



Rivington Duathlon 2026

Sunday 8th March

Location: Race HQ is at Rivington & Blackrod High School, Horwich, BL6 7RU

Thank you for entering the 2026 edition of Rivington Duathlon, we're looking forward to seeing you at the event. Please read through this document in full, it will help to ensure that you have a safe and enjoyable day.

As in most Duathlons the format is Run, Bike, Run and participants can compete **Solo** as individuals or in teams as a **Pair** which requires the team members to run and cycle together throughout the race.

All information attached in this document is now FINAL & CONFIRMED but please note that it is sometimes necessary for some pre-race changes which mean it is vital for participants to attend the race briefing at the start line on race day.

EVENT TIMETABLE

06:00 Car park opens

06:15 Registration opens

06:30 Transition opens

07:30 Registration closes

07:40 Transition closes

07:45 Race briefing

08:00 Start Wave 1 (all Male Team, Solo Male – Yellow Race Numbers)

08:05 Start Wave 2 (Solo Female, Female Teams & Mixed Teams – Red Race Numbers)

11:00 Prize presentation at the Finish Line (approx.)

12:00 Race cut off

CONFIRMATION OF ENTRY

All entrants receive an automatic entry confirmation email from the entry system (Resultsbase) and will be included in the Participant's List [CLICK HERE](#)

PARKING

Free parking is available across the road from Event HQ at Rivington & Blackrod High School and also further along the road at the public car park. If you are expecting to leave prior to the end of the race, please take care as there could be cyclists still on the road, always follow the Highway Code when parking.

CAR PARK LOCATION - Please do not park on the road.



RULES GOVERNING THE EVENT

The event will be operated in compliance with British Triathlon Competition Rules and participants are advised to familiarise themselves with these rules via the British Triathlon website [CLICK HERE](#). Ignorance of the rules is no defence! Please note an important exception to these rules which allows for drafting between team members racing in Pairs on the bike section but drafting is not permitted with Solo competitors or any other Teams (e.g. a team cannot draft another team or a solo participant).

TERMS AND CONDITIONS OF ENTRY

The Terms and Conditions of entry are clearly stated in the entry process and on the Epic Events website [HERE](#). On confirming entry all entrants have agreed to abide by these terms and conditions and by the regulations of the governing body.

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurance undertaken by Epic Events to cover the event. If you are unable to race, please follow the instructions outlined in the Terms and Conditions.

COMPETITOR CONDUCT

Competitors are reminded that they share both the school facilities and the highway with other members of the public who may or may not be fully aware of the event. We request that you treat members of the public including other road users, marshals, competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events organised or managed by Epic Events and associated companies. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

RULES GOVERNING THE HIGHWAY

Participants are reminded that the cycle section takes place on open road sections - please observe the rules of the road at all times by always riding on the left of the road and "Give Way" as required. Any reported infringements such as crossing white centre lines or failing to take due care will result in a DQ and may result in prosecution by the Police who will be present on the course.

Please be aware that Race Marshals are not permitted by law to stop traffic and will not do so under any circumstances, Marshals are in place to provide direction only and participants are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt please STOP!

RIGHT OF WAY

Participants must take care at junctions and should note from the course details included in this document that cyclists do not have right of way at several sections on the route please check that junctions are clear before continuing and obey the Highway Code. Do not take risks to save a few seconds!

HELMETS

Approved hard shell helmets are compulsory and must be worn throughout the cycle section. Helmets must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

BIKES

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition. **IMPORTANT** – the cycle section is draft legal for pairs (explained more below), but non drafting for solo competitors. British Triathlon regulations insist that triathlon bars should not extend further than brake hoods for draft legal races **but for this event time trial bikes with full-length triathlon bars are permitted.**

CYCLE DRAFTING RULES

This event is 'draft-legal' for competing pairs, this means that team members can work as a team on the cycle section and take turns to lead whilst the other team member shelters from the wind. This form of cycle time trial is generally referred to as a '2 UP'. **It is compulsory for each pair to ride together and if riders within a pair separate by more than 50m, the team will be penalised 2 minutes.**

However, the race is 'non-drafting' in the sense that one pair of riders MAY NOT shelter behind another pair of riders or a solo rider. If teams choose to draft another pair of riders or a solo rider, they will be penalised. The draft zone rules apply for each pair of riders.

