



27TH SEPTEMBER 2026

FINAL INSTRUCTIONS



CAMÚTIR COPA
ALWAYS
AIM HIGH
events

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REGISTRATION

Registration is in the main beach car park in Newborough Forest (the closest postcode is LL61 6SG, please then follow signs for the beach). You **MUST** attend registration to collect your race pack.

SATURDAY 26th SEPTEMBER

15:00 - 18:00 All distances

SUNDAY 27th SEPTEMBER

07:15 - 08:15 Legend Triathlon

08:15 - 09:15 Standard Triathlon

09:15 - 10:15 Sprint Triathlon and Duathlon

REGISTRATION PACK COLLECTION

You must attend registration to collect your registration pack. We encourage those who can to register the day before to avoid a rush on the day.

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

CAR PARKING

Car parking for race day has been included in your entry fee. Parking is extremely limited and fills up quickly. Both car parks will be required to accommodate the number of athletes. Please lift share where possible, park sensibly and follow instructions at all times. Ensure you give yourself enough time to park and get to the Event Village/Transition.

Beach Car Park

The road into the forest and car park will be closed to all cars at 08:45 or earlier if the car park is full. You will not be able to leave the site until 14.45.

Chapel Street Car Park

This car park is located on the approach to Newborough crossroads and is 2 miles (10 -15 minute bike) to the Event Village/Transition. You can arrive and depart from this car park at any time. If you are in the Sprint distance race and are not accompanied by spectators on foot, please use this car park. Legend and Standard athletes may also use this car park.

No overnight parking is allowed in any Natural Resources Wales car parks. Wardens do carry out checks.

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 race belt facilitates this. If you don't have one you can purchase one at the merchandise stand.

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.

EVENT VILLAGE

This will be located at Traeth Llanddwyn Main Car Park, Newborough Forest, Anglesey, LL61 6SG

FACILITIES

There are toilets in the main car park near the event village and portaloos in transition. 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 name and race number.

MERCHANDISE

Pre-ordered hoodies, t-shirts and other merchandise will be posted ahead of the event. There will be a limited number of t-shirts and hoodies for sale on the day at the Scimitar stand.

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.

EVENT VILLAGE

WHAT'S HAPPENING?

There will be exhibits and opportunities to purchase from these great local companies and event partners. Food provision is limited due to the vendor having a sole trader agreement with the venue, please be aware that queues may be longer during peak times.

Scimitar

Selling official event merchandise

Superfeet

Our headline partner, offering custom-made insoles for injury recovery, running longer and running faster

Crib Goch Outdoor

Our local outdoor retailer with all of your kit needs!

Welsh Triathlon

National Governing Body for triathlon, duathlon, and multisport in Wales

Arlwyo Môn

Breakfast baps, burgers, paninis, chips, cakes, hot drinks

Ice Cream

Ice creams and cold drinks



RACE INFORMATION

SPRINT TRIATHLON

RACE DAY TIMINGS

09:15 – 10:15: Registration

09:15 – 10:30: Transition Open

10:30: Transition must be clear of all competitors (except team members awaiting their relay mate).

10:45: Compulsory safety brief at swim start.

11:00: Start - Sprint (green hat, blue bib)

11:05: Start - Sprint (orange hat, blue bib)

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

17:00 - Transition must be clear of all bikes

AID STATIONS

Bike - There are no stations on the bike or run course, bottles can be filled in transition.

CUT OFF TIMES

11:45 – T1 cut off (Swim to Bike)

13:20– T2 cut off (Bike to Run)

These cut off times are 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.

THE ROUTE



SWIM - 750m.

Sea, 1 Loop, Anti-Clockwise.



BIKE - 22.8km.

Rolling, Tarmac, Open-road



RUN - 5.7km.

Trail, Forestry tracks and beach

[See route maps here](#)

RACE INFORMATION

SPRINT DUATHLON

RACE DAY TIMINGS

09:15 – 10:15: Registration

09:15 – 10:30: Transition Open

10:35: Transition must be clear of all competitors (except team members awaiting their relay mate).

10:45: Compulsory safety brief at the start. Duathlon start is under the gantry.

11:00: Start - Sprint Duathlon: Grey Bib

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

17:00- Transition must be clear of all bikes

AID STATIONS

Bike - There are no stations on the bike or run course, bottles can be filled in transition.

CUT OFF TIMES

11:35 – T1 cut off (Run 1 to Bike)

13:10 – T2 cut off (Bike to Run)

These cut off times are 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.

THE ROUTE



Run 1- 2.3km.

