

25TH MAY 2025



SWANSEATRIATHLON.COM
RACE PACK

IMPORTANT INFORMATION

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

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

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

With the Swansea Swim and Swansea 5k now added to the weekend schedule we're sure it's going to be one to remember!

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

SATURDAY 24TH MAY

WHEN

WHAT

WHERE

12pm - 5pm

Registration open

Civic Centre

6.30pm

First-timers briefing

Civic Centre Car Park

There are WHAT3WORD locations for the above on page 6.

SUNDAY 25TH MAY

10am - 3:30pm

Registration open

Civic Centre

2pm - 4pm

Transition open

Civic Centre Car Park

4:15pm

Race briefing

Swim Start

4:45pm

Wave 1 & 2 Start

Swansea Bay (By Civic Centre)

5pm

Wave 3 & 4 Start

Swansea Bay (By Civic Centre)

6pm

5k Start

Path behind Civic Centre

5:55pm

1st Athlete Back

Finish Line

6:45pm

Bike cut off (Transition)

Civic Centre Car Park

7:30pm

Last athlete finishes

Finish Line

There are WHAT3WORD locations for the above on page 6.

PRE EVENT INFORMATION

REGISTRATION: CIVIC CENTRE

WHAT3WORDS: ///tides.bill.hotels

START LINE: SWANSEA BEACH (BY CIVIC CENTRE)

WHAT3WORDS: ///twig.faces.humans

TRANSITION: SWANSEA CIVIC CENTRE CAR PARK

WHAT3WORDS: ///keen.when.emerge

5K START LINE: PATH BEHIND CIVIC CENTRE

WHAT3WORDS: ///output.police.offer

FINISHLINE: SWANSEA ARENA

WHAT3WORDS: ///movie.candle.ruins

PARKING:

LOCATION: The Quadrant MSCP, Plymouth Street SA1 3QR

WHAT3WORDS: ///burst.ladder.shave

LOCATION: ~~Paxton Street Car Park, Maritime Quarter, Swansea SA1 3SA~~

WHAT3WORDS: ///open.chimps.spends

LOCATION: Marina Park, 188 St Margarets Court SA1 1RW

WHAT3WORDS: ///jolly.purple.beans

LOCATION: St David's Multi-storey, SA1 3LQ

WHAT3WORDS: ///fees.dairy.moss

SWANSEA CITY CENTRE CAR PARKS - there are a number of alternative car parks listed here.

REGISTRATION

REGISTRATION: CIVIC CENTRE

WHAT3WORDS: ///tides.bill.hotels



DON'T FORGET YOUR PHOTO ID

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

On registering you will receive:-

1 x coloured swim hat as per your allocated wave

1 x timing chip to be worn on your 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. If these have not been agreed via your Lets Do this account, the team members will need to attend at the same time to sign at registration.

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 (deadline prior to 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.

SWANSEA TRIATHLON

TRANSITION - RACKING YOUR BIKE

TRANSITION: SWANSEA CIVIC CENTRE CAR PARK

WHAT3WORDS: ///keen.when.emerge

- 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.
- Transition will be laid-out to be equal and fair for everyone. You will be guided by a member of the team to the relevant section.
- For relay teams only the bike athlete will need to rack their bike at transition.

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



SWANSEA 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

PRE EVENT 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.

WAVES

Your wave time has been allocated and sent to you via email.

ALL WAVES ARE NON-TRANSFERABLE.

Please make sure you are at the start line 30 minutes prior to your start time. All wave times are approximate and may be subject to change on the day. You will only be able to race in the wave allocated to you.

If you do not race in your allocated wave this will result in disqualification.

RELAY TEAMS

- Once you have completed your first discipline, make your way to your racked bike where the next athlete should wait to receive your timing chip. They will need to place the chip on their left ankle and can then proceed to remove the bike and exit 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 of the red carpet for the last leg runner to join. You can all finish together and receive your individual medals.

