



# FINAL INSTRUCTIONS

## Event Date: 7th September 2025

# WELCOME

to the 2025 Rawson Group Triathlon Y Bala. This document contains all the information you'll need to have a great day and a safe race.

## EVENT TIMETABLE

### VENUE

Llyn Tegid foreshore LL23 7SR

### REGISTRATION TIMES

Registration is at the Byw'n Iach Penllyn Leisure Centre. Please follow signs to Registration. You **MUST** attend registration to collect your race pack.

### SATURDAY 6th September

12:30 - 16:30 - Sprint and Standard

### SUNDAY 7th September

08:30 - 10:00 - Sprint

08:30 - 10:30 - Standard

Your race number, which you'll need for registration, as well as your Race Pass status can be found by searching your name [HERE](#).

### Membership

British Triathlon Race Pass is a licence for racing and covers your public liability insurance for the day. If you're not a Core or Ultimate member of British Triathlon (or your home country's federation), you must [purchase a Race Pass from British Triathlon](#) to comply with competition rules. Race Pass costs £8.00 for aged 25 years and above and £2.00 for participants aged under 25.

You will be asked to show your Race Pass receipt or your membership card at registration. If you do not have this, you will have to purchase a Race Pass on the day from the Welsh Triathlon stand.

In order to make the registration process quick and efficient for all participants, we kindly request that Race Passes are purchased prior to your arrival at the event and that you have your receipt or membership card ready to show.

## GENERAL EVENT INFORMATION

### FACILITIES

There will be portaloos in transition, public toilets on site and toilet facilities in the leisure centre at registration. Bala is a busy tourist town that is also home to many residents. Please be sensitive and plan your comfort breaks for where there are facilities available.

### BAG DROP

There will be a bag drop tent in transition where you can leave your items for after the race. Please clearly label your belongings with your race number in advance.

### EVENT PHOTOGRAPHY

Our official event photographer is [Sports Pictures Cymru](#). Photos will be available post-race through their website, where you can find your images using their easy search function. You can [pre-register with a selfie](#), to be notified when your images are online.

### ALWAYS AIM HIGH EVENT STORE

Located in the event village, this is your one stop shop for all your triathlon needs, whether you're looking to treat yourself or pick up any last minute forgotten items!

### EVENT MERCHANDISE

Pre-ordered hoodies, t-shirts and other merchandise can be collected at Registration. There will be a limited number of t-shirts and hoodies for sale on the day at the Always Aim High Event Store.

**All pre-ordered merchandise must be collected at registration, it cannot be posted after the event.**

## GENERAL EVENT INFORMATION

### HOT FOOD

Woody's Cafe in the leisure centre will be serving hot and cold food and drinks. The Loch Cafe is also situated on-site. Bala has many food outlets to suit all tastes, so please pay them a visit and support local business.

### LIVE RACE RESULTS

On race day, spectators, family and friends can get the status of competitors in real-time using the Live Results service, just type in the name of the competitor you want to track [HERE](#).

### RACE TIMING

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip on their left ankle. Failure to do so may result in you not being classified in the race results.

### LITTERING

Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are running and riding in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed to marshals.

### RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently on race day about the race, please call 07527 034 308. This phone number is for the race duration only and will not be activated at any other times.

## GENERAL EVENT INFORMATION

### CAR PARKING

Event Parking will be available at Bala Rugby Club on race day, **LL23 7DZ**. The Parking for the day will cost £5 and all proceeds will go to the Rugby Club. To avoid disruption please aim to car share, arrive early and park sensibly within the car parks. Please use the event parking provided and do NOT park on residential streets.

### CAMPING

Camping for tents and camper vans is available at the Bala Rugby Club from 17:00 on Saturday. There is no electric hook up available.

Camping costs £10.00 per person, per night, and should be pre-arranged with the Rugby Club directly, by calling Tony on **07929 859320**.

### TOM HARRISON HOUSE

Our Charity Partners Tom Harrison House will be fundraising in the Event Village so please bring some change and support the amazing work they do to support addiction recovery for UK Armed Forces and Emergency Services personnel and their families. Look out for the Tom Harrison House supporters (blue kit) taking part in the event, many who have been through the programme, and give them an extra cheer!

