

Carmarthen Junior Fun Triathlon



July 18th 2026
ATHLETE GUIDE



www.healthylifeactivities.co.uk



Gweithgareddau Bywyd Iach



Healthy Life Activities



**This event is brought to you by
Healthy Life Activities in Partnership
with Carmarthen Triathlon Club**

EVENT LOCATION



**Carmarthen Leisure Centre
Llansteffan Rd,
Johnstown,
Carmarthen,
Carmarthenshire
SA31 3NQ**

discovercarmarthenshire.com

Event Parking



Please park in the designated car parks available within the Carmarthen Lesiure Centre grounds

Registration Opens at 3pm



Please Bring :

- If you stated you are a Welsh Triathlon Member when you entered then please bring proof of membership with you.
- **Race Packs** will include the following items:

2 x Race Numbers
Security Wristband

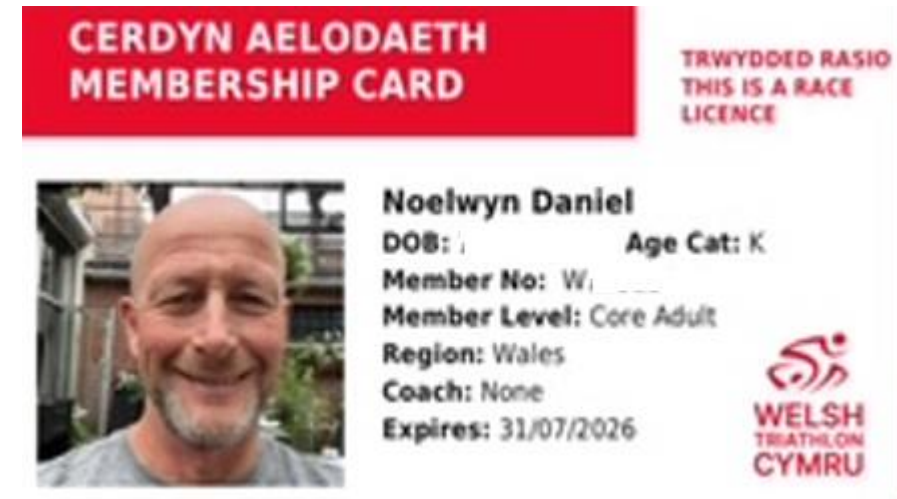
Bike Sticker / Helmet Sticker
Swim Cap

Home Nation Association Membership Cards

Please bring your Welsh / British Triathlon membership card and ensure it is up to date and valid on race day. If you fail to bring your membership card, you will be required to pay £2.00 for a Race Pass

Withdrawing during the race

If at any point during the race you feel the need to stop and pull out of the race, please do not hesitate to do so. It is mandatory that if you withdraw from the race then you need to find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed. Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.



Schedule Saturday July 18th 2026

3:00pm	Race Registration Open – this takes place within the Leisure Centre
3:00pm	Transition Opens
4:00pm	Race Briefing – Transition Area
4:20pm	All athletes to be Poolside
4:30pm	Race Start Course 1 First Course 2 will start once all athletes doing Course 2 have finished.
5:30pm	Transition Opens to collect bikes

Our Carmarthen Junior Fun Triathlon returns for the 1st time since 2019 and is organised in partnership with Carmarthen Triathlon Club.

A fun based Triathlon for Juniors from 8 – 14yrs. This event is all about giving Triathlon a go and enjoying yourselves which is why we have two course options for you.

Course Options	Swim	Bike	Run
Junior Course One	50m	550m (2 Loop)s	500m (2 laps)
Junior Course Two	150m	1100m (4 laps)	1km (4 Laps)

Everyone will get a special **FINISHERS** medal. There are no Trophy categories for this event as we focus on the FUN factor

