



WEST LANCASHIRE SPRING TRIATHLON & MULTISPORT

2026 – EVENT GUIDANCE NOTES

Sunday 19th April 2026

Location: Edge Hill University, St Helens Road, Ormskirk, Lancashire, L39 4QP

Triathlon – 400m Swim, 21km Bike & 5km Run

Duathlon – 5km Run, 21km Bike & 2.5km Run

Aquathlon – 400m Swim & 5km Run

Aquabike – 400m Swim & 21km Bike

Thank you for your entry to **West Lancashire Spring Triathlon & Multisport 2026** we hope your final preparations for the event are going well.

Please read through the details outlined in this document and note that unless informed directly by Epic Events that all the information included is now FINAL & CONFIRMED.

ENTRY CONFIRMATION

All entrants receive an automatic email from the entry system (Resultsbase) confirming their entry and will be included in the list of participants [HERE](#)

PLEASE NOTE: THE UNIVERSITY OPERATES A STRICT 'NO DOGS' POLICY ON CAMPUS!

Please do not bring dogs to the event – taking a dog onto the Campus can jeopardise the future of this event with the University.

PARKING

Free parking is available on Campus near to the main entrance. Please ignore the ANPR cameras and signs in the car park. You will not be fined or charged during your stay in the car park on the day of the event.

There are a small number of Disabled Parking Spaces available to the side of the Sports Centre. Please speak with a marshal if you need to access these as cyclists on the bike course pass through on the access road to the disabled spaces.

RULES GOVERNING THE EVENT

The event is affiliated to British Triathlon and as such will comply with British Triathlon Competition Rules. Participants are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rules – ignorance is no defence! If you require further information about Competition Rules, please visit the British Triathlon website [HERE](#)

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](#) - by 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 the insurance undertaken by Epic Events and the National Governing Body for the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the Epic Events website [HERE](#).

COMPETITOR CONDUCT

Competitors are reminded that they share the Campus, Sports Centre and the highway with the public who may not be fully aware of the event. We request that you treat members of the public (including other road users), marshals, other 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 hosted by Epic Events. Please try to remain courteous on the route even if some other users of the route may not offer you the same respect, we're visitors to the venue and we're representing the sport, hence we must ensure we act in an exemplary manner.

RULES GOVERNING THE HIGHWAY

Participants are reminded that the cycle section takes place on both closed and open road sections. Please ensure that the rules of the road (as per the Highway Code) are always followed – make sure you ride 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 from the Moto Officials and may result in prosecution by Lancashire Police who will also 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 you should stop!

EVENT TIMETABLE	TIME
SATURDAY	
Registration – please register on Saturday where possible at Edge Hill University, St. Helens Road, Ormskirk, L39 4QP <i>n.b. Registration only, no bike racking will take place on Saturday</i>	13:00 to 17:00hrs
SUNDAY	
Emergency Registration at Edge Hill University	05:30hrs
Transition Opens	05:45hrs
First Race Briefing <i>n.b. mandatory poolside briefing 15-30mins before your swim start time</i>	06:15hrs
Race Start – Triathlon, Aquathlon & Aquabike - First wave of swimmers in the pool	06:30hrs
Race Start – Duathlon (at the Start/Finish Arch on the Running Track)	08:00hrs
First Finishers	08:00hrs (approx)
Final Swimmers	13:00hrs (approx)
Prize Giving Presentation at the Finish Area (n.b. - athletes must be present to claim Prizes)	14:30hrs (approx)
Final Finishers	14:30hrs (approx)

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 24th April 2026.



SPONSORS AND EVENT PARTNERS



THE
Endurance Store

Swim – Run – Triathlon
Mossy Lea Road, Wrightington, Wigan, WN6 9SA
www.TheEnduranceStore.com

RIGHT OF WAY

Participants must take care at junctions and should note from the course details included in this document that you do not have right of way at several sections on the route please check that junctions are clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save a few seconds!

NON-DRAFTING

The cycle section of this event is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

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.

CYCLE HELMETS

Approved hard shell helmets will be 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 and adheres to the aforementioned rules and regulations as specified by British Triathlon.

