



ULLSWATER EPICMAN TRIATHLON & MULTISPORT
GUIDANCE NOTES - Sunday 28th June 2026

Location: Parkfoot Holiday Park, Pooley Bridge, CA10 2NA

What3words: <https://what3words.com/whistling.baffle.gravy>

Sprint Distance Triathlon: 750m swim / 24km bike / 5km run

Standard Distance Triathlon: 1500m swim / 44km bike / 10km run

Middle Distance Triathlon: 1900m swim / 90km bike / 20km run

Sprint Distance Duathlon: 5km run / 24km bike / 5km run

Standard Distance Duathlon: 10km run / 44km bike / 5km run

Middle Distance Duathlon: 10km run / 90km bike / 10km run

Sprint Distance Aquathlon: 750m swim / 5km run

Standard Distance Aquathlon: 1500m swim / 10km run

Middle Distance Aquathlon: 1900m swim / 20km run

Sprint Distance Aquabike: 750m swim / 24km bike

Standard Distance Aquabike: 1500m swim / 44km bike

Middle Distance Aquabike: 1900m swim / 90km bike

Thank you for your entry to Ullswater Epicman Triathlon & Multisport 2026 – we would like to take this opportunity to wish all of our participants good luck with 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

<u>SATURDAY 27TH JUNE 2026</u>	
Car Park & Camping Area Open (please do not arrive prior to 1400hrs as access will not be possible due to the Epic Lakes Swim Ullswater event)	14:00
Registration Open	14:00
Registration Closes	18:00
<u>SUNDAY 28TH JUNE 2026</u>	
Car Parking Open	05:50
Registration & Transition Open	06:00
Transition Closes for Middle Distance Competitors/Start Pen Opens	07:10
Middle Distance Triathlon, Aquathlon, Aquabike & Duathlon Race Briefing at the Lakeshore	07:20
Middle Distance Triathlon, Aquathlon & Aquabike Race Start at the Lakeshore	07:30
Middle Distance Duathlon Race Start at the Lakeshore	07:30
Transition Closes for Sprint Distance Competitors/Start Pen Opens	07:40
Sprint Distance Triathlon, Aquathlon and Aquabike Race Briefing	07:50
Registration Closes	07:50
Sprint Distance Triathlon, Aquathlon & Aquabike Race Start	08:00
Transition Closes for Standard Distance Competitors/Start Pen Opens	08:15
Standard Distance Triathlon, Aquathlon, Aquabike Race briefing & Duathlon Standard & Sprint race briefing	08:20
Standard Distance Triathlon, Aquathlon & Aquabike Race Start	08:30
Standard & Sprint Distance Duathlon Race Start at the Lakeshore	08:30
Swim cut off for Middle Distance only – 75mins from start time	08:45
Swim cut off for Standard Distance only – 60mins from start time	09:30
Presentation Sprint Distance Triathlon & Multisport (approx)	10:00
Presentation Standard Distance Triathlon & Multisport (approx)	11:30
Bike Course Cut Off (All Distances) – 6 hours from Middle Distance Start	13:30
Presentation Middle Distance Triathlon & Multisport (approx)	14:00
Run Course Cut Off (All Distances) – 9 hours from Middle Distance Start	16:30

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 3rd July 2026.



ENTRY CONFIRMATION

All competitors receive an automatic email from the Resultsbase entry system confirming their entry and will be included in the list of participants [CLICK HERE](#) – please ensure that you are listed as a participant before travelling to the event.

RULES GOVERNING THE EVENT

The event is affiliated to British Triathlon and as such will comply with British Triathlon Competition Rules. Competitors 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 rule. 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](#). 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 the insurance undertaken by Epic Events and the 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 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.

RULES GOVERNING THE HIGHWAY

The cycling discipline of the event takes place on open roads, please ensure that you observe the rules of the road at all times – always 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 and may result in prosecution by the Police.

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!

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.

Please note the size of the Draft Zone has been changed in the 2025 British Triathlon Competition Rules to be consistent for all Distance Races. **The draft zone is determined as a rectangle measuring 12 metres long** from the front edge of the front wheel for every cycle on the route (approximately the size of 2 x large SUV/Estate cars). A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone. 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 cyclist must drop back.

Consecutive attempts to overtake with no success may lead to a drafting infringement which will be issued by the mobile Motorcycle Officials on the cycle route, for more information on drafting rules please see the Cycle Section in the British Triathlon Competition Rules [HERE](#).

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!

CYCLE HELMETS

Approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They 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.

CAR PARKING AND CAMPING

Event day parking and pre-booked camping is available on the event field at Parkfoot and will be signed and marshalled on the day. Event HQ is approx. 400 meters from the car park, making the event site extremely easy to navigate on event weekend.

