

LONDON **T100**
TRIATHLON

ATHLETE GUIDE

Sunday 28 July 2024

Please read carefully



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WELCOME!

We're delighted to welcome you to the inaugural London T100 Triathlon

Welcome to the brand-new London T100 Triathlon! Whether you're a seasoned athlete or a first-time participant, we hope you have an amazing race and enjoy the thrill of competing in the UK's biggest closed-road triathlon in one of the busiest capital cities in the world.

You're sure to make some amazing memories as you race alongside 40 of the world's top male and female professional athletes – and there's no doubt that sharing the same venue as the pros will add next-level excitement and camaraderie to the event.

The pro races will take place at 14:00 on Saturday 27 and Sunday 28 July – so any friends and family coming to support you will have the chance to see the world's top triathletes in action. It's guaranteed to be high-octane racing at its best!

The London T100 Triathlon is the fourth stop on the inaugural T100 World Tour – and you'll be able to say you made triathlon history by being part of the very first London leg of this awesome new global series.

Whatever distance you're racing, you can look forward to a spectator-friendly swim in Royal Victoria Dock, an exhilarating bike leg on traffic-free roads in the capital, and a fast, flat run with amazing crowd support to complete your London T100 experience. We hope you have an incredible race!

Thank you for joining us and good luck on Sunday 28 July.



EVENT SCHEDULE

TIME	ACTIVITY
Saturday 27 July	
12:00	Expo opens
12:00-14:00	T100 distance participants Race Pack Collection and Transition Racking
14:00-16:00	Olympic (including relay) distance participants Race Pack Collection and Transition Racking
14:00	Pro Women Race Starts
16:00-18:00	Sprint (including relay) and Super Sprint Participants Race Pack Collection and Transition Racking
17:20	Pro Women first finisher expected (approx)
18:00	Expo closes
Sunday 28 July	
05:00	Venue open
06:30	T100 distance waves start
07:30	Olympic distance waves start
08:00	Expo opens
10:50	Sprint waves start
12:00	Super Sprint waves start
14:00	Pro Men Race Starts
17:00	Pro Men first finisher expected (approx)
18:00	Expo closes
18:30	Transition closes so all bikes must be removed by this time

PRO RACE SCHEDULE AND BROADCAST INFO

Get ready to watch the world's best triathletes battle it out on the London course!