RACE NUMBERS

Participants will be issued with a single race number which must be clearly visible on your back for the bike and on your front for the run (race belts are recommended and can be purchased at registration n.b. cash only). Do not cut or fold the race number – penalties will be issued for number mutilation. Please ensure your race number is visible when exiting transition for the bike, when leaving transition for the run and most importantly when crossing the finish line. For relay teams, the cyclist should wear the number on their back and the runner will wear the number on their front.

REGISTRATION PROCEDURE AND TIMINGS

Pre-Race Registration at Edge Hill University

Available on **Saturday 18th April 2026 (1300-1700hrs)** n.b. the day immediately prior to race day.

Emergency Registration at Edge Hill Sport Main Entrance - Open Sunday 19th April 2026 from 05:30hrs

Please allow sufficient time to attend Registration. Ideally, you should attend Pre-race Registration at Edge Hill University on Saturday before Race Day but if this is not possible, please arrive at Emergency Registration **at least 60 minutes before your wave briefing time**. If there is a large queue you may find yourself unable to complete registration in time to race, please allow sufficient time. Emergency Registration will take place at the front of the Sports Centre on Sunday.

REGISTRATION PROCEDURE

Collect your Race Pack

To register you will need to show a personal photo ID or a valid British Triathlon Membership Card/Online Pass. Collect your race pack, this will contain:

- 1x Race Number (required for access to transition)
- 1x Bike Seat Post Wrap Around Sticker (required for access to transition)
- 1x Custom Swim Cap
- 1x Timing Chip (prior to starting the race fasten the strap by placing it around your left ankle and secure it in place using the Velcro fastener, attachment anywhere else will jeopardise an accurate race time).

N.B. please check you have the correct and matching race number, frame sticker and timing chip before leaving registration. THE TIMING CHIP MUST BE SECURELY FASTENED TO YOUR LEFT ANKLE PRIOR TO THE START OF THE SWIM SECTION, NO CHIP = NO TIME!

BRITISH TRIATHLON RACE PASS

All competitors need to either have a British Triathlon Membership or a Race Pass to participate in this event. This is a mandatory British Triathlon requirement for all affiliated events and participants **CANNOT** race without a British Triathlon Membership or a Race Pass.

Entrants that are not British Triathlon Members, must purchase a Race Pass directly from British Triathlon, the cost is £8 per person. The Race Pass must be produced at Registration before Race Numbers, timing chips etc can be collected. Race Passes can be purchased via the link below – scroll down to the event you are registered for - [West Lancashire Spring Tri & Multisport Race Event](#)

Please note that British Triathlon members will need to show their membership card/or an image of it at registration to collect your race pack n.b. if British Triathlon memberships have expired before the event date they will not be valid and participants should either renew or purchase a Race Pass (see the link above) - for any queries regarding Race Passes, please contact British Triathlon directly membership@britishtriathlon.org

RACE INFORMATION AND TIMINGS

Race HQ is open from 05.30hrs and the Transition area open at 05:45hrs

TOILETS

Toilets are available inside the Leisure Centre from 06:00am on Race Day. There are also additional Event “portaloos” on site at Event HQ near Registration.

PARKING

There is free parking available on Campus near to the Main University entrance. Please ignore the ANPR cameras and signs in the car park. You will not be fined or charged to stay in the car park on the day of the event. Please ensure you enter the site from St Helens Rd from the ‘new’ Main Entrance – this is the entrance that leads directly to the Sports Centre and is closest to the motorway. If you enter the site at the old entrance, you will see the ‘old’ universities buildings immediately in front of you – this is the wrong entrance.

TRANSITION

Bike racking will take place on Sunday morning ONLY.

Please ensure to wrap the bike number sticker provided in the Race Pack collected at Registration around the seat post of the bike where it is visible for ID and security reasons. Please rack in the corresponding numbered rack position using the bike seat “hooked” onto the racking frame in alternate directions. Only competitors are allowed into the transition area (no friends/family/spectators allowed). Please ensure bikes are racked at least 30 minutes prior to swim briefing times. Transition race entrance and exits are equally spaced ensuring there is no advantage to be gained from any of the rack positions.

