

10TH MAY 2025

ACTIVITY WALES
#InspireTheNation



MUMBLESTRI.COM
RACE PACK

IMPORTANT INFORMATION

**PLEASE ENSURE THAT YOU READ CAREFULLY,
EVEN IF YOU HAVE RACED BEFORE.**

Activity Wales Events would like to take this opportunity to thank you for participating in Ocean Lava Mumbles Triathlon 2025. We can't wait to see you on the start line.

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

With three distances on offer, Middle, Olympic and Sprint, we're sure it's going to be an incredible day of racing for all involved.

You may have many questions about how the day will run, and the race pack will answer these for you. Ensuring the safety of all in attendance is of paramount importance, so please read through carefully.

We hope that you have a great time and enjoy the day.

A huge thank you again for your continued support.

See you on race day!

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EVENT ITINERARY

FRIDAY 9TH MAY

WHAT

WHEN

WHERE

Registration	4pm - 7pm	Mumbles Yacht Club
Beginners Briefing	5.30pm	Knabb Rock Car Park

SATURDAY 10TH MAY

WHAT

WHEN

WHERE

Registration	5am - 6.15am	Mumbles Yacht Club
Transition	5.15am - 6.20am	Knabb Rock Car Park
Briefing	6.35am	Finish Line
Event Starts	6.45am	Slipway
Swim Cut Off	7.45am	Transition
Bike Cut Off	12.15pm	Transition
Run Cut Off	1.30pm	Verdi's Cafe
Overall Finish	2.15pm	Finish Line

For exact locations, please see page 5

WHAT THREE WORD LOCATIONS

WHAT: REGISTRATION

LOCATION: MUMBLES YACHT CLUB

WHAT3WORDS: ///paths.redeeming.balanced

WHAT: TRANSITION

LOCATION: KNABB ROCK CAR PARK

WHAT3WORDS: ///spoon.headsets.inches

WHAT: START LINE

LOCATION: KNABB ROCK CAR PARK

WHAT3WORDS: ///incisions.meanders.digesting

WHAT: FINISH LINE

LOCATION: KNABB ROCK CAR PARK

WHAT3WORDS: ///tune.refrained.until

WHAT: BEGINNERS BRIEFING

LOCATION: KNABB ROCK CAR PARK

WHAT3WORDS: ///spoon.headsets.inches

PARKING

LOCATION: MUMBLES SA3 4EL

PARKING: Both Knabb Rock car parks are being used for the event so these will be unavailable for athlete parking.

There are alternative car parks in the area. Please DO NOT park on the side of the road or on pavements as this will prove to be problematic during the race. Council Parking Officers will be in attendance.

There is plenty of parking before the race location which is available at:-

Southend Car Park - WHAT3WORDS ///reinstate.shuffles.humble

Oystermouth Foreshore - WHAT3WORDS ///ballots.guarded.eased

There is also plenty of parking beyond the race location.



REGISTRATION

LOCATION: MUMBLES YACHT CLUB

WHAT3WORDS: ///paths.redeeming.balanced



DON'T FORGET YOUR PHOTO ID

Without photo ID, you will be unable to register. You cannot register on someone else's behalf.

On registering you will receive:-

- 2 x bib numbers (Please ensure you complete medical information on the reverse)
- 1 x helmet number - To go on the front of your helmet
- 1 x bike post number - Place around your seat post facing backwards
- 1 x timing chip to be worn on your left ankle outside of your wetsuit
- 1 x swim hat

RELAY TEAMS:

One person can register for the whole team, provided that each team member has already signed the event disclaimer/terms and conditions. If these have not been agreed via your LDT account, the team members will need to attend at the same time to sign at registration.

Please bring a pen with you to complete your medical conditions on the back of your bib.

Entries are non-transferable at registration. The transfer deadline is 14 days prior to the event, if you have not followed the proper steps online to do this, then they will not be able to race.

If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.

BIKE RACKING

TRANSITION PRE-ENTRY CHECK

LOCATION: KNABB ROCK CAR PARK

WHAT3WORDS: ///spoon.headsets.inches

- Make sure you have numbered your bike and helmet with the numbers provided before entering transition.
- Your helmet must be on and fastened before entering transition.
- The transition area has been laid-out to be equal and fair for everyone, therefore, we have not numbered the racks. Please rack in-between the black tape.
- For relay teams only, the bike athlete will need to rack their bike at transition.
- You will be able to remove your bike once all bikes are back in transition. All bikes must be removed after the last competitor has completed the event.

