

Bala Middle Distance Triathlon

Sunday 4th June 2017.

WELCOME.

Welcome to the market town of Bala. The home of the Bala Middle Distance Triathlons. 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 ***Wrexham Tri Club*** will be organising the Bala Middle Distance Triathlon. Entries for the Bala Middle Distance Triathlon are now open. To enter go to www.wats-on.evnts.com or follow the link from the Wreccsam Tri Club webpage www.wreccsamtri.org.uk or www.entrycentral.com

Race Information

Venues - Llyn Tegid, Bala, Gwynedd.

Date – Sunday 4th June 2017.

Distance

Swim – 2000m

Bike – 81k

Run – 20km

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.

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

Start Time - 9.30am

The event will be run as two waves, the first wave at approximately 09:30 hrs, the other wave following at approximately 15 minute later. The constitution of the waves will be as follows:-

WAVE 1 - 9:30 All Male Juniors and Seniors and all Females

WAVE 2 - 9:45 All Male Veterans and Relays.

CUT OFF TIMES

In the interest of safety and in order to ensure that all our Marshalls and emergency services are kept to reasonable hours the following cut off times apply

All times will relate to the start of the first wave

SWIM FINISH

Swim cut off – no cut off time

BIKE FINISH

Bike cut off - 15:00

We have never stopped anyone finishing either the bike or run, but in the interest of safety any athlete back from the bike outside this time will be asked to hand in their timing chip and advised not to start the run OR to do so at their own risk.

RUN FINISH

Marshalls will start to dismantle the run finish at approximately 16:30. Timing will remain open for as long as possible. Manual times will be accepted, and if possible included in the results. The drinks stations will also be removed, but a skeleton team have always remained to cover late finishers. This is at their discretion.

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.

Following 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.

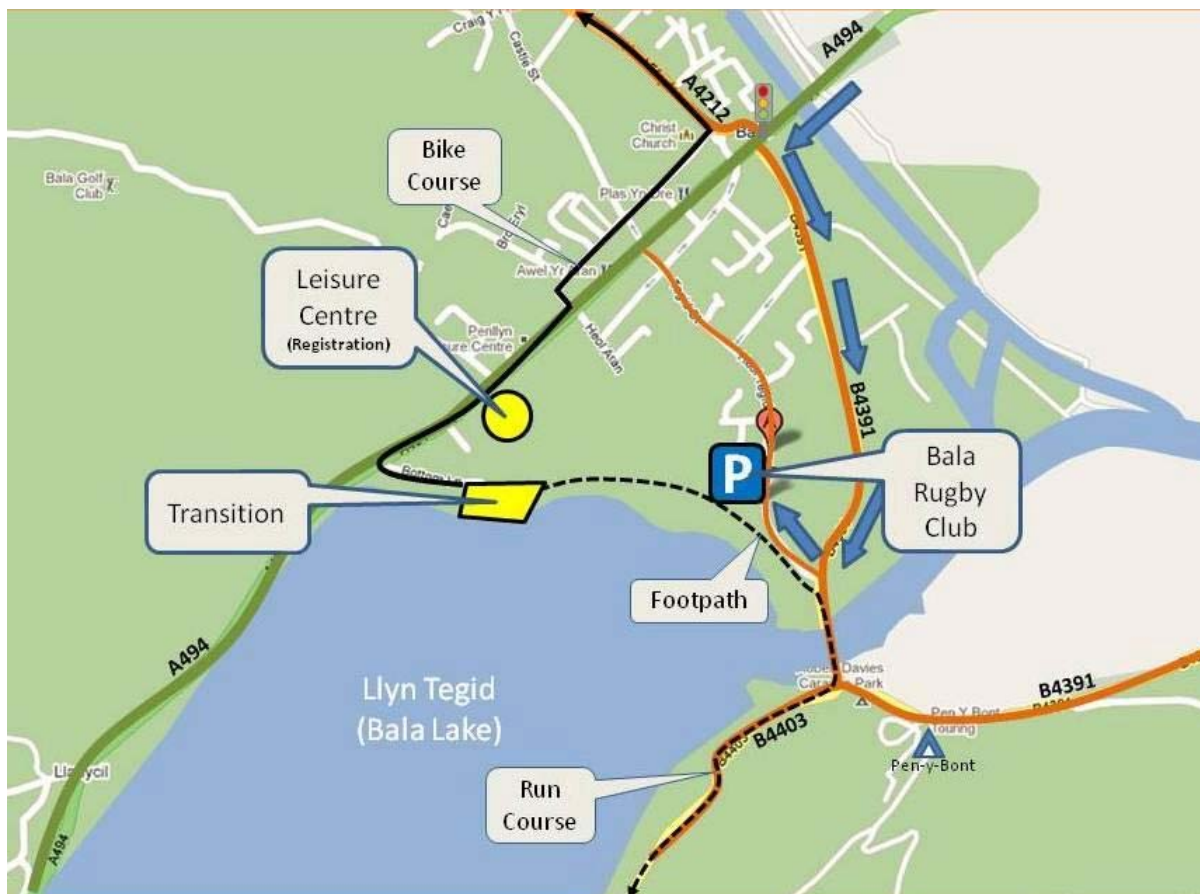
They have also kindly agreed the use of male and female changing, shower and toilet facilities in addition to those in the leisure centre.

