



THE  WILD HORSE  
BREWING CO  
**LLANDUDNO**  
TRIATHLON & DUATHLON

28TH JUNE 2026

**FINAL INSTRUCTIONS**



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# REGISTRATION

Registration is at the St. George's Hotel.

You **MUST** attend registration to collect your race pack.

## SATURDAY 27TH JUNE

15:00-19:00: All distances

## SUNDAY 28TH JUNE

07:45 – 09:15: Sprint Triathlon

08:00 – 09:45: Standard Duathlon

08:15 - 10:15: Standard Triathlon

# RACE BIB COLLECTION

Find your race bib number [HERE](#). Please search your name to find your information.

# VENUE

St George's Hotel, Llandudno, LL30 2LG

# GETTING TO THE EVENT

## CAR PARKING

All car parks are pay and display so please bring sufficient change, or you can Pay by Phone, however signal can be poor in Llandudno. To avoid disruption please aim to car share, arrive early and park sensibly within the car parks. Some car parks are a short walk to registration and transition.



\*Neuadd y Dref/ Town Hall= 4 Hours Max Stay

# BRITISH TRIATHLON RACE PASS



British Triathlon Race Pass is a licence for racing and covers your public liability insurance for the day. If you are not a Core or an 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 (25 years +) or £2.00 (under 25).

You must show your Race Pass receipt or your membership card at registration. To keep the registration process quick and efficient for all, we kindly ask that Race Passes are purchased online prior to your arrival and that you have your receipt or membership card ready to show.

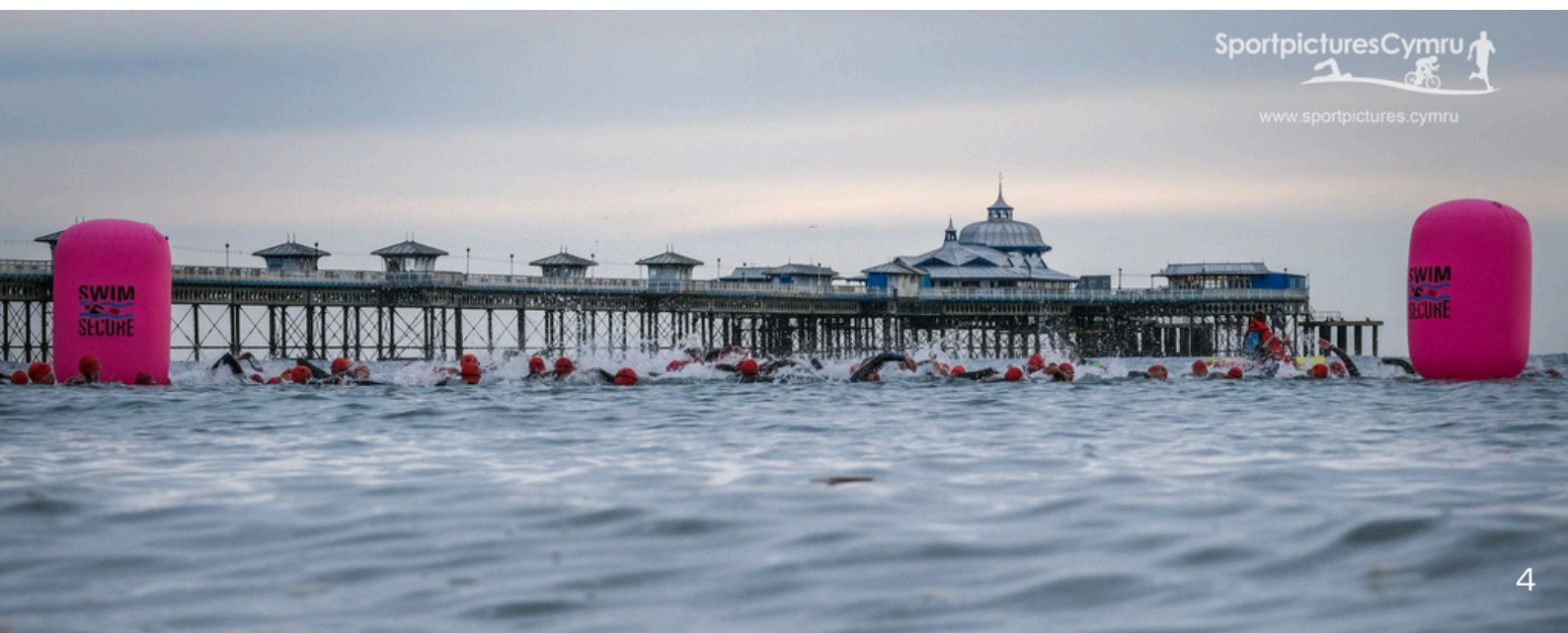
## WHAT'S IN MY RACE PACK?

**TIMING CHIP** – Secured to your left ankle with the Velcro strap. Please make sure you return your timing chip; 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. Belts are available to purchase at registration.

