



Cerist Triathlon Club

The Dyfi Dash 19/03/17 **Sprint Triathlon**

400m swim/20km bike/5km run

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



EVENT INFORMATION

Introduction

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

Cerist Triathlon Club is one of the oldest established clubs in the UK, and the Dyfi Dash was first staged over twenty years ago. Our races are renowned for their warm and friendly atmosphere, and the Dyfi Dash is a suitable challenge for experienced triathletes and novices alike. Entry will again be open to Youth age category* and above. We also allow relay teams of two or three competitors (single sex or mixed) – please contact Cerist if you wish to participate in a relay team but require help finding partners.

Why not make a weekend of it? 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!

*15-16 on 31/12/17, written 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 20k (open road)

Run 5k (main road / back road around Machynlleth)

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





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Route maps:

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

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

Race Day

Registration

Registration opens at 07:30 and closes at 08:30 (approx.). If you're a member of BTF please bring your card with you as proof of membership. 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**. 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 15min before race start time – scheduled for **08:45**

Race Start

The start time is scheduled for **09:00**. Please ensure that you are pool side by this time.

The pool swim start times are allocated alphabetically. An early swim time can be requested but not guaranteed. Maximum 2 swimmers per lane, 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.

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.

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

