



26TH JULY 2026

FINAL INSTRUCTIONS



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REGISTRATION

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

Registration is in Plas y Brenin. Please follow signs to Registration.

Please be aware of the car parking location (see below)

SATURDAY 25TH JULY

19:00 – 20:00 – All distances

SUNDAY 26TH JULY

06:00 – 06:30: Legend

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

07:30 – 08:30: Sprint Triathlon, Sprint Duathlon

08:30 – 09:45: 1500m & 2.4mile Swims

RACE BIB COLLECTION

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

VENUE

Plas y Brenin, Capel Curig, LL24 0ET.



GETTING TO THE EVENT

CAR PARKING

Our designated event parking is in a field approximately 0.8 miles from Plas y Brenin, next to the Siabod Cafe on the A5; it will be signposted once you get close to the site. The car park will be open from 18:00 on Saturday 25th July, and on Sunday from 05:30. overnight parking is not permitted. Please note there are no facilities in the car park.

There is a £5.00 parking fee which will be charged per car on entry to the field. Cash or card payments will be accepted. In the interest of all road users and competitors, do not park on the road or on private property.

The road between the car park and registration is very busy. Follow the signs from the car park through the forest and along the fire road to reach Plas y Brenin safely on foot. Please take care and leave sufficient time to attend registration.

BRITISH TRIATHLON RACE PASS



RELEVANT TO TRIATHLON, DUATHLON & AQUABLIKE RACES ONLY

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 registration.

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?

Plas y Brenin

Plas y Brenin is the National Mountain Centre, and has an excellent cafe-bar on site. Spectators can enjoy the spectacular views of Yr Wyddfa (Snowdon) from the PyB terrace while supporting your race. Registration is located within the main lecture hall.

There is no retail available in the event village, but the Joe Brown outdoor shop just 400m from the centre in Capel Curig will have all last-minute Mandatory Kit requirements in stock.



FACILITIES

There will be portaloos next to the Snowman Triathlon transition area, as well as toilet facilities within Plas y Brenin. You will be in an area of natural beauty that is also home to residents; please be sensitive and plan your comfort breaks for where there are facilities available.

BAG DROP

SWIMS - There will be an unstaffed bag drop tent at the swim exit (on approach to swim start) where you can leave your items for after the race. Please clearly label your belongings with your name and race number in advance.

TRI/DUATHLON & AQUABIKE - 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.

MERCHANDISE

Pre-ordered t-shirts & hoodies will be sent out before the event. [Merchandise can be bought on line from the Scimitar Sports shop.](#)

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 - 08:40: 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 Wave (blue hat, blue bib)

17:30: Finish line timing will be shut down

18:00: Transition must be clear of all bikes after the event.

DRINK STATIONS

There are no drink stations on the sprint bike or run routes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You have 30 minutes to complete your swim.

09:35 - cyclists must be out of T1 to continue to the cycle stage.

You have 1hr 45 minutes to complete your cycle.

11:25 – runners must be out of T2 to continue to the run stage.

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.

COMPULSORY KIT

The compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in [on the race webpage](#)

THE ROUTE



SWIM - 750m

Open Water, 1 Lap, Clockwise.



BIKE - 27KM

Open Road, Signed and Marshalled, Hilly.



RUN - 6.2KM

Trail, Mountainous

See all routes [here](#)

RACE INFORMATION

SPRINT DUATHLON

RACE DAY TIMINGS

- 07:30 - 08:30: Registration
- 07:30 - 08:40: Transition open
- 08:40: Transition must be clear of all competitors.
- 08:45: Compulsory Safety Brief at Duathlon Start
- 09:00: Sprint Duathlon wave: Green bib
- 17:30: Finish line timing will be shut down
- 18:00: Transition must be clear of all bikes after the event.

COMPULSORY KIT

The compulsory kit is mandatory for the second run stage of this event only. See the full list of compulsory kit in [on the race webpage](#)

DUATHLON START

The Duathlon start line will be just across the bridge from Transition. Competitors will complete the shorter 2.4km run first, followed by the same cycle route and 6.1km run as the Sprint distance triathlon.

DRINK STATIONS

There are no drink stations on the sprint bike or run routes. Please make sure you fill up your water bottles in transition.

CUT OFF TIMES

You have 30 minutes to complete your first run.

09:35 - cyclists must be out of T1 to continue to the cycle stage.

