



SOUTHPORT TRIATHLON, DUATHLON, AQUABIKE & AQUATHLON 2026

Competitor Information Pack

**British Triathlon Age Group Qualifier for the 2027
European Championship Standard Distance Triathlon**

HQ - Waterside Lodge, Marine Drive, Southport, PR8 1RY

Sprint Distance Triathlon – 750m Lake Swim – 20k Bike – 5k Run
Standard Distance Triathlon – 1500m Lake Swim – 40k Bike – 10k Run
Sprint Distance Duathlon – 5k Run – 20k Bike – 5k Run
Standard Distance Duathlon – 10k Run – 40k Bike – 5k Run
Sprint Distance Aquathlon – 750m Lake Swim – 5k Run
Standard Distance Aquathlon – 1500m Lake Swim – 10k Run
Sprint Distance Aquabike – 750m Lake Swim – 20k Bike
Standard Distance Aquabike – 1500m Lake Swim – 40k Bike

***This Race Pack contains important information
Please read the whole document***



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Event Timetable

Saturday 16 th May	Time
Registration Opens at Waterside Lodge, n.b. NO PARKING available at the Lodge please park on Marine Drive Car Park Please register on Saturday if possible as time will be limited for emergency registration on Sunday	13:00
Saturday Registration Closes	17:00

Sunday 17 th May	
Emergency Registration Opens (Waterside Lodge) – <i>Please register on Saturday where possible</i>	05:30 until 08:45
Transition Opens	06:00
Wave 1 Race Briefing at the Marine Lake Start Area	06:20
Wave 1 Standard Distance Triathlon Start (Open – Under 35yrs)	06:30
Road Closures come into effect (n.b. access to Event Car Park closed, please use Overflow Parking)	06:30
Wave 2 Race Briefing at the Marine Lake Start Area	07:05
Wave 2 Standard Distance Triathlon Start (Open 35-49yrs)	07:15
Duathlon (Sprint & Standard) Race Briefing (n.b. at the north end of Transition)	07:40
Duathlon (Sprint & Standard) Start (n.b. at the north end of Transition)	07:45
Wave 3 Race Briefing at the Marine Lake Start Area	07:50

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Wave 3 Standard Distance Triathlon Start (Open 50+yrs)	08:00
Wave 4 Race Briefing at the Marine Lake Start Area	08:20
Wave 4 Standard Distance Triathlon Start (Female – All Ages) & Standard Distance Aquathlon/Aquabike Start (All Ages)	08:30
REGISTRATION CLOSES – PLEASE REGISTER BEFORE 0845hrs	08:45
LAST COMPETITOR LEAVES TRANSITION FOR THE START – PLEASE RACK ALL BIKES BEFORE 0915hrs	09:15
Wave 5 Race Briefing at the Marine Lake Start Area	09:35
Wave 5 Sprint Distance Triathlon Start (Open – All Ages)	09:45
Wave 6 Race Briefing at the Marine Lake Start Area	09:50
Wave 6 Sprint Distance Triathlon Start (Female – All Ages) & Sprint Distance Aquathlon/Aquabike Start (All Ages)	10:00
Swim Course Cut Off	11:00
Bike Course Cut Off	12:00
Roads fully re-opened – vehicles can leave Marine Drive Car Park (n.b. please be careful there may still be runners on the route)	12:00 Approx
Prize Presentations – n.b. Prize winners	12:00 onwards
Run Course Cut Off – Final Finishers	13:30

