

Super Series Bala Senior Grand Final

7 September



Welcome

British Triathlon and Always Aim High events would like to extend a warm welcome to all competitors and spectators to the Bala Senior Super Series on Sunday September 7, 2025.

Venue

The event will be held at **Llyn Tegid foreshore LL23 7SR**

Car Parking

Event Parking will be available at Bala Rugby Club, LL23 7DZ. The Parking for the day will cost £5 and all proceeds will go to the Rugby Club. To avoid disruption please aim to car share, arrive early and park sensibly within the car parks. Please use the event parking provided and do **NOT** park on residential streets.

Facilities

There will be portaloos in transition, public toilets on site and toilet facilities in the leisure centre at registration.

Woody's Cafe in the leisure centre will be serving hot and cold food and drinks. The Loch Cafe is also situated on-site. Bala has many food outlets to suit all tastes, so please pay them a visit and support local business.

Registration & Race Packs

Registration is at the Byw'n Iach Penllyn Leisure Centre. Please follow signs to Registration. You **MUST** attend registration to collect your race pack. .

Registration Times:

12:30 – 16:30 Saturday

OR

07:30 – 08:30 Sunday

A Mandatory Bike Check will be carried out by the Chief Technical Official to ensure your bike conforms to rules associated with Draft Legal racing.

If your wheels are on the UCI non-standard approved list, please do know the page number or bring a screenshot to speed up queuing at wheel checks.

General Information

Results and Photos

The race will be timed using TDL services electronic timing systems. It is compulsory for all competitors to wear their timing chip on their left ankle. Failure to do so may result in you not being classified in the race results.

The official event photographer is Sports Pictures Cymru. Photos will be available post-race through their website, where you can find your images using their easy search function

Home Nation Association Membership Cards

Please bring your 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.

Medical and Water Safety

There will be extensive medical and Water Safety 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. 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.

Sustainability and waste

We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins around the HQ, transition area and water station on the run course. Anyone found littering during the event will be penalised.

Site Rules

The event utilises a closed-road bike course. It is important that spectators stay behind crowd control barriers and ropes for athlete safety.

Please return your timing chip to the marshals in the finish area at the end of the race. If for any reason you withdraw from the race, please pass your timing chip to a member of the event crew. Competitors who fail to return their timing chip will be charged £50 as per the terms and conditions of entry.

Prizegiving

As the last race in the Series, the Series awards will take place after the races are complete – we will aim to have the prizegiving within 30 min of the last finisher. British Elite Championship medals will also be awarded.

The Triathlon Y Bala Event Village and Expo will have a number of stands from our event sponsors and partners, with information and goodies. It will be located in the grounds of the Penllyn leisure centre. Please follow signs and enter through the side entrance.

Bike Swim Familiarisation & Transition

Bike & Swim Familiarisation

There is no bike or swim familiarisation available due to the nature of the schedule and timings.

Timing Chips and Numbers

Your timing chip will be allocated to you at registration. Please ensure that the ankle strap is done up securely.

Transition Check In

Transition check-in will take place on race day only:

0730 – 0830

Do not wear earbuds/headphones while in transition and listen out for marshal/official instructions. The use of mobile phones in transition is not-permitted.

There will be no marking permitted in transition, this includes the use of talc on the floor.

There will be individual allocated spaces in Transition.

No Bags will be allowed to stay in transition. Please wear and fasten your helmet before entering transition with your bike. You will not be allowed in with your bike unless this is in place. Additionally, you must have your decals on to enter transition.

Transition will be open for you to collect your race equipment throughout the day. You must give priority to those who are racing.

1600: Transition must be clear of all bikes

SEE YOU ON RACE DAY!

If you have any questions, please email the team at SuperSeries@britishtriathlon.org



Timetable

Timings are approximate as it will depend upon the number of athletes registering on the day, and the number of waves required.

Senior Timetable	
0730	Registration Opens
0730	Transition Opens
0830	Registration Closes
0830	Transition Closes
0845	MANDATORY Race Briefing at Swim Start
0900	Senior Open Race Starts
0910	Senior Female Race Starts
30 mins post last finisher	Prizegiving

Course Information

The beautiful Rawson Group Triathlon y Bala triathlon begins with a water start in the famous Llyn Tegid with Aran Fawddwy providing a dramatic backdrop, before progressing onto the stunning bike and run course.

Swim Course:

1200m

The swim course will be detailed at the swim start and during your compulsory safety brief. Please follow instructions given to you by marshals and the water safety team. The course will be an adapted version of the one found [here](#) on the AAH event page

Bike Course

32km

The route is an out and back route on closed roads. The route is clearly signposted. Marshals will be at key junctions and turn around point. We advise you to familiarise yourself with the route beforehand.

Run Course

8km

The run is out on the road and back on the pavement alongside the lake. The turnaround point is at the entrance to the Glanllyn camp site. Please be aware of other runners when overtaking.

All courses will be modified versions of those listed on the AAH event page, adjusted to align with the specified distances. More information [here](#)

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Super Series Athlete Guide

Race Categories

2025 Race Categories:

Category	Classification
Youth A	Born – 2009-10
Youth B	Born - 2008
Junior	Born – 2006-07
Senior	2005 or Before
Paratri	All classifications

All references to Race Categories across the Super Series website, documentation and events will refer to the above categories. Your race category may also include the race in which you are competing within, the Open or Female race i.e., Youth A Open, or Senior Female.

