



FINAL INSTRUCTIONS

Event date: 29th & 30th July 2023

WELCOME

To the 2023 Craft Snowman Triathlon & Duathlon. This document contains all the information you'll need to have a great day and a safe race.



EVENT TIMETABLE

VENUE

Plas y Brenin, Capel Curig, Conwy. [LL24 0ET](#)

REGISTRATION

You **MUST** attend registration to collect your registration pack. Registration is in Plas y Brenin. Please follow signs to Registration. Please be aware of the car parking location ([see page 5](#))

FRIDAY 28th JULY

18:00 - 19:30 - Savage, Sprint Triathlon and Sprint Duathlon

SATURDAY 29th JULY

07:30 - 08:30 - Savage, Sprint Triathlon and Sprint Duathlon
12:00 - 16:00 - Legend and Standard Registration

SUNDAY 30th JULY

06:00 - 06:30 Legend Registration
06:30 - 08:00 - Standard Registration

We would encourage those who can, to register the day before your race to avoid a rush on the morning of your race.

You can find your bib number, which you will need for registration on the event tracker app here: <https://rtrt.me/ulink/TDLA/TDL-SNOWM-2023>

GENERAL EVENT INFORMATION

RACE PACK

At registration you will pick up your race pack which includes:

Timing chip – Secured to your left ankle with the Velcro strap, and worn UNDER your wetsuit for the triathlon. For team competitors this tag acts as the 'baton', it must be passed to the next team member in transition to continue on the course. Please, make sure you return your timing chip to the organisers at the finish line; there is a £55 charge for lost chips.

Race number bib – Worn on the back during the bike section and on the front for the run, a tri race belt facilitates this. If you don't have one you can purchase one at registration. Teams are provided with two bibs, one for the cyclist and one for the runner.

Bike flag – This must be displayed on the seat-post and must not be cut or obscured.

Swim hat - for triathletes. If you prefer to wear your own hat you must still wear this over the top as it identifies your wave.

GENERAL EVENT INFORMATION

MEMBERSHIP

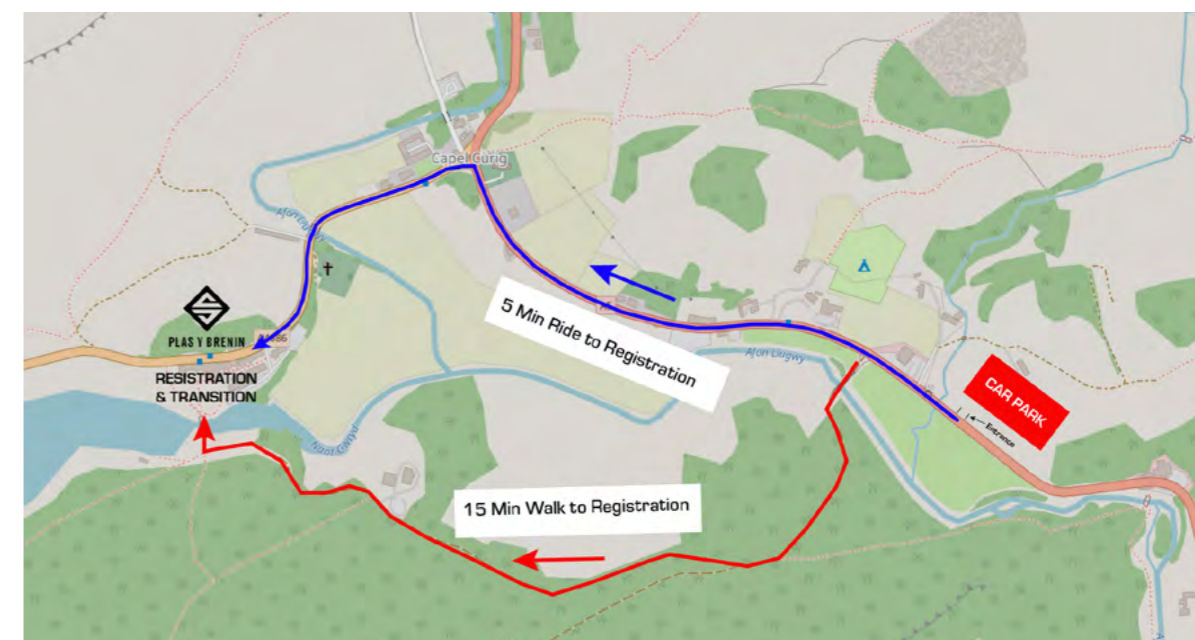
Unless you are an affiliated member of your home country's federation you will have purchased a British Triathlon Day License Membership upon entering the event. If you are a member already please present your membership to our team at registration when you pick up your race pack. If you have paid for day membership online with your entry, you do not need to do anything.