Transition Opens at 3pm



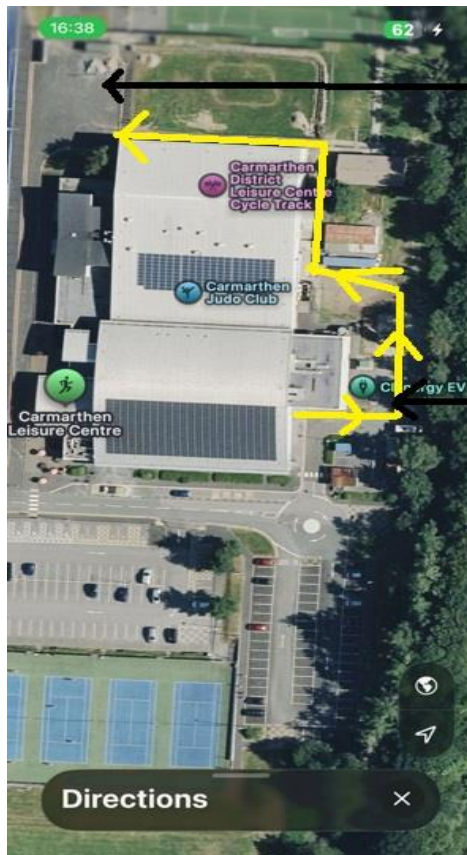
- No-one other than athletes wearing a security wristband will be allowed into Transition.
- You must have the bike number attached. Bikes must be hooked onto the racking by the saddle. We will allow the younger ones to lean their bikes against the racking if easier.
- Please wear and fasten your helmet before entering transition. This will be checked.
- Please only enter and exit transition at the designated point- up.
- We will have plenty of help for the young athletes in Transition

Swim Course



- **Course One = 1 LAP / COURSE 2 = 3 LAPS**
- The swim course will be clearly marked with 3 Healthy Life Activity Buoys.
- Water safety cover will be provided by the Lifeguards –
if you get into difficulties, turn onto your back and raise one arm in the air

From Pool to Transition Area

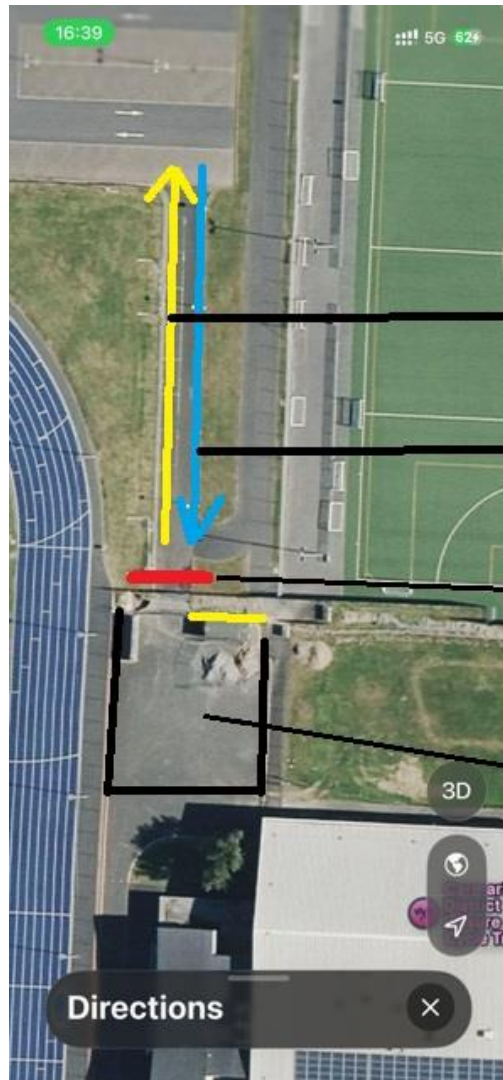


**Transition
Area**

**Run from Pool
to Transition -
this will be well
marshalled.**

**Athletes can
wear their
trainers for this
run**

- After completing the correct number of swim Laps you will exit onto the Slipway.
- You can wear trainers or other footwear for the run from the Pool to Transition.
- Marshalls will be directing to Transition
- Your bikes will be racked – racking not numbered.
- There will be plenty of marshall to assist once in Transition.



