

Dyfi Dash 21/04/24

Clwb Triathlon Cerist

Thank you for entering the *Dyfi Dash Sprint Triathlon!*

The Dyfi Dash has been staged for well over 20 years now, and it is renowned for its relaxed and friendly atmosphere. This year we have raised money for the Urdd Eisteddfod which is being held on Montgomeryshire in May. Many thanks if you have donated.

Once again, water and snacks for the feed stations have kindly been provided by **Co-Op Machynlleth**. We are very grateful for their support for this and other *Cerist Tri Club* events. Several Co-Op employees will be taking part in the race too!

Please carefully read the following information to ensure you enjoy a fun and safe event.
There will be a separate email before race day with your race number and start time.

Pob lwc i chi! Best of luck all!

COVID-19

Although currently in a low state of alert, please be sensible and avoid crowding on the day. Please do not attend if you have recently tested positive or had close contact with a positive case and you are symptomatic. Feel free to wear a mask at any point, and there will be hand sanitiser at registration.

RACE HQ

Freedom Leisure Bro Ddyfi Leisure Centre, SY20 8ER

The race starts and finishes here.

There is limited pay and display parking at the leisure centre and **after race start there is no access!** We recommend you use the main town car park which is only 2-minutes' walk from the leisure centre. The old Celtica car park off the roundabout by the high school playing fields has some free parking spaces.

FACILITIES

There are toilets, showers and lockers (£1 coin) available at Bro Ddyfi leisure centre, with male, female and family changing areas, as well as vending machines. Please be friendly and courteous towards staff!

REFRESHMENTS

The Plas Café near the finish area will be opening especially for the race, serving a selection of drinks, light lunches and snacks. Please support them if you can.

Open from 08.00 to 14.00 approx.

SPECTATORS

We welcome spectators at the Dyfi Dash, but please ensure they are always aware of other competitors. They must obey any marshal instructions given.

There is some limited viewing of the pool area from the old café (straight ahead from main entrance). It is possible to head out onto the course to view the bike and run, or spectators can just stay near the leisure centre and take in the atmosphere. Please encourage and cheer all competitors!

RACE DISTANCES

Swim 400m (Pool)

Bike 19k (Open Road) [View Route](#)

Run 6k (Pavement / Cycle path / Backroad) [View Route](#)

Please come prepared for poor weather as April can be very unpredictable! Recommend you pack a light cycle / run jacket and gloves for the bike leg just in case.

TRANSGENDER POLICY

Competitive Activity from 1st January 2023 will provide a **Female category** open to athletes who are the female sex at birth and an **Open category** open to all other athletes. This means transgender women who were the male sex at birth will be able to compete in the Open category only. Transgender men who were the female sex at birth - and who have or are transitioning involving hormone therapy treatment - will be able to compete in the Open category provided they have a valid Therapeutic Use Exemption (TUE) for such hormone therapy. These individuals would not be eligible to participate in competitive activities within the Female category. People who identify as transgender have the right to be treated with dignity and respect and British Triathlon operates a zero-tolerance policy on homophobia, biphobia, transphobia, harassment or discrimination of any kind. Any behaviour of this nature will be treated as serious misconduct and dealt via the [British Triathlon Disciplinary Policy](#).

Follow this link to view the full [British Triathlon Transgender Policy](#)

REGISTRATION 08:00–11:00 *Meeting Room (turn left near reception & upstairs)*

Register from one hour before your start time – please do not crowd the registration area.

In registration you will collect your race numbers, stickers for your helmet and bike seat post, and a numbered wristband – this gives you access to Transition Area to set up when you leave registration, and to collect your gear when you have finished.

Race numbers must be worn at the back for the bike leg, then front for the run. A race belt is very useful as you can move the number as required, or you can pin the numbers front and rear.

YOUTH AGE GROUP

A parent / guardian must sign a declaration for Youth age group competitors (race age 15-16) to take part. These will be available at Registration or open and print the form and bring it along on the day



Declaration for Youth
Triathletes.docx

TRANSITION SETUP *You must register first – show your wristband to enter!*

After you have registered you can enter the Transition Area via the side entrance (near the mount / dismount line). If the race is in progress then please be careful not to impede any competitors. **Follow instructions from marshals at all times. Only registered competitors can enter transition.**

Find your race number on the racking and hang your bike by the saddle on the corresponding number and set out your towel, running shoes etc. **Do not leave boxes or large bags in transition**, and make sure you do not encroach on the spaces either side of you. Ask a marshal for help if required.

