



## Race letter for the Titan Brecon Saturday 18<sup>th</sup> June 2016

It's race time with DB Max! This letter includes all the details for race day at the beautiful Parc Bryn Bach venue set in the heart of Wales.

**Please ensure you bring page 9 with you signed and completed on race day along with your photo ID. You cannot compete without them.**

### ***Race Venue and Car Parking***

The venue for this race is Parc Bryn Bach, set in the small town of Tredegar. The full postal address is Parc Bryn Bach, Merthyr Road, Tredegar, Blaenau Gwent, NP22 3AY

On arrival, ample free parking is available; please follow the signs and marshal instructions upon entering the venue. The venue will be open from 05:00 on race day and spectators can also park here.

### ***Registration***

Registration will be open on Friday evening in the main building at Parc Bryn Bach from 17:00-20:30. There will also be registration on the morning of the race from 06:00 to 06:20. We advise as many people as possible to register on the Friday evening.

Race envelopes will be collected from the registration desk. They will contain your timing chip and race numbers as well as a coloured hat which you must wear for the swim section. Do not open a race envelope unless it has your name displayed on it. Please fit your timing chip securely to your left ankle as soon as you receive your envelope. Details of your allocated bib number are available online. You do not receive anything by post.

**Please ensure you bring the event waiver (page 9) at the bottom of this document with you to registration and it is filled out in full. You will also need to bring a proof of I.D along with the waiver. If you forget either of these items, you will not be permitted to race.**

You must fix your bike number to your seat post so that it is clearly visible and attach the helmet sticker, **before arriving at transition for bike racking.** Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used.

### ***Timing Chips***

Timing chips are contained in your race envelope. Please attach the chip securely to your left ankle with the strap provided. This will ensure that your finish results and splits are collected by the system. No timing chip = no results.

Timing chips will be collected in the finish funnel immediately at the end of your race. **You must return your timing chip as soon as you finish** (even if you do not complete your race). Lost and unreturned timing chips will be invoiced at **£75 each** - don't forget to hand it back!

### ***Camping***

If you wish to camp at the venue, please go to the website and book your pitch [www.parcbrynbach.co.uk](http://www.parcbrynbach.co.uk). Please note that camping is now limited.

## ***Race Day Schedule***

Friday

17:00-20:30 – Registration

Saturday

05:00 – Car Park opens

05:30 – Transition opens

06:00 – Last minute registration opens

06:25 – Last minute registration closes

06:30 – Transition closes

06:50 – Pre race briefing at transition area

07:00 – Race start

15:30 – Course closes

15:45 - Presentation

## ***Race Instructions & Rules***

Please ensure that you attend your compulsory race briefing on the day - failure to attend means you will not be able to race. Information on the course and any race specific rules relative to your safety and that of others will be outlined at the briefings.

Please also read our referee's notes at the bottom of this welcome letter. The race is non-drafting and motorbike referees will be policing this rule.

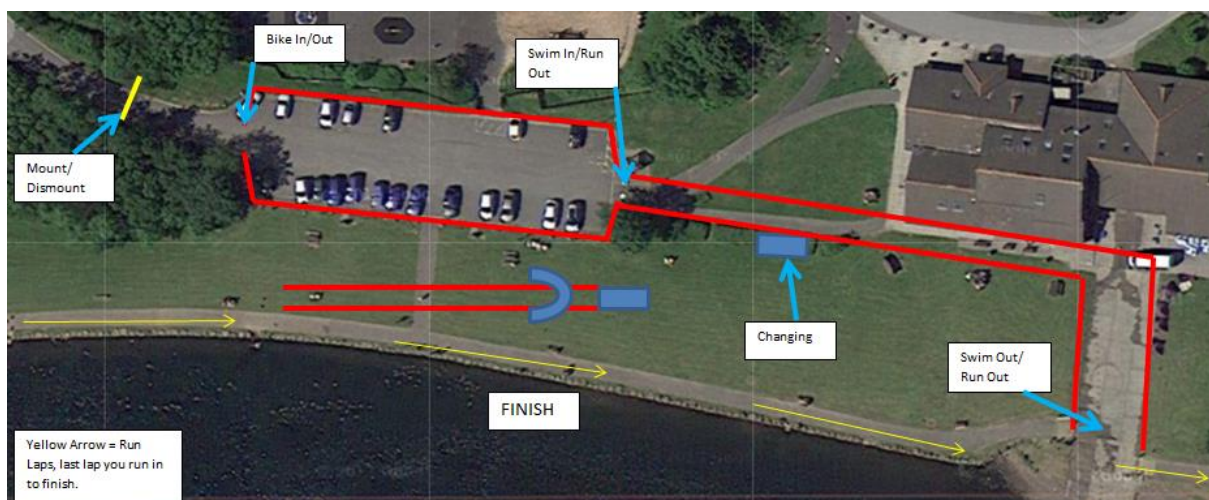
Your DB Max race referee will be Steve Walters. Your Moto referee is Steve Buckley.

