



HORWICH TRIATHLON, MULTISPORT & TRAIL RUNS 2026

EVENT GUIDANCE NOTES

The Kona of the North and the Race to the Pike!

Sunday 3rd May 2026

Location: Horwich Leisure Centre, Victoria Rd, Horwich, Bolton, BL6 5PY

Standard Distance

Triathlon – 500m Swim, 37km Bike & 8.4km Run

Duathlon – 8.6km Run, 37km Bike & 5km Run

Aquathlon – 500m Swim & 8.4km Run

Aquabike – 500m Swim & 37k Bike

Sprint Distance

Triathlon – 400m Swim, 20km Bike & 5km Run

Duathlon – 5km Run, 20km Bike & 5km Run

Aquathlon – 400m Swim & 20km Run

Aquabike – Swim 400m & 20km Bike

Trail Runs

Full Pike - 8.4km

Half Pike - 5km

Thank you for entering **Horwich Triathlon, Multisport & Trail Runs 2026** we wish you good luck with your final preparations for the event. 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.

EVENT TIMETABLE	TIME
SUNDAY	
Registration Opens at the front of the Leisure Centre	06:30
Transition Opens	06:45
First Race Briefing (n.b. mandatory poolside briefing 15mins before your swim start)	07:15
Race Start Triathlon, Aquathlon & Aquabike - First wave of swimmers in the pool	07:30
Race Start Duathlon & Trail Runs – Sprint, Standard, Full & Half Pike Distances at the Start/Finish Arch on Church St at the side of the Leisure Centre	08:30
First Finishers	10:00 (approx)
Final Swimmers	10:30 (approx)
Duathlon & Trail Run Prize Presentations at the Finish Area (n.b. athletes must be present to claim Prizes)	10:30 (approx)
Triathlon, Aquathlon & Aquabike Prize Presentations at the Finish Area (n.b. athletes must be present to claim Prizes)	12:30 (approx)
Final Finishers	13:30 (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 8th May 2026.



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](#)

PARKING

Free parking is available in the Car Park area in front of the Leisure Centre with access from Victoria Road but please be aware that these spaces are limited and other than the Pool Area (which is exclusively hired for the event) the Centre remains open to the public whilst the event is ongoing.

If the Car Park is full on arrival there is alternative parking available on the surrounding streets but please park considerably and be aware that Church Road is closed from the junction with Longworth Road to Victoria Road from 0700hrs for the event – please allow plenty of time to park and to attend Registration prior to your start time.

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 Venue, 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!

START TIMES

Individual start times are allocated by the estimated 500/400m swim time submitted with your entry. Please note, once the swim times have been published the data is fixed and final, no changes can be made. Please refrain from emailing to request a change to your start time.

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 the 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 athlete may enter the draft zone of another competing athlete 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 competitor. If an overtaking manoeuvre is not completed within 25 seconds, the overtaking competitor 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 before 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 visible on the back for the bike and on the front of the body for the run (race belts are recommended and can be purchased at registration n.b. cash only). Do not cut or fold these race numbers this could damage the timing chip and 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

Registration - Opens Sunday 0630hrs

Please attend Registration in a timely fashion, we recommend arriving **at least 60** minutes prior to your Swim Briefing Time. If you leave it too late, and there is a queue, you may find yourself unable to complete registration in time to race. Registration will take place outside at the front of the Leisure Centre at one of our Event Shelters and all competitors will need to register in person with a Photo ID on the morning of the race. Please have your British Triathlon ID with you if you are a British Triathlon member (**Non-British Triathlon members - please purchase a race pass in advance rather than on the day, as registration will be busy and staff maybe unable to assist**).

Collect your race pack – this will contain:

- **1 x Race Number** (required for access to transition)
- **1 x Bike Seat Post Number Wrap Around Sticker** (required for access to transition)
- **1 x Helmet Number Sticker** (apply to front of helmet)
- **2 x Spare Number Stickers** (optional use on sides of helmet or bags in transition)
- **1 x Custom Swim Cap**
- **1 x Timing Chip with strap** – before 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 that you have been issued with the correct and matching race number, seat post sticker, helmet sticker and timing chip before leaving registration.

THE TIMING CHIP MUST BE SECURELY FASTENED TO YOUR LEFT ANKLE BEFORE THE START OF THE SWIM SECTION. NO CHIP = NO TIME!

