

Dyfi Dash 2022

Clwb Triathlon Cerist

Thank you for entering the *Dyfi Dash Sprint Triathlon*! After two postponements it's great to be back! A few things have had to change due to the constantly evolving COVID situation, and the following information is to help you have an enjoyable race day experience and ensure everyone is kept safe. Please read carefully and abide by all rules!

We have decided to revert to the classic run route as it is much more scenic than the cycle path route we used in recent years – although there are a few more hills! Details below.

For the first time we will be giving approximate race start times for each team or individual, and you can register from one hour before your start time.

Although COVID guidance is changing rapidly, be prepared to err on the side of caution – eg social distancing and wearing masks inside. Thank you.

RACE HQ

Freedom Leisure Bro Ddyfi Leisure Centre, SY20 8ER

The race starts and finishes here.

There is some car parking available, if full then use the main town car park which is only 2 minutes walk from the leisure centre. Both car parks are **pay and display**.

REFRESHMENTS

The café at the Plas 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

There is also a hot drink vending machine at the leisure centre.

FUNDRAISING

We have decided to raise money for the Nathan Ford Foundation this year. Many of you may know of Nathan's story – he sustained horrific injuries while competing in the British Triathlon Championships in Scotland 8 months ago, and his courageous rehabilitation is continuing. Dyfi Dash was his first ever triathlon, and he has family links with Machynlleth. Please visit his [Go Fund Me](#) page or give a donation at registration. Thank you!

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.

REGISTRATION 08:00 - 11.00 *Meeting Room (turn left near reception & upstairs)*

Because of COVID-19 restrictions we have changed to a rolling registration in order to minimise crowding as much as possible. **Register from one hour before your start time**, but if you are there early then it's fine to register as long as it is not busy in the hall.

TRANSITION SETUP *You must register first!*

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 the 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.

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

RACE BRIEF *It's all here!*

To comply with COVID-19 rules and rolling registration there will not be a traditional race brief given – all race and safety information will be 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 at registration!

RACE START *from 09:00 – see you start time below*

You can go pool side from **20 minutes before your start time**. Masks are not compulsory pool side but may be worn if desired – dispose of in the bin provided before you start your swim.

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 Transition. 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.

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 other road users.

SWIM

Go poolside 20 minutes before your listed start time

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. You will be directed to your lane and counted down to your race start. When 2 lengths 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 with number of lengths swum mention to your counter and this will be dealt with *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

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! Show your race number at the back.**

Exit via **BIKE OUT**, and mount **AFTER** the 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 head out to the Cemmaes Road roundabout and back, being aware of the pedestrian crossing on the main street approximately 100m from the junction – **stop if red light showing**.

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

After approximately 10k / 6 miles 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, again be very careful at the two junctions in town. Stop at the clock junction, do not risk turning left in front of any oncoming traffic – dangerous riding could result in your disqualification.

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 racking position. Remove your helmet 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

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. **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 cones set out either side.***

The pavement out of town can be a little narrow in places, please be courteous to pedestrians. A couple more crossings are at the top of town before you join the cycle path, 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 traffic on the backroad and Forge Road.

As you join Forge Road be careful at the junction, keep right and then carefully cross over to the left just before the bridge. The bridge section is quite narrow, caution. Keep left then on the Forge Hill climb and stay left until the first cattle grid on the golf course straight. Please use the gates to the right of the two cattle grids, and if not marshalled **please shut the gate after you pass**. Keep right until you drop down as you re-enter town, then cross the road to the left side for the rest of the run, taking extra care at the industrial estate junction and the surgery junction just before you rejoin the main street.

Again be very careful on the return run through town, and mind pedestrians especially around Co-Op and as you turn left through the Plas gates.

If you've got anything left in the tank then go for the sprint finish!

