

# Bala Standard Distance Triathlon

Sunday 3<sup>rd</sup> September 2017

## WELCOME

Welcome to the market town of Bala. The home of the Bala Standard Distance Triathlon. Located in North Wales, Bala is situated in South Snowdonia on the shores of Llyn Tegid the largest fresh water lake in Wales. The Middle Distance Triathlon takes place in and around the lakeside town. Llyn Tegid is 4 miles (6.4k) long and 0.75 miles (1.3k) wide. The lake was formed during the ice age and is an ecologically important site both nationally and internationally. It is owned and managed by the Snowdonia National Park Authority who have been extremely co-operative in organisation of this event.

Please treat the surrounding area with the respect it deserve and we should be guaranteed this venue for future events in years to come. If you have not visited Bala before, then take some time to explore the surrounding area and you are sure to want to return to this beautiful area again.

***WatsON Events in conjunction with Wreccsam Tri Club will be organising the Bala Standard Distance Triathlon. Entries for the Bala Standard Distance Triathlon our now open. To enter go to [www.wats-on-events.com](http://www.wats-on-events.com) or follow the link from the Wreccsam Tri Club webpage [www.wreccsamtri.org.uk](http://www.wreccsamtri.org.uk) or [www.entrycentral.com](http://www.entrycentral.com)***

## Race Information

**Venues** - Llyn Tegid, Bala, Gwynedd.

**Date** – Sunday 3rd September 2017.

### Distances

**Swim** - 1500m

**Bike** – 39km

**Run** – 10.25km

### Registration - Penllyn Leisure Centre, Pensarn Road, Bala Gwynedd LL23 7SR

Registration will take place at the Penllyn Leisure Centre from 13:00 – 17:00 on Saturday and from 07:00 until 08:30 on Sunday.

### PLEASE NOTE – REGISTRATION WILL CLOSE AT 8:30am on Sunday

On arrival at registration your BTF/ITU licence will be checked or you will be issued with a day licence. Also you will be issued with your race numbers and swim hat together with your goody bag.

Please collect your timing chip from the registration area on Saturday and Sunday morning where you will also be marked with your race number.

You will also be issued with your start time. Due to the high interest in the race, we have agreed with the police to run the event in a number of waves. This is for the safety of the competitors. The waves will be at 10 minute intervals, with the first wave starting at 09:30hrs. We expect the final wave to be at 10:00 hrs if we get off on schedule.

**N.B.** A last minute increase in numbers may result in additional waves so ensure you are there early and racked in time for the compulsory briefing at 09:00

### BRITISH TRIATHLON FEDERATION (BTF) AND ITU LICENCES

All athletes who produce a valid BTF (Triathlon England, Triathlon Scotland, or Welsh Triathlon) or ITU (International Triathlon Union) license at registration will be eligible for a £5 refund. If you do not produce one of the above current membership cards you will be issued with a day licence (the fee for this has already been included in your race entry). Relay teams must produce 3 valid licences for the £5 refund. There will be NO exceptions to this rule. Unless you are insured, you will NOT be allowed to race. It is your responsibility to ensure your BTF details are correct and up to date OR that you have a day licence.

**NO INSURANCE = NO RACE**

## SWIM WAVES AND START TIMES

The provisional start times and numbers of athletes per wave are as follows:

### THIS IS PROVISIONAL AND COULD CHANGE BY RACE DAY

Start time	Wave	Category	Age as of 31 <sup>st</sup> Dec 2016	Approximate no per wave (as of 29/08/16)
9:30	Wave 1	Male A,B,C,D,E,F,G	(17-39)	235
9:40	Wave 2	Female A,B,C,D,E,F,G,H,I,J,K,L,M,N	(17-74)	214
9:50	Wave 3	Male H,I	(40-49)	152
10:00	Wave 4	Male J,K,L,M,N+ Relay	(50-74)	152

If in doubt check the entry list on our website – start times and waves will be added in the days leading up to the race

### CAR PARKING

There are a number of car parks situated around the centre of Bala, just a short distance from the start of the event.

After the feedback from previous races we have now arranged with the Bala Rugby Club the use of their fields for competitor parking for all future events. This car park will be open and marshalled from 06:45 on Sunday morning.

They have also kindly agreed the use of male and female changing, shower and toilet facilities in addition to those in the leisure centre.