You will need to show your bib number when you're collecting your bike.

**ALL ATHLETES MUST DISPOSE OF THEIR OWN LITTER IN THE BINS PROVIDED
FAILURE COULD RESULT IN A DQ.**

ACCLIMATISATION

On leaving transition, it is highly recommended to opt for a brief acclimatisation before the official swim start. Please follow the instructions of the water safety team and exit the water quickly when instructed as this may delay the start of the race.

IT IS VITAL THAT YOU FOLLOW ALL INSTRUCTIONS GIVEN BY TRANSITION STAFF.

TRANSITION PRE-ENTRY CHECKLIST

☐

Helmet on and fastened

☐

Helmet numbered

☐

Goggles

☐

Wetsuit on

☐

Swim hat

☐

Bar ends plugged

☐

Bike numbered

☐

Transition bag with bike/run kit

☐

Timing chip on left ankle

EVENT DAY INFORMATION

RELAY TEAMS

- Once you have completed your first discipline, make your way to your racked bike where the next athlete should wait to receive the timing chip. They will need to place the chip on their left ankle and can then leave transition.
- On returning to transition, you must rack your bike before removing your helmet. Once you have done this, you can proceed to hand your chip over to the runner. Once they have put it on their ankle, they can leave transition.
- You will all be allowed to finish the event together. The other relay members can wait at the top end of the finish line for the last leg runner to join. You can all finish together and receive your medals individually.

TIMING & RACE NUMBERS

Please attach your timing chip to your left ankle for the duration of the event. Race numbers must be displayed on your back during the bike and the front during the run. Failure to display in the correct way will cause you to be penalised or disqualified. Similarly, altered or defaced numbers will result in disqualification.

Race belts are permitted.



EVENT DAY INFORMATION

SAFETY

The pre-event video briefing contains important, on-the-day information. Please ensure you watch this prior to the event.

There is an in-depth, onsite briefing at 5.30pm on Friday 9th May (outside of transition) to answer all of your race day questions.

Should poor weather conditions dictate, please ensure you have appropriate bright clothing and lights on your bike.

For safety reasons, personal music players and headphones are NOT permitted.

If you are unable to finish the race, you MUST report to an official to inform them and hand back your timing chip.

RACE BRIEFING

The pre-event video briefing, which contains important, on-the-day information. Please ensure you watch this prior to the event. You can find it here [event video briefing](#) or click the picture below.

Should poor weather conditions dictate, please ensure you have appropriate lights on your bike.

Due to safety reasons, personal music players and headphones are NOT permitted.



FEED STATIONS

We strongly advise all athletes to plan to be self-sufficient for the race.

BIKE COURSE

MIDDLE DISTANCE - There will be a feed station at approximately 16km, 40km and 64km.

OLYMPIC DISTANCE - There will be a feed station at approximately 16km.

SPRINT DISTANCE - There will be no feed station for Sprint Athletes.

Available at the feed station

- Water, Torq Energy, Flapjacks, Crisps, Sweets, Bananas

RUN COURSE -

There will be a water station offering both water and Torq energy powder.

There will be food provided for Middle Distance & Olympic Athletes. We advise Sprint Athletes to be self-sufficient for the run. Race belts are permitted.

Available at the feed station

- Middle & Olympic Athletes - Water, Torq Energy, Flapjacks, Crisps, Sweets, Oranges
- Sprint Athletes - Water, Torq Energy

FINISH - When you cross the finish line, we will provide you with a bottle of water and recovery items.

For middle-distance athletes, you will also be given a voucher when you finish to receive chilli and chips from the Yacht Club.

MARSHALS

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. Any abusive behaviour or language will result in immediate disqualification. It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference and directional purposes and are not permitted to stop traffic.

PHOTOGRAPHY

There will be a number of photographers & videographers out on course.

Athlete pictures will be available online from [FinisherPix](#). We will update you via social media as to when these are available.

BIKE MECHANIC

There will be no bike mechanic in attendance, so please ensure your bike is race ready prior to arrival.

FINISH LINE

At the finish line, there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100. On crossing the finish line, you will be able to collect your medal and bottle of water.

IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL OR MARSHAL TO INFORM THEM.

