

# August 20th - 22nd 2021



THE MUMBLES CENTURION 

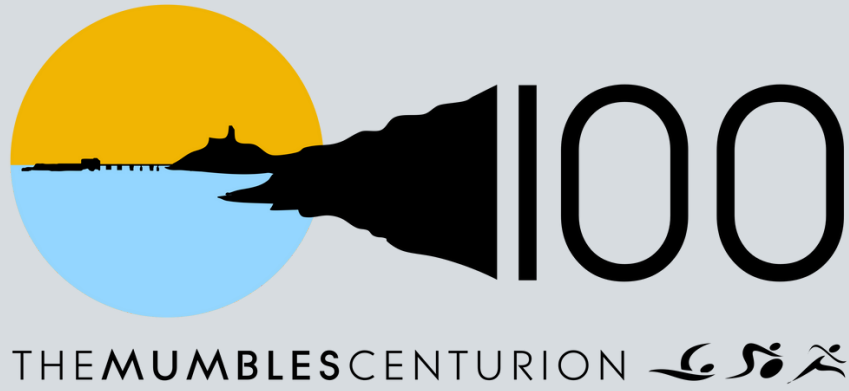
## Event Information & Guidance

**BELVOIR!**

Property is personal



**redkite**  
solicitors • cyfreithwyr



# **Please Read This Event Pack**

If you are a seasoned athlete or first timer, the information in this pack is vitally important.





THE MUMBLES CENTURION 

*Thank you!*



We want to say a huge thank you to each and every one of you. To all who have signed up to this amazing challenge, to the supporters that have shared the event with friends and family, to the incredible volunteers who are donating their time and effort & to the community and local partners that have made it possible.

Thank you to JA Rewbridge & Pren Caled Construction for their community support, to Langland Bay Lifeguard Club and Mumbles Rugby Club for the use of their facilities and water support. To Redkite Solicitors and Belvoir Property for supporting as main sponsors and to our amazing local community who have embraced the idea of the challenge and celebration of our incredible local area. We would also like to thank Essential Cycles Gower and VALA energy for event support.

**BELVOIR!**  
Property is personal



**redkite**  
solicitors • cyfreithwyr



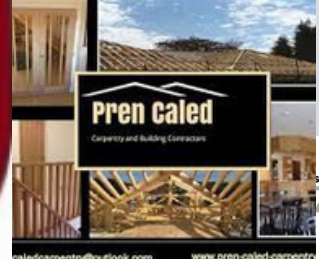
JA REWBIDGE  
DEVELOPMENT SERVICES  
Architectural Design +  
Quantity Surveying



LANGLAND BAY  
LIFEGUARD CLUB



MUMBLES RFC  
1887



Pren Caled  
Carpentry and Building Contractors



VALA  
Energy



ESSENTIAL  
cycles  
GOWER

# COVID-19 GUIDANCE & KEY INFORMATION

**We want you to enjoy the event as much as possible and in order to keep you safe there are a few things that you need to be aware of...**

We advise all athletes to take a personal Lateral Flow Test 24 hours prior to the event. This is advisory only and the results will not be collected by us or recorded.

You will be required to complete a health & wellness questionnaire at registration, if this is not completed you will not be able to participate in the event.

Athletes will self select a starting wave at event registration. Each wave will have a determined departing times for each event (Please see EVENT ITINERARY).

All preparation to take place at athletes' cars or the toilets provided. Please arrive race ready and no sharing of equipment.

Athletes will be set off in spaced intervals and will ensure appropriate gaps between wave time. Please observe social distancing during the event.

Please adhere to all signage and one way systems when in place.

Please wear a face mask for registration at Langland Bay Lifeguard Club.

Please ensure that you depart the event as instructed by volunteers .

Nutrition/Hydration stations are on an individually served basis, please ensure appropriate distancing at these stations and use sanitiser provided.

Covid Safety Officer will be in attendance at the event. All staff and volunteers will have the relevant PPE where required.

It is imperative that you inform us, at the earliest opportunity, should you display any COVID symptoms up to 14 days post event. You can either call Three Cliffs Events on 07833085899 or email [mail@mumblescenturion.com](mailto:mail@mumblescenturion.com).