## ***Transition Area***

Please ensure that when you arrive at transition to rack your bike, **your bike and helmet are clearly labelled and your helmet is on your head and firmly fastened.**

Your bike must be racked in the space corresponding to your official race number. When racking your bike, please show consideration to other competitors. Boxes are no longer permitted in transition and only a small rucksack is permitted for your kit. There is no cycling allowed in the transition area at any time. Please be set up in transition **at least 30 minutes** prior to the race start. Transition will close at 06:30.

After racing, you will only be able to collect your bike from transition if you have your bib number. Please familiarise yourself with transition before racing. A map of the transition layout is below.



## ***Cut Off Times***

As with most middle distance races there will be cut off times for each section of the course. These will be managed responsibly and with a sensible approach. If you are close to the cut off you may be allowed to continue. If we feel you are too far away, or not in a fit start to continue, you will be pulled from the race.

**Swim Cut Off – 08:30**

**Bike Cut Off – 13:00**

**Run Cut Off – 15:30**

## ***Swim***

The swim takes place in the lake at Parc Bryn Bach and will be two laps of 950 metres per lap. At the end of each lap there will be an Aussie exit where your lap time will be recorded. The lake temperature is currently approximately 15 degrees Celsius so the swim will be wetsuit compulsory. You must wear the swim hat issued to you at registration.

There will be appropriate safety cover provided by Parc Bryn Bach throughout the swim. If at any time you get into trouble during the swim, please roll on to your back and raise your hand in the air. A rescue kayak will then approach you and perform a rescue. Please follow the instructions from the kayaker at all times.

## ***Bike Route***

The bike is an out and back with a loop at the halfway point. There are several big climbs on route, with a big climb at the start and at the end. Please ensure you are fully prepared for the route and familiarise yourself with it [here](#). When riding across the moors, please ride sensibly and be aware of the local wildlife as ponies and sheep run free in the area. There are also a number of cattle grids on the moors - please take care going over these and do not turn your handlebars. Appropriate turns are marshalled and the route is fully signed. Please note that the route is not traffic free and will be being used by motorists. It is your responsibility to adhere to the highway code at all times and follow any instructions from marshals.

## ***Bike Route Rules***

There are certain rules you must follow when on the bike route.

- You must not draft during the event (see diagram and rules on drafting below).
- Helmets MUST be worn at all times whilst you are in contact with your bike, including in transition.
- Your transition area must be kept tidy at all times and you must rack in the area allocated to you.
- At no time are you allowed to drop litter.
- All gels must have your race number written on them.

## ***Bike Support***

BikeFit Yeovil will be providing support around the course in the event of breakdown and will be at the venue to help with any problems with your bike. However, bike maintenance is your responsibility, so please bring spares for your bike and do not rely solely on the bike support.



## ***Bike Feed Station***

There will be feed stations based both on the bike and run sections of the course. The bike course will have two aid stations at approximately 17 and 42 miles, just before and just after Pencelli. These will hold [Etixx](#) energy drinks, water, [9BARS](#) and various jelly babies and sweets. Please do not litter in the area - if you are throwing away old bottles before picking up new, please dispose of them close to the feed stations.

## ***Run Route***

The run route is three laps of the park starting with a loop round the lake before an out and back section round the golf club. The route involves running up several hills so be ready for them. Be aware that you run across the top of the golf course, which may be being used by golfers. There are also free roaming animals in the area, so lookout for stray cows...! Please familiarise yourself with the route [here](#).

## ***Run Feed Station***

The run will have two feed stations per lap at the turn point and near the finish. These will stock [Etixx](#) energy drinks, water, chunks of [9BAR](#) bananas and also a selection of sweets and peanuts.

## ***Presentations and Awards***

Presentations will take place shortly after the last finisher has completed the race in the main building at Parc Bryn Bach. This will be at approximately 15:45.

