

Pembrokeshire Coast Triathlon

Welsh Triathlon Super Series – Stage 4

Welsh Standard Distance Triathlon Championships

Tîm Tri Cymru 2025 Qualifier

Broad Haven

Saturday 6th July 2024 830am

1.5k swim / 42k bike / 10k run

ATHLETE BRIEF



Welcome...

...to the Bluestone Pembrokeshire Coast Triathlon 2024. The first ever Pembrokeshire Coast Triathlon took place in Broad Haven back in 1994 – where have 30 years gone?! If you took part in that first event, congratulations on making it back to the start line once again.

We are delighted that the event has been selected to be one of the stages of the [Welsh Triathlon Super Series](#), and look forward to seeing it in all its glory on S4C. The event is also hosting the [Welsh Standard Distance Triathlon Championships](#), and is a qualifier for [Tim Tri Cymru 2025](#) so there is sure to be some stiff competition across all categories. In keeping with the event's tradition we have a strong number of entries in the relay category, with over 30 teams taking on the challenge!

We hope you have a safe and enjoyable experience with us in Broad Haven on 6th July. If you enjoy the event, please spread the word to encourage more people to take part in 2025.

Dave Astins
Race Director
Pembrokeshire Triathlon Club



Our events couldn't happen without our volunteers – legends one and all!

Plan 1 – Broad Haven layout (Registration, Transition, Car Parks, Toilets)



Event timetable

Friday 5th July

5pm-730pm **Registration** in the YHA Study Centre (in the Millmoor Way Car Park – see Plans 1 and 2) – can everyone please make every effort to register on Friday (you can get a friend to register for you if you can't make it)

Saturday 6th July

Time	What?
630am-8am	Registration (only for those who can't make it Friday evening)
630am	Transition opens
8am	Compulsory race briefing (in transition)
815am	Transition closes
830am	Rolling race start
1130am (approx.)	Transition reopens (when last competitor has returned from bike course)
1230pm	Transition area dismantling begins – all equipment to be removed as soon as possible
1pm	Presentation – inside the Ocean Café Bar

British Triathlon Membership / Race Pass

Please carefully check the **membership** column on the **start list** which will be published on the [Pembrokeshire Triathlon Club web-site](#) on Sunday 30th June. If you are an annual member of British Triathlon your membership number will be listed. Please check it is correct and let us know immediately if it isn't. Everyone else should either have purchased a Day Membership (if you entered before 24/11/23) or a Race Pass (for entries after 24/11/23). The entry list will show if you are not showing up as either having an annual membership, Day Membership, or Race Pass with "Race Pass required". In this case you need to purchase a Race Pass before the event, please visit the [British Triathlon website](#) to purchase one, and bring proof of it to registration.

