



2019

Cardiff Junior Triathlon Information Pack



8th June 2019 - Maindy Leisure Centre



AFFILIATED
CLUB 2019



Welcome

Thank you for entering the 2019 Cardiff Junior Triathlon, a race that has been growing year on year for 21 years. This year is no exception and will host 228 competitors competing in 19 race waves from ages 8 to 18.

Please take time to read through this information pack carefully to ensure that you have an enjoyable and safe day at our event. We would ask that everyone keep to the times shown in the race itinerary as it will be a busy afternoon of race waves.

On the day if you require any further information please do not hesitate to ask one of the race day Marshals or Officials. Please remember that the timekeepers, marshals and race officials on the day are volunteers and are giving up their own time for this event. We ask everyone to respect their decisions.

Most importantly, competitors please remember to have fun and cross the line with a smile, and spectators please give all athletes as much encouragement as you can throughout the whole course.

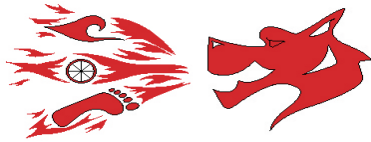
Regards

Rob James

Nick Rees

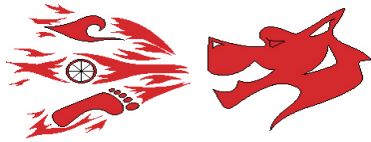
Race Organisers - Cardiff Junior Triathlon Club





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Venue information:

Race Date:

Saturday 8th June 2019

Location:

Maindy Leisure Centre
Crown Way
Cardiff
CF14 3AJ

Telephone: 029 2052 9230

Parking:

There is plenty of free parking within the leisure centre grounds. We would ask anyone organising coaches or bringing large trailers to pre-warn the leisure centre who will then cordon off a suitable area within the car park. As a precaution we have arranged for the school car park across the road to be available to us as an overflow option, if this option is utilised cars will be directed by attendants.

Facilities:

Everyone will have the full use of leisure centre toilet and washroom facilities. In addition changing room and shower facilities will be available free of charge for all competitors.

Refreshments:

Refreshments of tea/coffee, cold drinks and snacks will be available at the Leisure Centre. However the centre itself does not have a full cafeteria service, we would therefore recommend that competitors and spectators provide their own packed lunch.

Note: There is a Tesco Extra store located opposite the Leisure Centre (approximate 2 minute walk).



Rules:

The event will be run under British Triathlon Federation rules which can be found on the British Triathlon website.

This is a Non-Drafting event and cyclists will be asked to maintain a minimum of 3 bike lengths behind the bike in front of them. Overtaking must be completed within 15 seconds otherwise the cyclists must drop back to the required distance.

As the race forms part of the Welsh Triathlon Tristar series all competitors will be chip timed, further details are contained within this pack.

We would respectfully point out that it is the competitor's responsibility to ensure that they are aware of and complete the correct number of lengths / laps. If you do too few your time will not count, if you do too many your time will stand and will not be adjusted.

Race Officials:

The British Triathlon Race Officials appointed who have full jurisdiction over the event are:

Tej Quine - Chief Technical Official

Victoria Woodsford - Technical Official Shadow

Photography:

Photography is not permitted indoors within the Leisure Centre facility. However, during registration all competitors will be asked to sign a form if they wish to be excluded from any official race day photographs that are taken by the event organisers during the bike / run sections. This is in compliance with the British Triathlon Association Child Protection Policy.

Spectators and competitors are also asked to be aware and exercise care when taking their own personal photographs and placing them on social media.

Spectators:

Spectators are not allowed on poolside, however there is a spectator area at the side of the pool where all are welcome.

For the bike and run elements of the race there is adequate viewing around the whole perimeter of the cycle track. Please note that this is outdoors so you may need to consider protection for the weather conditions!

For safety reasons, only competitors, marshals and race officials are allowed to enter the cycle track area during the racing period.

Whilst spectating please give positive encouragement to all the competitors.



Penalties:

The Race Official may give time penalties if competitors; ride in transition, draft / take pace of another bike, do not secure their helmet correctly or do not rack their bike correctly. For full rules see the British Triathlon website.