1 Lap. Trail, forest tracks and beach



BIKE - 22.8km.

Rolling, Tarmac, Open road



RUN 2 - 5.7km.

1 Lap. Trail, forest tracks and beach

[See route maps here](#)

RACE INFORMATION

STANDARD TRIATHLON

RACE DAY TIMINGS

08:15 – 09:15: Registration

08:15 – 09:30: Transition Open

09:45 - Compulsory Safety Brief at Swim Start.

10:00: Start Wave 1 - Red Bib & yellow Hat

10:05: Start Wave 2 - Red Bib & blue Hat

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

17:00 Transition must be clear of all bikes

AID STATIONS

Bike - There are no stations on the bike course, bottles can be filled in transition.

Run- There is a station with water, electrolyte and energy gels at mile 3.3

CUT OFF TIMES

11:05 - T1 cut off (Swim to Bike)

13:20 - T2 cut off (Bike to Run)

These cut off times are 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 ROUTE



SWIM - 1500m.

Sea, 1 Loop Anti-Clockwise.



BIKE - 42.2km.

Rolling, Tarmac, Open road



RUN - 10.2km.

1 Lap. Trail, Forest tracks and beach

[See route maps here](#)

RACE INFORMATION

LEGEND TRIATHLON

RACE DAY TIMINGS

07:15 – 08:15: Registration

07:15 – 08:30: Transition Open

08:45 - Compulsory Safety Brief at Swim Start.

09:00: Start Wave 1: Pink swim hat, Pink Bib

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

17:30: Transition must be clear of all bikes

AID STATIONS

Water, electrolyte, gels, biscuits, crisps, bananas

Bike: Mile 20.5

Run: Miles 3, 6 & 9.5

CUT OFF TIMES

10:15 - T1 cut off (Swim to Bike)

11:05 - Bike course cut off at mile 11, Llanfairpwllgwyngyll. After this time all Legend cyclists will be directed onto the Standard Bike Course.

14:25 - T2 cut off (Bike to Run)

15:40- Run lap 2 cut off- After this time Legend competitors will not be allowed to complete the second run lap.

These cut off times are 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 ROUTE



SWIM - 1900m.

Sea, 1 Loop Anti-Clockwise.



BIKE - 92.5km.

Rolling, Tarmac, Open road



RUN - 20km.

2 Laps. Trail, Forest tracks and beach

[See route maps here](#)

GENERAL EVENT DAY INFORMATION

RACE DAY EMERGENCY CONTACT

If you need to speak to someone urgently on race day, please call 07527 034 308.

This phone number is live for the race duration only and will not be activated at any other times.

WITHDRAWAL FROM RACE

If you start the race but decide not to continue at any point you must report to a marshal or call 07527 034 308 quoting your race number.

RACE SUPPORT

We have vehicles on course to respond to you if you require assistance, call 07527 034308. To locate you we will ask for one of the following. Please make sure you are familiar with at least one of these and have the relevant app(s) downloaded:

What 3 Words [\(Download here\)](#)

Google Maps (location pin)

Sharing location via whatsapp

MEDICAL ACCIDENT AND EMERGENCY

If you come across a fellow competitor who is injured or unwell call 07527 034308 and report it to the nearest marshal.

In the event of a medical emergency when life is at risk dial 999.

SPECTATOR INFORMATION

The Sandman Triathlon Event Village will have a number of stands from our event sponsors and partners, with information and goodies.

We encourage family and friends to come along and support participants at the event. Please note that car parking is limited and the road in and out of the beach carpark is closed between 08.45 and 14.45.

The beach and forest is a wonderful place for families to enjoy. Please be aware that there are dog restrictions in place on the beach.

LITTERING

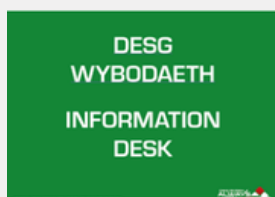
Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are running and riding in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed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

RACE SIGNAGE

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



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.

TEAMS

There is an allocated team handover area in transition. Team members must wait in the team handover area to pass on the timing chip. The cyclist finishing their section must rack their bike first before going to the team handover box to hand over the timing chip.

CONTINGENCIES

In the interest of competitor safety, as with all events, it might 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

Sprint Triathlon, Sprint Duathlon & Standard Triathlon - 13:45

Legend Triathlon- 15:45

Prize giving will take place in the event village. We will be awarding the following prize categories:

- Top 3 Overall (open & female)
- Triathlon - First place for each age group: U20, SEN20, SEN30, VET40, VET50, VET60, VET70

Welsh Triathlon prize giving for the National Middle Distance Championships will take place separately after our prize giving. Please listen out for announcements.