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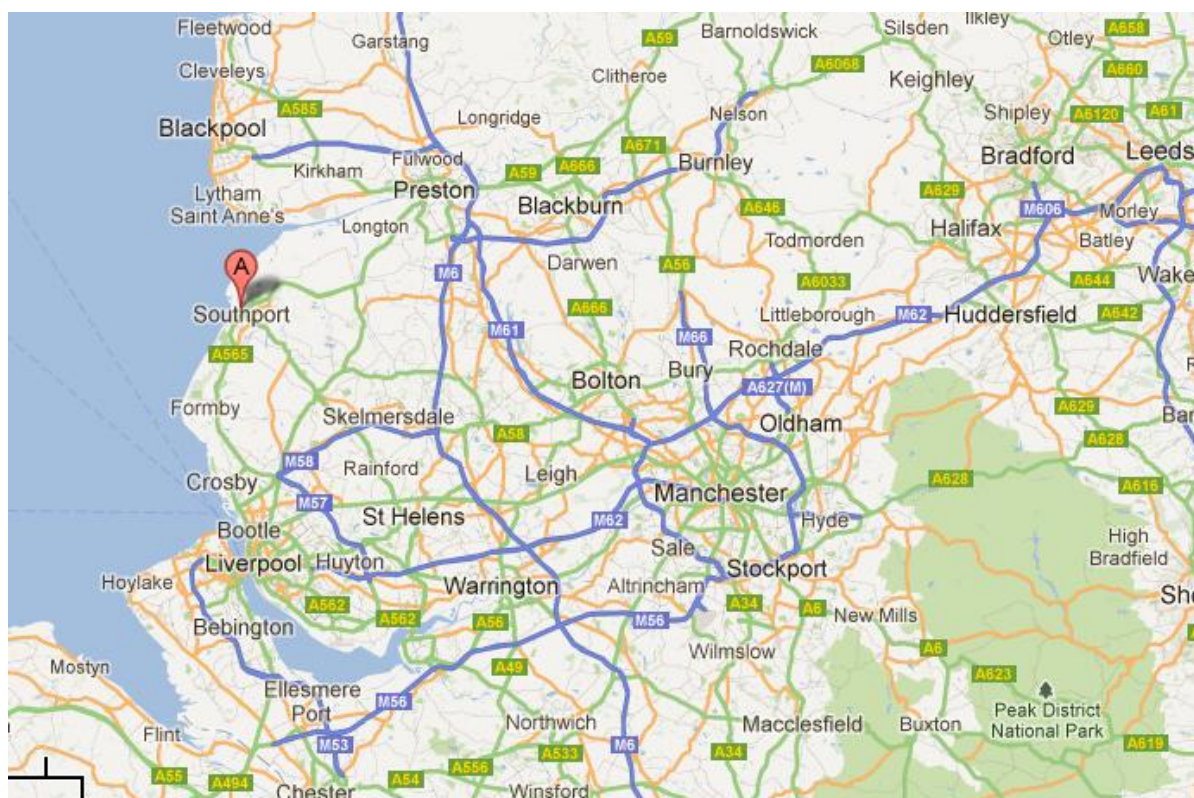
RACE DAY LOCATION

Waterside Lodge is located on Marine Drive in Southport, which is easily reached by exiting the M6 at Junction 26 and taking the M58 towards Liverpool before exiting at Junction 3 and following the A570 into Southport.

If travelling from Liverpool/Wirral area head for A565 North (Formby By-Pass) and follow signs for Southport.

If travelling from Preston/Blackpool area head for A59 South and then take A565 into Southport.

PLEASE NOTE, there is NO PARKING available at Waterside Lodge AT ANY TIME during the event weekend SATURDAY or SUNDAY.
Please use the official car parks as directed.



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EVENT WEEKEND CAR PARKING

PLEASE NOTE, there is NO PARKING available at Waterside Lodge AT ANY TIME during the event weekend including Saturday registration, please use the official car parks.

IT IS RECOMMENDED TO ARRIVE AT THE VENUE AT LEAST 90MINS BEFORE YOUR WAVE BRIEFING TIME – THE RACE DAY SITE AND THE TRANSITION AREA IS LARGE. LATE ARRIVAL MAY RESULT IN FAILURE TO REGISTER, RACK AND ATTEND THE BRIEFING READY TO SWIM AT THE APPROPRIATE TIME AND WILL MEAN YOU CANNOT RACE.

The official race weekend car park is located on Marine Drive (also known as 'Sea Wall') Car Park. This will offer the most convenient access to the venue and will cause least disruption to the residents and businesses of Southport. Please note this a Pay and Display Car Park. Access to the Car Park on Marine Drive will not be possible after Road Closures come into effect from approximately 06:30hrs on Sunday morning. It is recommended that all competitors arrive well before 06:30hrs if taking part in the earlier waves. Likewise, vehicles will not be able to leave Marine Drive Car Park until the roads are re-opened at approximately 1200hrs. Car parks for those arriving after 06:30hrs are available but please remember, registration closes at 08:45hrs and these car parks are a 10minute walk from registration.