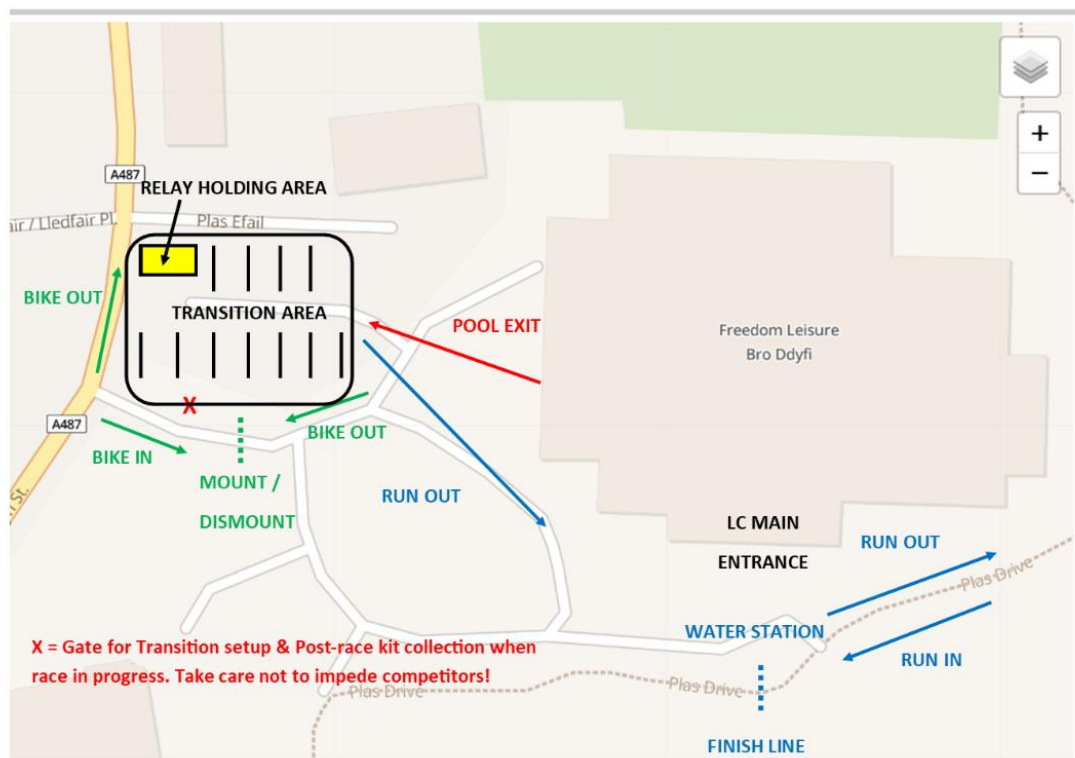
AID STATIONS

There will be a water station near the leisure centre on the run out and water and snacks on the finish line.

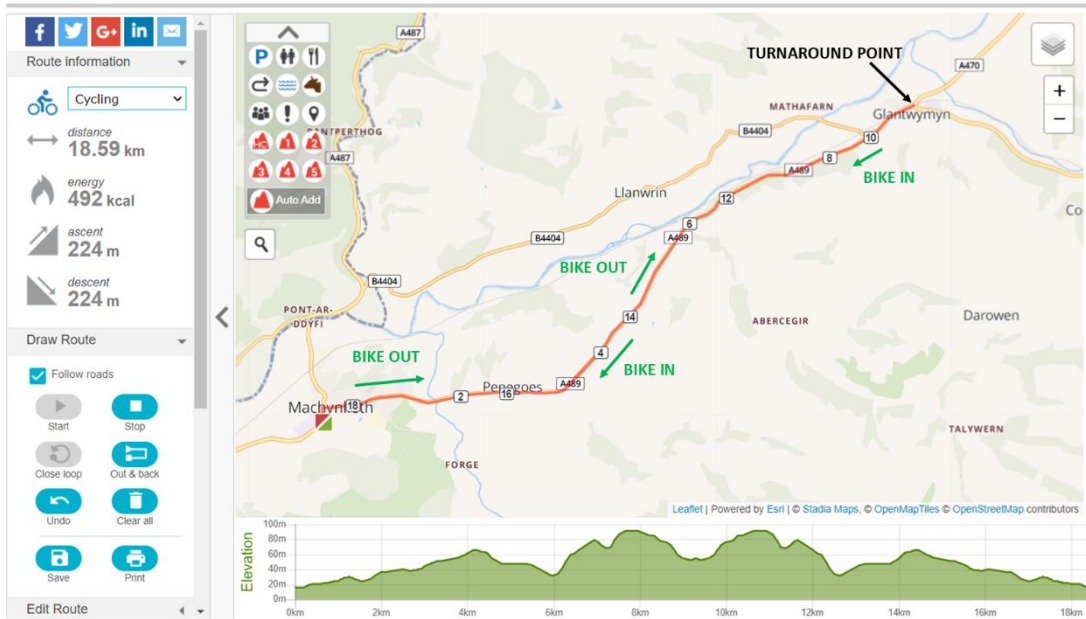
PRESENTATION

Depending on weather conditions and COVID restrictions, there may be a post-race trophy presentation. This will be decided on the day. Trophies will be posted out winners if no presentation or they have to leave before the end.