The DRAFT ZONE is a rectangle measuring 12 metres long and is the width of the carriageway, this zone 'surrounds' every cycle on the cycle course. The front edge of the front wheel defines the top edge of the rectangle. A competing pair may enter the draft zone of another competing pair but must be seen to be progressing through that zone to overtake. A maximum of 25 seconds is allowed to progress through the draft zone of another competing pair. If an overtaking manoeuvre is not completed within 25 seconds, the overtaking pair must drop back. Time penalties and DQs will be issued by the referee for infringements, it is not required for the referee to inform you until the event is completed – please [CLICK HERE](#) for a visual representation and more info on drafting rules.

RUN AND TRANSITION SPECIFIC RULES

Competitors in pairs are required to always run together at all times, if runners within a pair separate by more than 50m, the team will be penalised 2 minutes. If on reaching transition a team member is running 50m or more ahead of their partner they will be stopped and must wait for their partner to catch up before being allowed to enter the transition area, this will be repeated at the end of the cycle section. In both situations, the offending teams will also receive a 2-minute penalty.

TOILETS

'Portaloo' Event Toilets will be available throughout the Event at Race HQ.

REGISTRATION PROCEDURE AND TIMINGS

Registration Opens Sunday 06:15 – 07:30hrs

Registration takes place at Rivington & Blackrod High School (n.b. each participant must collect their race number - It is not possible for one person from the pair to collect both race packs as we are required to verify the ID for each participant, not only for race integrity but also as a requirement of our insurance. Please allow sufficient time to register if arriving late and there is a queue you may find yourself unable to complete registration in time to race. It is vital that registration closes on time to allow the Race to proceed as planned.

Registration Race Pack

Important - each participant whether solo or in a team must collect their own race pack.

This will contain:

- 1x Race Number (these are required for entry into transition)
- 1x Bike Sticker (attach to your bike around the seat post, required for entry into transition)
- 1x Timing chip (attach the chip on the strap to your left ankle, remember, no chip = no time)

To comply with Competition Rules the race number must be clearly visible on your front for the run and your back for the bike and for this reason we recommend wearing a race belt. If you do not have a Race Belt they will be available to purchase at registration (n.b. cash only) if you don't have one.

Event T-Shirts

If you have pre-ordered an Event T-shirt they will be posted out direct from our event partners Scimitar. There is still an opportunity to order one of our Epic custom Event T shirts for delivery after the event by [CLICKING HERE](#) – n.b. T shirts can be ordered up to the 13th March 2026.



Warming Up

Please do not warm up on the main road prior to the race, the main road is not closed for the event. The access lane to the School will provide plenty of space to warm up but please be aware of spectators.

Race Briefing 07:45hrs

There will be a short race briefing at the start line at 07:45hrs for all participants. Attendance at the Race Briefing is compulsory as any late changes (if required) will be announced along with a general reminder of any safety issues and the route in general. Any questions can also be answered at this time. The briefing will take place at the **Start/Finish Area**.

Start Times

The event will start at 08:00hrs immediately after the race briefing at the Start and Finish area in front of the school. The start will be split into 2 waves separated by 5 minutes. Please refer to the colour of your bib number to identify the correct wave as detailed below;

Wave 1 = Yellow = All Male Teams, Male Solo

Wave 2 = Red = All Female, Mixed Teams & Female Solo

PRIZE GIVING AND PRESENTATION

This will take place near to the finish line at approx. 11:00hrs. Please listen for announcements.

Prizes

Prizes will be awarded for the following categories (subject to entry numbers):

- Male Team overall 1st, 2nd & 3rd
- Female Team overall 1st, 2nd & 3rd
- Mixed Teams 1st, 2nd & 3rd
- Male Solo overall 1st, 2nd & 3rd
- Female Solo overall 1st, 2nd & 3rd
- Male Age Groups V40, V50+ = 1st Place (subject to entry numbers per AG)

Age Group Categories are based on the youngest member of the team. Overall Prize Winners will not be eligible for Age Group Prizes and these will then be 'rolled down' to the next finisher. Prizes awarded may change based upon a low number of entries into each category.

Prize Winners must be in attendance at presentation to claim their prize and prizes will NOT be posted out following the event.

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Section 2: Accommodation

TRANSITION

Open from 06:30 – 07:40hrs (n.b. Bike racking will take place on Sunday morning ONLY)

Please ensure the bike number sticker provided in your race pack is attached to your bike for identification and security reasons. Please rack bikes using the seat on the bike rack support A-frames in alternate directions (see image below).