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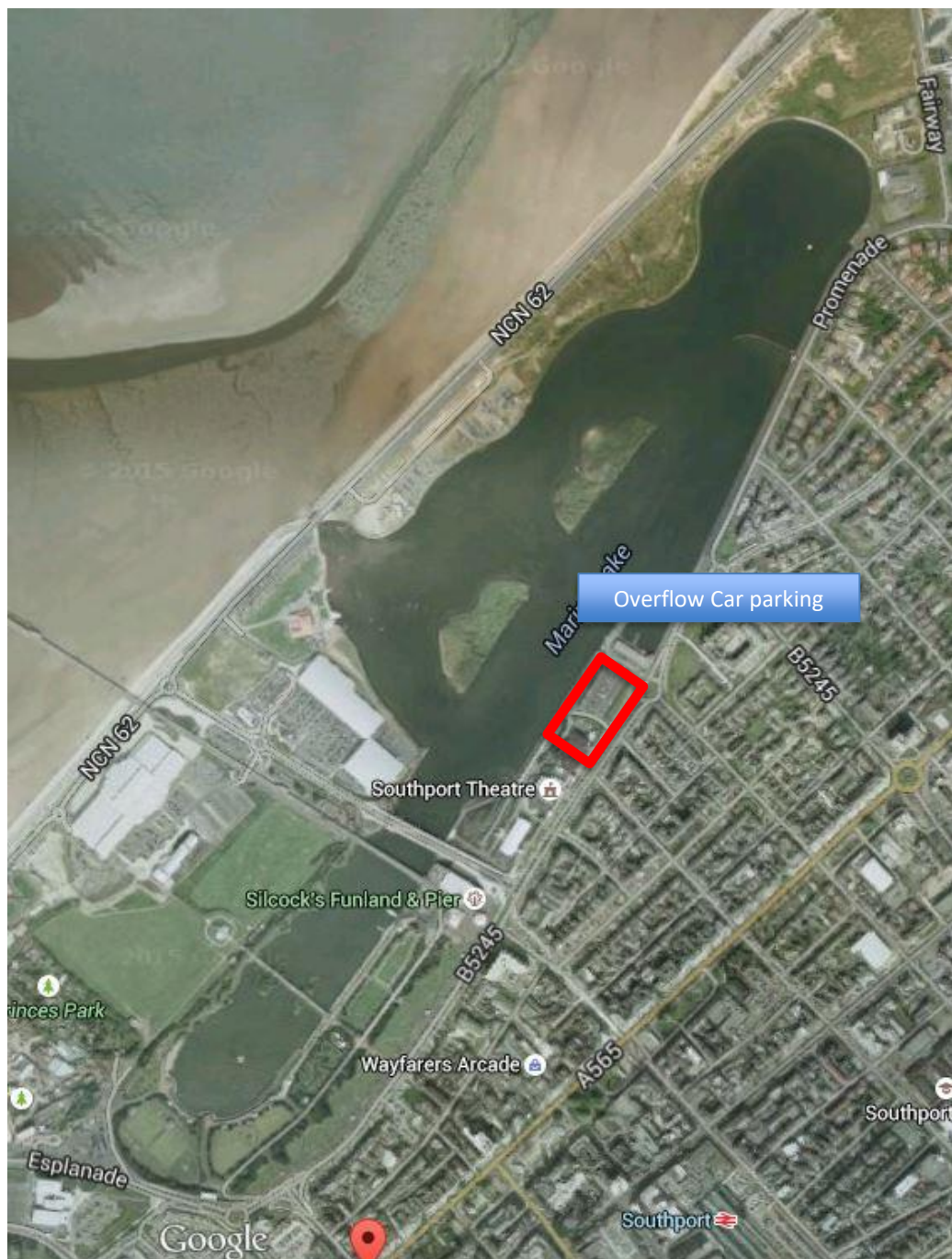


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RACE DAY OVERFLOW PARKING

For overflow (after 6:45am) parking please use the Floral Hall car park (see map). The address of the car park is Promenade, Southport, PR9 0DY. Details are available [Click Here](#) (P&D charges apply).

Avoid parking on the Ocean Plaza car park (McDonalds etc). They will issue fines if you overstay and the parking costs here are very expensive.





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RACE DAY & GENERAL INFORMATION