Awards will be presented as follows:

Male Overall: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

Female Overall: 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

Male and Female Vet 40: 1<sup>st</sup>

Male and Female SupVet 50: 1<sup>st</sup>

Male and Female SupVet60+: 1<sup>st</sup>

Fastest Swim: Male and Female

King and Queen of the Mountain (fastest up the Iron Mountain): Male and Female

Fastest Half Marathon Split: Male and Female

## ***Refreshments***

Refreshments are available within the main building at Parc Bryn Bach. Take your race number inside for a discounted meal after the race. Toilets and showers will be available for all competitors inside the main building. The bar will also be open all day.

The evening before the event, the venue is also offering a discounted meal for competitors (pasta etc.).

## ***Sponsors***

We would like to thank our sponsor **9BAR** who are providing nutrition for today's race as well as throughout the DB Max race season. For more information on **9BAR** products, [please click here](#). We would also like to thank our retail partner **The Triathlon Shop** who are also providing nutrition and to thank our massage partner **The Physio Clinic**.

## ***iPods and MP3 Players***

Competitors are **NOT** permitted to wear iPods or MP3 players at any time.

### **DB Max Sports Timing**

DB Max Sports Timing will be producing the race results including splits and laps. You can follow the results live on the day at [dbmaxresults.co.uk](http://dbmaxresults.co.uk) and on also via our smart phone results app available at the same link.

### **Pre and Post Race Massage**

Post-race massage is available at a cost of £5 for 10 minutes from Jodie of the **Physio Clinic**.

### **Toilets and Showers**

Toilets and showers will be available for all competitors inside Parc Bryn Bach and a number of portable toilets will be available in transition.

### **Race Photography**

Official race photography will be provided by [www.charleswhittonphotography.com](http://www.charleswhittonphotography.com) and will be viewable direct from your online results.

### **The Triathlon Shop**

Our retail partner [The Triathlon Shop, Bristol](http://TheTriathlonShop.com) will be attending on the day and will have any last minute race essentials you may need.

### **Marshals**

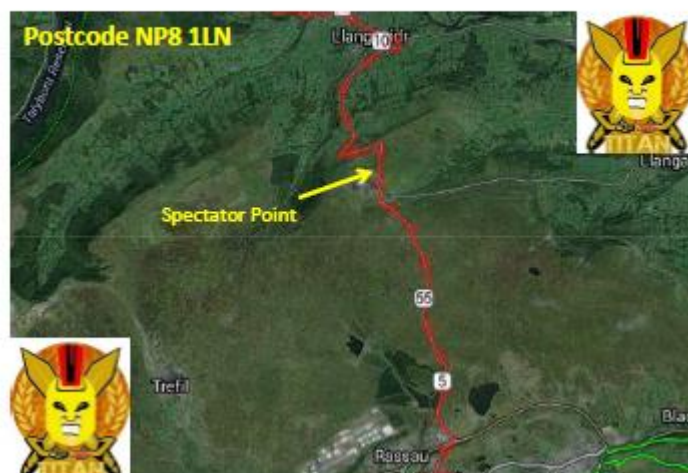
The Marshals make this event what it is and without them it just wouldn't be able to happen. So with this in mind, please can we ask that all competitors (if safe to do so) try and say thanks to at least one marshal on the way round the course. Show them that they're appreciated!

Also, we're always after more marshals, so if your wives, husbands, sisters, brothers, friends and so on are coming with you on the day, get them involved. They'll earn a special race tech tee-shirt as well as free entry to a future DB Max event. They'll also get a great view of the race and get to be part of the event. Please email James Higgs at [james@dbmax.co.uk](mailto:james@dbmax.co.uk) to get involved in marshalling.

