

www.healthylifeactivities.co.uk



May 9th 2026

ATHLETE GUIDE



EVENT LOCATION



North Dock, Llanelli SA15 2LF



Where to Stay – Go To

discovercarmarthenshire.com

Event Parking



Dragons24 Car Park - Free

DO NOT PARK ON THIS ROAD - Part of Bike Course

St Elli's Bay Car Park

- Parking is available at the North Dock by St Elli's Bay and is Pay & Display.
- There is free car parking Dragons24 offices on the right as you enter the Dock.

Registration



Please Bring :

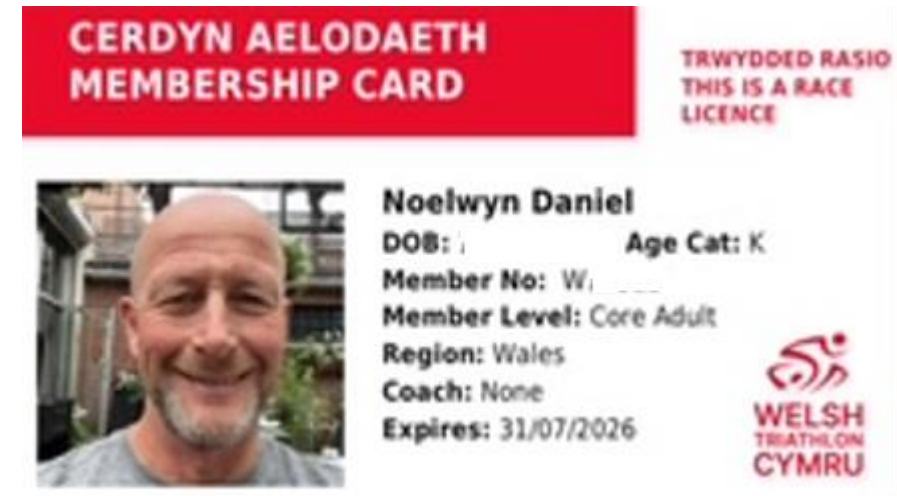
- If you stated you are a Welsh Triathlon Member then please bring proof of membership with you.
- **Race Packs** will include the following items:
 - Timing Chip x 1
 - Swim Sharks Swim Cap
 - 2 x Race Numbers
 - Bike Sticker / Helmet Sticker
 - Security Wristband
- Please return your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event crew. Competitors who fail to return their timing chip will be charged **£60** as per the terms and conditions of entry.

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 Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.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 Saurday May 9th 2026

6:00am	Road Closure in Place on Coastal Road
6:45am	Registration Opens
7:00am	Transition Opens
7:45am	Transition Closes
7:45am	Compulsory Race Briefing
8:00am	Tristar S will be the 1st wave. Tristar 1 will start once TS bikes have finished and so forth with Tristar 2 and finally Tristar 3.
10:00am	Transition To be vacated
10:00am	Prize Presentation

Transition



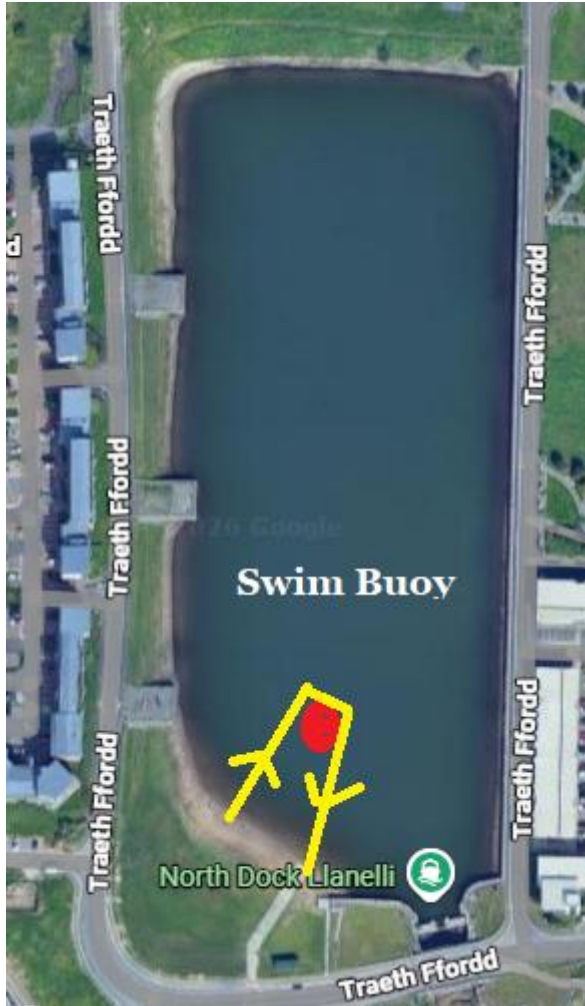
- No-one other than athletes wearing a security wristband will be allowed into Transition.
- You must have the bike number attached. Bikes must be hooked onto the racking by the saddle. We will allow the younger ones to lean their bikes against the racking if easier
- Please wear and fasten your helmet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

