

The Mazda FRF Gower Multisport Festival May 15th & 16th 2010

- The Mazda FRF Gower Duathlon:**
10k run/ 43k bike/ 5k run
- The Moti Mizuno Gower Sprint Duathlon:**
5k run/ 21k bike/ 2.5k run
- The Mazda FRF Rhossili Monster:**
10k multi-terrain run

Welcome to the FRF Gower Multisport Festival with DB Max Events and Tri & Enter Events. This race letter includes all the details for race day at this stunning venue.

Race HQ for the weekend is the Worm's Head Hotel. Registration, presentations, the pasta party and the Saturday night BBQ and party will all take place here.

For a map and directions please see:

www.dbmax.co.uk/Directions%20to%20the%20Gower.pdf. The postcode for Sat. Navs. is **SA3 1PP**.

The event campsite is the **Pitton Cross Caravan and Camping Park** (www.pittoncross.co.uk). Postcodes for Sat. Navs is **SA3 1PH**. Please ring and book your pitch in advance.

The race venue at Rhossili is about 1 mile from the event campsite. Please note that there is a charge for car parking at Rhossili (£2.50 for the day).

Registration Instructions

Duathlon (Olympic & Sprint)

Registration will be open at the pasta party on Friday evening from 6pm to 9pm. There will also be an opportunity to register from 6am to 6.30am on Saturday morning, but please endeavour to do so on the Friday.

Day entries will be available for the full Duathlon at £35 (£32 BTF) and for the Sprint Duathlon at £27 (£25 BTF).

Race numbers will be allocated at the registration desk along with goody bags.

If you have registered as a **BTF member**, please remember to bring your BTF licence to registration. If you forget to do this, you must purchase a BTF day licence (£3).

Timing chips will be allocated for the duathlon on race day on entering transition for bike racking.

10k Run

Registration will be open on race day from 9am to 10.30am (Sunday morning). Race numbers will be allocated at the registration desk along with goody bags and timing chips.

Day entries will be available at £15 (£13 attached) with a £5 discount for anyone who raced on Saturday.

Race Instructions

Please attach your race number to your front while racing so that it can be clearly seen - race belts may also be used for the duathlon.

Timing Chips

Please attach your timing chip firmly to **your left ankle** with the strap provided. 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!



Duathlon Instructions

Please see the table below for registration and briefing times.

	Pre-Entered & Day Entry Registration	Bike Racking	Briefing
Olympic Duathlon	18.00 – 21.00 (Friday)	6.00 – 7.00	7.00
Sprint Duathlon	18.00 – 21.00 (Friday)	6.00 – 7.00	7.20

Please note that the race briefing is mandatory. Information on the course and any rules relative to your safety and the safety of others will be outlined, as well as important BTF information. Please also take the time to read the BTF rules at the bottom of this race letter. Please note that drafting is not allowed and our BTF motorbike referee will penalise all offenders. Please take time to study the race route information at the event website www.gowermultisportfestival.co.uk.

The Moti Mizuno Gower Sprint Duathlon- 7.10 – stunning running and riding around the Gower Peninsula. A 2 lap run followed by a one lap bike, with a 1 lap run to finish.

The Mazda FRF Gower Olympic Duathlon- 7.30 – a spectacular course and the 2010 Welsh Duathlon Championships. A 4 lap run followed by a one lap bike, and a 1 lap run to finish.

Presentations at 10.30	
Olympic Course	M & F – 1st, 2nd, 3rd . Vet 1st
Sprint Course	M & F – 1st, 2nd, 3rd . Vet 1st

10k Run Instructions

Please see the table below for registration and briefing times.

(Sunday)	Pre-Entered & Day Entry Registration	Briefing
Monster Run	9.00 – 10.30	10.50

The Rhossili Monster - 11.00 – stunning scenery and that 'monster' climb! A 1 lap run that starts and finishes at the Rhossili end of Rhossili Bay, heading off towards Llangennith and Hill End before heading up....

Presentation at 12.00	
Overall	M & F – 1st, 2nd, 3rd
Age Group	M & F: Vet 40 (1st), Vet 50 (1st)

Toilets will be available adjacent to the car park at the race venue and showers for competitors will be available at the event campsite. The Worm's Head Hotel will be open from 6am on race day serving coffee and breakfast. **DB Max Precision Timing** will be producing the race results on the day and the race photographer will be www.sportysnaps.com.

Many thanks to our title sponsors for this event - **FRF Mazda** and **MOTI Mizuno**.

Finally, thank you for your race entry and we wish you all the best in achieving your personal goals at this event. We look forward to meeting you at the pasta party and BBQs!