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@alwaysaimhigh events.com to get involved.

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 buoys.

There will be a beach start. If you'd prefer more space, we'd advise you to move to the side or back of the group. 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.



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

You must obey all signals, signs and markings (permanent road and event specific) Any rider exceeding the speed limit or crossing the central white line will be disqualified. It is good practice to use a rear flashing red light.

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 after you exit transition, it will be clearly marked, staffed and checked by marshals.

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.

BIKE COURSE SPECIFIC HAZARDS:

- ➡ At junctions, give way in accordance with the Highway Code. Marshals are not there to stop traffic or tell you when it is safe to proceed.
- ➡ The Standard and Legend courses will cross multiple Pedestrian Crossing points; you **MUST** stop at these if the red light is on.
- ➡ At mile 15.7, the Standard course will cross 2 consecutive roundabouts that are in a busy area, with exits onto a dual carriageway. Take extreme care, stay alert and ensure you follow signage to stay on the correct route.
- ➡ The Standard and Legend routes takes you through busy villages and built up areas, including LlanfairPG, Menai Bridge, Beaumaris (Legend) and Gaerwen (Standard). These areas will be busy with pedestrians and parked cars. Follow all signage and instructions and stay alert.
- ➡ Pedestrians or animals may enter the course—stay alert, race aware and be prepared to react at all times. You must slow if instructed by marshals or signage. other road users. Please take care, watch out for hazards and be prepared to stop.

DRAFTING RULES EXPLAINED

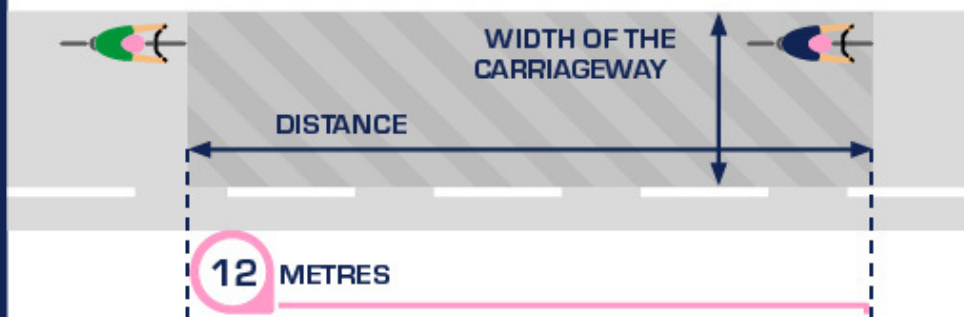
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

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.



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
SPRINT (OR SHORTER)	30 SECS PENALTY	DISQUALIFICATION	N/A
STANDARD	1 MIN PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.



The run is through Newborough Forest and on the beach, it is marked and marshals will be present on course.

The run is on public footpaths, please be aware and considerate to other pedestrians and users. It is a trail run and the ground is uneven along the entirety of the run route. Please pay attention to the ground conditions. Trail shoes should be worn.

Runners taking part in a team should wait in the team handover area to receive their timing chip from the cyclist.

RUN COURSE SPECIFIC HAZARDS:

- ➡ Uneven terrain along the routes, including protruding branches, loose rocks/gravel. Trail specific running shoes are highly recommended.
- ➡ Road crossing; you will be required to cross the beach entry 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. Marshals are not there to advise you when it is clear to cross.
- ➡ Runners must give way to cyclists and all vehicles.
- ➡ Extensive forestry and groundworks have taken place in the forest. Some machinery may be in the area. Please stay away from all machinery and any workers that may be present.



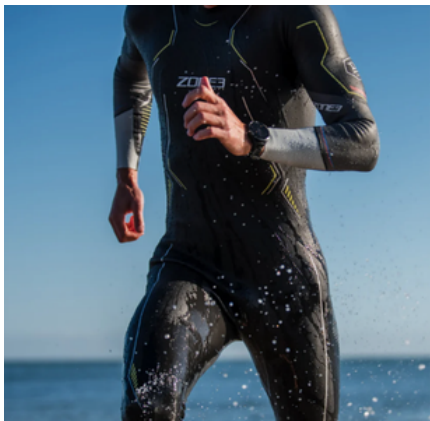
PARTNERS

Thank you to our partners at this event:

SUPERFEET



**WOMEN
IN TRI UK**
Bringing Gender
Diversity to Triathlon



ZONE3 

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USE CODE: ALWAYS AIM HIGH

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