## GENERAL EVENT INFORMATION

### PRIZE GIVING

#### Sunday at 14:00 (APPROX)

Prize giving will take place in the leisure centre. We will be awarding the following prizes:

### SPRINT TRIATHLON

#### (Both Open & Female)

Overall - Top 3

First place: Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70, team

### STANDARD TRIATHLON

#### (Both Open & Female)

Overall - Top 3

First place: Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70, team

### STANDARD AQUABIKE

#### (Both Open & Female)

Overall - Top 3



## RACE DAY STANDARD TRIATHLON

**SUNDAY 7th SEPTEMBER – 1500M SWIM, 38K BIKE, 10K RUN**

**08:30 – 10:30:** Registration

**08:30 – 10:45:** Transition open

**11:00:** Compulsory Safety Brief at the swim start.  
Competitors will access the swim from transition.

**11:15:** Start - Standard Wave 1 (green swim hat, blue bib)

**11:20:** Start - Standard Wave 2 (orange swim hat, blue bib)

**11:25:** Start - Standard Wave 3 (blue swim hat, blue bib)

**11:30:** Start - Standard Wave 4 (red swim hat, blue bib)

Transition will be open for you to collect your race equipment throughout the day. You must give priority to those who are racing.

**16:00:** Finish line timing will end

**16:15:** Transition must be clear of all bikes

### SWIM ROUTE - 1500m

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in an anticlockwise direction keeping the buoys to your left. Please follow instructions given to you by marshals and the water safety team.

### BIKE ROUTE – 38km

The route is an out and back route on closed roads. The route is clearly signposted. Marshals will be at key junctions and turn around point. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration.

**RUN ROUTE – 10km** The run is out on the road and back on the pavement alongside the lake. The turnaround point is in the Glan Llyn camp site. Please be aware and considerate to other users and runners, particularly when overtaking.

## RACE DAY STANDARD TRIATHLON

### DRINK STATIONS

There are no drink stations along the course for the bike route, you can re-fill water bottles in transition. There will be a drink station at the turnaround point on your run route.

### CUT OFF TIMES

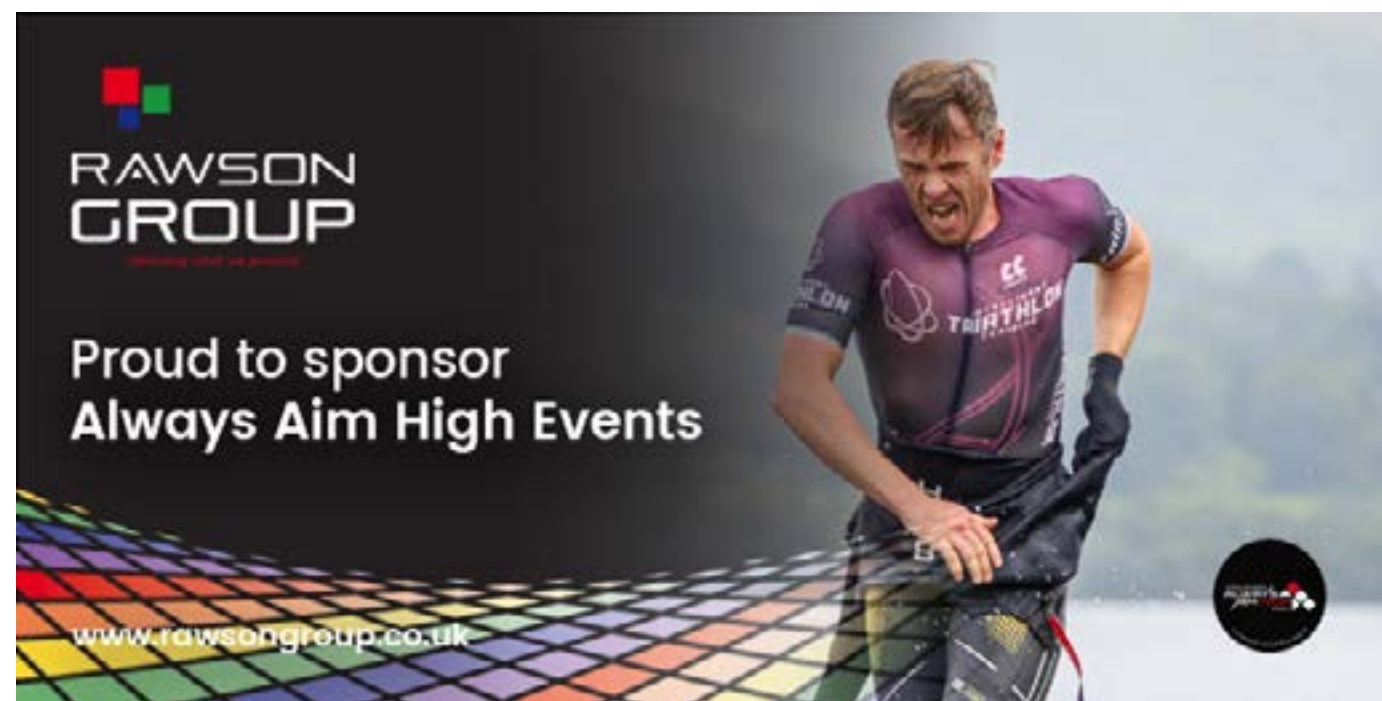
**12:30 - T1** cut off (Swim to Bike): If you are still in the water or in transition at this time, you will not be able to continue.

