

Super Series Triathlon Y Bala

06/09/2026



Welcome

British Triathlon and Always Aim High Events would like to extend a warm welcome to all competitors and spectators to the Triathlon Y Bala on 6 September 2026.

Venue

Llyn Tegid foreshore, LL23 7SR

Car Parking

Parking is available Bala Rugby Club, LL23 7DZ

Parking is £5 per car.

Facilities

There will be toilets at registration, in the event village and in transition. There will be changing facilities at registration.

Registration & Race Packs

Registration will be located at Byw'n Iach Penllyn Leisure Centre.

Registration opening times can be found on the table below.

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

Race Pack:

Race Packs will include the following items:

- Race decals
- Swim hats
- Race number
- Bike Flag

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 team or Technical Official

General Information

Results

Provisional results will be available on the event website [here](#) on 6 Sep 2026. Results will become final no later than 7 Sep 2026.

Home Nation Association Membership Cards

Please bring your British Triathlon membership card and ensure it is up to date and valid on race day. Athletes racing in the Super Series must have a British Triathlon membership that includes a race licence.

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Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.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

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. 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.

Volunteers

Volunteers are the people who really make an event work and make the experience for the athletes every bit more special. This event relies on volunteers who are triathletes, runners or simply individuals who are keen to help out. Any athlete who verbally insults any one of our volunteers will be disqualified immediately.

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. We do not tolerate littering, anyone seen littering will be disqualified.

Bike Familiarisation & Transition

Bike Familiarisation

There is no official Bike Familiarisation.

Transition

Transition check-in will take place between 07:00 - 08:25.

Please allow sufficient space for your fellow athletes. No bags or boxes will be allowed to stay in the transition. There will be bag drop tents available to leave kit in transition. Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place. Additionally, you must have your decals on to enter transition.

After the race, you will need your decal to re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can. We would appreciate the Transition area being cleared as quickly as possible. There will be others racing whilst you collect your bike from transition, you MUST give way to racing athletes.

SEE YOU ON RACE DAY!

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



Event schedule

Registration- Open & Female

Saturday 5 September - 14:00 -18:00

Sunday 6 September - 07:00 - 08:25

Transition - Open & Female

Sunday 6 September - 07:00 - 08:40

Race Briefing - Open & Female

Open and Female will receive a race briefing together at the Swim Start at 08:45, you will access the swim start from transition.

Race Start

Open - 09:10

Female - 09:15

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Course - Swim

Swim Course - <https://www.strava.com/routes/3411710227398994142>

- 750m
- Deep water start
- Anti clockwise
- Single lap

Accessing the swim start - Swim start will be accessed via the slipway to the right of transition. The slipway is slippery and will be carpeted to ensure safe entry, please take care. Be considerate of competitors as they exit the water and head towards transition for T1. You must always give the competitor heading into transition the right of way, and follow any instructions given by marshals.

Start Procedure - Athletes are allocated decal numbers based on ranking and are called forward to select a start position according to the ranking list. Once you choose your starting position you must remain in that spot. The following start procedure will be used 'Athletes you are now in the hands of the starter' followed by an air horn. Any athletes who false start will receive a 10 second penalty in T1.

Wetsuits - Wearing of wetsuits is in line with World Triathlon competition rules.

Water safety - There will be a large water safety team in place to support competitors. Should you require any assistance or want to pull out of the race during the swim, please roll onto your back and raise your arm in the air, a kayak will come to assist you.

Course - Bike

Bike Course and Information - <https://www.strava.com/routes/3411710200780905642>

- 19.3km, single lap
- Out and bike course
- Fast and flat.

Closed Road - The bike course is on closed roads, however athletes should still be aware that members of the public not involved in the race may choose to ignore restrictions in place, so please race aware. Marshals and signs will guide you at junctions, but it is a good idea to familiarise yourself with the route before hand, it is the athlete's responsibility to know the course. To ensure safety of cyclists travelling in both directions you **MUST NOT** cross the white line at any point - doing so will result in disqualification. Athletes are encouraged to ride safely and within their own limits based on the terrain and weather conditions.

Turnaround point - At the sprint turnaround point at 9.7km, the road will be laned using cones. The turnaround point is tight so please take care and obey marshal instructions.

Helmets - A good quality and fit, British Standard (or equivalent) helmet must be worn and fastened during the cycle section. This will be checked before the start and anyone not complying with these standards will not race. Your helmet must be fastened before you take your bike off the rack and must not be unfastened until your bike is back on the rack.

Mount Line - You must not mount your bike in the transition area. The mount and dismount line is at the top of the hill where you join the main road. It will be clearly marked, staffed and checked by marshals. Be aware of pedestrians, they may not have seen or heard you.

Emergency or event vehicles - Emergency or event vehicles may need to pass through the course. This will be conducted with every precaution in place.

Course – Run

Run Course and Information <https://www.strava.com/routes/3411710227403162846>

- 5km
- Single lap course

Run Course - You will run out on the road and back on the pavement. In places the pavement is narrow. There are no aid stations on the run, there will be a water station in transition, this will be unmanned. It is your responsibility to know the run course and complete the correct number of laps.

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Super Series Athlete Guide

Race Categories

2026 Race Categories:

Category	Classification
Youth A	Born – 2010-11
Youth B	Born - 2009
Junior	Born – 2007-08
Senior	2000 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 are now an established part of youth and children's draft legal racing. All youth races this season will be gear restricted – this includes when Youth A and Youth B athletes are racing each other. For the full rationale on why we restrict gears and how this works at events please refer to the [British Triathlon gear restrictions booklet](#).

Bike Familiarisation

Bike familiarisations will not take place at any Super Series events unless clearly stated as occurring within the specific Event Guide.

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, chalk, towels) 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.

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 standards of 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.

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!**

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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, 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 [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.

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