General BTF Rules (Duathlons)

13.1 Competitors must exercise sound, mature judgment, carry out all reasonable instructions from officials, obey the laws of the land and observe traffic regulations (where applicable).

13.2 Competitors must follow any instructions given by the police (where applicable). Failure to do so will result in disqualification and may lead to disciplinary action by British Triathlon.

13.3 Competitors are ultimately responsible for their own safety and for the safety of others.

13.4 Competitors must take responsibility for knowing the rules and abiding by them.

13.5 It is the competitor's responsibility to be properly prepared for an event and to ensure that their equipment is suitable and fit for its intended purpose.

13.6 It is the competitor's responsibility to know and correctly complete the full course of the event.

13.7 Triathlon and rowathlon are individual endurance events. Any teamwork that provides an unfair advantage over other competitors is expressly forbidden.

13.8 No competitor shall be permitted to continue racing who, in the opinion of any race official, is physically incapable of continuing without sustaining physical damage or loss of life.

14 Race Conduct

14.1 Competitors must conduct themselves in a proper manner and not bring the sport into disrepute.

14.2 All other competitors, officials, volunteers and spectators must be treated with respect and courtesy.

14.3 Threatening, abusive or insulting words or conduct are not permitted and competitors may be disqualified for using such.

14.4 All competitors must wear any bib or numbers provided by the race organiser. These must be worn unaltered and be both visible and/or readable at all times.

14.5 Competitors must be adequately clothed at all times, the minimum being a one or two piece non-transparent tri suit together with a cycling or running top if appropriate. All competitors must ensure that their upper body (especially the chest area) is clothed during the cycling and running sections of the event.

14.6 Race equipment must not be discarded at any point on the course but must be placed in the athlete's allotted position in transition – see Penalties.

14.7 No individual support by vehicle, bicycle or on foot is permitted except as provided by the organisers. Competitors may not receive any assistance other than that provided by the race organisers.

14.8 Parents/Guardians/Accompanying adults: Failure by a parent/guardian/accompanying adult to carry out instructions from officials, or failure to conduct themselves in a proper manner may lead to disqualification of the competitor and/or disciplinary action against the competitor by British Triathlon. Misconduct by a parent/guardian/accompanying adult may include, but is not limited to:

- threatening, abusive or insulting words or conduct
- failure to obey marshals/officials instructions
- handing water bottles or any other equipment to, or collecting them from competitors
- tampering with the equipment of others
- unsporting impedence

15 Transition Areas

15.1 In order to avoid accidents, safeguard equipment and protect personal possessions, athletes must not bring helpers, friends or family members into any transition area.

15.2 Pets are not permitted in the transition area.

15.3 Equipment must be PLACED in its allotted position and not where it may hinder the progress of other competitors. Equipment that is discarded will be regarded as a hindrance and a time penalty may be issued – see Penalties.

15.4 Cycles must be placed in the correct position both at the start & finish of the cycle section as advised in race briefing. Cycles should be racked by either the seat pin or by the handlebars/brake levers unless other arrangements are provided. Cycles which are incorrectly racked may be determined as being an impedence to other athletes.

15.5 Competitors must mount their cycles and start riding only when the parts of both wheels which touch the ground are outside the transition area (i.e. at or beyond the officially designated cycle start).

15.6 When returning to transition competitors must dismount their cycle before any part of the cycle leaves the 3m dismount zone, which should be clearly marked before the end of the cycle course. They may then walk or run with their bike to its allocated position.

15.7 Competitors must not interfere with another competitor's equipment in the transition area.

15.8 Competitors must not use any device to mark their position in transition. Any device or marker will be removed by the referee but if this is not possible a penalty will be applied.

16 Race Numbers

16.1 Race numbers provided by the organiser must not be altered, cut down, folded or in any way mutilated. Numbers so treated will result in a time penalty to the competitor if the offence is not corrected.

16.2 Race numbers must be affixed to the competitor's clothing or to a suitable race belt or bib so that the number is clearly visible at all times.

16.4 During the running phase a number must be displayed to the front.

16.5 Additional body marking may be provided by the organiser but this is not a substitute for, or replacement of, an official race number.

18 Cycle Conduct

18.1 Every competitor must ensure that his or her cycle is in a safe and roadworthy condition and conforms to the technical specifications laid down by British Triathlon.

18.2 During the event, competitors are individually responsible for the repair of their machines.

18.3 Where a competitor is preceded or followed for any length of time, or frequently passed, by the same motor vehicle not provided by the

organisers, that vehicle shall be considered as being associated with the competitor and to be giving support.