**BIKE FLAG** – This must be displayed on the seat-post and not be cut or obscured.

**SWIM HAT** - If you prefer to wear your own hat, you must still wear this over the top as it identifies your wave.



# EVENT VILLAGE

## WHAT'S HAPPENING?

There will be samples and opportunities to purchase from these great local companies and event partners:

### **Wild Horse Brewing Co.**

Samples and gift sets of locally brewed beer!

### **Superfeet**

Custom made insoles

## FACILITIES

There will be portaloos in transition and there are toilets in St George's Hotel. You will be in an area of natural beauty that is also home to many people. 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 bag drop tents in Transition where you can leave items for after the race. Please clearly label your belongings with your race number in advance.

## MERCHANDISE

Pre-ordered t-shirts & hoodies will be sent out before the event. Additional merchandise is available to order for home delivery from [our online store](#).

## EVENT PHOTOGRAPHY

Our official event photographer is Sports Pictures Cymru. Photos will be available post-race through their website. Please visit [www.sportpictures.cymru](http://www.sportpictures.cymru) where you can pre-register with a selfie to be notified when your pictures go live!

If you have pre-purchased a photography package, please look out for an email from Sport Pictures Cymru or Photo Hawk after the event; this sometimes goes to spam folders.

## RACE INFORMATION

# SPRINT TRIATHLON INC. WELSH SUPER SERIES & NATIONAL CHAMPIONSHIPS

### RACE DAY TIMINGS

07:45 – 09:15: Registration.

07:45: Transition open.

09:30: Compulsory safety brief in Transition.  
Competitors will access the swim start from transition.

09:45: Start - Sprint Triathlon Wave 1  
(Blue swim hat, blue bib)

09:50: Start - Sprint Triathlon Wave 2  
(Yellow 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.

16:15: Transition must be clear of all bikes

### DRINK STATIONS

Transition

Bike- N/A

Run- Lap point

### CUT OFF TIMES

10:35 - T1 exit

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.

### THE COURSE



**SWIM - 1 Lap 750m**

Open water sea, fully supported.



**BIKE - 2 Laps of an 8.5km course**

Closed road, signed and marshalled, hilly.



**RUN - 2 laps of a 2.5km course**

Open promenade, signed and marshalled, flat.

See all routes [here](#)

## RACE INFORMATION

# STANDARD DUATHLON INC. WORLD STANDARD DISTANCE QUALIFIER

### RACE DAY TIMINGS

08:00 - 09:45: Registration.

08:00: Transition open.

10:00: Compulsory safety brief at finish line

10:15: Start - Standard Duathlon (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.

16:15: Transition must be clear of all bikes

### DUATHLON START

The Duathlon will start under the finish line arch. Competitors will complete 2 laps of the run course, followed by the same bike and run route as the standard distance Triathlon.

### DRINK STATIONS

Transition

Bike- N/A

Run- Lap point

### CUT OFF TIMES

13:50 - Bike lap cut off (you will not be able to begin another lap after this time)

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.

### THE COURSE



**RUN (1) - 2 laps of a 2.5km course**

Open promenade, signed and marshalled, flat.



**BIKE - 4 laps of an 8.5km course**

Closed road, signed and marshalled, hilly.



**RUN (2) - 4 laps of a 2.5km course**

Open promenade, signed and marshalled, flat.

See route maps [here](#)

## RACE INFORMATION

# STANDARD TRIATHLON INC. CELTIC CUP (INVITATIONAL)

### RACE DAY TIMINGS

08:15 – 10:15: Registration.

08:15: Transition open.

10:25: Compulsory safety brief in Transition. Competitors will access the swim start from transition.

10:45: Start - Standard wave 1 (pink hat, red bib).

10:50: Start - Standard wave 2 (green hat, red bib).

10:55: Start - Standard wave 3 (orange hat, red bib).

16:15: Transition must be clear of all bikes after the race.

### DRINK STATIONS

Transition

Bike- N/A

Run- Lap point

### CUT OFF TIMES

12:00 - T1 Exit.

13:50 - Bike lap cut off \*

15:40 - Run lap cut off \*

\* you will not be able to begin another lap after this time

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.

### THE COURSE



**SWIM - 1 Lap 1500m**

Open water sea, fully supported.



**BIKE - 4 laps of an 8.5km course**

Closed road, signed and marshalled, hilly.



**RUN - 4 laps of a 2.5km course**

Open promenade, signed and marshalled, flat.

See route maps [here](#)

### 2026 CELTIC CUP

We are excited to host the inaugural Celtic Cup at the Standard Triathlon! This new competition brings together the top age- group athletes from Scottish Triathlon, Triathlon Ireland and Welsh Triathlon, with each nation fielding two open and two female competitors per age category to go head-to-head for national pride.

The winning nation will be crowned at the prize giving ceremony.

# GENERAL EVENT DAY INFORMATION

## RACE DAY EMERGENCY CONTACT

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

## LITTERING

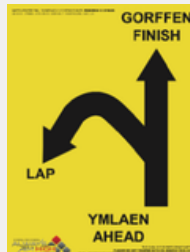
Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are racing in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed to marshals.

## RACE SIGNAGE

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



## **TEAMS**

There is an allocated team handover area in transition. Team members must wait here. The cyclist must rack their bike before handing over the timing chip in the designated area.

