

15TH JUNE 2025



WALESTRIATHLON.COM

RACE PACK



IMPORTANT INFORMATION

**PLEASE ENSURE THAT YOU READ CAREFULLY,
EVEN IF YOU HAVE RACED BEFORE.**

We would like to take this opportunity to thank you for participating in Wales Triathlon 2025. We can't wait to see you on the start line.

As a team, we are incredibly proud to bring such a prestigious event to the UK, especially in this part of Wales. With Fishguard Triathlon also included as part of the weekend schedule, we're sure it will be one to remember!

You may have many questions on how the day will run and the race pack should answer these for you. Ensuring the safety of all in attendance is paramount, so please read it carefully.

We hope that you have a great time and enjoy the day.

A huge thank you again for your continued support.

See you on race day!



THE ACTIVITY WALES EVENTS TEAM

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EVENT ITINERARY

WHEN

WHAT

WHERE

SATURDAY 14TH JUNE

2pm - 6pm

Registration Open

Phoenix Centre

5pm

In depth, onsite briefing

Transition Parrog Car park

The WHAT3WORD locations for the above on page 5.

SUNDAY 15TH JUNE

7.30am - 9.15am

Registration Open

Phoenix Centre

8-9.30am

Transition open

9.35am

Acclimatisation Slipway

9.45am

Mandatory Race Briefing

Start Line

10am

Race Start

10.30am

First Lap Cut Off

11am

Swim cut off

1:30pm

Bike First Lap Cut Off

Goodwick turn point

3:30pm

Bike Cut Off*

Transition - Parrog

5.15pm

Last Run Lap Cut-Off

6pm

Overall Cut Off - last athlete finishes

6.15pm

Transition closes (Bib number required to collect your bike)

*Please note that the roads will be open at 3pm and the bike course will on open raods.

The WHAT3WORD locations for the above on page 5.



PRE EVENT INFORMATION

LOCATIONS

PHOENIX CENTRE - REGISTRATION

WHAT3WORDS: ///dust.scatters.zealous

PARROG CAR PARK- TRANSITION

WHAT3WORDS: ///undivided.decreased.faster

START LINE

WHAT3WORDS: ///gossiped.tailors.bouncing

FINISH LINE

WHAT3WORDS: ///wage.suitable.unrated

PARKING – Please allow plenty of time to park and plan ahead. Most car parks are pay and display.

LOCATION: Moor Car Park, Goodwick

WHAT3WORDS: ///wades.avacado.mandolin

LOCATION: Station Hill, Goodwick

WHAT3WORDS: ///leads.ants.bibs

LOCATION: Fishguard & Goodwick Station

WHAT3WORDS: ///listings.goofy.serious

LOCATION: Total Produce (Dole)

WHAT3WORDS: ///avid.mainly.fault

(Please keep the building clear for deliveries)

REGISTRATION

LOCATION: Phoenix Centre

WHAT3WORDS: ///dust.scatters.zealous



DON'T FORGET YOUR PHOTO ID

Without a photo ID with your DOB on, you will be unable to register. You cannot register on someone else's behalf.

On registering, you will receive:-

1 x swim hat

1 x timing chip to be worn on your left ankle outside of your wetsuit

2 x bib numbers (Please ensure you complete medical information on the reverse)

1 x helmet number

1 x bike post number

RELAY TEAMS:

One person can register for the whole team, provided that each team member has already signed the event disclaimer/terms and conditions.

Please bring a pen with you to complete your medical conditions on the back of your bib number.

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (before the event), they will be unable to race. If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.

**YOUR QR CODE WILL BE SENT TO YOU A COUPLE OF DAYS PRIOR TO THE EVENT
(IF YOU DONT RECIEVE ONE, WE CAN STILL REGISTER YOU WITH YOUR NAME AND ID)**

— TRANSITION - RACKING YOUR BIKE

LOCATION: FISHGUARD PIER CAR PARK (Parrog Car Park)

WHAT3WORDS: ///undivided.decreased.faster

- Make sure you have numbered your bike and helmet with the numbers provided before entering transition.
- Your helmet must be on and fastened before entering transition.
- The transition area has been laid-out to be equal and fair for everyone, therefore we have not numbered the racks.
- For relay teams only the bike athlete will need to rack their bike at transition.
- Make sure you are aware of the in's and out's prior to the start of the race.

IT IS VITAL THAT YOU FOLLOW ALL INSTRUCTIONS GIVEN BY TRANSITION STAFF.