EVENT DAY INFORMATION

SAFETY

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

Video briefing —————

There is a first-timers briefing (6.30pm Saturday 24th May) outside of transition, to answer all of your race day questions.

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.

MEDIA & PHOTOGRAPHY

There will be a number of photographers & videographers on course. Athlete pictures will be available online from Finisher Pix .

MARSHALS

Please be advised 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 own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

ENVIRONMENTAL IMPACT

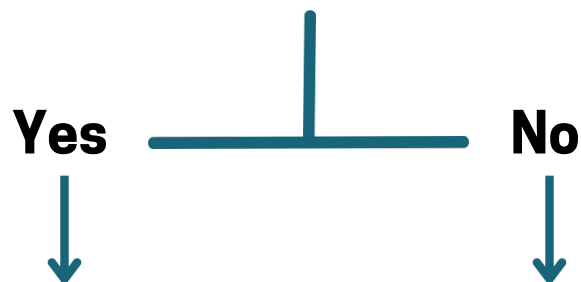
We are very lucky to be granted the relevant permissions to stage the race in the Swansea area, so please help us by reducing the environmental impact as much as possible and take all your litter home.

**Do you struggle with
the swim?**



MYSWIMCO.

Want to get faster?



MYSWIMCO.

Why not?

MYSWIMCO.

MYSWIMCO.
Swimming, for everyone.

COURSE & MAPS

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

COURSE MAPS

SWIM ROUTE 750M SWIM

The swim course is one lap

- After a short briefing, you will be invited towards the start line, where you will go over the timing mat. It is essential that you wear the timing chip provided on your left ankle OVER YOUR WETSUIT.
- 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 with your hand in the air, and they will assist you. Water Safety is there to enhance enjoyment and to ensure 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 a clockwise direction. You will complete 1 lap in the swim
- On exiting the swim, athletes 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 the water.
- Please keep your distance from the shoreline and ALWAYS keep the paddler (swim safety) to the LEFT of you at all times.
- If you decide to retire from the swim, please hand your chip to the Shoreline Lifeguard before leaving.
- 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.

COURSE & MAPS

COURSE MAPS

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

BIKE ROUTE 20KM

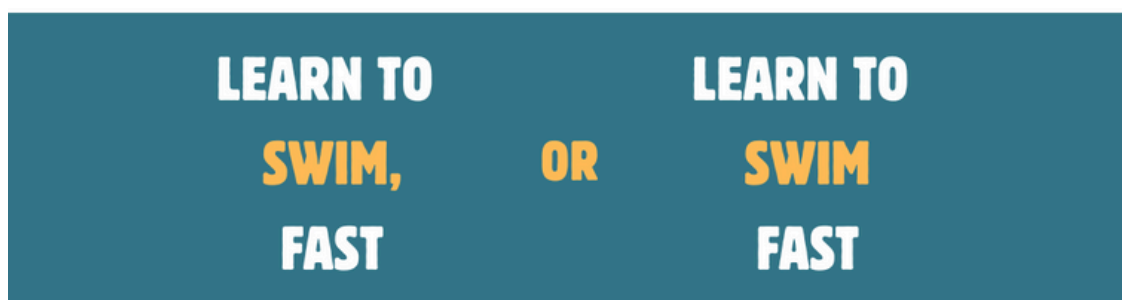
- While every possible effort has been made to ensure the course is sterile of vehicles, this cannot be 100% guaranteed so please keep this in mind at all times. Please ride within your own ability and don't get caught up in the event. If there is a blue light incident on course (connected or not to the race) that service will receive total priority.
- This is a non-drafting event; please take a look at the example in the rules section. To complete the bike leg you are required to complete 3 laps of the course which is comprehensively marshalled and signed with a black arrow and fluorescent background.

PLEASE KEEP TO THE RIGHT HAND SIDE AT ALL TIMES UNLESS OVERTAKING. ALWAYS RIDE WITHIN YOUR ABILITY AND WITH CAUTION. PLEASE BE MINDFUL OF THE ROAD CONDITIONS.