Registration	Saturday at Waterside Lodge 13:00 - 17:00hrs or Emergency Registration on Sunday 05:30 - 08:45hrs at Waterside Lodge. At registration participants will be asked to provide photo ID and either a British Triathlon Member ID or a British Triathlon Race Pass. Mobile internet signal can be limited at HQ therefore we recommend taking a screenshot of your license or race pass if it is the online version. You will not be able to collect your race pack without these. Participants will receive the following: • 1 x Race Number to be displayed on the back of your body on the bike and on the front during the run (Race belts are recommended) • Race Number Stickers 1 x Bike (please attach by wrapping around seatpost) and 2 x helmet (front/side) and 1 x for baggage which should also be labelled • Event Swim Cap – Triathlon/Aquathlon/Aquabike only (please keep this after the event) • Race Timing Chip – this must be firmly attached to your LEFT ANKLE and worn throughout the race (attachment anywhere else will jeopardise an accurate race time) Wave numbers: 1. 0630hrs Wave 1 Standard Distance Open Under 35yrs 2. 0715hrs Wave 2 Standard Distance Open 35-49yrs 3. 0800hrs Wave 3 Standard Distance Open 50+yrs 4. 0830hrs Wave 4 Standard Distance All Female & All Aquathlon/Aquabike 5. 0945hrs Wave 5 Sprint Distance Open (All Ages) 6. 1000hrs Wave 6 Sprint Distance All Female & All Aquathlon/Aquabike AFTER COLLECTING TIMING CHIPS PLEASE TRY TO AVOID WALKING NEAR TIMING POINTS BEFORE STARTING THE RACE AS THIS MAY AFFECT YOUR RESULT It is important that your chip is returned at the finish line, there will be a large box to deposit your chip in. Any timing chips not returned at the end of the race will be charged at £25 for a replacement.
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Insurance and British Triathlon Licenses	All competitors are required to be a member of British Triathlon or have a British Triathlon Race Pass to participate in this event. Participants must either be a British Triathlon Core or Ultimate annual member (HERE) or purchase a single use Race Pass (HERE). Participants are not allowed to race without a license/race pass. If you have entered as a British Triathlon member and a valid membership card is NOT produced at registration, participants will be required to purchase a Race Pass online from British Triathlon before being allowed to register. Similarly, if participants have purchased a Race Pass but do NOT produce it at registration, they will need to go to the British Triathlon website to purchase a replacement. Participants will not be permitted to Register without proof of either a British Triathlon membership license or a Race Pass – there will be no exceptions.
Maps of Race Routes	Race routes are available to view online Click Here and will also be displayed at Registration
Transition Area	Transition will open from 0600hrs on Sunday and will close at 0915hrs – all participants should have racked and left transition by 0915hrs. Access to transition is from the North End only (car parking where bike/run out is located). There is no access to transition from the South End (lake/HQ end where bike/swim/run in is located). Do not try to enter at the bottom end of transition. You will be turned away. Finished participants will be able to access transition to collect their kit whilst the event is in progress but during busy periods you may be asked to briefly wait so as to allow transition to clear and to not impede other competitors who are still racing - please be patient and follow to marshal instructions at all times. Before entering the transition area please ensure Race Number Stickers are attached to your bike and helmet and please wear your Race Number on your person to gain access. Marshals at the entrance to transition will check the Race Number on your kit/race belt and helmet matches the number on your bike. Only entrants with a visible and corresponding Race Number on their bike will be allowed access to the transition area. Do not enter transition without permission from a Marshal and do not ride in transition. No spectators, family or friends will be allowed in transition. The use of mobile phones, cameras and MP3 players is NOT PERMITTED in the transition area.

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	Your position in Transition is identified by a number on the racking which will match your Race Number. Make a note of your position in Transition and also note the positions of the Entrance and Exit points. Rack your bike in your numbered position using the saddle to 'hook' your bike onto the racking. Lay out your equipment and if the weather is poor you may wish to keep your kit in a <u>small</u> waterproof bag to keep your things dry. During the event you need to take care and pay attention in the transition area. Always keep a keen eye out for other competitors and if the weather is wet or inclement please take your time and slow down! Helmets must be worn and fastened before un-racking bikes - <i>do not mount your bike until after crossing the Bike Mount line.</i> On re-entering transition, <i>dismount your bike before crossing the Dismount line.</i> Do not unfasten your helmet until you have racked your bike. There must be no nudity in transition – you must wear appropriate clothing so as to avoid a full change of clothes or ensure you are fully covered if you need to change. These are British Triathlon Competition Rules and will be closely monitored in and around the Transition area by Marshals and British Triathlon Officials in attendance.
Race Briefing	Triathlon/Aquathlon/Aquabike participants will be required to attend a Race Briefing prior to entering the water, this will be held in front of Waterside Lodge near the lake by the swim start area. Duathlon participants will be required to attend a Race Briefing prior to the start of the duathlon. This will be held on the duathlon start line next to north end of transition (n.b. the furthest end away from Waterside Lodge) please be there on time as it is 5-10mins walk from Waterside Lodge. Please refer to the event timetable on pages 3 and 4 for the timings for each race briefing. The briefing is MANDATORY, it will include important information from the British Triathlon Chief Race Official, any final amendments and will ensure the safety of all participants and that of the marshals, officials and spectators. There will also be reminders and important information announced over the PA system throughout the event.

