



# GV70.tri Aberavon Saturday 26<sup>th</sup> July 2025



## Additional Race Information FAQ

1. **Friday night** registration from **Aberavon Green Stars 25<sup>th</sup> July 16:30-18:30**
2. Registration will open **Saturday morning 5:55 to 6:50am at Aberavon Green Stars**

3. Transition be will open **05:45 – 06:50am** on Saturday 26<sup>th</sup> July at, **Aberavon**

**Green Stars SA12 6DL** carparking for 175 vehicles. Overflow car parking **SA12 6AG top of Webb Place Port Talbot Football Club. This will be used for Mini Mile as well.**

4. Registration
  - a. Race is taking place under BTF rules and as such all athletes must have a BTF race licence, either a membership or day race licence.
  - b. Day race licence can be purchase on the day at registration, £2 under the age of 24 years old £8 for 25 years and older (most of you will have this through your booking)
  - c. One athlete can register the team but needs to have a copy of the race

licence and photo ID for each athlete (so we can confirm they fully match).

### 5. Race Briefing 07:00am at the Club House

- a. Race briefing is **Mandatory** for all athletes.
- b. Drafting rules (12m) Moto officials will be in attendance (no trains).
- c. Highway code over rules any thoughts you might have.

## **GV70.tri Aberavon**

### **Saturday 26<sup>th</sup> July 2025**

- d. Live flowing traffic.
- e. There are one set of lights on the course you are expected to follow the highway code.
- f. No littering on course there will be drop zones.
- g. Water station for the bike course is at the halfway point.
- h. There will be a support van on course.

#### **6. Walk to the beach at 07:20**

7. There will be medical cover through the day (water safety plus medical support/vehicles on the course).

#### **8. Swim Start at the beach at 08:00 by Cllr Matthew Crowley**

- a. **Junior Aquathlon ALSSC starts at 09:00**
- b. **Teleri Mia Mini Mile (Children) 10:00 from Green Stars**

#### **9. There is one water station on the bike course at halfway @ mile 28**

- a. Harbour way on your way back out to Porthcawl
- b. Water only

#### **10. Run Course & Water Stations/Aid Station**

- a. There are three water stations on the course (every mile).
- b. Navel Social Club Feed & Water station, (high5 gels and savoury snacks are being negotiated, we'll update you).
- c. Litter drop zones will be at all stations please adhere to this.

11. No headphones or communication devices allowed on the course for safety.

12. Have fun and enjoy the day.

**GV70.tri Aberavon**  
**Saturday 26<sup>th</sup> July 2025**

**13. Live music from 15:00 at the clubhouse**

14. Showers available on site (male and female changing) and changing rooms if needed.

**15. Presentation from 15:00 before the start of the live music (Randon Prizes, Invitational Cup, first to third placed awards, relay awards and in the past we have donated cheques to charities & individuals)**

<https://www.strava.com/routes/3111264271201322440> bike course