Registration

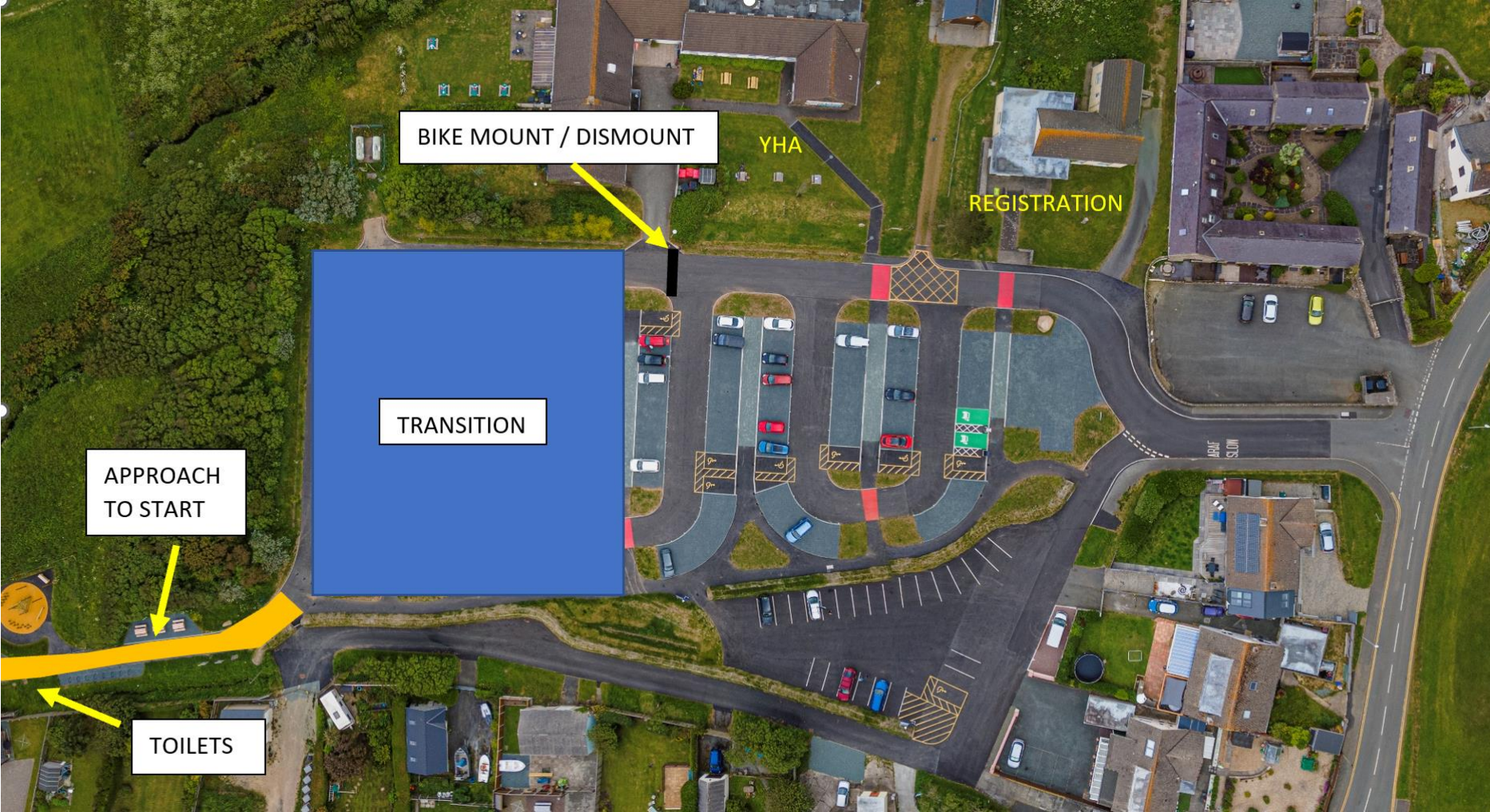
Please check your details on the **start list** which will be published on the [Pembrokeshire Triathlon Club web-site](#) on Sunday 30th June. If there any mistakes please e-mail events@pembrokeshire-tri.org.uk immediately so that the start list can be updated for the electronic race timing system. In particular make sure your age category and gender (either female or open) are correct (age is based on your age on 31/12/2024, NOT on race day). Do not leave this until registration to sort out.

Registration will be in the YHA Study Centre next to Broad Haven YHA in the Millmoor Way Car Park at the north end of Broad Haven (see Plan 2). You can get a free 30-minute parking ticket from the machine if you come down on Friday to register. There will be a one-way flow through registration, please follow the directions and instructions of the Event Team.

At registration we will provide you with:

- 2 race numbers (rear for bike section, front for run section, race belts are allowed)
- Sheet of Sportstiks (3 for bike helmet, 1 for bike)
- Swim cap (female = gold, open = pink, relay = white)
- Timing chip and ankle strap (matching your race number)
- Event t-shirt (if you entered on or before 15th June) – any spare t-shirts will be available at the presentation

Plan 2 – Millmoor Way Car Park (Registration, Transition, Toilets, Approach to Start)



A couple of things to note:

- You can get a friend to register for you if necessary. Any member of a relay team (or friend) can register the whole team, you do not all need to come to registration.
- Ensure you put your stickers and race numbers in the right places!
- Your timing chip needs to be worn on your **left** ankle.