REMEMBER TO RETURN YOUR TIMING CHIP, FAILING TO DO SO WILL RESULT IN A REPLACEMENT FEE OF £100

COURSE & MAPS - SWIM

THE MOST UP-TO-DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINKS BELOW:

Sprint Distance

Olympic Distance

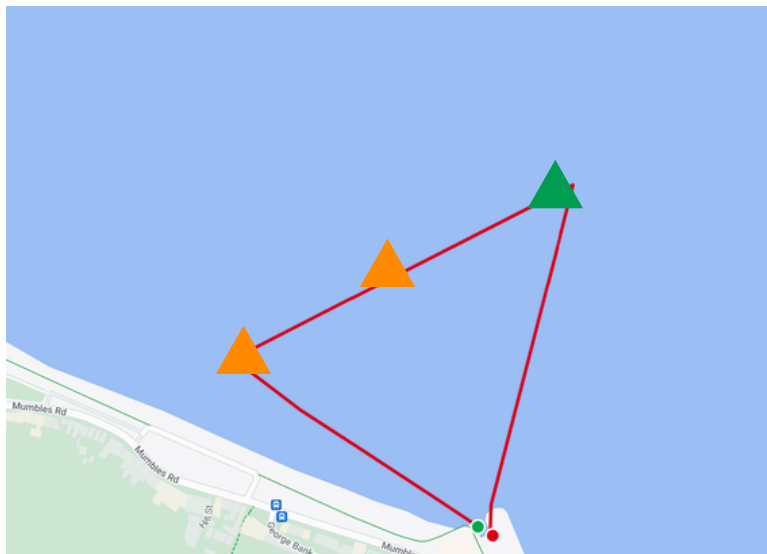
Middle Distance

Courses are comprehensively marshalled and signed with black arrows/fluorescent background. It is your responsibility to know the routes. Marshals hold no liability over directions. Any athlete deviating from the route will be disqualified.

🕒 SWIM CUT OFF 7.45AM

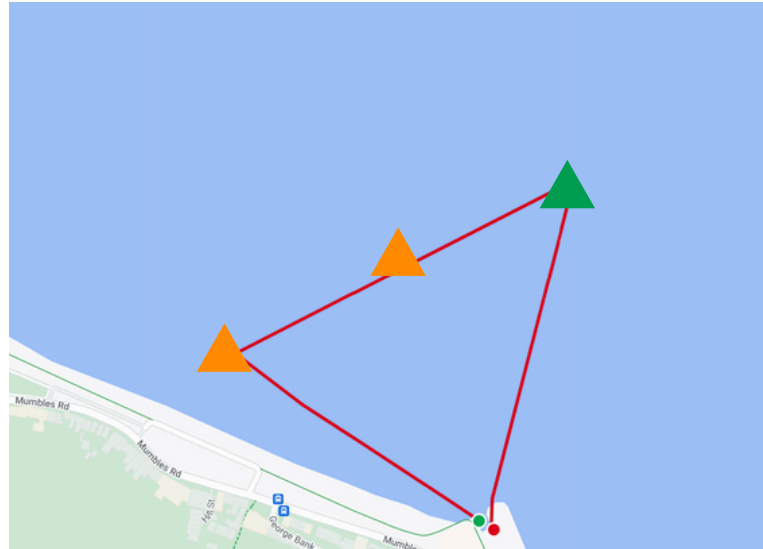
MIDDLE DISTANCE SWIM **1.9KM**

The course is a 2 lap swim with an Australian exit



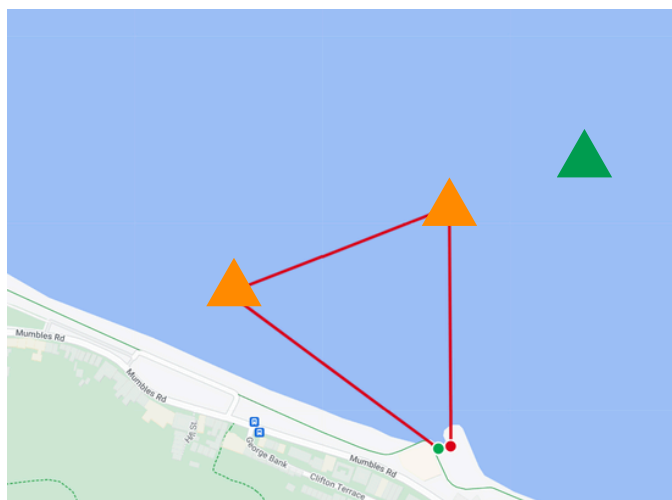
OLYMPIC DISTANCE SWIM **950M**

The course is a 1 lap swim



SPRINT DISTANCE SWIM **750M**

The course is a 1 lap swim - You will only need to go round the Orange Bouys



IF SEA CONDITIONS DICTATE, THE SWIM MAY BE SHORTNED OR THE EVENT SWITCHED TO A DUATHLON. THE RACE DIRECTORS WILL MONITOR AND UPDATE ATHLETES, SHOULD ANY CHANGES OCCUR.

