



THE SLATEMAN

TRIATHLON+DUATHLON

14TH JUNE 2026

FINAL INSTRUCTIONS

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REGISTRATION

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

Registration is in the Event Field near transition. Please follow signs to Registration.

SATURDAY 13TH JUNE

14:00-18:00- All distances

All Ultra athletes **MUST** register during this period

SUNDAY 14TH JUNE

05:45 – 06:30: Legend

06:30 – 07:30: Standard Triathlon, Standard Duathlon

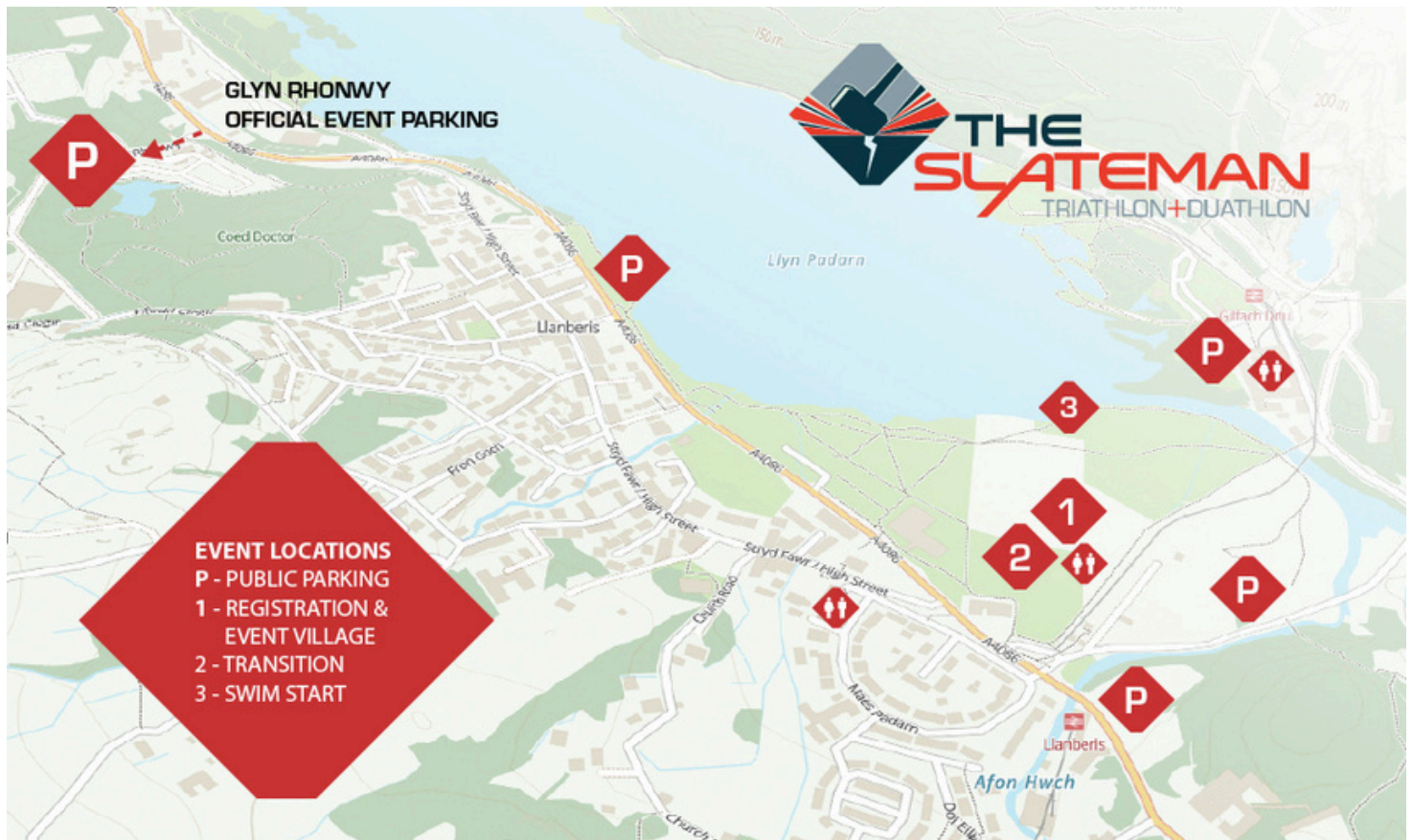
07:30 – 08:30: Sprint Triathlon

RACE BIB COLLECTION

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

VENUE

Event Field in Llanberis LL55 4UR.