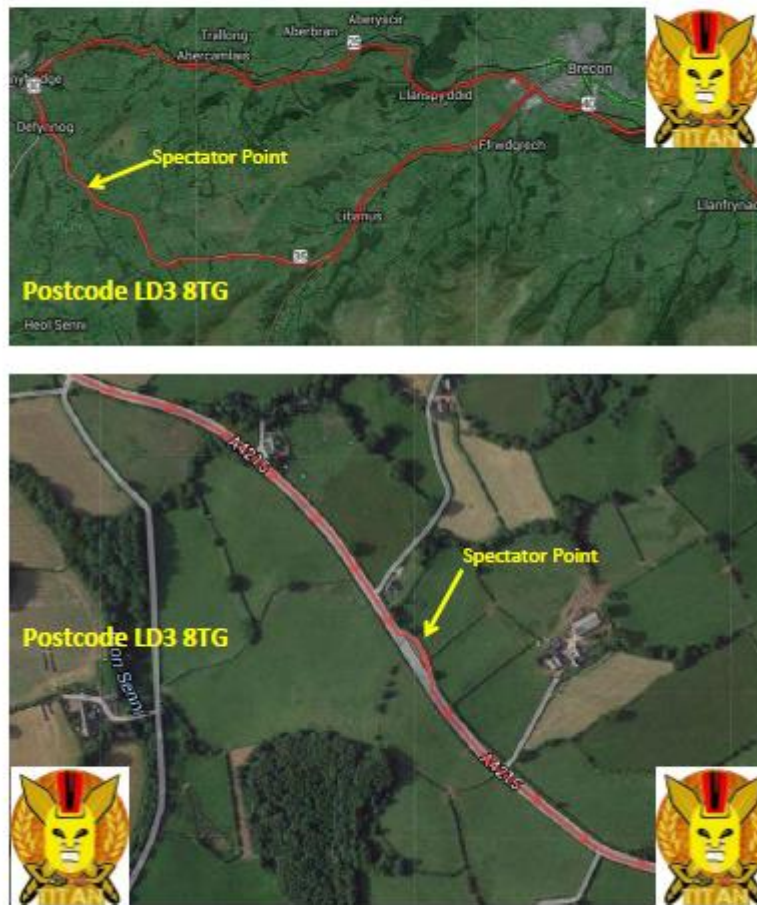
### **Spectating**

There are certain sections on the bike course which are ideal for spectating. Maps of these are below. The run course is three laps of the lake and park grounds so is ideal for spectating.

#### **SPECTATOR POINT ON THE IRON MOUNTAIN**



## SPECTATOR POINT AT DEFFYNOG



### ***The Great British Weather***

Although the race is being held at the height of the great British summer, conditions can always change, especially up on the Brecon moors. Please dress appropriately for the conditions and keep an eye on the weather forecast on the days leading up to the event. It may be necessary for you to race in High-Viz clothing and with a rear light as a minimum as the weather can turn quickly in the area. Please bring these to the race.

Please ensure that you are suitably prepared both physically and mentally for a race such as this and inform us of any medical conditions we should know about. Make sure you are suitably hydrated and have taken on plenty of food. Also ensure you have appropriate sun protection and make use of the feed stations on route.

If you see another competitor who appears to be struggling please help them, then contact the nearest marshal.

**Finally, thank you for your race entry and good luck with your final race preparations. We look forward to seeing you at Parc Bryn Bach on race day!**

## A word from our referee, Steve Walters...

### Do you know the rules?

I have listed some general rules to help you when competing in a DB Max triathlon. Please remember them as you may be penalised, or even disqualified if you don't observe the rules.

This document aims to acquaint you with the most widely broken rules, so you never have to see or hear from a referee and to hopefully make your race a safe and enjoyable one.

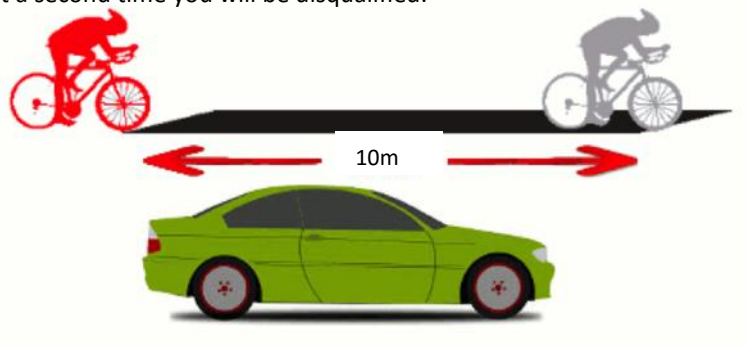
If you have any questions please do not hesitate to speak to our referee at the race.