Race day parking

For location of car parks please see Plan 1. There are two official event car parks. Both are free of charge, but we would expect you to make a donation to our nominated community good cause, Support the Boardwalk, whose volunteers will be on hand to help out. There is an additional car park in Marine Road which is chargeable (the middle one on the plan).

Firstly, there is VERY limited parking in the Millmoor Way car park (the one that transition and registration are in). Once the 50 or so available spaces here are taken, this car park will be closed, so do not expect to be able to park here. Car park management will be in place at 6am, if you arrive before this please park carefully in one of the designated parking bays. If you park across more than one bay you will be asked to move.

The second event car park is in a field on Settlands Hill, just on the south side of Broad Haven towards Little Haven. It will be signposted and marshalled. If you cross the seafront at Broad Haven and head up the hill towards Little Haven, the entrance in to the parking field is just beyond (south) of the house *Atlantic View* (it is on the left coming from Broad Haven – the right hand side is the sea!). It is less than 10 minutes to walk from here to transition and the start. Please note cars with very low clearance may struggle to access this car park.

Please do **not** park anywhere else in Broad Haven.

Toilets

There are public toilets between the transition area and the beach, and we will be supplementing these with additional portaloos adjacent to these. Further public toilets are situated in the Marine Road car park, where a charge applies. Please leave the toilets as clean as you find them.

Transition: set up & post-race

****Please be considerate of residents during the early morning of race day****

Transition will only be open for racking during the times stated in the timetable on page 4. The PA system in transition and on the beach will announce any changes if we need to make any on race day, e.g. cancelling the swim (as happened in 2019 and 2023!).

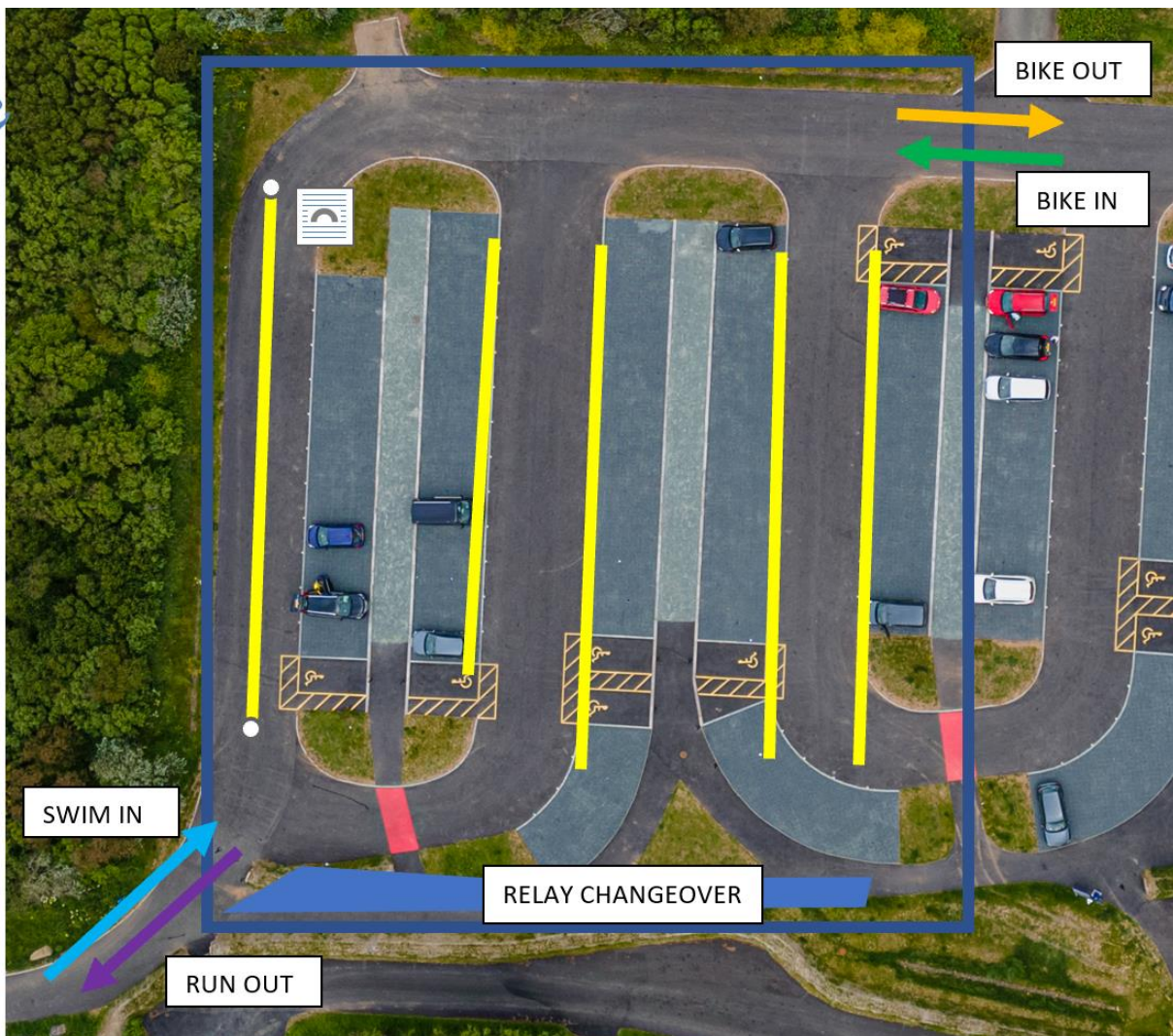
Please wear your helmet to the transition entrance and show the marshals that it fits appropriately and remember that only one small soft-sided bag is allowed to be left in transition – no large bags or any boxes.