GETTING TO THE EVENT

CAR PARKING

Glyn Rhonwy is the official event car park for athletes and spectators, and will be open from 4am on Sunday. (Please see map). Parking will be £5. This is approximately 1 mile from the Event Village.

Please DO NOT park on the streets opposite and around the event village as this is residents' parking only. Please be respectful, as obstructing residents leads to bad feeling towards events in the community.

ROAD CLOSURES

The Llanberis Pass (A4086) will be closed on Sunday 14th June to facilitate the Sprint Triathlon. The closure will be between Nant Peris (opposite the Park & Ride car park) and the Pen y Gwryd Hotel (before the junction), between the hours of 09:00 and 12:30. Emergency vehicles only will be permitted access to the Llanberis Pass between these times.

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 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, or purchase a Race Pass on the day from the Welsh Triathlon stand. To make the registration process as quick and efficient for all, we kindly ask that Race Passes are purchased online prior to your arrival at the event 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. If you don't have one you can purchase one at the event shop.

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

WHAT'S HAPPENING?

There will be stalls, samples and activities from these great local companies and event partners:

Georgio's

Ice cream, iced drinks, pasta and nachos

Coffi Dre

Coffee and great cakes!

Superfeet

Custom made insoles

Pizza Llan

You have to try Al's pizza!

Pen Wiwar

Locally themed hoodies & tees

Chiropractor

For a cracking time

Swig

Delicious smoothies



FACILITIES

There will be portaloos on the event field, in transition and at the run lap point. 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 bag drop tents in Transition where you can leave your items for after the race. Please clearly label your belongings with your race number in advance.

BIKE MAINTENANCE

The Framed Bicycle Co. store is on Llanberis High Street, and will be open on Saturday for spares and repairs (pre-booking is highly recommended to guarantee availability).

MERCHANDISE

Pre-ordered t-shirts & hoodies will be sent out before the event. Merchandise can be bought on the day from the Schimitar Sports tent.

EVENT PHOTOGRAPHY

Our official event photographer is Sports Pictures Cymru. Photos will be available post-race through their website. Please visit 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

RACE DAY TIMINGS

07:30 – 08:30: Registration.

07:30: Transition open.

08:40: Transition must be clear of all competitors (except team members awaiting their relay mate).

08.45: Compulsory Safety Brief at Swim Start.

09.00: Start Sprint Triathlon Wave 1 (purple hat, blue bib)

13:30: Transition must be clear of all bikes after the race.

DRINK STATIONS

Transition

CUT OFF TIMES

09:35 - T1 (swim to bike).

If you are still in the water at this time, you will be pulled out of the race.

11:20 - T2 (bike to run)

13:00 - 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 race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

BIKE TURNAROUND

The sprint turnaround area is a tight U-turn at the bottom of the A4086 BEFORE the junction. You must slow down and get in the correct gear. Please exercise caution and follow marshal instructions

THE ROUTE



SWIM - 750m

Open Water, 1 Lap, Anti-Clockwise.



BIKE - 20.2km

Partly Closed Road, Signed and Marshalled, Hilly.



RUN - 5.8km

Trail, Hilly

See all routes [here](#)

RACE INFORMATION

STANDARD TRIATHLON

RACE DAY TIMINGS

06:30 – 07:30: Registration.

06:30: Transition open.

07:40: Transition must be clear of all competitors (except team members awaiting their relay mate).

07:45: Compulsory Safety Brief at Swim Start.

08:00: Start - Standard wave 1 (white hat, red bib).

08:05: Start - Standard wave 2 (red hat, red bib).

16:00: Transition must be clear of all bikes after the race.

DRINK STATIONS

Transition

Run - 6km

Please carry a reusable cup on the run.

CUT OFF TIMES

09:00 - T1 (swim to bike). If you are still in the water at this time, you will be pulled out of the race.

