



FINAL INSTRUCTIONS

Event Date: 1st October 2023

WELCOME

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



EVENT TIMETABLE

VENUE

St. George's Hotel, LL30 2LG

REGISTRATION TIMES

Registration is at the St. George's Hotel. Please follow signs to Registration and enter through the side entrance. You **MUST** attend registration to collect your race pack.

SATURDAY 30th SEPTEMBER

15:00 – 17:00 – Sprint and Standard

SUNDAY 1st OCTOBER

08:00 – 09:30 - Standard

08:00 - 11:00 - Sprint

Your race number, which you'll need for registration, can be found by searching your name on the tracker app [HERE](#).

MEMBERSHIP

If you are a member of your home country's federation please present your annual membership card to our team at registration when you pick up your race pack.

If you did not state you were an affiliated member, a Day License Membership will have been added to your entry upon booking. You do not need to show anything at registration.



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Page 3

GENERAL EVENT INFORMATION

FACILITIES

There will be portaloos in transition as well as toilet facilities in the registration room at the St. George's Hotel. Llandudno 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 near Registration, 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

St. George's hotel serves a range of hot drinks as well as a great food menu, including soup and sandwiches, light lunches and cakes. Llandudno has many food outlets to suit all tastes, so please pay them a visit and support local business.

LIVE RACE TRACKER

On race day, spectators, family and friends can get the status of competitors in real-time using the [TDL Event Tracker App](#), just type in the name of the competitor you want to track. Head to <https://rtrt.me/ulink/TDLA/TDL-LLANDUDNO-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. 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

All car parks are pay and display so please bring sufficient change. 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.



GENERAL EVENT INFORMATION

PRIZE GIVING

Llandudno Triathlon & Welsh Triathlon Super Series

SUNDAY AT 14:30 (APPROX)

Prize giving will take place in the St. George's Hotel. We will be awarding the following prizes:

SPRINT TRIATHLON (BOTH OPEN & FEMALE)

Overall - Top 3
Vet 40 - Top 3
Vet 50, Vet 60, Vet 70 and U23 - First Place
Team - First Place

STANDARD TRIATHLON (BOTH OPEN & FEMALE)

Overall - Top 3
Vet 40 - Top 3
Vet 50, Vet 60, Vet 70 and U23 - First Place
Team - First Place

WELSH TRIATHLON SUPER SERIES

The prize giving for this year's Welsh Triathlon Super Series will be held after the Llandudno Triathlon prize giving.

RACE DAY STANDARD TRIATHLON

SUNDAY 1st OCTOBER – 1500M SWIM, 34.7K BIKE, 10K RUN

08:00 – 09:30: Registration

08:00 – 09:45: Transition

09:45: Compulsory Safety Brief in Transition

Competitors will access the swim from transition.

10:15: Start - Standard Wave 1 (red swim hat, yellow bib)

10:20: Start - Standard Wave 2 (yellow swim hat, yellow bib)

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

15.25: Finish line timing will end

15:35: 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 – 4 laps of a 8.5km course

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

RUN ROUTE – 3 laps of a 3.3km course

The run is along the Llandudno Promenade which may be very busy with pedestrians, please be aware and considerate to other users. You are responsible for counting your laps.

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 lap point on your run route.

CUT OFF TIMES

11:25 – 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.

13:55 – 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.

15:25 - 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 OCTOBER – 750M SWIM, 17.5K BIKE, 5K RUN

08:00 – 11:00: Registration

08:00 – 10:15: Transition

11:15: Compulsory Safety Brief in Transition

Competitors will access the swim from transition.

11:45: Start - Sprint Wave 1 (light blue swim hat, blue bib)

11:50: Start - Sprint Wave 2 (pink swim hat, blue bib)

11:55: Start - Sprint Wave 3 (orange 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.

15:25: Finish line timing will end

15:35: 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 – 2 laps of a 8.5km course

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

RUN ROUTE – 2 laps of a 2.5km course

The run is along the Llandudno Promenade which may be very busy with pedestrians, please be aware and considerate to other users. You are responsible for counting your laps.

RACE DAY SPRINT 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 lap point on your run route.

CUT OFF TIMES

12:40 – 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.

14:15 – 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.

15:25 - 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 from transition. Please be considerate of competitors coming back up the slipway 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 the sea, alongside the iconic Llandudno promenade. 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.

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 at the top of the promenade (before the road). 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: Steep descents, width restriction.

Cyclists **MUST** keep left and only overtake on the right. Failure to adhere to this rule will result in disqualification from the event. Due to a recent landslide, there is a width restriction in place at the bottom of the descent on Marine Drive. There will be a no overtaking rule in place on this section. 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 and hazardous, please exercise caution. 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.

The Llandudno Triathlon 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

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
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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 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 in the transition area 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.

Run course specific hazards: turnaround points for all distances

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

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 counting your laps.

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.

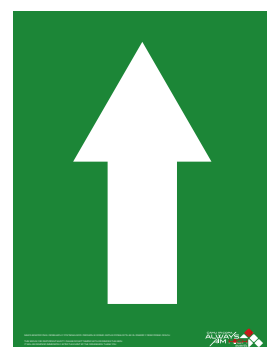
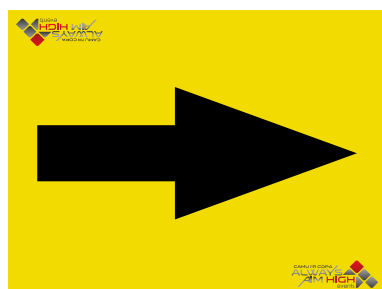


RACE SIGNAGE

Please pay attention to the following sign colourings:

Green = event village signage

Yellow = race course signage



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!

SPECTATOR INFORMATION

The Llandudno Triathlon 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 St. George's Hotel. Please follow signs and enter through the side entrance.

Llandudno is a busy seaside 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

