- not everyone is in a hurry on a Sunday morning. We will try our very best gather the results as soon as possible. We will aim to email the full results to you during the bank holiday weekend and they will also be posted on the Cardiff tri website (www.cardifftri.net).

BIKE CHECK LIST

The following checks should be carried out prior to coming to the event and preferably on the morning of the actual competition, before placing your bike in the transition area.

These checks should be undertaken as 'Cardiff Triathlon Caerdydd' cannot be held responsible for any damage incurred from mechanical failure.

ITEM CHECK:

Frame

- Wheels in line when straight
- For cracks in tubes or lugs

Saddle

- For tightness of seat pillar in frame
- For tightness of saddle fixing itself

Handlebars

- For tightness of handlebar stem in frame
- For tightness of handlebars in stem

Brakes

- No wheel rotation when applied
- Clear rims when released
- Tightness of fixing to frame
- Excessive wear of brake blocks and cables
- Tightness of fixing nuts
- Tightness of levers to handlebars

Bearings

- For play or tightness in bottom bracket or steering

Chain set

- Tightness of chain wheel bolts

Pedals, toe clips, straps

- Bearings, fixing of clips and for cracks
- Straps are sound
- Pedals firmly attached to cranks

Chain

- For wear and lubricated

Gears

- All fixings, cables for wear, free wheel for smooth running and wear
- Operation for overshooting on top and bottom gears

Wheels

- For true running, rims, bearings, fixing to frame, spokes for slackness or breakage

Tyres

- Inflated to correct pressure, tread for cuts, small stones and bulges
- Tubulars (if used), for adhesion to rims
- Spare tyre/tube

Accessories

- Pump firmly in place
- Tools, bottle cage and spares fixed firmly

THE WEARING OF A CYCLE HELMET (WHICH MEETS APPROPRIATE BRITISH STANDARDS) IS COMPULSORY – REMEMBER NO HELMET, NO RIDE!!!

EQUIPMENT CHECK LIST**SECTION ITEMS**

Swim Swimwear, goggles, swim hat

Bike Bike, HELMET, cycle shoes/trainers, cycle top/t-shirt (torso must also be covered when on bike/run section), Numbers

Run Trainers, socks (if wearing), t-shirt/top

Other useful

items Safety pins to attach number

FLUID – make sure you stay hydrated before, during and after the race, shower equipment, towel for after swim section, change of clothes, number belt, warm top for after the race

MOST IMPORTANTLY...HAVE FUN!