



ATHLETE GUIDE

AGILIS Llanelli Sprint Triathlon

May 11th 2025

www.healthylifeactivities.co.uk





Welsh Sprint Championships

Welsh Super Series

Tîm Cymru Qualifier



Event Location



North Dock, Llanelli SA15 2LF

For places to stay visit:

discovercarmarthenshire.com



Event Parking



Free parking: Dragons24 offices on the right as you enter the Dock.

Pay & Display: By St Elli's Bay within North Dock

DO NOT PARK on the road itself as this is part of the new Bike Course that takes you out towards the Loughor Bridge.

Registration



Please bring:

- For Welsh Triathlon Members please bring proof of membership with you
- Photo ID (passport / driving license)

Race packs will include the following:

- Timing chip
- Security Wristband
- 2x Race numbers
- Tri bike set stickers
- AGILIS Swim cap
- Decal (race number transfer)

Chip timing:

- You must return your chip to the marshals at the finishing line
- If you drop out your chip must be returned to marshals
- Failure to return your chip will result in a £60 charge



Event Schedule



Saturday May 10th 2025

17:00 – 19:00
Early Registration – Llanelli Sprint Triathlon

Sunday May 11th 2025

05:15am	Registration Opens
05:30am	Transition Opens
06:30am	Registration Closes
06:45am	Transition Closes
06:45am	Compulsory Race Briefing
07:00am	1st Swim Wave
07:15am	2nd Swim Wave
07:30am	3rd Swim Wave
07:45am	4th Swim Wave
10:30am	Transition Dismantled
10:30am	Prize Presentation

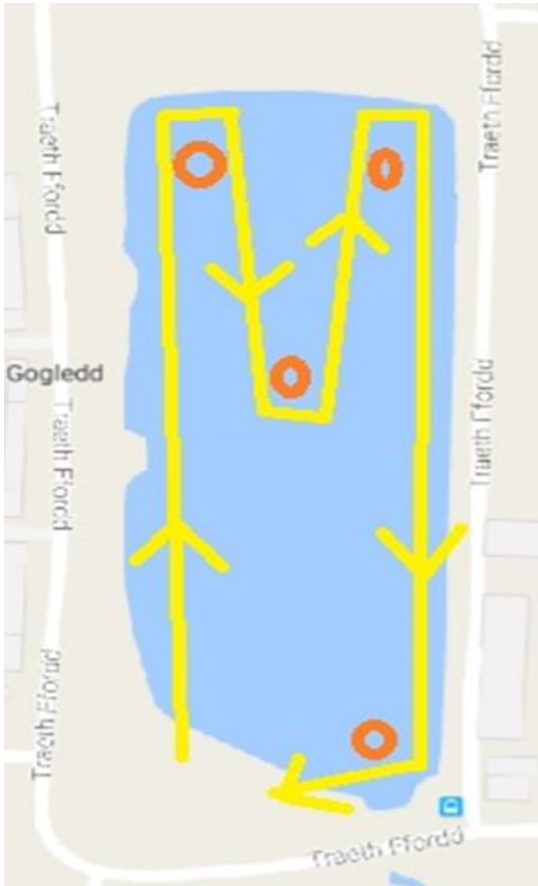
Transition



- Only athletes with a security wristband are allowed in Transition.
- Bike numbers must be attached, and all bikes are to be racked by the saddle.
- Put on and fasten your helmet *before* entering Transition.
- Only enter and exit transition at the designated points.