Before you leave transition, try on your helmet and ensure it is securely fastened. Adjust the strap if necessary.

We discourage return to transition but if you have forgotten something then just be careful and again, speak to the marshals.

It is your responsibility to ensure your bike is in good working order. Please check it over before the race.

BAG DROP

There will be a bag drop area in transition, near the side entrance. Show your wristband to enter. Post-race, please collect your bag as soon as possible. There are also some lockers available in the leisure centre changing rooms (£1 coin required).

RACE BRIEF *It's all here, no brief given on the day!*

Because we have a rolling registration there will not be a traditional race brief given – all race and safety information is given below. **It is your duty to read carefully and abide by all rules and instructions.** This information will also be printed and available to view at registration - any questions you have can be answered there!

RACE START *from 09:00 – see your start time in separate email*

Please go pool side **20 minutes before your start time (first two waves at 0850!)**. Be ready in the changing rooms to be called pool side to have your timing chip fastened, then wait on the benches provided until you are called to start. Starts may be in waves or individual, and this is at the discretion of the race starters. Start times are approximate only, and you could be asked to start earlier or later than your given time.

Start times are based on predicted swim and finish times, slowest first, to minimise marshal time out on the course. *See separate email for your bib number and start time, this may not be sent out before 19th April.*

RELAY TEAMS

Timing chips are used as ‘batons’ for relay teams and must be handed to the next team member as appropriate in the **Relay Holding Area** in the Transition Area. The chip must be securely fastened to the **left** ankle before proceeding with the next discipline. **Cyclists must not wear helmets in advance** – you must leave your helmet with your bike as for individual competitors. Follow the safety info below for each discipline.

If you are not swimming, make your way to the Relay holding area in Transition at the same time your swimmer is due pool side (20 minutes before the time given on the Start List).

RACE & SAFETY INFO *Please read carefully and again on race day!*

All routes are well signed. There will be marshals at strategic points along the bike and run courses, but it is always the competitors’ responsibility to ensure their own safety and to ensure that they do not endanger others. You must adhere to the Highway Code at all times, and please be courteous to other competitors, pedestrians and road users.

By entering the Dyfi Dash you have declared yourself medically fit to take part in this event, but if on the day you feel unwell or unable to continue at any point then please err on the side of caution and pull out if necessary. There will be a minimum of 2 first aiders present (one near transition, one out on the course), and there is a sweeper vehicle to bring you back to base if, e.g., you suffer mechanical failure on the bike or feel unable to continue.

You must obey marshals’ instructions at all times. Any abuse of marshals or other event staff will result in immediate disqualification.

If you see a competitor in need of assistance, please inform the nearest marshal.

On entry you must have declared any relevant medical conditions, and you must write these on the reverse of your race number, along with emergency contact info, at registration.

There is also first aid provision at Bro Ddyfi leisure centre.

When taking part in the Dyfi Dash, you also agree to abide by the [British Triathlon Code of Ethics](#) and the [British Triathlon Competition Rules 2023](#). It is your responsibility to ensure your bike and other equipment is in good working order (e.g. an approved helmet that is securely fastened when worn).

This is a non-drafting event – you must leave a minimum of 10 metres between you and the cyclist in front unless you are passing! [Drafting rules explained](#)

SWIM

The pool is 20 metres long so the 400m swim is **20 lengths**. There are 3 lanes and competitors swim two per lane **side-by-side** never crossing the lane (ie NOT clockwise or anticlockwise). Start and finish in the shallow end. Wait pool side on the benches provided until your name / race number is called out by the starters – **NB this may be slightly earlier than your allotted time**. You will be directed to your lane and counted down to your race start. When 2 lengths are remaining, your lane counter will put a float in the water to inform you. Although there are lane counters, you must still keep a count yourself. If there are any issues then mention to your counter as you exit the pool and this will be reviewed *after* the race. If the counter taps you with the float, stop!

If you hear a whistle or alarm at any point, stop swimming and await instructions from the lifeguard.

On completion of your 20 lengths exit the water and *walk* clockwise around the pool to the fire exit in the far right corner. **NO RUNNING until you are outside!**

BIKE *See maps below* **You must abide by all road laws and the Highway Code!**

Exit the pool and make your way along the cordoned path outside to your transition area, where you will put on your bike kit.

HELMETS ARE COMPULSORY and must be put on *before* uncracking your bike!