CAMPING SATURDAY

Pre-booked camping on the Event Field on Saturday night is £35 for 1 x family car and 1 x tent. Campers can arrive from 1400hrs onwards and park up in the Event Car Park before heading to Registration where campers will be issued with a camping wristband to be displayed on the tent/vehicle and will then also be directed to the camping area. Camping on the Event Field must be paid in advance and it is paid via your Resultsbase entry system account, NOT via Parkfoot Holiday Park.

PARKING SUNDAY

The car park opens on Sunday morning at 0550hrs. The cost for parking is **£5 per car** for the full day. Parking **MUST** be booked in advance by logging into Resultsbase then go to My Area and select 'Tickets' then find your Ullswater Epicman Triathlon 'ticket'. Select 'changes' and then from the drop-down menu click on 'shop products' and car parking is listed there. Note that if you have booked camping on Saturday evening, there is no additional charge for Parking. The parking charge is only for competitors and spectators arriving Sunday morning.





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RACE NUMBERS

You will be issued with a single race number, which must be clearly visible on your back for the bike and your front for the run (race belts are recommended and can be purchased at registration – cash only). Do not cut or fold the race number as penalties will be issued for number mutilation. Please ensure your race number is visible as you exit transition for the bike, when leaving transition for the run and most importantly when you cross the finish line.

REGISTRATION

Registration is open on Saturday 1400-1800hrs and on Sunday 0600-0750hrs and will be situated on the lakeside area of the Event car park and Event camping field. Park Foot Holiday Park is the first field with access on the left on the road from Pooley Bridge and will be signposted.

At registration entrants will be asked to provide photo ID. British Triathlon members should produce a valid British Triathlon membership card or online image of the membership. Failure to produce a valid and in date membership will require the purchase of a Race Pass from British Triathlon at the cost of £8 (see below)

At Registration entrants will receive the following:

- **1 x Race Number** - to be displayed on the participant's back on the bike and on the front during the run. Race belts are recommended and will be available for purchase on the day if required.
- **Race number sticker for bike** – attach in a visible position to the seat post.
- **Event swim cap** – to be worn during the swim discipline, please keep this as a souvenir of the event.
- **Race Timing Chip** – this must be attached to the left ankle using the velcro strap provided and worn throughout the race (attachment anywhere else will jeopardise an accurate race time).

PLEASE TRY TO AVOID WALKING NEAR TIMING POINTS BEFORE YOU START YOUR RACE AS THIS MAY AFFECT YOUR RESULT

It is important that your timing chip is returned to the marshal at the finish line. If your chip is lost or not handed in at the end of the race you will be charged £25 for a replacement.

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) and 1 x bike number sticker. The swimmer (or 1st runner for Duathlon) will start with the timing chip (and a number for duathlon), the cyclist will also take a race number for their back and the bike number sticker and the runner will take a race number for their front (n.b. for duathlon the 1st runner should pass their number to the 2nd runner if appropriate).

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 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.

INSURANCE AND BRITISH TRIATHLON MEMBERSHIP OR RACE PASS

Your entry fee includes 3rd Party insurance cover provided by British Triathlon. We do not allow anyone to race without this liability insurance or transfers of entry, as this invalidates the insurance. At registration participants will be asked to provide proof of ID and either a British Triathlon Member ID or a British Triathlon Race Pass n.b. mobile internet signal can be limited onsite therefore we recommend taking a screenshot if your license is online.

The race will take place in accordance with the British Triathlon Rules. These are available [HERE](#) and must always be abided by. They are in place for the safety and enjoyment of all competitors, spectators, marshals and officials.

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 at any stage during the bike or run.

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.

RACE CUT OFF

Swim – The swim cut off time is 75mins from the start of the swim for those taking part in the EpicMan Middle Distance race. This is 08:45hrs. If you exit the water after the cut off, you will not be allowed to continue.

The swim cut off for the Standard Distance competitors is 60minutes from the race start at 09:30hrs.

Bike - The bike cut off time is 6hrs from the start of the event for those taking part in the Epicman Middle Distance race. This is 13:30pm. If you finish the bike leg after the cut off, you will not be allowed to continue.

Run – The run cut off is 16:30hrs for all distances. You will not be able to continue to complete any further laps after this cut off time.

TRANSITION

Please note there is no bike racking on Saturday - Transition will open from 06:00am on Sunday only.

Transition closes at the following times:

- **07:30hrs - Middle distance competitors**
- **07:45hrs - Sprint distance competitors**
- **08:15hrs - Standard distance competitors (and Sprint Distance Duathlon)**

ENTERING TRANSITION

Before entering the transition area, please attach your Race Number sticker to your bike frame and please wear your race number on your kit or race belt. The event marshals at the entrance to transition will check the Race Number on your kit/race belt and helmet matches the number on your bike. **You will also need to put your helmet on with the strap fastened as you enter transition.**

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/Official and do not ride in transition. No spectators, family or friends will be allowed into transition. The use of mobile devices is NOT PERMITTED in the transition area.

