



*****PRESS RELEASE - FOR IMMEDIATE RELEASE*****

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Title: The Sandman Triathlon 2017 - What to Expect

BEGINS

The [Sandman Triathlon](#) returns bigger and better than ever before to Newborough Forest, Anglesey on Saturday 16th & Sunday 17th September - here's what to expect from the record breaking weekend...

SATURDAY 19th SEPTEMBER

The Sandman Sprint Duathlon

Distance: 2.8km trail run, 25km road cycle, 5.5km trail run

Race start: 07:30

The Sandman action kicks off on Saturday with an entirely new race: the Sandman Duathlon, perfect for competitors who don't fancy the triathlon's sea swim, but still want to be involved in the weekend.

The Sandman Sprint Triathlon

Distance: 400 metre sea swim, 25km road cycle, 5km trail run

Race start: 07:30

The stunning sprint race is a perfect entry point for an open water, sea triathlon with a dip in the crystal clear, warm waters off Llanddwyn Beach.

The Sandman Junior Triathlon

Distance: Various distances and age categories.

Race start: 07:45

Watch the triathlon stars in action as the junior competitors compete across various age groups and distances!

SUNDAY 17th SEPTEMBER

The Sandman 'Full' Triathlon

Distance: 1,000 metre sea swim, 60km road cycle, 10km trail run

Race start: 07:30

The 'standard' distance of the Sandman offers up it's fair share of surprises along the course. Starting with a breathtaking sea swim (with Snowdonia National Park as the backdrop), a scenic, fast and undulating bike course then takes triathletes on a tour around the southern area of Anglesey, before returning to Newborough Forest and it's deceptively tough trail/sand run and beach finish.

The Sandman Legend 72.4 Triathlon

Distance: 1,900 metre sea swim, 85km road cycle, 20km trail run

Another new addition to the 2017 Sandman, and one that will surely become a firm triathlon favourite, the Legend is the Sandman's 'half iron' distance race.

After a seriously tough 1.9km sea swim, the action switches to a mammoth 85km cycle which takes in Llanfairpwll, Menai Bridge, Beaumaris, Llangefni and Trefor. Legend competitors will then complete TWO laps of the 'full' trail run.

SATURDAY AND SUNDAY

The Sandman Savage Triathlon

Distance: 1,400 metre sea swim, 85km road cycle, 15km trail run

Race start: 07:30 (both days)

Last but by no means least, and consisting of both the Sprint and Full races, is the Sandman Savage Triathlon. Triathletes will compete on both Saturday and Sunday to be crowned a Sandman Savage!

A record attendance of 1,200 competitors will take on the Sandman challenge in 2017, if you're in the area come along and support these incredible athletes!

Vehicle access to the car park at Newborough Forest will be closed from 07:00 on Saturday and Sunday, re-opening at 10:30 on Saturday and 14:00 on Sunday. For those that want to get away from the site early, then it is strongly recommended that you park off site.

For more information on the Sandman weekend, please visit alwaysaimhighevents.com.

Details on the [2018 SUUNTO Adventure Triathlon Series](#) (which features the Slateman, Snowman and Sandman) will be released soon.

FINISHES

EDITORIAL NOTES:

Further information:

- Please contact - adam@alwaysaimhighevents.com for any further queries and images.

Media:

Logos included.

Image Credit: Sport Pictures Cymru/Simon Murray