Transition Exit and Entry Points



- After completing the correct number of swim Laps you will exit onto the Slipway.
- Marshalls will be directing you around transition.
- Your bikes will be racked – racking not numbered.
- The Bike Exit and Entry Point are the same. The next wave won't start until the last bike is in from previous wave.
- At run Exit you follow the pavement around transition, cross the closed road and onto the Coastal Path.
- There will be plenty of marshall to assist.

Swim Course



- This is a beach start and you will be asked to enter the holding pen through one access point – 5 mins before the Wave Start Time.
- All athletes will cross a timing mat that will capture your Race Number as you enter the swim holding area.
- The swim course will be 100m and you will swim the following number of LAPS :
 - Tristar S – One Lap (100m)
 - Tristar 1 – Two Laps (200m)
 - Tristar 2 – Three Laps (300m)
 - Tristar 3 – Three Laps (300m)
- Water safety cover will be provided – if you get into difficulties, turn onto your back and raise one arm in the air, and help will be with you quickly.
- Wetsuits will be optional if Temperature is between 14 and 22 degrees. There will be support in Transition to assist with removing wetsuits.

Llanelli Junior Triathlon Bike

- **Tristar S - 1500m**
 - **Tristar 1 – 2000m**
 - **Tristar 2 – 4000m**
 - **Tristar 3 – 4000m**
-
- **Helmets are mandatory**
 - **You push your bike and exit transition and mount the bike at the designated line.**
 - **Do not cross the white lines down the centre of the road.**
 - **A Large Bollard and Marshall will be at the Bike Turn Point for Ts .**
 - **T1, T2 & T3 will all cycle 1km to the roundabout.**
 - **See Course Maps next!**
 - **Once correct laps have been completed you return to the Transition Area.**



Bike Course – TRISTAR S Category

- Tristar S Bike = 1500m
- A Large Bollard and Marshall will be at the Bike Turn Point for Ts
- Once you go around the bollard you then return to transition area