RACKING IN TRANSITION

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 note the positions of the entrance and exit points. Rack your bike in your numbered event position using the saddle to rack your bike onto the racking pole.

Lay out your equipment in the area immediately below your bike and if the weather is poor you may wish to keep your kit in a small waterproof bag to keep your things dry.

PLEASE NOTE under British Triathlon Rules NO BOXES are allowed to be left in transition and any bags must be small enough to fit underneath your bike when racked – please leave any bulky baggage and valuables with your vehicle if possible.

EXITING/ ENTERING TRANSITION DURING THE RACE

You must put on and fasten your helmet before un-racking your bike. ***You must not mount your bike until you have crossed the Bike Mount line.***

On re-entering transition, ***you must dismount your bike before crossing the Dismount line*** and must not unfasten your helmet until you have racked your bike.

During the event, please ensure 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!

The race will be operated under British Triathlon rules and will be closely monitored in and around the Transition area by marshals and British Triathlon officials in attendance.



Marshals and British Triathlon officials will be in transition during the event to guide participants on racking your bike and access in and out of transition.

RACE BRIEFING

There will be a Race Briefing prior to the race start for each distance to ensure that the major points are reiterated and any potential changes are communicated – attendance is mandatory for all participants.

DUATHLON - ADDITIONAL INFORMATION

- The Duathlon race consists of a Run-Bike-Run format and does **not** include a swim section. Middle, Standard and Sprint Duathlon distances will Start at the lakeshore and then Finish at the Finish Arch located nearby transition on the Event Field.

Race Briefing & Start Time

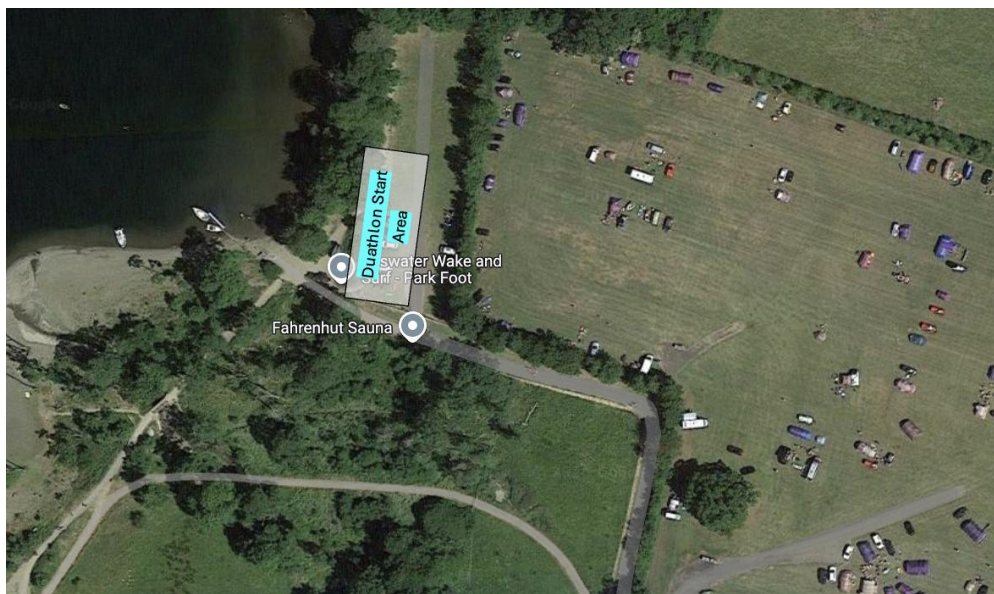
- **All Middle Duathlon competitors must be at the Lakeshore adjacent to the Swim Start no later than 07:20hrs** - the mandatory **Race briefing** will take place **at the Swim Start at 07:20hrs**
- **All Sprint & Standard Duathlon competitors must be at the Lakeshore adjacent to the Swim Start no later than 08:20hrs** - the mandatory **Race briefing** will take place **at the Swim Start at 08:20hrs**
- Attendance at the briefing is **mandatory** for all participants.

Race Format

Sprint Distance Duathlon: 5km run / 24km bike / 5km run

Standard Distance Duathlon: 10km run / 44km bike / 5km run

Middle Distance Duathlon: 10km run / 90km bike / 10km run



Run 1

- Start adjacent to the Swim Start at the Lakeshore area and follow the same route as outlined under “Run Route” section
- Middle & Standard Distance Duathletes will complete 2 x full 5k laps on Run 1
- Sprint Distance Duathletes will complete 1 x 5k lap
- At the end of Run 1, all Duathletes should enter Transition to collect their bike and follow the Transition instructions as advised in the Triathlon Section of the notes

Bike

- After leaving Transition and mounting your bike, follow the instructions in the “Bike Route” section
- Middle Distance Duathletes should complete the **90km** Bike Route (*See cycle route further down*)
- Standard Distance Duathletes should complete the **44km** Bike Route (*See cycle route further down*)
- Sprint Distance Duathletes should complete the shorter **24km** Sprint Distance Bike Route (*See cycle route further down*)
- At the end of the bike leg all Duathletes will 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 the transition all Duathletes should follow the “Run Route” instructions.
- Middle Distance Duathletes will complete 2 x full 5k laps
- Sprint & Standard Distance Duathletes will complete 1 x 5k lap.