During the race, only racing competitors will be allowed through the transition area.

Removal of bikes from the transition area will not be possible without displaying a race number that corresponds to the bike number sticker on the seat post. Please be prepared to show Race Numbers/Stickers.

MANDATORY RACE BRIEFING

All participants are issued with a briefing time which will require attendance at a short race briefing 15-30mins prior to the individual swim start time – this is mandatory for all participants. Any late changes to the event (if required) will be included, as well as answering any race questions/queries. **DO NOT** miss this briefing.

TRANSITION LOCATION AND ACCESS

Transition is on the running track in front of the Sports Centre. Transition will be open from 05:45am and for the remainder of the event. Entries in the earlier swim times will have priority at the start of the event. To rack bikes and kit please enter and exit the transition area at the entrance on the running track.

Please keep the amount of equipment left in transition to a minimum. Transition boxes, etc are not allowed to be kept in transition as per British Triathlon rules, but excess kit and bags can be left at the side of the running track away from the main transition area (near the long jump sandpit area).

ENTRY TO TRANSITION

To gain entry to transition to rack bikes participants will need to:

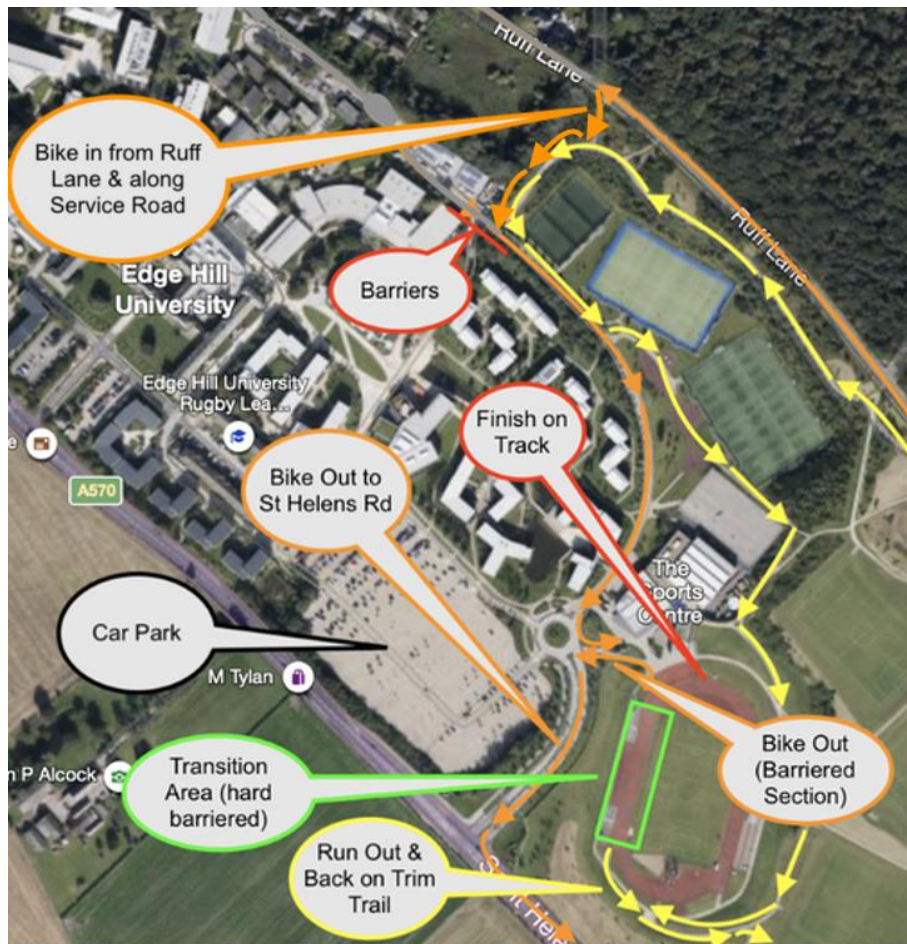
- Register and collect Race Pack at Registration.
- Attach Bike Number Sticker to the seat post of the bike.
- Display Race Number.
- Ensure helmet is on and is fully fastened.
- Walk to the Transition entrance where marshals will direct participants where to go.
- No boxes or large bags to be left in transition – these can be left at the side of the running track away from grass pitch and the main transition area

Please note Transition Staff/Officials no longer check the brakes on bikes. It is the participant’s responsibility to ensure bikes are safe to ride. If there are any issues or queries regarding a bike, there will be a bike mechanic from Croston Cycles onsite near to the Sports Centre who will be able to help and advise on Race Day.