As the transition area will only be open for 1 hour and 10 minutes, please rack bikes promptly and note that transition will be a secure area with **access only for participants** – no family, friends or other spectators will be allowed access.

To gain access to the Transition Area please ensure you are wearing your bike helmet which must be fastened & also show your race number which must match the bike number sticker attached to your bike. The racking is numbered and bikes must be racked in the correct place that corresponds with your race number.

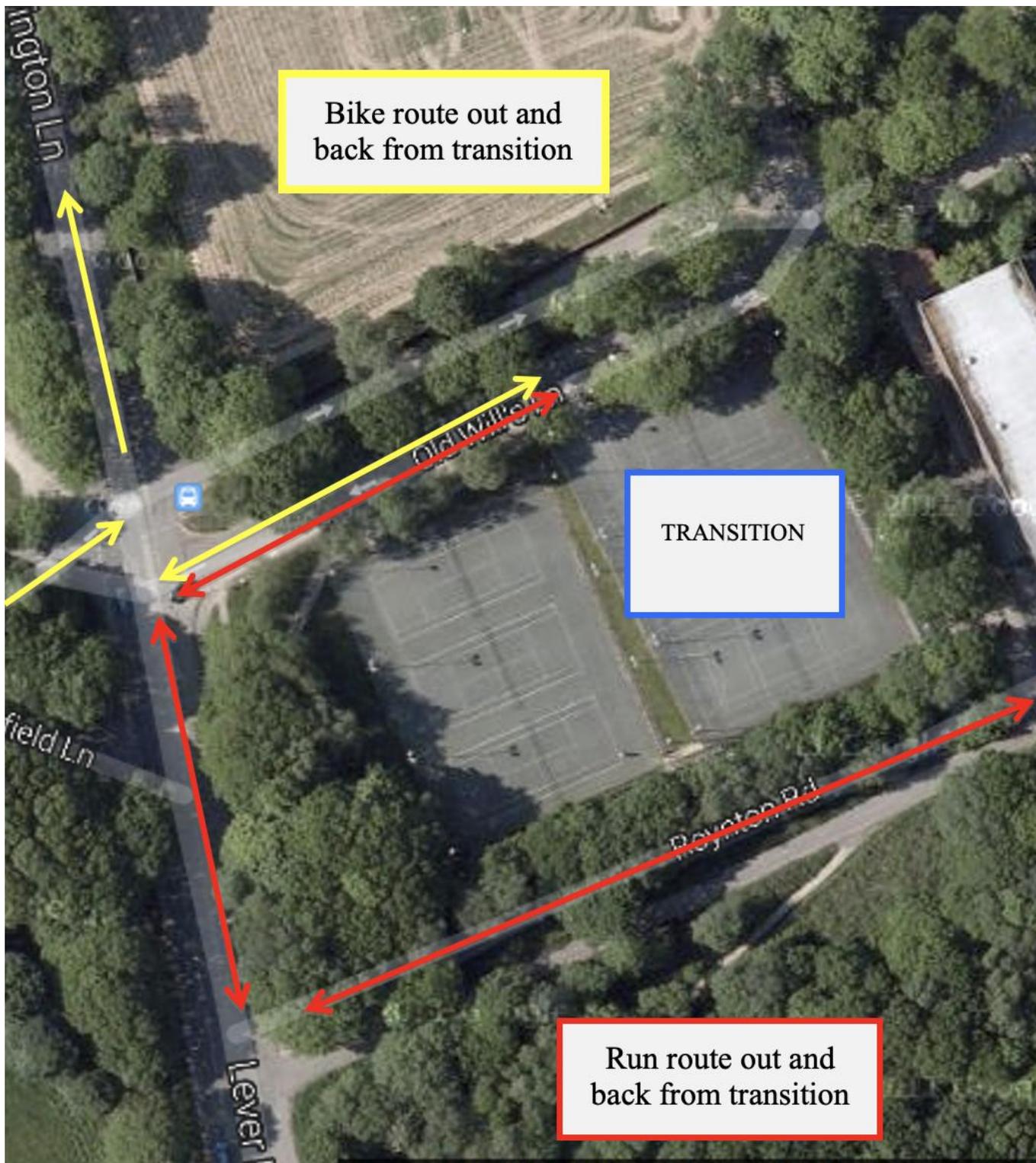
Transition for ALL competitors will close at 07:40hrs promptly.