## **CONTINGENCIES**

It may be necessary to implement contingencies on race day. We will do everything we can to ensure you have the best experience and will only make changes to the race if it is necessary.

## **SAFEGUARDING**

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.

## **PRIZE GIVING**

Llandudno Triathlon & Duathlon prize giving will be held together with the Welsh Triathlon National Championships and Celtic Cup prize-giving ceremonies.

Prize giving will take place at 12:00 for the Sprint triathlon, and 14:30 for the Standard Triathlon & Duathlon in the St. George's Hotel.

See [here](#) for information on prize categories.

## **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 Crib Goch Outdoors shop vouchers, race entries or charity donations and there are a number of positions available - we can even accommodate dogs (with well-behaved owners)!

Contact [marshals@alwaysaimhighevents.com](mailto:marshals@alwaysaimhighevents.com) to get involved.

The swim is in the sea, by the iconic Llandudno promenade. The course will be clearly marked with large buoys and detailed in the safety brief. 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 15.9 degrees. Swim caps are supplied in your registration pack and must be worn.

Our Water Safety team will be in place to support you during the swim. If you need assistance raise your hand and shout HELP and someone will come to you. You may be asked to hold onto the assisting craft, please do not attempt to climb on board.

### Accessing the swim Start

Swim start will be accessed via the slipway from transition. Please listen to marshals, do not enter the water until instructed and give way to competitors coming back up the slipway as they exit the water and head towards transition.



The cycle route is on closed roads and clearly signposted. Marshals will guide you at junctions but it is a good idea to familiarise yourself with the route. You can find the routes [on our website](#).

A good quality and fit, current British Standard (or equivalent) helmet must be worn and fastened during the cycle section. This will be checked on entry to transition. If equipment does not meet with necessary standard you will not be allowed to 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 at the top of the promenade (before the road). It will be clearly marked and marshalled. Be aware of pedestrians, they may not have seen or heard you if you are approaching them from behind.

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

**Bike course specific hazards: Steep descents, width restriction, animals, surface.**

Cyclists **MUST** keep left and only overtake on the right. Failure to adhere to this rule will result in disqualification from the event. Be aware white lines can be very slippery when wet. There are steep and potentially windy sections of the route and the descent can be fast. Stay alert and look out for hazards including pedestrians, loose animals and marked areas of uneven surface. There is a pavement along the Great Orme with a large curb that must be avoided.

Please remain aware at all times & respond to race signage. You are responsible for counting your laps.



# DRAFTING RULES EXPLAINED

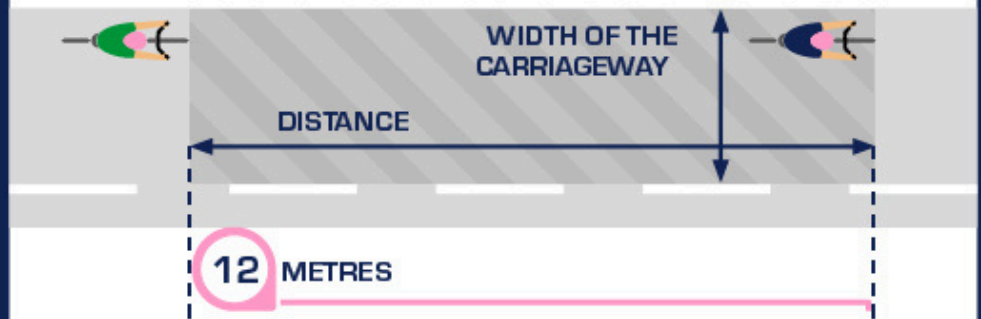
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## 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

✓ 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.



Change into your running kit in the transition area. The run is along the iconic Llandudno Promenade, it is well sign posted and marshals will be present on course.

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 before making their way to the team handover point.

The Llandudno Promenade is very busy with pedestrians and spectators, please be aware and considerate to other users.

Both distances will turn around at the same point at the top and bottom of the lap.

Turn around points will be marshalled and clearly signed. You are responsible for counting your laps.

## TRANSITION

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

### SECURITY

All competitors will need to show either a timing chip or a bib number to access the transition area. 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.

### 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. Make sure this does not impede other competitors by putting it in the bag drop tent, if it is found to be in the way it will be removed. Items left in the bag drop gazebo are left at your own risk.

Large towels are no longer allowed in transition. Towels must be no bigger than 30cm x 30cm (12" x 12"), and must be rolled up and placed inside your cycling shoe.

# PARTNERS

Thank you to our partners at this event:



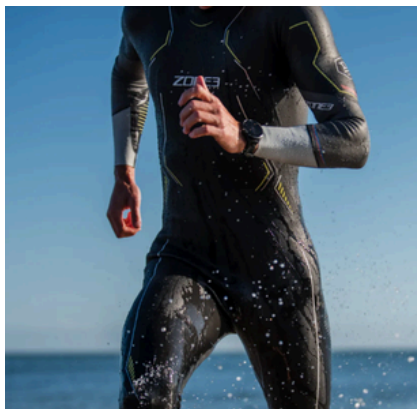
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