COURSE & MAPS - SWIM

Things you need to be aware of for the swim.

- After a short briefing, you will be invited onto the slipway where you will go over the timing mat. It is essential that you wear the timing chip provided on your left ankle **OVER YOUR WETSUIT**.
- Make sure you give yourself plenty of space. This will enhance your enjoyment of the swim.
- Water safety is provided by a professional and well-trained organisation. Should you get into trouble, please lie on your back with your hand in the air, and they will assist you. Water Safety is there to enhance enjoyment and to ensure your safety. You will not be DQ'D for requesting their help should you then be able to complete the swim.
- The swim will take a clockwise direction. You will complete 1 lap in the Sprint distance (Orange - Orange - Home). The Olympic distance will complete 1 lap of the full course (Orange - Orange - Green - Home). The Middle distance will cover 2 laps of the Olympic distance course with an Australian exit.
- On exiting the swim, athletes can get dizzy. This is normal. To help with this, kick your legs hard for the last 50m to get some blood flow into your legs. Please make sure you are fully stable on your feet before the final exit from the water.
- Please keep your distance from the shoreline and **ALWAYS** keep the paddler (swim safety) to the **LEFT** of you at all times.
- If you decide to retire from the swim, please hand your chip to the Shoreline Lifeguard before leaving the Slipway.

COURSE & MAPS - CYCLE

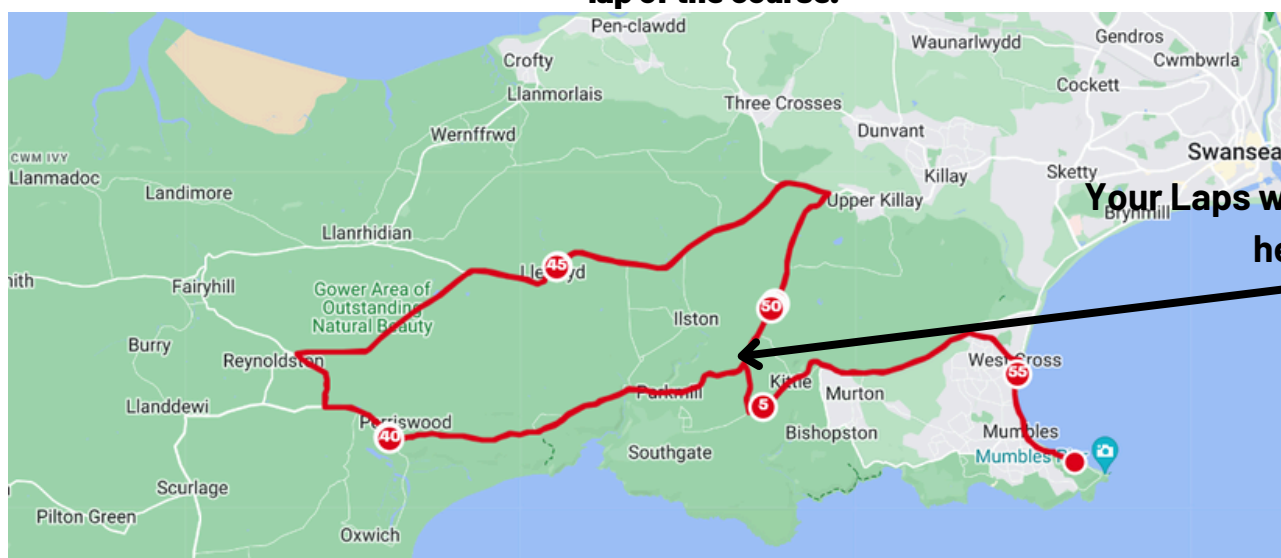
— MOUNT/DISMOUNT LINE

 **BIKE CUT OFF 12.15PM**

Outside of transition, the mount/dismount line will be clearly marked and there will be a marshal at this point to advise you. During the race, when exiting transition, you must not mount your bike until you have crossed the mount line. Similarly, on return, you must dismount your bike before you cross the line.

