

Cerist Junior Aquathlon Sunday 28th April, 2019

Open to ages 5-16 (age on 31/12/19), this popular swim/run race is a great introduction to triathlon, as well as providing a competitive challenge for more experienced athletes. This is the first race in the Welsh Triathlon TriStar Series 2019, but the race is also open to non-TriStars. To join Welsh Triathlon and to enter the Series, please see their website.

Event Info

All times listed below are approximate. A full race day schedule will be emailed prior to race day.

Race HQ

Freedom Leisure Bro Ddyfi Leisure Centre, Machynlleth, Powys SY20 8ER

Pay and Display car parking at leisure centre and main town car park (only two minutes walk from the leisure centre), free parking at old Celtica car park nearby.

Race distances

Age on 31/12/19	Age Group	Swim distance*	Run distance*
5-7 [^]	Cerist Kidz	40m	500m
8	TriStar Start (TSS)	40m	500m
9-10	TriStar 1 (TS1)	120m	1500m
11-12	TriStar 2 (TS2)	240m	2000m
13-14	TriStar 3 (TS3)	360m	2500m
15-16	Youth (Y)	400m	3000m

*The swim is in a 20 metre pool. Part of the run is around playing fields which may be uneven, muddy and slippery in places – please ensure that appropriate footwear is worn. All distances in accordance with British Triathlon Rules.

[^] Assistance from female marshals at transition if required.

Race Fees

£12 Cerist Kidz & TriStar Start
£15 TriStar 1, TriStar 2, TriStar 3 and Youth

A British Triathlon E-license (race insurance) will be issued prior to the race by email for non-home nations members. NB **Cerist Kidz age group is NOT covered by British Triathlon race insurance**

Maximum Entry

140 competitors
No on the day entry
Entry closes 21/04/19

Local Accommodation

If you want to make a weekend of it try [Maenllwyd Guest House](#) - a warm welcome guaranteed and only 5 minutes' walk from Race HQ!

Timing

Electronic chip timing

Registration 9:45 to 11:15am

Sports Hall

Those wishing to enter the TriStar Series 2019 must register with Welsh Triathlon. See www.welshtriathlon.org for full details. A valid membership card must be shown at registration.

Transition Set-up Up to 11:15 after registration

There will be marshals on hand to assist. Competitors only allowed into transition area apart from Cerist Kidz and TriStar Start age groups – one adult may assist set-up if required. No boxes or bags to be left in transition. There are designated areas for each age group, please follow marshals' instructions. Competitors must show race number to be allowed into transition (i.e. register first!).

After completing the race kit can be collected by the competitor, but only after their entire age group has finished. Do not just wander into transition – check with a marshal first, and always be aware of competitors who are still racing!

Race Brief 11:15

All competitors and parents/guardians MUST attend

Transition Area & Course Closed 11:45

After race brief is the final period for transition set-up and course familiarisation

Race Start 12:00 – 12:10

A full race day schedule, including approximate start times, will be emailed to competitors a few days before the race.

Bro Ddyfi leisure centre has a three lane, 20 metre pool. Two competitors will swim in each lane, sticking to the side of the lane allocated to them by the race starter.

Results / Presentation 15:30

Near finish arch weather permitting or Sports Hall

Swimming Strokes

Breast stroke or Front Crawl only allowed. Tumble turns permitted, but swimmer MUST keep to lane – any dangerous turns will result in a warning to stop tumble turning by the lane counter, costing the competitor time.

Prizes

Prizes will be awarded to 1st, 2nd and 3rd male and female in each age group.

Results

Provisional results will be posted at race HQ on the day. Full results will be available at [Nifty Events](#) and www.ceristtriathlon.org.uk within 2 days of the event. For TriStars Series results see www.welshtriathlon.org

Enquiries

Gary Thapa
Cerist Junior Coordinator
ghthapa@gmail.com
07808668945

Disclaimer!

The organiser, Cerist Triathlon Club, reserves the right to cancel the race in the event of unforeseen circumstances, e.g., severe weather, to be rearranged for a suitable later date.

A refund of £10 only can be given up to 7 days before the scheduled event date. Within 7 days of the race no refunds can be given.

By entering your child into the Cerist Junior Aquathlon you have agreed to the following:

My child is fit and healthy, and participates at their own risk. Cerist Kidz are NOT covered by British Triathlon race insurance – I understand this if entering a child into this category.

Competitors will abide by British Triathlon rules [see www.welshtriathlon.org.uk] and respect their fellow participants.

Parents / guardians will behave responsibly and will respect all decisions made by race officials. Improper behaviour, e.g. abuse of marshals or over-the-top support or coaching from the sidelines, will result in your child being disqualified from the event. If any issues arise, please discuss with officials **after** the race.

Cerist Triathlon Club adheres strictly to British Triathlon Guidelines for the Use of Photographic & Video Images of Children / Young people under the age of 18. I consent for images of my child at this event to be used by the Club for promotion of the race etc. in strict accordance with these guidelines. An official photographer will be present and will be identified during the race brief. **No**

photography is permitted in the pool area. I will inform the organisers prior to the race if I do not agree for my child to be photographed.