WALES TRIATHLON

TRANSITION PRE-ENTRY CHECKLIST

☐

Helmet on and fastened

☐

Helmet numbered

☐

Bar ends plugged

☐

Bike numbered

☐

Transition bag/box with bike kit

☐

Wetsuit

☐

Goggles

☐

Swim hat

☐

Timing chip on ankle

EVENT DAY INFORMATION

TIMING, RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event. Race numbers must be displayed on your back during the bike and the front during the run. Failure to display in the correct way will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.

RELAY TEAMS

- Once you have completed your first discipline, make your way to the racked bike where the next athlete should wait to receive the timing chip. They will need to place the chip on their left ankle and can then access transition.

- On returning to transition, you must rack your bike before removing your helmet. Once you have done this, you can proceed to hand your chip over to the runner. Once they have put it on their ankle, they can leave transition.

- You will all be allowed to finish the event together. The other relay members can wait at the top end of the finish line for the last leg runner to join. You can all finish together and receive your medals individually.

BIKE MECHANIC

A Mechanic will be in attendance for any mechanical needs. They can be found at the transition on Sunday.

Sunday 7.30am - 9.30am.

SAFETY

The pre-event video briefing which contains important, on-the-day information, please ensure you watch this prior to the event.

Click here for [Video briefing](#).

In depth, on site briefing **5pm Saturday** outside of transition -
What3words ///undivided.decreased.faster

Should poor weather conditions dictate, please ensure you have appropriate bright clothing and lights on your bike.

Due to safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you **MUST** report to an official to inform them and hand back your timing chip.

EVENT DAY INFORMATION

MEDIA & PHOTOGRAPHY

There will be several photographers & videographers on the course. Athlete pictures will be available online from [FinisherPix](#).

You can still pre-book your photos on your [Let's Do This account](#).

MARSHALS

Please be advised that all marshals are volunteering their time for free, and without their assistance, we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification. It is your responsibility to know the route and to ensure your safety on the course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

ENVIRONMENTAL IMPACT

We are very lucky to be granted the relevant permissions to stage the race in the Fishguard area, so please help us by reducing the environmental impact as much as possible and **please take all your litter home.**

ACCLIMATISATION

You will be able to complete a short acclimatisation on the slipway left of the breakwater from 9.35pm. You will need to be at the start line at 9.45pm.

MASSAGE

Massage will be available on the day of the event with West Health Sports Massage. You can pre-pay your massage now on your [Lets Do this account](#)

COURSE & MAPS

THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINK BELOW:

Middle Distance

COURSE MAPS

Sprint Plus

COURSE MAPS

SWIM ROUTE 1.9k / 950m

MIDDLE DISTANCE 2 LAPS

SPRINT PLUS DISTANCE 1 LAP

- Make sure you give yourself plenty of space, this will enhance your enjoyment of the swim.
- Water safety is provided by a professional and well trained organisation. Should you get into trouble please lie on your back and put your hand in the air and they will assist you. Water safety are there to enhance enjoyment and naturally to ensure you of your safety, you will not be DQ'D for requesting their help should you then be able to complete the swim.
- The swim will take an anticlockwise direction and will complete 1 or 2 laps of the swim course which will be clearly marked out with buoys. It will be an Australian exit to proceed onto the 2nd lap.
- On exiting, athletes of all abilities can get dizzy; this is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from water.

IF YOU DECIDE YOU DO NOT WANT TO CARRY ON THE SWIM, PLEASE REPORT TO AN OFFICIAL IMMEDIATELY, OR WE WILL DEEM YOU A MISSING PERSON.

IT IS YOUR DECISION TO ENTER THE WATER.

MOUNT/DISMOUNT LINE

Outside of transition, the mount/dismount line will be clearly marked and there will be a marshal at this point to advise you. During the race, when exiting transition you must not mount your bike until you have crossed the mount line. Similarly on return you must dismount your bike before you cross the line.

THERE IS A CUT OFF OF 11AM FOR THE SWIM.

COURSE & MAPS

COURSE MAPS

BIKE ROUTE 54 / 26 MILES

MIDDLE DISTANCE 2 LAPS

SPRINT PLUS DISTANCE 1 LAP

CLOSED ROADS FROM GOODWICK TO ST DAVIDS AND BACK.

Courses are comprehensively marshalled and signed with black arrows/fluorescent background.