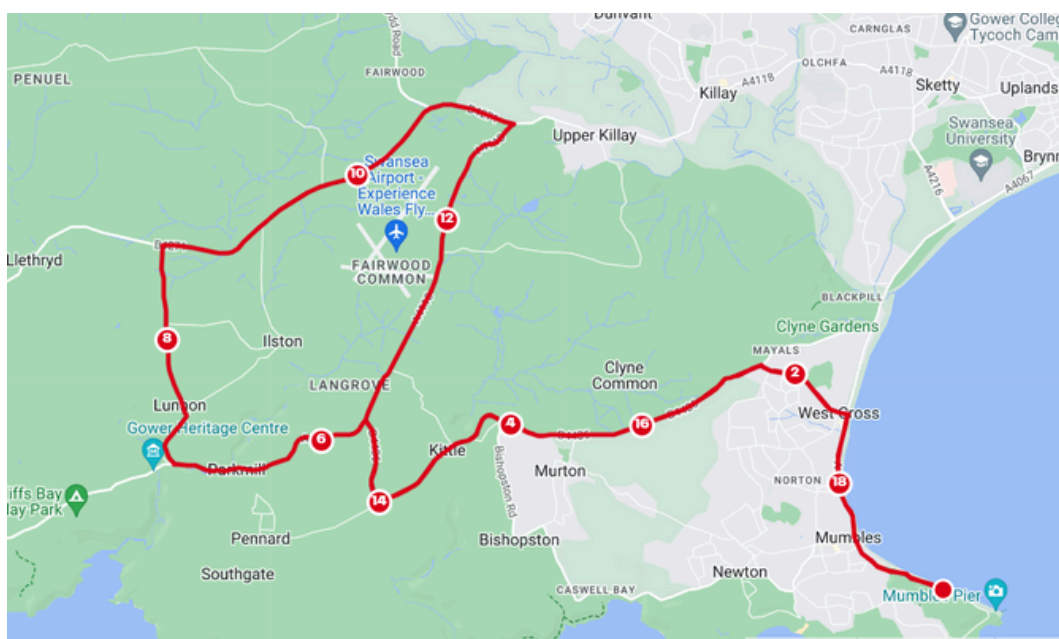
— MIDDLE DISTANCE BIKE **91KM** / OLYMPIC DISTANCE BIKE **42KM**

For the Middle, you will need to do 3 loops around the Gower area. You do not come back to transition until you have completed all three loops. For the Olympic you will only need to complete 1 lap of the course.



— SPRINT DISTANCE BIKE **32KM**

This is a 1 lap course



If you are cycling in 20mph areas, we ask you not to undertake vehicles or drive dangerously Police will be observing these areas and any dangous riding could result in prosecution.

COURSE & MAPS – CYCLE

PLEASE KEEP TO THE LEFT HAND SIDE AT ALL TIMES UNLESS OVERTAKING. ALWAYS RIDE WITHIN YOUR ABILITY AND WITH CAUTION. PLEASE BE MINDFUL OF ROAD CONDITIONS AND OTHER ROAD USERS.

- Courses are comprehensively marshalled and signed with black arrows on a fluorescent background.
- Please be aware that the course is on open roads, so please ride with this in mind and be courteous at all times. Any dangerous riding and/or use of abusive language will carry a DQ from the event without appeal.
- Please let other athletes know when overtaking and avoid sudden movements as there will be a large number of bikes on the course.
- Please ride within your ability and consider the conditions of the road – do not get caught up in the event. Be mindful of cattle grids and livestock on course.
- Please note, that you must follow the highway code during the event. If traffic lights are on red, or someone is crossing a pedestrian crossing, you **MUST** stop.
- There will also be some fast descents and narrow lanes. Please ride accordingly.
- There may be potholes on the course, please ride accordingly.
- Please wear appropriate clothing during the event and we would advise lights on your bikes.

