



FINAL INSTRUCTIONS
6th April 2025

WELCOME

TO THE EIRIAS TRIATHLON AND DUATHLON.
THIS DOCUMENT CONTAINS ALL THE INFORMATION
YOU'LL NEED TO HAVE A GREAT DAY AND A SAFE
RACE.

EVENT TIMETABLE

VENUE

Stadiwm CSM, Colwyn Bay, LL29 7SP

(This is the Stadiwm/Barn Car Park, not the Leisure Centre)

REGISTRATION

Registration will be at the Fanzone, next to Stadiwm CSM. Please follow signs to Registration. Then follow signs to Transition.

You can find your race number, which you'll need for registration [HERE](#). Type your name into the tracker to find your bib number.

TIMES

REGISTRATION

SUNDAY 6th April 06:00 - 08:30

You will need to arrive an hour before your swim start time, to allow time to register, rack your bike and attend the pre-swim safety brief.

SAFETY BRIEF

All triathletes must read the safety briefing that will be in the briefing room before your swim start. If you have any questions, these can be asked in the briefing room on race day.

RACE TIMES

06:00 - Transition opens. You may only rack your equipment in the transition area on the morning of the race.

07:00 - First triathlon swimmers start

06:45 - Duathlon safety brief

07:00 - Duathlon race start

09:30 - Duathlon prize giving at the Fanzone (approximate)

10:30 - Triathlon prize giving at the Fanzone (approximate)

13:30 - All bikes and equipment must be clear of transition

REGISTRATION INFORMATION

Competitors **MUST** attend registration to collect their registration pack, which includes the following items:

Timing Chip – Secured to your LEFT ankle with the Velcro strap provided. 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 - there is a £55 charge for lost chips.**

Race Number Bib – Worn on the back for the bike section and on the front for run section, a tri race belt facilitates this. If you don't have one you can purchase one at the Always Aim High Shop, near Registration. Teams are provided with 2 bibs, one for the bike section and one for the run.

Bike Flag – This must be attached to the seat-post and must not be cut or obscured.

Please allow time to register and rack your bike before being at the pool for your allocated slot.

Duathlon Competitors must be at the start-line, on the track next to Stadiwm CSM, by 06:45.

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

LIVE RACE RESULTS

On race day, spectators, family and friends can get the status of competitors in real-time using the **TDL Live Results info**. Type in the name of the competitor you want to track.

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 will result in you not being classified in the race results.

EVENT PHOTOGRAPHY

Our official event photographer is Sport Pictures Cymru. Photos will be available post race through their website. Please visit www.sportpictures.cymru. We will also post links via our social media channels. If you have purchased a digital download package a code will be emailed to you after the event with instructions on how to claim your pictures (please check your junk email if it hasn't arrived).

LITTERING

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

SPECTATOR INFORMATION

Please follow the spectator signs to the Promenade to cheer along the bikes, and to the Stadiwm to watch runners complete their final lap and cross the finish line under the grandstand.

GENERAL EVENT INFORMATION

PRIZE GIVING

The prize-giving for the triathlon & duathlon will take place at the Fanzone close to the Stadium. The prize-giving for the duathlon will take place at 09:30 and for the triathlon will take place at 10:30. Please listen out for announcements as times may change.

We encourage all participants who are able, to join us at prize giving to enjoy the atmosphere and congratulate our winners.

We are unable to send prizes out after the event, so if you think you may have been placed, please make sure you are there to stand on the podium and receive your prize.

We will be awarding the following prizes:

Triathlon (Open and Female categories)

- Top 3 Overall
- First place Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70
- First team

Duathlon (both Open and Female categories)

- Top 3 Overall
- First place Junior U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60 and Vet 70

You will not be eligible for an age-group prize if you have placed in the overall top 3.

GENERAL EVENT INFORMATION

FACILITIES

There are toilets in the leisure centre and the South Stand. There are portaloos available in transition for competitors.

BAG DROP

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

ALWAYS AIM HIGH EVENT SHOP

This is your one stop shop for all your triathlon needs, whether you're looking to treat yourself or pick up last minute forgotten items. The pop up shop can be found in the Fanzone next to registration.