You have 1hr 45 minutes to complete your cycle.

11:25 – runners must be out of T2 to continue to the run stage.

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) - 2.2km

Trail, Hilly



BIKE - 27km

Open Road, Signed and Marshalled, Hilly.



RUN (2) - 6.2km

Trail, Hilly

See route maps [here](#)

RACE INFORMATION

STANDARD TRIATHLON

RACE DAY TIMINGS

06:30 - 07:30: Registration

06:30 - 07:40: 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 (orange hat, red bib)

17:30: Finish line timing will be shut down

18:00: Transition must be clear of all bikes after the race

COMPULSORY KIT

The compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in [on the race webpage](#)

DRINK STATIONS

There are no drink stations on the run route, you can re-fill water in transition. There is an un-manned refill station in Blaenau Ffestiniog on the bike route at kilometre 42. Please carry a bottle to fill up on the bike.

CUT OFF TIMES

You have 55 minutes to complete your swim.
09:00 - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 20 minutes to complete your cycle.
13:25 – runners must be out of T2 to continue to the run stage.

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, Clockwise.



BIKE - 69.1KM

Open Road, Signed and Marshalled, Hilly.



RUN - 8.7KM

Trail, Mountainous

See route maps [here](#)

RACE INFORMATION

LEGEND TRIATHLON

RACE DAY TIMINGS

06:00 - 06:30: Registration

06:00 - 06:40: Transition open

06:40: Transition must be clear of all competitors

06:45: Compulsory Safety Brief at Swim Start

07:00- Race Start Wave 1 (Pink hat, pink bib)

17:30: Finish line timing will be shut down

18:00: Transition must be clear of all bikes after the race.

COMPULSORY KIT

The compulsory kit is mandatory for the run stage of this event. See the full list of compulsory kit in [on the race webpage](#)

DRINK STATIONS

Transition

- Bike - 42km
- Run - 12km

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

CUT OFF TIMES

You have 1hr 5 minutes to complete your swim. 08:10 - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 45 minutes to complete your cycle. 13:00 – runners must be out of T2 to continue to the run stage.

You have 1hr 30 minutes to complete the first 12km of your run. 14:30; runners will be cut off from going on to the mountain stage of the run. You have 4hrs 30 minutes to complete the full run

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 – 96km

Open Road, Signed and Marshalled, Hilly.



RUN - 21.2km

2 Laps, Trail, Hilly.

See route maps here

RACE INFORMATION

AQUABIKE

RACE DAY TIMINGS

06:30 - 07:30: Registration

06:30 - 07:40: 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 (orange hat, red bib)

17:30: Finish line timing will be shut down

18:00: Transition must be clear of all bikes after the race

DRINK STATIONS

There are no drink stations on the run route, you can re-fill water in transition. There is a refill station in Blaenau Ffestiniog on the bike route at kilometre 42. Please carry a bottle to fill up on the bike.

CUT OFF TIMES

You have 55 minutes to complete your swim.

09:00 - cyclists must be out of T1 to continue to the cycle stage.

You have 4hrs 20 minutes to complete your cycle.

13:25 – runners must be back in transition to continue to the run stage.

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, Clockwise.



BIKE - 69.1km

Open Road, Signed and Marshalled, Hilly.



The race finishes when competitors enter transition after the bike section.

See route maps [here](#)

RACE INFORMATION

SWIM RACES

RACE DAY TIMINGS

08:30 - 09:45: Registration for all swim races

2.4 Mile Swim

10:00: Compulsory Safety Brief at Swim Start

10:15: Start - Yellow hat

1500m Swim

10:15: Compulsory Safety Brief at Swim Start

10:30: Start - Green hat

COMPULSORY KIT

Wetsuits are compulsory for the swim if the water temperature is below 15.9°C, otherwise they are optional. 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.

ACCESSING SWIM START

When leaving registration towards swim start, follow signs that say 'to the start'. The swim start as a 5 minute walk from registration, cross the narrow bridge and follow the signs.

RACE STARTS

You'll be started in the water, as a mass start. If you'd prefer more space, we'd advise you to move to the side or hang back once in the water.

SWIM COURSE

The swim course will be detailed at the swim start and during your compulsory safety brief. You will swim the course in a clockwise direction keeping the buoys to your right. Please follow instructions given to you by marshals and the water safety team.