AQUATHLON - ADDITIONAL INFORMATION

All aquathlon participants will attend the swim briefing at the time detailed in the start list for the race entered i.e. middle-distance briefing is 0720hrs. The times are available from the event website and all entrants will also have received an email with this information. Participants are assigned a position in transition on the racking even without a bike and kit can be left here ready to put on for your run.

AQUABIKE - ADDITIONAL INFORMATION

All aquathlon participants will attend the swim briefing at the time detailed in the start list for the race distance entered i.e. middle-distance briefing is 0720hrs. The times are available from the event website and all entrants will also have received an email with this information. Participants are assigned a position in transition on the racking and bike should be racked as detailed above. Aquabike finish time will be as participants pass the timing position entering into transition after the bike section is complete. We then ask that Aquabike athletes rack their bike, exit transition and head into the finish chute for a finish photo, to collect a finisher's medal and return the timing chip.

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).

RACE ROUTES

Race routes are available to view online [Click Here](#) and will also be displayed at Registration.

SWIM ROUTE

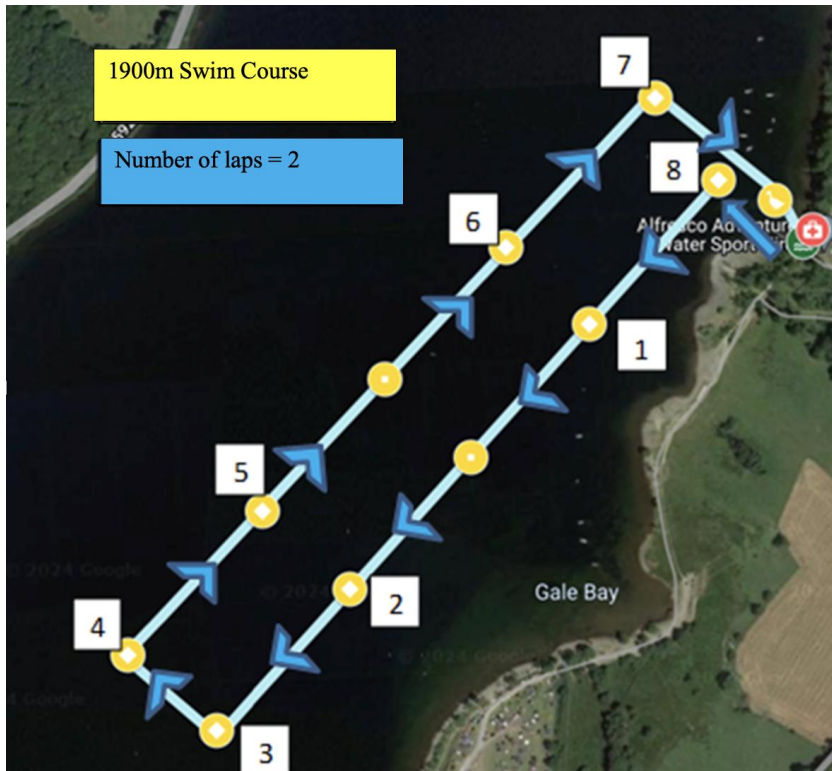
The swim is an open water swim in Ullswater. The start will be on Land – please listen carefully to the start instructions from the start team.

The swim start times can be found below for each distance.

- **07:30hrs - Middle Distance (1900m swim)**
- **08:00hrs - Sprint Distance (750m swim)**
- **08:30hrs - Standard Distance (1500m swim)**

Please attend the start area near to the lakeshore approx 10 minutes before your start time where there will be a race briefing before the event begins.

