



GEMAU CYMRU BALA TRISTAR

RACE INFORMATION



CROESO - WELCOME

2018 see's Gemau Cymru's Triathlon form part of a wider weekend of activities. The Bala Big Bash, or 'Bash Fawr y Bala' is a collaborative multi-sport festival delivered by Welsh Triathlon, the Urdd and Swim Wales. Its delivery has also been supported by Gwynedd County Council, Snowdonia National Park and numerous local community groups and businesses from Bala, Llanuwchllyn and the surrounding area.

The Gemau Cymru / Bala Tristar race takes place on Saturday the 7th of July and is followed by the Bala Team Relays on Saturday 7th July. This is supported by the Bala Standard Triathlon and Swim Wales' National Open Water Championship event on Sunday 8th July.

For further information on the weekend, please visit www.welshtriathlon.org/events/bala-big-bash, and for more information on Bala and the surrounding area, please visit our 'About Bala' webpage on the above link, as well as www.visitbala.org

CONFIRMATION OF ENTRY

All competitors who have registered for the event will have received a confirmation email. If you have not received this, or if you are unsure about your entry, please email: garethevans@welshtriathlon.org with the heading 'BALA TRISTARS - GEMAU CYMRU'.

LOCATION

The headquarters are based at Penllyn Leisure Centre, Pensarn Road, Bala, LL23 7SR. Registration will be held at the Old Library on the Leisure Centre site.

PARKING

There are various car park spaces available across the town. Pay and Display car parking is available at Plasey Street and Lower Tryweryn Car Park. Additional parking may be available next to the leisure centre, weather dependant. If so, these will be clearly sign posted on approach. Car Parking at the Leisure Centre is reserved for Staff, Technical Officials and Pre-Booked customers of Bala Water Sports and Penllyn Leisure Centre. Please do not park here.

TOILETS

Public Toilets are available at Lakeside throughout the event. Additional Portaloos will also be lakeside. There will also be toilets at Penllyn Leisure Centre between 9:30am and 2:00pm and at Bala RFC post 2:00pm.

BALA – THE TOWN

Welcome to the market town of Bala, home of the Bala Big Bash. Located in North Wales, Bala is situated in South Snowdonia on the shores of Llyn Tegid the largest fresh water lake in Wales. Llyn Tegid is 4 miles (6.4k) long and 0.75 miles (1.3k) wide. It is owned and managed by the Snowdonia National Park Authority who have been extremely co-operative in organisation of this event.

We would encourage all competitors, their supporters and spectators to make the most of Bala and the surrounding areas during your visit. There is plenty of accommodation, attractions and activities and these can be found at www.visitbala.org

GEMAU CYMRU

Gemau Cymru is the bilingual signature event for young people in the Welsh Sporting Calendar.. It will provide an opportunity for young athletes to compete in a high profile multi-sport event while experiencing an athlete village experience. Other sports which form part of Gemau Cymru are Athletics, Badminton, Canoeing, Gymnastics, Judo, Netball, Open Water Swimming, Indoor Rowing, Rugby 7s, Table Tennis, Weightlifting and Hockey. Further details are available at <http://gemaucymru.urdd.cymru/cy/>.

Inter Regional Championship Qualifier

This event will include the Welsh Inter-Regional Championship team selection race for TriStar 2 and TriStar 3 athletes. The Inter-Regional Championships will take place on the weekend of Saturday and Sunday 15th and 16th of September 2018 at Mallory Park, Leicestershire, LE9 7QE.