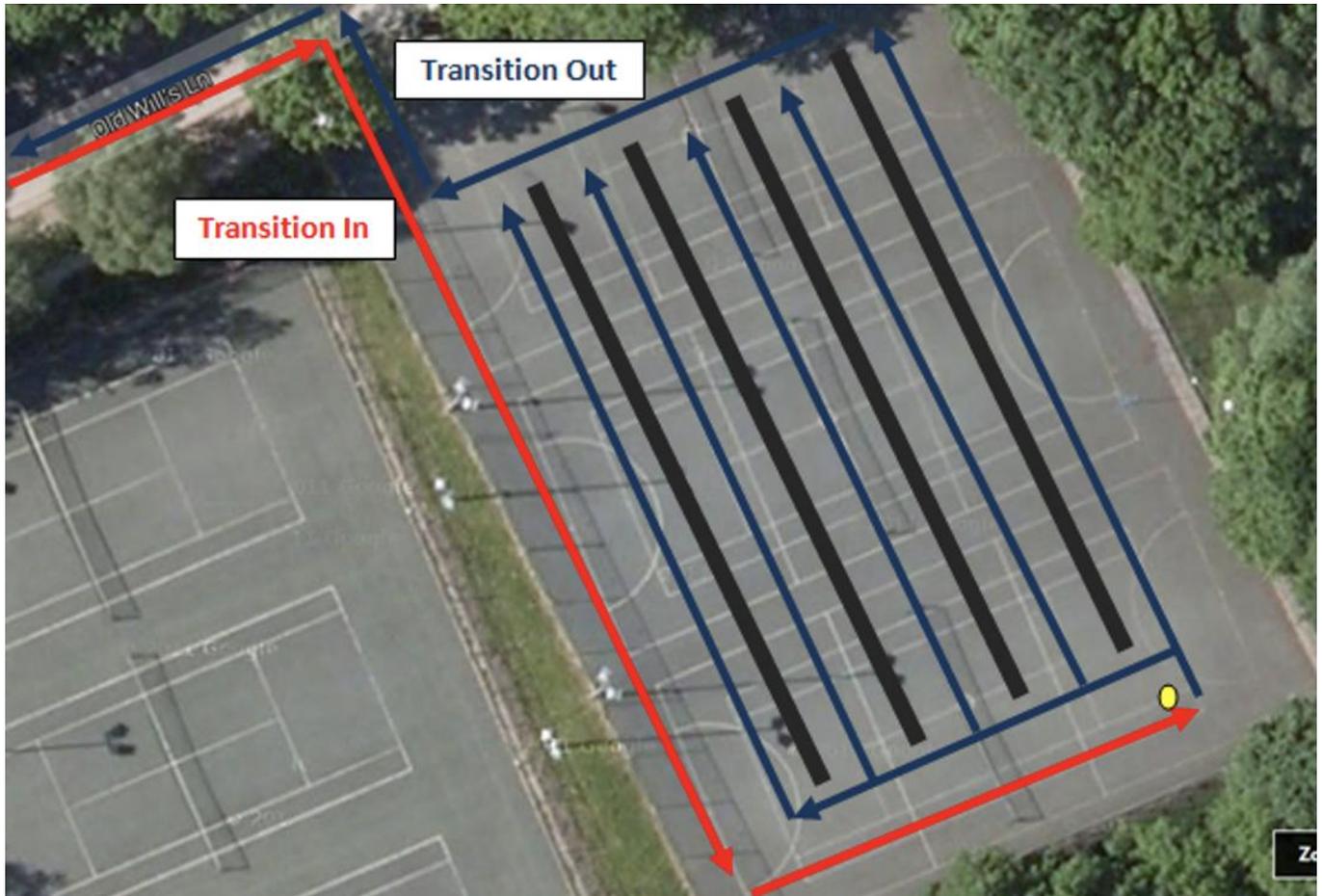
Whilst the race is live only participants that are racing will be allowed through the transition area.

After finishing collection of bikes from transition area will not be permitted without a race number, which must correspond with the race number sticker attached to the bike. If challenged, please be prepared to show your race and bike numbers at all times, this is for the security of all participant's bikes and kit.