Each section of racking will hold five bikes. You will be directed to a section of racking and a spot when you arrive, it will not be a free-for-all. Four sections will be dedicated to race numbers 1 to 20 (potential Super Series / overall podium contenders) so can these athletes please make themselves known as they enter transition.

Only rack your bike on the section of racking directed by the transition marshals, and on the side they direct you to (the racking will alternate competitors from one side to the other in sequence to give you the most amount of space). Rack by the saddle.

Transition will be reopened as soon as the last cyclist is off the course and out onto the run. This will be announced over the PA system (it should be around three hours from the start of the race). Please find somewhere to wait until the announcement is made – there will be plenty of space on the beach, the seafront, or you can wait in your car.

Plan 3 – transition detail including relay changeover



The rules

Everyone needs to familiarise themselves with the [British Triathlon Competition Rules](#), as these will be strictly enforced on the day by the team of Technical Officials.

A couple of the main rules to remember, for those that are new to triathlon:

- No boxes or large bags in transition (just your race kit & a small soft sided bag)
- Do not touch or move your bike without your helmet being fastened
- No drafting on the bike section
- No riding inside the transition area (mount and dismount where indicated outside transition)
- Do not fold or cut your race numbers
- Do not allow your equipment to impede other athletes
- No banned equipment, including MP3 players, mobile phones etc
- No racing topless (and if you have a front zipper it has to be done up at all times)
- No threatening, abusive or insulting words or conduct
- Do not break road traffic regulations
- No dangerous conduct / cycling
- Obey all marshals and the Police
- Only competitors to enter the finish and cross the finish line

Penalties will be posted in the window of the YHA Study Centre, any appeals must follow the procedure and timescale outlined.

The start

The swim start is adjacent to the RNLI lifeguard station, which is directly opposite the path down from transition (beyond the toilets). You are allowed to enter the sea to acclimatise if you wish, but please do this to the right/north of the slipway next to the RNLI station. Please be careful of submerged rocks and stones. You will be called forward to assemble into the start funnel about 5 minutes before the race start. You must be counted through the start funnel as you enter the water to start the race. The start will be clearly marked, you must cross the timing mat here for your start time to be recorded – the mat is the start line. Make sure your timing chip is on your left ankle. It is a rolling start, so seed yourself accordingly, but we request athlete numbers 1-20 are at the front.