EVENT MERCHANDISE

Pre-ordered t-shirts, hoodies & merchandise can be collected at registration. There will also be a limited number available for sale on the day at the Event Shop.

All pre-ordered t-shirts, hoodies & merchandise must be collected from registration on the day, and cannot be posted after the event.

FOOD AND DRINK

The cafe at the leisure centre will be open from 8am. Food and drink is also available at Bryn Williams at Porth Eirias on the Promenade. 'The Caffi' will be open from 8am serving hot breakfast baps, coffees and a selection of cakes. Full breakfast service from 9.30am in the bistro and lunch from noon.

Walk in or book at www.portheirias.com



CAR PARKING

Official parking for athletes is available at Stadiwm CSM, Abergele Road, Old Colwyn, Colwyn Bay, LL29 7SP. Overflow parking will be clearly signed if this becomes full.

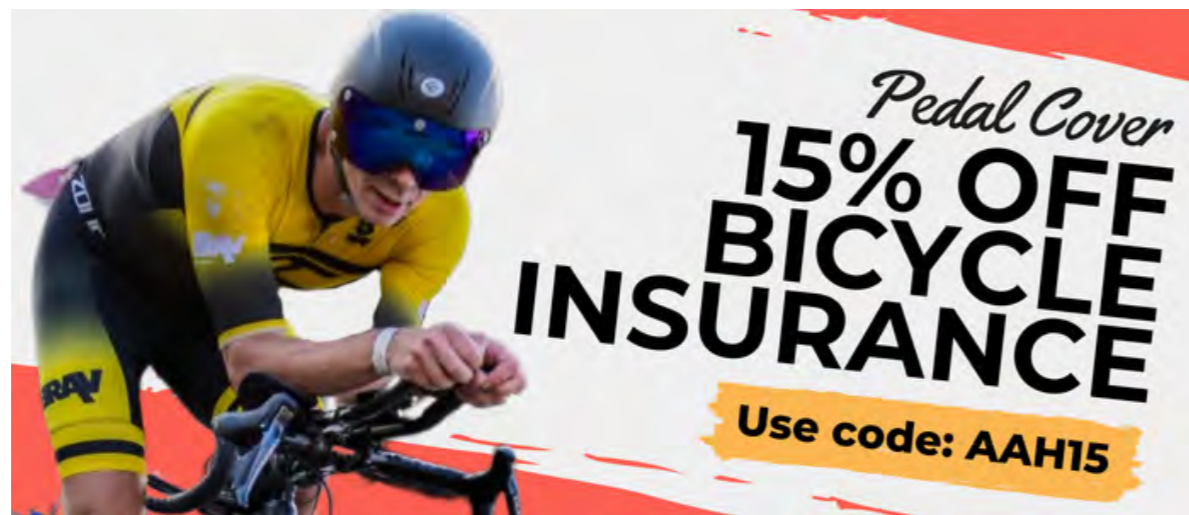
Eirias Triathlon is run as a community event and is not-for-profit. Parking costs £5 if you arrive before 10:00 and £2 if you arrive after 10:00. All proceeds from the parking will go to local community groups.

Please park considerately as there is limited space.

Parking is at the owner's risk, Always Aim High Events cannot accept any responsibility for damage to vehicles.

EVENT PARTNER

Find out more about our event partner Pedal Cover and claim an exclusive 15% discount on their home, bike or travel insurance, designed especially for cyclists & sports people.



TRANSITION

TRANSITION TIMES

06:00 - Transition open

Transition will be open for you to collect your race equipment throughout the race day. Please be aware that transition will be 'live' from 7am and that **you must give priority to those who are racing and be considerate of others at all times.**

All equipment must be removed at the end of your race and by 13:30.

TRANSITION SECURITY

You will need to show either your timing chip or bib number to access transition.

Please respect this in the interest of safety and security of your equipment. When leaving transition at the end of the event with your bike you will need to show your race bib which matches the bike flag.

