

Tryweryn Races Briefing notes

It will be a little hectic in the morning as I would like to organise everything and do a practice run before racing starts and also race, therefore there will be no briefing.

This Document will serve as the briefing if you have any questions please ask.

We have a block booking with the centre, they have copies of the start list, so there is no need to check in and they should let you in at the top without any problem.

We have permission to use the field at Bala Mill.

Classic

Hazards,

There are a number of trees down along the classic course. The one below the campsite bridge has been removed.

There is a tree blocking the 1st left dive/island, there is a route the back of this which is easy.

All the other trees are off the racing line and not a problem.

Bibs will be distributed at the start by Ian and James Wingfield

James will be doing some equipment checks so please make sure everything is in order.

If any equipment is found not in order you will be allowed to race and get a time but the selection committee will be informed of anything that is not correct.

Starters are Ian and James Wingfield

Finishers Helen and Mark Williams

Results will be published on line as soon as possible after the last finisher.

You have 15 minutes from when they are published to raise any queries. After this they will be considered final.

Sprint

We will be sharing the top site with rafts and we will work around them during the race, so please be prepared to be flexible, we may have some delays in start times.

The starters and finishers will have radio communications so we will make sure everyone has 2 clear runs.

Please use the same bibs from the classic to the sprint

Results, there is no mobile reception at the centre, so results will be available to view on my laptop after each run, please be patient with me I will have them available as soon as I can. Everyone should come and check the results before leaving after the race. I will consider the results final at the end of the day when we are leaving site.

Competence Assessments.

Hannah will be around all day assessing and will be available for feedback.

Selection. Results will go to Alan Tordoff who produces performance predictions which along the results and competence assessments.

If there are any circumstances you feel the selection committee should be aware off please email them to me as soon as you can.

Grant is currently trying to confirm a date when the committee can meet, this will probably be WC 11th April. He is trying for next week but this is looking difficult to arrange.

My plans for the day. Feel free to join my plans or to do your own thing.

Arrive at Bala Mill 9am and have a very quick look at Bala Mill falls

Be on the water at the centre at 9.30am for a classic run, followed by 1 or 2 loops of bala mill.

Back to the top to for the classic race at 11am

I am 1st off and will then process the classic results asap.

I will then be available to help anyone with routes ready for the Sprint race until the start of the race.

If anyone has any questions please let me know.