Appeals:

Any appeals can be formally made to the Race Official by completing an Appeals Form. These will be available at the race registration point.



Race Day Itinerary:

Time	Activity	Location
10:00	Registration opens	Poolside spectator area
10:30	Transition opens	Secure Car park area (T1)
11:45	Transition closes	Secure Car park area (T1)
11:45	Marshal briefing	Cycle track
12:00	Race brief	Starting at Transition 1 area
12:30	Wave 1 - Tristart	Poolside
	Wave 2 – Tristart	Poolside
	Wave 3 – T1	Poolside
	Wave 4 – T1	Poolside
	Wave 5 – T1	Poolside
	Wave 6 – T1	Poolside
	Wave 7 – T1	Poolside
	Wave 8 – T2	Poolside
	Wave 9 – T2	Poolside
	Wave 10 – T2	Poolside
	Wave 11 – T2	Poolside
	Wave 12 – T2	Poolside
	Wave 13 – T2	Poolside
	Wave 14 – T3	Poolside
	Wave 15 – T3	Poolside
	Wave 16 – T3	Poolside
	Wave 17 – T3	Poolside
	Wave 18 – T3 / Youth Junior	Poolside
16:00	Wave 19 – Youth Junior	Poolside
17:00	Presentation of finalised results	Poolside spectator area

Notes:

Times are approximate, delays can happen due to a number of factors. Please be patient.

Likewise some waves may complete their swim faster than anticipated resulting in quicker transitions between waves.

Wave 1 will start with Tristarts and the following waves will work up the age groups. Full details of each competitor's wave number will be available at registration on the race day.

Interim results will be posted throughout the day. You are advised to bring to the attention of the Race Official any concerns you may have immediately.

If concerns are not made known within 30 minutes of each wave completion, final results will be posted.



Race Information:

Race distances:

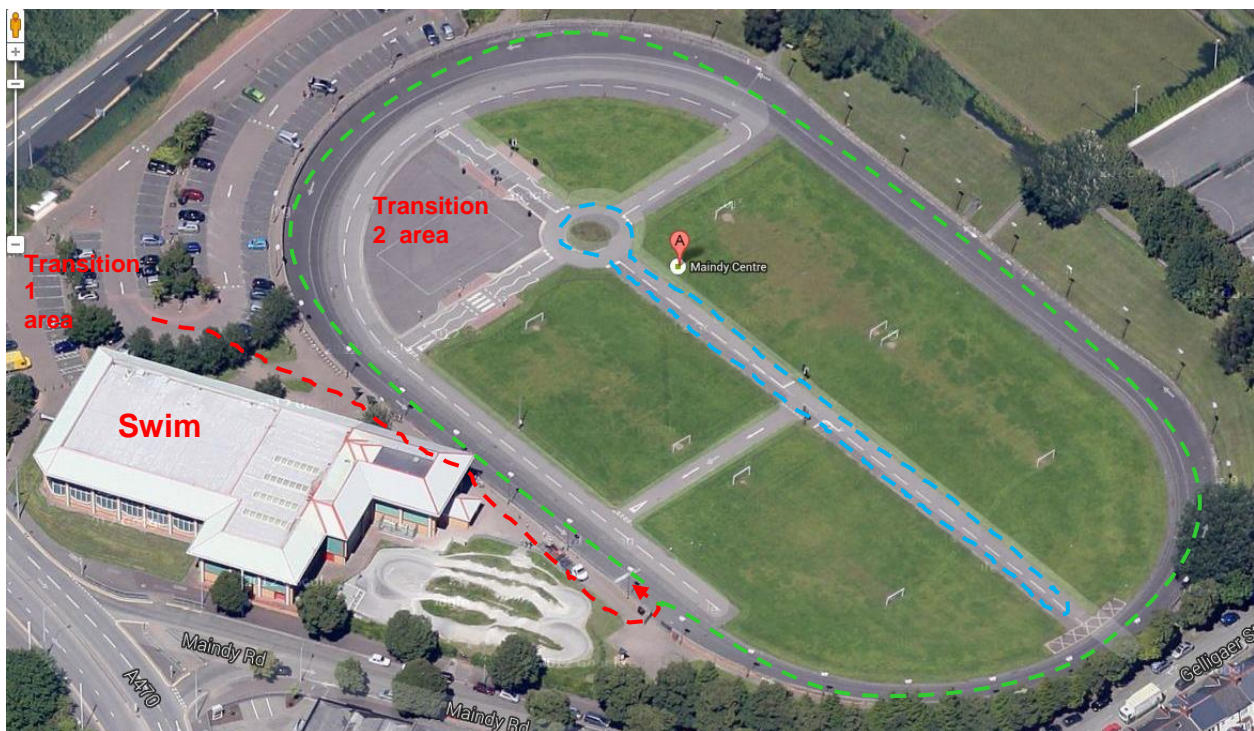
GROUP	AGE	SWIM	CYCLE	RUN
TriStart	8	2 lengths (50m)	2 laps (920m)	2 laps (400m)
Tristar 1	9/10	6 lengths (150m)	5 laps (2000m)	4 laps (800m)
Tristar 2	11/12	8 lengths (200m)	9 laps (4000m)	8 laps (1600m)
Tristar 3	13/14	12 lengths (300m)	13 laps (6000m)	12 laps (2400m)
YOUTH/JUNIOR	15/16 17/18	16 lengths (400m)	21 laps (10000m)	15 laps (3000m)