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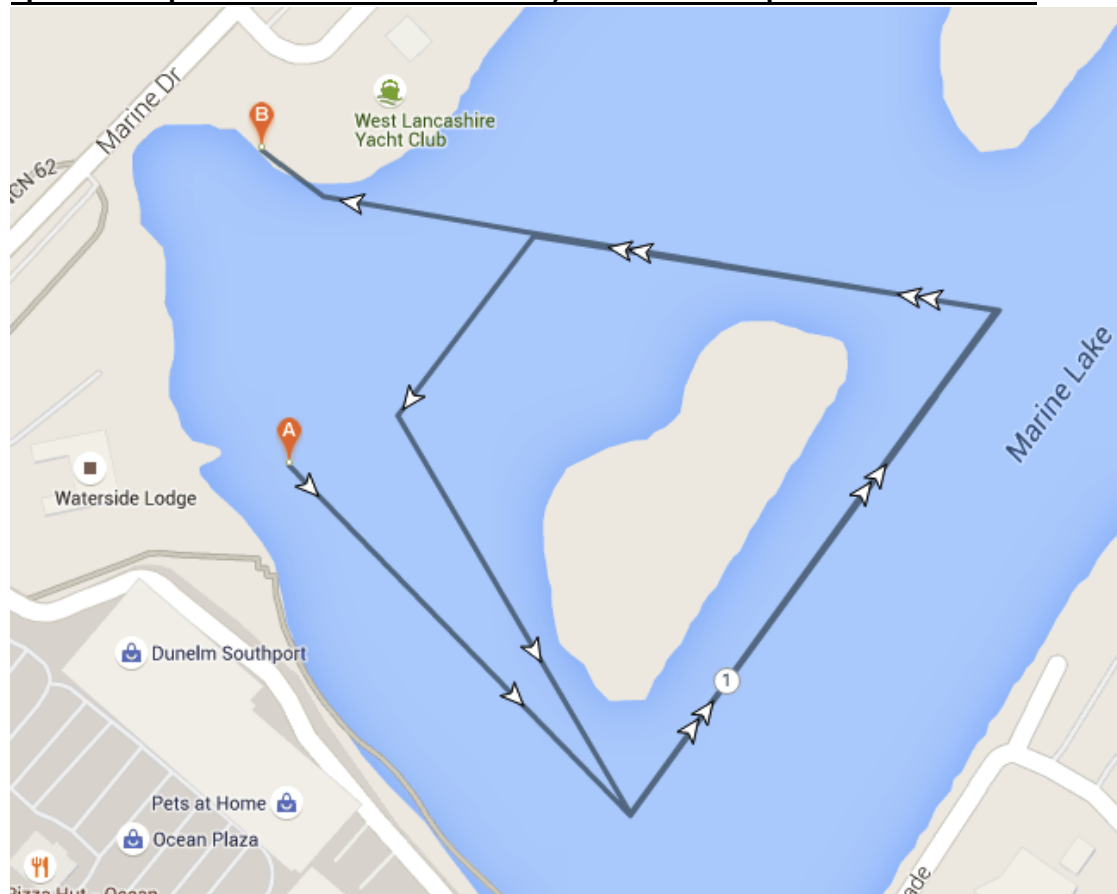
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Swim

Triathlon/Aquathlon/Aquabike only

Sprint and Standard Distance races cover the same 750m Swim course

Sprint = 1 lap around the island then exit, Standard = 2 laps around the island



The swim will start from a pontoon on the lake shoreline at Waterside Lodge (Race HQ). The route loops around the island directly in front of swimmers at the start. Sprint Distance athletes will then exit the water via the marked slipway West Lincs Yacht Club, close to where transition is located. Standard Distance competitors will be required to complete a second lap of the island before exiting the water.

A kayak will lead each swim wave with additional kayaks and safety boats offering cover and support to swimmers. If this is your first open water swim and you are not comfortable swimming in a group please stay towards the back of the swimmers at the start to avoid the rush!

If you find yourself in difficulty or distress during the swim then roll onto your back and raise a single arm – also please note the Marine Lake is relatively shallow and it is likely you will be able to stand up if in difficulty.

The safety crew will attend to any swimmers having difficulty and you will remove from the water if required at the discretion of the safety crew.

The wearing of wetsuits may be optional if the water temperature is high enough, details can be found in the British Triathlon Competition Rules [Click Here](#).

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	Care must be taken whilst entering and exiting the water and swimmers must use the matting provided, failure to do so could result in a slip or fall on the slipways. On exiting the water swimmers will cross the timing mat before bearing left and through the gate then up the steps and into transition. Please note due to other Lake users requiring access to the lake – any swimmers still on the swim course after 1100hrs will be picked up by the Safety Boat and deposited lakeside before continuing to transition – competitors will be allowed to continue the event and will receive a time but will not be placed.
Bike	The bike course is the same for both the triathlon/aquabike and duathlon <u>Sprint and Standard Distance races cover the same 20k Bike course</u> <u>Sprint = 1 lap, Standard = 2 laps.</u>

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Road closures will be in place throughout the course, which takes a left out of transition onto Marine Drive, travels South onto the Coastal Road and out towards Pontins, the turning point is situated approx. 2.2k passed the Weld Rd roundabout. Cyclists then return along the same route and passed Waterside Lodge, through the Fairway roundabout and turning round at the entrance to Crossens Way (Railex site) to head south, back towards transition where Sprint competitors will enter transition after ONE LAP with Standard Distance requiring a SECOND LAP.