CAR PARKING

Our designated event parking is in a field approximately 0.8 miles from Plas y Brenin, next to the Siabod Cafe on the A5; it will be signposted once you get close to the site. The car park will be open from 07:00 on Saturday 29th July, overnight parking is not permitted. Please note there are no facilities in the car park.

There is a £5 parking fee which will be charged per car on entry to the field. Cash or card payments will be accepted. In the interest of all road users and competitors, do not park on the road.

The road between the car park and registration is very busy. Follow the signs from the car park through the forest and along the fire road to reach Plas y Brenin safely on foot. Please take care and leave sufficient time to attend registration.



GENERAL EVENT INFORMATION

FACILITIES

There will be portaloos in transition as well as toilet facilities within Plas y Brenin. You will be in an area of natural beauty that is also home to many residents; please be sensitive and plan your comfort breaks for where there are facilities available.

Under British Triathlon rules you will be disqualified if found urinating in a public place.

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.

FOOD & DRINK

Plas y Brenin are providing special food offers for the Snowman, both before and after the event. You will be able to fuel yourself with some tasty carbs in the Plas y Brenin food hall (next to registration) throughout Saturday and Sunday.

The bar area will also be open before and after the races, selling drinks and other goodies.

EVENT PHOTOGRAPHY

Our official event photographer is Sports Pictures Cymru. Photos will be available post-race through their website. Please visit www.sportpictures.cymru where you can pre-register with a selfie to be notified when your images go live. If you have pre-purchased event photo packages, look out for an email from the photographer, or 'Photohawk' just after the race. These can sometimes go to spam, please check there if you haven't received your email 24hrs after the race.

GENERAL EVENT INFORMATION

MERCHANDISE

T-shirts, hoodies and any other pre-ordered merchandise can be collected from Registration. There will be a limited number of t-shirts and hoodies for sale on the day at the Always Aim High Store, located on the terrace beside the Plas y Brenin bar.

All pre-ordered merchandise must be collected on the day; it cannot be posted after the event.

LIVE RACE RESULTS

Sign up now to access live race progress and results. On race day, spectators, family and friends can get the status of competitors using the Participant Tracker & Leader Board - just type in the name of the competitor you want to track. Head to: <https://rtrt.me/ulink/TDLA/TDL-SNOWM-2023>

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 (underneath your wetsuit, tights or socks is recommended). Failure to do so may result in you not being classified in the race results.

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

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.

PRIZE GIVING

The prize giving will take place in the event village. Please come along to collect your prizes and have your moment on the podium, or to congratulate your fellow competitors.

SATURDAY AT APPROXIMATELY 12:30

Sprint Triathlon (both open and female)

Overall top 3
Vet 40 top 3
Vet 50 top 1
Vet 60, Vet 70 and U23 - first place
Teams - first place

Sprint Duathlon (both open and female)

Overall top 3
Teams - first place

GENERAL EVENT INFORMATION

SUNDAY AT APPROXIMATELY 14:00

Standard Triathlon (both open and female)

Overall top 3
Vet 40 top 3
Vet 50 top 1
Vet 60, Vet 70 and U23 - first place
Teams - first place

Standard Duathlon (both open and female)

Overall top 3
Teams - first place

Legend Triathlon (both open and female)

Overall top 3
Vet 40 top 3
Vet 50 top 1
Vet 60, Vet 70 and U23 - first place
Teams - first place

Savage Triathlon (both open and female)

Overall top 3

SUNDAY AT APPROXIMATELY 16.00

Legend Triathlon*

Vet 40 top 3
Vet 50 top 2
Vet 60, Vet 70 and U23 - first place
Teams - Male, Female, Mixed - first place

*We will try to award as many prizes as possible from the Legend Race at 14:00

RACE DAY SPRINT TRIATHLON

SATURDAY 29TH JULY - 750M SWIM, 27K BIKE, 6.1K RUN

07:30 - 08:30: Registration

07:30 - 08:45: Transition open

08:30: Compulsory Safety Brief in transition

08:45: Transition must be clear of all competitors (except team members awaiting their relay mate).

