



Welcome to the fifth Mold Triathlon and what we hope will be its warmer May slot!

Here's everything you need to know for your preparation and race day

The key elements will be re-iterated in the poolside brief, but we advise you take the time to thoroughly read this document beforehand as often with pre-race nerves, information doesn't fully sink in!

Event HQ – Mold Leisure Centre, Wrexham Road, Mold, CH7 1HT

From the West: Follow the A55 in the direction of Chester/Manchester until junction 33 where exit for Northop. Turn right over the flyover following the A5119 through Northop and Sychdyn. On reaching the traffic lights at the civic centre turn right towards Mold. At the Roundabout take the 1st exit in the A541. At the next roundabout go straight over and stay on the A541. At the next Roundabout take the 4th exit onto the A541 towards Ruthin. At the next roundabout take the 3rd exit onto the B5444. The leisure centre will be seen on the left-hand side after approximately half a mile. **Continue past the entrance (be aware of competitors) and follow the orange parking direction signs to the Ysgol Maes Garmon to park.**

From the East: Follow the A55 in the direction of Conwy and North Wales until junction 33a where exit for Mold. Follow the A494 through Alltami until the roundabout where take the first exit towards Ruthin. At the next roundabout take the 3rd exit in the direction of Ruthin. At the next roundabout take the 3rd exit onto the B5444. The leisure centre will be seen on the left-hand side after approximately half a mile. **Continue past the entrance (be aware of competitors) and follow the orange parking direction signs to the Ysgol Maes Garmon to park.**

Once parked please come around the front of the building to the main reception area where you will find registration.

Note: *Please DO NOT stop at the Leisure Centre entrance. We will happily answer any questions once you have parked.*

Please see attached PDF for Maps etc.

Registration

Registration opens at 8.00am in the Gymnasium at the Leisure Centre. Enter the main reception and go straight on and the gym door is ahead. Registration closes at 10.15am. Please allow sufficient time to register, rack your bike at be at poolside **15 minutes** before your start time.

Race Numbers

Race numbers will be issued consisting of 2 tyvek body numbers and 1 self-adhesive helmet label and 1 frame number. Race numbers must be displayed and be clearly visible on the rear of the competitor for the bike and on the front for the run. Race belts can be used provided that the number is correctly displayed for each discipline. i.e. number facing to the rear for the bike and facing to the front for the run. Numbers must not be folded. **Please note that the rear of the race numbers has provision for personal details/medical information. These details MUST be completed**



Pens will be provided in registration for race numbers to be written on competitor's upper arms and calves. Please do this at point of registration. If you are allergic to marker pens, please make this known when registering.

The small *self-adhesive* numbers must be displayed as follows:

- one displayed centrally on the front of your bike helmet.
- one on the front of your frame.

These stickers form part of transition security. Your bike will not be released unless your equipment displays a corresponding sticker to your body race number.

BTF Membership/Day Permits

If you are a member of one of the home nations i.e. Welsh Triathlon, Triathlon England or Triathlon Scotland you will need to produce a valid membership card. If you do not produce a membership card you will have to pay for a day permit (£5)

All non-British Triathlon members will have already purchased their day when entering.

Timing Chips

Timing chips will be issued at registration. These must be returned once you have crossed the finishing line. Due to the high cost of the chips any lost chips will be charged at £35.

Race Times

Instant print outs will be available from the What's My Time timing van.

Prizes

There will be an announcement of winners within an hour after the last competitor has finished (approx. 1:00). Prizes will be awarded at the finish area.

Prizes to be awarded

1st Male and Female

2nd Male and Female

3rd Male and Female

1st Youth Male & Female

1st Junior Male& Female

1st Age Group Under 30 Male & Female

1st Age Group 30 -39 Male & Female

1st Age Group 40 -49 Male & Female

1st Age Group 50-59 Male & Female



1st Age Group 60 – 69 Male

1st Age Group 70 plus

Single Prize Rule Applies – Competitors placing 1st, 2nd or 3rd overall are excluded from the age group prize. The Age Group prize will be rolled down to the 2nd etc fastest in these circumstances. Please note that prizes not collected cannot be posted out.