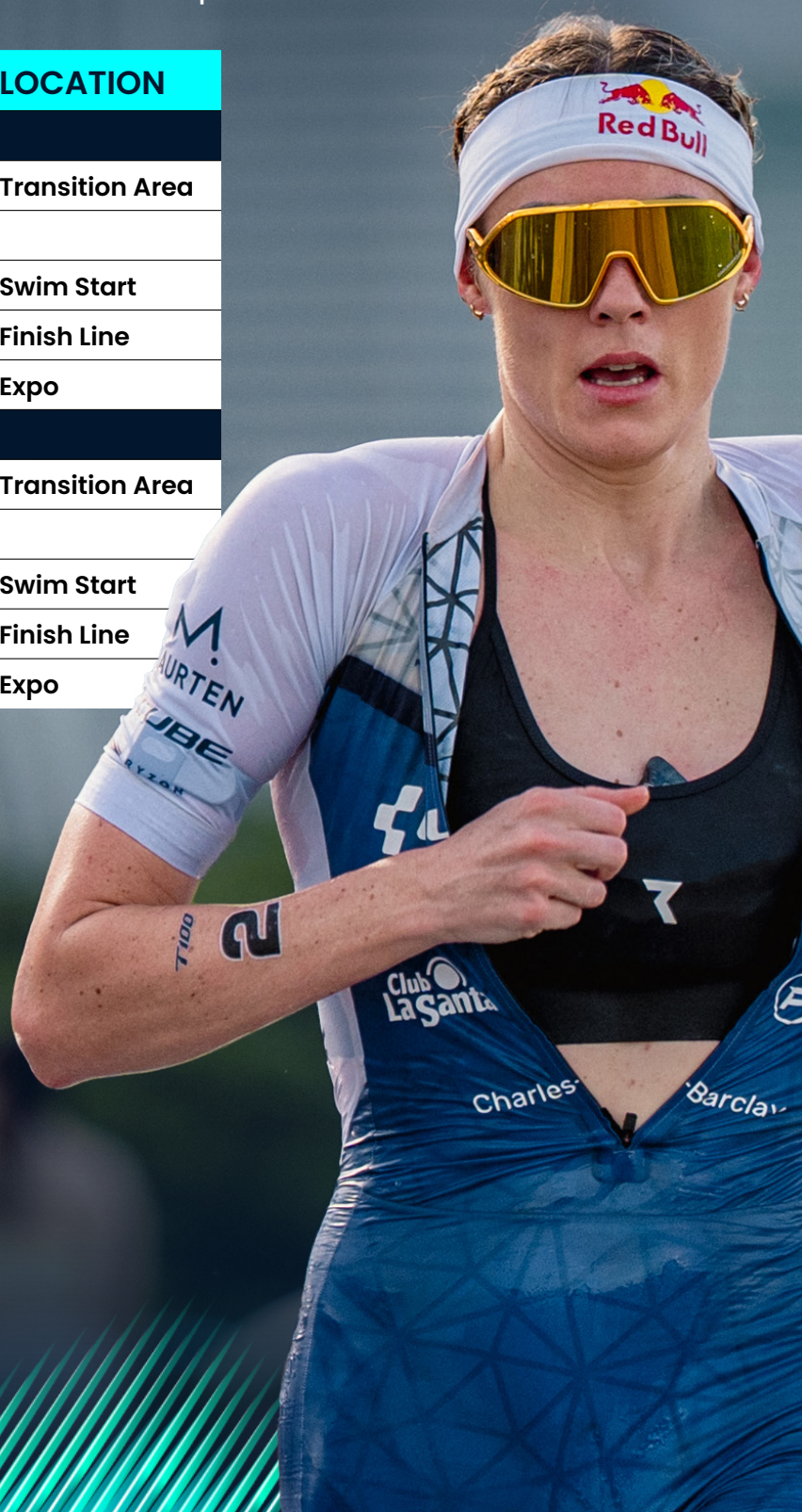
The pro races will take place at 14:00 on Saturday 27 and Sunday 28 July and promise to deliver awesome action as 40 of the world's best triathletes, including Britain's Lucy Charles-Barclay – currently number one on the women's leaderboard – and double Olympic champion Alistair Brownlee compete on home soil.

TIME	ACTIVITY	LOCATION
SATURDAY 27 JULY		
12:00	Pro Women Transition Check-in	Transition Area
13:45	Live broadcast begins	
14:00	Pro Women Race Start	Swim Start
17:20	First Pro Women's Finisher	Finish Line
17:30	Pro Women's Prize Ceremony	Expo
SUNDAY 28 JULY		
12:00	Pro Men Transition Check-in	Transition Area
13:45	Live broadcast begins	
14:00	Pro Men Race Start	Swim Start
17:00	First Pro Men's Finisher	Finish Line
17:10	Pro Men's Prize Ceremony	Expo

Big screens in the Event Village will show all the action – or you can head out to our spectator cheer zones (which will be clearly signposted) to show your support for the pros.

If you can't be at the venue, then you can watch the London T100 pro races live in the UK on TNT as well as on Discovery+ across Europe and the rest of the world.

You can also watch for free, live from anywhere in the world. Simply download our app and watch on PTO+ or the T100 YouTube channel.



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GETTING TO EXCEL LONDON

The inaugural London T100 Triathlon takes place in and around ExCeL London, Royal Victoria Dock, E16 1XL. Please aim to arrive 90 minutes before your race start time.

We recommend that participants with bicycles either cycle to the event, take public transport or travel by car.

If you travel by public transport, please be aware of the restrictions in place and allow plenty of time for your journey, as you may have to queue to take your bicycle on trains, tubes and Docklands Light Railway (DLR) services.

PUBLIC TRANSPORT

The following stations are closest to ExCeL London:

- Prince Regent (DLR) - 0.1 miles from ExCeL
- Custom House (Elizabeth line and DLR) - 0.5 miles from ExCeL
- Canning Town (Jubilee line) - 1.6 miles from ExCeL
- West Ham - 1.8 miles from ExCeL
- Stratford - 3.5 miles from ExCeL

Bikes are allowed on the Elizabeth line and DLR at weekends but are limited to a maximum of two bikes per set of doors.