# REGISTRATION LOCATIONS

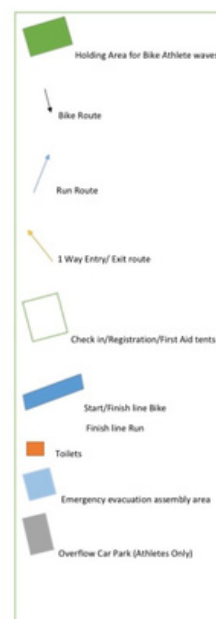
## Langland Bay Lifeguard Club - SA3 4QR

Please follow one way systems, social distancing measures and ensure face masks are worn when indoors.



## Underhill Park, Mumbles - SA3 4ND

Please follow one way systems, social distancing measures and ensure face masks are worn when indoors - Please be aware and follow event signage.



**YOU MUST BRING VAILD PHOTO ID TO REGISTRATION**



# Event Registration

**Full Centurion/Swim Only/Sportive Only Athletes**

Thursday 19th August - Langland Bay Lifeguard Club

2pm - 8:30pm

Friday 20th August - Langland Bay Lifeguard Club

Midday - 4:30pm

**Individual Event - Run Only Athletes**

Saturday 21st August - Underhill Park Event HQ

2pm - 5pm



# Event Registration

**You will need photo ID to collect your event pack and timing chip - without this we have the right to stop you from competing. You cannot register on someone else's behalf.**

**Please note all registration staff will have relevant PPE  
All athletes will be required to complete a medical questionnaire**

## WAVE SELECTION

At registration athletes will be directed to select their starting waves for each event. Waves are distinguished as follows:

**Wave 1 (Elite)** - Extremely high level of fitness and/or would expect a top 20% finish. The distances are achievable and without concern and I have a time target in mind.

**Wave 2** - Very high level of fitness and/or would expect a top 50% finish. The distances are a challenge but of little concern.

**Wave 3** - High level of fitness, the distances represent a challenge, however the main focus is on taking part with a smile. The results being of less interest with completion of the distance being the main objective.

**Wave 4** - To complete this event is a huge achievement, times and results are not of interest, just finishing. The distance represents a real challenge and I will be ecstatic when I finish.

**Athletes will be directed to select these as part of the registration process and estimated fishing times for each wave will be advertised at registration.**

### On registering, you will receive:

- Event Merch (If purchased during sign-up)
- Timing chip & ankle Strap (for all events)
- Swim - 1 x swim hat 1 x wave wrist band
- Sportive - 1 x helmet number 1 x bike post number
- 1 x bib number 1 x wave wrist band
- Run - 1 x run bib number 1 x wave wrist band

(Please ensure you complete medical information on the reverse of bib numbers)

## TIMING CHIPS

These are secured on your left ankle. Full Centurion or Multiple Event athletes are required to take responsibility for their timing chips and return after their last event. Individual event athletes need to return their timing chips after their event is completed in the signposted place.

**Timing chips lost or not returned will be incur a £100 charge to the athlete**



# EVENT ITINERARY

Please familiarise yourself with your specific timings over the weekend

**Friday 20th Aug**

## Swim Timings

Parking at Langland Bay can become very busy during peak times - We advise participants look to arrive in plenty of time to park and prepare for their wave start time.

5:25pm - (Elite) Wave 1 - Called to start line

5:30pm - (Elite) Wave 1 - Start

5:35pm - Wave 2 - Called to start line

5:50pm - Wave 2 - Start

5:55pm - Wave 3 - Called to start line

6:00pm - Wave 3 - Start

6:00pm - Wave 4 - Called to start line

6:05pm - Wave 4 - Start

CUT OFF - Lap 1 - 7:05pm (1 Hour after entering the water)



# EVENT ITINERARY

Please familiarise yourself with your specific timings over the weekend

**Saturday 21st Aug**

## Sportive Timings

Limited parking is available at Underhill Park - We advise all athletes aim to arrive early to ensure they are in time for their wave start time.