The Transition Area should be used in a specific manner during the race (see image below). On return from the first run and following the cycle section participants will turn right to enter the transition (T1 and T2) and will travel in an **ANTI CLOCKWISE direction** around the outside of the racking to the top corner before running (or walking) to the relevant row to collect your bike/shoes. Participants will then exit transition from the bottom corner and then run/walk through the same entrance gate.

PLEASE CHECK TRANSITION FLOW ON THE DAY PRIOR TO STARTING TO ENSURE ALL PARTICIPANTS ARE FAMILIAR WITH THE PROCESS. MARSHALS AND BRITISH TRIATHLON OFFICIALS WILL BE IN TRANSITION AREA TO ANSWER ANY QUESTIONS.



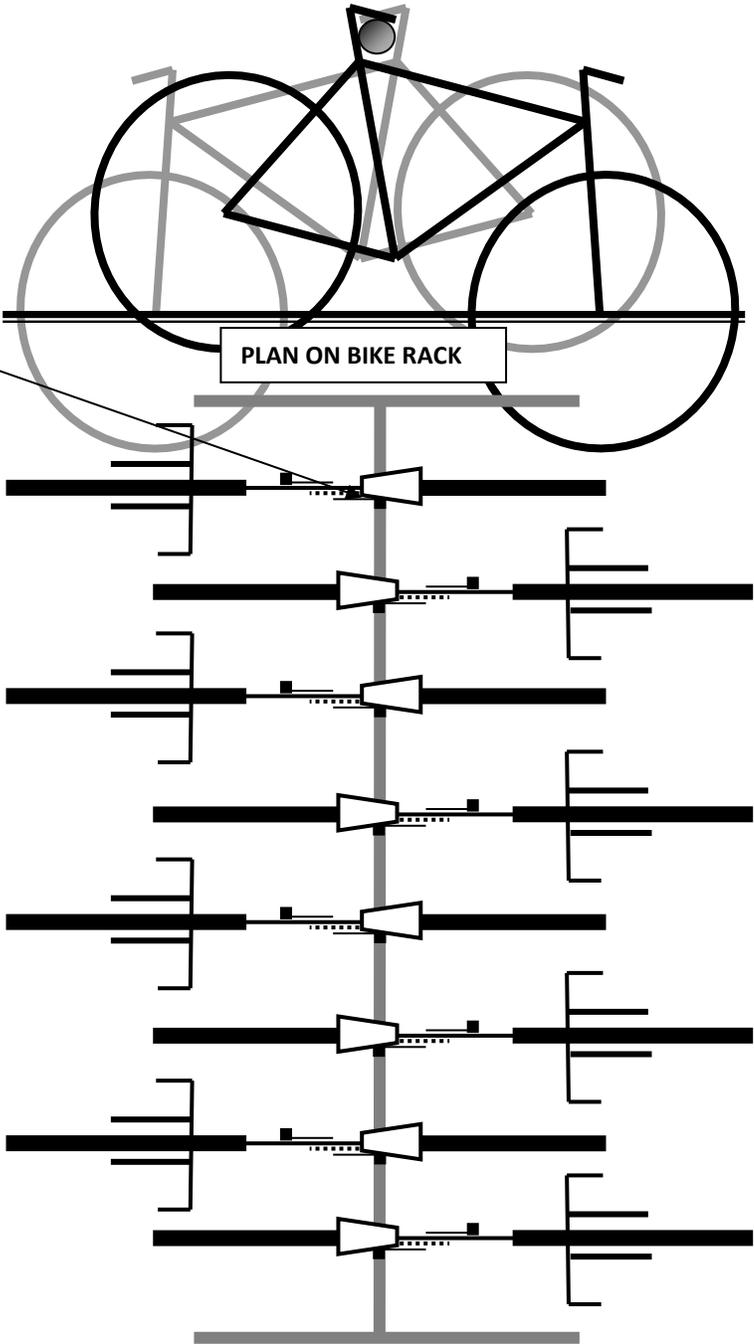


IMPORTANT – TEAMMATES WILL RACK FACING IN OPPOSITE DIRECTIONS. YOUR FRONT WHEELS SHOULD BE ON OPPOSITE SIDES OF THE RACKING.