Risk Assessment/Maps/Transition Area Plan

These will be on display in the registration area and are also attached. All competitors must view these carefully.

Transition Area

ONLY COMPETITORS WILL BE ALLOWED IN THE TRANSITION AREA – NO EXCEPTIONS

The transition area will be secure and only triathletes with a valid race number be allowed into the transition area in addition to marshals/race officials. Please ensure your helmet is on and fastened before entering transition. This will be checked by marshals along with ensuring your bar ends are plugged/taped. It is your responsibility to ensure your bike is in a safe and roadworthy condition.

Note: Competitors must rack their bike in their allocated position

The transition area will be busy, so please limit the amount of equipment, clothing, etc. you bring in with you to just what you'll need when actually racing.

The rules regarding possessions in transition are as follows:

"Boxes in transition - whilst boxes can be used to bring necessary items into the transition area, only a small soft sided bag or rucksack can remain, unless boxes are provided by the Event Organiser. It is the responsibility of the competitor to ensure that any bag used in transition does not impede other competitors. (Rule 7.1.c)" **Note – We do NOT provide boxes.**

This being so any box/bag used for transportation can be left in the registration hall or to the side of transition at the discretion of the lead transition marshal, but this will be entirely at your own risk.

Transition will be "live" as soon as the first competitors start, so there will be competitors racing in and out during the day; please be aware of this and don't get in the way. Listen to the marshals who will be trying to ensure that everything runs smoothly! If you are asked to wait please do so. The fencing surrounding the astro turf (transition) has recently been replaced which has resulted in the 'swim in/run exit' being narrowed from a double gate width to single. Please take care when entering and exiting transition through this entrance being mindful of the whereabouts of fellow athletes.

No Riding in transition. No Nudity in transition!

Bike Collection

Competitor's removal of bikes will be at the discretion of the transition marshals.



Bikes can be collected during the event at the transition marshal's discretion. Priority will be given to the safe movement of competing athletes, so you may be asked to wait. Your bike number must match your race number. No bike will be allowed out of transition without a valid race number so please ensure you have this with you when you collect your bike.

Swim 400 meters

The swim will consist of 16 lengths of the pool. You need to be at poolside **15 minutes** before your allotted start time to collect your chip and for the race brief. **THE RACE BRIEF IS COMPULSORY FOR ALL COMPETITORS.** Please wait in the locker/changing area to be called through to poolside. Competitors will swim in pairs utilising one side of the lane each i.e. one on the left and one on the right of each lane. Dive starts are not permitted (you start in the shallow end!) but tumble turns are, as long as you are able to carry out the turn within your allocated 'half' lane. The wave list details which lane you will swim in.

The lane counters decision is final. With 2 lengths remaining you will be touched with a float to indicate this. Once you have exited the water you must walk until you have left the building.

Every effort is made for mistakes to be avoided. Should you doubt the lane counters decision this can be addressed with the race official after you have finished **AND NOT BEFORE.**

Any verbal abuse or argument will result in immediate disqualification.

Exiting the pool

There is a short run from the pool exit to the transition area. The whole of the run length across the pavement/road will be carpeted. Tarmac areas to the side will be swept but this does not guarantee that every stone etc will be removed or that small objects may be brought on to the mats. Please take care entering transition being alert for exiting athletes through the same 'swim in' entrance. The surface on the astro is sand based.

Transition

Competitors are reminded that they must not touch their bike until they have put on and fastened their helmet. Relay team members cannot put their helmet on until their relay partner has transferred and attached their timing chip.

Bikes cannot be ridden in transition or until having crossed the mount line

Mount/Dismount Line

Bikes cannot be mounted until the athlete has crossed the mount line. Infringements of this rule will incur a stop/go penalty. This equally applies when returning. Athletes must have dismounted before the dismount line.

