



**THE *SUPERFEET***  
**SANDMAN**  
TRIATHLON+DUATHLON

**FINAL INSTRUCTIONS**  
**EVENT DATE: 21<sup>st</sup> September 2025**

# WELCOME

To the 2025 Superfeet Sandman Triathlon & Duathlon. This document contains all the information you'll need to have a great day and a safe race.

## EVENT TIMETABLE

### VENUE

Traeth Llanddwyn Main Car Park, Newborough Forest, Anglesey, LL61 6SG

### REGISTRATION TIMES

You **MUST** attend registration to collect your race pack which contains everything you need to race.

Registration will be at the main beach car park in Newborough Forest (the closest postcode is LL61 6SG, please then follow signs for the beach). You can find your race number for registration [HERE](#).

#### Saturday 20th September

15:00 - 18:00 All distances

Please note that the access road to the beach can be restricted at busy times.

#### Sunday 21st September

06:45 - 07:45 Legend Triathlon

07:45 - 08:45 Standard Triathlon

08:45 - 09:45 Sprint Triathlon and Duathlon

**The road into the forest and car park is closed to all cars from 08:30 until 14:15 on Sunday.**

If you arrive during this time you will have to park off site. Please refer to the car [parking section on page 9](#) for more information.

We would encourage those who can to register the day before your event to avoid a rush on the morning of your race. Don't forget to take the time to have a look around the Superfeet Sandman Expo too!



# GENERAL EVENT INFORMATION

## BRITISH TRIATHLON RACE PASS

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.

## RACE PACK

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

- **Timing chip** – Secured to your left ankle with the Velcro strap and worn underneath your wetsuit. The timing chip must be returned to the organisers at the finish line. 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 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 2 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** - if you prefer to wear your own hat you must still wear this over the top as it identifies your wave.

# GENERAL EVENT INFORMATION

## 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 find their race distance & type in the name of the competitor you want to track.

## FACILITIES

There will be toilets in the main car park near the event village and portaloos in transition, as well as cold freshwater showers outside the main toilet block.

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.



## GENERAL EVENT INFORMATION

### 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). If you follow the link, you can subscribe to receive an email once your pictures are uploaded.

### CARA JONES MASSAGE

Cara will be on site on Sunday. This is on a first- come, first served basis. If you know you'd like a post-race massage, be sure to book with her beforehand at the Event Village.

### ALWAYS AIM HIGH EVENT STORE

Always Aim High Event Store located in the event village. There will be a limited number of t-shirts and hoodies for sale on the day. This is your one stop shop for all your triathlon needs!

### PRE-ORDERED MERCHANDISE

Pre-ordered merchandise will be available at Registration. All merchandise must be collected on the day from Registration, it cannot be posted after the event.

### RACE TIMING

The race will be timed using TDL services electronic timing systems. You should wear the timing chip on your left ankle, underneath your wetsuit, tights or socks. Failure to wear the timing chip may result in you not being classified in the race results. Full results can be seen [HERE](#).

### VOLUNTEERING OPPORTUNITIES

Would you like a free entry to your next Always Aim High Event? Join our brilliant Marshals at an event and free entries are just one of the rewards you could choose. If you have friends or family coming along to Sandman who would like to get involved please get in touch today and let us know, we would love to have them on the team! Drop an email to [marshals@alwaysaimhighevents.com](mailto:marshals@alwaysaimhighevents.com) for more information.

## GENERAL EVENT INFORMATION

### PLACES TO EAT AND DRINK

Pantri Bach will be at the event village providing freshly cooked food and drinks. Outside the forest, The Cod Mother Fish and Chip shop & The Red Squirrel Cafe in Newborough are both good options. Slightly further afield, the Riverside Arts & Crafts Cafe in Malltraeth, and the Taclau Taid museum, just outside Newborough Village, has an eclectic assortment of vehicles, and a cafe.

### LITTERING

Please respect the beautiful location you are running and riding in and dispose of any gels or bottles responsibly. You may dispose of your gel wrappers at the designated litter points with event marshals along the route, and at the feed stations. Any person found littering will be immediately disqualified from the event and banned from all Always Aim High Events.