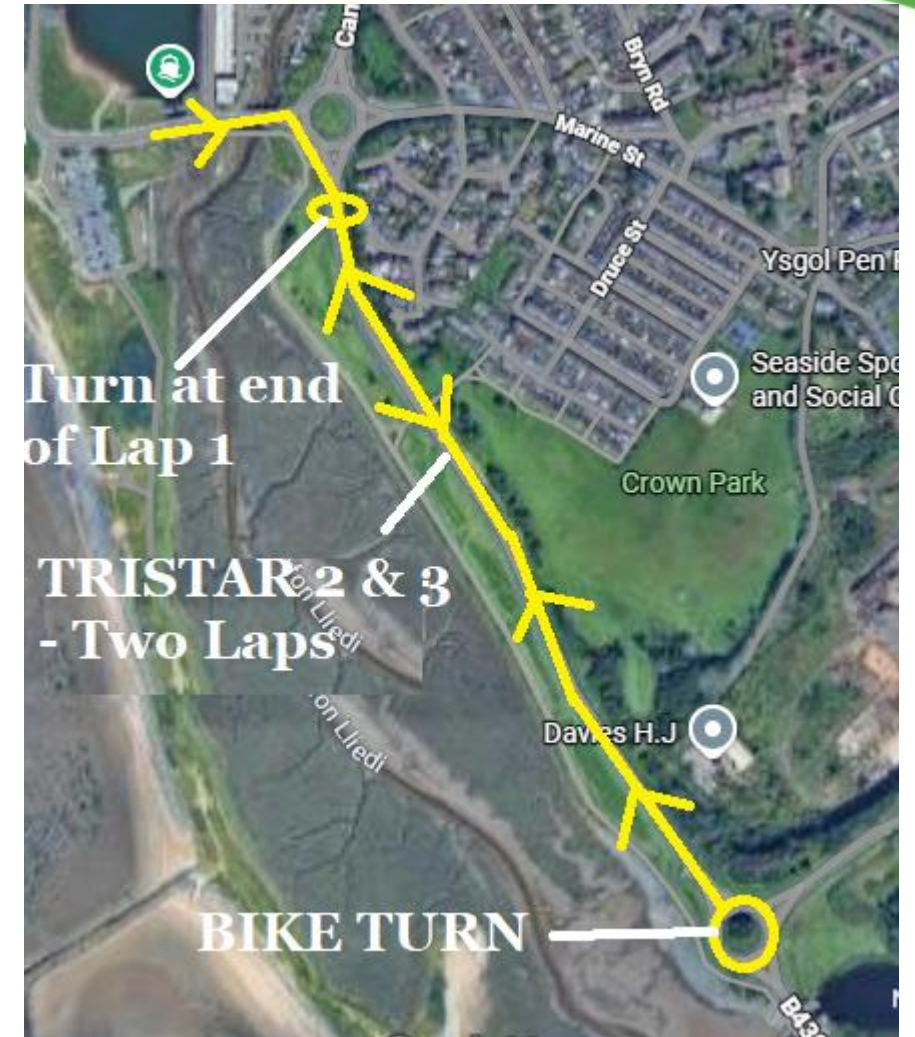
Bike Course – TRISTAR 1

- Tristar 1 – 2000m (One Lap)
- You cycle to the Roundabout as marked and then back towards the North Dock.



Bike Course – TRISTAR 2 & 3

- **Tristar 2 & 3 – 4000m (Two Laps)**
- **You cycle to the Roundabout and then back towards the bollard as marked on the map**
- **That's the end of Lap 1 – repeat that Lap and then head into Transition.**
- **You Complete Two Laps**



Bike – TRISTAR 3 ONLY

- In line with the TriStar regulations in place at the IRC event in August, any TS3 athlete who wishes to be considered for selection must compete at the selection event with gear-restrictions to ensure the team chosen is appropriate for the race demands.
- Athletes on unrestricted gears may still compete but only those racing with gear restrictions will be eligible for selection.
- Athletes must also comply with the published wheel regulations.
- Before entering transition, athletes who wish to be eligible for selection will need to have their bike rolled out and wheels checked, so please arrive with your bike already set up to meet the requirements.
- Athletes who are competing at the selection event and wish to be considered for selection must inform Megan Clements in advance of the day via email at meganclements@welshtriathlon.org.
- Further details on gear restrictions and wheel regulations can be found [HERE](#) and [HERE](#)

Run Course



- This is a Simple out and Back Run Course
 - **Tristar S – 600mm**
 - **Tristar 1,2 & 3 – 1200m**
- Tristar S run out of Transition along the Path and to that First Bollard where you turn and then run back to the Finish Line.
- Tristar 1,2 & 3 run to the furthest bollard along the Path and then turn and return to the Finish Line.
- Once again we have plenty of marshals on the run course.

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
Trophies as follows :

- Tristar S - 1st, 2nd 3rd - Boys & Girls
- Tristar 1 – 1st, 2nd, 3rd - Boys & Girls
- Tristar 2 – 1st, 2nd, 3rd - Boys & Girls
- Tristar 3 – 1st, 2nd 3rd - Boys & Girls

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
Parents
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



Post Race

- Please place your Timing Chip in the Container as you exit the Finish Area (£60 Charge if Chip not returned)
- View your Finish Time and Position thanks to Titanium Timing in Gazebo at Finish Line.
- 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.
- Enjoy the Presentation Ceremony
- Refreshments available at St Elli's Bay with a 10% Discount with Race Number / Race Wrist Band

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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SHARKS SWIM SHOP