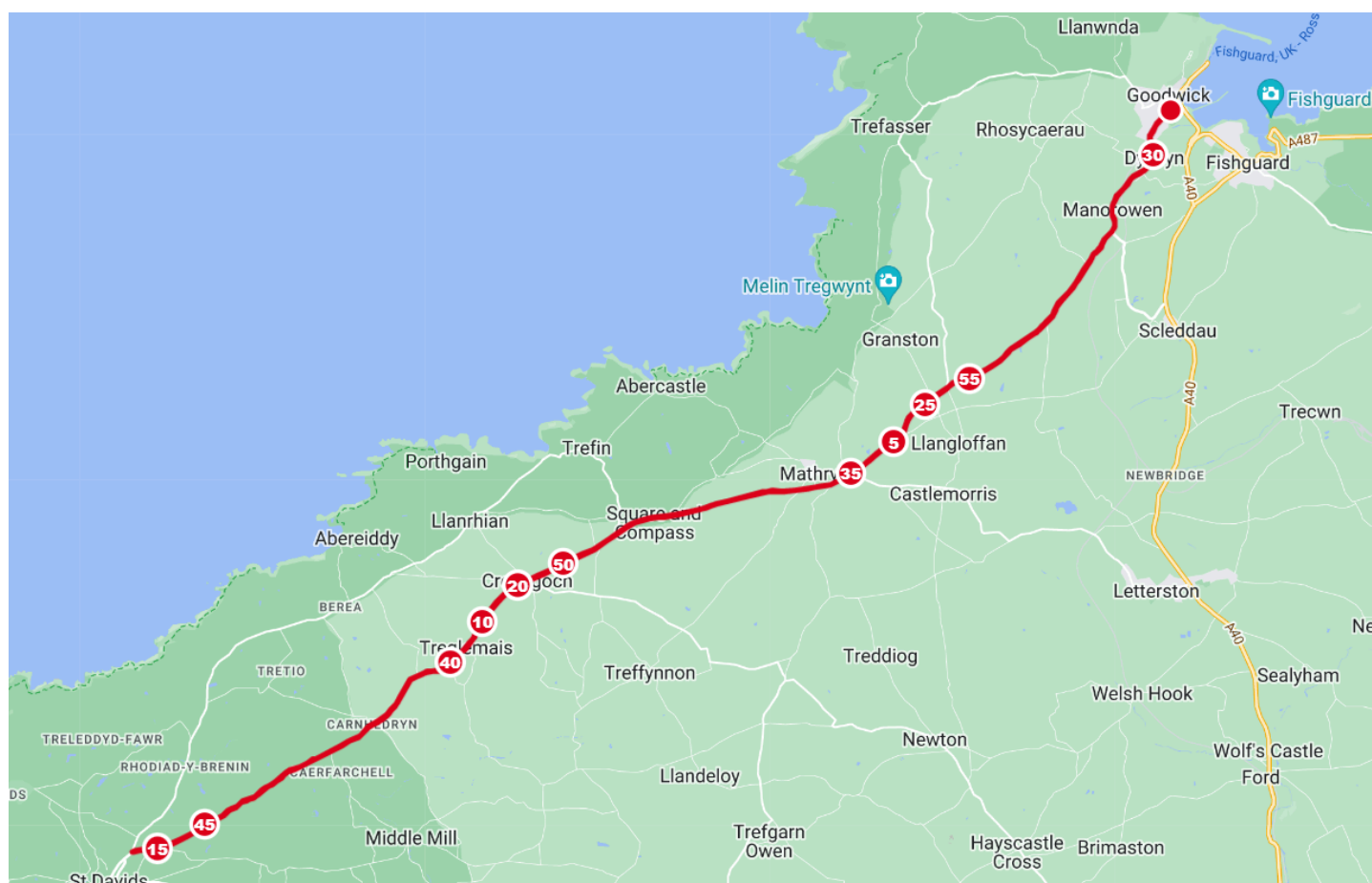
- Please communicate with other athletes when overtaking and avoid sudden movements as there will be a large number of bikes on the course.
- If you are doing 2 laps, please make sure you are in the correct lane when approaching the turn point closest to transition prior to going out on your second lap.
- Drafting is NOT permitted.

1ST LAP CUT OFF - 1.30PM IN GOODWICK TURNPOINT

2ND LAP CUT OFF - 3.30PM TRANSITION

Please note in Square and Compass the road will be coned and go down to one lane. There will be no overtaking during this section. The cones will last for approx 150 metres.