12:05 - T2 (bike to run)

14:20 - 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 race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

THE ROUTE



SWIM - 1500m.

Open Water, 1 Lap, Anti-Clockwise.



BIKE - 49.9km.

Open Road, Signed and Marshalled, Hilly.



RUN - 11.7km.

Trail, Hilly

See route maps [here](#)

RACE INFORMATION

STANDARD DUATHLON

RACE DAY TIMINGS

06:30 – 07:30: Registration.

06:30: Transition open.

07:40: Transition must be clear of all competitors.

07:45: Compulsory Safety Brief at the start line.

08:00: Start - Standard Duathlon (green bib).

16:00: Transition must be clear of all bikes after the race.

DUATHLON START

The Duathlon start line will be at the finish line next to the Event Village. Competitors will complete the shorter 5.8km run first, followed by the same bike and run route as the standard distance Triathlon.

DRINK STATIONS

Transition

Run- 6km

CUT OFF TIMES

08:55 - T1 (run 1 to bike)

12:00 - T2 (bike to run 2)

14:15 - 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 race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

THE ROUTE



RUN (1) - 5.8km

Trail, Hilly



BIKE - 49.9km

Open Road, Signed and Marshalled, Hilly.



RUN (2) - 11.7km

Trail, Hilly

See route maps [here](#)

RACE INFORMATION

LEGEND TRIATHLON



RACE DAY TIMINGS

06:00 – 06:30: Registration.

06:00: Transition open.

06:40: Transition must be clear of all competitors.

06:45: Compulsory Safety Brief in transition.

07:00: Start - Legend Wave 1 (red hat, pink bib).

07:05: Start Legend Wave 2 (pink hat pink bib)

17:30: Transition must be clear of all bikes after the race.

DRINK STATIONS

Transition

Bike - 52km

Run - 6km,12km,18km

Please carry a bottle to fill up on the bike and a reusable cup on the run.

CUT OFF TIMES

08:10 - T1 (swim to bike). If you are still in the water at this time, you will be pulled out of the race.

13:00 - T2 (bike to run)

15:00 – Run lap 2 – if you have not reached the lap point at 12km by this time you will be directed to the finish line.

17:00 – 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 race organisers discretion to disallow a competitor to continue at any stage should it be deemed unsafe to do so.

THE ROUTE



SWIM - 1900m

Open Water, 1 Lap, Anti-Clockwise.



BIKE – 95km

Open Road, Signed and Marshalled, Hilly.



RUN - 23.1km

2 Laps, Trail, Hilly

See route maps [here](#)

GENERAL EVENT DAY INFORMATION

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.

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



NEUTRAL ZONE

Due to major roadworks, there will be a neutral safety zone for the first 3km of the bike route for Standard, Legend and Ultra athletes. This is an untimed section. Please adhere to all signage (example above) and instructions to ensure your safety and of those around you.

As you cross the mount line, the neutral zone/untimed section will start. You will be signed onto the cycle path. This is a shared path popular with families etc. Dangerous/inconsiderate riding will lead to a DQ. When the cycle track rejoins the main road (after approx 3km) there will be a marshal and a timing point where the race clock restarts. The race continues as normal.

TEAMS

The team handover area will be clearly marked in transition. Cyclists taking part in a relay team should wait in the team handover area to receive the timing chip that acts as a baton. This must be done before making their way to pick up their bike. The cyclist finishing their section must rack their bike in the transition area before making their way to the team handover point to hand over the chip to the runner. Runners taking part in a team should wait in the team handover area to receive their timing chip from the cyclist.

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

11:30- Sprint, Standard & Duathlon Distances

See each [individual distance page](#) for information on categories

13:30- Legend & Ultra Distances

See each [individual distance page](#) for information on 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@alwayssaimhighevents.com to get involved.

The swim is set in the stunning fresh water Llyn Padarn in the shadow of Yr Wyddfa (Snowdon). The swim course will be clearly marked with marker buoys and you will swim in an anticlockwise direction. You must keep the buoys on your left hand side. A map of the course will be on display at registration and at the swim 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 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 powerboats 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 order to protect the sensitive eco-system in the lake, please ensure your wetsuit is cleaned prior to and after the event.