Race route:

For safety reasons on entering the cycle track area, cycling laps will be conducted in a clockwise direction.

Cycle route 

Run route 





Registration:

Registration opens at 10.00am and will remain open until 11.45pm. During registration you will receive a race pack which will contain your race numbers, pins, bike number and numbered transition bag. Note: Timing chips will be allocated at poolside to each competitor prior to the commencement of each wave.

Your race number will need to be applied to your right arm and right leg. Race belts are permitted, to aid marshals please wear your number on the back for the cycle section and on the front for the run section.

If you are a British Triathlon or Welsh Triathlon member you must show your membership card at registration otherwise you will be charged for a race day licence.

Race Briefing:

A race briefing will take place at approximately 12:00pm starting at the Transition 1 area. For the safety of all entrants attendance to this briefing is mandated.

The first race waves will commence at approximately 12:30pm and will follow the order defined within the race itinerary section. In order to help us keep to this itinerary please be arrive at the poolside promptly before your wave start time. Note: Announcements will be made throughout the day advising when each waves needs to proceed to the poolside.

Transition/Racking:

Transition will be segregated in to age category zones. Marshals will assist you in placing your bike in the correct area. Your helmet and bike will be checked on entering the transition area. Make sure you note your bike position and where to enter and exit the transition area for your bike and run sections. Transition will close at 11:45am please make sure you have racked your bike by this time. Access to this area will be strictly restricted during racing.

For security, competitors must collect their own bike after the race, you must show your race number to the Marshals when picking up your bike or belongings at either of the transition areas. Transition is restricted to competitors only however one helper, if required, will be allowed to assist younger athletes. If you have any questions please speak to the race official or race marshals in the transition area.



Swim:

Due to the lack of space on poolside there will be no spectators allowed on poolside.

Competitors must keep a watchful eye on their start time and the speed of how waves are progressing. Please do not take your belongings poolside until called to do so.

The swim is held in a 25metre heated pool, front crawl or breast strokes allowed only, no back crawl.

It is normal to swim in trunks/swimsuit or a tri suit. Please note boys will be required to wear a T-shirt for the bike and run element if just trunks are used in the swim.

Inside the pool area Marshals will instruct you where to place your towel, trainers / T-shirt. Please ensure that your race number is pinned to either your T-Shirt or number belt.

Note: Most competitors put their trainers on a towel, use a little talc and / or Vaseline in their trainers to help dry their feet and get their feet into their trainers more easily. Elastic laces are a very good idea and save time too.

Note: You can leave your towel, swim hat and goggles here along with your numbered bag as these will be collated by Marshals at the end of each wave ready for collection at poolside at the end of the race.

