



FINAL INSTRUCTIONS

Event Date: 1st September 2024

WELCOME

to the 2024 Cycle Retreats 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 31st August

12:00 - 16:00 - Sprint and Standard

SUNDAY 1st September

07:30 - 08:55 - Sprint

07.30 - 09.30 - 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](#).

RACE PASS

British Triathlon Race Pass is a licence for racing and provides you with public liability insurance.

If you are a Core or Ultimate member of British Triathlon (or your home country's federation), or you entered before the introduction of Race Pass (1/2/24) and purchased a day licence at point of entry for £6 you do not have to purchase a Race Pass.

If you are not a Core or Ultimate member you must [purchase a Race Pass from British Triathlon](#) to comply with competition rules. You will be asked to show your Race Pass receipt or membership card at registration.

To make the registration process quick and efficient for all, we kindly ask that Race Passes are [purchased online](#) prior to arrival.

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, or by using the sticky labels provided.

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, [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. 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](#).



GENERAL EVENT INFORMATION

PRIZE GIVING

Sunday at 14:30 (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
Senior, Vet 40, Vet 50, Vet 60, Vet 70 and U24 - Top 1
Team - First Place

STANDARD TRIATHLON (BOTH OPEN & female)

Overall - Top 3
Senior, Vet 40, Vet 50, Vet 60, Vet 70 and U24 - Top 1
Team - First Place

STANDARD AQUABIKE (BOTH OPEN & female)

Overall - Top 3

RACE DAY STANDARD TRIATHLON

SUNDAY 1st SEPTEMBER - 1500M SWIM, 38K BIKE, 10K RUN

07:30 - 09:30: Registration

07:30 - 09:45: Transition

09:45: Compulsory Safety Brief in Transition.

Competitors will access the swim from transition.

10:00: Start - Standard Wave 1 (blue swim hat, blue bib)

10:05: Start - Standard Wave 2 (orange swim hat, blue bib)

10:10: Start - Standard Wave 3 (yellow swim hat, blue bib)

10:15: Start - Standard Wave 4 (purple 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.

14.45: Finish line timing will end

15:00: 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 and back on the pavement alongside the lake. The turnaround point is in the Glanllyn camp site. Please be aware and considerate to other users. Please be aware of other runners 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 in transition. There will be a drink station at the turnaround point on your run route.

CUT OFF TIMES

11:15 - 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.

13:15 - 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.

14:45 - 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.

Tom Harrison House
"Honour, Hope, Healing"

"THE MIX OF ACTIVITIES AND THERAPIES ON OFFER AT THH IS FANTASTIC, AND REALLY HELPED RESTORE MY PHYSICAL, EMOTIONAL AND MENTAL HEALTH."

WWW.TOMHARRISONHOUSE.ORG.UK

RACE DAY STANDARD AQUABIKE

SUNDAY 1st SEPTEMBER – 1500M SWIM, 38K BIKE

07:30 – 09:30: Registration

07:30 – 09:45: Transition

09:45: Compulsory Safety Brief in Transition.

Competitors will access the swim from transition.

10:05: Start - Standard Wave 2 (white 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.

14.45: Finish line timing will end

15:00: 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, for your heroes welcome and finisher food and slate!

RACE DAY STANDARD TRIATHLON

DRINK STATIONS

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

CUT OFF TIMES

11:15 - 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.

14:45 - 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 SPRINT TRIATHLON

SUNDAY 1st SEPTEMBER - 750M SWIM, 19K BIKE, 5K RUN

07:30 - 08:55: Registration

07:30 - 09:10: Transition

09:05: Compulsory Safety Brief in Transition.

Competitors will access the swim from transition.

09:25: Start - Sprint Wave 1 (green 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.

14:45: Finish line timing will end

15:00: 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 the Glan Llyn camp site. Please be aware and considerate to other users. Please be aware of other runners 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 in transition.

CUT OFF TIMES

10:10 - 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.

11:45 - 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.

14:45 - 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 removed. 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-rack 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 will be escorted through the course. This will be conducted 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

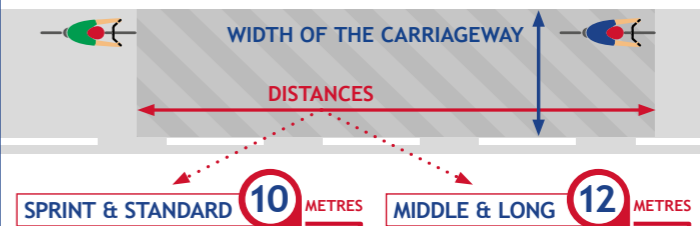
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

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



DRAFTING & NOT DRAFTING



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.

SPRINT & STANDARD
20
SECONDS

MIDDLE & LONG
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 **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 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 - This document is for guidance purposes only.

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 run course is out and back on the pavement, depending on what time you leave T2 you may be able to run out on the road 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 run course is out and back on the pavement. It is wide enough for two way traffic, but if overtaking please check for oncoming runners and give way before overtaking.

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.

CYCLE RETREATS

10% DISCOUNT FOR BALA ATHLETES

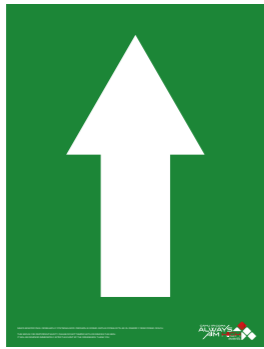
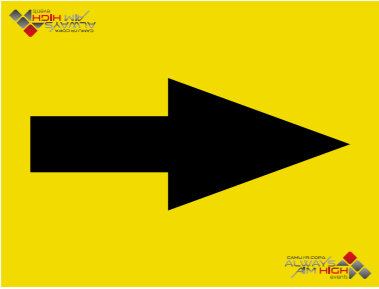
Show your bib when booking on race weekend to receive your discount.

RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



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 if you are interested in volunteering at the event.

SPECTATOR INFORMATION

The Triathlon Y Bala Event Village and Expo 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.

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