TRANSITION RULES

In accordance with British Triathlon rules (Rule 7.1.c) boxes are not allowed in transition. 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 area. Items left will be left at your own risk. We recommend you return all non essential items to your car or leave them with a friend.

To speed up entry to transition, please arrive at the check-in tent wearing your helmet fastened and with your race number available. **Your bike must also have its number flag displayed correctly.**

ENERGY STATIONS

There will be a drink station in transition with HIGH5 products and water to fill up bottles. There will NOT be a water station on the bike or run course.

The finish line drink station will have electrolyte and water provided in recyclable paper cups.

At the finish line you will receive a jar of Nutty Nibbles. These are vegan, organic and gluten free snacks. These products are sealed, but do contain nuts.

RACE DAY

DUATHLON START

The duathlon start line will be on the track, next to the Stadium. Athletes must attend the compulsory safety briefing at 06:45 at the race start.

Duathletes will complete their shorter run first, followed by the cycle and then the longer run.

TRIATHLON START

The triathlon start will be in the pool. You can find your allocated pool arrival time [HERE](#). Please note this is your arrival time and not your start time. Please do not go to the pool before your pool arrival time unless instructed to do so.

SWIM

You should be dressed ready to swim at your pool arrival time. You will be shown to the pre-start area for the safety briefing. On completion of the race briefing, wait until called forward, you will then be shown a lane and allocated a swim hat.

Do not enter the water until told to do so – diving is not allowed, you will be disqualified if you dive. Your time will start as soon as you enter the water. Do not wait for a cue to start swimming once in the water. Lane counters will conduct random checks to ensure that 16 laps are completed.

Once you have finished your swim, follow the signs to Transition.

Take care – the floors in and outside the pool may be slippery when wet.

If you arrive early and would like to swim before your allocated time you may do so at the discretion of the Swim Manager and if space allows. Announcements will be made if the Swim Manager is accepting early swimmers. **Please do not go to the pool before your allocated time unless you are instructed to.**

SWIMMERS WHOSE OFFICIAL START TIME IT IS, WILL BE GIVEN PRIORITY OVER EARLY ARRIVALS.

BIKE

The bike is a closed road course consisting of 3 laps of the Promenade. Each lap is approximately 5.6km long. You are responsible for counting your own laps. A lap mat will verify athletes have completed the required number of laps.

There is a steep descent from transition to the Promenade. For safety purposes, the descent will be a non-timed section/neutral zone. Timing for the bike section will not begin until you reach the Promenade. The ascent back to transition will be timed.

Please ride carefully when heading down to the Promenade and give way to cyclists that are returning to transition uphill.

The short, narrow section under the road/railway bridge, on the return to transition, will be a no overtaking zone.

A good quality and fit, British Standard (or similar) helmet must be worn and fastened during the cycle section. Your helmet will be checked before the start and if it does not comply with these standards you will not be able to race.

Important – when racing, 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 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 the turnarounds at each end of the Promenade.

Dangerous riding including crossing the central white line will be subject to referee penalties.

DRAFTING RULES

Both the duathlon and triathlon are non-drafting events. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification.

The Highway Code must be strictly obeyed. Motorbikes will be present during the cycle section to support, guide and referee.

DRAFTING RULES



DRAFTING RULES EXPLAINED

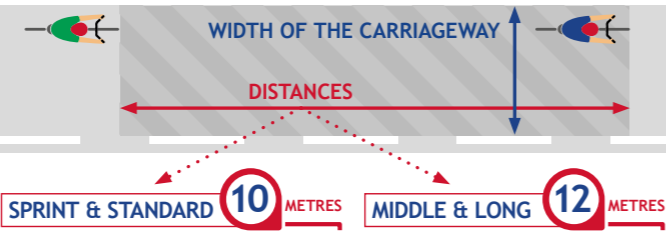
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