The swim distances are:

Tristart – 2 lengths (50 metres)

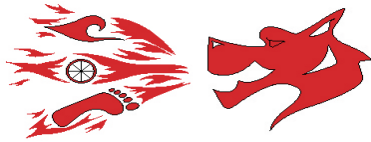
Tristar 1 – 6 lengths (150 metres)

Tristar 2 – 8 lengths (200 metres)

Tristar 3 – 12 lengths (300 metres)

Youth – 16 lengths (400 metres)

No diving is allowed as all competitors will start in the water. Tumble turns will be permitted but please be aware of other swimmers in your lane as you may be in a lane with another swimmer. Your lane marshal will indicate when you have 2 lengths to go by putting a float in the water in your lane position. Once you have completed your indicated lengths exit the pool and put on your trainers, T-shirt or number belt. Then follow the markers to the Transition T1.



Bike:

The bike will be completed on the outdoor 460 metre tarmac cycle track. On entering Transition T1 you must put on and secure your helmet before touching your bike. Do not ride in the transition area and only mount at the mount line. Drafting during the cycle section is not allowed. Follow the course to complete your indicated bike laps.

Tristart – 2 laps (920)
Tristar 1 – 5 laps (2000m)
Tristar 2 – 9 laps (4000m)
Tristar 3 – 13 laps (6000m)
Youth – 21 laps (10000m)

After completing your laps and dismounting from your bike before the dismount line, progress to the Transition T2 area. Here Marshals will instruct you where to rack your bike. You must rack your bike back before removing your helmet. Follow the run signs to the run course.

For competitors riding in cycling shoes, trainers can be left in the Transition T2 area prior to the start of the competition. Competitor's will not be allowed trackside or to cross the track without a Race Marshal accompanying them.

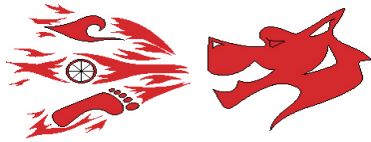
Run:

The run section of the race will take place on a tarmac surface following the clockwise direction of the course. During each lap you will collect a rubber band to assist you with counting your laps, the number of laps are as detailed below:

Tristart 2 laps – 2 bands (400m)
Tristar 1 4 laps – 4 bands (800m)
Tristar 2 8 laps – 8 bands (1600m)
Tristar 3 12 laps – 12 bands (2400m)
Youth 15 laps – 15 bands (3000m)

Note that there will be a marshalled water station situated within the run section.

Once you have completed your indicated laps you can branch off to the finish line arch and collect your finishing medal.



Laps:

Please make a note of your swim, cycle and run laps, if it helps ask a marshal to mark your arm with the number of laps for each element

It is the responsibility of each competitor to count his or her own laps, this will be verified via the chip timing mats.

Note: If you do too few laps your time will not count. If you do too many laps your time will stand and will not be adjusted.

We understand that lap counting can be difficult especially when you are tired. So to assist with this we will set up an area where a parent, guardian or friend can assist each competitor with their counting during both the bike and run elements. These will be positioned so that they can indicate to the competitor when they have completed the correct number of laps. Marshals will be on hand to manage these areas, it is important that the parent, guardian or friends assisting vacate the area as soon as their competitor has completed the laps to allow for the next wave.



Results and Presentations:

Provisional race results will be posted throughout the duration of the race as waves are completed. Once these have been validated and any issues addressed a formal presentation of the finalised results will take place at approximately 17:00.

Awards will be given for first three girls and boys in each age group. Each competitor will be given a completion medal at the finish.

Full results will be available on the Cardiff Junior Triathlon website soon after the event.

www.cardiffjuniortri.org



Competitor Starting List:

Tristart Boys:

Surname	First Name	Club
Adarsh	Sid	
Blyth	Alex	Celtic Tri
Buckley	Bailey	
colmsee	isaac	
Denney	Laurence	Cardiff Junior Tri Club
Denton-Powell	Alexander	
Evans	Harry	Cardiff Junior Tri Club
Hale	Oliver	
Hollins	Daniel	
John	Charlie	
Leonard	Harrison	Denbighshire Triathlon Club
PHILLIPS	Osian	
Rychnovsky	Otokar	
Tindall	Harri	Rhondda Triathlon Club

Tristart Girls:

