

Dyfi Dash Sprint Tri

Sunday 8th April 2018

400m pool swim * 19k bike * 6k run

Maximum entry: 120

The historic market town of Machynlleth is the setting for this popular 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 is open to Youth age category and above (15+ on 31/12/18). We also allow relay teams of two or three competitors (single gender or mixed) – please contact Cerist if you require help finding relay 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. Why not make a weekend of it?

The 2017 Dyfi Dash was a sell out, so please get your entries in quickly!

EVENT INFORMATION

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 and back road around Machynlleth)

Please come prepared for poor weather – just in case!

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 British Triathlon home nation member please bring your card with you as proof of membership. Non-members will be issued with an obligatory British Triathlon race day licence as insurance. Youth entrants (aged 15-16 on 31/12/18) must be accompanied by an adult who *must* sign a consent form on the day.

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, and you must present your race number to do so.

Race Brief [compulsory]

Will be given 15min before race start time – scheduled for **08:45**

Race Start

The start time is scheduled for **09:00**. If you are listed to start early, please ensure that you are pool side by this time for your timing chip to be fitted [the start list will be emailed to competitors after entry closes].

The pool swim start times are allocated by predicted race finish time. 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, plus local novice and relay team awards.

Full results will be available on the [Cerist Tri Club](#) and [Nifty Events](#) websites within 2 days of the event.

Cancellation/Refunds

Cerist Triathlon Club reserves the right to cancel the race in the event of unforeseen circumstances, such as severe weather. If cancelled, then a suitable alternative date would be found if possible.

A 75% refund for withdrawal can be given up to 01/04/18, after that no refund can be given. Deferred entry to next year's race is possible any time up to race day.