09:00: Start - Sprint Wave (blue hat, blue bib), Savage (Yellow hat, yellow bib)

13:20: Finish line timing will be shut down

13:45: Transition must be clear of all bikes after the race.

SWIM ROUTE

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

BIKE ROUTE

The route is on open roads and clearly signposted. You must obey the Highway Code at all times. 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

The run is on public footpaths, please be aware and considerate to others. Please look out for other runners. Sections of the paths may be narrow, steep and rocky!

RACE DAY SPRINT TRIATHLON

DRINK STATIONS

There are no drink stations on the sprint bike or run routes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You have 30 minutes to complete your swim.

09:40 - cyclists must be out of T1 to continue to the cycle stage.

You have 1hr 45 minutes to complete your cycle.

11:25 - runners must be out of T2 to continue to the run stage.

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

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

Compulsory kit - the compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in the additional notes of these final instructions.

GRAB SOME NEW RACE KIT WITH THIS
GREAT DEAL FROM EVENT HEADLINE
PARTNERS CRAFT SPORTSWEAR



RACE DAY SPRINT DUATHLON

SATURDAY 29TH JULY - 2.4K RUN, 27K BIKE, 6.1K RUN

07:30 - 08:30: Registration

07:30 - 08:30: Transition open

08:30: Compulsory Safety Brief in transition

08:45: Transition must be clear of all competitors (except team members awaiting their relay mate).

09.00: Sprint Duathlon wave: Green bib

13.20: Finish line timing will be shut down

13:45: Transition must be clear of all bikes after the race.

DUATHLON START

The Duathlon start line will be just across the bridge from Transition. Competitors will complete the shorter 2.4km run first, followed by the same cycle route and 6.1 km run as the Sprint distance Triathlon.

BIKE ROUTE

The route is on open roads and clearly signposted. You must obey the Highway Code at all times. 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 ROUTES

The runs are on public footpaths, please be aware and considerate to others. Please look out for other runners. Sections of the paths may be narrow, steep and rocky!

RACE DAY SPRINT DUATHLON

DRINK STATIONS

There are no drink stations on the sprint bike or run routes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You have 30 minutes to complete your first run.

09:40 - cyclists must be out of T1 to continue to the cycle stage.

You have 1hr 45 minutes to complete your cycle.

11:25 - runners must be out of T2 to continue to the run stage.

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

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

Compulsory kit - the compulsory kit is mandatory for the second run of this duathlon event. See the full list of compulsory kit in the additional notes of these final instructions.

RACE DAY STANDARD TRIATHLON

SUNDAY 30th JULY - 1500M SWIM, 69.2K BIKE, 8.4K RUN

06:30 - 08:00: Registration

06:30 - 08:15: Transition open

08:00: Compulsory Safety Brief in transition

08.15: Transition must be clear of all competitors (except team members awaiting their relay mate).

08.30: Start - Standard wave (red hat, red bib), Savage (yellow hat, yellow bib)

16:55 Finish line timing will be shut down

18:45 Transition must be clear of all bikes after the race.

SWIM ROUTE

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

BIKE ROUTE

The route is on open and closed roads and clearly signposted. You must obey the Highway Code at all times. 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

The run is on public footpaths. Please look out for other runners, especially on each return leg; be aware and be considerate. Sections of the paths may be narrow and rocky!

RACE DAY STANDARD TRIATHLON

DRINK STATIONS

There are no drink stations along the course for the bike or run routes, you can re-fill water in transition. There is a refill station in Blaenau Ffestiniog on the bike route at kilometre 42, you should not plan to use this, but it can be used in cases of emergency. There will be no cups at this event - please bring your own water bottles.

CUT OFF TIMES

You have 55 minutes to complete your swim.

09:30 - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 20 minutes to complete your cycle.

13:55 - runners must be out of T2 to continue to the run stage.

You have 3hrs to complete your run.

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

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

Compulsory kit - the compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in the additional notes of these final instructions.

