

Super Series Llanelli

9 May 2026



Welcome

The British Triathlon Federation and Healthy Life Activities would like to extend a warm welcome to all competitors and spectators to the Llanelli Multi-Sport Festival on May 9th, 2026.

Venue

The event headquarters are based at Millennium Coastal Park, North Dock, Llanelli, SA15 2LF.

Car Parking

Parking is available at the Discovery Centre Car Park and spaces are available at the Dragon24 offices which are on your right as you come into the North Dock. You will have to pay for the Car Parking.

Facilities

Public toilets are available in the Discovery Center, and we will have portable toilets as well onsite. Showers are in the Llanelli Leisure Centre.

Registration & Race Packs

Registration will be located at North Dock in the Registration marquee. Competitor information will also be available here together with course maps.

Registration opening times can be found on the below table. You will only be allowed to register in your allotted time slot.

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

Race Pack:

Race Packs will include the following items:

- Timing Chip
- Swim Cap
- Bike stickers
- Race Number Decal

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.

General Information

Results

Provisional results will be available on the event website on Saturday evening May 9th. Results will become final no later than May 12th.

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Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.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

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.

Volunteers

Volunteers are the people who really make an event work and make the experience for the athletes every bit more special. This event is organised by volunteers who are triathletes, runners or simply individuals who are keen to help out. Healthy Life Activities is a non-profit organisation. Please say a thank you to them as you pass. Any athlete who verbally insults any one of our volunteers will be disqualified immediately. Healthy Life Activities is a not-for-profit organisation, and 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.

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.

Partners

We also have several partners to thank who provide support at our events : St John's Ambulance, Dyfed Powys Police, Carmarthenshire County Council, British Triathlon & Welsh Triathlon.

Many thanks to all marshals, family & friends who are vital in making sure this and every event is a success.

Bike Familiarisation & Transition

Bike Familiarisation

There is no official Bike Familiarisation.

Transition

Transition check-in will take place on race day only. There will be no marking permitted in transition, this includes the use of talc on the floor.

There will be 10 minute windows provided to un-rack bikes and clear your belongings from Transition. This opportunity will arise once all athletes have exited the water and Transition area of a particular Wave. The Entry / Exit point will be clearly signposted for you. Do not cross any timing mats or enter Transition Area through any other location.

Please allow sufficient space for your fellow athletes. No Bags/Boxes will be allowed to stay in the 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 once permissions has been given by the Race Organiser.

SEE YOU ON RACE DAY!

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



Event schedules

Youth Open Tier 2	
09:00am	Race Registration Opens
10:20am	Race Registration Closes
09:30am	Transition Opens
10:30am	Transition Closes
10:40am	Race Briefing - Youth
10:50am	<i>Swim Warm Up</i>
11:00am	Race Start
11:45am	<i>Last finisher</i>

Youth Open Tier 1	
09:00am	Race Registration Opens
10:20am	Race Registration Closes
09:30am	Transition Opens
10:30am	Transition Closes
11:30am	Race Briefing - Youth
11:40am	Swim Warm Up
11:50am	Race Start
12:25pm	<i>Last finisher</i>

Youth Female	
09:00am	Race Registration Opens
10:20am	Race Registration Closes
09:30am	Transition Opens
10:30am	Transition Closes
12:10pm	Race Briefing - Youth
12:20pm	Swim Warm Up
12:30pm	Race Start
13:20pm	<i>Last finisher</i>

Junior & Senior Open Tier 2	
1:00pm	Race Registration Opens
2:25pm	Race Registration Closes
1:30pm	Transition Opens
2:30pm	Transition Closes
2:40pm	Race Briefing – Junior & Senior
2:50pm	Swim Warm Up
3:05pm	Race Start
4:15pm	<i>Last finisher</i>

Junior & Senior Open Tier 1	
1:00pm	Race Registration Opens
2:25pm	Race Registration Closes
1:30pm	Transition Opens
2:30pm	Transition Closes
3:55pm	Race Briefing – Junior & Senior
4:05pm	Swim Warm Up
4:15pm	Race Start
5:25pm	<i>Last finisher</i>

Junior & Senior Female	
1:00pm	Race Registration Opens
2:25pm	Race Registration Closes
1:30pm	Transition Opens
2:30pm	Transition Closes
5:05pm	Race Briefing - Junior & Senior
5:15pm	Swim Warm Up
5:25pm	Race Start
6:35pm	<i>Last finisher</i>

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Course Maps – 400m or 750m Swim

Swim Information

This will be a beach start. Athletes will be ranked and called forward to select a start position according to the Super Series roll down list.