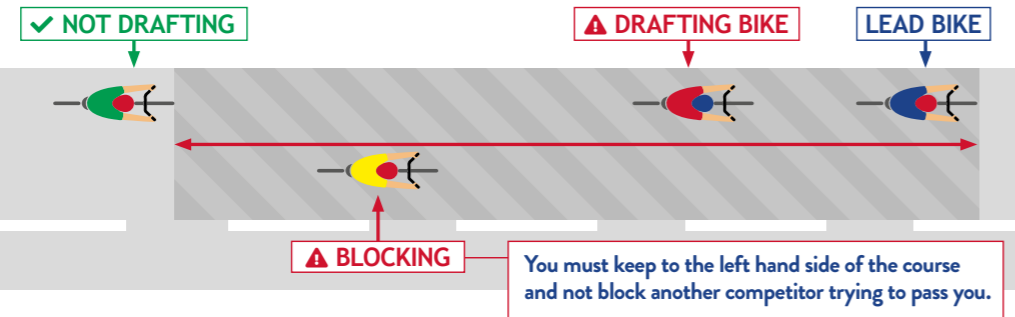
IT'S AGAINST THE RULES

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.



RUN

The run course is on hard tracks and grass sections throughout Eirias Park. Please consider your footwear for mixed terrain.

The run is well signposted, and marshals will be present at many junctions. Part of the run is on public footpaths, please be aware and considerate to other users.

For the triathlon, each run lap is approximately 2.5km. The lap finishes by going into the Stadium and doing a clockwise lap around the track.

Run 1 in the duathlon starts with an anticlockwise lap of the track. You will then complete the rest of the run lap. You will not return to the track before heading back to transition.

Run 2 in the duathlon will be the same as the triathlon run. The final lap goes onto and around the track. The finish is on the track.

Specific hazards:

As you leave the first grass section, you will run alongside the bike course for a short period. The bike chute will be coned and taped to separate it from the run course.

There is a short flight of stairs going down, shortly after you have run past the tennis centre.

The course passes close to the boating pond.

TEAMS

Swimmers taking part in a team should pass their timing chip to the cyclist in the clearly marked team handover area after entering Transition. After the bike, the cyclist finishing their section, must rack their bike in the transition area before making their way to the team handover point again to pass their timing chip to the runner who must be waiting in the team handover.

Team members should then make their way to the Stadium to see their runner finish.

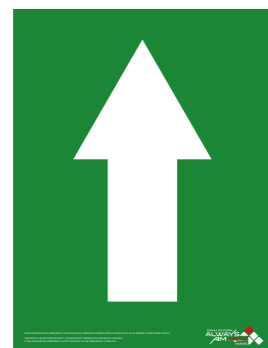
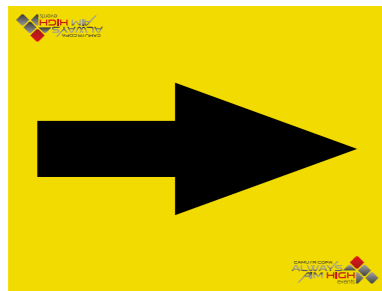
Team Members are advised to bring warm layers to wear whilst waiting for their team members to arrive.

RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



EVENTS CALENDAR 2025

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



FEBRUARY

- 9th. Nick Beer 10k

MARCH

- 2nd. Anglesey Half Marathon & 10K



APRIL

- 6th. Eirias



JUNE

- 8th. Slateman
- 21st. Cardiff Bay
- 22nd. Cardiff



JULY

- 12th -13th. Yr Wyddfa | Snowdon24
- 12th. Snowdonia Trail Marathon Eryri



AUGUST

- 2nd. Ogwen Yr Helgi Du
- 2nd. Snowman
- 3rd. Snowman
- 17th. Tour de Môn



SEPTEMBER

- 7th. Bala
- 21st. Sandman

OCTOBER

- 4th. Llandudno



NOVEMBER

- 9th. Anglesey Trail Half Marathon & 10k



EIRIAS JUNIOR SWIM|BIKE|RUN

This free event will be taking alongside the Eirias Triathlon & Duathlon.

Coaches from GOG Triathlon, alongside staff from Always Aim High Events, will be delivering a swim session from 10:30-11:30 and a Run/Bike session on the track from 11:30-12:30.

The sessions are non-competitive. If you would like more information or to sign up, please see [here](#).

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.