EVENT CAR PARK, SPORTS CENTRE AND TRANSITION AREA

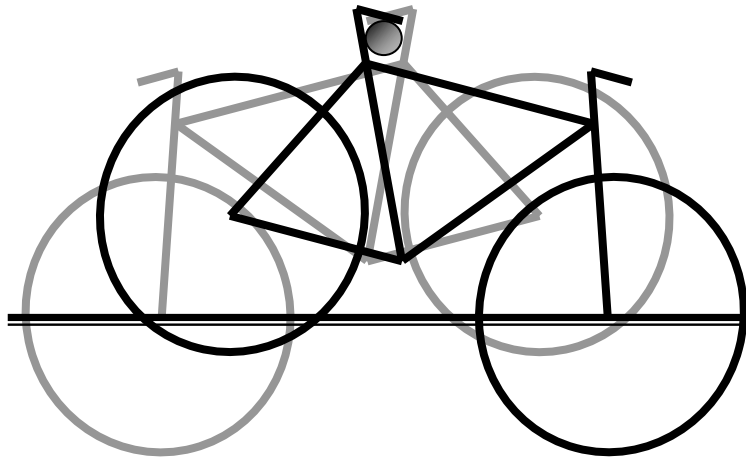


SITE MAP AND LAYOUT



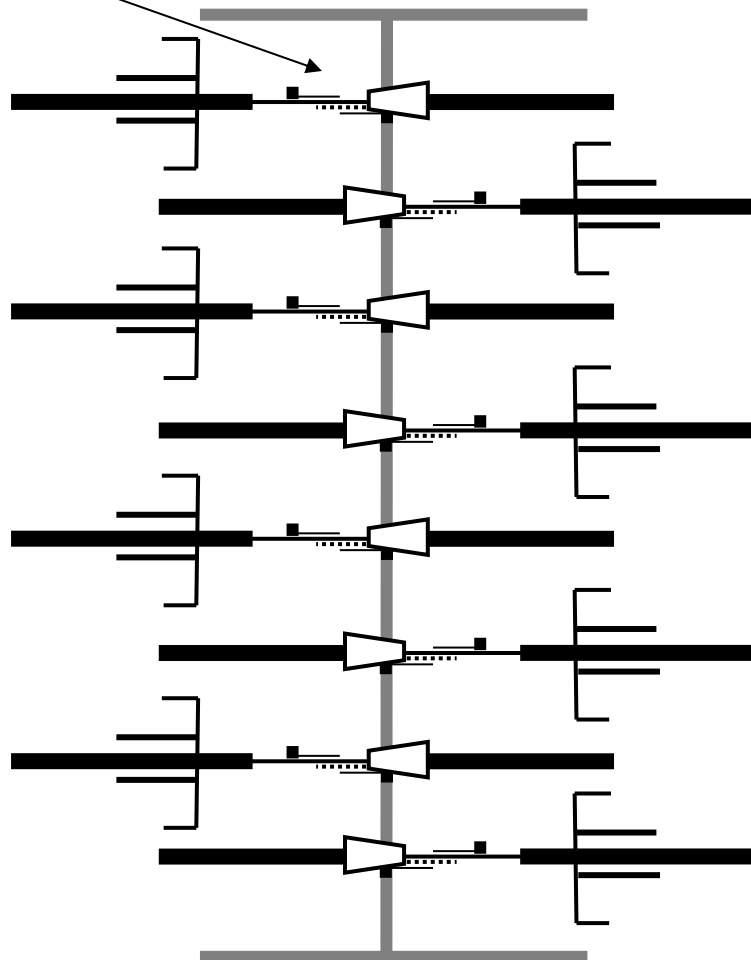
BIKE RACKING OPERATION

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.