Rules and Regulations

The British Triathlon Super Series operates within and utilises the [World Triathlon Competition Rules](#). For specific rules and regulations, including uniform, equipment, and wheel regulations, please see the relevant Technical Guidance document under the [Resources](#) tab of the Super Series Website.

Gear Restrictions

Gear restrictions will only apply to the YouthA categories in this race.

Marking Transition

As per the British Triathlon Competition Rule 7.1q: Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons, talcum powder or chalk) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking is classed as marking.

Wheel Regulations

Any wheels used at a British Triathlon Super Series race must be defined as standard (described in the relevant Technical Guidance documents for each category found on the [Resources](#) page) or listed on the [UCI Non-Standard Approved Wheel List](#). We ask that you please either keep the approval decal, memorise the page number that your wheels appear on within the wheel list, or have a screenshot of your wheels on the wheel list. This allows Officials managing wheel checks to find your wheels more easily on the list and speed up wheel checks.

Handlebars:

The brakes shall consist of two supports with levers. It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports in accordance with the maximum inclination of 10°. Athletes who do not comply with this rule will not be permitted to race under any circumstances. This will be measured using the UCI approved tool on the day.

Uniform within the Field of Play

As per the World Triathlon Competition Rule 2.8ix: The uniform must be worn over both shoulders while the athlete is on the Field of Play. Nudity of any kind will not be permitted. The Super Series features minors racing and spectating and so this ruling must be respected by all. The Field of Play is defined as “The course on which the competition will take place, the start and pre start areas, the finish and post finish areas, the aid stations, the wheel stops, the

penalty boxes, the ceremony area and the briefing area. Usually, the field of play is separated from the public by a clear boundary”.

Approved Running Shoe Guidance

Any running shoe used at a British Triathlon Super Series race must be listed on the World Athletics Approved Shoe List. Shoes listed in blue on the Approved list are ‘Development’ shoes and will not be accepted as World Athletics only has only approved their use in specific circumstances. If an athlete can provide proof from World Triathlon or World Athletics that they have been approved to wear the shoe during a specific period, they will be allowed to wear it. If a shoe was manufactured prior to 2016 and the manufacturer is listed in the Approved Shoe List, the shoe will be automatically approved. Any shoe manufactured after 2016, that isn’t on the Approved Shoe List will NOT be approved. Bespoke shoes are not allowed under any circumstances. Please note, this is different to customised.

Any shoe that is suspected to be in breach of the above, or is protested, will be sent to British Triathlon for further analysis to assure they conform with the World Athletics guidelines. <https://www.worldathletics.org/about-iaaf/documents/technical-information> (Manuals and Guidelines > World Athletics Approved Shoe List) Please note that not all shoes are present on the list. In almost all cases that the shoes have been purchased from a manufacturer or sports store and are readily available to all, the shoe is legal.

Conduct

Code of Conduct

British Triathlon is committed to upholding and protecting the organisation’s vision and values, and maintaining the highest possible standof sporting integrity, through our four core values.

BE PEOPLE CENTRED

Nurture environments to promote great experiences in swim, bike, run.

BE INCLUSIVE

Promote and help make a more equal, diverse, and inclusive triathlon community and culture.

DO WHAT'S RIGHT

Behave with honesty, kindness, respect, and integrity.

BE AMBITIOUS

Be passionate about doing your best.

Athlete Conduct

Athletes are expected to familiarise themselves with Rule 2 related to conduct and in particular 2.1(i) Practice good sportsmanship at all times; (ii) Be responsible for their own safety and the safety of others; (vi) Avoid the use of abusive language;

Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 23.6 of the British Triathlon Rules misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals/Official's instruction
- Tampering with equipment of others
- Unsporting impedance

All individuals have a responsibility to act with

integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable, and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

Safeguarding and Welfare

Staying safe in Triathlon

Your wellbeing and enjoyment of triathlon is paramount, and you should always feel safe when training and competing. If you’re worried, upset or something concerns you like the behaviour of someone, it’s important to talk to someone that you trust.

Follow these four simple steps:

Recognise – if you have a concern, notice a problem or if you’re worried or upset

Respond – Know what you need to do, identify someone you trust

Record – as many details as possible - who, what, when, where – capture details in writing

Refer – the information to appropriate people. **Do not ignore it – always tell someone!**

Who to talk to

Please contact the Event Safeguarding Officer or the British Triathlon Safeguarding Team:

- Marc Scott 07384214726,
- Daisy Ratcliff 07501045231

British Triathlon :01509 837137 Option 1 or email concern@britishtriathlon.org

You can also ring the NSPCC helpline on 0800 800 5000 or by emailing help@nspcc.org.uk.

Following reporting the matter to the emergency services or NSPCC you must inform British Triathlon.

Staying safe online

The internet is fantastic! You chat to your friends, and meet new people, keep up to date with everything that is going on and share photos and videos, even play games and talk to people all over the world without even needing to leave your room.

We’ve created a simple guide to staying safe on the internet. Why not download it [here](#) – it’s full of handy tips.

Photography Policy

As per the event terms and conditions British Triathlon has the right to use images, photographs and footage taken by their contracted photographers and employees at the Event. These images will be used for the purposes of promoting, reporting and broadcasting the Event, and any other promotion related to the business activities of the Organiser.

Event Photography Opt Out

If a parent wishes to NOT have their child photographed at the event, they will need to fill out and sign the photography non-permission/opt out form. They will then be given an **orange** wristband so they can be identified by event photographers. The form will be made available at registration upon request.

SEE YOU ON RACE DAY!

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