TOW FLOATS AND DRY BAGS
ESSENTIAL TRAINING KIT

BE SAFER BE SEEN

WWW.SWIMSECURE.CO.UK



RACE DAY STANDARD DUATHLON

SUNDAY 30th JULY - 4.8K RUN, 69.2K BIKE, 8.4K RUN

06:30 - 08:00: Registration

06:30 - 08:15: Transition open

08:00: Compulsory Safety Brief in transition

08.15: Transition must be clear of all competitors (except team members awaiting their relay mate).

08.30: Standard Duathlon wave: Grey bib

16:55: Finish line timing will be shut down

18:45: Transition must be clear of all bikes after the race.

DUATHLON START

The Duathlon start line will be just across the bridge from Transition. Competitors will complete the shorter, two lap, 4.8km run first, followed by the same cycle route and 8.4km run as the Standard distance Triathlon.

BIKE ROUTE

The route is on open and closed roads and clearly signposted. You must obey the Highway Code at all times. 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

The run is on public footpaths. Please look out for other runners, especially on each return leg; be aware and be considerate. Sections of the paths may be narrow and rocky!

RACE DAY STANDARD DUATHLON

DRINK STATIONS

There are no drink stations along the course for the bike or run routes, you can re-fill water in transition. There is a refill station in Blaenau Ffestiniog on the bike route at kilometre 42, you should not plan to use this, but it can be used in cases of emergency. There will be no cups at this event - please bring your own water bottles.

CUT OFF TIMES

You have 55 minutes to complete your first run.

09:30 - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 20 minutes to complete your cycle.

13:55 - runners must be out of T2 to continue to the run stage.

You have 3hrs to complete your run.

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

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

Compulsory kit - the compulsory kit is mandatory for both of the run stages of this duathlon event. See the full list of compulsory kit in the additional notes of these final instructions.

RACE DAY LEGEND TRIATHLON

SUNDAY 30th July – 1900M SWIM, 96K BIKE, 21.1K RUN

06:00 – 06:30: Registration

06:00 – 06:45: Transition open

06.30: Compulsory Safety Brief in transition

06.45: Transition must be clear of all competitors (except team members awaiting their relay mate).

07.00: Start - Legend wave (pink hat, pink bib)

18:30: Finish line timing will be shut down

18:45: Transition must be clear of all bikes after the race.

SWIM ROUTE

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

BIKE ROUTE

The route is on open and closed roads and clearly signposted. You must obey the Highway Code at all times. 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

The run is on public footpaths. Please look out for other runners, especially on each return leg; be aware and be considerate. There is a road crossing outside of Plas y Brenin which you'll cross twice, this road is open to traffic. Sections of the paths may be narrow and rocky!

RACE DAY LEGEND TRIATHLON

DRINK STATIONS

Located in transition, in Blaenau Ffestiniog on the bike route at kilometre 42 and at kilometre 12 on the run route. Please make sure you completely fill your water bottles each time.

There will be no cups on the feed-stations; you must carry your own water bottle.

CUT OFF TIMES

You have 1hr 5 minutes to complete your swim.

08:10 - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 45 minutes to complete your cycle.

12:55 – runners must be out of T2 to continue to the run stage.

You have 2hrs 30minutes to complete the first 12km of your run.

15:25 – runners will be cut off from going on to the mountain stage of the run.

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

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

Compulsory kit – the compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in the additional notes of these final instructions.

COMPULSORY KIT

All competitors must carry the compulsory kit listed below on the run sections of this event. This kit is for your safety due to the often unpredictable and quickly changing mountain conditions and isolated nature of the route. Following a dynamic risk assessment, the Race Director may relax certain items of compulsory equipment. If relevant, this will be announced in the safety brief.

COMPULSORY KIT

- Waterproof jacket and trousers (with taped seams and integrated, attached hood)
- Suitable off road running shoes - fell/trail shoes
- Hat and Gloves (Head and hand cover)
- Whistle
- Emergency food
- Foil Blanket
- Drinking water
- Mobile Telephone

You must be prepared to show that you are carrying the full compulsory kit upon entry into transition, when requested by one of our team. You will not be permitted to continue the run section if your kit is deemed insufficient. If you are seen leaving to go on the run without the compulsory kit you will be told to retrieve it from transition. If you go out on to the run without your kit you will be disqualified.