PLAN ON BIKE RACK



WEST LANCS SPRING

001

Racking

SWIM - 400M (16 x 25m lengths)

The 400m swim will take place in the 25m pool inside the Sports Centre and requires participants to swim 16 x 25m lengths. Start times have been allocated using the estimated swim times submitted on entry (slowest swimmers start first). Each swimmer has been allocated a lane and a fixed start time which must be adhered to. Please refer to the Start List which will be emailed approx. 1 week prior to the event and will include the poolside briefing time and Swim Start Time. Please report to poolside for Briefing Time and certainly no less than 20 minutes before your Start Time. If participants miss the allocated starting slot, then it will not be possible to start and unfortunately the race will be over.

Lane 1 will swim anti-clockwise, Lane 2 clockwise and so on. Please refer to the pool organisation diagram below. All competitors will push start in the water, diving into the pool is not allowed at any time. Tumble turns are permitted. The lane order has been assigned on swim times, however, if participants catch the swimmer in front please tap their feet a couple of times, it is then the responsibility of the swimmer in front to let the faster swimmer pass at the end of the current length. A time penalty may be awarded if the slower swimmer in front persistently ignores this rule and does not allow faster swimmers to pass at the end of the pool. Please be patient and do not attempt to overtake during the length, a time penalty may also be awarded for any inappropriate conduct in the pool.

On completion of 14 of the required 16 lengths a kickboard will be placed into the water in front of swimmers by the lane counter but please be aware it is still the responsibility of the swimmer to count the number of lengths completed – the counters will assist as much as possible but with over 600 participants it is impossible to count for each and every swimmer.

To Transition 1 (T1)

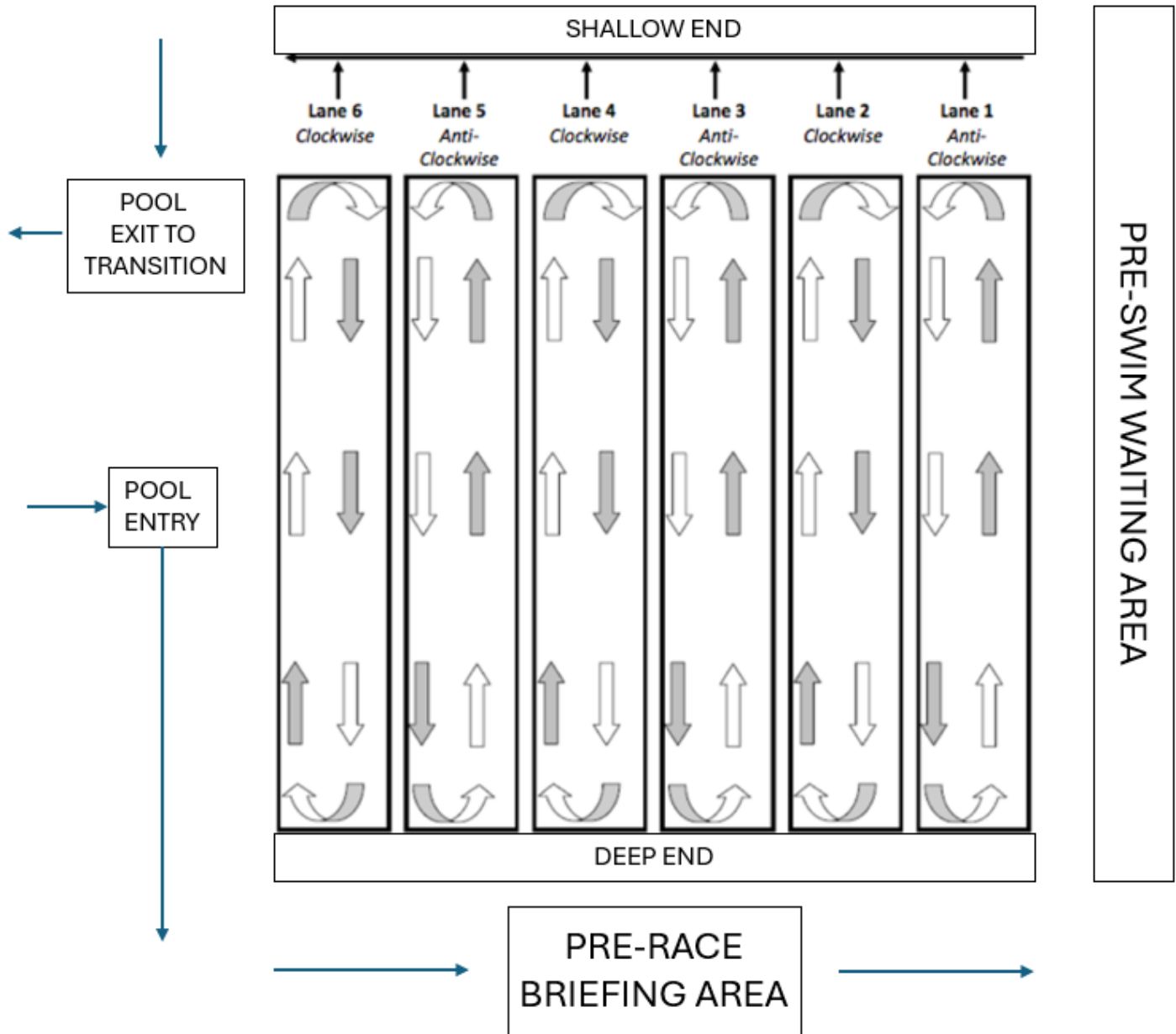
There is a short run to the transition area which includes some clean, flat, smooth concrete/tarmac - it is possible to pass through this section in barefoot but if swimmers have sensitive feet or feel uncomfortable it is acceptable to leave footwear outside the pool at the swim exit but please stay clear of the timing mats at swim exit and adhere to the marshal's instructions