### General Rules and Race Conduct...

- It is your responsibility as a competitor to know **all** the rules. As in most walks of life, ignorance is no defence.
- It is your responsibility as a competitor to know and correctly complete the full course of the event.
- Foul and abusive language is not permitted and any failure to obey a marshal, the police or a referee will lead to disqualification.
- Marshals are often volunteers, who help the event team with the running of the DB Max events. Please respect them and where possible, thank them for their efforts.
- No outside assistance is allowed at any time during your race.
- Please do not use iPods, mobile phones or any other device that may impair your hearing or concentration anywhere 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 in vehicles.
- You **must** wear a safety helmet on the bike leg 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 (definitely not elastic). Helmets will be checked when racking your bike.
- Any fittings on your bike (computers, mountain bike handlebar extensions, etc.) must be positioned so as to prevent injury in the event of a crash. All handlebars and tribars must be plugged. **This will be checked when racking your bike and you will not be allowed to race if your bike does not meet the required standards.**
- Nudity is not allowed. Competitors must keep their 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 and anybody not racking in this way will be disqualified.
- Remember to place your equipment down, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not permitted to bring boxes or large bags in to transition, only a small rucksack (or similar) are permitted. If you do bring anything like this with you it will be removed.
- Competitors are not allowed to mark their position in transition with any special device, or flag etc., and must be careful not to interfere with any equipment of other athletes, either deliberately or accidentally.
- At DB Max races competitors must not remove their bike from the rack until their helmet is fastened. They must not unfasten their helmet until their bike is back in the rack.
- Race numbers must be worn and must be clearly visible at all times. They must not be altered or mutilated in any way as this will incur a penalty.
- Relays – Helmets must not be worn in relay exchange zones, instead they must remain on the bike before and after relay tagging.
- You must not mount your bike until advised to do so at the bike mount/dismount line outside of transition. There must be no cycling in transition.
- Personal video recording devices are not permitted.
- Littering is not permitted at any time. If litter is dropped accidentally you must pick it up.

## Drafting....

- Triathlon is an individual sport, so in an age group triathlon, drafting (riding close to another cyclist) is forbidden. However, drafting is allowed in the run so if you must draft please do it then.
- The draft zone is an area extending from the front wheel of the leading bike to a point 10m behind it and 1.5m either side of the cyclist's centre point. If you wish to overtake the cyclist in front, you have 20 seconds, which in basic terms means you have to be travelling 1mph faster than them to pass in the allotted time. If your front wheel is not passed their wheel in the allotted time you must drop back to 10m from their front wheel.
- If another rider overtakes you, it is your responsibility to drop back out of their draft zone.
- If a referee thinks you are drafting there is no appeal against the decision, so the rule of thumb is – be squeaky clean. Drafting is cheating. If caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.



***As long as you read this and follow the advice given, you should always be on the right side of the rules at all DB Max races.***

***Remember, our referee will always be willing to answer any questions you may have.***

***Enjoy your race....!***





**Event Registration, Release & Waiver of Liability, Assumption of Risk and Indemnity Agreement**

For participation in: **Titan Brecon Middle Distance Triathlon** (hereinafter, the event)

Please read this document carefully before signing. This document has legal consequences and will affect your legal right, and will limit or eliminate your ability to bring future legal actions. I understand and acknowledge that by signing below, I am legally agreeing to the terms and rules for the event.

**Terms**

- I understand that I take part in the event at my own risk and of my own free will. I understand that whilst the course has been made as safe as possible, this event is not without risk and that the events require varying degrees of Physical excursion.
- I confirm that I do not know of any medical reason why I cannot participate in the event and that I have prepared accordingly. I understand that if in doubt about my health or have a medical condition that could be affected by exercise (other than what I have already stated), particularly a heart condition; I should obtain my doctors approval before participation.
- I confirm I am over 18 years of age. If I am under the age of 18, I understand that it is my responsibility to show a letter of permission from my parent or guardian.
- I confirm that I have received my race letter by email and have thoroughly read and understood all aspects of the seven page document.
- I understand that the organisers may take photographs or video footage of me taking part in the event and permit them to use the images and film for promotional purposes.
- I confirm that my details may be passed on to relevant 3rd parties (Such as My Skills For Life LTD, Hospital etc.) in the event of illness or injury occurring.
- If I am unable to complete any section of the events, I will be given a DNF and MUST report to a race official with my timing chip. (Replacement chip costs £75)

**Rules**

I confirm I will abide by the following rules. Should I not, I will be penalised or disqualified from the event by the race Referee.

- Foul and abusive language is not permitted and the failure to obey a marshal, police or Referee will lead to disqualification. Marshals are usually volunteers to help with running of the events, and I will respect them and thank them for their efforts.
- All race briefings are mandatory. Failure to attend will lead to my disqualification.
- Cut off times are in place for my own safety. If I refuse to be picked up by the safety vehicle when the cut offs are enforced, I am no longer the responsibility of the events team and will carry on unsupervised at my own risk.
- I understand that the cycle section takes place on open road and that I have to obey the Highway Code at ALL times. Cyclists are also not permitted to ride any more than 2 abreast on the roads at any time and I will wear a safety helmet on the bike leg that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is **not** an approved standard.

**Please bring this form back signed along with your photo ID with you to Registration. Failure to hand this document in at registration, will mean you cannot race.**

PRINT FULL NAME \_\_\_\_\_ EVENT \_\_\_\_\_

ADDRESS \_\_\_\_\_

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_