There will also be some emergency vehicles on the course which will include vets and carers that need to get to sick people and animals. Please be courteous to these people and any abuse to them will result in a DQ.



COURSE & MAPS

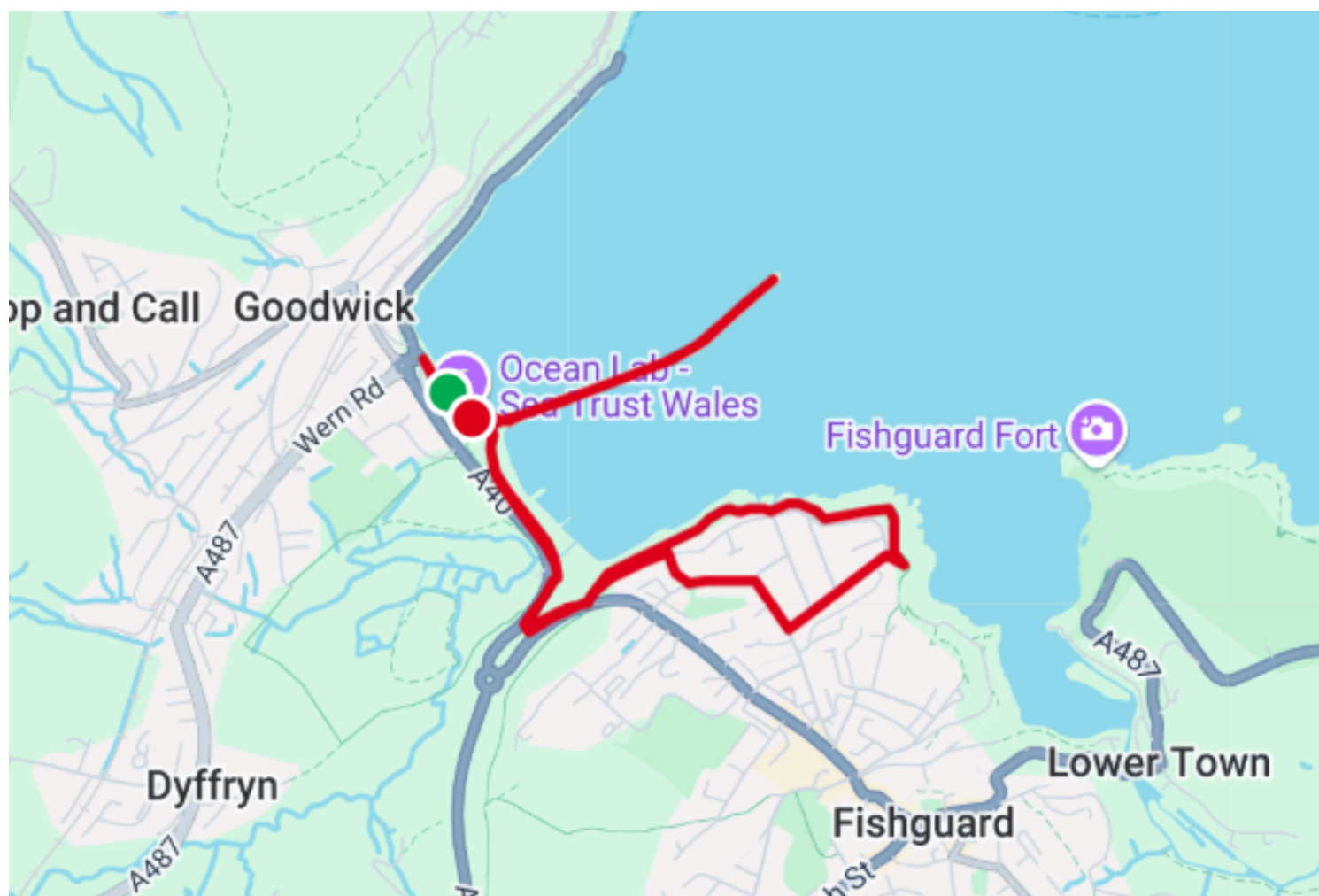
RUN COURSE 13 / 3 MILE

COURSE MAPS

MIDDLE DISTANCE 4 LAPS

SPRINT PLUS DISTANCE 1 LAP

- You are required to complete the correct number of laps for your distance.. You will be issued a lap band for every completed lap and will need all bands to access the red carpet and finish line
- The run course is comprehensively marshalled and signed with a black arrow and a fluorescent background.
- Keep left at all times unless overtaking another athlete and please respect other path users.