Surname	First Name	Club
Beaumont	Anna	
Brown	Ella	Cardiff Junior Tri Club
Butler	Olivia	
Cargill	Charlotte	Cardiff Junior Tri Club
Ellis	Felicity	
Evans	Annie	Celtic Tri
Griffiths	Elin	Cardiff Junior Tri Club
Osborne	Lara	Cardiff Junior Tri Club
Thomas	Catrin	
Williams	Sophie	Celtic Tri



Tristar 1 Boys:

Surname	First Name	Club
Banning	Arthen	Brecon Triathlon Club
Battersby	Gethyn	Cardiff Junior Tri Club
Carwardine	Rowan	Cardiff Junior Tri Club
Cleave	Josh	Celtic Tri
Cleave	Ben	Celtic Tri
Emmerson	Osian	Cardiff Junior Tri Club
Griffiths	Owain	Cardiff Junior Tri Club
Griffiths	Hedd	
Grima	Nico	Cardiff Junior Tri Club
Hopson	Adam	Cardiff Junior Tri Club
Howe	Iggy	
James	Gethin	Celtic Tri
jenkins	Rhys	
Jones	Ewan	
Jordan	Samuel	Celtic Tri
Jordan	Rhys	Celtic Tri
Lanchbury	Owen	Cardiff Junior Tri Club
Leonard	Ewan	Denbighshire Triathlon Club
Luff	Billy	Cardiff Junior Tri Club
Maghur	Azlan	Cardiff Junior Tri Club
Martin	Noah	Cardiff Junior Tri Club
Martin	Aidan	Swansea TriSharks
Osborne	Finn	Cardiff Junior Tri Club
Pascoe	Tom	Cardiff Junior Tri Club
Rees	Daniel	David Lloyd Clubs
Roberts Truman	Harri	Celtic Tri
Rowe	Evan	Taff Ely Triathlon Club
rowlands	hari	Cardiff Junior Tri Club
Santoro	Alessandro	Cardiff Junior Tri Club
Shelmerdine	Cory	Just Tri
Stephens	Charlie	Celtic Tri
Taylor	Cale	Cardiff Junior Tri Club
Taylor	Rowan	
Thomas	Sion	Pembrokeshire Triathlon Club
Tombs	Sam	
Turner	Nye	
Warrender	Tristan	Cerist Triathlon Club
Watts	Macsen	Piranha's Tri Club



Tristar 1 Girls:

Surname	First Name	Club
Alexander	Imogen	
Beddows	Amelia	Celtic Tri
Borland	Seren	Tristars Conwy
Bowen	Seren	
Brady	Grace	Tri-Monkey
Cargill	Grace	Cardiff Junior Tri Club
Carmichael	Rowan	
Cresswell	Niamh	Celtic Tri
Emmerson	Mali	Cardiff Junior Tri Club
Hale	Libby	
hall	elan	Cardiff Junior Tri Club
Harris	Milly	Celtic Tri
Hughes	Carys	
James	Grace	
Jepson	Elizabeth	
Moger	Isabelle	Taff Ely Triathlon Club
Mulford	Ffion	
Owen	Medi	
Richards	Anika	Cardiff Junior Tri Club
Stephens	Jessica	
Wood	Florence	Cardiff Junior Tri Club
Wright-Nicholas	Eleanor	Cardiff Junior Tri Club



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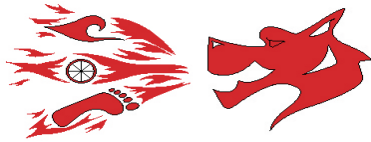
Tristar 2 Boys:

Surname	First Name	Club
Adams	Liam	Cardiff Junior Tri Club
Baraz	Isaac	Cardiff Junior Tri Club
Beddows	Zachary	Celtic Tri
Beynon	Isaac	Cardiff Junior Tri Club
Blyth	Ryan	Celtic Tri
Bowen	Aron	
Bruce	Finley	Just Tri
Case	Iolo	Cardiff Junior Tri Club
Collins	Efan	
de Lange	Tristan	Cardiff Junior Tri Club
Evans	Sam	
Evans	Iestyn	Denbighshire Triathlon Club
Griffiths	Harry	Pembrokeshire Triathlon Club
Hobbs	Ioan	Celtic Tri
Hortop	Ellis	
Howe	Albie	
Hunter	Rohan	Cardiff Junior Tri Club
Hurley	Philo	
Hussey	Matthew	
Hyde	Jack	Cardiff Junior Tri Club
Ifans	Guto	
James	Owain	Celtic Tri
John	Dylan	
Lougher	Evan	Taff Ely Triathlon Club
Maghur	Zak	Cardiff Junior Tri Club
Malpas	Charlie	Taff Ely Triathlon Club
Moger	Lewis	Taff Ely Triathlon Club
Murrow	Owen	Cardiff Junior Tri Club
Osborne	Harry	Cardiff Junior Tri Club
Osborne	Alfie	Cardiff Junior Tri Club
rowlands	daniel	Cardiff Junior Tri Club
Thomas	Samuel	Cardiff Junior Tri Club
Thomas	Dewi	Pembrokeshire Triathlon Club
Thompson	Guy	
Thomson	Jacob	Pembrokeshire Triathlon Club
Titchener	Harri	
Tombs	Oscar	
Warrender	Daniel	Cerist Triathlon Club
Whitehead	Morgan	
Williams	Iestyn	Celtic Tri
Williams	Jac	OO Tri (Oswestry Olympians)



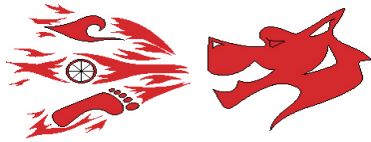
Tristar 2 Girls:

Surname	First Name	Club
Ames	Bibiane	
Banning	Lilwen	Brecon Triathlon Club
Battersby	Scarlett	Cardiff Junior Tri Club
Cleave	Mia	Celtic Tri
Clifford	Bethany	Celtic Tri
colmsee	grace	
Davies	Aelwen	Brecon Triathlon Club
Davis	Mared	Cardiff Junior Tri Club
Ellis	Ella	
Emmerson	Eleri	Cardiff Junior Tri Club
Evans	Ellie	Celtic Tri
Fish	Skye	Cardiff Junior Tri Club
Griffiths	Nia	Cardiff Junior Tri Club
Hale	Gemma	
Harris	Ella	Celtic Tri
Hollins	Megan	
Iles	Ffion	Cardiff Junior Tri Club
John	Holly	Pembrokeshire Triathlon Club
Jones	Gwen	Taff Ely Triathlon Club
lewis	Elan	Celtic Tri
Mohr-Arqueros	Rayen Leonie	Cardiff Junior Tri Club
Omidvar	Lara	Cardiff Junior Tri Club
Phillips	Mabli	Cardiff Junior Tri Club
Sharkey	Poppy	PACTri
Taylor	Liv	Cardiff Junior Tri Club
Thomas	Seren	Cardiff Junior Tri Club
Thompson	Susannah	Cardiff Junior Tri Club
Tovey	Nieve	Celtic Tri
Tucker	Daisy	Cardiff Junior Tri Club
Vanstone	Ruby	Cardiff Junior Tri Club
Williams	Carys	Taff Ely Triathlon Club



Tristar 3 Boys:

Surname	First Name	Club
Belcher	Thomas	Cardiff Junior Tri Club
Bowen	Ifan	Pembrokeshire Triathlon Club
Brown	William	Cardiff Junior Tri Club
Bruce	Jack	Just Tri
Catling	Finlay	Triathlon Coaching Wales
Codd	Harry	Cardiff Junior Tri Club
Cox	Matthew	Celtic Tri
Cresswell	Harry	Celtic Tri
Geysen-holley	Max	Cardiff Junior Tri Club
Graham	Kieran	
Hailey	rowan	Swansea TriSharks
Hardinge-Grant	Daniel	Cardiff Junior Tri Club
Harris	Charlie	Cardiff Junior Tri Club
Hinton	Ethan	Pembrokeshire Triathlon Club
Maghur	Solomon	Cardiff Junior Tri Club
Martin	Cian	Swansea TriSharks
Matthews	Ethan	Celtic Tri
Mccuskey	Deri	OO Tri (Oswestry Olympians)
Moore	Niall	Taff Ely Triathlon Club
OBrien	Alex	Cardiff Junior Tri Club
O'Brien	Tomos	Celtic Tri
Redmond	Jacob	Cardiff Junior Tri Club
rendall	Luis	Celtic Tri
Rendall	Luis	Celtic Tri
Samuel	Alex	Cardiff Junior Tri Club
Taylor	Fran	Cardiff Junior Tri Club
Walker	Arthur	Cardiff Junior Tri Club
Wyatt	Luke	Triathlon Coaching Wales