[Plan your journey here.](#)

BY CAR

Participants and your supporters should use the car parks at the eastern end of ExCeL London, which can be accessed via Royal Albert Way from Gallions Reach Roundabout via Royal Docks Road (A1020) from Newham Way (A13) and the North Circular (A406). These roads will be busy on Event Day because of the road closures in place for the event, so please allow sufficient time for your journey.

Please plan your journey before travelling as many roads will be closed on Saturday 27 and Sunday 28 July. We'll send out more information about travelling to the venue in the run-up to the event.

PARKING

For all London T100 Triathlon parking, please head to the east entrance of ExCeL.

When you arrive at the ExCeL car park, please have your Race Pack collection QR code ready to show to our event staff. This will be emailed to you in the week leading up to the event. There will be vehicle checks and security dogs.

If you are transporting your bike on a roof rack or if you have a high or wide vehicle, please use the parking spaces on the upper level. The parking spaces on the lower level have a height restriction of 1.9m. Please follow the direction of the traffic stewards who will be able to direct you accordingly.

Please remember if you rack your bike on Saturday, and you transport your bike via roof rack, you will need to return to the upper-level parking on Sunday to ensure you have no issues with roof clearance once you've picked up your bike after the event.

All parking at ExCeL is charged at a daily rate of £25 and must be booked in advance via the ExCeL website. Visit the [ExCeL website](#) for more information.

ACCESSIBILITY

There are clearly marked disabled parking bays in the Orange car park on the lower level. Disabled parking bays also have a £25 charge and should be booked in advance via the [ExCeL website](#).

There is a fine of £80 for parking in a disabled bay without displaying a valid disabled badge.

Visit the [ExCeL website](#) for more information. All participants must be prepared and ready on arrival to show their unique QR code on entering the car park.

PREPARING FOR RACE DAY

RACE PACK COLLECTION AND BIKE RACKING

You can collect your Race Pack and rack your bike at the ExCeL South Halls during the following times on **Saturday 27 July**:

T100 distance: 12:00–14:00

Olympic (and relay): 14:00–16:00

Sprint (and relay) and Super Sprint: 16:00–18:00

Participants taking part in the T100 and Olympic distances MUST collect their Race Pack, and rack their bike with helmet, on Saturday 27 July.

These timings will reduce queues and allow you to enjoy the Women's Pro Race on Saturday 27 July.

Participants in the Sprint and Super Sprint distances are strongly encouraged to collect Race Packs and rack bikes on Saturday, but also have the option of doing this on Sunday 28 July.

If you decide to collect your pack and rack on Race Day, please ensure you arrive at the venue at least 90 minutes before your race start time.

QR CODE

You must be ready to show your unique QR code upon arrival at the car park (if you drive to the venue) and at the entry point to the South Halls. You'll be required to show this QR code again when you collect your Race Pack. This will be emailed to you in the week leading up to the event.

YOUR RACE PACK

Your Race Pack contains all the essential items for your race and you will pick this up either the day before you race or on the day of your event from the Chip Collection area in the ExCeL South Halls.

IN THE PACK YOU WILL RECEIVE:

SECURITY WRISTBAND

This must be attached to your wrist and not taken off until you have retrieved your bike from Transition after racing.

BIKE NUMBERS

Before the race, stick the three numbered stickers on your helmet (front, left and right) and the other



PREPARING FOR RACE DAY

around the seatpost of your bike. These should not be taken off until you remove your bike from Transition after racing.

Please note: the bike number and your security wristband must match for you to remove your bike from Transition.

RACE NUMBER

Your race number must be displayed on your back during the bike phase and on your front during the run. We suggest you attach this to a race belt to give you the flexibility to switch race clothing and easily swap the number from back to front.

You must complete the medical details on the back of your race number in permanent pen. Please bring your own pen with you.

RACE TATTOOS

You will be given two tattoos, which should be applied to your arms (see Race Pack Checklist on page 11 for more information).