WATER SAFETY

There will be safety vessels to ensure your safety whilst swimming. If you get into difficulty during the swim, or need to rest, raise your hand and shout 'HELP'; a water craft will come to you and aid you to safety. You will be asked to hold onto the craft, please do not attempt to climb on board.

THE ROUTE



1500m SWIM

1 Lap, Clockwise.



2.4mile SWIM

2 large & 2 small laps.

Full briefing & swim course maps will be available before the race.

MANDATORY KIT

All triathlon & duathlon competitors must carry the compulsory kit listed below on the run sections of this event (not Duathlon Run 1). This is for your safety due to the often unpredictable and quickly changing mountain conditions and isolated nature of the route. Following a dynamic risk assessment, the Race Director may relax certain items of compulsory equipment. If relevant, this will be announced in the safety brief.

COMPULSORY KIT

- Waterproof jacket and trousers (with taped seams and integrated, attached hood)
- Suitable off road running shoes - fell/trail shoes
- Hat and Gloves (Head and hand cover)
- Whistle
- Emergency food
- Foil Blanket
- Drinking water
- Mobile Telephone

You must be prepared to show that you are carrying the full compulsory kit upon entry into transition, when requested by one of our team. You will not be permitted to continue on to the run section if your kit is deemed insufficient. If you are seen leaving to go on the run without the compulsory kit you will be told to retrieve it from transition. If you go out on to the run without your kit you will be disqualified.

ADDITIONAL PERMITTED KIT

- Poles (we permit people to use poles)
- Sun hat
- Sun lotion

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

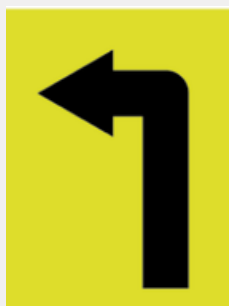
Any person found littering will be immediately disqualified from the event. Please respect the beautiful location you are running and riding in and dispose of any gels and other rubbish responsibly. There are designated litter points along the route, and at the feed stations. Litter may also be handed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

RACE SIGNAGE

Please pay attention to the following sign colourings:

GREEN = Event Village Signage

YELLOW = Race Course Signage



TEAMS

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.

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

The prize giving will take place in the same room as Registration. Please come along to collect your prizes and have your moment on the podium, or to congratulate your fellow competitors.

12:30- Sprint Triathlon & Sprint Duathlon Distances. 1500m & 2.4mile Swims

14:00- Standard Triathlon, Standard Duathlon, Aquabike & Legend Triathlon

Please see the race webpages for more information about prize giving 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 to get involved.

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

When walking to the swim start, there is a narrow bridge to cross. Please be considerate of triathlon competitors who are crossing the bridge coming towards you to enter the Transition area. You **MUST** always give the competitor heading into transition the right of way, and follow any instructions given by marshals.

SWIM COURSE

The swim is set in the stunning fresh water Llynau Mymbyr at the base of Moel Siabod. The course will be clearly marked with large buoys and you will swim in a clockwise direction. You must keep the buoys on your right hand side. A map of the course will be on display at the swim start area.

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 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 boat, 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 before 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 Snowman Triathlon & Duathlon 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 be allowed to 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. 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 key junctions and roundabouts.

Any cyclist taking part in a relay team should wait in the team handover area to pass on the timing chip that acts as a baton. This must be done before making their way to pick up their bike and after the bike is racked on return. The team handover area will be clearly marked.

IMPORTANT Bike course specific hazards:

Compulsory stop at Ogwen Cottage – Legend and Sprint distance athletes

Where the old Roman road meets the A5 at Ogwen cottage you **MUST** stop before turning right to join the fast flowing A5 back towards Plas y Brenin.

To comply with the compulsory stop, riders must bring their bike to a stop and place one foot on the ground.

There will be marshals present as well as signs clearly stating your need to stop at this junction. Any cyclists who do not adhere to this compulsory stop will be reported and disqualified from the race.