- Be aware that there will be members of the general public crossing the road at various points. Please ride with this in mind and be courteous at all times. Any dangerous riding or use of abusive language will result in disqualification from the event without appeal.
- Please communicate with other athletes when overtaking, and avoid sudden movements, as there will be a large number of bikes on the course.
- Please reduce your speed when approaching the turn points. When approaching the turn point at Swansea Leisure Centre (WHAT3WORDS: ///snap.heave.proof) you must stay to the right hand side unless you are returning to transition. When you have completed your 3 laps you need to keep left at this point to head back to transition.

THERE IS A 6.45PM CUT OFF FOR THE BIKE SECTION.

YOU MUST BE IN TRANSITION BY THIS TIME.



It makes no difference, we do both.

RUN COURSE 5KM

- The run course is comprehensively marshalled and signed with black arrows and fluorescent background.
- Keep left at all times unless overtaking another athlete and please respect other path users.
- The course will head out to a turn point along the promenade in the direction of Mumbles. There are sections of the course that are two way. Again, please respect other path users.

FINISH LINE

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. On crossing the finish line you will be able to collect your medal and bottle of water.

The transition will be open to collect your bike once all athletes have returned to transition from the bike leg. Transition will remain open until 7:30pm. 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.



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The official charity of your local NHS



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@wales.nhs.uk



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Swansea Bay
University Health
Board

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on social media**



RULES

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

- It is your responsibility as a competitor to know and correctly complete the full course
- 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. 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.
- It is your responsibility to know the course and abide by the highway code at all times.
- No outside assistance is allowed at any time.
- Wetsuits are mandatory
- 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 so as 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 and you will not be allowed if they are deemed dangerous.
- Bikes are single-use only - tandem bikes and electric 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
- You will also need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.

RULES CONTINUED

- Bikes **MUST** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking this way will be disqualified.
- Remember to place your equipment, as thrown equipment may 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 and 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 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.
- Ensure that you mount/dismount at the line marked outside of transition. There must be no cycling in transition.
- This is a non-drafting event: please see a guide on the following page. 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, so the rule of thumb is - 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.
- It is your responsibility to know the course.
- Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- All decisions are final. The race director and race 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.
- Video and Photography will be taken on the day for social media and marketing use. This will also include spectators and anyone who partakes in the run with a loved one channel.

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.

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.

Please note, the on the day presentation will only be for 1st/2nd/3rd overall male and female winners.

WINNING CATEGORIES

Swansea Triathlon

1st, 2nd, 3rd Male and Female (only available in wave 1)

There will be no age category prizes for this event.

Club Championships

Rhondda Triathlon Club

1st, 2nd, 3rd Male and Female

Pen y Bont Triathlon Club

1st, 2nd, 3rd Relay & 1st Male and Female

Warrior Triathlon

1st, 2nd, 3rd Male and Female

Club Championship prizes will be presented after the last athlete has finished. Approx 7.30pm. All athletes must be present as awards will not be posted out after the event.

Results will be available via the link below after the event.

SWANSEA 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 #swanseatriathlon, 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.

DIABLOS SA1 - (01792 457000)

PUMP HOUSE - (01792 651080)

JUNIPER PLACE - (01792 468715)

GALLINIS - (01792 456285)

EL PESCADOR - (01792 464947)

THE SECRET BEACH BAR & KITCHEN (01792 439220)

A bustling beachfront venue offering breakfast, brunch, lunch and dinner while enjoying views over Swansea Bay. All dishes are cooked from fresh and ingredients sourced from within a 10 mile radius of the premises wherever possible.



The outside kiosk offers snacks, hot drinks and alcohol which can all be taken away.



OUR REMAINING EVENTS 2025

CHALLENGE WALES 15TH JUNE

FISHGUARD TRIATHLON 15TH JUNE

LONG COURSE WEEKEND WALES 27TH - 28TH 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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