This is a non-drafting race. There will be static and mobile Race Officials on the course looking for offenders and giving time penalties. Drafting means that you must not travel within 12 metres of the wheel of the competitor in front unless progressing through to overtake when a competitor is allowed 25 seconds to pass through the draft zone. For a definition of drafting and how to avoid a time penalty or disqualification see the British Triathlon Competition Rules [HERE](#).

The bike stage takes place on public highways which will be closed to other road users however competitors must still follow the highway code, keeping to the left unless overtaking (see [British Triathlon Rules](#) about “blocking”) and going round any roundabouts correctly (do not go “straight over”, follow the road), any competitors found riding dangerously will be disqualified.

All competitors must follow any instructions given by the Police or marshals in attendance. Any infringement of the law and the subsequent legal action is the sole responsibility of the competitor.

It is your responsibility to ensure that your bike is roadworthy and that your helmet conforms to BSI standards.

Please note due to pressure to reduce road closures – any competitors still on the bike course at 1200hrs will be picked up by the Safety Vehicle and deposited into transition – competitors will be allowed to continue the event and will receive a time but will not be placed.

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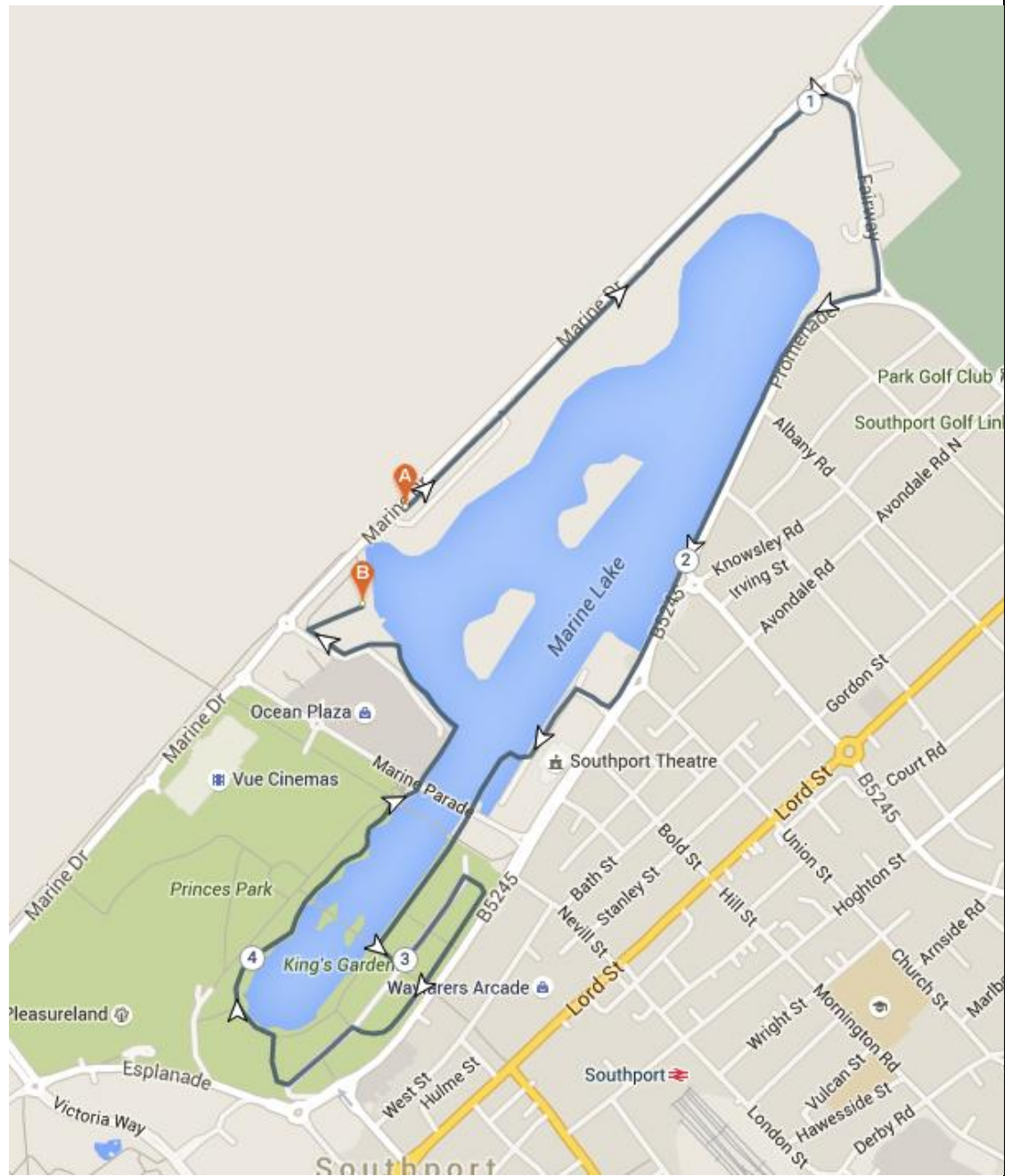
Run

The run route is the same for both the triathlon, aquathlon & duathlon.