Each English Region, Scotland and Wales send 3 male and female athletes in TriStar 2 and TriStar 3 categories. The event is part of the wider British Triathlon U20's festival. More information can be found here:

<https://www.britishtriathlon.org/events/performance-events/u20-s-festival>

The selection policy for the Welsh IRC team can be found on the Welsh Triathlon website here: <https://www.welshtriathlon.org/wales/documents/events/irc/2018/welsh-triathlon-inter-regional-championship-selection-criteria-2018-v1.pdf>

VOLUNTEERS

Volunteers are the people who really make an event work and make the experience for the athletes every bit more special. Although this event and the weekend are facilitated by NGB staff, various volunteers from a number of community groups will be assisting the delivery. Please say a thank you to them as you pass. Any athlete who verbally insults any one of our volunteers will be disqualified immediately.

SPECTATOR INFORMATION

There are plenty of areas from which to watch the action. We simply ask that spectators don't impede athletes or provide external assistance. Lakeside areas will be clearly taped and marked. Please keep parts of the course clear. Although the roads along the route will be closed, the pavement along the A494 also forms part of the run course.

REGISTRATION

This will be located within the Old Library on the site of Penllyn Leisure Centre. Competitor information will be available here, as well as course maps. Race Packs at registration will include bike helmet numbers, race tattoos, race bib numbers, swim caps, bike number, transition wrist band, luggage tag and timing chip. **IT IS IMPERATIVE THAT YOU RACE IN THE CORRECT WAVE, DO NOT SWAP OR ADJUST RACE NUMBERS AND WEAR THE SWIM HAT YOU HAVE BEEN GIVEN.**

HOME NATIONS MEMBERSHIP

All entrants would have completed an online portal which would have asked for a Welsh Membership /BTF membership. If not, you would have purchased a BTF day licence at this point.

If you cannot present your race licence at registration, you will be required to purchase a day licence.

WITHDRAWALS AND TRANSFERS

No withdrawals or transfers will be refunded or processed following 10th June 2018. Please do not transfer your entry to other competitors as we will not have the correct emergency contact information.

COMPETITION RULES

All races at the Gemau Cymru Welsh Triathlon IRC qualification race will be run under British Triathlon's Competition Rules (updated January 2018), and are available here:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>

All races will be draft legal. Competitors and their representatives are advised to make themselves familiar with the competition rules and also guidelines for draft legal

bikes set up, where these do not conflict with additional rules for children's events in the document above:

<https://www.britishtriathlon.org/britain/documents/events/performance-events/draft-legal-events-bike-setup-guidance-v9.pdf>.

Please note that due to the draft legal nature of the event a lap rule will apply.

For the safe running of the event, lapped athletes will be removed from the bike course. There will also be a swim cut off in place of 11 MINUTES due to an overlapping course in and out of transition, which is the equivalent of being lapped out.

BALA BIG BASH AND THE GEMAU CYMRU

The weekends activities are as follows:

Saturday 7 th July	
2:30pm	Gemau Cymru - Bala Tristars (Inter Regional qualifying Race)
4:45pm	Bala Team Relays
Sunday 8 th July	
9:30am	Bala Standard Triathlon
11:00am	Swim Wales Open Water Championship

A Breakdown for the Gemau Cymru is as follows:

11:00am	Registration Opens
11:30am	Transition Opens and Bike Roll Out
1:30pm	Registration and Transition Closes
1:45pm	Mandatory Safety Briefing
2:15pm	T1 Boys congregate at Jetty to commence
2:30pm	Road Closure Implemented
2:35pm	T1 Boys start, T1 Girls meet
2:50pm	T1Girls start, T2 Boys meet
3:05pm	T2 Boys start, T2 Girls meet
3:20pm	T2 Girls start, T3 Boys meet
3:35pm	T3 Boys start, T3 Girls meet
3:50pm	T3 Girls start – Final Wave
4:30pm	Approx Time Transition re-opens
5:00pm	Approx Presentation Time

***Registration is also open on Friday from 5:00pm until 7:00pm**

TRANSITION SET UP

Transition is open for all athletes from 11:30am and entry will only be allowed to those athletes wearing a security tag which matches your bike number. Transition Numbers and spaces will be allocated and linked to your wave. Prior to entering transition, your bike must have the allocated race number attached, and once entered, bikes must be hooked to the racking via the saddle.