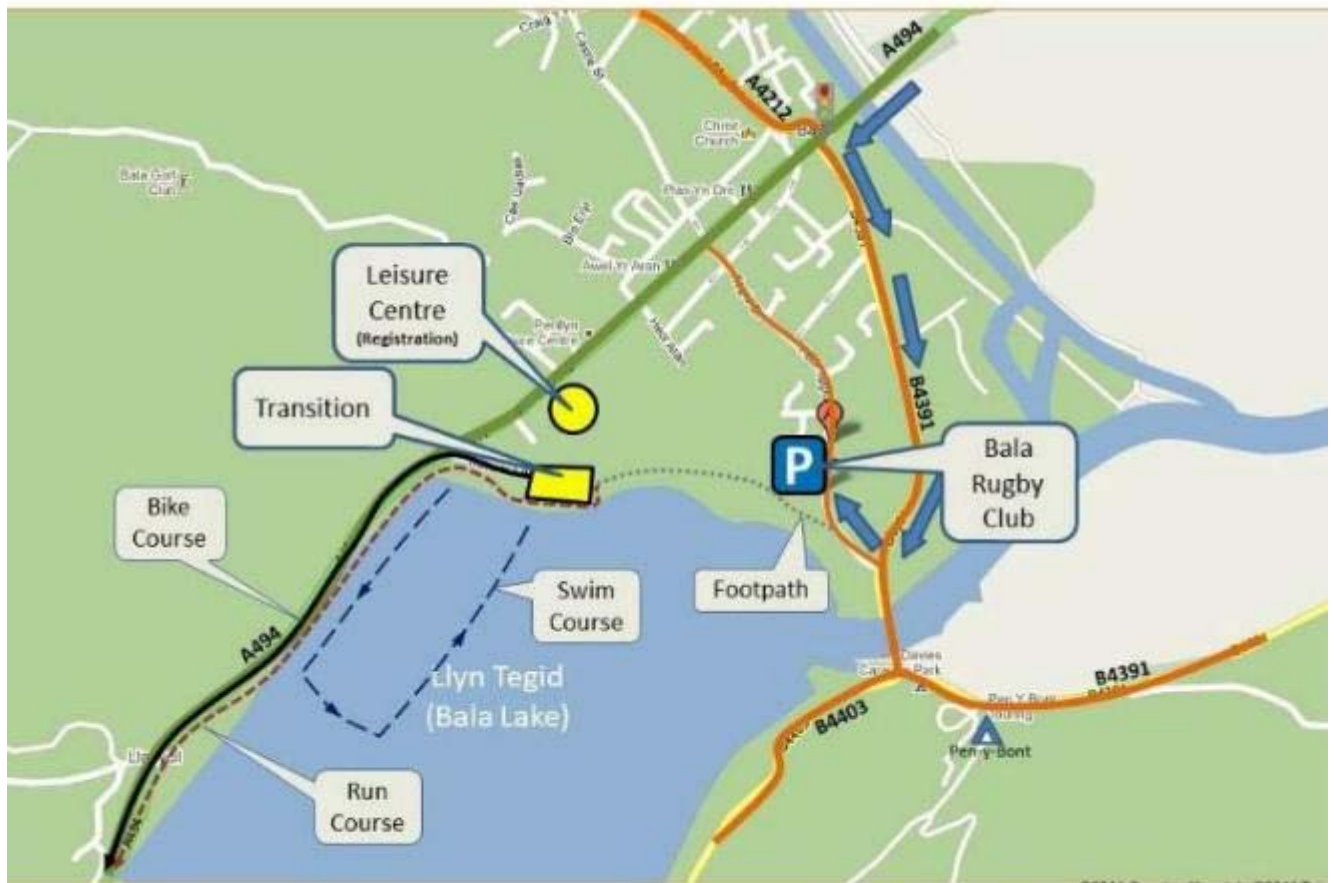
These facilities are adjacent to where you park and are only a couple of minutes' walk to the start. Also there is access straight onto the B4391 so you can leave at any time without driving on the course.

**PLEASE NOTE** - the only complaints we received from residents have been competitors parking on roads in residential areas. The police have threatened to clamp any vehicles parked in this manner so please use the facilities provided.

A map of the location is

here: <http://www.multimap.com/s/fReYqUfY>"> <http://maps.google.co.uk/maps?q=52.905701,-3.594913>

An alternate map is here:



This will be signed as you enter the town.

The leisure centre car park is reserved for emergency services, official vehicles, and residents wishing to use the leisure centre so please do not attempt to park there. Unauthorised parking here jeopardises the future of the race.

### **BIKE RACKING**

Bike racking will be available from 07:00hrs on Sunday morning and will close at 09:00hrs. There will be marshals on the entrance, and only people with a visible race number will be allowed access.