8:00am - (Elite) Wave 1 Called to Start line

8:05am - (Elite) Wave 1 Start

8:15am - Wave 2 Called to Start line

8:20am - Wave 2 Start

8:30am - Wave 3 Called to Start line

8:35am - Wave 3 Start

8:45am - Wave 4 Called to Start line

8:50am - Wave 4 Start

# EVENT ITINERARY

Please familiarise yourself with your specific timings over the weekend

**Sunday 22nd Aug**

## Run Timings

Traffic towards Oxwich Bay can become very busy during peak times - We advise participants look to arrive in plenty of time to access and prepare for their wave start time.

10:10am - (Elite) Wave 1 Called to Start line

10:15am - (Elite) Wave 1 Start

10:20am - Wave 2 Called to Start line

10:25am - Wave 2 Start

10:30am - Wave 3 Called to Start line

10:35am - Wave 3 Start

10:40am - Wave 4 Called to Start line

10:45am - Wave 4 Start

# COURSE & MAPS

**THE MOST UP TO DATE COURSE MAPS CAN BE FOUND  
ONLINE AT [WWW.MUMBLESCEMURION.COM](http://WWW.MUMBLESCEMURION.COM)**

## SWIM 2KM

- The Swim is held at Langland Bay (SA3 4SQ).
- The course is a 2 lap swim with an Australian exit between lap 1 and 2
- Wetsuits are compulsory during the swim.
- Athletes must wear the swim cap provided at registration.
- Your timing chip must be worn on your left ankle for the duration of the race.
- We advise you take time to acclimatise to the water prior to the swim start, a designated area for this has been identified.
- Water safety is provided by professional and highly trained organisations.
- Should you get into trouble, lay on your back and put your hand in the air - The water safety team will provide assistance to you.
- They are there to enhance your confidence and naturally to ensure your safety.
- You will not be DQ'd for requesting their help should you then be able to continue and complete the swim.
- Nutrition/hydration stations will be not available on the swim. Athletes need to provide their own.

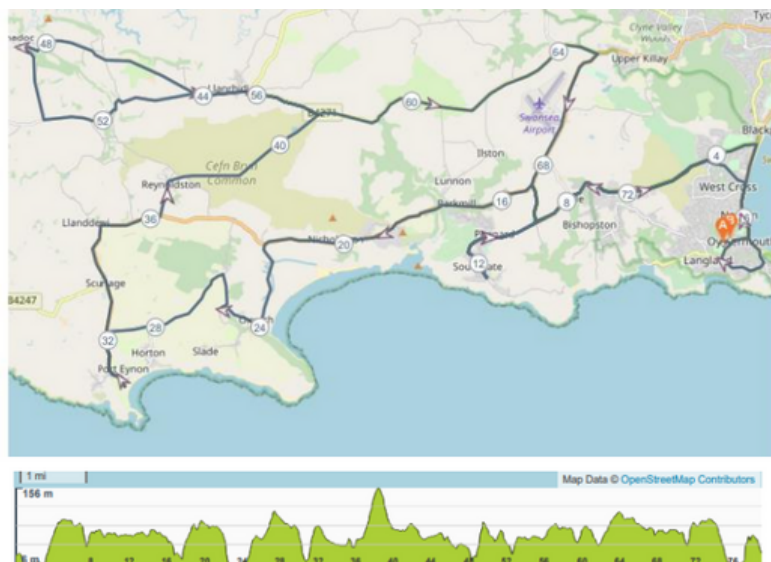
### The Centurion Swim



2 x 1km loops with 100m 'Aussie Exit' Section

# Sportive 78KM

- The route starts and finishes at Underhill Park, Mumbles (SA3 4ND)
- You are required to complete 1 lap of the course.
- It is comprehensively marshalled and signed with black arrows on yellow background.
- The bike route is on public highways which are open to other road users. Any dangerous riding or abusive language used will carry a DQ from the event without appeal.
- Welsh Cycling Sportive guidance and the highway code must be followed at all times - please observe social distancing.
- Please ride within your ability.
- Bikes are subject to a quick working check - Helmets are required to be worn and hydration to be carried by all athletes.
- All athletes are required to carry a mobile phone on the course.
- Marshals are available to support, a bike support vehicle will be patrolling the course and will be equipped to make minor repairs - If you find yourself in difficulty please call **07833085899** and we will aim to support you as soon as possible.
- Hydration/Nutrition station is available at 35km into the ride. The station is serviced by volunteers and to minimise sharing the volunteers will support in decanting water. Feed stations will include fruit, salty and sugary snacks and water.
- Please ensure you familiarise yourself with the course maps and elevation profiles.