COURSE & MAPS - RUN

MIDDLE DISTANCE RUN 20KM

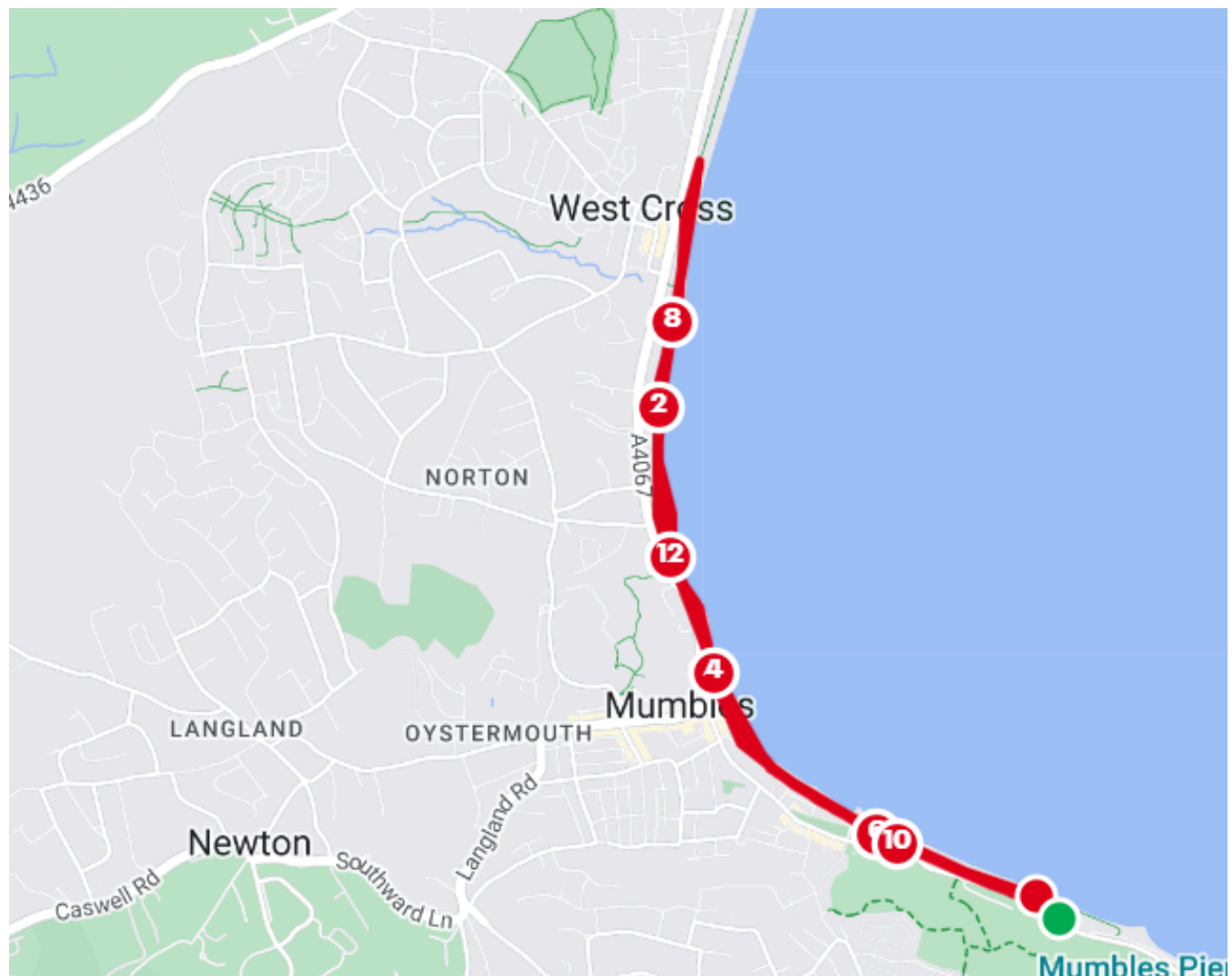
The run course comprises 4 laps.

OLYMPIC DISTANCE RUN 10KM

The run course comprises 2 laps.

SPRINT DISTANCE RUN 5KM

This is a 1 lap course



🕒 LAST RUN LAP CUT OFF 1.30PM

N.B All courses are subject to change.

COURSE & MAPS - RUN

- At the water station, we will provide water only for Sprint Distance athletes. There will NOT be food at this station. We advise athletes to be self-sufficient for the run. Race belts are permitted. For Middle & Olympic Distance athletes, we will provide Water, Energy and Food for all laps.
- The run course is comprehensively marshalled and signed with a black arrow and a fluorescent background. Please remember, marshals are there for reference only. They are not for directional purposes.
- Keep left at all times unless overtaking another athlete and please respect other path users.

FINISH LINE

OVERALL CUT OFF 2.15PM

- At the Finish Line, there will be timing chip return bins. You will need to remove your chip yourself and place it into the bin - failing to do so will result in a replacement fee of £100.
- On crossing the Finish Line, you will be able to collect your medal and a bottle of water.
- Transition will be open to collect your bike, from 12.15pm and will close at 2.45pm (15 minutes after the last athlete crosses the finish line). After this time, items will be left unattended and we will not be held responsible for any left items. If you are part of the Sprint & Olympic Distance, transition staff will allow you to remove your bike from transition before 12.15pm, when it is safe to do so and to not interfere with any athletes still competing. Please be kind and patient with the team during this time.