BRITISH TRIATHLON RACE PASS

All competitors in the Triathlon, Aquathlon and Aquabike (not the Trail Races) 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 - [Horwich 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

The transition area opens at 0645hrs and Bike racking will take place on **Sunday morning ONLY**.

TOILETS

Toilets are available inside the Leisure Centre from 0700hrs on Race Day.

TRANSITION

Bike racking will take place on Sunday morning ONLY.

Please affix the large wrap around seat post number sticker from the Race Pack collected at Registration to the seat post on your bike and the one of the helmet stickers to the front of your helmet. To access Transition all participants must be wearing their helmet with strap fastened and displaying the race number on their bike and body. Please rack in the corresponding numbered rack position using the bike seat which should be “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 before 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 and into 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 bike. Please be prepared to show Race Numbers/Stickers.

TRANSITION LOCATION AND ACCESS

Transition is on the 3G All Weather Pitch at the rear of the Sports Centre. Transition will be open from 0645hrs 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 via the entrance to the narrow side of the pitch.

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 pitch well away from the main transition area.

ENTRY TO TRANSITION

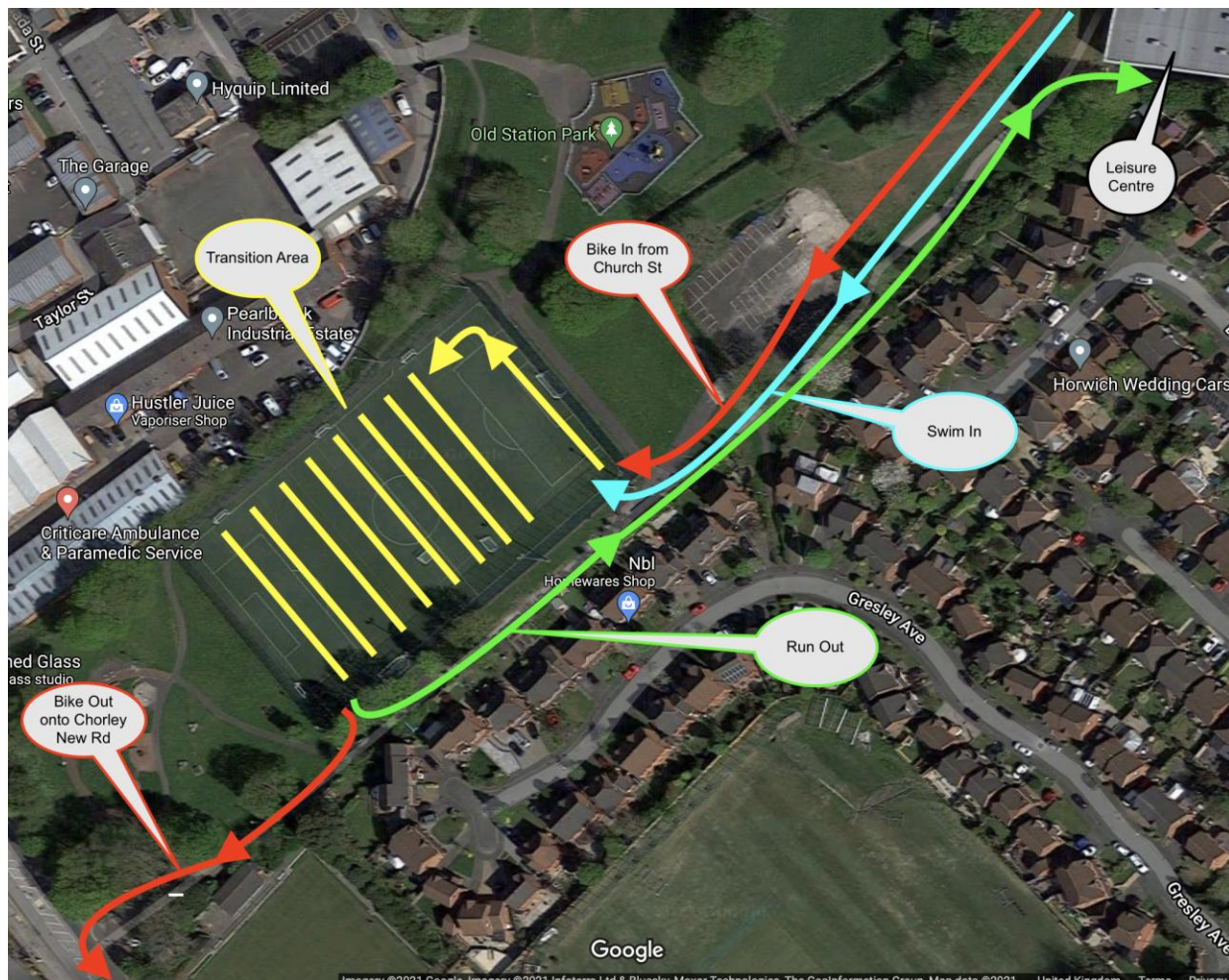
To gain entry to transition to rack bikes participants will need to:

- Register and collect the Race Pack at Registration.
- Attach the Bike Number Sticker around the seat post of their bike.
- Attach the Helmet Number Sticker
- Display Race Number on the body and/or on a Race Belt
- 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 opposite end of the 3G pitch, away from the main transition area

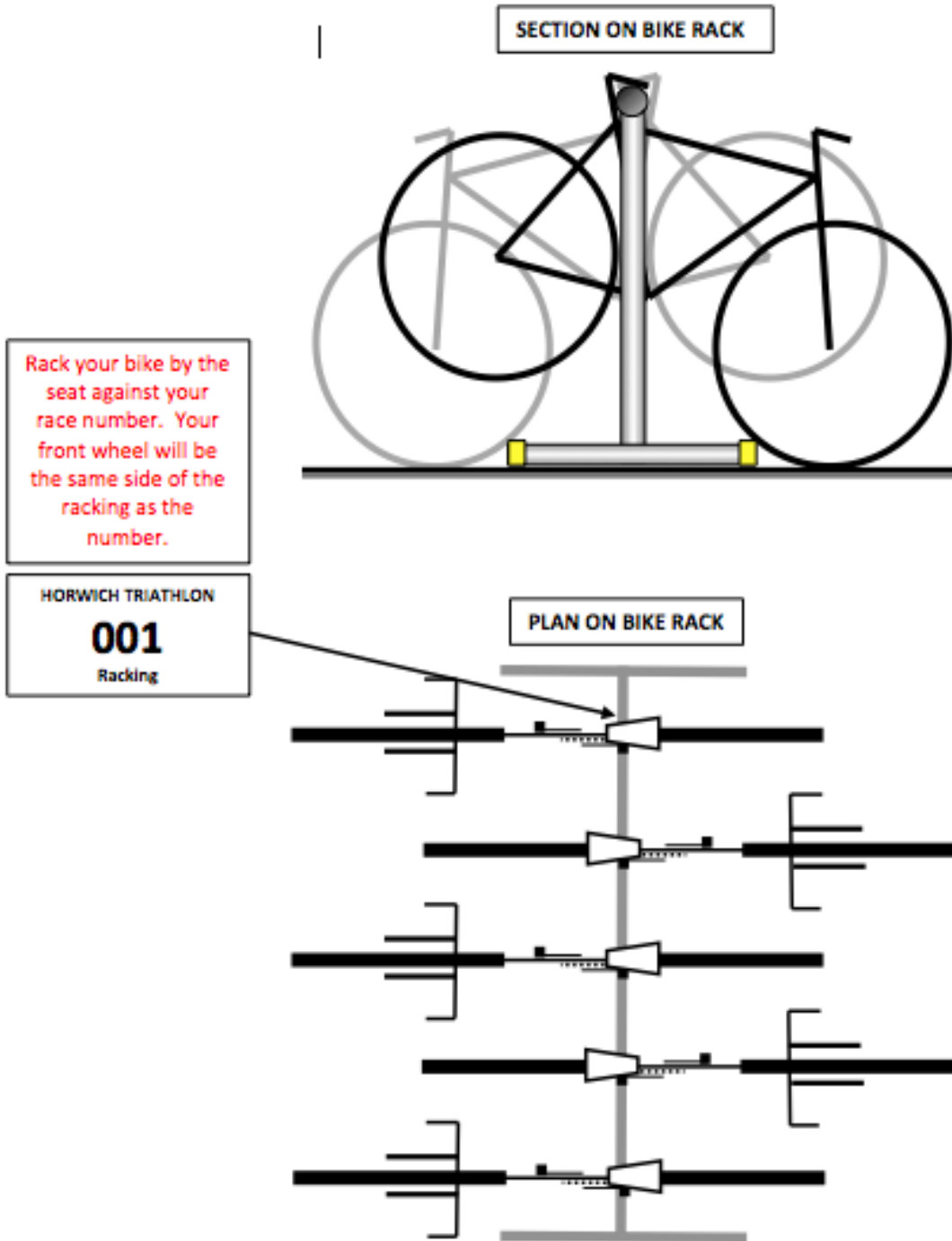
Please note it is the participant’s responsibility to ensure that bikes are safe to ride. If there are any issues or queries regarding a bike there will be a bike mechanic from Croston Cycles onsite near the Sports Centre who will be able to help and advise on Race Day.