Swim Course

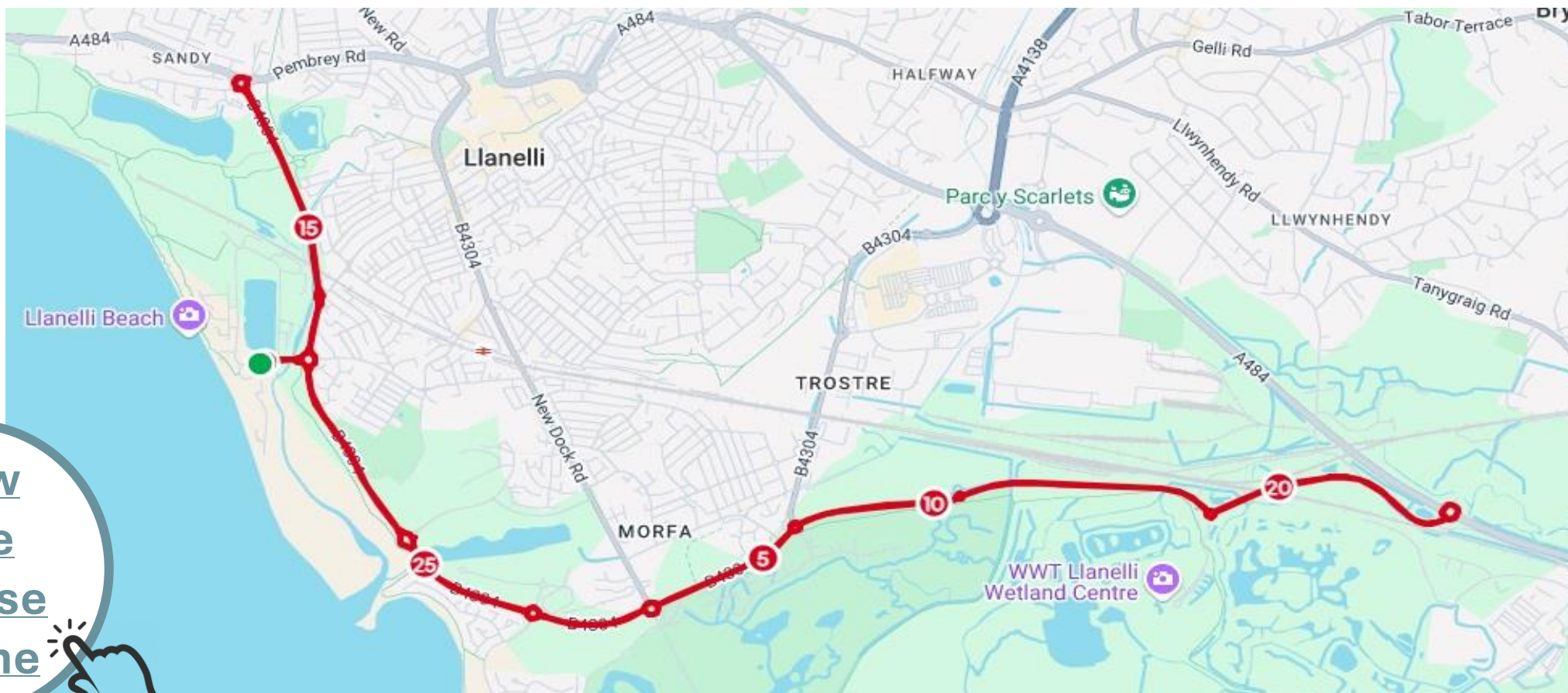
750m



- The race has a beach start. Please enter the swim holding pen through the marked access point 5 minutes before your wave starts.
- You'll cross a timing mat as you enter the holding area to log your race number.
- The swim is one clockwise lap of 750m.
- Water safety is in place. If you need help, roll onto your back and raise one arm - assistance will come quickly.
- The North Dock is ideal for first time open water swimmers. The max depth is around 5'10", so you can stand if needed.
- Wetsuits are optional if the water temperature is between 14°C and 22°C.

Bike Course

26km



[View
Bike
Course
Online](#)



Bike Course



NEW BIKE COURSE for 2025

ROADS ARE OPEN - You MUST obey the Highway Code at all times

- Turn left out of **North Dock** to start Lap 1 (this is a 2-lap course).
- After 1.27 km, go all the way around the **Sandpiper/HYVE roundabout**.
- Then head towards Loughor Bridge, passing through 7 roundabouts.
- At the **Berwick Roundabout** (7.5 km), go all the way around and then **head back towards North Dock**.
- That's the **end of Lap 1** - you must complete 2 laps.
- At the **end of Lap 2**, take the 1st left and **head back into North Dock**.
- The course will be clearly marked with black arrows on a yellow background.