THERE IS A STRICT CUT OFF OF 5.15PM FOR THE LAST RUN LAP

NUTRITION, FEED STATIONS & RECOVERY

BIKE COURSE (You are expected to start with two full bottles):

On the bike course, the feed station is located near to St David's around mile 14, this will be clearly signposted. You will hit this twice and on this station will be:-

Bananas, Crisps, Sweets, Water, Energy

N.B The energy at this station will not be carbohydrate and will only be electrolyte.

RUN COURSE:

During the run course, you will hit the feed station 4 times. There will be a range of fuel on offer including, crisps, sweets, fruit and water.

FINISH LINE:

A food voucher for the Gourmet Hut will be provided to the Middle Distance athletes once they have crossed the finish line.

FINISHING THE EVENT

- At the finish line there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100.

- Recovery massage will be available at the finish line.

- Transition closes at 6.15pm. After this time items will be unattended and we will not be held responsible for any left items.

You will be required to show your bib number in order to collect your bike.

RULES

It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence. The rules are available at www.britishtriathlon.org.

- It is your responsibility as a competitor to know and correctly complete the full course. Marshals are NOT responsible for you not knowing the course. they are there for reference only.
- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Our marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- No outside assistance is allowed at any time.
- Wetsuits are mandatory.
- Only Front Strokes allowed.
- Please keep the buoy's on your left-hand side.
- No fins or floatation devices allowed.
- No swim shoes or gloves allowed.
- Please be responsible for your rubbish and dispose of it appropriately.
- You MUST wear the swim hat provided at registration. You can wear your own hat underneath, but the official hat must be on top.
- Water Safety is there to guide and assist. Please make sure you follow all instructions they give you.
- Ensure that you mount/dismount prior to the line marked outside of transition. There must be no cycling in transition.
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- You MUST wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (and definitely not elastic). These will be checked visually when racking your bike.
- Any fittings on your bike (computers, handlebar extensions) must be positioned, to prevent injury in the event of a crash. All handlebars and tri bars must be plugged. This will be checked visually when racking your bike. You will not be allowed to rack if they are deemed dangerous.
- Bikes must be single rider only - tandem bikes are not permitted.
- Your helmet must be fully fastened before racking your bike. Similarly on your return to transition, your bike must be fully racked before you undo your helmet.
- Nudity is not allowed

RULES CONTINUED

- You will need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.
- Bikes **MUST** be racked on the racking provided using either the seat post, handlebars or brake levers.
- Bikes must not be racked anywhere else. Any athlete not racking correctly will be disqualified.
- Remember to place your equipment as thrown equipment will interfere with other athletes and lead to a penalty.
- You are not allowed to mark your position in transition with any special device, flag etc. Please be careful not to interfere with any equipment of your fellow athletes, either deliberately or accidentally.
- Event numbers must be worn on the back for the bike leg and on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise, you will be penalised.
- The race director and referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee have the ability to implement and introduce laws and rules on the day.
- Please make sure you are at the start line 30 minutes prior to the event start. Marshals are only a reference. It is your responsibility to check junctions and know the course.
- If you are unable to complete the course, please report to an official with your timing chip.
- If you have registered and decided last minute not to start the event, please report to an official with your timing chip.
- The course is comprehensively marshalled and signed with black arrows and fluorescent background.
- If a referee thinks you are drafting there is no appeal against this decision. The rule of thumb is to be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.

If you read this and follow the advice, you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have however, his/her decision is final.

DRAFTING & REFEREE

PENALTIES:

General Rules:

- Failure to comply with Competition Rules may result in a competitor being verbally warned, incurring a time penalty, or disqualified;
- Competitors may only be penalised by officials & moto referees although infringements may be reported to the Official by marshals and other race personnel.
- Penalties may be issued, or disqualification given at any time up to the announcement of the final results, as communicated by the Event Organiser. The exception is where drug testing is involved, or where a concern is raised as to non-compliance of an individual's race category, when the results must be considered provisional until the outcome is known;
- Unless safe to do so and as not to place either the Official or competitor at risk, Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.
- Athletes must obey the specific traffic regulations for the event.