You will be required to show your bib number in order to collect your bike.

RULES

It is your responsibility as a competitor to know ALL the rules. Ignorance is no defence and the rules are available on www.britishtriathlon.org.

- It is your responsibility as a competitor to know and correctly complete the full course
- Foul and abusive language is not permitted, and the failure to follow a marshal's instructions, the police or the referee will lead to disqualification. Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- It is your responsibility to know the course and abide by the highway code at all times.
- No outside assistance is allowed at any time.
- Wetsuits are mandatory
- Please do not use mobile phones or listening devices that may impair your hearing or concentration in any way on the course (including transition) as this will lead to disqualification. When racing, you need to be aware of other competitors and the general public (both on foot and live traffic).
- You **MUST** wear a safety helmet on the bike that is of ANSI Z90.4, SNELL B90, EN 1078 or equivalent. A CE mark is not an approved standard. The strap to your helmet must also be snug in its fitting and not altered in any way (and definitely not elastic). These will be checked visually when racking your bike.
- Any fittings on your bike (computers, handlebar extensions) must be positioned so as to prevent injury in the event of a crash. All handlebars and tri bars must be plugged. This will be checked visually when racking your bike and you will not be allowed if they are deemed dangerous.
- Bikes are single-use only - tandem bikes and electric bikes are not permitted.
- Your helmet must be fully fastened before racking your bike, similarly on your return to transition, your bike must be fully racked before you undo your helmet.
- Nudity is not allowed
- You will also need to keep your chest covered at all times on the cycle and the run, no matter how hot it is.

RULES CONTINUED

- Bikes **MUST** be racked on the racking provided using either the seat post, handlebars or brake levers. Bikes must not be racked anywhere else and anybody not racking this way will be disqualified.
- Remember to place your equipment, as thrown equipment may interfere with other athletes and lead to a penalty.
- You are not allowed to mark your position in transition with any special device, flag etc and please be careful not to interfere with any equipment of your fellow athletes, either deliberately or accidentally.
- Event numbers must be worn on the back for the bike and on the front for the run. They must be clearly visible at all times. They must not be altered or mutilated in any way, otherwise you will be penalised.
- Ensure that you mount/dismount at the line marked outside of transition. There must be no cycling in transition.
- This is a non-drafting event: please see a guide on the following page. The course is comprehensively marshalled and signed with black arrows and fluorescent background. If a referee thinks you are drafting there is no appeal against this decision, so the rule of thumb is - be squeaky clean. It is cheating. If you are caught drafting once you will be penalised with a 2-minute penalty. If you get caught a second time you will be disqualified.
- It is your responsibility to know the course.
- Should a time or penalty be queried after the event, this must be submitted within 24 hours of the race. A review panel will meet 48 hours after the event and all decisions will be final.
- All decisions are final. The race director and race referee have the final say on all decisions and outcomes. For safety purposes, the race director and race referee have the ability to implement and introduce laws and rules on the day.
- Video and Photography will be taken on the day for social media and marketing use. This will also include spectators and anyone who partakes in the run with a loved one channel.

If you read this and follow the advice, you should always be on the right side of the rules. Remember the referee will always be willing to answer any questions you may have however his/her decision is final.

[For Full Terms and Conditions Click Here](#)

DRAFTING & REFEREE

PENALTIES:

General Rules:

- Failure to comply with Competition Rules may result in a competitor being verbally warned, incurring a time penalty, or disqualified;
- Competitors may only be penalised by officials & moto referees although infringements may be reported to the Official by marshals and other race personnel.
- Penalties may be issued, or disqualification given at any time up to the announcement of the final results, as communicated by the Event Organiser. The exception is where drug testing is involved, or where a concern is raised as to non-compliance of an individual's race category, when the results must be considered provisional until the outcome is known;
- Unless safe to do so and as not to place either the Official or competitor at risk, Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation.
- Athletes must obey the specific traffic regulations for the event.