The swim (1,500m)

The 1.5k swim is the usual rectangle marked by four triangular buoys (see Plan 4). Buoys 2 and 4 will be taller than 1 and 3 so that you can more easily spot them along the longer sides of the course. Head out to the nearest buoy to the start, turn left around that, and then keep the next three buoys to your right. As you turn right around buoy 4 head straight for the flags on the beach, keeping buoy 1 to your right (the flags will be where you started – on the beach, just to the left of the RNLI hut as you approach the shore).

Plan 4 – the swim course



If you get into difficulty in the swim and need assistance, please turn onto your back and raise one arm in the air. Help will be with you quickly, follow the instructions of the water safety team. In reality you will never be far from water shallow enough to stand up in.

The water temperature is expected to be over 14°C, so wetsuits are likely to be optional. Water temperature will be measured one hour before the start in accordance with British Triathlon guidelines. If under 14°C, wetsuits will be compulsory. Even if optional we strongly recommend you wear a wetsuit, you should swim faster with it on, and it will be safer (better buoyancy, less chance of jellyfish stings). None of us would swim this event without one!

For safety reasons there is a swim cut-off of one hour from when you start. You will not be allowed to start the bike if you have not completed the swim in this time.

Transition 1 (T1)

You will cross the road above the beach (road closed to traffic this year) and head up to transition. There will be a one-way flow through transition – remember where you racked! See Plan 3. There will be an area for relay team changeovers – remember, your timing chip is your baton.

Do not touch your bike or move it until your helmet is securely fastened. The mount line is situated outside of transition next to the YHA. Do not mount your bike until you are fully across this line.

Plan 5 – transition flows, bike start & finish, run start



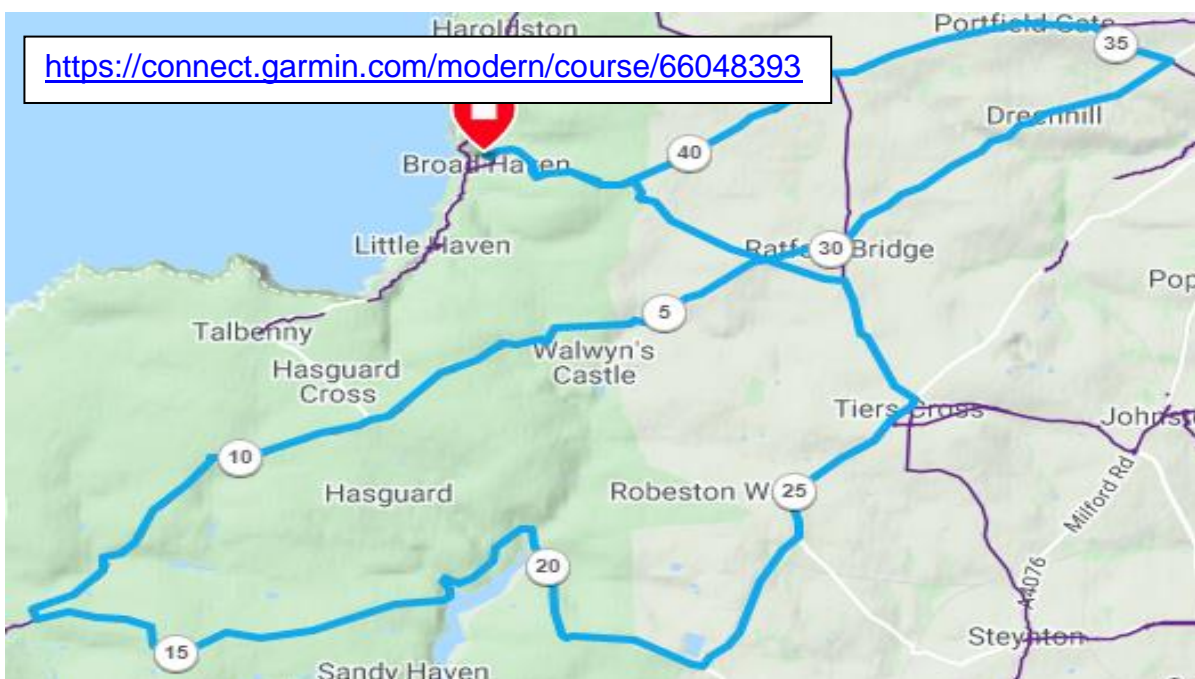
The bike (42k)