Note: The mount dismount line is indicated by yellow lines near to a fixed speed hump. This will be highlighted but be aware of the effect this can have when pushing a bike at speed.

Cycle Route 27km



The course is challenging and in parts technical, and competitors must ride safely and be respectful of fellow competitors and other road users. Please ride within your capabilities both physically and technically. Both Flintshire County Council and Denbighshire County Council have been very supportive of the event filling any significant road defects around the course. However, be aware that there may be uneven areas of road or potholes around the course. We will attempt to highlight any areas of concern with yellow paint however the responsibility for identifying any surface related risks rests with the athlete.

Full details of the bike route and elevations can be found here:

http://gb.mapometer.com/cycling/route_4448999.html

The route starts at the mount line and will be signposted (yellow signs) and marshaled.

Drafting (riding in close proximity to other riders)

This is a non-drafting race and any incidents of drafting will be reported to the race official. There will be moto officials riding the cycle route throughout the event. They will be observing for drafting and that competitors are riding in a safe & respectful manner.

Please be aware that the size of the draft zone has increased to 10m. The specific details are:

"Draft zones in draft illegal races – a 10 metre zone must be maintained in Standard distance and shorter race, with 20 seconds allowed for one competitor to pass through the draft zone of another."

Please refer to the advice poster in registration if you are unsure of the drafting rules.

Bike Route – Notable Areas

All competitors are advised that normal road safety regulations must be obeyed, as the route will take place on public highways. The full requirements of road traffic law apply including pedestrian crossings or temporary traffic light etc. If at any time it is not safe to proceed i.e. through a junction, then you must STOP! Any reported instances of unsafe riding can result in your disqualification.

There are two areas where particular care is required.:

Area 1

http://gb.mapometer.com/running/route_4531389.html

The first half mile of the route runs through a built up area. Advance warning signs will have been in place for the previous week however you must ride through this area with caution and at an appropriate speed.

The exit from the centre is via a coned lane. This must be used, and competitors must ensure it is safe to join the carriage way. Likewise, there is a coned lane when joining the A5119 and the same conditions apply.

Within the first half kilometre there is you will pass the car park entrance and a pedestrian crossing. Please be aware of cars turning in and out of the same entrance you used to park. If the lights at the



pedestrian crossing are RED you MUST stop. You will be credited for any lost time. Failure to stop will result in your disqualification.

Area 2

http://gb.mapometer.com/cycling/route_4531382.html

The second area is between Treuddyn and Pontblyddyn. This is a specified caution zone which will be indicated by large red road side signs stating "Caution Zone Start/Finish". Within this zone the use of tri bars is NOT permitted. If you are identified within the zone using tri bars you will be reported to the race referee for dangerous riding which will result in your disqualification.

At the foot of the descent at Pontblyddyn there is a T junction joining the Wrexham to Mold road. For safety reasons all competitors must stop in the coned lane where indicated to do so and put one foot down. This ensures that all competitors join the main road in a safe and controlled fashion and that no advantage is gained from the unnecessary taking of risks. There will be a large red warning '100m to Foot Down Stop' sign in place and similarly a 'Foot Down Stop' sign at the coned stop zone. Each competitor MUST come to a controlled stop, place one foot down and then proceed through the junction having checked that it is safe to do so. There is no leeway on this requirement. Failure to stop/place foot down will result in disqualification. Please note the cones are in place to guide you to the stop zone. They DO NOT provide safe access onto the main road.

The responsibility for your safe passage through this junction (as all others) rests with you however if the marshals at this junction consider your approach to be too fast or dangerous this will be indicated by a blowing of a whistle. This is your indication to address your riding immediately. All riding considered to be unsafe or dangerous will be reported to the race referee.