Show your race number at the back.

Exit via **BIKE OUT**, and mount your bike **AFTER** the marked **Mount Line**.

There is a busy mini roundabout immediately after the mount line. Recommend you leave at least one foot unclipped until you have traversed the roundabout and headed right towards the clock. Look for traffic approaching from both directions and always follow marshals' instructions.

The clock junction can also be busy – be prepared to unclip and stop if there is oncoming traffic, and **remember to signal right**. Turn right onto the **A489** and ride up the main street, being aware of the pedestrian crossing on the main street approximately 100m from the junction – **stop if red light showing and the time stopped will be taken off your race time. If you fail to stop at a red light you will be disqualified.**

There is a zebra crossing near Co-Op – you must stop if pedestrians are crossing.

NB The road surface is poor in town, and please be careful passing parked cars.

Continue for approximately 10k / 6 miles then go round the Cemmaes Road / Glantwymyn roundabout and return on the same route.

DO NOT USE THE CYCLE PATH, CYCLE ON THE ROAD ONLY.

NB The road surface by Warren Park caravan site is very poor, especially on the return side!

On return stop at the clock junction, you must stop and put a foot down. If you fail to do so you will be disqualified. This is for your own safety so please comply (there will be a marshal here to check).

Turn left at the mini roundabout and be ready to dismount **BEFORE** the dismount line. Push your bike into **BIKE IN** and return it to your **original racking position**.

Remove your helmet after racking your bike and change into your running shoes if not already worn.

Show your race number at the front.

Exit transition via **RUN OUT**

There will be a support vehicle out on the bike course, please inform a marshal if you see another competitor in need of assistance.

RUN See maps below **You must abide by all road laws and the Highway Code!**

Although we highlight the route in detail below, just use common sense!

Follow the cordoned route to the path that heads to the Plas gates. Turn right onto Maengwyn Street (A489), taking care on the narrow area of pavement there – **beware pedestrians**. You will cross several junctions as you run through the town. Busy spots will be marshalled but again it is your responsibility to ensure safe crossing. We **recommend you stop at all junctions and ensuring it is safe to cross**.

The two busiest crossings are at Co-Op and then as you cross the Forge Road junction on the run out (opposite Top Shop Chippy). **Please exercise extreme caution at these crossings and run between the two cones set out either side.**

The pavement out of town can be a little narrow in places, please be courteous to pedestrians. There are a couple more crossings at the top of town before you join the cycle path, these are not marshalled - please cross carefully. **Keep left on the cycle path and beware other users.**

Before Penegoes you will turn right off the cycle path and towards Penrhos Mawr farm. The road is narrow at this point, please keep left. Enjoy the hill the stay left after the farm too!

NB Please be aware that there may be light traffic on the back road and on Forge Road.

Turn right as you join Forge Road and keep right until the bridge. Keep left after the bridge, then after Forge Hill please use the gates to the right of the two cattle grids on the golf course. **If not marshalled please shut the gates after you pass.** As you re-enter town, please cross to the left when safe to do so. Take care at the two junctions before you rejoin the main street opposite Top Shop Chippy.

Again be very careful on the return run through town, mind traffic and pedestrians.

If you've got anything left in the tank then go for the sprint finish after you turn left through the Plas gates!

FEED STATIONS

There will be a water station near the leisure centre on the run out, and water and snacks on the finish line. Keep a spare drink bottle in the Transition Area if you think you may need it.

POST-RACE

Your race times will be available shortly after your finish. Go to the [What's My Time](#) van near the finish area and enter your race number to collect your result ticket! Full results will normally appear on their website within a few hours.

Please clear your bike and kit from transition as soon as possible after you finish, taking care not to impede any competitors still racing. Transition must be cleared by 1400 latest.