SECTION ON BIKE RACK

Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number. THIS WILL BE THE SAME FOR YOUR PARTNER

RIVINGTON DUATHLON
001
Racking



RUN ROUTE

The 3.5mile run route follows the road alongside the school then takes the trail up towards the Pike before returning back to transition. Marshals and signage will be in place along the full route – n.b. the route is largely an off-road Trail Run, please take care underfoot and follow the signs as illustrated below;

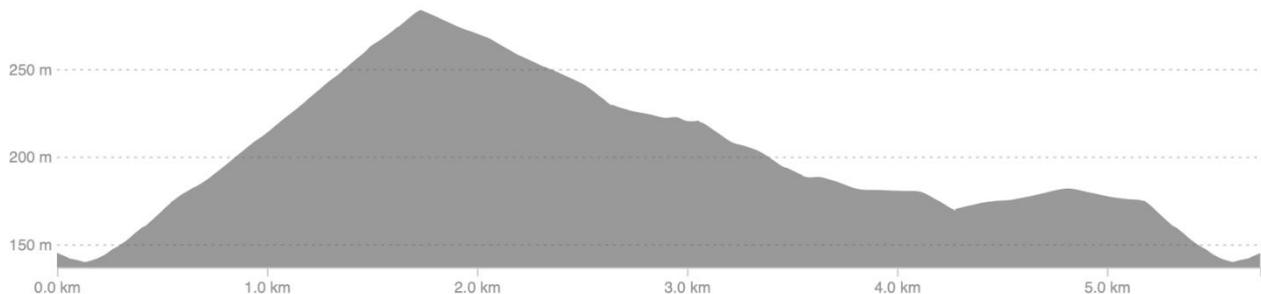
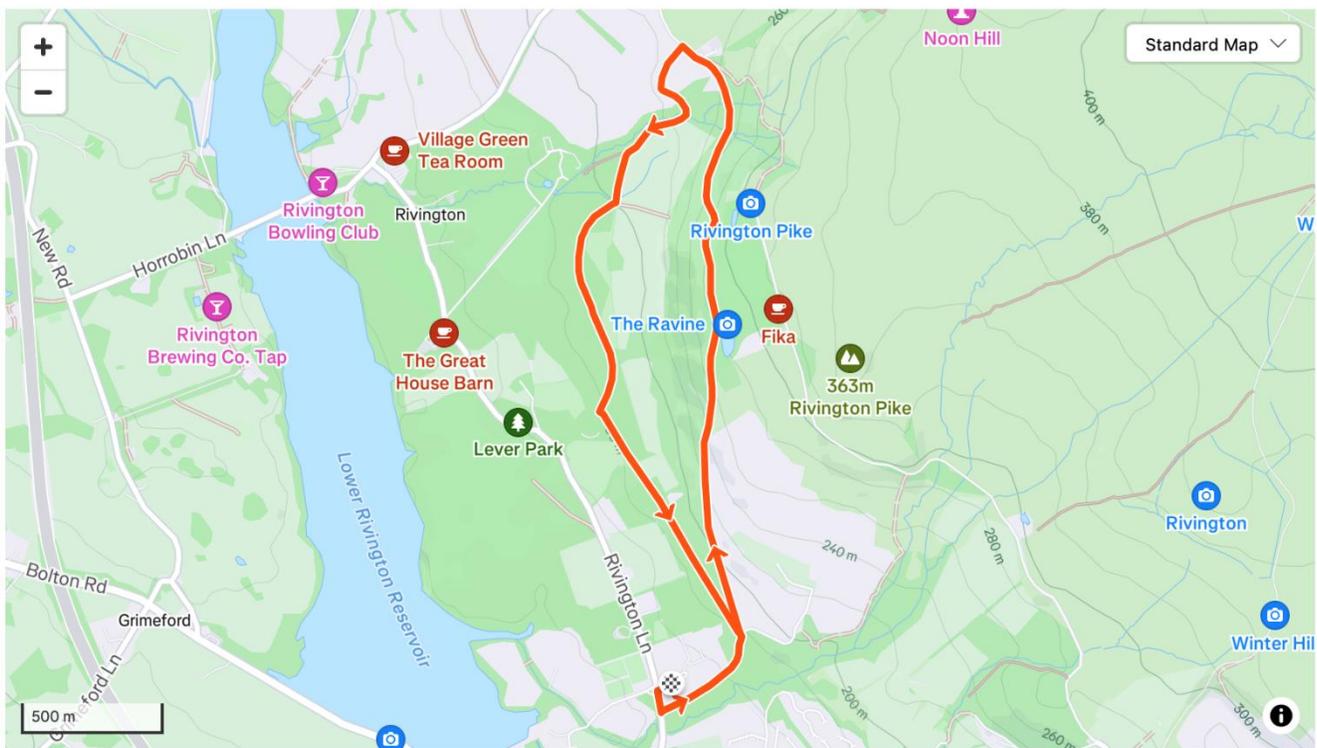