MAPS

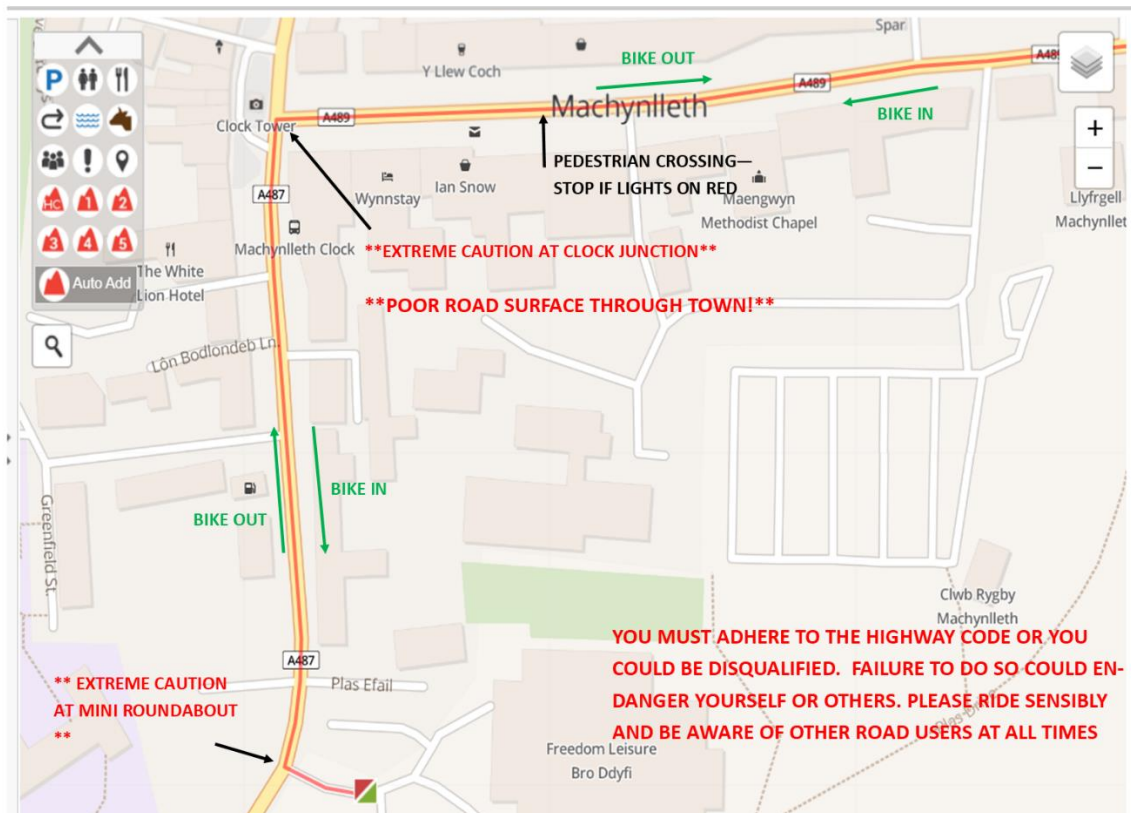


DYFI DASH HQ & SITE MAP