ADDITIONAL PERMITTED KIT:

- Poles (we permit people to use poles)

BAD WEATHER 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.

FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

TRANSITION

Strictly one bike per person. You must rack your bike on the morning of the event, bikes cannot be left in transition overnight. Savage competitors must re-rack bikes each day.

SECURITY

Your bike will be checked against your race number on entry and exit of transition. Please fill in the emergency detail on the back of your race bib before entering transition. If you wish to re-enter transition after racking your bike, you can show your race number or timing chip.

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 unstaffed 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.

SWIM COURSE

When leaving transition to go to the start there is a narrow bridge to cross. Please be considerate of competitors who are crossing the bridge coming towards you to enter T1. You **MUST** always give the competitor heading into transition the right of way, and follow any instructions given by marshals.

SWIM COURSE

The swim is set in the stunning fresh water Llynau Mymbyr at the base of Moel Siabod.

The course will be clearly marked with large round dumpy buoys and you will swim in a clockwise direction. You must keep the buoys on your right hand side. A map of the course will be on display at the swim start area.

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 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 boat, please do not attempt to climb on board!

It is compulsory to attend the safety briefing before the race start on race day.

BIKE COURSE

The Highway Code must be strictly obeyed. Motorbikes will be present during the cycle section to support, guide and referee. The Snowman Triathlon & Duathlon is a non-drafting event. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification.

A good quality and fit, British Standard (or similar) 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 be allowed to race.

Important – 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 should not mount your bike in the transition area. The location to mount and dismount your bike will be clearly marked with signs and will be staffed and checked by marshals. Be aware of pedestrians, they may not have seen or heard you if you are approaching them from behind.

The cycle route is clearly signposted. Marshals and signs will guide you at key junctions and roundabouts.

**CHECK OUT THE HIGHS NUTRITION THAT
WILL BE AT OUR FEED STATIONS**



BIKE COURSE

DRAFTING RULES EXPLAINED



DRAFTING RULES EXPLAINED

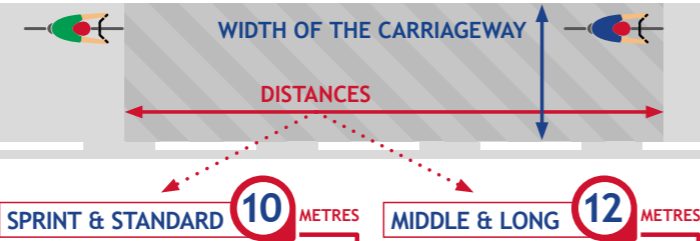
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

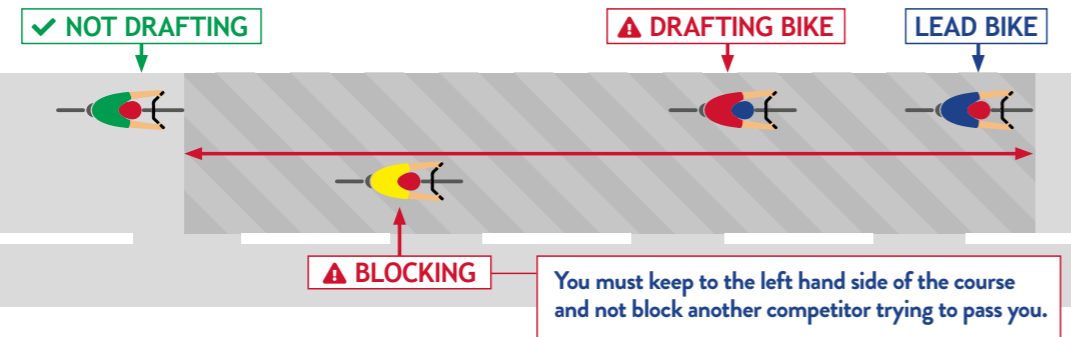
IT'S AGAINST THE RULES

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

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

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



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.



BIKE COURSE

The Highway Code must be strictly obeyed. Give way to traffic; marshals are NOT there to stop traffic. You must obey all signals, signs and markings. Any rider exceeding the speed limit or crossing the central white line will be disqualified.

Any cyclist taking part in a relay team should wait in the team handover area to pass on the timing chip that acts as a baton. This must be done before making their way to pick up their bike. The team handover area will be clearly marked.