78km - Total elevation 1147m

# Run 20KM

- The run course has a split start to finish
- Start line Oxwich Bay (SA3 1LS) - Finish line Underhill Park, Mumbles (SA3 4ND)
- The run follows the coastal path, light trail and beaches from start to finish

**DUE TO COVID REGULATIONS WE ARE NOT PERMITTED TO PROVIDE BUSES TO THE START LINE AT OXWICH BAY. ATHLETES ARE RESPONSIBLE FOR FINDING THEIR WAY TO THE START LINE - IF YOU HAVE ISSUES WITH TRANSPORT PLEASE GET IN TOUCH.**

- The course is comprehensively marshalled and signed with black arrows on yellow background.
- Static/directional support marshals will be at set points on the route as well as active running marshals who will be live on the course to offer support and encouragement.
- The run route is on a public coastal path which are open to public users. Please respect this and the local environment.
- Please run within your ability - The route has some technical sections, steep climbs and descents. Be aware of the terrain and mindful of this when running.
- All athletes are required to carry a mobile phone on the course.
- Marshals are available to support, a run support vehicle will be patrolling the course and will offer pick ups at set points where accessible - If you find yourself in difficulty please call 07833085899 and we will aim to support you as soon as possible.
- Hydration/Nutrition station is available at 10km into the run. The station is serviced by volunteers and to minimise sharing the volunteers will support in decanting water. Feed stations will include fruit, salty and sugary snacks and water. Vala energy will be at the start for any energy gel purchases needed.
- We advise all athletes carry water on the course.
- Please ensure you familiarise yourself with the course maps and elevation profiles.

## The Centurion Run



0km - Total elevation 447m

# EVENT SPECIFIC INFORMATION

## Course Etiquette

The Mumbles Centurion is a three day challenge, all athletes are timed and results will be published within hours of the event finish. During this challenge please respect and observe the local environment, other beach, road and coastal path users and our natural environment.

As in any endurance challenge, there will be a range of athletes of differing experience and ability. Please respect each other and make adjustments for all to successfully enjoy the weekend. If someone is quicker than you, let them pass, if you're held up slightly - Keep your cool. Every athlete is here to enjoy and for their own personal challenge.

We have a zero tolerance approach to littering - Littering will result in a competitor ban. We all have a responsibility to care for the area in which we take part in these amazing challenges.

Be kind! Supporters, other athletes and volunteers are all attending the event to enjoy and thrive in the positive atmosphere that endurance sports provide. Smile, offer gratitude and enjoy this! Be kind to all on the course, it creates an amazing experience for all!

## Marshals & Volunteers

All volunteers will be identifiable in Mumbles Centurion T-shirts. They are there to support the event and as reference and communication support. It is the athletes job to be familiar with the route maps. All routes are clearly sign posted and marked.

**IF YOU ARE UNABLE TO FINISH THE RACE, YOU MUST REPORT TO AN OFFICIAL OR MARSHAL/VOLUNTEER TO INFORM THEM. PLEASE ENSURE SOCIAL DISTANCING MEASURES ARE ADHERED TO IF INTERACTING WITH A MARSHAL.**



# EVENT SPECIFIC INFORMATION

## Course Rules

- Cumulative times over the weekend will count towards the Full Centurion placings.
- Marshals/Volunteers will report and DQ any person behaving outside the positive interest of the event. This includes but, is not limited to littering, Abusive language, dangerous behaviour, ignoring directions, disregarding regulations and restrictions.
- Water support may assist a swimmer, they will be entitled to continue if capable. This must not provide a tactical or time advantage.
- Wet suits must be worn for the swim.
- The sportive is a draft legal event (please consider social distancing during this).
- The sportive is a challenge as opposed to a race due to the open roads. Please consider this when on the course. Triathlon/Time trail bikes are not permitted.
- There are two sets of traffic lights on the bike route, these are to be obeyed as per the highway code.
- Helmets must remain in place and fastened while moving during the event.
- Mobile phones must be carried during the sportive and run.
- Due to communication and the nature of the course MP3 and/or Music devices are not permitted at any time.
- Athletes must complete the entire course as directed - If you are unable to finish you must contact a marshal or official **(07833085899)**.