### 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

## PRIZE GIVING

Sprint & Standard Triathlon distances: 13:15

Legend Triathlon: 15:15

**Prize Categories for the Sprint, Standard and Legend Triathlon are:**

**INDIVIDUAL** (for both OPEN and FEMALE)

Overall - Top 3

U20, Senior 20, Senior 30, Vet 40, Vet 50, Vet 60, Vet 70 - Top 1

**TEAMS**

1st

**Prize Categories for the Sprint Duathlon are:**

**INDIVIDUAL**

Overall - Top 3 (for both OPEN and FEMALE)

**TEAMS**

1st

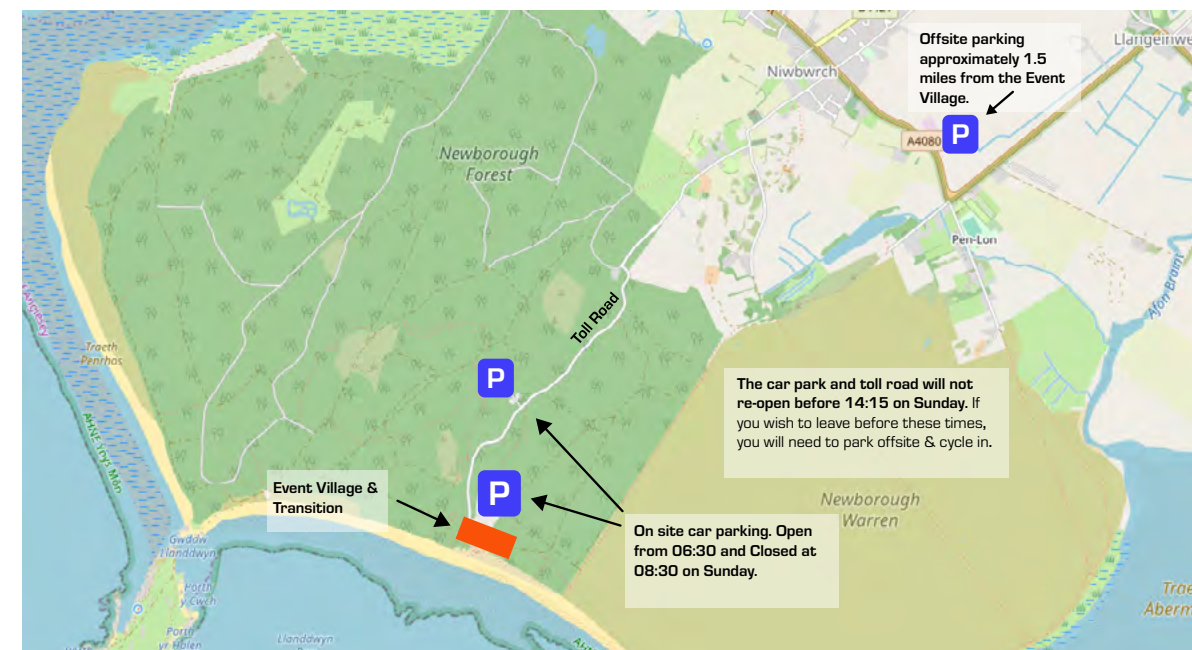
**Prizes for the Adventure Championship**

**INDIVIDUAL**

Overall - Top 3 (for both OPEN and FEMALE)

# ROAD CLOSURE & CAR PARKING

The Newborough 'toll road' will open at 06:30 be closed to all cars after 08:30 on Sunday.



Car parking for race day has been included in your entry fee.

There are a few **National Resources Wales (NRW) car parks** available, however, the main event car park is located in the Beach Car Park next to the Event Village. Parking is extremely limited and fills up quickly, so please lift share where possible, park sensibly and follow instructions at all times. Please ensure you give yourself enough time to park.

To access the car parks closest to the Event Village, you must drive down the Newborough toll road, which will be closed to all motorised vehicles after 08:30 on Sunday. All competitors and spectators will need to have passed the entrance to the toll road before the road closes.

# ROAD CLOSURE & CAR PARKING

The toll road will not reopen to let vehicles exit until approximately 14:15 on Sunday. If you wish to leave the event before these times, you will need to park offsite.

If you wish to leave earlier, there is an additional car park located at the Marram Grass Community football field (LL61 6RS) which has space for around 50 cars. Transition is 10 minute bike ride (approx.) from this car park, please allow adequate time to get yourself to the Event Village.

**A recommended donation of £5 is payable for using this site.**

No overnight parking is allowed in any Natural Resources Wales car parks. PLEASE DO NOT PARK OVERNIGHT. Wardens do carry out checks.