- The Highway Code must be strictly obeyed. Motorbikes will be present during the cycle section to support, guide and referee. The Slateman is a non-drafting event. Failure to adhere to British Triathlon rules laid out in the British Triathlon Rulebook will result in disqualification.
- 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 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 junctions and roundabouts.
- There are sections of the course that pass through busy towns, such as Betws-y-coed and Beddgelert, please ride with caution and obey signage and marshals.
- Give way to traffic; marshals are **NOT** there to stop traffic. You must obey all signals, signs and markings. 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.
- For information, there are public toilets on all courses at in the Rhyd Ddu Station car park (A4085), near to the bridge in Beddgelert, in Nant Gwynant car park (A498). (Standard only) and at the top of the Pen y Pass.

DESCENT OF LLANBERIS PASS

This is an extremely steep, windy section of the route and the descent can be fast and hazardous if you do not exercise caution. Please remain aware at all times! The return into the field and the transition area is a 'give way'. The highway code applies; you **MUST** give way to traffic in this area.

In the interests of safety, cyclists **MUST NOT** cut corners or cross white lines on the ascent or descent of Llanberis Pass. Failure to adhere to this rule will result in disqualification from the event. Be aware white lines can be very slippery when wet – exercise caution!

DRAFTING RULES EXPLAINED

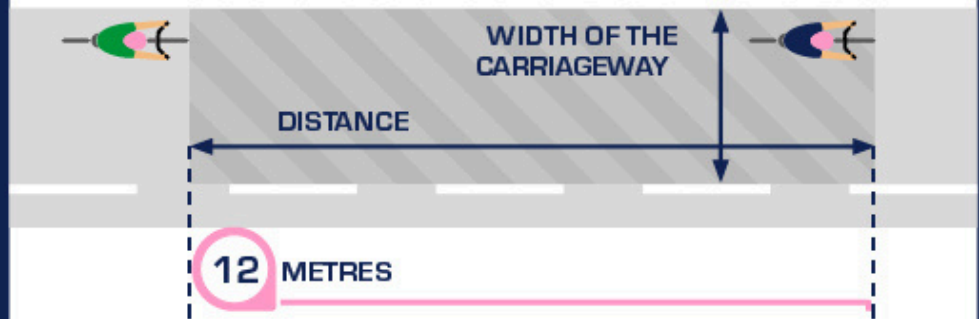
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

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
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 well signposted and marshals will be present on course. Competitors must follow the marked route and are not permitted to choose their own way. Please leave any gates you pass through, as you find them.

Run course specific hazards:

- Road crossing adjacent to Quarry Museum – The road is open to traffic.
- Run along the Llanberis to Nant Peris Road (Standard, Legend & Ultra only) – competitors must always keep to the pavement.
- Follow signs and marshals instructions.
- Slate Trails – please be aware that the trails are uneven and rough underfoot. Suitable 'off road' footwear should be worn.
- Bus Stop Quarry (Standard, Legend & Ultra only) – at the top of the run you will cross the road at bus stop quarry (there is a feed station here). Please be aware that the road is open to traffic.
- Country Park Descents – there are a number of these and they are steep and very slippery in wet conditions. Please take care when running downhill

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:



Cymdeithas Eryri
Snowdonia Society



WELSH
TRIATHLON
CYMRU

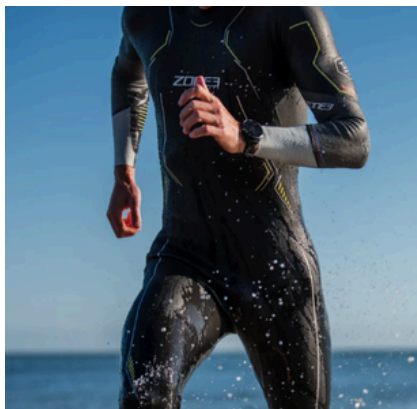


SCIMITAR

body glide®

SUPERFEET

GET 15% OFF
 CRIB GOCH
OUTDOOR
CODE: AAHIGH26



ZONE3

15% OFF SITEWIDE
USE CODE: ALWAYS AIM HIGH

FOR USE EXCLUSIVELY BY PARTICIPANTS OF ALWAYS AIM HIGH EVENTS