N.B. ANY FOOTWEAR DROP OFF MUST BE COMPLETED **BEFORE** COMING TO THE POOL. Do not bring footwear or clothing into the pool area, it is not permitted to bring anything additional into the pool area, the area must be kept clear, if bringing anything that is not worn during the swim into the area it should be left at your own risk in the Sports Centre Reception area or Changing Rooms for collection after the race. **The route from Swim Exit to Transition will be checked for sharp objects, but it cannot be guaranteed to be clear, therefore a barefoot run is completed at your own risk.**

Once the 400m swim is complete swimmers should climb out of the pool and exit to the side of the pool by the sauna/steam room area and through the first aid room/staff exit then follow the route into transition. Be aware of runners/cyclists from earlier waves exiting transition.

As per British Triathlon rules competitors are not allowed to wear neoprene shorts/swimsuits or calf guards of any material for a pool-based swim.

POOL ORGANISATION



BIKE – 21.4km (13.3 miles)

Cycle Route: <https://www.strava.com/routes/3066024908843875804>



Transition

When collecting bikes from T1 ensure helmet straps are securely fastened BEFORE touching the bike. After leaving transition, push the bike to the mount line marked on the path at the side of the track and manned by a marshal who will remind cyclists to mount AFTER the line. There will be a time penalty if mounting a bike before the line.

For the bike section large yellow signs with black arrows will be in place, similar to the image above. These may point left, right or straight on and will be in place before a junction or turn. At specific points on the course marshals will be in place, typically when joining a busy road or an area with reduced visibility. If a marshal informs cyclists to slow or stop please do so or risk a disqualification, please also be aware that marshals cannot legally stop or direct traffic on the public highway in any way.

Non-Drafting

West Lancs Spring Triathlon is a NON-DRAFTING event. There will be a 2min penalty for drafting and potential disqualification for persistent offenders. A further explanation of the drafting rules is available on page 5. Please note there will be anti-drafting Moto Officials on the bike course throughout the race.