**14:30 - T2** cut off (Bike to Run): If you are still on the bike or in transition at this time, you will not be able to continue.

**16:00** - Finish line timing ends.

**Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.**

**It is the right of the race organisers to disallow a competitor to continue at any stage should it be deemed unsafe to do so.**



## RACE DAY STANDARD AQUABIKE

**SUNDAY 7th SEPTEMBER – 1500M SWIM, 38K BIKE**

**08:30 – 10:30:** Registration

**08:30 – 10:45:** Transition open

**11:00:** Compulsory Safety Brief at the swim start.  
Competitors will access the swim from transition.

**11:20:** Start - Standard Wave 2 (yellow swim hat, green bib)

Transition will be open for you to collect your race equipment throughout the day. You must give priority to those who are racing.

**16:00:** Finish line timing will end

**16:15:** Transition must be clear of all bikes

### SWIM ROUTE - 1500m

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in an anticlockwise direction keeping the buoys to your left. Please follow instructions given to you by marshals and the water safety team.

### BIKE ROUTE – 38km

The route is an out and back route on closed roads. The route is clearly signposted. Marshals will be at key junctions and turn around point. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration.

### FINISH LINE

**Your finish time will be taken as you cross the bike in mat on your return to Transition.** Once you have racked your bike, be sure to follow directions to the finish arch, to celebrate your completion of the race, enjoy some refreshments and collect your finishers slate!

## RACE DAY STANDARD AQUABIKE

### DRINK STATIONS

There are no drink stations along the course for the bike route, you can re-fill water in transition.

### CUT OFF TIMES

**12:30 - T1** cut off (Swim to Bike): If you are still in the water or in transition at this time, you will not be able to continue.

**Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.**

**It is the right of the race organisers to disallow a competitor to continue at any stage should it be deemed unsafe to do so.**



# RACE DAY

## SPRINT TRIATHLON

**SUNDAY 7th SEPTEMBER – 750M SWIM, 19K BIKE, 5K RUN**

**08:30 – 10:00:** Registration

**08:30 – 10:15:** Transition open

**10:30:** Compulsory Safety Brief at swim start.

Competitors will access the swim from transition.

**10:45:** Start - Sprint Wave 1 (blue swim hat, red bib)

**10:50:** Start - Sprint Wave 2 (red swim hat, red bib)

Transition will be open for you to collect your race equipment throughout the day. You must give priority to those who are racing.

**16:00:** Finish line timing will end

**16:15:** Transition must be clear of all bikes

### SWIM ROUTE - 750m

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in an anticlockwise direction keeping the buoys to your left. Please follow instructions given to you by marshals and the water safety team.

### BIKE ROUTE – 19km

The route is on closed roads and clearly signposted. Marshals will be at key junctions and turning points to guide you. We advise you to familiarise yourself with the route before hand. You can find maps on our website and at registration.

### RUN ROUTE – 5km

The run is out and back on the pavement alongside the lake. The turnaround point is in on the road at the midpoint of the lake.. Please be aware and considerate to other users and runners, particularly when overtaking.

# RACE DAY

## SPRINT TRIATHLON

### DRINK STATIONS

There are no drink stations along the course for the bike or run routes, you can re-fill water bottles in transition.