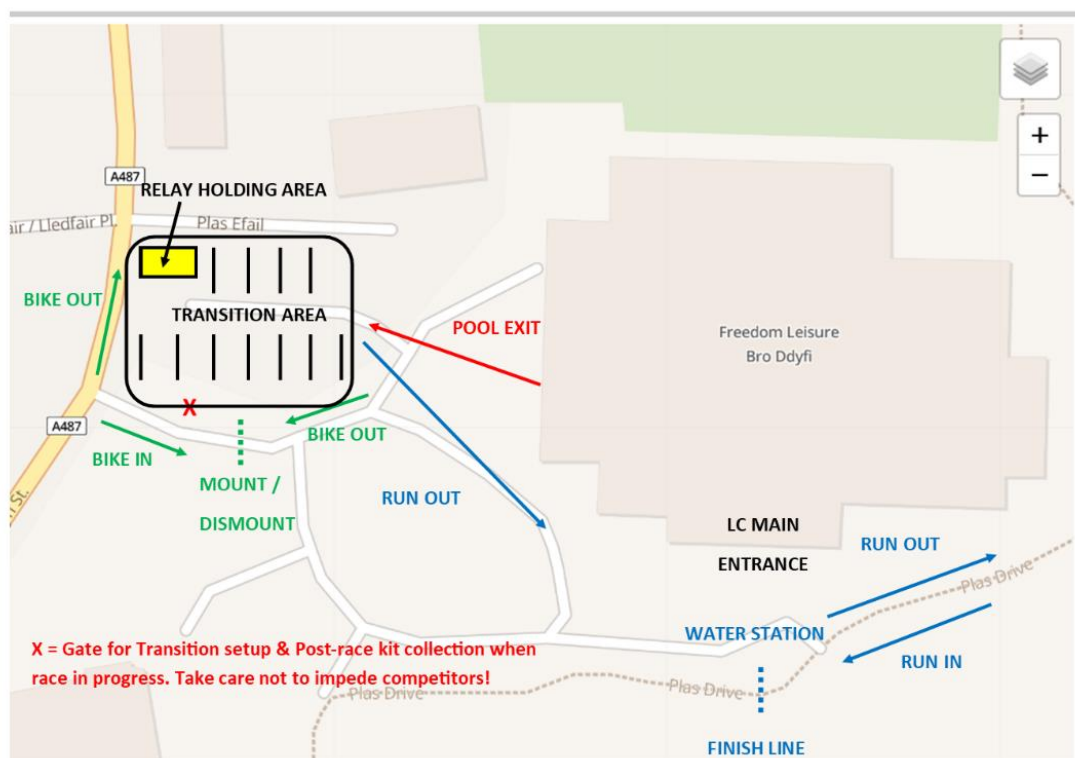
Please wait around for the presentation if you can, even if you are not a category winner!

PRESENTATION

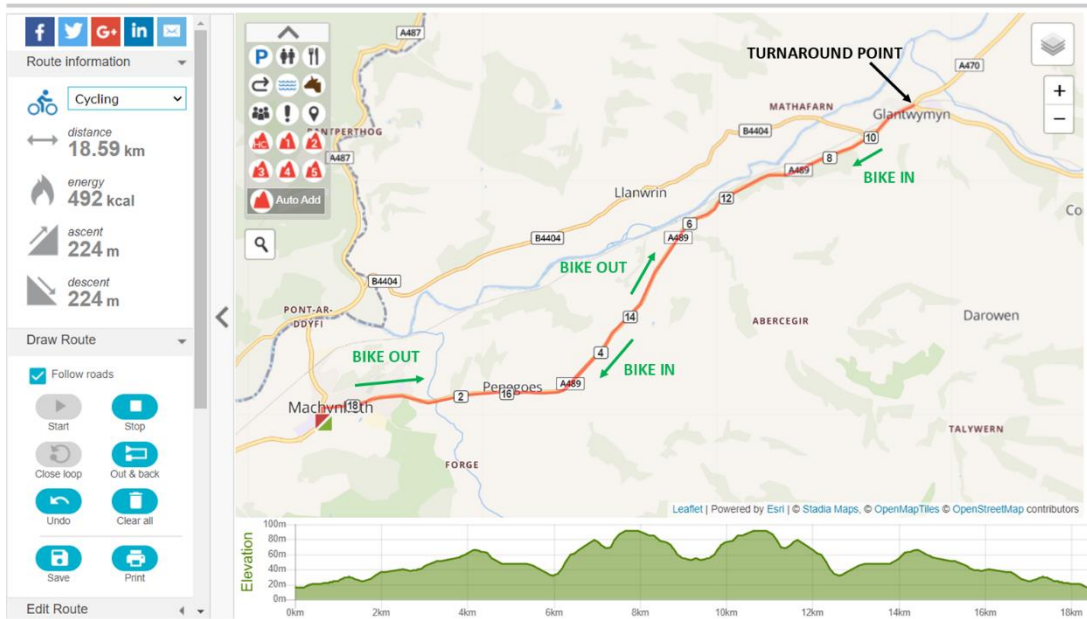
13:30 (approx.) near the finish area

There will be a short presentation near the finish area after the race as soon as possible after the completion of the race. Trophies will be awarded for category winners and overall fastest Female and Open competitors. Please attend if possible!