Please ensure you are also wearing your numbered helmet before entering transition. You must keep the wristband on to retrieve your bikes post event. No Bags or Boxes are allowed in transition but can be left at the bag drop within registration. Please enter and exit transition at the

designated points, this will be via the relay holding pen.
DO NOT ENTER VIA THE TIMING MATS!

THE SAFETY BRIEFING

It is compulsory that all participants must be present at the race briefing at 1:45pm. This will take place on the lake foreshore, next to transition and the PA System. You will have time following the briefing to go to the toilets, as well as warm up in the water prior to your wave. **ALL ATHLETES MUST BE PRESENT AT THE SAFETY BRIEF.**

THE SWIM

The first swimmers will be called to the jetty 10 mins before the race starts. Here you will have time to enter the water and acclimatise. Please take care when entering the water as it can be slippery under foot. The Swim will be a deep water start and all participants will be guided to the start point. All athletes must remain in their allocated wave, keep their allocated number and wear their correct swim cap. Wetsuits will be compulsory in line with the BTF rules. The Swim will be clearly positioned and TS1 (100m), TS2 (200m) and TS3 (300m) courses will be marked out by Swim Buoys. The Swim map can be found on the final page of this document. Water Safety will be provided by both Bala Sailing Club and Bala Water Sports. If you get into difficulty during the swim, turn onto your back, raise one arm in the air and help will make its way too you. Further details of water safety, the course and what you will be required to do will be given during the race brief.

You will exit the swim via a pontoon, which will also have an inflatable Arch. Please keep your swim caps on until you have entered transition as you will also be counted out of the water. You will be directed from the water exit into transition.

TRANSITION

There will be a flow into Transition at both swim entry and run exit. This directional flow of movement will reduce congestion. Please follow this flow. Please follow any guidance given to you by BTF technical officials within Transition. They are here to guide and support you and ensure that the race is conducted safely.

THE BIKE

Helmets are Mandatory. = During the race, Helmets should be worn and fastened before you come into contact with your bike, and only removed once the bike has been re-racked post cycle. Please make sure that the race number is

clearly shown on your back during the bike leg, and that your race number is clearly identifiable on your bike seat stem.

You will exit transition and mount the bike past the mount line, within the tarmac area of the lake foreshore. There is then a short climb and a left turn onto the closed A494 circuit where you will head West, through Llanycil towards Parc and the various turning points dependant on your age category. You will not need to turn off the A494, it is a straight out and back route.

The road closure will be implemented at Bala and Llanuwchllyn. There are other artery roads which join the A494. Every effort has been made to ensure that the local community are aware of the road closure, and local volunteers will be manning the key points along this route.

Even though on a closed road circuit, you must adhere to the Highway Code. There will be moto-officials along the route to ensure that athletes adhere to BTF rules and the Highway code. This is a draft legal race. Moto-Officials will be on the course during the event.

Although a closed road circuit. Emergency vehicles will still have access if required. These will be monitored by Amberon Staff and guided through the closure. There may be the occasional Staff Vehicle and medical vehicles along the course.

There will be no distance markers situated along the course. Each age category will have specific turning points along the A494. These are clearly marked and signposted and marshals will slow you down prior to the dead turn. There will also be a marshal at each turn point ensuring all athletes have completed their required distance. There will also be a first aider situated at the turning point of the course, but all other emergency vehicles will be situated at lakeside.

On your return to transition, athletes will cycle past the junction to the lakeside transition and prior to the leisure centre entrance on the A494, will make a U-Turn and then turn left into transition.

When you return to transition, you will rack your bike in the same location it was taken, remove your helmet and make your way to the run course.

A Bike route can be found on the back page.