DRAFTING RULES EXPLAINED

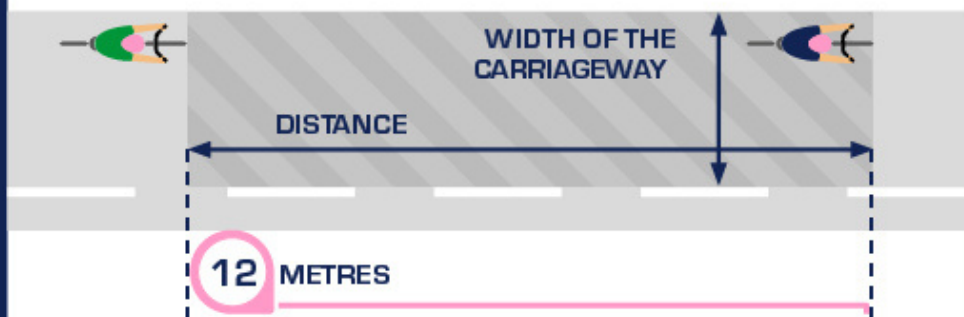
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

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

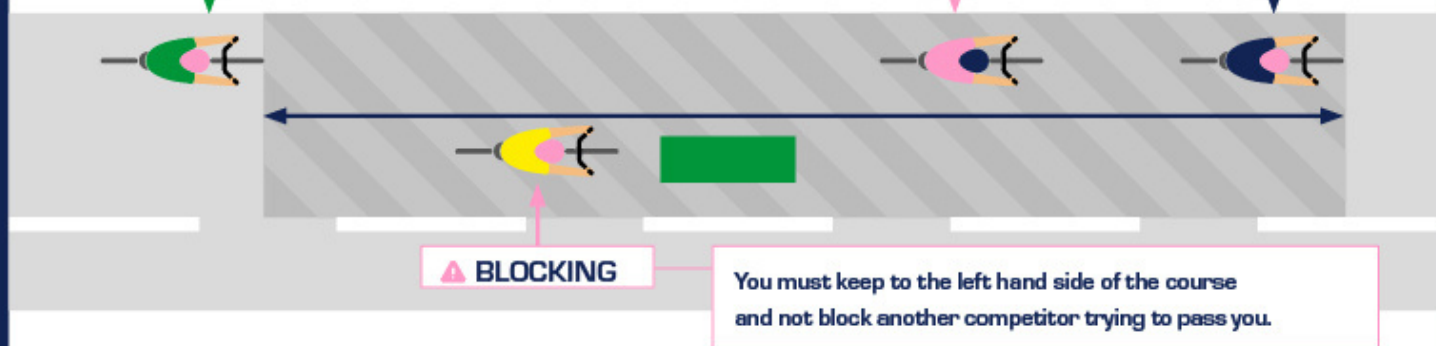


DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠ DRAFTING BIKE

LEAD BIKE



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.



Change into your running kit in the transition area. The run is well sign posted and marshals will be present on course. Competitors must follow the marked route and are not permitted to choose their own way. Please close any gates you pass through. Runners taking part in a team should wait in the team handover area in Transition 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 run is on public footpaths, please be aware and considerate to other pedestrians.

IMPORTANT Run Course Specific Hazards:

Please close any gates you pass through. There are multiple stiles along the route - be prepared, you may need to queue and wait to cross the stiles. Any runners found to be jumping adjacent fences or walls will be reported and disqualified from the race. Please use good race etiquette.

Turnaround Points for all Distances

There will be marshals present to turn you around as well as a sign which clearly states your turnaround point. Please familiarise yourself with the maps on the website. These will also be available to view at registration. Please always overtake other competitors on the right.

Legend Run Road Crossing Next to Plas y Brenin.

You will cross this on your way out and on your way back. Be careful, this is a busy road with a lot of traffic. Follow any instructions given by marshals.

Moel Siabod Descent

The descent of Moel Siabod is fast, steep and rocky in places. Take care and look out for your fellow runners.



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

Your bike will be checked against your race number on entry and exit of transition. Please fill in the emergency detail on the back of your race bib before entering transition. If you wish to re-enter transition after racking your bike, you can show your race number or timing chip.

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

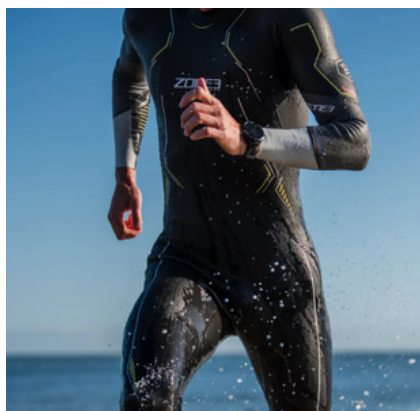
SUPERFEET

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