**Yellow Line - transition
to bike course**

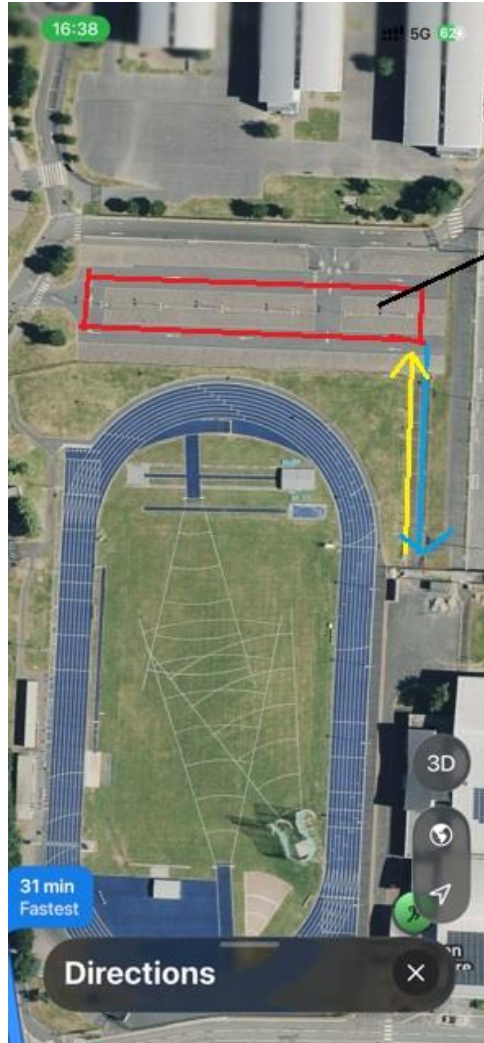
**Blue Line is Bike back
to Transition**

**Mount and
Dismount Line
for the Bike**

**Transition Area -
there will be bike
racking available**

From Transition to Bike Course

- There will be several marshals in Transition to assist the athletes.
- Athletes must fasten their helmets 1st before grabbing their bike off the racking.
- Athletes must push their Bike to the Mount Line – a marshall will be on the Mount Line. They then cycle to start their laps.
- One athletes have completed the correct number of laps they then return to Transition (Blue Line).
- Athletes then Dismount their bike and push back into Transition.



Bike course is a circuit of the car park - this will be well marked and marshalled.

BIKE COURSE

- Course 1 = 2 Laps / Course 2 = 4 Laps
- Helmets are mandatory
- You push your bike and exit transition and mount the bike at the designated line..
- Once correct laps have been completed you return to the Transition Area.
- Dismount at the designated line.

Run Course



- **COURSE 1 = 2 LAPS / COURSE 2 = 4 LAPS**
- Athletes exit Transition and enter the Hockey pitch through the open gate.
- They run Anti-Clockwise around the Hockey Pitch – course will be marked with bollards and Red/White Tape.
- Once the correct number of laps has been completed, athletes then exit the run course and head towards the Finish Line
- Once again we have plenty of marshals on the run course.



**From Run
Course to
Finish Line**

From Run Course to Finish Line

- Once athletes have completed their Run Laps they Exit the Run Course.
- They will be guided around Transition and towards the RED carpet Finish Line.
- Once again we have plenty of marshals on the run course.

The Finish



Finishers Medal for Everyone



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 OUR :

Safeguarding Officer: Angharad Evans



[View
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Safeguarding
Info](#)



Technical Officials

Who will be located around the registration tent and transition area.
All concerns will be taken seriously and handled confidentially.

Medical

There will be extensive medical cover provided on all sections of the course. If at any point you require assistance, please find the nearest marshal who will be able to locate medical support for you. All race numbers will have a medical details form on the reverse, please complete this if you have any conditions or are taking any medication which the organisers or medical staff should be aware of. If for any reason you are feeling unwell on race day or have been unwell in the build-up to the race, please consider carefully whether you are fit to compete.



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Elusennau Iechyd
HYWEL DDA
Health Charities

OUR 2026 CHARITY IS
HYWEL DDA CHARITIES
ADULT DIABETES



Elusennau Iechyd Hywel Dda
Hywel Dda Health Charities

Volunteers



Total Raised and donated = £156,621



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.

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 167 events since 2001 – this is our 26th season



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Events Crew



Post Race

- Transition will re-open once the last cyclist is in and has exited on their Run
- Please collect your Bike ASAP – you will need your race number / Wrist Band for ID
- Take **ALL LITTER** with you PLEASE.

British Triathlon Competition Rules

- We will have British Triathlon Technical Officials with us 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 taking part in a British Triathlon permitted event should familiarise themselves with these rules, in order to comply fully and avoid incurring a penalty for infringement.



Competition Rules – British Triathlon

Sustainability

- We expect all competitors and supporters to keep the venue, and the surrounding area as clean as possible
- There will be ample Large Green bins around the Transition Area.



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