TRANSITION

The Transition area is located on the artificial football pitch behind the leisure centre. Please see below for location and transition flow/layout.



BIKE RACKING OPERATION





Tri-Rivington

Tri-Rivington prides itself in high quality coaching for members, whatever their gender, experience, fitness or goals are. Many of our members joined us with very little experience in one or more of the triathlon disciplines and since then, they have successfully achieved their goals.

Where are we based?

We're based in and around Bolton, with fantastic training routes right on our doorstep. We have regular weekly sessions which cater for all abilities. If you're new to triathlon and looking for a friendly club, which can add structure to your training and help you to progress, then visit our website and contact us!

www.Tri-Rivington.co.uk

MANDATORY RACE BRIEFING

All participants are issued with a briefing time which will require attendance at a short race briefing 15- 30 minutes 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.

ALL RELAY TEAM MEMBERS SHOULD ALSO ATTEND THE BRIEFING

SWIM – (not applicable for Duathlon)

Standard Distance Triathlon, Aquathlon & Aquabike - 500M (20 x 25m lengths)

Sprint Distance Triathlon, Aquathlon & Aquabike - 400M (16 x 25m lengths)

The swim will take place in the 25m pool inside the Leisure Centre and will require the completion of 16 (Sprint) or 20 (Standard) lengths. Start times have been allocated using the estimated swim times submitted on entry, with Standard Distance swimmers first in order from the more leisurely swimmers to the fastest and then, after a short break, the Sprint Distance swimmers will start (again from slowest to fastest). 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 published on the website and emailed before the event and will include the Poolside Briefing Time and Swim Start Time. Please report to the poolside for Briefing Time, and certainly no less than 20 minutes before your Start Time. **If participants miss their allocated starting slot, it will not be possible to take part in the event.**

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 permitted). Tumble turns are permitted. The swim start order has been assigned based on the estimated swim times submitted by all participants but if any participants do catch the swimmer in front please tap their feet/ankles a couple of times to make them aware - it is then the responsibility of the swimmer in front to stop at the end of the pool and let the faster swimmer pass. 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 18 of the required 20 lengths (for Standard Distance) or 14 out of 16 lengths (for Sprint Distance) 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 300 participants it is impossible to count for every swimmer.