General

- Please ride within your capabilities at all times.
- Descending mile counters will be in place along the route from 9 miles to go.
- On arriving back at the centre, please turn in to the centre with caution.
- If for any reason you are unable to get back to the Centre, alert another competitor, moto official or marshals and they will report to us on return to the Centre or via radio/phone. We will send the 'broom wagon' to collect you.

Run route 5km

Please follow link for run route:

https://gb.mapometer.com/running/route_4297658.html

The route will start and finish at the Leisure centre. It will be signposted and marshalled. All run direction signs are PINK! **It is a 2-lap route**

The run exit from transition is the same as the 'swim in' entrance i.e. at the top end of the astro. The run cuts across the playing field onto the route and then follows the gravel track onto the gravel lane. At the end of the lane competitors turn right. This road will be closed to traffic however always use the pavements (right hand side) as if traffic is present.



At the top of Maes Gwern Lane competitors **must** collect a band at the U turn on each lap. After collecting the band please keep to the right-hand side of the road. The route turns left back down the gravel track and left through the hedge opposite the astro (transition) to complete the lap. At the end of the first lap competitors turn left to complete lap 2. At the end of their second lap turn right towards the finish running along the back of the astro (transition).

Penalties

The race is run under British Triathlon rules see:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>

The decision of Race Official is final and any verbal dispute will result in disqualification. Any penalties will be adjusted on the final time.

Particular attention is drawn to the following.

Time Penalty:

a.) There are two types of infringement where a competitor can be penalised with a time penalty:

(i) Drafting infringements, in draft illegal races

(ii) Other infringements. These include, but are not limited to:

☒ Placing markers in transition that cannot be removed, but do not impede the progress of others;

☒ Race number violations (if unable to be rectified after a warning);

☒ Helmet violations (unclipping helmet whilst in contact with the cycle) unless corrected;

☒ Riding in the transition area, including over the mount/dismount line unless corrected

b.)

Drafting infringements:

1 minute in a sprint or shorter distance race (first violation noted by a Motorcycle or Technical Official).

c.)

Other infringements:

10 seconds in sprint and shorter distance races Disqualification if not rectified after a warning

- Illegal equipment
- Banned equipment, includes mobile phones, mp3 players and earphones
- Racing topless (front fastening tri suits not fully zipped)
- Littering



Disqualification

- Threatening, abusive or insulting words or conduct
- Breaking road traffic regulations
- Dangerous conduct / cycling
- Failing to obey marshals or the Police
- Drafting (second offence)

Health & Safety

Medical cover will be available during the race. In the unlikely event this is required please alert a marshal who will act accordingly. If for any reason you decide to pull out of the race (this includes before starting after registration) you **MUST** inform a marshal and hand in your timing chip. All registered athletes must be accounted for so that we are sure you are safe.

St John's Ambulance will present throughout the event.

Results

It is hoped to have results print outs shortly after the last finisher. Full results will be available within 24 hours. Instant individual results will be available from the What's My Time vehicle.

Changing and Toilets

Available in the Leisure Centre

Refreshments

French Connection will be bringing the mobile food van to support the event. Their food is made using natural and wholesome ingredients, sourced locally and made as fresh as possible.

The Ice Cream Chain will also be serving some of the best ice cream around!

Rubbish

Please use bins or take your rubbish home. In Mold, event litter is the key thing that prevents events taking place the following year.

Our Helpers

Club events don't take place unless people volunteer to help. Cadence Tri are extremely grateful to all those who have given their time up, before, during and after the event. Nothing makes the effort more worthwhile than a thank you. So, if on your way around the course you can manage a quick acknowledgement it really means something.

Supporting Organisations

Flintshire County Council Highways

Denbighshire County Council Highways



North Wales Police

Mold Leisure Centre

Mold Army Cadets

Catering

Thanks to French Connection for feeding the marshals & helpers

And Finally - Thank you to YOU!

Without you supporting the event, there wouldn't be one! Have a great day!

Mark White

Race Director

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