Warning:

- The purpose of a warning is to alert a competitor about a possible rule violation and to promote a proactive attitude on the part of Officials. An Official can also provide a warning to a competitor to correct a minor infringement;
- A verbal warning may be given when:
 - (i) A competitor violates a rule unintentionally;
 - (ii) An Official believes a violation is about to occur;
 - (iii) No advantage has been gained.
- It is not necessary for a Official to give a warning prior to issuing a more serious penalty.
- A verbal warning will be given for the following infringements where the infringement can be rectified, (but are not limited to):
 - (i) Illegal equipment (swim, cycle or run equipment);
 - (ii) Banned equipment (including, but not limited to, mobile telephones, MP3 players, metronomes, personal video recording devices);
 - (iii) Illegal progress (during swim, cycle or run);
 - (iv) Racing with an exposed torso, including zips not fastened. (during cycle or run);
 - (v) Littering on the course unless disposed of in specified littering zones provided by the Event Organiser.
- If corrective action is not taken to remedy the infringement, the competitor will be disqualified.

Draft zone:

The bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another competitor. Consecutive attempts to overtake with no success may lead to a drafting infringement;

DRAFTING & REFEREE CONTINUED

Time Penalty:

- A time penalty is an appropriate penalty for infringements which do not warrant a disqualification;
- Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- There are two types of infringement where a competitor can be penalised with a time penalty:

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
 - Time penalties vary depending on the type of infringement: (i) Drafting infringements:
- **3 minutes in long-distance races (first and second drafting violations noted by a Motorcycle or Official);**
 - **2 minutes in middle distance races (first and second drafting violations noted by a Motorcycle or Technical Official);**
 - **1 minute in standard distance races (first violation noted by a Motorcycle or Technical Official);**
 - **30 seconds in sprint or shorter distance races (first violation noted by a Motorcycle or Technical Official).**

Any penalties issued after the violations will result in a DQ.

Penalties for Drafting:

- It is forbidden to draft in a race declared as draft-illegal;
- Officials will notify competitors who draft they are subject to a time penalty sanction; it is the competitor's responsibility to ensure they are aware of any penalties that have been awarded against them;
- Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- The penalties awarded for drafting are detailed above.
- Unless safe to do so and as not to place either the official or competitor at risk, Technical and Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation;
- Drafting violations cannot be appealed.

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SCAN ME



Family-Friendly Stays

Whisk the whole family to the coast with a Pembrokeshire getaway and indulge in great food, fun-filled activity days out and more.

Athlete Training Breaks

Pack your wetsuit, bike and trainers to spend a few days practising and getting to know the scenic course routes before the big event.

POST EVENT INFORMATION

AWARDS & RESULTS

We will hold the presentation 5 minutes after the 1st, 2nd and 3rd male and female athletes have crossed the finish line. If the weather does not permit this, we will send out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a £5 P&P charge.

WINNING CATEGORIES

1st, 2nd, 3rd Male and Female Middle

st, 2nd, 3rd Male and Female Sprint Plus

There will be no age category prizes for this event.

Results are live and will be available once you cross the finish line

WALES TRIATHLON RESULTS



LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

LET'S GET SOCIAL

If you or your supporters take any snaps on race day, please share them with us using #walestriathlon, make sure to tag us @activitywalesevents. We will share these on our Instagram & Facebook pages.



FOOD & DRINK

There are a number of great places to enjoy in the area if you are staying before or after the race.

- ROSE & CROWN - (01348 873155)
- THE GOURMET PIG - (01348 874404)
- THE ROYAL OAK - (01348 218632)
- MANNINGS - (01348 874100)
- JT ABERGWAUN HOTEL - (01348 874584)
- PEPPERS - (01348 874540)
- BAR FIVE - (01348 875050)
- CRESSWELLS - (01348 874347)

CAMPING

All athletes that have pre-booked camping can check in from 3pm Friday 13th at Phoenix Centre.

Shower & toilet facilities on site.

OUR REMAINING EVENTS 2025

LONG COURSE WEEKEND WALES 27TH - 29TH JUNE

THE WALES SWIM 27TH JUNE

THE WALES SPORTIVE 28TH JUNE

THE WALES MARATHON 29TH JUNE

THE WALES HALF MARATHON 29TH JUNE

THE WALES 10K 29TH JUNE

THE WALES 5K 29TH JUNE

WALES SWIM RUN 26TH JULY

LONG COURSE WEEKEND YORKSHIRE 29TH - 31ST AUGUST

SAUNDERSFOOT TRI 19TH SEPTEMBER

LONG COURSE WEEKEND BELGIUM 26TH - 28TH SEPTEMBER



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