# RACE DAY - SPRINT TRIATHLON

SUNDAY 21st September – 750m SWIM, 23km BIKE, 5.4km RUN

**08:45 – 09:45:** Registration

**08:45 – 10:00:** Transition Open

**10:00:** Transition must be clear of all competitors (except team members awaiting their relay mate).

You may only rack your equipment in the transition area on the morning of your race.

**10:15 -** Compulsory Safety Brief at Swim Start - All competitors MUST ATTEND

**10:30: Wave 4 Sprint: Blue Bib & Green Hat**

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

**16:30:** Finish Line Timing will be shut down

**16:45:** Transition must be clear of all bikes after the race.

# RACE DAY - SPRINT TRIATHLON

## SWIM ROUTE

The swim course will be confirmed on the day. Please follow instructions given to you by marshals and the water safety team. There will be a map of the swim route at the swim start.

## BIKE ROUTE

The bike route is on open roads and is clearly signposted. Marshals and signs will guide you at junctions and roundabouts. However, it is a good idea to familiarise yourself with the route beforehand. You can find the routes on our website or at Registration.

See additional Bike notes further in the document.

## 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, rocky and sandy!

We advise you wear trail shoes.

All maps are available to view on our website.

## CUPLESS DRINK STATIONS

There are no drink station along the course for the bike. The run route has a drink station near the start and you can re-fill water in transition. There will be no cups at this event - you'll need to bring your own water bottles.

# RACE DAY - SPRINT TRIATHLON

## CUT OFF TIMES

**10:35** - T1 cut off. Swim to Bike. If you are still in the water or in transition at this time, you will be pulled out of the race.

**12:10** - T2 Cut off Bike to Run. If you are still on the bike or transition at this time, you will not be able to continue.

**16:30** - 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 at the Race Organisers discretion whether a competitor should be allowed to continue at any stage should it be deemed unsafe to do so.



# RACE DAY - SPRINT DUATHLON

SUNDAY 21st September – 2.2K RUN 1, 23K BIKE, 5.4K RUN 2

**08:45 – 09:45:** Registration

**08:45 – 10:00:** Transition Open

**10:00:** Transition setup must be completed by all competitors.

You may only rack your equipment in the transition area on the morning of your race.

**10:15** - Compulsory Safety Brief in transition - All competitors **MUST ATTEND**

**10:30:** Wave 5 Sprint Duathlon: Grey Bib

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

**16:30:** Finish Line Timing will be shut down

**16:45:** Transition must be clear of all bikes after the race.

## DUATHLON START

The Duathlon start line will be close to Transition

Competitors will complete the shorter 2.2km run first, followed by the same cycle route and 5.4km run as the Sprint distance Triathlon.

# RACE DAY - SPRINT DUATHLON

## BIKE ROUTE

The bike route is on open roads and is clearly signposted. Marshals and signs will guide you at some junctions and roundabouts. However, it is a good idea to familiarise yourself with the route beforehand. You can find the routes on our website or at Registration.

See additional bike notes further in the document.

## RUN ROUTES

The run routes are on public footpaths, please be aware and considerate to others. Please look out for other runners. Sections of the paths may be narrow, rocky and sandy! We advise you wear trail shoes with a good aggressive grip. All maps are available to view on our website.

## CUPLESS DRINK STATIONS

There are no drink station along the course for the bike. The run route has a drink station near the start and you can re-fill water in transition. There will be no cups at this event - you'll need to bring your own water bottles.

## CUT OFF TIMES

**10:35** - T1 cut off. Run 1 to Bike If you are still on Run 1 or in transition at this time, you will be pulled out of the race.

**12:10** - T2 Cut off Bike to Run. If you are still on the bike or transition at this time, you will not be able to continue.

**16:30** – 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 at the Race Organisers discretion whether a competitor should be allowed to continue at any stage should it be deemed unsafe to do so.



# RACE DAY – STANDARD TRIATHLON

SUNDAY 21st September – 1500M SWIM, 42.3K BIKE, 10K RUN

**07:45 – 08:45:** Registration

**07:45 – 09:00:** Transition Open

**09:00:** Transition must be clear of all competitors (except team members awaiting their relay mate).

You may only rack your equipment in the transition area on the morning of your race.