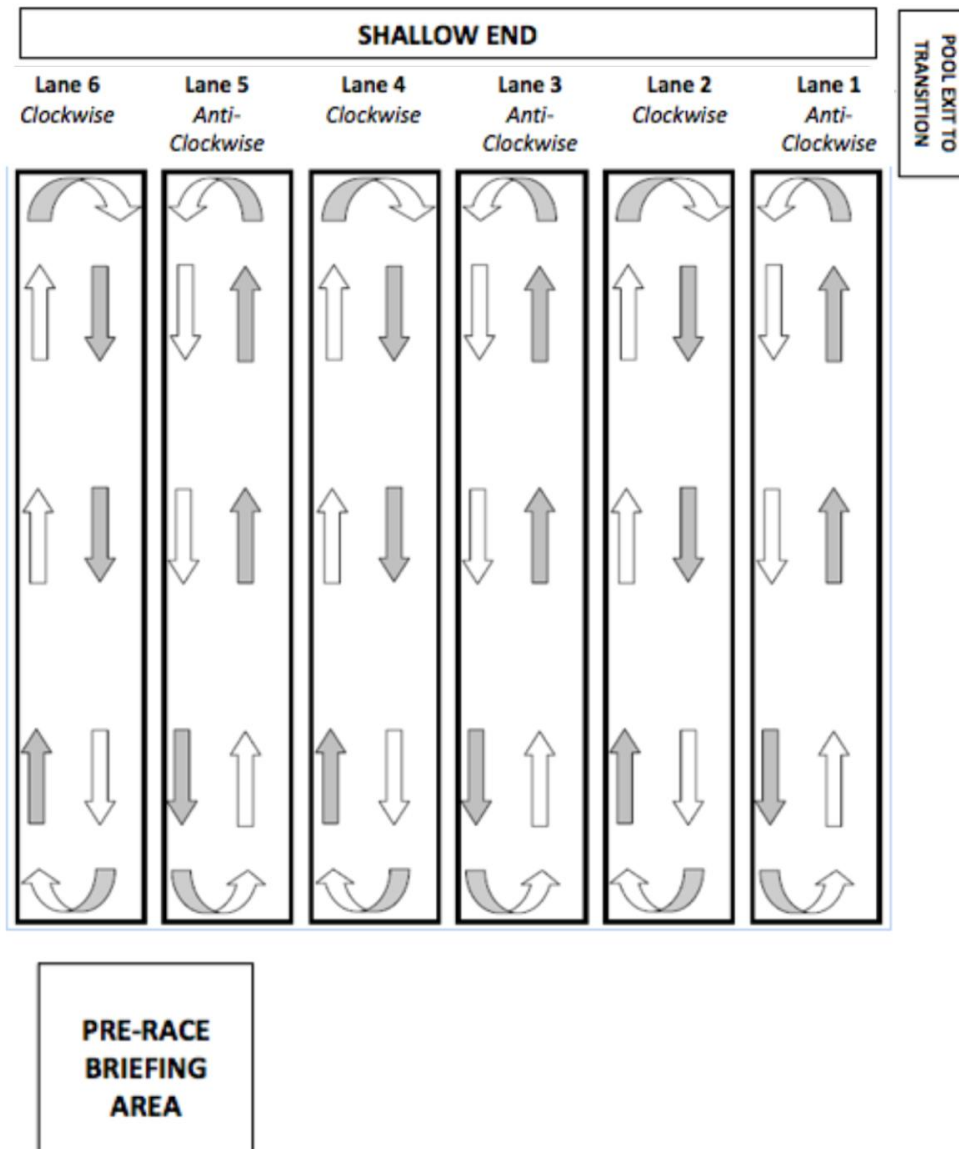
To Transition 1 (T1)

There is a 200m run to the transition area – please be careful running barefoot. Exit to the side of the pool through the Fire Exit and follow the route around to the left towards the Transition area. Be aware of runners from earlier waves exiting transition and cyclists pushing their bikes back into transition.

It is acceptable to leave footwear outside the pool at the swim exit but please stay clear of the timing points 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 swimmers do bring anything that is not worn during the swim into the pool area it should be left at your own risk in the Leisure Centre 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.**

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 ROUTE – (not applicable for Aquathlon)

Standard Distance Route for Triathlon, Aquabike & Duathlon:

<https://www.strava.com/routes/2820657072807553690>

Sprint Distance Route for Triathlon, Aquabike & Duathlon

<https://www.strava.com/routes/3206370748913514436>



For the bike section large yellow signs with black arrows will be in place like 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.

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 for mounting a bike before the line.

After leaving transition and mounting after the line on Chorley New Road turn left before taking another left into Ramsbottom Rd and then continuing onto Victoria Rd before joining Church St by turning right at the mini roundabout.

ROUTE DETAILS

Standard Distance

After 2.5 miles, Turn Left onto Walker Fold Road, and continue over Colliers Row Road. At the end of this section (5 miles), there is a left-hand turn after a fast descent at a T junction. The bottom of this descent is the junction with the A675. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

Continue along the A675 through Belmont (where the Sprint Distance will split off) and Abbey Village until reaching the Hare & Hounds Pub at 11.8 miles, where cyclists will turn left onto Twistmoor Lane then follow Norcross Brow and Railway Road into Brinscall and straight through the village until reaching the A674 Blackburn Road and turning left towards Wheelton.

At approximately 16 miles (at the start of the dual carriageway) take the sweeping left turn onto Blackburn Road (B6228) heading towards Eaves Lane. Having crossed over the top of M61 and the canal bridge, continue straight on at the mini roundabout and keep left along Eaves Lane, eventually passing a further mini roundabout, keeping left as the road turns into Cowling Brow (signposted for Cowling Industrial Estate).