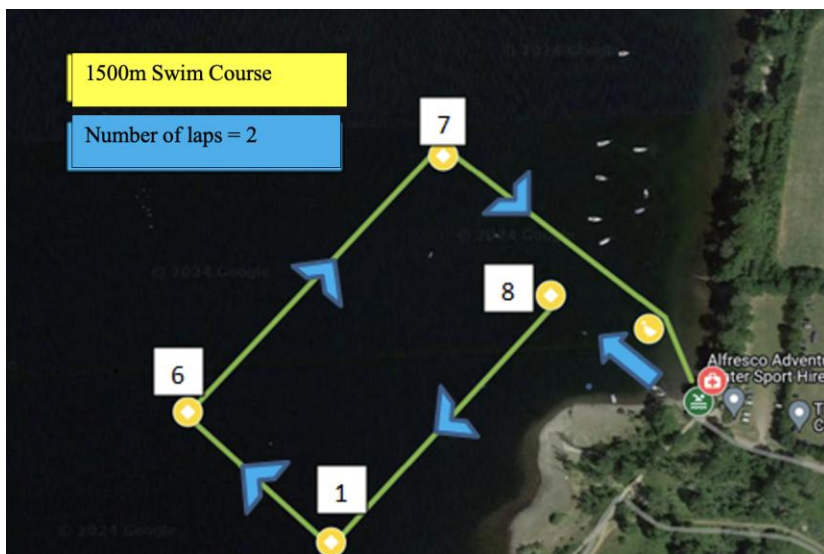
MIDDLE DISTANCE 1900m Route (2 laps):



The 1900m course is **TWO** clockwise loop between buoy 8 and the duck to buoys 1, 2, 3, 4, 5, 6, 7 & 8 in that order, ***(Please ensure you attend and listen carefully to your course briefing, changes of Buoy numbers may possibly be made and you'll be notified in your briefing.)*** Returning to start buoy, then heading directly for shore. Buoys will be on your right-hand side at all time **WITH ONE EXCEPTION**: When you have completed one full lap return towards buoy 8, you will swim past buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.

STANDARD DISTANCE

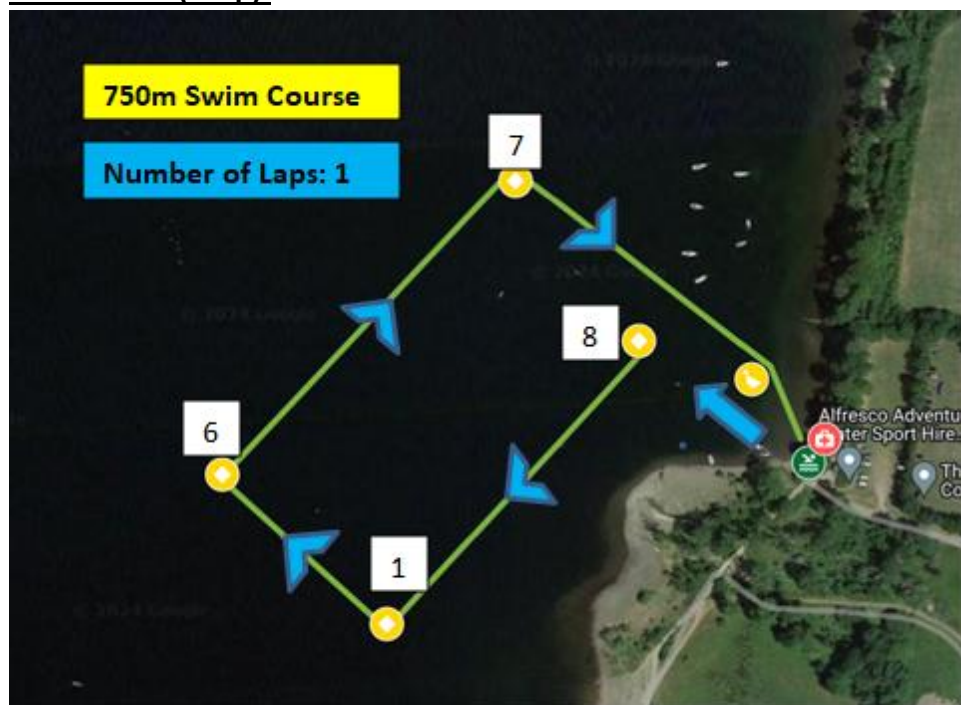
1500m Route (2 laps):



The 1500m course is **TWO** clockwise loops from between buoy 8 and the duck to buoys 1, 6, 7 & 8 in that order, (*Please ensure you attend and listen carefully to your course briefing, changes of Buoy numbers may possibly be made and you'll be notified in your briefing.*) Returning to start buoy, then heading directly for shore. Buoys will be on your right-hand side at all times, **WITH ONE EXCEPTION**: When you have completed one full lap and return towards buoy 8, you will swim past buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.

SPRINT DISTANCE

750m Route (1 lap):



The 750m course is **ONE** clockwise loop from between buoy 8 and the duck to buoys 1, 6, 7 & 8 in that order, returning to start buoy, then heading directly for shore. Buoys will be on your right-hand side at all time **WITH ONE EXCEPTION**: When you have completed one full lap and return towards buoy 8, you will swim past buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.

A kayak will lead each swim wave with additional kayaks and safety boats offering cover and support to swimmers.

If you find yourself in difficulty or distress during the swim, then roll onto your back and raise a single arm.