MAPS

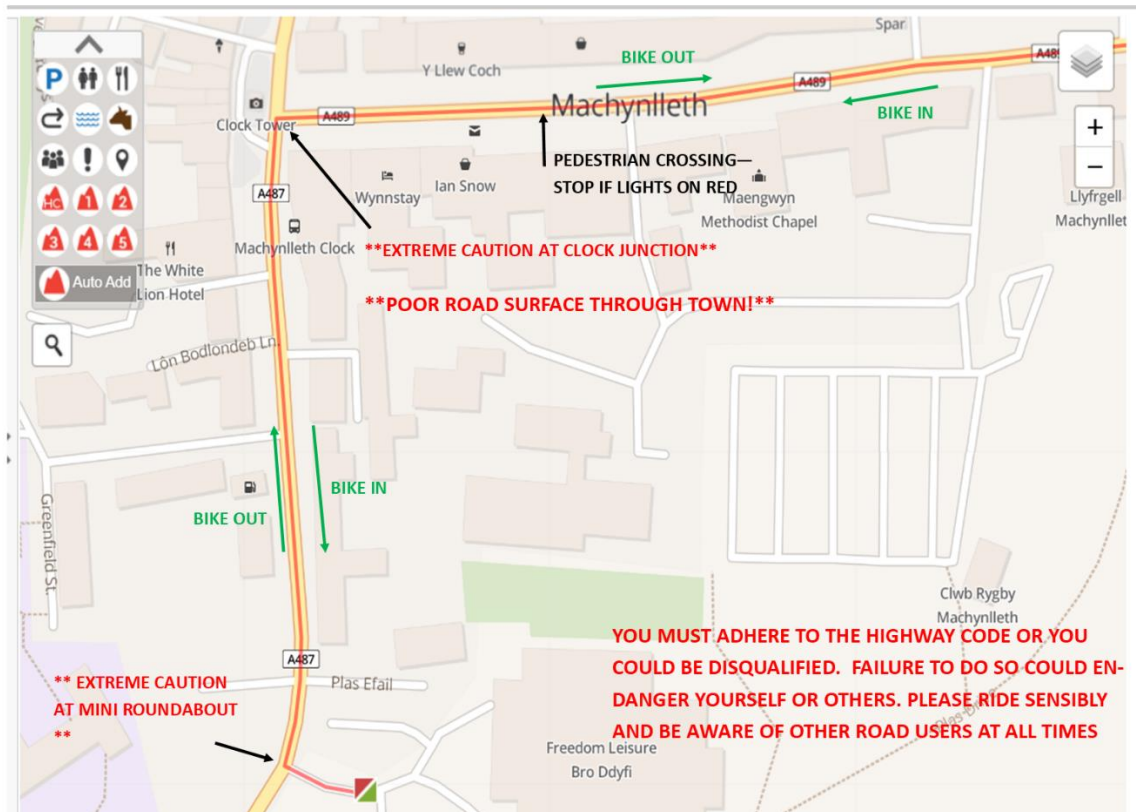


DYFI DASH HQ & SITE MAP