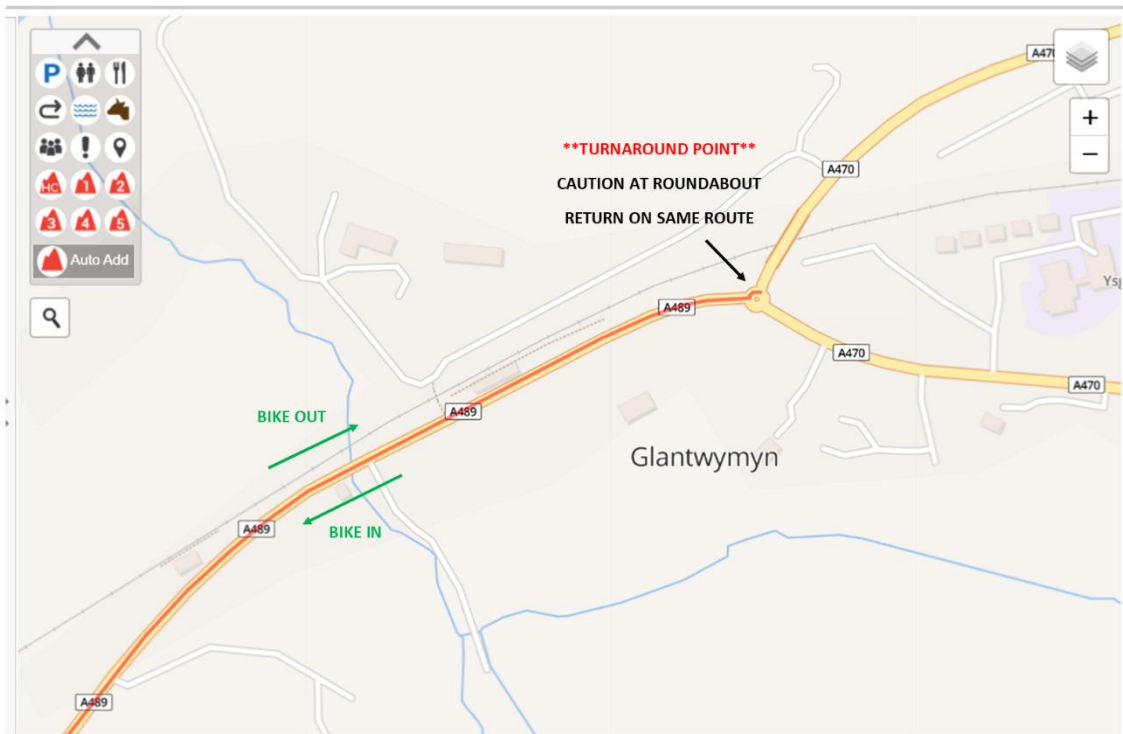
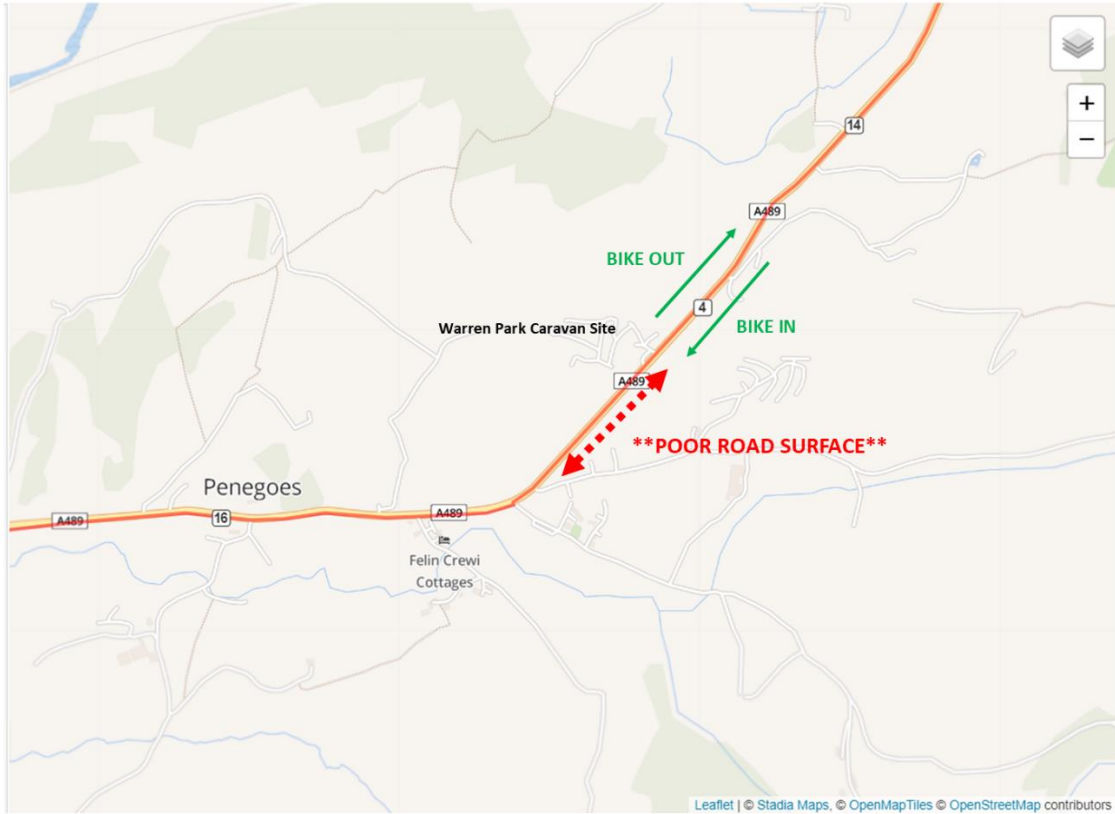