The Youth swim course is 400m anti-clockwise loop. The Junior and Senior swim course is 750m, consisting of a 600m anticlockwise loop into an Aussie Exit to a 150m clockwise loop.

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.

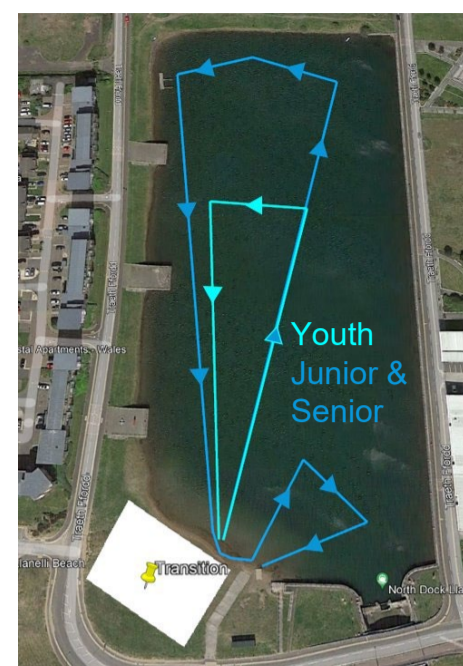
World Triathlon rules are adhered to for wetsuit use.

If unfamiliar with beach starts we would strongly recommend making use of the swim warm up. Water and air temperatures cannot be guaranteed in May, any athletes doing the swim warm up are strongly advised to have warm clothing ready to wear between warm up and race start.

Any athletes who false start will receive a 10 second penalty in T1

Given its early season the water and air temperature can be relatively cold please see our Racing in the Cold and Wet guide well ahead of the race if this looks likely.

Water safety - There will be a large water safety team 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 Maps – 12km or 20km Bike

Bike Information

Preview linked [here](#)

The bike route is on the Llanelli Coastal road and will be closed for the event.

After mounting your bike at the designated line you will be directed to the start of the bike circuit, which is a 4km loop.

Youths will complete 3 Laps and Juniors will complete 5 laps of the course. It is your responsibility to count your own laps.

It is your responsibility to be fully aware of the cycle course before the race.

Upon completing the bike stage, on your return to transition you must dismount your bike before the "Dismount" line, which again will be marshalled by technical officials.

The race is draft legal, lapped athletes will be pulled out of the race with immediate effect as per WT rules. Lapping out in the Super Series does not apply to Junior Senior Female.

Helmets are mandatory and must be worn fastened up at all times during the bike stage. Helmets should be put on in transition before you touch your bike and only taken off again once your bike has been racked in transition.

Please note athletes are responsible for counting their own laps and ensuring they enter the transition area at the correct time.

Course Maps – 2.5km or 5km Run

Run Information

Youth Run linked [here](#)

Junior/Senior Run linked [here](#)

You will exit at the top end of transition, which will be clearly marked and sign posted.

Youth Athletes: 1 x 2.5km lap
Junior athletes: 3 x 1.67km laps.

The course will take you on Millennium Coastal Path towards Machynys.

The course is flat and fast, on tarmac which runs parallel to the bike course.

A traffic cone will mark the turn point at 1.25km/ 0.83km and will be marshalled.

The turnaround point at the end of Lap 1 and 2 will be next to transition and within touching distance of the Finish Line. Once again, this will be marshalled.

Once you have completed your run course you will head for the Finish Line. It is your responsibility to know the run course and complete the correct number of laps.

SEE YOU ON RACE DAY!

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

 **BRITISH TRIATHLON SUPER SERIES**

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

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!**

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.

SEE YOU ON RACE DAY!

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