

August 4th - 6th 2023



THE MUMBLE CENTURION 

Event Information & Guidance

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THE MUMBLES CENTURION 

Please Read This Event Pack

Seasoned athlete or first timer, the information is vitally important to the safety and enjoyment of all. It is vital to the safety of all involved in the event that all participants read this pack and watch the safety briefings that will be posted via our website.

www.mumblescenturion.com





THE MUMBLES CENTURION 



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 Mumbles Community Association for their community support, to Langland Bay Lifeguard 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.

Julian, Matt & James

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THE MUMBLE CENTURION 100





Event Registration

Full Centurion Registration

Thursday 3rd August - Langland Bay Lifeguard Club 5:00pm - 7:30pm.

Friday 4th August - Langland Bay Lifeguard Club 3:00pm - 6:30pm.

Individual Event Entries

The Mumbles Centurion Swim

Thursday 3rd August - Langland Bay Lifeguard Club 5:00pm - 7:30pm.

Friday 4th August - Langland Bay Lifeguard Club 3:00pm - 6:30pm.

The Mumbles Centurion Sportive

Thursday 3rd August - Langland Bay Lifeguard Club 5:00pm - 7:30pm.

Friday 4th August - Langland Bay Lifeguard Club 3:00pm - 6:30pm.

Saturday 5th August - Underhill Park Event HQ 6:30am - 7:30am.

The Mumbles Centurion Trail Run

Saturday 5th August - Underhill Park Event HQ 12:30pm - 2:30pm.

Sunday 6th August - Underhill Park Event HQ 9:00am - 10:00am.

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

WAVE SELECTION (Self Seeded)

At registration athletes will be directed to self 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 finishing times for each wave will be advertised at registration. Accurate wave selection allows the flow of the course to improve the experience for all athletes.

On registering, you will receive:

- Event Merch (If purchased during sign-up).
- All Events: Timing chip & ankle Strap.
- Swim Event: 1 x swim hat 1 x wave wrist band.
- Sportive Event - 1 x helmet number 1 x bike post number, 1 x bib number 1 x wave wrist band.
- Run Event - 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 at the signposted place.

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



The Mumbles Centurion Swim

Please familiarise yourself with your specific timings
over the weekend

Swim Timings

6:30pm - Registration closes.

7:00pm - Self seeded Swim Pen open.

7:20pm - Final call for swimmers to self seeded pen.

7:25pm - Swimmers to Start line.

7:30pm - Rolling Swim Start for all swimmers.

8:20pm - Cut off for any swimmers not on lap 2.



The Mumbles Centurion Sportive

TT Bikes and/or Clip on Tri Bars are NOT permitted in this event

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.

7:45am - Wave 1 Called to starting pen

7:50am - Wave 1 start

7:55am - Wave 2 Called to starting pen

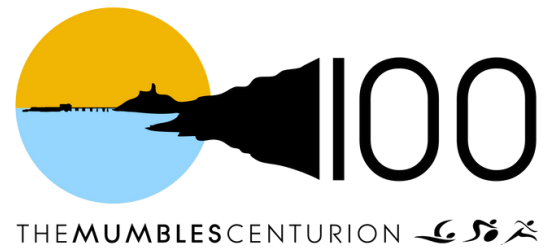
8:00am - Wave 2 Start

8:05am - Wave 3 Called to starting pen

8:10am - Wave 3 Start

8:15am - Wave 4 Called to starting pen

8:20am - Wave 4 Start



The Mumbles Centurion Run

Transport to the Start Line

We will be providing a bag drop and Bus to the start line. This service will run from Underhill Park - Oxwich Bay.

Buses Depart Underhill Park at 10:30am - Please arrive in plenty of time for this. If you wish to book the bus please see our website www.mumblescenturion.com/bus and ensure you book your seat.

Run Timings

10:00am - Last minute registration closes (Underhill park) .

12:30pm - Run Briefing (Oxwich Beach).

13:00pm - The run start will be a self seeded mass start (We suggest athletes self seed based on ability).

4:30pm - Run Sweepers return and close course.