**09:15 -** Compulsory Safety Brief at Swim Start

All competitors **MUST ATTEND**

**09:30:** Wave 2 - Red Bib & Violet Hat,

**09:35:** Wave 3 - Red Bib & Red Hat

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

**16:30:** Finish Line Timing will be shut down

**16:45:** Transition must be clear of all bikes after the race.

## SWIM ROUTE

The swim course will be confirmed on the day. Please follow instructions given to you by marshals and the water safety team. There will be a map of the swim route at the swim start.

# RACE DAY – STANDARD TRIATHLON

## BIKE ROUTE

The cycle route is on open roads. You must obey the Highway Code at all times. The cycle route is clearly signposted. Marshals and signs will guide you at some junctions and roundabouts. However, it is a good idea to familiarise yourself with the route before hand. You can find the routes on our website or at Registration. See additional Bike notes further in the document.

## RUN ROUTE

The run is on public footpaths. Please look out for other runners, be aware and be considerate. Sections of the paths may be narrow, rocky and sandy! We would advise that you wear trail shoes. All maps are available to view on our website.

## CUPLESS DRINK STATIONS

There are drink stations in transition and at mile 3.3 on the run route.

There will be no drink station on the bike course at this event - you'll need to bring your own water bottles.

## CUT OFF TIMES

**10:30 - T1 cut off.** Swim to Bike If you are still in the water or transition at this time, you will be pulled out of the race.

**13:35 - T2 Cut off Bike to Run.** If you are still on the bike or transition at this time, you will not be able to continue.

**16:30** – Finish Line timing ends.

It is at the Race Organisers discretion that a competitor shouldn't be allowed to continue at any stage should it be deemed unsafe to do so.

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

# RACE DAY – LEGEND TRIATHLON

SUNDAY 21st September – 1900M SWIM, 93K BIKE, 20K RUN

**06:45 – 07:45:** Registration

**06:45 – 08:00:** Transition

**08:00:** Transition must be clear of all competitors (except team members awaiting their relay mate).

You may only rack your equipment in the transition area on the morning of your race.

**08:15** - Compulsory Safety Brief at Swim Start  
All competitors MUST ATTEND

**08:30: Wave 1 - Legend: Pink swim hat, Pink Bib**

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

**16:30:** Finish Line Timing will be shut down

**16:45:** Transition must be clear of all bikes after the race.

## SWIM ROUTE

The swim course will be confirmed on the day. Please follow instructions given to you by marshals and the water safety team. There will be a map of the swim route at the swim start.

## BIKE ROUTE

The cycle route is on open roads. You must obey the Highway Code at all times. The cycle route is clearly signposted. Marshals and signs will guide you at some junctions and roundabouts. However, it is a good idea to familiarise yourself with the route before hand. You can find the routes on our website or at Registration. See additional Bike notes further in the document.

# RACE DAY – LEGEND TRIATHLON

## RUN ROUTE

**You will complete 2 laps of the run route.** You are responsible for counting your own laps. The run is on public footpaths. Please look out for other runners, be aware and be considerate. Sections of the paths may be narrow, rocky and sandy! We would advise that you wear trail shoes.

All maps are available to view on our website.

## CUPLESS DRINK STATIONS

There are drink stations in transition, at mile 20.5 on the bike route and at miles 3.3, 6 & 9.4 on the run route.

There will be no cups on the bike course at this event - you'll need to bring your own water bottles.

## CUT OFF TIMES

**09:40 - T1 cut off.** Swim to Bike If you are still in the water or transition at this time, you will be pulled out of the race.

**10:30 - Bike course cut off** at mile 11, Llanfairpwllgwyngyll. After this time all Legend cyclists will be directed onto the Standard bike route.

**13:50 - T2 Cut off Bike to Run** If you are still on the bike or transition at this time, you will not be able to continue.

**15:10 - Run lap 2 Cut off** – After this time Legend competitors will not be allowed to complete a second run lap. You will be directed to the Finish Line and not be able to complete your 2nd lap.

**16:30** – 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 at the Race Organisers discretion whether a competitor should be allowed to continue at any stage should it be deemed unsafe to do so.

# FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

## EXITING TRANSITION

If you exit transition whilst the race is still live, you will be permitted to do so through the official side entrance which will be manned by a member of our transition team. No cars can leave along the toll road prior to the times given earlier in this document.

## TRANSITION SECURITY

To access the transition area, please show either your race number or timing chip . 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. 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 START AREAS

For the swim start, please follow signs 'To The Start'. The duathlon starts near to Transition - please follow signs 'To Duathlon Start'.

# FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

## SWIM COURSE

The swim is set in the sea, next to the stunning Llanddwyn Beach, with beautiful views of Eryri. 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.

You'll be started on the beach, as a typical triathlon mass start. If you'd prefer more space, we'd advise you to move to the side or hang back once 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!

In line with British Triathlon Rules, wetsuits are compulsory for the swim if the water temperature is below 15.9°C. Swim hats are supplied in your race pack and must be worn on the start line and during the swim so that race safety officials can identify you in the water.

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

# FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

## BIKE COURSE

Change into your cycling kit in the transition area.

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 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.

The cycle route is on open roads and the Highway Code must be strictly obeyed. Motorbikes will be present during the cycle section to support, guide and referee. Marshals are not there to stop traffic. You must obey all traffic lights, signals, signs and markings.

The Superfeet Sandman is a non-drafting event. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification. For more information on drafting, see the British Triathlon information graphic on the next page.

# FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES (UPDATE)



## DRAFTING RULES EXPLAINED

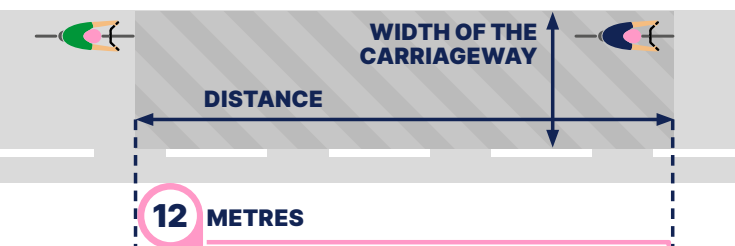
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

### WHAT IS DRAFTING?

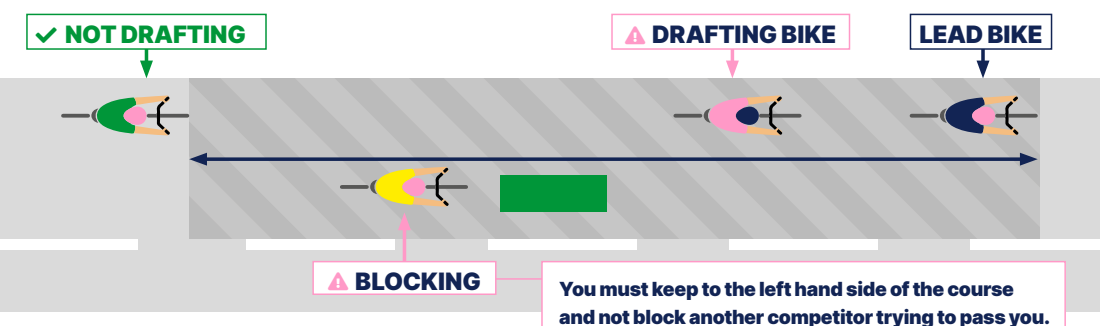
#### IT'S AGAINST THE RULES

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 **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>	<b>30 SECS PENALTY</b>	<b>DISQUALIFICATION</b>	<b>N/A</b>
<b>STANDARD</b>	<b>1 MIN PENALTY</b>	<b>DISQUALIFICATION</b>	<b>N/A</b>
<b>MIDDLE / LONG</b>	<b>3 MINS PENALTY</b>	<b>3 MINS PENALTY</b>	<b>DISQUALIFICATION</b>



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](http://www.britishtriathlon.org) - This document is for guidance purposes only.





## FURTHER INFORMATION FOR TRIATHLETES AND DUATHLETES

### RUN COURSE

Change into your running kit in the transition area. The run is well signposted, and marshals will be present along the route. Competitors must follow the marked route and are not permitted to choose their own way.

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

**Uneven ground** – there are numerous potential hazards underfoot along the entirety of the run route. Please pay attention to the ground conditions. Appropriate footwear should be worn.

**Road crossing** – you will be required to cross the toll road at approximately 1.75 miles on the Sprint route and 4.5 miles on the Standard & Legend run lap. Please check both directions before crossing for oncoming cyclists/emergency vehicles.

Runners must give way to cyclists.

### BAD WEATHER CONTINGENCIES

In the interest of competitor safety, as with all events it might be necessary to implement contingencies on the race route. We will do all that we can to ensure you have the best experience and will only make changes to the route 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

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, rope or Always Aim High Events tape will be used.



## 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](http://WWW.ALWAYS AIM HIGH EVENTS.COM)