OUT ON THE RUN

You will exit transition for the run via the same entry gate as you entered transition following your swim, but will follow a directional flow within transition. This will be clearly signposted. You will turn left out of transition and along the back of transition to join the leisure centre side of the bank. As you make your way around the transition area, you will see a white penalty board. If your number appears on this

board, you will be required to serve a time penalty within the penalty box, which will be a Gazebo at the end of transition.

There will also be a water station at this part of the course. You will run alongside transition and make your way to the A494, where you will turn right and head towards the town of Bala. You will then be guided by signs and marshals around the back of the leisure centre, to adjoin the lakeside footpath. This will take you along the north bank of Llyn Tegid along the run course.

You will reach your designated turn point dependant on being TS1, TS2 or TS3 and make your way back to the lakeside finish area. When you pass the finishing arch, you will be welcomed by a number of volunteers who will provide you with your medal, some water and some refreshments. There will also be a medic on site here if required. Before leaving the finishing area, you must remove and return your timing chips. No parents or spectators are permitted within the finishing area.

A run route can be found on the back page.

EMERGENCIES AND MEDICALS

If at any point during the race you feel the need to stop and pull out, find the nearest marshal who will help you get back to event headquarters. All Event marshals will have a form of communicating with key event leads, as well as first aid providers at the lake foreshore.

First aid provision is being provided by St. Johns Ambulance, and during the event there will be 2 emergency vehicles lakeside, as well as a first aider at the furthest point of the bike course. There will also be additional First Aiders on foot at lakeside and along the course.

Within the water, there will be sufficient kayakers, and three boats, all of whom will have qualified first aid personnel. Each of these vessels will have radio communications with the lake foreshore and the medical team at lakeside if required. Please ensure that we have your correct medical information at registration, and please do not exchange your race number with anyone as this could result in mis-identification in the case of an emergency. Thank you.

If you have been feeling unwell on race day, or leading up to the race, please consider your options carefully before commencing the race.

WASTE

There will be a waste point just before commencing the run next to transition. Any athlete seen disposing of litter along the course will be instructed to pick up their litter until they can dispose of it correctly. Failure to do so will result in a disqualification.

CHIPS IN!!

Please ensure that you return your timing chip within the finishing area, and that you do not leave until you have returned to one of the finish line volunteers. Failure to do so may affect your times.

RULES AND CONDUCT

This is a permitted BTF event and as the wider weekend is part of the Welsh Super Series, elements of this event will be filmed. It is an opportunity for the triathlon community within Wales to showcase all that is good of the sport. There will be numerous Technical Officials on hand throughout the event, please show them, as well as the army of volunteers, and the other athletes the respect they deserve. Competition rules for the 2018 season can be found on the earlier links and at the BTF website.

AFTER THE RACE

You will need your security wristband to re-enter transition to gather your bikes and belongings. Please do not enter transition via the bike entry/exit, or the swim entry/run exits. There will be a clear transition entry post-race. Any litter than you may have left at Transition, please dispose in the bins and litter bags provided. You will be able to collect your luggage from the bag drop in registration at any point post event. Please make every effort to wait until presentation, and if you have parked your car within Bala Town, your bike and belongings will be safe within transition until presentations have been completed.

PRESENTATIONS

Presentations are scheduled to take place by approximately 5:00pm, unless all competitors have finished, if so we will attempt to conduct these as soon as the final participant has finished.

EVENT PHOTOGRAPHY POLICY

Members of the public or attendees of this event who intend to use photographic or video equipment are required to register their details with the event organiser. Photo registration will be conducted next to registration.

Any individual found to be taking photographic or video images without having registered may be challenged and asked to stop immediately

EVENT PHOTOGRAPHY OPT-OUT

If a parent / participant does **not** wish to have their child photographed at the event they will need to fill out and sign the appropriate part of the parental consent form. These forms will be available at registration.

ADVERSE WEATHER

Even though the race is in July, weather conditions at Llyn Tegid are highly changeable. In the event of poor weather in the run up to the day or on the day affecting water and air temperatures, the event organisers reserve the right to cancel or amend the event from a triathlon format.