# EVENT SPECIFIC INFORMATION

## Event Parking

### Swim

Public parking available at Langland Bay - Please be aware this is a pay and display car park. Payment can be made by Mi Permit app or on site. Langland is open to the public and can become busy in the summer months. We suggest you arrive early to minimise the stress of finding a parking spot. If you decide to park in residential areas please be respectful of local residents and restrictions.

### Bike & Run

Free parking for athletes is available at Underhill Park, this is on a first come first serve basis, marshals will support with guiding this. Further public parking is available in the local village of Mumbles, if you're not familiar with these search 'Mumbles Parking' online for all of your options. Parking at Oxwich is available and costs £6 cash.

### Supporters

We encourage safe and thoughtful support. Endurance events are made by the amazing support crowds offer. Please advise families and supporters to keep socially distant and follow directions.



# EVENT SPECIFIC INFORMATION

## Post Event Awards & Celebrations

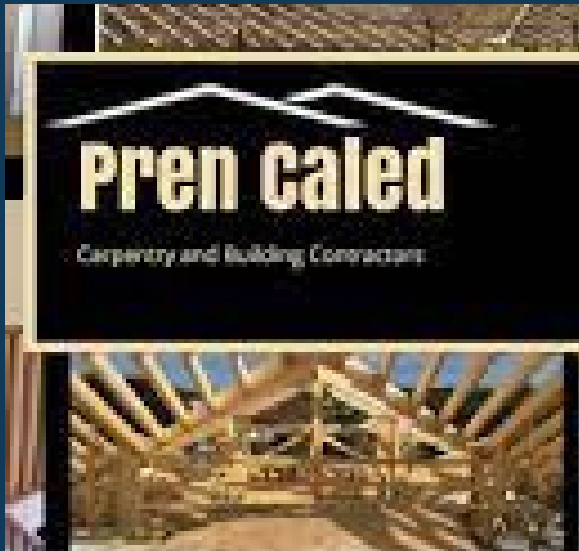
Award presentations will take place in Elwyn's Tipi Tent,  
Southend Gardens, Mumbles (SA3 4DL)  
from 5:00pm on Sunday 22nd August

1st/2nd/3rd Male & Female (Full Centurion)  
Individual Event Winners

All participants be sure to bring your event medal to receive  
some great offers on drinks and some amazing give away's  
from Team Centurion. It will be a fantastic way of  
celebrating the achievements of all Centurions!



**\*Please ensure national guidelines are observed**



**Telephone:**

01792 732762

**E-mail:**

info@pren-caled-  
carpentry.com



**Telephone:**

01792 360 606

**Mobile:**

07775 595 410

07790 762 443

**Email:**

info@jarewbridge.com

# BELVOIR!

Property is personal

Welcome to Belvoir Swansea, we would love for you to get in touch. You can find our phone number below if you would like to talk to us or perhaps book an appointment to come and see us in our office. Alternatively visit our website and check out our social media pages.

**Sales & Lettings:** 01792 825987

<https://www.belvoir.co.uk/swansea-estate-agents>  
@belvoirswansea



Whether you're stepping onto the property ladder for the first time, dealing with the Estate of a loved one or needing support in a relationship breakdown, we promise to be with you every step of the way, offering specialist legal advice, tailored to you, when you need it most.

**Phone:** 01792 892166

**Email:** [enquiries@redkitelaw.co.uk](mailto:enquiries@redkitelaw.co.uk)

[@redkitesolicitors](#)



THE MUMBLES CENTURION 

**29TH – 31ST JULY 2022**

**Sign up opens 20/8**

[www.mumblescenturion.com](http://www.mumblescenturion.com)

