



## Cerist Triathlon Club

# Dyfi Dash Sprint Tri

*Sunday 7<sup>th</sup> April 2019*

**400M POOL SWIM / 19K BIKE / 6K RUN**

**Registration: 07:30-08:30    Race start: 09:00**

### EVENT INFORMATION

#### Introduction

The historic market town of Machynlleth, situated in the beautiful Dyfi valley in mid Wales, is the setting for this popular early-season sprint triathlon.

Cerist Triathlon Club is one of the oldest established clubs in the UK, and we've been staging the Dyfi Dash for well over 20 years! Our races are renowned for their warm and friendly atmosphere, and the Dyfi Dash is a suitable challenge for experienced and novice triathletes alike. Entry will again be open to Youth age category\* and above (race age 15+). We also allow relay teams of two or three competitors (single gender or mixed) – please contact Cerist if you'd like to take part in a relay but need help finding partners.

There is plenty to do in and around Machynlleth, with interesting shops, miles of hiking routes, world class mountain bike trails and stunning coastline nearby. You can visit the Museum of Modern Art, Centre for Alternative Technology, Aberdyfi and loads more!

\*Parental consent required on race day

#### Race HQ

Bro Ddyfi Leisure Centre, Plas Machynlleth, Machynlleth, SY20 8ER  
The race starts and finishes at the leisure centre.

#### Race distances

**Swim** 400m (pool-based)

**Bike** 19k (open road)

**Run** 6k (main road / back road around Machynlleth)

**As the race is held in April the weather can be a factor – please come prepared for the worst!**

Route maps:

Run <http://goo.gl/maps/3PP4c>

Cycle <http://goo.gl/maps/ZcVJY>





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## Race Day

### Registration

Registration opens at 07:30 and closes at 08:30 (approx.). If you're a member of British Triathlon member please present a valid card on registering. Non-members will be issued with an obligatory race day licence as insurance, included in the entry fee. **Maximum entry: 120**

### Transition Set Up

The transition area is in one section of the leisure centre car park. There is security present for the duration of the event, and **only registered competitors will be allowed to enter the area.**

Please keep your transition area tidy, and no large bags or boxes are to be left- marshals will be present if you need some help setting up! We ask that bikes and kit are cleared from transition as quickly as possible after the race.

### Race Brief [compulsory for all competitors]

Will be given 15 minutes before race start time – scheduled for **08:45** in the Sports Hall

### Race Start

The start time is scheduled for **09:00**.

The pool swim start times are allocated according to your predicted **overall race time**, slowest first (please overestimate your time if unsure!). This is done in order to reduce the amount of time that marshals are out on the course. Two swimmers per lane side by side, and when a place becomes available in the pool the next entrant will be called up by the race starters. Front crawl or breast stroke only allowed. Start timers will be given on the day, **please go pool side a minimum of 15 minutes before your scheduled start.**

### Results and Prizes

Provisional results will be posted at Race HQ on the day. There will be trophies for first male and female winner of each Age Group, plus local novice and relay team awards.

Full results will be available on the [Cerist Tri Club](#) and [What's My Time](#) websites within 2 days of the event.

### Local Accommodation

There is plenty of accommodation in Machynlleth if you fancy making a weekend of it. Try [Maenllwyd Guest House](#) for a comfy bed and hearty breakfast! Off road parking and secure bike storage available.

### By entering The Dyfi Dash, you are agreeing to the following:

I am of good health and enter the race at my own risk.

I will abide by all rules and regulations as set out by British Triathlon and the event organiser.

I understand that the the race routes and distances may be altered by the race organiser at short notice if deemed necessary for reasons of safety.

A 75% refund is available up to 31/03/18 (not including card fee), then no refund can be paid.

Deferral to next year's event is possible.

I agree that race images of myself may be used by Cerist Triathlon Club for promotional purposes.