Runners will exit transition in a Northerly direction and run clockwise around the lake. Please consult the maps on the next page for the full, detailed route.

You can view the route via Strava [HERE](#) (n.b. one lap only for Sprint 5k run & two laps for Standard 10K run).

Sprint = 1 lap, Standard = 2 laps



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	There will be a drinks station at the end of Lap 1/start of Lap 2 where water will be available n.b. this is the only drinks station on the course and will be passed once by Standard Distance athletes. You must not litter the course. Any cups taken from the drinks station must either be put in the bins at the drinks station or at the finish line. Although the run avoids roads entirely this is not a closed course to pedestrians therefore please be aware of competitors, marshals and the general public on the paths/pavements around the route. The course will be signposted – please follow the directional arrows and marshal's instructions.
AQUATHLON	SWIM Sprint = 1 x 750m Lap Standard = 2 x 750m Laps The Aquathlon will start with a 750 or 1500m swim (see above swim section for the route), either 1 lap (sprint) or 2 laps (standard). You will follow the route from the swim exit into transition where you will then prepare for the run section. RUN Sprint = 1 x 5k Lap Standard = 2 x 5k Laps Upon completion of the swim section participants leave transition and will complete either 1 x 5k lap (sprint) or 2 x 5k laps (standard) of the run route before turning into the Finish chute at Waterside Lodge. Please see above run section for the route.
AQUABIKE	SWIM Sprint = 1 x 750m Lap Standard = 2 x 750m Laps The Aquabike will start with a 750 or 1500m swim (see above swim section for the route), either 1 lap (sprint) or 2 laps (standard). You will follow the route from the swim exit into transition where you will then prepare for the bike section. BIKE Sprint = 1 x 20k Lap Standard = 2 x 20k Laps Participants will then follow the same procedure as the triathlon competitors, un-racking bikes and starting the bike section (see above for the bike course information), completing either 1 lap (sprint) or 2 laps (standard) before returning to transition. Your finish time will be taken from the time you re-enter transition upon completing your bike section. Once you have re-racked your bike you can then leave transition and walk to the finish chute to claim your race finish photo and medal. Note – do not ride/walk bikes up the finish chute.

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DUATHLON	RUN 1 Sprint = 1 x 5k Lap Standard = 2 x 5k Laps The Duathlon will start with a 5k or 10k run (see above run section for the route), either 1 lap (sprint) or 2 laps (standard), however instead of turning into the finish line at the end of the first run, participants should continue along the run route, passed the finish entrance and back to transition where runners should enter transition using the same entrance as the swimmers. BIKE Sprint = 1 x 20k Lap Standard = 2 x 20k Laps Participants will then follow the same procedure as the triathlon competitors, un-racking bikes and starting the bike section (see above for the bike course information). RUN 2 Sprint = 1 x 5k Lap Standard = 1 x 5k Lap Upon completion of the bike section participants leave transition and BOTH DISTANCES will complete 1 x 5k lap of the run route before turning into the Finish chute at Waterside Lodge.
Relay Teams	All relay team members must attend registration at the same time to register as ID, Licenses or Race Passes for each person will need to be presented. Each relay team will be issued with a timing chip which will act as the “relay baton”, 2 x race numbers (one for the cyclist & one for the runner), 1 x bike number sticker & helmet sticker. For relay teams, the cyclist will wear their number on their back and the runner will wear the number on their front. ALL RELAY TEAM MEMBERS SHOULD ALSO ATTEND THE BRIEFING The swimmer (or 1st runner for the duathlon) will start with the timing chip on their ankle. They will complete the swim/duathlon run section of the race, run into transition and pass the timing chip over to the cyclist (tri/duathlon/aquabike)/runner (aquathlon) who will be waiting at your transition spot (do not touch your bike until you are wearing your timing chip on your ankle but you can be wearing all your cycling kit & helmet whilst you wait). Once the cyclist/runner is wearing the timing chip, they head out of transition to complete the bike/run section of the race. Once the required number of laps have been completed, the cyclist returns to transition, racks their bike then hands the timing chip over to the runner. For the Aquathlon, the runner will not return to transition but turn into Waterside Lodge, down the finish chute. The tri/duathlon runner takes the timing chip from the cyclist and puts the timing chip onto their ankle and then heads off to complete the run section of the race.