Please have all your race number in place before arriving at transition, your helmet on and fastened.

During and after the race, only people with race numbers will be allowed access to remove any item from the transition area. Please realise this is for the safety of your equipment. Your bike must have the sticky race number attached – we recommend it is fixed above the rear brake on the brake cable.

**NO BIKES WILL BE ALLOWED TO BE REMOVED FROM TRANSITION UNTIL THE LAST BIKER HAS FINISHED**

**THERE WILL BE AN ANNOUNCEMENT OVER THE SPEAKER SYSTEM WHEN BIKES CAN BE REMOVED**

## **DISC WHEELS**

Please be aware that disc wheels and deep rimmed wheels (particularly front) have been a bone of contention over the last few years. If the weather is bad enough for the referee to deem a disc wheel unsafe, then he has the final call, and can ban their use. If a specific wheel is banned, then it applies to all athletes, the referee has the final decision. **If you plan to race on deep rimmed or disc wheels, then ensure you bring an alternative JUST IN CASE.**

## **CLOTHING**

After the June 2011 event where winter weather conditions were present it is always a good idea to be prepared and have both summer and winter kit.

[Here](#) is a link to the local weather information.

## **TOILETS**

There are ample toilets in the leisure centre and on the lakeside. Other toilets are situated in the large car park on the northern approach to the lake.

There will be additional porta loos within the transition area on the lakeside

## **MEDICAL CONDITIONS**

If you suffer from any medical condition (e.g. asthma) please write details on the back of your race number. This should help ensure you receive the correct treatment in the event of any emergency.

## **RACE BRIEFING**

There will be a compulsory race briefing near the transition area (subject to weather conditions) at 9:00 Sunday morning. Here essential details of the race will be fully explained. **ENSURE YOU ATTEND.**

## **PENALTIES**

All penalties will be displayed on / near the results van in the finish area as soon as available.

## **MASSEUR'S**

A team of masseur's will be in attendance at the race from 08:00hrs onwards. Any athlete requiring this service must book a time slot. Pre race treatment can be booked from 08:00 hours onwards; post race treatment must be booked after completion of the race.

Massage Available Pre and Post Event

Pre event will be located within the leisure centre alongside registration

Post event, if weather permits will be outside, under gazebo

To pre book your massage ,pre or post, Contact Joe on 07805267792 or 01691778709 or [smart\\_hands@hotmail.co.uk](mailto:smart_hands@hotmail.co.uk)

This e-mail address is being protected from spambots. You need JavaScript enabled to view it  
This e-mail address is being protected from spam bots, you need JavaScript enabled to view it

## **PHOTOGRAPHER**

There will be a professional photographer from Mick Hall Event Photography and Dan Wyre Photography taking pictures around the course. These will be available on [www.mickhall-photos.com](http://www.mickhall-photos.com) and [www.danwyrephotography.co.uk](http://www.danwyrephotography.co.uk)

## **EXPO AND SALES**

Absolute Bikes (working in partnership with Royles) will be in attendance selling a comprehensive range of clothing, spares, accessories and energy products and last minute items for the race. In addition there will be an extensive selection of Triathlon products for sale including Bikes, Accessories, Wetsuits, Clothing, and Running shoes.

## **BIKE SERVICE**

Absolute Bikes will be providing bike servicing on Sunday should you have any last minute adjustments or mechanical problems. Spares will also be available from the sales area.

## **WETSUIT HIRE**

Royles are offering their unique Wetsuit Buy-back scheme at preferential rates to Bala competitors. For further information please contact the shop on 01625 543440 or email [sales@royles.biz](mailto:sales@royles.biz)

## **SWIM – 1500m - PLEASE NOTE:**

You are advised that inland waters are never completely safe to swim in, although risks of disease and infection are very low. Swimmers are mainly susceptible to infection when their immune systems are low, probably due to ill health at the time, so if you feel unwell on the day of the race it is advisable not to swim. The water temperature and condition are monitored on a regular basis and information will be posted on the morning of the race.

Wet suits are **COMPULSORY** during the swim. There will be safety boats and canoeists patrolling the course. The course is in an anticlockwise direction, so you must swim keeping the buoys to your left hand side. You will never be far from the shore, and in the event of any problem you can easily reach/be escorted to the side of the lake.