ROUTE MAP – RUN SECTION

Distance = 3.5miles Elevation = 522ft

To view the run route on the Strava website [CLICK HERE](#)

Route and Elevation



BIKE ROUTE

The 21 mile bike route is a single loop that leaves from the school and turns right to climb the infamous Sheep House Lane then descends into Belmont Village. Here the route turns left and drops down towards Abbey Village. The route then turns left again and climbs back towards Chorley where participants will turn and head south to return back to the transition area via Limbrick and Grimeford.

There are a few key points on the bike route that are more dangerous than others and it is important that you take care.

1. When turning onto Sheep House Lane (2k), visibility to oncoming traffic is limited – approach the turn with caution.
2. The descent from the top of Belmont is steep and at the foot of the descent there is a busy junction - cyclists **MUST** control their speed along this section.
3. For 2026 the route has been re-directed via Brinscall & Withnell – there are some narrow sections along here which should be approached with care.

All sections of the course will be signed but it is the participant's responsibility to be familiar with the route rather than relying solely upon signage/marshals to point the way. Please follow the **YELLOW SIGNS WITH BLACK ARROWS** as indicated below;



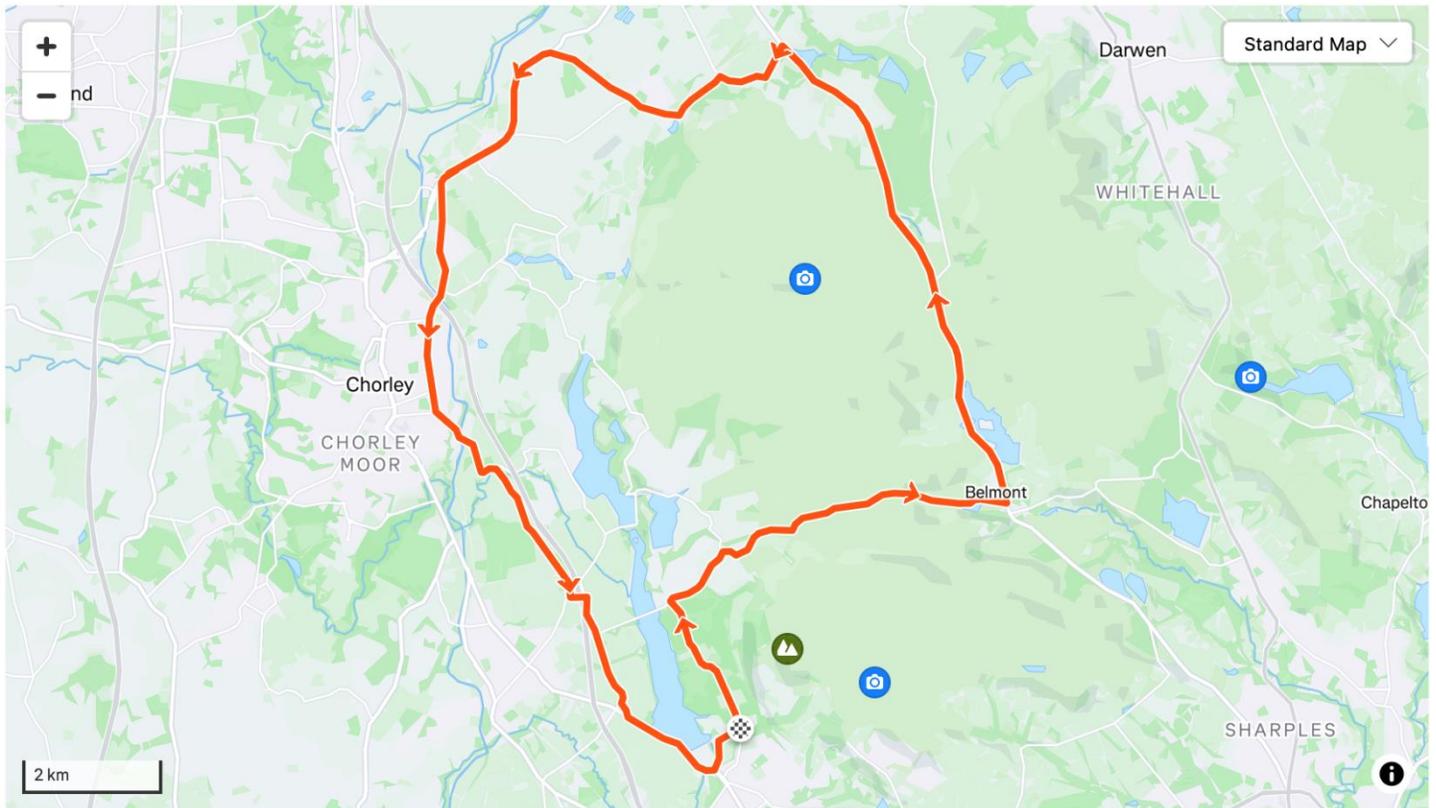
Route signs may point left, right or straight on and will only be in place before a junction, tight turn or hazard. At specific points on the course marshals will also be in place, this will generally occur when joining a busy road. If a marshal or official asks you to slow or stop, please do so or you may risk disqualification. Please note that marshals cannot legally stop or direct traffic. Please respect the surroundings and other road users along the route and **DO NOT drop litter** – any cyclists observed dropping letter/gel wrappers will be disqualified.

