

[www.healthylifeactivities.co.uk](http://www.healthylifeactivities.co.uk)



**MAY 8<sup>th</sup> 2026**  
**ATHLETE GUIDE**



## EVENT LOCATION



North Dock, Llanelli SA15 2LF



Where to Stay – Go To

[discovercarmarthenshire.com](http://discovercarmarthenshire.com)

## Event Parking



Dragons24 Car Park - Free

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.

DO NOT PARK ON THIS ROAD - Part of Bike Course

**Please do not park** on the Road itself as this is part of the new Bike Course that takes you out towards the Loughor Bridge.

St Elli's Bay Car Park

## Registration



### Please Bring :

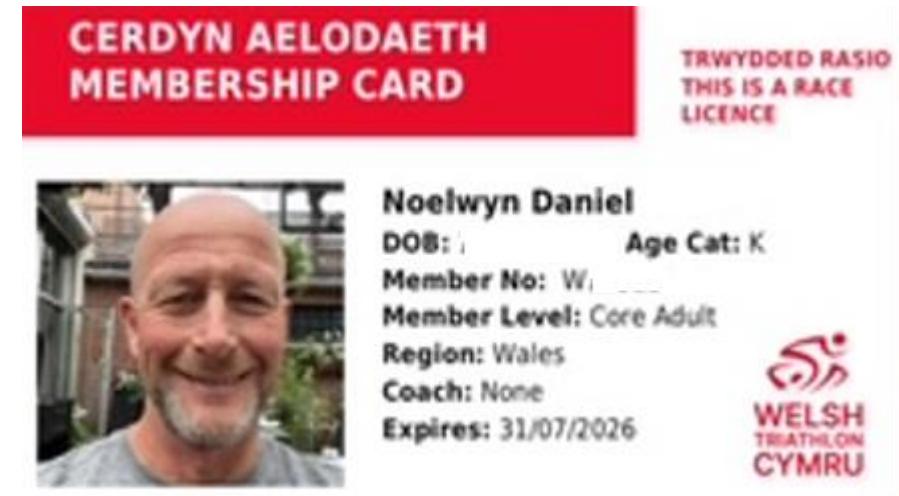
- If you stated you are a Welsh Triathlon Member then please bring proof of membership with you.
- Photo ID – Drivers Licence / Passport.
- **Race Packs** will include the following items:
  - Timing Chip x 1
  - Swim Sharks Swim Cap
- Please return your timing chip to the marshals in the finish area 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 £8.00/ £2.00 (Aged 25+ / 24 and under) 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 Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.



## Event Schedule 2026

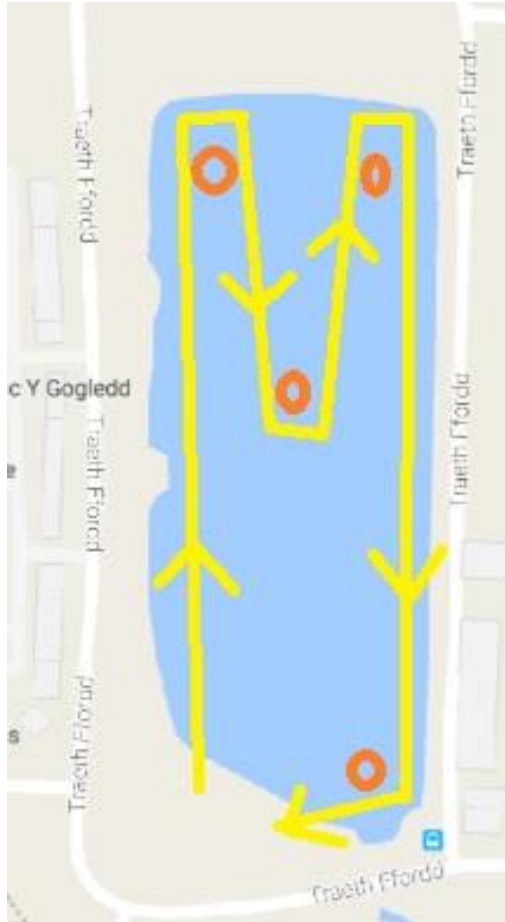
# SOSPAN CHARITY SWIM – May 8<sup>th</sup>

17:00 – 18:15PM  
REGISTRATION OPENS

### Schedule

17:00pm	Registration Open
18:15pm	Registration Closes
6:20pm	Athlete Briefing
6:25pm	Athletes called into holding area
6:30pm	Event Start – ALL SWIMMERS
8:00pm	Prize Presentation

## Swim Course – 750m



- This is a beach start and you will be asked to enter the holding pen through one access point – 5 mins before Event Start.
- 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 750m, clockwise.
- 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.
- The North Dock is ideal for first time open water swimmers. The maximum depth is approx 5' 10" at it's deepest. It is possible therefore to stand up in the water if in any difficulty. Wetsuits will be optional if Temperature is between 14 and 22 degrees.



## SWIM DISTANCES

**Y Sospan – 750m ( One Lap )**

**Sospan Fach – 1500m ( Two Laps )**

**Sospan Fawr – 2250m ( Three Laps )**

**Y Crochan – 3000m ( Four Laps )**

**2hr Cut Off**

# 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



### Presentation Trophies

Y Sospan – 750m 1<sup>st</sup> Open & 1<sup>st</sup> Female

Sospan Fach – 1500m 1<sup>st</sup> Open & 1<sup>st</sup> Female

Sospan Fawr – 2250m 1<sup>st</sup> Open & 1<sup>st</sup> Female

Y Crochan – 3000m 1<sup>st</sup> Open & 1<sup>st</sup> Female

# 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 26<sup>th</sup> season



Events Crew



## 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.



# 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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