18.4 Any part of the cycle course may be covered on foot but on these occasions the competitors must carry or push their own machines.

18.5 All competitors must follow the normal rules of the road, obey all traffic signals and must follow any instructions given by the Police. Any infringement of the law and subsequent legal action is the sole responsibility of the competitor.

18.6 Competitors shall at all times cycle so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedence.

18.7 Helmets must be fastened before the competitor's cycle is moved from its allotted place in the transition area and must remain fastened until the cycle is returned to this position at the end of the cycle section of the race. Failure to do so may result in a time penalty.

19 Pacing/Drafting

19.1 Competitors are not allowed to draft, i.e. take shelter behind or beside another competitor or motor vehicle during the cycling segment of races.

19.2 Bicycle Draft Zone

a) For all Age Group Events (except Long Distance)

The draft zone is a rectangle measuring seven (7) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back.

b) For all Competitors in Long Distance Competitions (Elite and Age Group)

The draft zone is a rectangle measuring ten (10) metres long by three (3) metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (3) metre edge of the rectangle. A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. A maximum of 30 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 30 seconds the overtaking cyclist must drop back.

19.3 The draft zone of one competitor may not overlap the draft zone of another competitor.

19.4 Competitors may enter the draft zone of another competitor for the purpose of overtaking as detailed above or in the following circumstances:

- a) For safety reasons
- b) At an aid station
- c) At the exit or entrance of a transition area
- d) At an acute turn, such as 180o turn around a traffic cone
- e) If race officials exclude a section of the course from the drafting rule because of narrow lanes, construction, detours or for other safety reasons

19.5 When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor.

A competitor is passed when another competitor's front wheel is ahead of his/hers.

19.6 Side-by-side riding, while still observing the draft zone, is only allowed on courses that are fully closed to other traffic. On open or semi-open courses, only single-file riding is allowed.

19.7 Vehicle Draft Zone

Competitors are not allowed to gain unfair advantage by drafting on officials' escort vehicles, TV and radio vehicles, etc. The vehicle draft zone is a rectangle thirty-five (35) metres long by five (5) metres wide which surrounds every vehicle on the cycle course. The front edge of the vehicle defines the centre of the leading 5 metre edge of the rectangle. The driver of the vehicle, who must be appropriately briefed by the organiser, is responsible for upholding the zone.

19.8 Draft Legal Events

In events where there are draft-legal waves British Triathlon will follow the current ITU ruling on drafting. This may require equipment such as aero bars to be changed (visit www.triathlon.org to view current ITU rules).

20 Running Conduct

20.1 No form of locomotion other than running or walking is permitted.

20.2 Competitors shall, at all times, run so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance.

21 Penalties

21.1 Competitors may only be penalised by readily identifiable race referees.

21.2 All infringements are to be reported to the senior race referee who will have the responsibility of posting penalties.

21.3 Penalties may be issued or disqualifications given at any time up to the announcement of the final results, except where drug testing is involved, when results must be considered provisional until test results are known.

21.4 The following penalties will be imposed for infringements.

Disqualification

- a. Threatening, abusive or insulting words or conduct
- b. Breaking road traffic regulations
- c. Dangerous conduct/riding
- d. Diving
- e. Failing to obey marshals or the Police
- f. Nudity
- g. Outside assistance
- h. Tampering with the equipment of others
- i. Unsporting impedance – including but not limited to incorrectly racked bikes, discarded equipment and the use of marking devices which impede others
- j. Two (2) drafting violations noted by motorcycle referee(s) OR four reports from static draft-control marshals OR one (1) drafting violation noted by a motorcycle referee and three reports from static draft-control marshals. NB: there is no requirement for a draft-control marshal to indicate that a competitor has been reported
- k. Course irregularities (unless the competitor returns to the point at which he/she left the course, or a point on the course prior to it, and then completes the course)
- l. Breach of conduct by parent/guardian/accompanying adult

Disqualification If Fault Not Rectified After A Warning

- m. Illegal equipment (cycle or run equipment)
 - n. Banned equipment including, but not limited to, mobile telephones, MP3 players and personal stereos.
 - o. Illegal progress (during cycle or run)
 - p. Racing topless
- 2 Minute Penalty
- q. Helmet violations (unclipping helmet whilst in contact with the cycle)
 - r. Number violations (not able to be altered after a warning)
 - s. Riding in the transition area
 - t. Markers in transition that cannot be removed but do not impede the progress of others
 - u. Drafting: One (1) drafting violation noted by a motorcycle or cycle referee OR three (3) reports from static draft-control marshals. NB: there is no requirement for the marshal to indicate that a report has been made.