Route

Cyclists will complete **THREE FULL LAPS** of the **BIKE COURSE (first used in 2023)**. After 400m the course exits the University Campus via the main entrance/exit onto St Helens Road where cyclists will turn left onto the short cycle lane which will ensure that participants are not affected by the traffic lights, after 800m take the left turn into Scarth Hill Lane. Then after 1.4km turn right onto Whiteley's Lane, which will take cyclists to a left onto Wigan Road before another left into School Lane at the village of Westhead and up the steady incline to take a right into Vicarage Lane and then a right at the top of Vicarage Lane (next to Ruff Woods) and onto Ruff Lane (see Strava route above for detailed info).

Whiteley's Lane is closed to traffic, but cyclists must still follow normal highway rules whilst also being aware that residents may require vehicular access – please keep to the left and overtake on the right but do not cross the centre white line. Wigan Road and School Lane remain open to traffic with Vicarage Lane and Ruff Lane closed, however a one-way system for vehicles is necessary to maintain resident's access.

IMPORTANT CHANGE TO THE ROUTE FROM 2023 ONWARDS

At the top of Vicarage Lane cyclists will come to the junction with Ruff Lane and all participants will now turn right and follow Ruff Lane for 400m before turning left and through the gate back into Campus, there is a small ramp to get over the kerb, please take care over the ramp, especially if it is wet.

A marshal will be at this position to caution cyclists to slow down and take care. Just inside the Campus the path meets the run route (coming from your left), please take care and stay to the right of the cones on the path, Runners will stay to the left of the path. A marshal will be there to guide participants through this area and after 200m the path will take cyclists on to the service road. Please note other Campus users use this road, please remain vigilant when cycling through the Campus. Cyclists will then return to the roundabout in front of the Sports Centre and Car Park and continue straight through to start Lap 2 and then Lap 3.

After completing **THREE FULL LAPS** and reaching the service road roundabout (outside the swimming pool) cyclists should dismount at the Dismount Line, a marshal will be in position here to remind cyclists to dismount **BEFORE** the line and then push the bike into transition to rack and only then should helmet straps be undone and helmets removed.

THE RUN - 5km (3.1miles)

Run Route <https://www.strava.com/routes/2934526361697586668>



For the Run section signs will be in place similar to the image above – these may point left, right or straight on and will typically be in place before a turn/junction.

The 5k route follows a 2 Lap Run Course which is flat and fast and covers the purpose built running trail at Edge Hill Sports Centre. The surface is mainly tarmac but does include some gravel sections with the final 400m to the finish on the running track. The course will be fully signposted and marshalled with a drinks station that will have water available at the start of the Lap, please ensure to remain hydrated and make use of the drinks stations as required.

On completion of the bike section, after correctly racking bikes and removing helmets participants will then exit transition and turn left to follow the **2 x 2.5k Lap Run Route** for a total run of 5k.

The run is relatively simple and follows the running trail, but all runners should ensure they are paying attention to the marshals and route signage and following signs/directions diligently. At the end of the 2nd Lap, runners will turn back towards and then onto the running track for a rousing finish in front of the Sports Centre, where our Race Announcer will shout all Finishers home

RELAY TEAM INFORMATION

Each relay team will need to register together. Each team will be issued with a timing chip, which will act as the relay 'baton', 1 x Race Number which should also be passed over and 1 x bike number sticker. The swimmer will start with the timing chip, the cyclist will take the race number initially for their back and the bike number sticker and the runner when handed the race number must wear on their front (n.b. triathlon race belts are recommended for relay teams to ease the race number handover and are available at Registration).

The timing chip must be secured firmly in place before each member of the team starts. The changeover should take place INSIDE THE TRANSITION AREA near to the racking position for the team. The cyclist should be wearing a helmet but leave the bike racked until the timing chip is secured to the left ankle after the chip is handed over from the swimmer then the cyclist may take the bike from the rack. At the end of the bike route the cyclist should rack the bike before handing the timing chip to the runner who should attach it to their left ankle before leaving transition.

DUATHLON INFORMATION

All duathlon participants will start at 08:00hrs with a briefing at the Start/Finish on the running track around 07:50hrs. The only thing to note that is different from the triathlon is a change to the run route as follows. At the end of **LAP 2** of your **FIRST RUN** you will enter the running track heading towards the finish line where you will follow the big red arrows to veer to the left of the finish arch to transition. This ensures you do not cross "bike out" to get back into transition.