When you reach the road at the exit of the car park, trained traffic management staff will stop traffic coming from Broad Haven to enable you a safe left turn onto the main road. Do slow down here though to make sure the way is clear. **The bike course is on roads open to traffic so you must follow normal rules of the road, and expect the road to be busy and also queuing traffic in places.** You should have checked out the course in advance, but there are a couple of key points on the bike course to particularly make you aware of:

- On the B4341 at Broadway (about 2k into the bike) you make a right turn towards Tiers Cross / Creampots. Do not cut the corner, and give way to oncoming traffic.
- At White Hart Cross (around 4k) you turn right onto the B4327 towards Dale. You must slow down when approaching this junction, you must not cut the junction, and you must give way to traffic coming from both directions. You are very likely to have to stop here and put a foot down. Anyone cycling dangerously here will have their number taken and a penalty applied.
- Take care on the narrow and fast descent to Slate Mill, with a 90 degree left hander at the bottom (12k approx.)
- Take care on the steep descent and right-hand bend at Sandy Haven Chapel (18k approx.), reduce your speed as you start the descent
- At White Hart Cross the 2nd time (29k) you turn right onto the B4327 towards Haverfordwest. You must slow down when approaching this junction, and give way to traffic coming from both directions as before. Do not cut the corner.

You must complete the bike course within three hours of starting the race, to be allowed onto the run course.

Plan 6 – the bike course



Transition 2 (T2)

As you descend into Broad Haven at the end of the bike course, **please slow down**, as you will be taking a sharp left bend just after the entrance to Broad Haven Holiday Park, and then almost immediately taking a sharp right into the Millmoor Way car park. Traffic will be managed coming up from Broad Haven sea front, so you should have a clear turn into the car park, but make sure it is safe before you turn. See Plan 5 to remind yourself of the flow. The dismount point is before transition, outside the YHA.

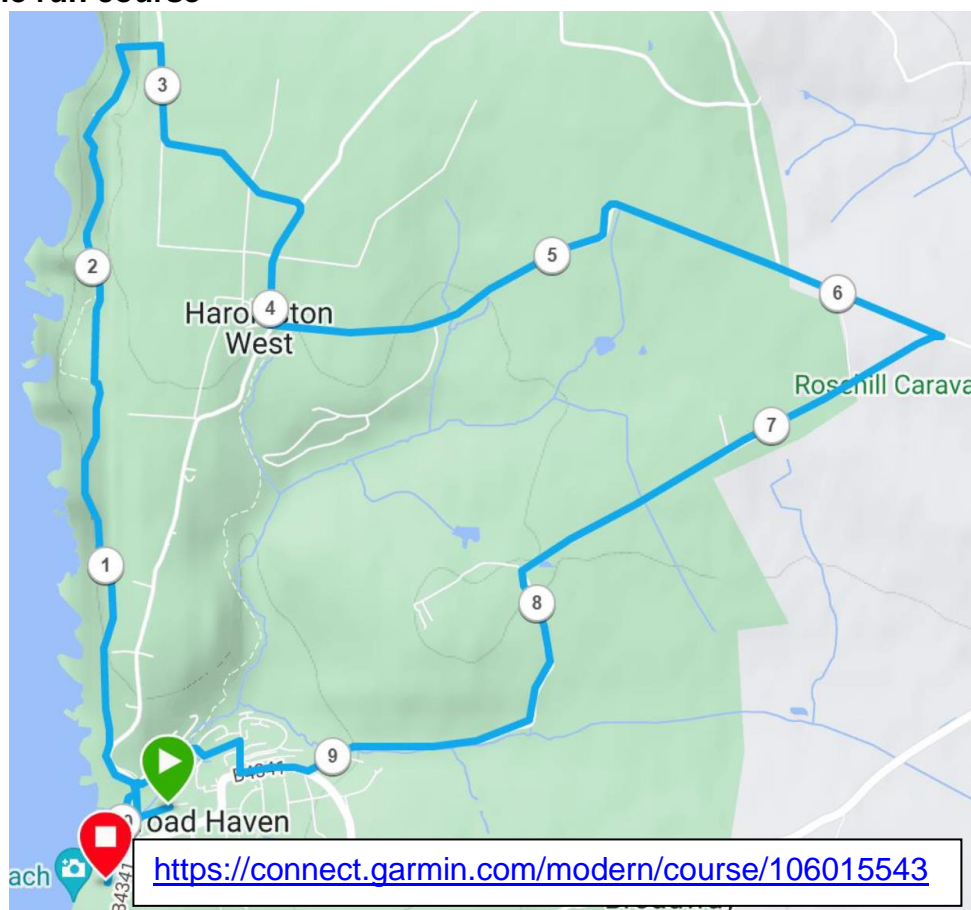
The run (10k)