When passing through Limbrick at approximately 19 miles there is a narrow bridge, please be aware of oncoming traffic. After Limbrick, the route runs parallel with the Motorway and at approximately 20.3 miles the road bears left onto Babylon Lane at the Bay Horse and over the motorway bridge.

Cyclists should continue passed the left turn into Horrobin Lane and then pass the Anderton centre to reach (Luciano's/Millstone) at the end of the lane at 21.7 miles. Here, cyclists will turn left onto Bolton Rd, A673 (where the Sprint Distance will eventually rejoin the route via Lever Park Ave) and then continue into Horwich town centre.

At 23.1 miles in Horwich centre, there are traffic lights. Every competitor must dismount just prior to the lights, cross safely and then mount where instructed - marshals will be present. Continue around the bend until reaching the dismount line near the Finish Arch and dismount your bike before the line which is outside the opposite side of the Leisure Centre from where cyclists originally mounted then run passed the pool area with your bike and into transition.

Sprint Distance

After 2.5 miles, Turn Left onto Walker Fold Road and continue over Colliers Row Road. At the end of this section (5 miles), there is a left-hand turn after a fast descent at a T junction. The bottom of this descent is a junction with the A675. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

Continue along the A675 to Belmont to take a left turn at the Black Dog pub onto Rivington Road. This is the split point between the Standard & Sprint Distance routes. All Sprint Distance cyclists should turn left here! Continue along Rivington Road which climbs up and over Rivington. Select your gear wisely! On the descent, please **SLOW DOWN & KEEP LEFT!** The descent has some tight 90-degree bends and on approaching the end of the road it does become very narrow. Care must be taken at all times along the full descent! At the t-junction (approx. 10.5miles) turn left onto Rivington Lane. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

Follow Rivington Lane to the end, turn left onto Bolton Road and re-join the Standard Distance route towards Horwich Town Centre. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

At 12.9 miles, in Horwich centre, there are traffic lights. Every competitor must dismount just prior to the lights, cross safely and then mount where instructed n.b. marshals will be present. Continue around the bend until reaching the dismount line near to the Run Finish and dismount your bike before the line which is outside the opposite side of the Leisure Centre from where cyclists originally mounted then run passed the pool area with your bike and into transition.

RUN ROUTE – (not applicable for Aquabike)

Standard Distance Triathlon, Duathlon, Aquathlon Route & Full Pike Trail Run:

<https://www.strava.com/routes/3417836>

Sprint Distance Triathlon, Duathlon, Aquathlon Route & Half Pike Trail Run:

<https://www.strava.com/routes/3206379318532940740>



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

There are no drink stations on the run course, so please ensure to carry sufficient fluid or be suitably hydrated before you commence the run. Both distances exit transition & run towards the Leisure Centre and bear right up the steps and then left across the front of the Centre before turning right and continuing uphill onto Chorley Old Road. Turn left as directed onto Gingham Brow. On reaching the top of the tarmac road at a T Junction, turn left onto Georges Lane.

At 1.56 miles the Sprint Distance route will turn around and simply retrace the route back to the Finish at the side of the Leisure Centre on Church St but the Standard Distance will continue onwards and passed Old Rake Car Park where the surface begins to change from tarmac to loose gravel and then on to a cobbled path. At approx. 2 miles, turn right through a small gate and begin the direct ascent up to the Pike Monument. This is the highest point of the course. Head to the LEFT of the tower and follow the steps to descend from the top of the Pike. Begin the descent from the Pike following the steps and at the gate with George's Lane turn left and retrace the route back to the Finish at the side of the Leisure Centre on Church St.

Rivington Pike is exposed to the weather, and hence runners should be prepared - bring a windproof/waterproof jacket just in case the forecast is poor! The descent from Rivington Pike is rocky and slippery underfoot and trail/off-road shoes are recommended – runners should take care when descending.

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', 2 x Race Numbers (one for bike and one for run), 1 x bike number sticker and 1 x helmet sticker along with 2 x spares. The swimmer will start with the timing chip, the cyclist will take a race number for their back and the bike number sticker, and the runner will take a race number for their front.

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 your racking position. The cyclist should be wearing their helmet, but leave their bike racked until they have the chip secured to their left ankle after being handed it from the swimmer, then they may take their bike from the rack. At the end of the bike route, the cyclist should rack their bike before handing the chip to the runner who should attach it to their left ankle before leaving transition.