ROUTE MAP – BIKE SECTION

Distance = 20.8miles Elevation = 1708ft

To view the Bike route on the Strava website [CLICK HERE](#):

Route and Elevation



Finish

On completion of the 2nd run please run through the Finish arch rather than returning to Transition. Upon finishing, please remove your timing chip or let the Finish marshals remove it for you (DO NOT LEAVE UNTIL YOUR CHIP HAS BEEN REMOVED). Please do not keep your chip in your pocket as the timing mats will not register you as you pass over them. **Any lost or missing chips will be automatically charged at £20 each on the Monday following the event.**

TIMING AND RESULTS

Please ensure your timing chip is in place on your left ankle for the duration of the race using the Velcro on the strap provided. There will be a timing point on the Entry and Exit of Transition and at the Start/Finish Line.

Results

Live results will be available online immediately as participant's cross the finish line [CLICK HERE](#) to go to the Epic Events Results Page.

Any queries relating to Results posted should be sent via e-mail to info@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final and complete.

Time Penalties, Disqualification, Withdrawals & Appeals

Any time penalties issued will be posted at the finish line - all penalties will be reviewed and applied through the Race Referee. If participants have a query regarding penalties, please inform the Race Referee immediately on the day of the event.

In addition to the standard penalties within the British Triathlon Rules, disqualification or penalties may be awarded for the following race specific items;

1. **Crossing the centre line – DQ**
2. **Dangerous cycling – DQ**
3. **Fail to follow direction from a marshal – from 2 mins to DQ (dependent on severity)**
4. **Mounting bike before entering mount box – 2 mins**
5. **Not dismounting within the dismount box – 2 mins**
6. **Irresponsible transit through transition – 2 mins**

If withdrawing from the race please report to the start/finish Event Shelter advising of your race number and returning the timing chip.

MEDICAL ADVICE

If participants have any known medical condition please ensure to inform Epic Events prior to the race on your entry details or via email to info@epicevents.co.uk Following registration after being issued with race numbers, please write any medical conditions including any medication taken on the back of the race number along with emergency contact details.

This is not just an administrative request - it could be a matter of life and death in an emergency if there is a medical issue or accident. This information will only be used if required.

If you feel unwell on race day – please DO NOT race! In case of injury or emergency please notify the nearest marshal or ask another competitor to do so, the marshal will notify the Event Medical Team who will assist.

EMERGENCIES

During the race, should you see any other competitors in need of assistance please inform the nearest marshal. There will be medical cover on the course and at the start/finish area.

REFRESHMENTS

The Crazy Cow catering unit will be onsite selling hot and cold refreshments and drinks.

GOOD LUCK

On behalf of Epic Events we would like to wish you well with your race and hope you have a safe and enjoyable event.

Regards

Epic Events

01257 251217

info@epicevents.co.uk

www.epicevents.co.uk