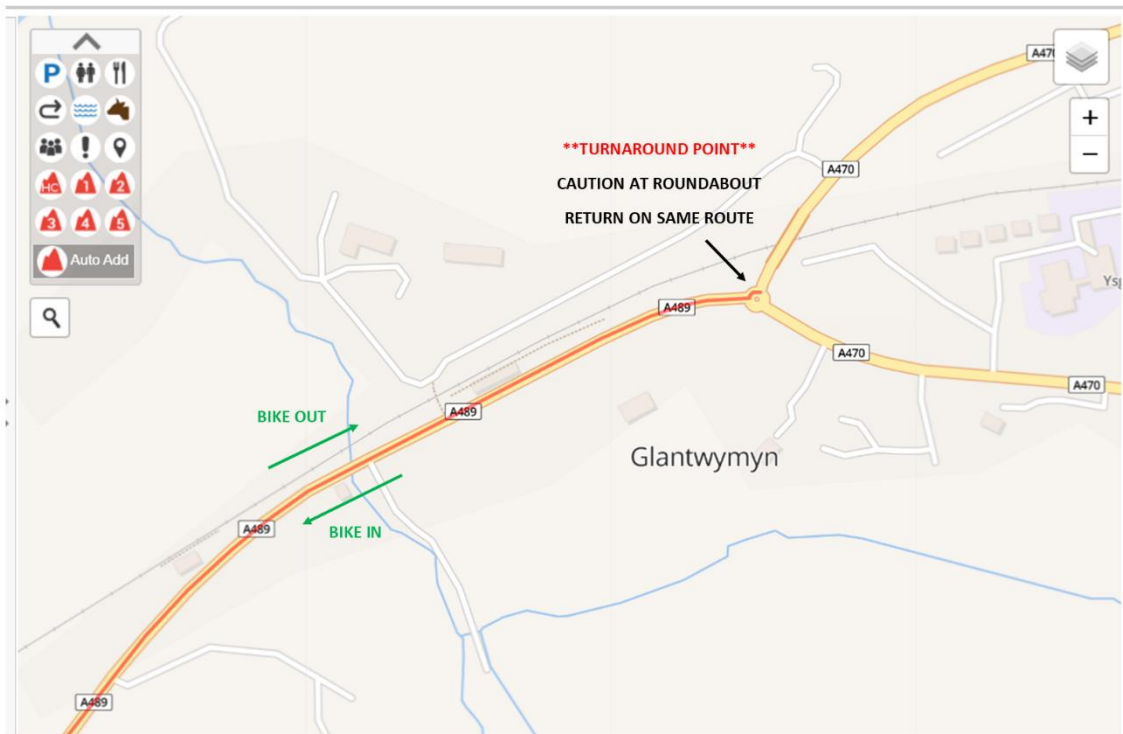
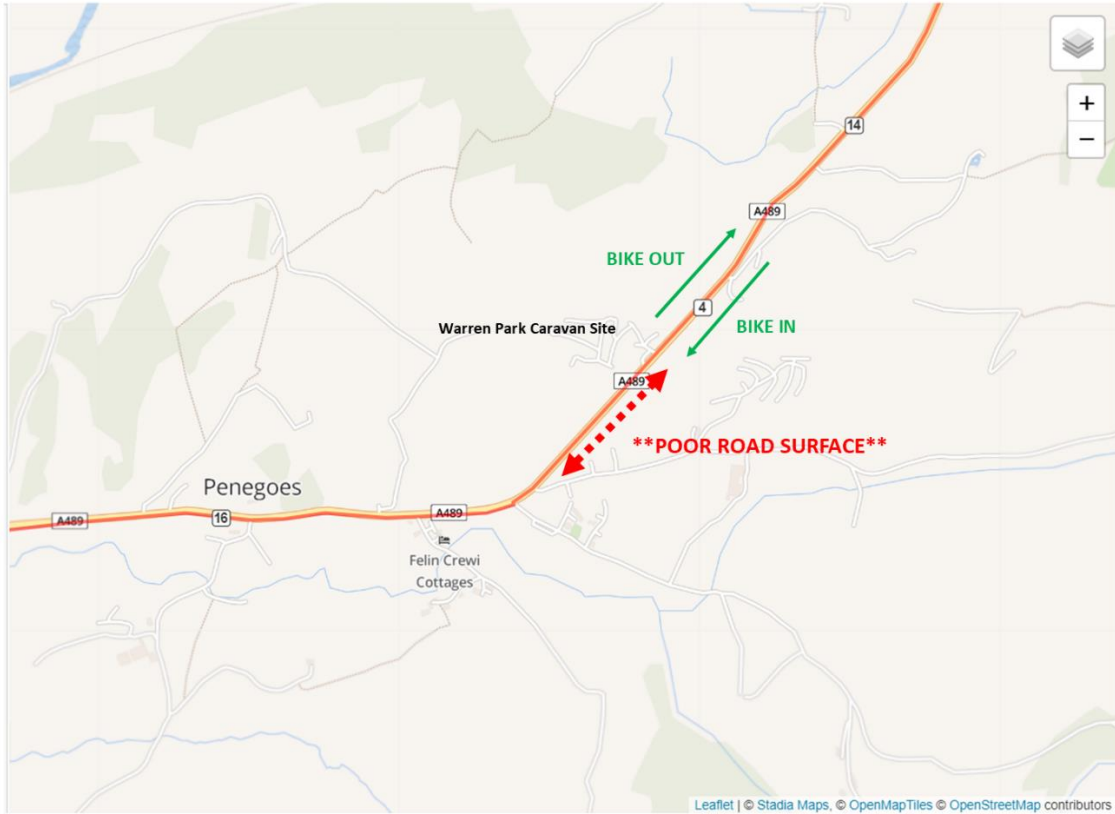