IMPORTANT Bike course specific hazards:

Compulsory stop at Ogwen Cottage – Legend and Sprint athletes

Where the old Roman road meets the A5 at Ogwen cottage you **MUST** stop before turning right to join the fast flowing A5 back towards Plas y Brenin. **To comply with the compulsory stop, riders must bring their bike to a stop and place one foot on the ground.** There will be marshals present as well as signs clearly stating your need to stop at this junction. Any cyclists who do not adhere to this compulsory stop will be reported and disqualified from the race.

RUN COURSE

Change into your running kit in the transition area. The run is well sign posted and marshals will be present on course. Competitors must follow the marked route and are not permitted to choose their own way. Please close any gates you pass through.

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.

Part of the run is on public footpath, please be aware and considerate to other pedestrians.

IMPORTANT Run course Specific Hazards:

Please close any gates you pass through. There are multiple stiles along the route. Be prepared, you may need to queue and wait to cross the stiles. Any runners found to be jumping the stiles or adjacent fences and walls will be reported and disqualified from the race. Please use good race etiquette - first come, first served - if you want to get over the stile first, you'll have to run faster!

Turnaround Points for all Distances

There will be marshals present to turn you around as well as a sign which clearly states your turnaround point. Please familiarise yourself with the maps on the website. These will also be available to view at registration. Please always overtake other competitors on the right.

RUN COURSE

Legend Run road Crossing Next to Plas y Brenin.

You will cross this on your way out and on your way back. Be careful, this is a busy road with a lot of traffic. Follow any instructions given by marshals.

Moel Siabod Descent

The descent of Moel Siabod is fast, steep and rocky in places. Take care and look out for your fellow runner.

BAD WEATHER 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.

ARE YOU TAKING PART IN ANY OF OUR OTHER EVENTS THIS YEAR?

EVENTS CALENDAR 2023

- Unique Road Runs
- Iconic Triathlons/Duathlons
- Epic Trail Runs
- Wild Swim Events
- Stunning Cycle Sportives

Month	Event
FEBRUARY	12th. Nick Beer 10k
MARCH	5th. Jones o Gymru Anglesey Half Marathon
	25th. World's Steepest Street Race
	26th. Harlech
MAY	13th. XTERRA Weston Park
	14th. Weston Park
JUNE	10th. Slateman
	10th-11th. Slateman
	24th. Cardiff
	25th. Cardiff
JULY	8th - 9th. Snowdon24
	9th. XTERRA Snowdonia Trail Marathon
	29th. Snowman
	29th - 30th. Snowman
AUGUST	20th. Tour de Môn
SEPTEMBER	9th - 10th. Sandman
	9th. Torchlight Trail
OCTOBER	1st. Llandudno
NOVEMBER	5th. Anglesey Trail Half Marathon & 10k

WWW.ALWAYS AIM HIGH EVENTS.COM

SCAN TO FIND OUT MORE: [QR Code]

[Twitter] [Facebook] [Instagram]

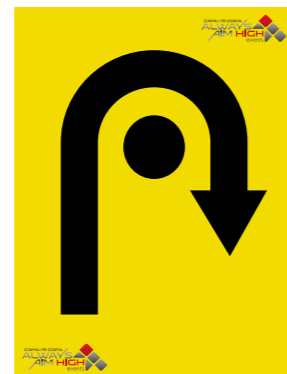
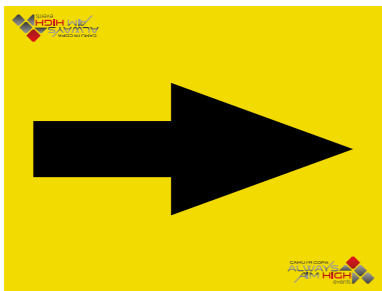
RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage

At points on the run course it's not always possible to mark the way with arrows, in some circumstances ground stakes and colourful ribbon or Always Aim High race tape will be used.



SPECTATOR INFORMATION

The Craft Snowman Triathlon Event Village and Expo will have a number of stands from our event partners, with information and goodies. It will be located on & around the terrace at Plas y Brenin. There will be lots to see and do for all the family whilst the race is going on, including live commentary, and all of the race action.

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!

Contact marshals@alwaysaimhighevents.com to get involved

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