**IN THE EVENT YOU RETIRE FROM THE RACE, IN THE INTEREST OF SAFETY YOU MUST REPORT TO A RACE MARSHAL GIVING YOUR NAME AND HANDING IN YOUR TIMING CHIP AND NUMBER.**

## **BIKE – 39k**

**THE BIKE COURSE IS ON A CLOSED ROAD – THE CLOSURE IS IN EFFECT FROM 9:30 – 13:30**

**PLEASE BE AWARE THAT ALTHOUGH THE ROAD IS CLOSED TO THE PUBLIC THERE WILL BE EMERGENCY VEHICLES INCLUDING POLICE, AMBULANCES, DRAFTBUSTERS AND BROOM WAGONS. THESE COULD BE TRAVELLING AT EXCESSIVE SPEEDS SO BE AWARE!!!!!!**

The bike course is straight and undulating but with no serious hills, and it has produced very fast times in past races. It turns left out of the lakeside car park on to the A494 and continues South West for 19k, before taking a 180 degree turn round a bollard just before the second right hand turn into the village of Rhydymain. It then loops back on the A494 taking exactly the same route back in the direction of Bala, culminating in a right turn into the car park and transition area.

When leaving the car park, and executing these two right turns please exercise extreme caution. You will be assisted by marshals/police at all points.

## **Remember:**

Bike helmet is compulsory and must be securely fastened before removing the bike from the racking, and not removed until safely back in the transition area and the cycle is returned to its racking (or retired from the race).

The race is non-drafting.

Draft busters will be in attendance and two-minute penalty will be issued to anyone caught drafting.

Static draftbusters will also be in attendance at strategic parts of the course – no warnings will be given

No side by side cycling is allowed – overtaking must be completed quickly.

All rules of the road must be observed. Any failure to do so or to obey any marshal's instructions may result in disqualification from the race.

Vehicles will patrol the course and assist in the return of any competitor who withdraws for mechanical or other reasons.

**PLEASE FOLLOW THESE RULES AND ENSURE THAT YOUR BEHAVIOUR WILL HELP PROMOTE THE IMAGE OF OUR SPORT AND GUARANTEE THE USE OF THIS LOCATION FOR FUTURE EVENTS.**

Check the course and profile via the side menu of the home page

### **RUN – 10k**

The run course is the new flat course first used in 2008. This follows the bike route turning left out of the lakeside car park on to the A494 and continues South West for approximately 4K, where it turns into the Glanllyn Camp site, looping around the perimeter before returning the same way back into transition.

Several drink stations are provided on the run route.

**N.B. Please note that the camp site is private property - if you train on the course please do not use the campsite loop or we run the risk of losing access to this venue in the future**

Check the course and profile via the side menu of the home page

### **GENERAL DONT'S**

#### **LITTER**

Please take home your litter. The only complaints we have had are of competitors dropping empty gels and other litter on the course.

#### **SUPPORT VEHICLES**

Although it is nice to have supporters out on the bike course – please be aware that every vehicle is adding to the traffic problems for all athletes. There is already ample traffic on the route without supporters hopping from one lay bye to the next. By complying with this request you are helping secure the future of the race.

#### **PRIZES AND RESULTS**

It is hoped the results will be ready in time for Prize giving to take place outside the Penllyn Leisure Centre at 15:00 hrs.

The number of individual senior, veteran and super veteran awards allocated will be dependent on the final number of entries in each category.

There will be no team prizes other than Relay teams.

## **REFUNDS**

For refunds see our [refund policy](#) which is kept up-to-date.

Anyone not entitled to a refund, and wishing to have their goody bag can get someone to collect it at registration on the day of the race, a signature will be required. No bags will be retained after this date nor will they be posted to the entrant.

## **SUPPORTED CHARITIES**

Since the 1st Bala Triathlon, Wreccsam Triathlon Club has supported charities raising well over £100,000 from the races.

This year the registered charity supported by the race is ASPIRE. This is a spinal injury support charity and has been selected because of its excellent work with Paula Craig. Paula, an age group GB triathlete, was badly injured while training on her bike. You may have seen her fantastic results in wheel chair events.

Contributions will be collected throughout the day for ASPIRE at registration and in addition, a contribution will be made from race funds. Please give generously.

See ASPIRE: [www.aspire.org.uk](http://www.aspire.org.uk)

## **THANKS**

This race would not be possible without the help of the following groups who, as well as sponsorship provide over 100 volunteers for the event:

Wreccsam Tri Club, Bala Council, Raynet, St Johns, Penllyn Leisure Centre, Snowdonia National Park, Environment Agency, Gwynedd Council, Gwynedd Events Commission, Antur Penllyn, Bala Adventure and Watersports, Rotary Club, Bala Rugby Club, North Wales Police, National Escort Group/NEG and local residents.