### CUT OFF TIMES

**11:35** – T1 cut off (Swim to Bike): If you are still in the water or in transition at this time, you will not be able to continue.

**12:50** – T2 cut off (Bike to Run): If you are still on the bike or in transition at this time, you will not be able to continue.

**16:00** - Finish line timing ends.

Please respect these cut off times in the interests of your safety and the safety of our volunteers on the course.

It is the right of the race organisers to disallow a competitor to continue at any stage should it be deemed unsafe for them to do so.



## FURTHER INFORMATION FOR TRIATHLETES

### TRANSITION SECURITY

Competitors will be asked to show their bib or timing chip to enter transition. Please respect this in the interest of safety and security of your equipment. Your bike will be checked against your race number on entry and exit of transition.

Strictly one bike per person. You must rack your bike on the morning of the event, bikes cannot be left in transition overnight.

### TRANSITION RULES

In accordance with British Triathlon Rules (Rule 7.1.c) boxes are not allowed in transition, only a soft sided bag or rucksack is allowed. It is the responsibility of the competitor to ensure that any bag used in transition does not impede other competitors, if it is found to be in the way it will be moved to the bag drop. There will be an unmanned bag drop gazebo within transition; items left here will be left at your own risk.

### COMPETING AS A TEAM

There is an allocated team handover area in transition. Team members should wait in the team handover area to pass on the timing chip. The cyclist finishing their section must rack their bike in the transition area first before going to the team handover box to hand over the timing chip.

### ACCESSING THE SWIM START

Swim start will be accessed via the slipway to the right of transition. Please be considerate of competitors as they exit the water and head towards transition for T1. You **MUST** always give the competitor heading into transition the right of way, and follow any instructions given by marshals.

## FURTHER INFORMATION FOR TRIATHLETES

### SWIM COURSE

The swim is in Llyn Tegid, set in stunning mountain scenery. A course will be set on the day, it will be detailed during the safety brief. The course will be clearly marked with large round dumpy buoys. There will be a deep water, mass start.

In line with British Triathlon Rules, wetsuits are compulsory for the swim if the water temperature is below 14 degrees. Swim caps are supplied in your registration pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

There will be safety vessels and a motorboat to ensure your safety whilst swimming. If you get into difficulty during the swim please raise your hand and shout HELP for a boat to come to you and aid you to safety. You may be asked to hold onto the kayak, please do not attempt to climb on board.



# BIKE COURSE

The cycle route is on closed roads. The cycle route is clearly signposted. Marshals and signs will guide you at junctions but it is a good idea to familiarise yourself with the route before hand. You can find the routes on our website or at registration. Although the road is closed, the out and back nature of the course means you **MUST NOT** cross the white line. At the sprint turnaround point at 9.7km, the road will be laned using cones. **STANDARD** athletes will bear left and go straight on, **SPRINT** athletes will bear right and turn around at this point.

A good quality and fit, British Standard (or equivalent) helmet must be worn and fastened during the cycle section. This will be checked before the start and anyone not complying with these standards will not race. Your helmet **MUST** be fastened before you take your bike off the rack and **MUST NOT** be unfastened until your bike is back on the rack.

You must not mount your bike in the transition area. The mount and dismount line is on the road as you enter transition, at the top of the hill. It will be clearly marked, staffed and checked by marshals. Be aware of pedestrians, they may not have seen or heard you if you are approaching them from behind.

Any cyclist taking part in a relay team must receive the timing chip in the handover area before removing their bike from the racking, and must re-racked before handing the chip to the runner.

## Bike course specific hazards: Turnaround point, Escorted Bus

Cyclists **MUST** keep left and only overtake on the right. Failure to adhere to this rule will result in disqualification.

At the sprint turnaround point at 9.7km, the road will be laned using cones. **STANDARD** athletes will bear left and go straight on, **SPRINT** athletes will bear right and turn around at this point.

A public bus may be escorted through the course. This will be conducted during off peak-race flow, and with every precaution in place.

The Triathlon Y Bala is a non-drafting event. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in penalties or disqualification.