DYFI DASH BIKE ROUTE (OUT & BACK COURSE TO CEMMAES ROAD ROUNDABOUT ON THE A489)

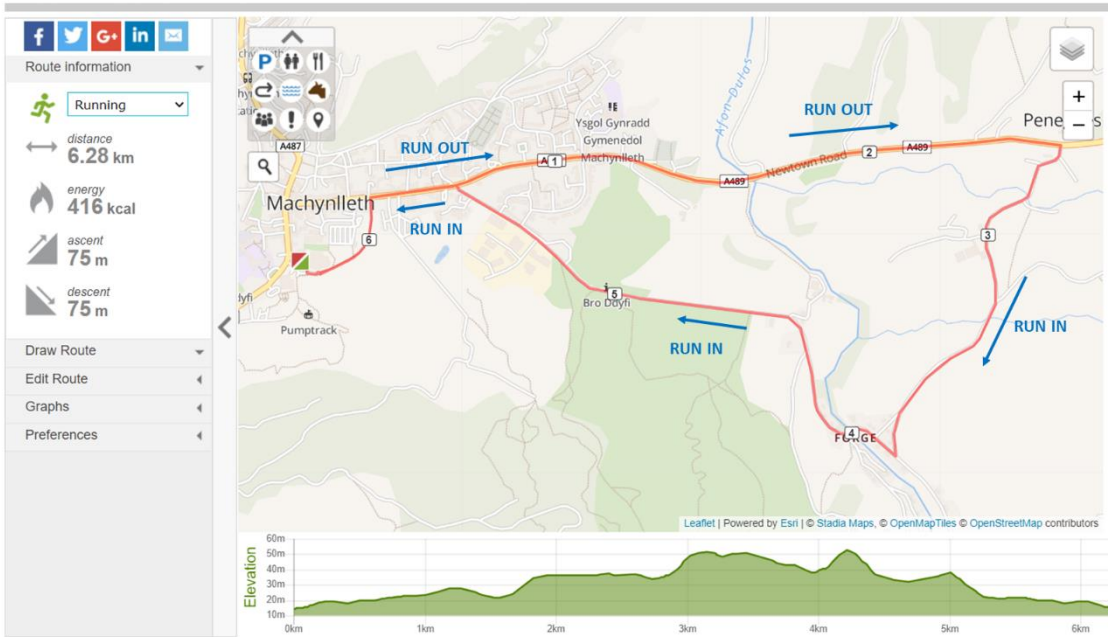
NB CYCLE ON ROAD ONLY, DO NOT USE CYCLE PATH AS YOU HEAD OUT OF TOWN



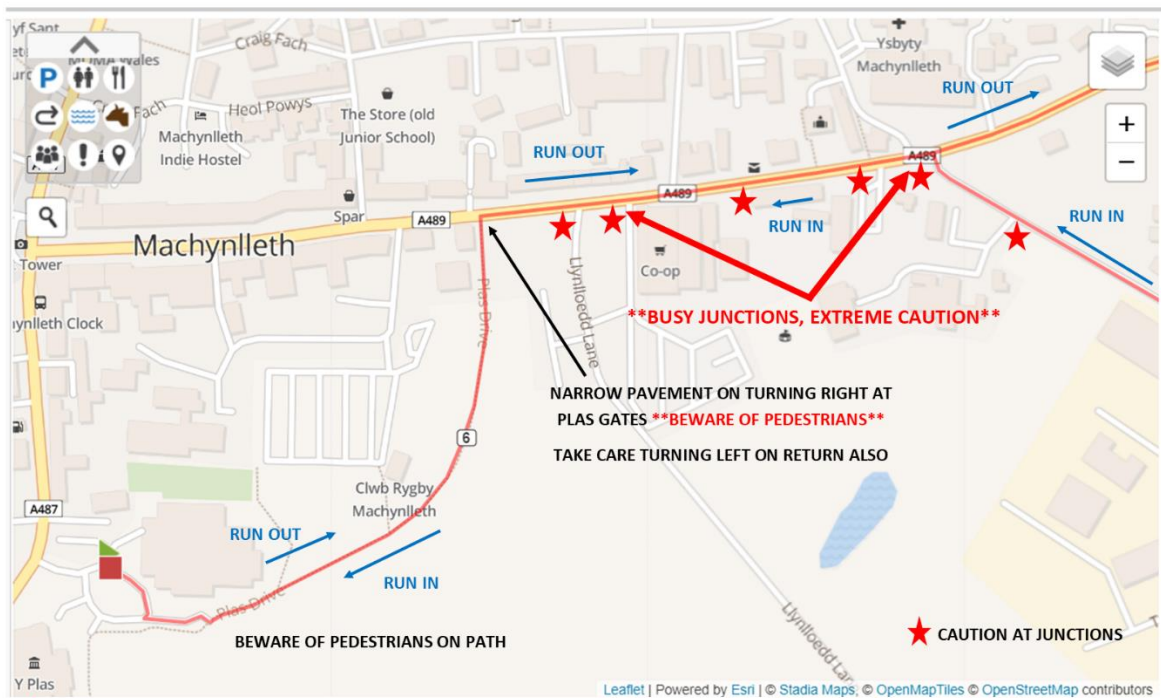
DYFI DASH BIKE ROUTE SAFETY INFO



DYFI DASH BIKE ROUTE SAFETY INFO