A safety kayak will come to assist you, hold onto the front and take some time to recover. If you wish to then continue, you will not be penalised. If you still need to get out of the water, a safety boat will attend and you will be taken back to shore. 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](#)

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 exiting the water swimmers will run towards transition where they will cross the next timing point.

BIKE COURSE

For the bike section signs will be in place throughout the courses similar to the image below:



These signs may point left, right or straight on and will only be in place before a junction or at a bike turn. There will be specific split point signs for the Sprint, Standard and Middle Distance Routes.

- **Sprint Distance competitors will complete 1 x small lap (15.2miles)**
- **Standard Distance competitors will complete 1 x large lap (27.3miles)**
- **Middle Distance competitors will complete 2 x large laps and 1 x small lap (55.6miles).**

MARSHALS ON THE COURSE

At specific points on the course, marshals will be in place. This will generally occur when you join a busy road. If a marshal tells you to slow down or stop you must do so, or you will be disqualified. Marshals cannot legally stop or direct traffic in any way. You must always obey the Highway Code and adhere to the signs that will be in place. The roads are not closed to other traffic, and you must take responsibility for riding safely throughout the course.

All competitors must follow any instructions given by the 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.

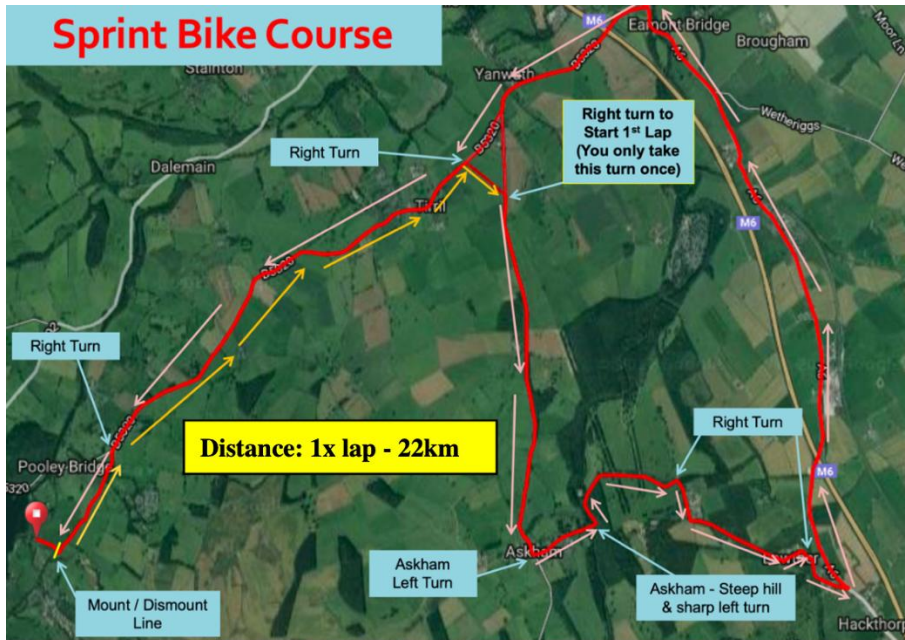
NON-DRAFTING EVENT

This is a non-drafting race. There will be static and mobile officials on the course looking for offenders and giving time penalties. Drafting means that you must not travel within 12 metres from 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 Drafting Guidelines [HERE](#).

BIKE COURSE ROUTES

Sprint Distance Bike Course:

<https://www.strava.com/routes/2840620965985604190>



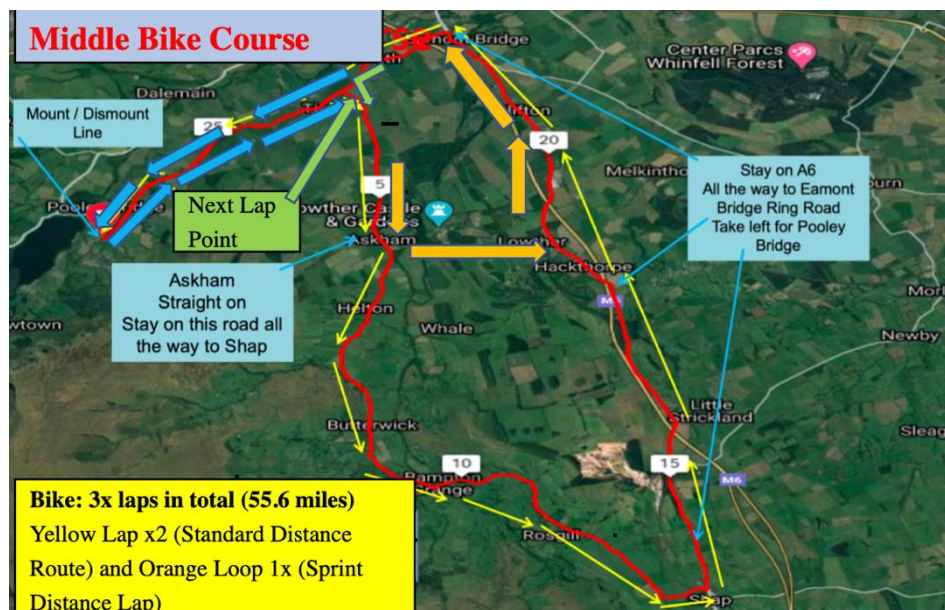
Standard Distance Bike Course:

<https://www.strava.com/routes/2840579406256528990>



Middle Distance Bike Course:

<https://www.strava.com/routes/3022566545099717534>



Middle Distance participants will complete 3 x laps in total = 2 x Large laps and 1 x Small lap – the **BLUE** arrows above identify the out and back section to join the laps.

Each Middle Distance Cyclist must complete 2 x Large laps first (the lap start is indicated by the **GREEN Next Lap Point** above). After completing 2 x Large loops (avoiding the bike out and bike in blue section) then continue onto the 3rd smaller lap – on approach to Askham turn left to complete the 3rd smaller lap and then continue past the Next Lap Point in the direction of Park Foot to return to transition.

Please note - Middle Distance participants should turn left when returning to the **Next Lap Point** twice (after each of the 2 x Large Laps before starting the final Smaller Lap) – Do not head back to the transition area at the end of each lap! A marshal will be there to assist but it is the participant's responsibility to understand the route and to count and follow the laps – **2 x Large Laps and 1 x Small Lap and then return to Transition.**

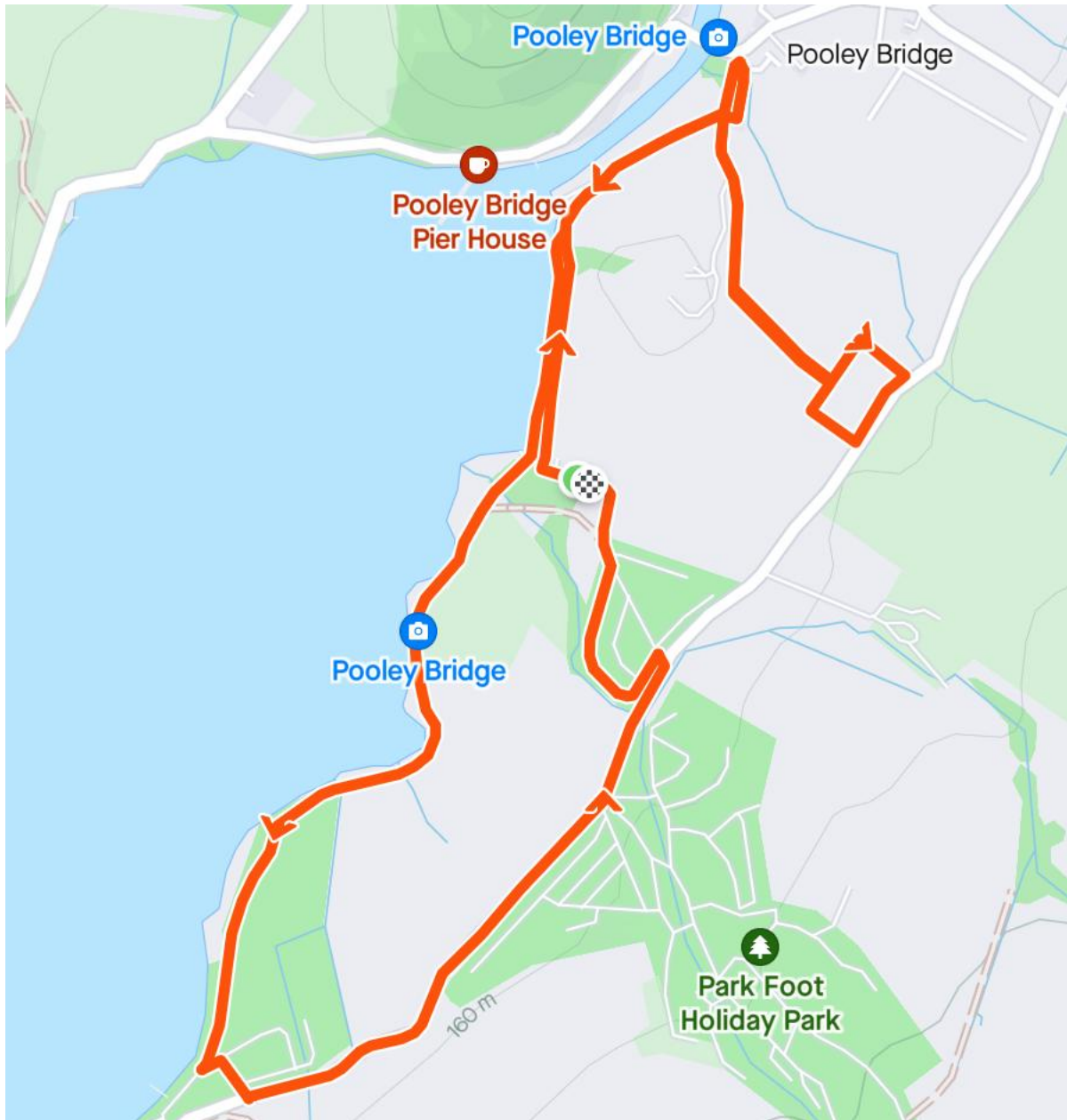
RUN COURSE = <https://www.strava.com/routes/3198689247302843936>