# DRAFTING RULES EXPLAINED

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

**IT'S AGAINST THE RULES**

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE

**12 METRES**

WIDTH OF THE CARRIAGEWAY

DISTANCE

## DRAFTING & NOT DRAFTING

**NOT DRAFTING**

**DRAFTING BIKE**

**LEAD BIKE**

**BLOCKING**

You must keep to the left hand side of the course and not block another competitor trying to pass you.

## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

**25 SECONDS**

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.

## OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
<b>SPRINT (OR SHORTER)</b>	30 SECS PENALTY	DISQUALIFICATION	N/A
<b>STANDARD</b>	1 MIN PENALTY	DISQUALIFICATION	N/A
<b>MIDDLE / LONG</b>	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION

**Motorcycle Officials do not have to provide a warning about drafting for safety reasons.**

This document does not feature all rules regarding drafting. A full set of rules can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org) - This document is for guidance purposes only.

TRIATHLON ENGLAND
 TRIATHLON SCOTLAND
 WELSH TRIATHLON CYMRU

## RUN COURSE

Change into your running kit in the transition area. The run is along the shores of Llyn Tegid, it is well sign posted and marshals will be present on course. The Standard run course is out on the road and and back on the pavement, The Sprint run course is out and back on the pavement. Please follow marshals' instructions.

Runners taking part in a team should wait in the team handover area to receive their timing chip from the cyclist. The cyclist finishing their section must rack their bike in the transition area before making their way to the team handover point.

### Run course specific hazards:

#### Overtaking

The sprint distance run course is out and back on the pavement. It is wide enough for two way traffic, but if overtaking please check for and give way to oncoming runners.

#### Turnaround points

Sprint distance athletes will turn around before Standards. If you are competing in the Sprint it is your responsibility to look out for your turning point.

There will be marshals present at all turn around points and they will be clearly signed.

Please familiarise yourself with the maps on the website. These will also be available to view at registration.

You are responsible for turning round at the correct point for your distance.

## COURSE CONTINGENCIES

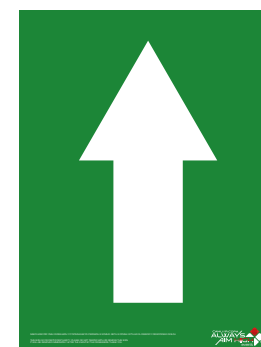
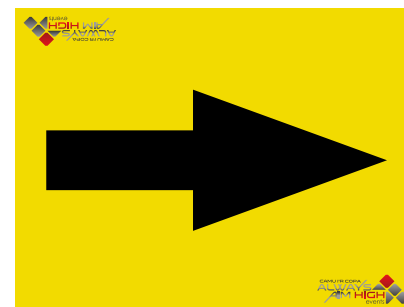
In the interest of competitor safety, as with all events it might be necessary to implement contingencies on the race. We will do all that we can to ensure you have the best experience and will only make changes to the race if it is absolutely necessary. Thank you for your understanding.

### RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



## SPECTATOR INFORMATION

### NUKU-NAKU SAUNA

Check out the brand new wood-fired, authentic Finnish sauna experience now available right by the event village!.

Sauna bathing supports the body's natural recovery process, soothing tired muscles, promoting circulation, and easing pain. Take a moment to relax and recover after the race. Niku-Naku Sauna host groups of up to 10 people, with it's own private changing and washing facilities on-site. [Check out their website for more booking information.](#)



## SPECTATOR INFORMATION

The Triathlon Y Bala Event Village will have a number of stands from our event sponsors and partners, with information and goodies. It will be located in the grounds of the Penllyn leisure centre. Please follow signs and enter through the side entrance.

Bala is a busy town with lots to see and do for all the family as well as enjoying all of the race action and live commentary.

### VOLUNTEERING

If any of your supporters would like to assist with marshalling, we have a great reward scheme in place that recognises the effort and shows our appreciation of our amazing volunteers. Individuals can choose between shop vouchers, race entries or charity donations and there are a number of positions available - we can even accommodate dogs in certain locations! Please contact us at [marshals@alwaysaimhighevents.com](mailto:marshals@alwaysaimhighevents.com) if you are interested in volunteering at the event.

## SAFEGUARDING:

### Permitted Events Commitment Statement

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Event Safeguarding Officer – Brian Corcoran – 07734 853748

Safeguarding procedures can be found on the day in Event Control.





[WWW.ALWAYS AIM HIGH EVENTS.COM](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