If the event is not held as a triathlon (e.g Duathlon) then all qualification slots for the IRC event will be solely decided on the results of previous 2018 TriStar series races. In this case the race at Llyn Tegid **will not** count towards selection.

Open Water Swimming - Health Warning

All athletes please note.

United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are even less. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. If you are unwell, please do not take part in the event.

Risks to health from open fresh water are small, but people must be aware of the possible hazards. Potential illnesses and symptoms have been identified below, so that users may be aware of the risks following contact with the water.

The majority of reported illnesses associated with recreational water use tend to be short-lived and self-limiting gastrointestinal symptoms. However other illnesses include eye, skin, wound, chest and upper respiratory tract infections can occur. There is potential for more serious illnesses to occur such as Hepatitis A and Leptospirosis (Weil's disease).

If any participant in the event feels unwell in the weeks following the event day they should consult their GP without delay and mention that they have taken part in the event. This can be beneficial in focusing diagnosis and treatment where needed.

Reducing the risks:

The following advice has been taken from British Triathlon's Open Water Swimming Safety Guide for multi-sport events.

- Cover all cuts and abrasions, however minor with sticking plasters.
- Wash hands in fresh water before eating after the race. There are washing facilities at the Leisure centre and at the lakeside
- Take a full shower at the earliest opportunity. There are shower facilities at the Bala RFC.
- Try not to ingest water whilst swimming.

RESULTS

A full result service will be available from the Struweg timing website in the evening of the 8th July. A race report and official finishing times will also be available via the Welsh triathlon website at the end of the following week.

DIOLCH

Firstly, Welsh Triathlon will like to thank each of you competing in Bala this year. A lot of work has gone in to make sure this event goes ahead, and we hope it can grow year on year as part of the Bala Big Bash Multisport Festival.

Welsh Triathlon would like to give its thanks to the Urdd and Swim Wales, who without, the weekend would not go ahead. We would also like to thank Gwynedd Council and Snowdonia National Park for their support and co-operation through the planning and delivery process.

We'd like to thank our various sponsors for Bala 2018, primarily Cardiff Met University and Clif Bar.

We would also like to thank the following community groups for their assistance, volunteer, resource and knowledge throughout the consultation, planning and delivery of the weekend:

Penllyn Leisure Centre, Bala Water Sports, Bala Sailing Club, Gwersyll yr Urdd Glanllyn, Glanllyn Caravan Park, Llanuwchllyn Football Club, Bala Rugby Club, Bala Show, Bala Rotary, Llanuwchllyn Community Council, Children, Staff and Parents of Ysgol Y Berwyn, Bala; Bala Chamber of Commerce, Café Loch as well as many other groups. Please support our local clubs and groups by visiting the town. Further information can be found on www.visitbala.org



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



Course Maps



The Swim

Congregate at the meeting point pre-race (purple) and enter the lake via the Jetty in your wave. Start will be deep water. TS1 will swim around the first buoy, TS2 the second and TS3 the third. You will then exit the water via the pontoon and make your way to transition before commencing the bike leg.



The Bike Course

Exit Transition on lakeside and turn left, heading West on the A494 from Bala towards Llanuwchllyn. TS1 will complete the blue course, TS2 the Blue and Yellow and TS3 the Blue, Yellow and Red. The roads will be closed with Marshalls along them, as well as Moto Officials and athlete counters.



The Run Course

All ages will exit transition by following the signs around the back of transition so you end up on its right hand side. Head up towards the A494 and turn right towards Bala (Blue line). Enter the Leisure centre car park and make your way around the back and join the footpath. Head along the footpath, following all signs until you reach your turning point. TS1 will follow the initial Blue line. TS2 will have the additional yellow line and TS3 will be extended to use the red line. Head back to the lakeside (Blue and Yellow Lines) and finish under the arch.