As you leave T2 you will head towards the sea and turn right onto Haroldston Hill (which will be closed to traffic). Cross to the left and join the Pembrokeshire Coast Path as the road starts to climb. On the Coast Path section, please be courteous to walkers, and only overtake to the right (overtaking options are limited on this stretch).

There will be 2 water stations on the run: just before 3k as you leave the Coast Path, and at 6.5k at the top of Long Lane. Drop your empty cups in the bins provided, not the road.

Take care as you re-join the B4341 at the bottom of Long Lane and stay on the right to the entrance to Broad Haven Holiday Park, turning right into the Holiday Park. Follow the course through the Holiday Park and past the play area, and cross Haroldston Hill and onto the slipway down to the beach. You will see the finish line from here!

Plan 7 – the run course

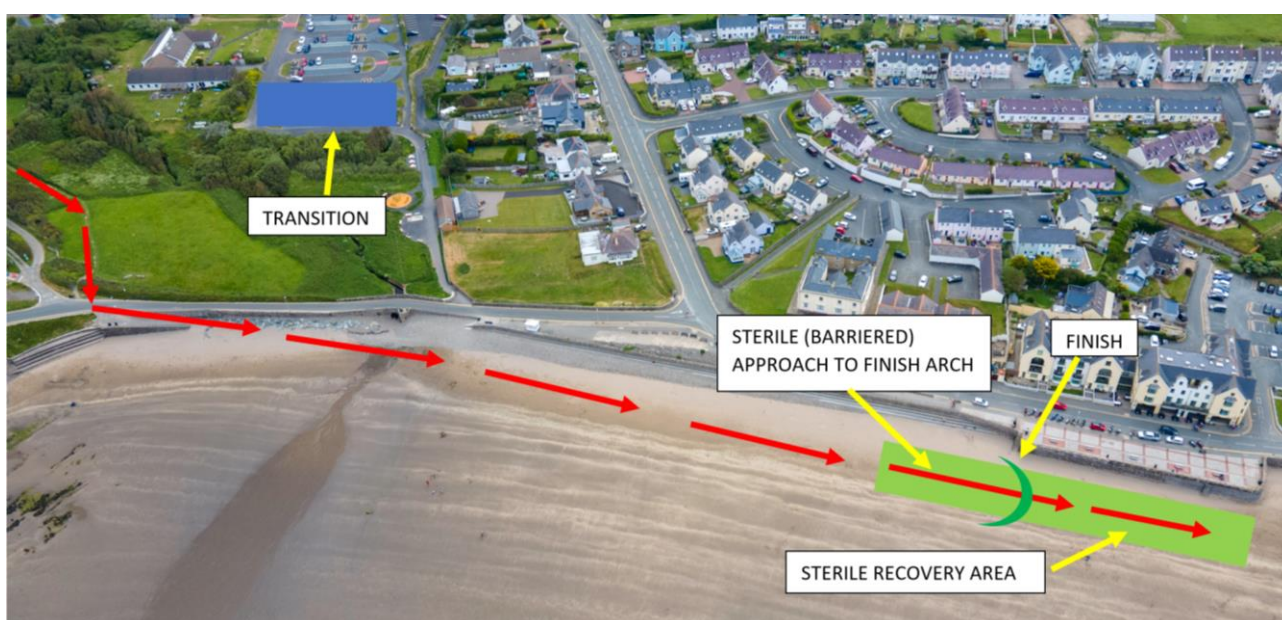


The finish

There will be an inflatable arch on the beach opposite the Ocean Café Bar – you won't miss it! Run into the barriered area and under the arch. Walk through the recovery zone beyond the finish line, returning your timing chip in the bin provided. There will be water and some snacks available here. Please re-use your cup if you need more water, only throwing it in the bins provided when you have finished with it. Leave the recovery zone as soon as you can to avoid congestion.

As soon as the last competitor is on to the run course, this will be announced over the PA system and you will be able to return to transition to collect your bike and other equipment. You will need your race number to get into transition so keep it with you. Millmoor Way car park will be re-opened at this point.

Plan 8 – the finish



Health & safety

Your safety is our number one priority. Medical cover will be available during the race, so in the unlikely event that you need medical attention please alert one of our marshals who will act accordingly. Please make sure you complete the form on the back of your race number, including any medical conditions the medical team need to be aware of (e.g. asthma).

If for any reason you decide to pull out of the race (this includes not starting the race after you have registered), you **MUST** report in so that this can be recorded and we know that you are safe. Everyone who starts the race must be accounted for, so please avoid the cost and worry of a missing person search by reporting in.