Our Marshals and run regulators will support on course.



COURSE & MAPS

THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT
WWW.MUMBLESCECENTURION.COM

Swim 1KM or 2KM Distances

- The Swim is held at Langland Bay (SA3 4SQ).
- The course is a 1 lap or 2 lap swim with an Australian exit between lap 1 and 2.
- Wetsuits are compulsory during the swim. Short wetsuits are permitted.
- 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

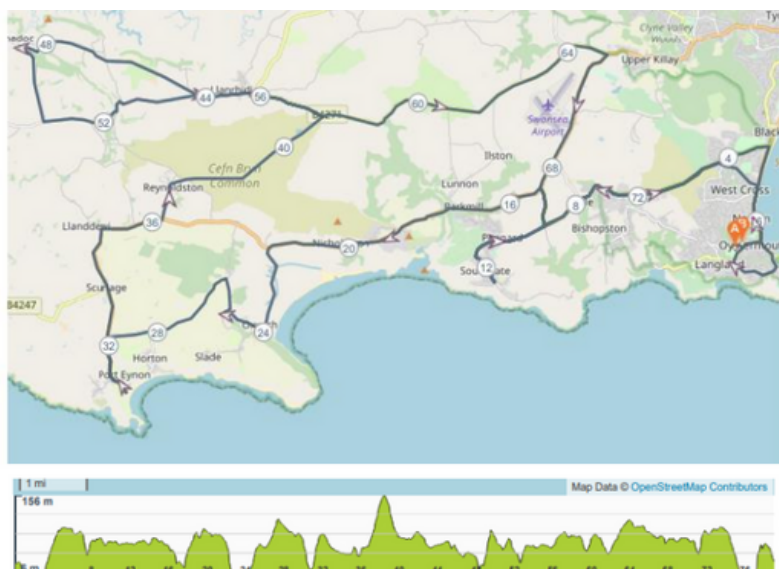


2 x 1km loops with 100m 'Aussie Exit' Section

Sportive 78KM

TT Bikes and TRI Bars are not permitted

- 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 07789792282** 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).
- Buses are available and need to be pre-booked on our website. Buses depart Underhill Park at 10:30am. Mandatory Run safety briefing is at 12:30pm at the start line at Oxwich Beach.
- The run follows the coastal path, light trail and beaches from start to finish.
- The course is comprehensively marshalled and signed with black arrows on yellow background. White directional markers will also be used on trail sections.
- 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 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 07789792282** and we will aim to support you as soon as possible.
- Hydration/Nutrition station is available at 10km into the run and another water only station 16k in. The stations are 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.
- We advise all athletes carry water on the course and use adequate footwear.
- Please ensure you familiarise yourself with the course maps and elevation profiles.

The Centurion Run



0km - Total elevation 447m

MINI CENTURIIONS

Sunday 6th of August

Registration and Event Details

Registration for the Mini Centurions will be held in at Event HQ in Underhill Park **2pm - 4pm Sunday 6th of August .**

Mini Centurions 500m Race (3-7 years of age)

4:45pm - Warm up & Race Start.

4:50pm - Race Start.

Children participating in this event will need to run with a nominated adult. The nominee will be given a wrist band to match their child's race number and will need to remain with their child at all times.

Mini Centurions 1km Race (8 years of age +)

4:50pm - Warm up & race brief.

5:00pm - Race start.

Children participating in this event will need to run independently. Adults collect their children from the holding pen ensuring all children are kept safe .

Course maps are available on our website



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!

SUPPORT PHONE NUMBER - 07789792282 (Bike and Run support & DNF)

Marshals & Volunteers

All volunteers will be identifiable in Orange 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.

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.

EVENT SPECIFIC INFORMATION

Event Parking

Swim

Public parking available at Langland Bay (**SA3 4QZ**) - 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. Parking is also available at the Underhill Park car park (**SA3 4SW**) which is a short walk 10 minute walk away from Langland Bay.

Bike & Run

Free parking for athletes is available at Underhill Park (**SA3 4SW**), 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.

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