DUATHLON - ADDITIONAL INFORMATION

The Duathlon race consists of a Run-Bike-Run format and does **not** include a swim section. Both Standard and Sprint Duathlon distances will start and finish at 0830hrs at the Start/Finish Arch on Church Street at the side of Horwich Leisure Centre.

Race Briefing & Start Time

- **All Duathlon competitors must be at the Start/Finish Arch on Church St no later than 8:20am.**
- The mandatory **Race briefing** will take place **at the Start/Finish Arch at 8:20am sharp.**
- Attendance at the briefing is **mandatory** for all participants.

Race Format

Standard Distance: 8.4km Run, 37km Bike, 5km Run

Sprint Distance: 5km Run, 20km Bike, 5km Run

Run 1

- Start at the Start/Finish area and follows the same route as outlined under “Run Route” in the main race notes – Standard Distance Duathletes will complete the full 8.6km run route for Run 1 and Sprint Distance Duathletes will complete the 5km route which simply follows the same route but turns back earlier
- At the end of Run 1 all Duathletes should turn left before entering the Finish chute and head passed the front entrance to the Leisure centre the follow the signs to bear right down the side of the leisure centre then bear left to head towards Transition (located on the 3G pitch) to collect your bike and foloe the Transition instructions as advised in the Triathlon Section of the notes above

Bike

- After leaving Transition and mounting your bike after the line on Chorley New Road follow the instructions in the “Bike Route” section above
- Standard Distance Duathletes should complete the full 39km Standard Distance Bike Route
- Sprint Distance Duathletes should complete the shorter 20km Sprint Distance Bike Route
- At the end of the bike leg all Duathletes will cycle up the hill from Horwich town centre towards the Start/Finish area on Church St and dismount before the line before pushing their bikes into Transition to rack their bikes, then remove helmets before proceeding onto Run 2.

Run 2

- After leaving transition all Duathletes should follow the “Run Route” instructions above
- **Please note carefully that all Sprint and Standard Distance Duathletes will complete the shorter 5km Sprint Distance Run for Run 2**
- At the end of the Run 2 head straight through the Finish Arch where the Duathlon Race started on Church St to complete the race

British Triathlon Compliance

This event follows all **British Triathlon competition rules**, as described above, including:

- No drafting on the bike.
- Mandatory use of an approved hard-shell helmet.
- Road-worthy bike with brakes checked by the participant.
- Race numbers must be worn on the back during the bike and front during the run (race belts recommended).

AQUATHLON - ADDITIONAL INFORMATION

The Aquathlon race consists of a Swim-Run format and does **not** include a bike section. Both Standard and Sprint Aquathlon distances will start in the pool area at Horwich Leisure Centre with the other swimmers.

Race Format

- **Standard Distance:** 500m Swim & 8.4km Run
- **Sprint Distance:** 400m Swim & 5km Run

Swim Briefing & Start Times

- Start times are based on submitted swim estimates and will be published ahead of race day.
- **You must attend the mandatory poolside briefing 15 minutes before your swim start time.**
- Ensure arrival **at least 30 minutes before** your allocated swim slot to allow time for registration and transition setup.

Swim

- Start in the Pool area and follow the instructions in the “Swim” section above
- Standard Distance Aquathletes should complete 500m = 20 x 25m lengths
- Sprint Distance Aquathletes should complete 400m = 16 x 25m lengths
- After completing the swim exit via the fire exit and follow the signs to run to the transition area.
- You may leave footwear by the pool exit **before** entering the pool.

Run

- At transition pick up your Race Number and any additional clothing/footwear along with your Race Number to be displayed on the front of the body for the Run
- After leaving transition all Aquathletes should follow the “Run Route” instructions above
- Standard Distance Aquathletes will complete the full 8.6km run route
- Sprint Distance Aquathletes will complete the 5km route which simply follows the same route but turns back earlier
- At the end of the Run head straight through the Finish Arch on Church St to complete the race

British Triathlon Compliance

This event follows all **British Triathlon competition rules**, as described above, including:

- Neoprene shorts or calf guards of any material are **not permitted** for pool swims.
- Race numbers must be worn on the **front** during the run.
- The use of headphones is not permitted.

AQUABIKE - ADDITIONAL INFORMATION

The Aquabike race consists of a Swim-Cycle format and does **not** include a run section. Both Standard and Sprint Aquathlon distances will start in the pool area at Horwich Leisure Centre with the other swimmers.