Presentation

There will be a prize presentation in the Ocean Café Bar at 1pm. This will cover the following prizes (age categories based on your age at 31/12/24):

- Overall top 3 female and open
- 1st female and open under 20
- 1st female and open 40-49
- 1st female and open 50-59
- 1st female and open 60+
- Overall 1st relay team
- 1st female relay team
- 1st open relay team
- 1st mixed relay team

Welsh Triathlon will also be awarding prizes for the Welsh Standard Distance Championships, as well as for the Super Series Stage 4. Further information about these, including eligibility, can be found on the [Welsh Triathlon website](#).

Supporting the community

This year the race is continuing to put something back into the community by raising funds for the amazing Support the Boardwalk campaign. They have been busy since last year, with the Slash Pond area being designated a Community Nature Reserve by the Havens Community Council.

The group of volunteers are also in the process of developing an environmental management plan for the boardwalk and pond area, including having recently launched a water quality testing programme. This testing is another part of understanding the state of the waters that flow into Broad Haven beach – a place we're sure we all want to stay clean and healthy!

Check out their web-site:

<http://www.supporttheboardwalk.co.uk/>

And like them on Facebook!

<https://www.facebook.com/supporttheboardwalk>



Thanks....

Special thanks go to [Bluestone](#) for supporting the event as our title sponsor again this year. The race is also sponsored and supported by the following, and we thank them all:

- Acanthus Holden Architects (www.acanthus-holden.co.uk)
- Broad Haven Holiday Park (www.broadhavenholidaypark.com)
- Broad Haven YHA (www.yha.org.uk/hostel/yha-broad-haven)
- Coed Haroldston Holliday Cottages (www.coed-haroldston.co.uk/)
- Ocean Café Bar Restaurant (<https://www.oceancafebarandrestaurant.co.uk/>)
- Oochitecture (www.oochitecture.com)

We would also like to thank everyone who has helped us in many different ways:

- Pembrokeshire County Council
- Dyfed Powys Police
- Haverfordwest Kayak Club
- Pembrokeshire Paddlers
- Little Haven RNLI
- St. John Ambulance Cymru

And last, but not least, the volunteers who make up the bulk of the Event Team including volunteers from Support the Boardwalk, Pembrokeshire Triathlon Club and Valero.