Runners will exit transition and follow the yellow signs in place. The run is a 5km multi-lap course for Standard and Middle distance. The run takes place mainly on footpaths/trails with a section on grass and a section on the road, the run route is not highly technical but if wet there could be some loose ground and slippery grass or mud if the weather is wet. There will be a drink station on the course at the Start of each run lap.

- **Sprint Distance Triathlon & Aquathlon competitors will complete 1 x 5k lap**
- **Standard Distance Triathlon & Aquathlon competitors will complete 2 x 5k laps**
- **Middle Distance Triathlon & Aquathlon competitors will complete 4 x 5k laps**

- **Sprint Distance Duathlon competitors will complete 1st run 1 x 5k lap and 2nd run 1 x 5k lap**
- **Standard Distance Duathlon competitors will complete 1st run 2 x 5k laps and 2nd run 1 x 5k lap**
- **Middle Distance Duathlon competitors will complete 1st run 2 x 5k laps and 2nd run 2 x 5k laps**

When arriving back at Event HQ after completing the correct number of laps then run through to finish the event under the large black Finish Arch on the event field adjacent to the Transition Area. The run course does run along the road for a short section, please take care here and be aware of vehicles. Please be aware of competitors, marshals on the paths/pavements around the route. The course will be signed – please follow the directional arrows and marshal's instructions.



HYDRATION AND DRINKS STATIONS

Participants are advised to carry sufficient fluids for the bike section of the event. There will be an opportunity to refill your bottles (with water only) at a Drinks Station on the bike route and there will be a Drinks Station with Water available at the start of the Run Lap.

LITTERING

Littering whilst participating in an event will result in Disqualification under British Triathlon Rules – there will be a litter drop zone for drinks bottles up to approx 250m from the Drinks Station at the start of the Run Route lap, please ensure you do not drop any bottles/litter outside this zone.

FINISH

Your time will finish the moment you pass under the Finish Arch. As you make your way along the chute, please collect your medal and water. Before you exit the finish chute remove your timing chip from your ankle and place it in the container at the end of the finish chute.

If you withdraw from the event at any stage before the finish – you must inform the officials at Registration or the timing team at the Finish Area. This will allow us to account for all entrants.

MEDICS AND FIRST AID

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application. Following registration, where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request, it could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day, don't race!

Medic crews will be in attendance on race day with a First Aid Unit and emergency vehicles at Parkfoot, 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 can enter, 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.

PHOTOGRAPHS

Race photographs will be taken by the Official Event Photographers and will be **available as a FREE hi-res digital download** approx. 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 your 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 you via email when images from the event are uploaded that match your 'Selfie'.

TIMING AND RESULTS

Please ensure your timing chip is secured to your left ankle for the duration of the race using the Velcro strap. **DO NOT cross any of the timing points before starting your race.** There will be 5 x timing points during the race – swim entry/exit, bike exit from transition, bike entrance to transition, run exit from transition and at the finish line. After crossing the finish, please remove your chip & strap and place in the container provided.

Any lost or missing chips will be charged at £25 each, this will be taken automatically from your debit/credit card if you fail to return it.

RESULTS

Provisional results will be published LIVE on the results page on the Epic Events website [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 the approx. time:

10:00 am Sprint Distance,

11:30 am Standard Distance

14:00 Middle Distance

Prizes will be awarded for the following categories (subject to minimum entry of 3 per age group as per finalised entry list):

- ❑ Open 1st 2nd 3rd (All Triathlon Age Groups and Distances)
- ❑ Female 1st 2nd 3rd (All Triathlon Age Groups and Distances)
- ❑ Open U20, V40; V50; V60+ = 1st place (All Triathlon Distances Only)
- ❑ Female U20, V40; V50; V60+ = 1st place (All Triathlon Distances Only)
- ❑ Open 1st + Female 1st for all Multisport Races

Prize winners in 1st, 2nd or 3rd Prize overall will not be eligible for U20/V40/50/60+ age group prizes, these will be rolled down to the next finisher in the Age Group. The prize presentation will take place as soon as all the winners have finished the course (including age group categories), please listen for the PA announcement.

FINALLY

On behalf of Epic Events, all the team 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

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