



ATHLETE GUIDE

ACTIF Amman Valley Triathlon

April 19th 2026

www.healthylifeactivities.co.uk

Event Location



 **Ammanford Leisure Centre**
Margaret St, SA18 2NP

For places to stay visit:

discovercarmarthenshire.com



Event Parking



Race Car Park will close at 6:30am

- No cars will be allowed to exit the Race Car Park under any circumstances until the last cyclist has returned.
- We strongly recommend that all athletes park in the Overflow Car Park. This will be clearly signed and is situated by the Ammanford Bus Station.
- Please don't park on the Roads by the Leisure Ctr.
- Please don't park in the new Co-Op!



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:

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



Event Schedule



Saturday April 18th 2026

15:00 – 16:00
Early Registration Amman Valley Triathlon

Sunday April 19th 2026

06:00am	Registration Opens
10:30am	Registration Closes
06:00am	Transition Opens
	Transition Doesn't Close
07:00am	1st Swimmers Start
12:00am	Prize Presentation

Transition



- Transition Opens at 6:00am – remains open throughout the event.
- Register first then go to 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

400m = 16 Lengths



- The first swimmers will start at 7:00am.
- You will be allocated a swim start time and this will be available from April 12th.
- You must be at poolside 15 minutes before your allocated estimated swim start time.
- We will be operating a rolling start programme which means that as soon as one swimmer exits another swimmer will start. This will allow a smoother flow to the race.
- You will be asked by the marshal to enter the designated lane - you must not enter the water unless instructed to do so.
- You will enter and exit the swim at the deep end.
- The swim is 16 lengths, you may stand but you must not walk in the pool.
- When you exit the water you should exit the building via the fire exit door at the back of the building and make your way to transition.
- There will be marshals counting the number of lengths – when you have 2 lengths to go they will place a float in the water or tap you on the head.
- If you wish to get changed after the swim you will be able to use the changing room facilities first but this time will count towards your finish time.

Bike Course



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

- Helmets are mandatory, and must be worn clipped up at all times during the bike stage and only taken off again once your bike has been racking in transition.
- Please make sure your race number is clearly shown on your back before leaving transition.
- After mounting your bike at the designated Mount line you will take the first left exit out of the Leisure Centre.
- This is a NON-DRAFTING bike course
- Margaret Street leads you into Union Street then you will turn left onto High Street and then left again onto the A474.
- Follow the A474 road all the way to Garnant where there is a mini roundabout which will be marshalled – this is your turn around point for the bike.
- Re-trace your steps back towards Ammanford and all the way down to the roundabout by Lidl's where you will go all the way round the roundabout and head back up past Lidl's before taking the first left back onto High Street and back to the Leisure Centre.
- Dismount at the designated line – this will be marshalled.

Run Course

5km



- On exiting transition area head out from the Leisure Centre and turn left onto Margaret Street.
- Follow Margaret Street and then take a small lane and turn left onto Walters Road.
- At the end of Walters Road cross the road and turn right before taking a left turn onto High Street.
- Within 50 metres you will then enter onto the new cycle path which will take you on a picturesque trail.
- The turnaround point will be located along this path and you then re-trace your steps exactly back to the Leisure Centre.

Relay Teams



- There will be a separate holding area for relay teams in Transition.
- The swimmer will need to start with the timing chip attached.
- That will then be passed to the cyclist at the transition holding area who will in turn pass to the runner waiting in the same zone.
- The Cyclist will need the number on their back whilst the runner will need the number visible on their front.
- All Relay Team members receive a Finisher Medal and can cross the finish line together.



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: Angharad Evans

Technical Officials

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

[View
Parents
Safeguarding
Info](#)



All concerns will be taken seriously and handled confidentially.

[View
Athletes
Guide
2026](#)



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.

The Finish



Finishers Medal for Everyone



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

Prize Presentation



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.
- Please pick up your bike and belongings from Transition once you have Finished the race, your race number or wristband is needed for ID.
- Please take **ALL LITTER** with you.
- Enjoy the presentation ceremony!

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](#)



About US



- Healthy Life Activities is a not for profit organisation.
- We are affiliated to Welsh Triathlon.
- We organise these events on a voluntary basis.
- The proceeds are used to cover the cost of the event we also make donations to local charities, community groups and we also donate sports equipment to local schools.
- We have donated £156,621 over the years to local charities, local athletes and sports clubs. Making a Difference
- We have organised 166 events since 2001 – this is our 26th season