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Medics & First Aid	Safety crews will be in attendance on race day with a First Aid Unit at Waterside Lodge, and mobile medics on the course. You should not take part in the event if you have been feeling unwell. If you feel unwell during the event it is important that you stop racing and inform an event official so that medical staff can attend. Do not ignore warning signs such as chest pains, dizziness, headaches, nausea, diarrhea, or other forms of distress. If you have an existing medical condition you should check with your doctor that you are able to take part. If you do have any medical conditions please ensure that full details of your condition are written on the reverse of both of your event numbers in case of an emergency ensuring you include all information such as current medication.
Hydration	You are advised to carry your own appropriate fluids with you on the Bike and there is a drink station on the Standard Distance run course. It is your responsibility to take on fluids as necessary. It is also not advisable to drink alcohol the night before – alcohol can have a serious impact on hydration.
Failure to finish	If you withdraw from the event at any stage before the finish – you must inform the officials at Registration or the Finish Area & hand in your timing chip. This will allow us to account for all entrants.
Phones/ Cameras	Mobile Phones, MP3 players, iPods, Cameras, etc. are NOT PERMITTED on the course or in the transition area during the event in accordance with British Triathlon rules.
Nudity	In accordance with British Triathlon rules – nudity is not permitted at any point during the event. This includes changing at transition and being topless or with your tri suit zip down at any stage during the bike or run.
Baggage & Changing Areas	There will be two large Event Shelters on the grass area in front of Waterside Lodge. One for open changing/bag drop & one for female changing/bag drop. These are not marshalled by Epic Events and all kit left is done so at your own risk. Please make sure any bags left here have your race number marked clearly on them and are easily identifiable.
Photos	Race photographs will be taken by the Official Event Photographers and will be available as FREE hi-res digital downloads approx. 12-24hrs after the event via the official photographer's website. Please be aware that all images will be published online, if you prefer your pictures not to be published please make us aware as soon as possible.
British Triathlon Rules	The race will take place in accordance with British Triathlon Competition Rules. These are available HERE and must be abided by at all times. The Rules are in place for the safety and enjoyment of all competitors, spectators, marshals and officials.

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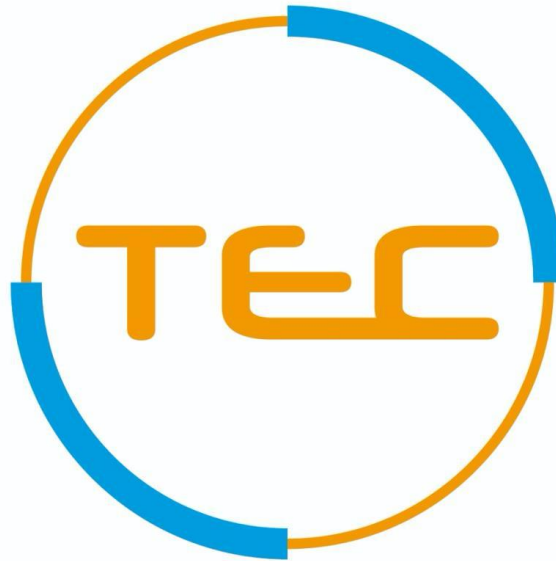
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Results, Winners and Prizes	Results will be available LIVE via the Epic Events website and also via SMS (if subscribed at the point of entry). Prize Presentations will take place from 12:00 onwards (as different distances finish) at the Finish area. Winners must attend to collect prizes, as they will not be posted out following the event. Prizes will be awarded for the following categories: Triathlon • Open 1st, 2nd, 3rd (overall) • Female 1st, 2nd, 3rd (overall) • Open Age Group Categories = 1st place • Female Age Group Categories = 1st place • 1st Relay Team (<i>min entry 3 teams per race distance</i>) Duathlon • Open 1st (overall) • Female 1st (overall) Aquathlon • Open 1st (overall) • Female 1st (overall) Aquabike • Open 1st (overall) • Female 1st (overall) N.B. If finishing 1st, 2nd or 3rd overall, winners will not be eligible for an Age Group Prize and these will be rolled down to the next finisher in the Age Group.
Spectators	Spectators are welcome to come along and watch the event and support the entrants. But please be mindful of the competitors whilst racing and where necessary step out of the way of oncoming triathletes. Please don't be offended if asked to move and try to avoid congregating around the transition area and areas where the route is obviously busy.
Lost Property	The organiser cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event. If you have misplaced an item please email info@epicevents.co.uk after the event and the team can check to see if it has been handed in.
Event T-Shirts	If you have pre-ordered an Event T-Shirt prior to 12th April, they will be posted out direct from our event partners Scimitar and will be received pre event. If you ordered after 12th April your order will be posted out to you after the event. If you missed out, there is still an opportunity to order one of epic custom Event T-Shirts for delivery after the event HERE. NB T-Shirts can be ordered up to 29th May.

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