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://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.

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 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 and also at the Bala Rugby club car park. 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 in / 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 hrs 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

NUTRITION

Bike - A choice of High5 or water will be available at the bottle drop which is in the lay-by at the turn around point (approximately 25 miles). Only one bottle will be available to each athlete. No gels or food is provided.

Run - High5 and water will be available at the start and finish also at approximately 2 miles (11 miles on the way back), 4 miles (9 miles on the way back) and at the turn around point.

PHOTOGRAPHER

There will be a professional photographer from Mick Hall Event Photography taking pictures around the course.

These will be available on <http://www.mickhall-photos.com> and <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

SWIM – 2000m

PLEASE NOTE:

The event will start at 09:30 hrs.

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 HAND IN YOUR TIMING CHIP AND NUMBER.

BIKE – 81k

The bike course is a large out and back loop which turns back at 40.5K. The outbound with most of the climbing in the first 7 miles. The rest of the course is undulating but with no serious hills. It turns right out of the lakeside car park, through the village then turns left on to the A4212, gradually climbing past the White Water rafting centre. It carries on past Llyn Celyn, famous for the sunken village whose roof tops can be seen when the water level is low. There is a nice decent down to Trawsfynydd, known for the disused nuclear power station on the side of the lake. At the junction, the course turns left on to the A470, which is mainly flat, past the mountain bike park of Coed-y-Brenin, which has miles of marked track for all levels of biker. It then turns around in a large lay by on the right hand side of the road (just past the park) and retraces the route back. This gives you the opportunity of a second climb but from the opposite direction making it considerably tougher (and longer) than previous years. It culminates in a right turn into the village of Bala **WHERE CARE WILL BE REQUIRED**, then left back into the car park and transition area.

When executing the four right turns please exercise extreme caution. You will be assisted by marshals/police at all points.

Route and profile are here

<http://www.mapmyride.com/ride/united-kingdom/bala/798334693197>

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.

There will be one bottle exchange on the bike course situated at approximately 25 miles – details at the briefing.

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.

RUN – 20k

The run course starts with 0.75k on a dirt/stone track alongside the lake, then joins the road leading on to the B4403. It follows this road along the back of the lake, turning left at 5.2 miles towards Dinas Mawddwy, before turning around at 10k and retracing the route back. Four drink stations are provided on the run route.

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 or in the transition area no later than 16:00 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 are no team prizes other than Relay teams

REFUNDS

For refunds see our refund policy <http://www.wats-on-events.com>
<http://wrecsamtri.org.uk/index.php/main-race-menu/withdrawal-policies/73-bala-withdrawal-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.