DYFI DASH BIKE ROUTE (OUT & BACK COURSE TO CEMMAES ROAD ROUNDABOUT ON THE A489)

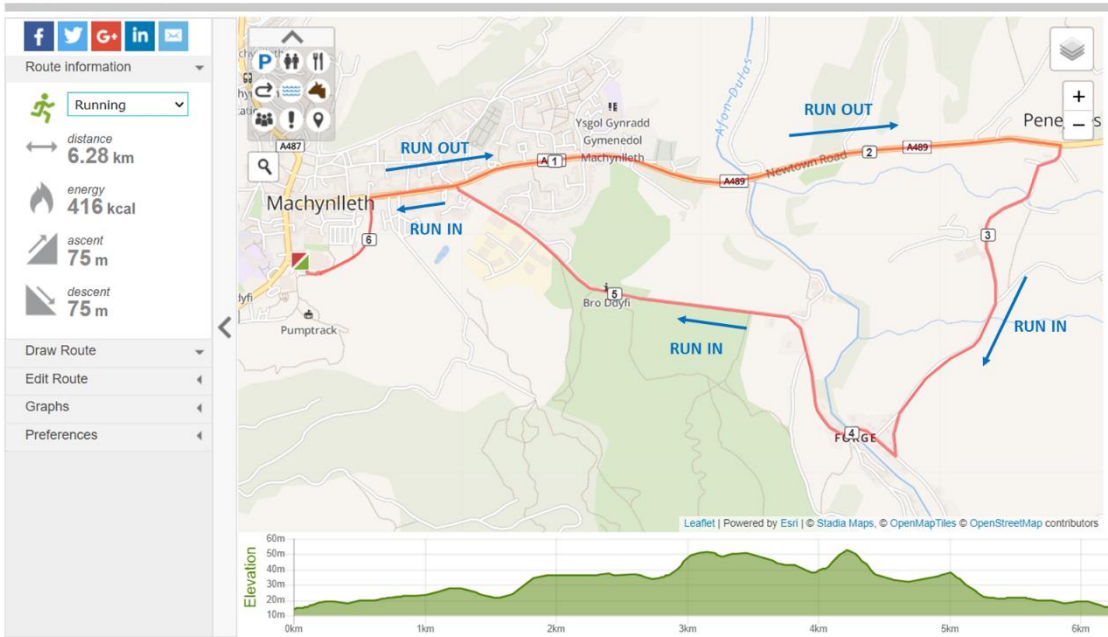
NB CYCLE ON ROAD ONLY, DO NOT USE CYCLE PATH AS YOU HEAD OUT OF TOWN



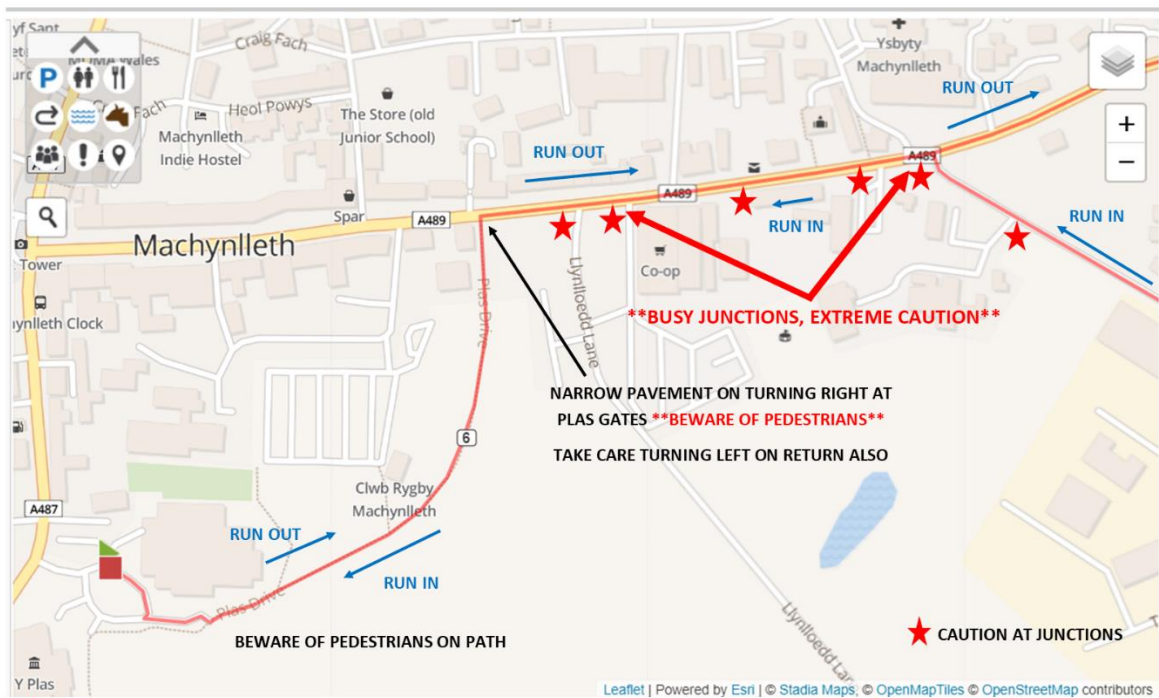
DYFI DASH BIKE ROUTE SAFETY INFO



DYFI DASH BIKE ROUTE SAFETY INFO



DYFI DASH RUN ROUTE

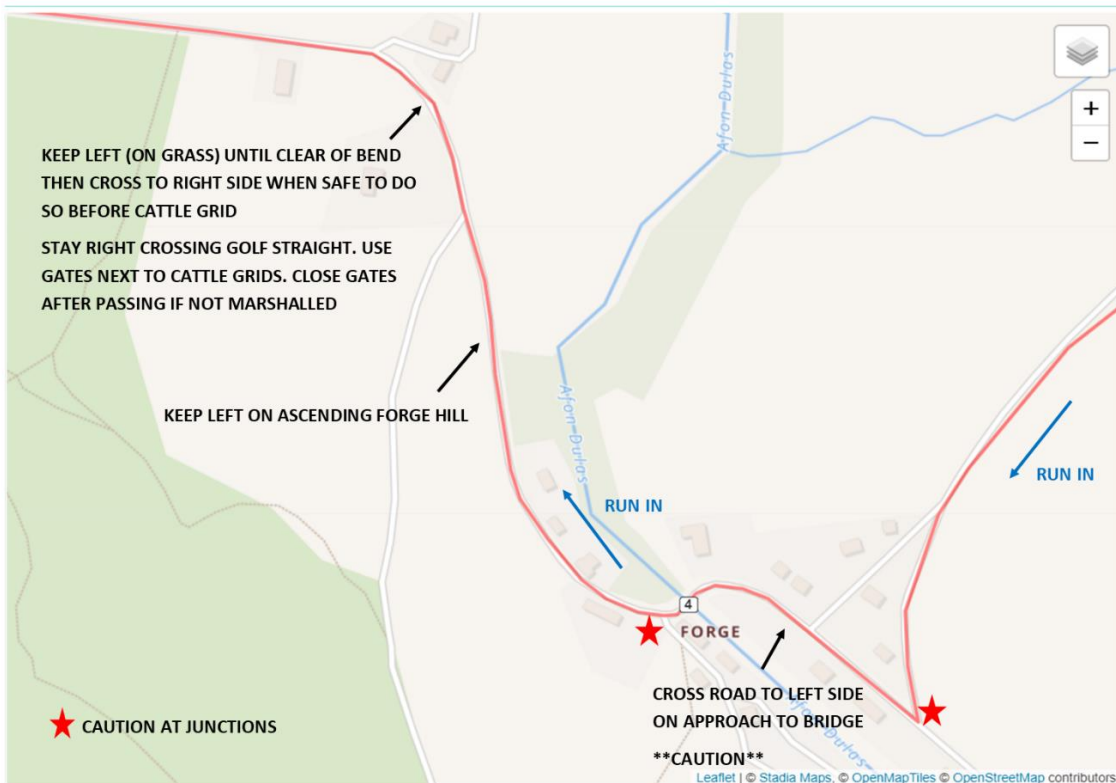


★ CROSSING POINT—EXERCISE EXTREME CAUTION. SOME POINTS MARSHALLED BUT IT IS THE COMPETITORS' RESPONSIBILITY TO ENSURE SAFE CROSSING.

DYFI DASH RUN ROUTE SAFETY INFO



DYFI DASH RUN ROUTE SAFETY INFO



DYFI DASH RUN ROUTE SAFETY INFO



DYFI DASH RUN ROUTE SAFETY INFO

START LIST

Approximate times only, you may be asked to start earlier or later than the given time. **Go pool side 20 minutes before your start time.** Based on predicted finish times, slowest first.

See Separate Link to be posted after entry closes on 6th April