AQUATHLON INFORMATION

All aquathlon participants will attend the swim briefing at the time detailed in the start list available from the event website, you will also have received an email with this information. You are assigned a position in transition on the racking even without a bike; kit bags can be left here.

AQUABIKE INFORMATION

All aquabike participants will attend the swim briefing at the time detailed in the start list available from the event website, you will also have received an email with this information. You are assigned a position in transition on the racking and should rack your bike as detailed above. Your finish time will be as you pass the timing mats into transition after your bike laps are complete. We then ask that you rack your bike, exit transition and head into the finish chute for your finish photo, to collect your medal and return your timing chip.

TIMING AND RESULTS

Please ensure timing chips are secured to the left ankle for the duration of the race using the Velcro strap. **DO NOT cross any of the timing points before starting the race.** There will be 6 x timing points during the race – 1 = Swim Exit from the pool, 2 = Bike Exit from transition, 3 = Bike Lap, 4 = Bike Entry to transition, 5 = Run Exit from transition and 6 = Finish Line. After crossing the finish, please remove the timing chip & strap and place in the container provided. **Any lost or missing timing chips will be charged at £20 each, this will be charged automatically to the payment card used to enter if timing chips are not returned.**

RESULTS

Provisional Results are published LIVE on the Epic Events Results page [HERE](#) as participants cross the finish line. Any queries relating to provisional results must be e-mailed to info@epicevents.co.uk by Monday following the event, after which time all results will be deemed as final and complete.

PRIZE GIVING AND PRESENTATION

Presentations will take place at 14:30pm (approx) at the Finish area. Prize Winners must attend to collect prizes (n.b. prizes will not be posted out following the event). Prizes will be awarded for the following categories (n.b. min. entry 3 participants per age group):

- ❑ Open - 1st, 2nd & 3rd (All Age Groups)
- ❑ Female - 1st, 2nd & 3rd (All Age Groups)
- ❑ Open - U20; V40; V50; V60; V70+ = 1st place
- ❑ Female - U20; V40; V50; V60; V70+ = 1st place

Any 1st, 2nd or 3rd Overall Prize Winners will not be eligible for Age Group Prizes U20, V40, V50, V60 or V70+ Prizes which will be 'rolled down' to the next Age Group Winner.

MEDICAL ADVICE

If participants have any known medical conditions (such as diabetes, asthma, heart disease, allergy to penicillin, etc, etc) please ensure Epic Events have been informed prior to the race by including the information on the online Entry System or emailing info@epicevents.co.uk. After collecting Race Numbers at Registration please ensure any medical details including any medication taken are written on the back of the Race Number as well as Next of Kin & Emergency Contact details and include a small indelible red cross on the front of the Race Number (pens available at Registration). This is not just an administrative request - it could save a life in an emergency. This information will only be used if required. If any participants feel unwell on race day – please do not race!

CATERING

The following catering options are available at Edge Hill Sports Centre near to the Finish Area on event day from 07:30-14:30.

- **Coffee Van – Hot drinks**
- **Dairy Deck – Sandwiches**
- **Cold bin fridges – Cold drinks**
- **Hot Dogs in buns – Served from tables**
- **Pizza Truck – Pizza's**

The Sports Centre café will also be open for business during and after the event. Please make use of the catering/drinks to help to support the event and venue going forward.

PHOTOGRAPHS

Race photographs will be taken by the Official Event Photographers and will be **available online as FREE hi-res digital downloads** approximately 12-24hrs after the event. Please be aware that all images will be published online on the Photographer's website [HERE](#).

To be notified when images are uploaded it is possible to select SUBSCRIBE on the appropriate event album on the Photographer's website via the link above and then register a 'Selfie' image and the system will then

automatically notify participants via email when images from the event are uploaded that match the 'Selfie' image.

FINALLY

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

Yours in sport

EPIC EVENTS

e-mail: info@epicevents.co.uk

website: www.epicevents.co.uk