Tristar 3 Girls:

Surname	First Name	Club
Burch	Daisy	Cardiff Junior Tri Club
Cole	Megan	Just Tri
DentonPowell	Zoe	Cardiff Junior Tri Club
Eilbeck	Alys	Cardiff Junior Tri Club
Handford	Maya	Cardiff Junior Tri Club
Hickman	Eve	Triathlon Coaching Wales
Hobrou	Xantia	Cardiff Junior Tri Club
Holloway	Ella	Cardiff Junior Tri Club
James	Mia	Taff Ely Triathlon Club
Jones	Elen	Cardiff Junior Tri Club
Jones	Molly	Just Tri
Malpas	Maddie	Taff Ely Triathlon Club
Matthews	Aoife	Cerist Triathlon Club
Nesham	Anwen	Cardiff Junior Tri Club
Nolan	Gracie	
Osborne	Lily	Cardiff Junior Tri Club
Pascoe	Gabriella	Cardiff Junior Tri Club
Pascoe	Eve	Cardiff Junior Tri Club
Phelps	Lucy	Celtic Tri
Reed	Shauna	
Rees	Carys	Cardiff Junior Tri Club
Sharkey	Elsie	PACTri
Stamp	Heidi	Cardiff Junior Tri Club
Thomas	Erin	Cardiff Junior Tri Club
White	Eleanor	Pembrokeshire Triathlon Club
Wilkes	Paige	Cardiff Junior Tri Club
Wright-Nicholas	Harriet	Cardiff Junior Tri Club



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Junior / Youth Boys:

Surname	First Name	Club
Belcher	Sam	Cardiff Junior Tri Club
Brown	Alexander	Cardiff Junior Tri Club
Kugler	Tristan	
McNally	Rhys	Bridgend Swim Club
Nash	Owen	Piranha's Tri Club
osmond	ewan	Cardiff Junior Tri Club
Rychnovsky	Teodor	Cardiff Junior Tri Club
Viola	Edgar	Cardiff Junior Tri Club
Walker	Freddy	Cardiff Junior Tri Club
Watts	Morgan	Piranha's Tri Club

Junior / Youth Girls:

Surname	First Name	Club
Baker	Alyssa	
de Lange	Imogen	Cardiff Junior Tri Club
Maghur	Maya	Cardiff Junior Tri Club
Mears	Anna	Cardiff Junior Tri Club
Phillips	Ella	Cardiff Junior Tri Club
Quine	Abi	Cardiff Junior Tri Club
Thomson	Megan	Pembrokeshire Triathlon Club



Event Permit



EVENT PERMIT

2019 CARDIFF JUNIOR TRIATHLON

Is approved by: WELSH TRIATHLON	Permit approved on: 29/05/2019
Based at: MAINDY STADIUM	Event date: 08/06/2019
Organised by: CARDIFF JUNIOR TRIATHLON	

THIS EVENT PERMIT ENSURES:

The event will be conducted in accordance with the British Triathlon and International Triathlon Union rules, as outlined in the current British Triathlon Competition Rules.

The event will be conducted in a fair and safe manner.

The events planning and preparation meets the standard of quality required by British Triathlon and the Home Nations.

The event has the appropriate volunteer and participant insurance.

The Event Organiser has completed a thorough review of the swim, bike and run courses (as applicable) and has evaluated and considered all medical, safety and emergency requirements for the event.

The Event Organiser maintains a positive image of the sport of triathlon by setting minimum standards for staging of safe events which are accessible to the public.



ANNA SMITH-CLARE
EVENT ENGAGEMENT MANAGER, BRITISH TRIATHLON

This event has received a British Triathlon Event Permit approved by the Home Nation Associations.