DYFI DASH RUN ROUTE

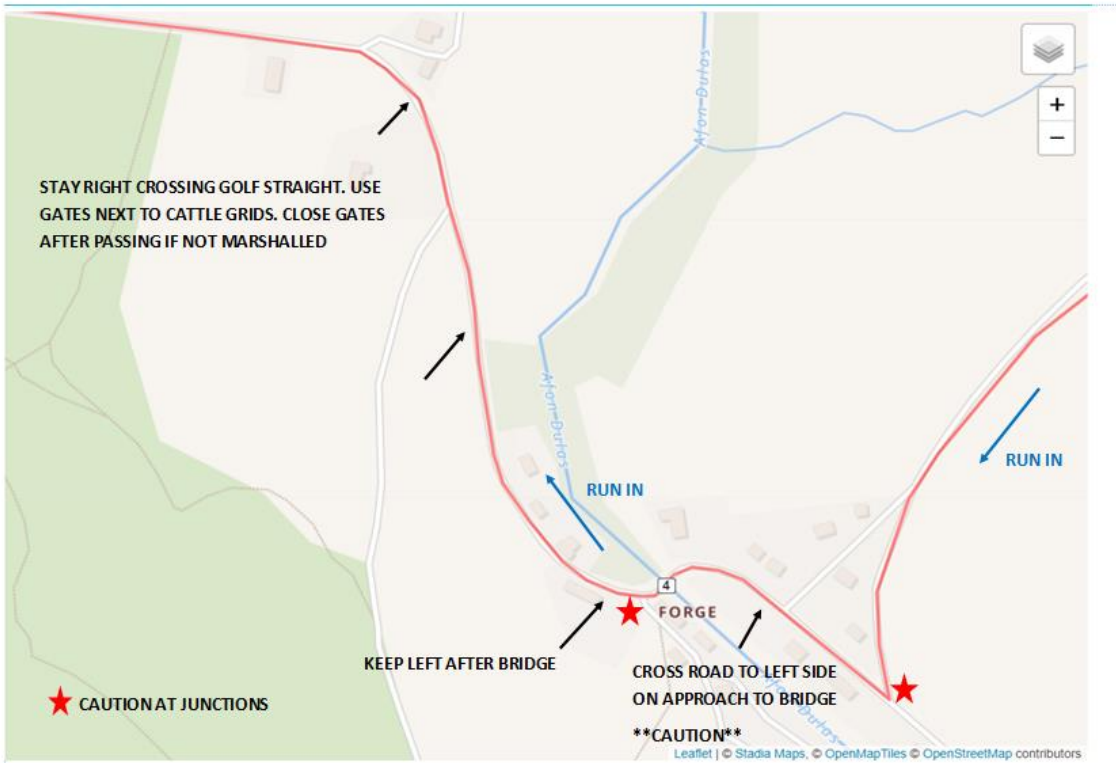


★ CROSSING POINT—EXERCISE EXTREME CAUTION. SOME POINTS MARSHALLED BUT IT IS THE COMPETITORS' RESPONSIBILITY TO ENSURE SAFE CROSSING.

DYFI DASH RUN ROUTE SAFETY INFO



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