Race Format

- **Standard Distance:** 500m Swim & 37km Bike
- **Sprint Distance:** 400m Swim & 20k Bike

Swim Briefing & Start Times

- Start times are based on submitted swim estimates and will be published ahead of race day.
- **You must attend the mandatory poolside briefing 15 minutes before your swim start time.**
- Ensure arrival **at least 30 minutes before** your allocated swim slot to allow time for registration and transition setup.

Swim

- Start in the Pool area and follow the instructions in the "Swim" section above
- Standard Distance Aquabike competitors should complete 500m = 20 x 25m lengths
- Sprint Distance Aquabike competitors should complete 400m = 16 x 25m lengths
- After completing the swim exit via the fire exit and follow the signs to run to the transition area.
- You may leave footwear by the pool exit **before** entering the pool.

Bike

- After leaving Transition and mounting your bike after the line on Chorley New Road follow the instructions in the "Bike Route" section above
- Standard Distance Aquabike should complete the full 37km Standard Distance Bike Route
- Standard Distance Aquabike should complete the full 20km Sprint Distance Bike Route
- At the end of the bike leg all Aquabike competitors will cycle up the hill from Horwich town centre towards the Start/Finish area on Church St and dismount before the line before pushing their bikes into Transition to rack their bikes
- **As you cross the timing mats into transition your race is complete. Please then rack your bike and make your way to the finish arch for finish photos and to collect your medals.**

British Triathlon Compliance

This event follows all **British Triathlon competition rules**, as described above, including:

- Neoprene shorts or calf guards of any material are **not permitted** for pool swims.
- Race numbers must be worn on the **back** for the bike course.
- The use of headphones is not permitted.

TRAIL RUNS – ADDITIONAL INFORMATION

The Full Pike run follows the Standard Distance run route, the Half Pike run follows the Sprint Distance run route. Runners will be briefed at the Start/Finish Line and both distances will start and finish at 0830hrs at the Start/Finish Arch on Church Street at the side of Horwich Leisure Centre at the same time as the duathlon.

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.** Swim start times are fixed and (as mentioned previously) have been issued based on the estimated swim time.

There will be 5 x timing points during the race which will be applied as required when each participant crosses the points for each of the different Triathlon & Multisport distances:

1. Transition Swim In
2. Transition Bike Out
3. Transition Bike In
4. Transition Run Out
5. Finish Line

After crossing the finish, please remove the timing chip & strap and place them 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 the 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

Presentation will take place at 13:00pm (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 (**min. entry 10 per age group to qualify category for prizes**):

Standard Distance Triathlon

- Open 1st, 2nd, 3rd (Overall)
- Female 1st, 2nd, 3rd (Overall)
- Open U20; V40; V50; V60+ = 1st place
- Female U20; V40; V50; V60+ = 1st place
- Relay Team 1st (Overall)

Sprint Distance Triathlon

- Open 1st, 2nd, 3rd (Overall)
- Female 1st, 2nd, 3rd (Overall)
- Open U20; V40; V50; V60+ = 1st place
- Female U20; V40; V50; V60+ = 1st place
- Relay Team 1st (Overall)

Standard Distance Duathlon, Aquathlon & Aquabike

- Open 1st, 2nd, 3rd (Overall)
- Female 1st, 2nd, 3rd (Overall)

Sprint Distance Duathlon, Aquathlon & Aquabike

- Open 1st, 2nd, 3rd (Overall)
- Female 1st, 2nd, 3rd (Overall)

Trail Run Half Pike

- Open 1st, 2nd, 3rd (Overall)
- Female 1st, 2nd, 3rd (Overall)

Trail Run Full Pike

- Open 1st, 2nd, 3rd (Overall)
- Female 1st, 2nd, 3rd (Overall)

N.B. Any 1st, 2nd or 3rd Overall Prize Winners will not be eligible for Age Group Prizes U20, V40, V50, V60+ 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 before 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

Crazy Cow Catering will be onsite in front of the Leisure Centre offering their awesome range of hot and cold rolls, sandwiches, wraps, fries and drinks, including freshly ground coffee.

PHOTOGRAPHS

Race photographs will be taken by the Official Event Photographers and will be **available online as FREE hi-res digital downloads** approximately 12- 24 hours 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: <http://www.epicevents.co.uk/>