Run Course

5km



- You'll exit at the top end of Transition.
- Take care crossing the road - then head onto the Millennium Coastal Path.
- Keep right, run over the railway bridge, and follow the path down to your left.
- Continue towards Pwll playing fields. The run is a straight out-and-back from there.
- The turnaround point will be clearly marked and marshalled.
- A lead cyclist will guide the first runner.

Medical



Extensive medical cover will be provided on all sections of the course.

If you require assistance at any point, please find the nearest marshal, who will be able to contact medical support for you.

Each race number will have a medical details form on the back - please complete this if you have any conditions or are taking any medication that the organisers or medical staff should be aware of.

If you are feeling unwell on race day or have been unwell in the lead-up to the event, please carefully consider whether you are fit to compete.

St John
Ambulance
Cymru



Safeguarding



We are committed to providing a safe and inclusive environment for all athletes, volunteers, and spectators.

If you have any concerns about the welfare of a participant or experience anything that raises concerns regarding safety, wellbeing or inappropriate behaviour, please contact:

Event Organiser: Noelwyn Daniel

Safeguarding Officer: Sara Daniel

Technical Officials

who will be located around the registration tent and transition area.

All concerns will be taken seriously and handled confidentially.

Additional Info



Home Nation Association Membership Cards

Please bring your Welsh or British Triathlon membership card, and make sure it's up to date and valid on race day. If you forget your card, you'll need to pay £8.00 (£2.00 for athletes aged 24 and under) for a Race Pass.

Withdrawing during the race

If you need to stop and withdraw from the race at any point, please don't hesitate to do so. It's mandatory to find the nearest marshal, who will assist you in getting back to event headquarters. Marshals can also call for medical support if needed. Be sure to notify a Technical Official, the Timing team, or the Event Organiser to return your timing chip and confirm that you've withdrawn.

Sustainability

We kindly ask all competitors to try to keep the venue and surrounding area clean. There will be plenty of bins available for your use.

Prize Presentation



To Start **Welsh Triathlon** will present the Welsh Championship Medals and overall 1st, 2nd, 3rd Welsh Champions.

Healthy Life Activities will Present Age Category Trophies:

Overall 1st Open & 1st Female

- 1st 2nd 3rd - Open & Female (15 – 16)
- 1st 2nd 3rd - Open & Female (17 – 19)
- 1st 2nd 3rd - Open & Female (20-39)
- 1st 2nd 3rd - Open & Female (40 – 49)
- 1st 2nd 3rd - Open & Female (50 – 59)
- 1st 2nd 3rd - Open & Female (60 – 69)
- 1st 2nd 3rd - Open & Female (70 plus)
- 1st Relay Team



Volunteers



Total Raised and donated = £149,821k



Healthy Life Activities is a non-profit organisation, and this event is run entirely by volunteers.

Our amazing volunteers make this event possible. Many are triathletes, runners, or local people who simply want to help. Please take a moment to thank them as you pass - they're here for you.

Any athlete who insults a volunteer will be disqualified immediately.

Proceeds cover event costs and support local charities, community groups, and sports clubs with coaching and equipment.

Post Race



- Please place your timing chip in the container as you leave the finish area (£60 charge if not returned)
- You can view your finish time and position thanks to Titanium Timing.
- Transition will reopen once the last cyclist has started the run.
- Collect your bike as soon as possible - your race number or wristband is needed for ID.
- Please take **ALL LITTER** with you.
- Enjoy the presentation ceremony!
- Refreshments are available at St Elli's Bay - show your race number or wristband for a 10% discount.

British Tri Rules



We will have British Triathlon Technical Officials on-site on race day.

Competition Rules govern the behaviour of competitors to ensure competition is safe and fair.

The rules also set out the specifications for equipment to be used during competition.

All competitors in a British Triathlon-permitted event should review these rules to ensure full compliance and avoid penalties for any infringements.



British Tri
Competition
Rules