Warning:

- The purpose of a warning is to alert a competitor about a possible rule violation and to promote a proactive attitude on the part of Officials. An Official can also provide a warning to a competitor to correct a minor infringement;
- A verbal warning may be given when:
 - (i) A competitor violates a rule unintentionally;
 - (ii) An Official believes a violation is about to occur;
 - (iii) No advantage has been gained.
- It is not necessary for a Official to give a warning prior to issuing a more serious penalty.
- A verbal warning will be given for the following infringements where the infringement can be rectified, (but are not limited to):
 - (i) Illegal equipment (swim, cycle or run equipment);
 - (ii) Banned equipment (including, but not limited to, mobile telephones, MP3 players, metronomes, personal video recording devices);
 - (iii) Illegal progress (during swim, cycle or run);
 - (iv) Racing with an exposed torso, including zips not fastened. (during cycle or run);
 - (v) Littering on the course unless disposed of in specified littering zones provided by the Event Organiser.
- If corrective action is not taken to remedy the infringement, the competitor will be disqualified.

Draft zone:

The bicycle draft zone will be 12 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another competitor. Consecutive attempts to overtake with no success may lead to a drafting infringement;

DRAFTING & REFEREE CONTINUED

Time Penalty:

- A time penalty is an appropriate penalty for infringements which do not warrant a disqualification;
- Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- There are two types of infringement where a competitor can be penalised with a time penalty:

These include, but are not limited to:

- Placing markers in transition that cannot be removed, but do not impede the progress of others;
- Race number violations (if unable to be rectified after a warning);
- Helmet violations (unclipping helmet whilst in contact with the cycle) unless corrected;
- Riding in the transition area, including over the mount/dismount line unless corrected
- Time penalties vary depending on the type of infringement: (i) Drafting infringements:
 - 3 minutes in long-distance races (first and second drafting violations noted by a Motorcycle or Official);
 - 2 minutes in middle distance races (first and second drafting violations noted by a Motorcycle or Technical Official);
 - 1 minute in standard distance races (first violation noted by a Motorcycle or Technical Official);
 - 30 seconds in sprint or shorter distance races (first violation noted by a Motorcycle or Technical Official).

Any penalties issued after the violations will result in a DQ.

Penalties for Drafting:

- It is forbidden to draft in a race declared as draft-illegal;
- Officials will notify competitors who draft they are subject to a time penalty sanction; it is the competitor's responsibility to ensure they are aware of any penalties that have been awarded against them;
- Where there is no appropriate penalty box available on the course in which to serve a time penalty, the penalty will be added to the competitor's finish time;
- The penalties awarded for drafting are detailed above.
- Unless safe to do so and as not to place either the official or competitor at risk, Technical and Motorcycle Officials will not be required to provide an audible or visible warning for a drafting violation;
- Drafting violations cannot be appealed.

POST EVENT INFORMATION

AWARDS & RESULTS

See below the winning categories of the event.

WINNING CATEGORIES

MIDDLE

1st/2nd/3rd Male & Female - Overall

OLYMPIC

1st/2nd/3rd Male & Female - Overall

SPRINT

1st/2nd/3rd Male & Female - Overall

Results will be posted on the website and can be found at www.mumblestri.com

OCEAN LAVA SLOTS

There will be 6 slots in each distance available for Ocean Lava Lanzarote 2025.
Male and Female.

If an athlete is not available to attend, then the slot will be rolled down to the next athlete.

MUMBLES TRIATHLON RESULTS



POST EVENT INFORMATION

LOST PROPERTY

Any lost property found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

LET'S GET SOCIAL

If you and/or your supporters take any snaps on race day, please share them with us using #mumblestriathlon and tag us @activitywalesevents. We may share these on our Instagram, tiktok & Facebook pages with credit.



FOOD & DRINK

There are a number of great places to visit in the area if you are staying before or after the race.

Check out our website for more information -

Mumbles Triathlon Where to Eat

OUR EVENTS 2025

SWANSEA SWIM 24TH MAY

SWANSEA TRIATHLON 25TH MAY

SWANSEA 5K 25TH MAY

CHALLENGE WALES 15TH JUNE

FISHGUARD TRIATHLON 15TH JUNE

LONG COURSE WEEKEND WALES 27TH - 28TH JUNE

THE WALES SWIM 27TH JUNE

THE WALES SPORTIVE 28TH JUNE

THE WALES MARATHON 29TH JUNE

THE WALES HALF MARATHON 29TH JUNE

THE WALES 10K 29TH JUNE

THE WALES 5K 29TH JUNE

WALES SWIM RUN 26TH JULY

LONG COURSE WEEKEND YORKSHIRE 29TH - 31ST AUGUST

SAUNDERSFOOT TRI 19TH SEPTEMBER

LONG COURSE WEEKEND BELGIUM 26TH - 28TH SEPTEMBER



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