TIMING CHIP

You must also pick up your reusable timing chip at chip collection within the registration area.

In the preparation area, fasten your timing chip around your left ankle using the Velcro strap. Please do not remove your timing chip until you have completed your triathlon or you will not receive a result.

We advise that you put your wetsuit over the timing chip strap. This will help to keep it secure in the water and prevents you from having to remove the strap in Transition.

All timing chips must be returned once you cross the Finish Line – there will be a charge of £60 for any unreturned timing chips.

Please note: you must wear your timing chip around your left ankle to avoid it getting caught in your bike chain/gears.

SWIM CAP

During the Race Pack collection process you will also receive a coloured swim cap. Please note that your swim cap may be a different colour to

your race number and wristband. It is mandatory to wear the swim cap during the swim, so don't lose it! Your final pre-race email will include your specific swim cap colour.

MAURTEN NUTRITION PACK

If you ordered a Maurten nutrition pack when you entered the event, you will be able to collect this from the Event Village after you've picked up your Race Pack

RACE T-SHIRT

Don't forget to pick up your London T100 Triathlon souvenirs at the Expo – you will need to show your race number to claim these items.

BIKE RACKING

Once you have collected your Race Pack, please enter the Transition Area to rack your bike. You will enter Transition at a designated entry point where staff will check your athlete wristband and make sure the stickers on your bike match to your athlete number.

Rack your bike in Transition in the position that corresponds with your race number. There will be signage at the end of each row that will have the number range for that row – find your numbers and rack your bike in that row. Volunteers and event staff will be on hand to guide you.

You can choose to place your swim-to-run transition kit safely under or next to your bike. Or you can wait until race morning to place it under your bike. Your helmet must stay in Transition with your bike once your bike is racked.

You may also lay out your bike gear (shoes, helmet, nutrition etc) under your bike to make your transition from swimming to biking more organised, which will result in a faster transition.

T100 TRANSITION BAGS

T100 distance participants will be given two transition bags. These will be handed out as part of the Race Pack collection process. These bags are provided so you can store your transition kit in them and hang them at your numbered bike rack hooks provided. Please see the Race Pack Checklist on page 11 for more details.



TOILETS

Toilets will be available in the Transition Area.

BIKE CHECKS

It is your responsibility to bring a bike that is roadworthy and complies with British Triathlon Federation (BTF) rules. For more information, visit britishtriathlon.org. We recommend that you have your bike serviced before Race Day. Bike hire is available through [On Your Bike](#) (see page 39 for more information).

BAGS

No bag storage is available at the venue. We recommend that all participants bring only a small bag containing your kit.

Larger bags will be subject to searches and even small items may be subject to a random bag search upon arrival.

NO DOGS

Please be aware that no dogs are allowed within ExCeL London and therefore within the London T100 Triathlon Event Village.

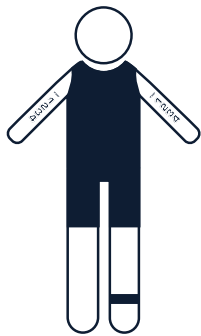
If arriving by car, **participants or spectators bringing a dog will be turned away** at the access point to the car park or, if travelling on foot, at the entrance to the venue itself.

Those attending with guide or assistance dogs will be permitted access. If you are planning on bringing a guide or assistance dog to the event, please do contact us in advance to let us know at helpdesk@londonmarathonevents.co.uk

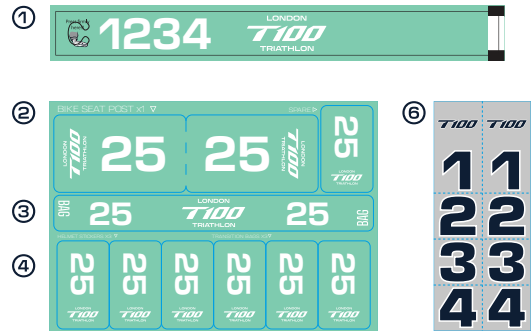
Dogs are permitted in external areas but dog walkers are asked to keep dogs on a lead, particularly when close to the race routes, for their own safety.

RACE PACK CHECKLIST

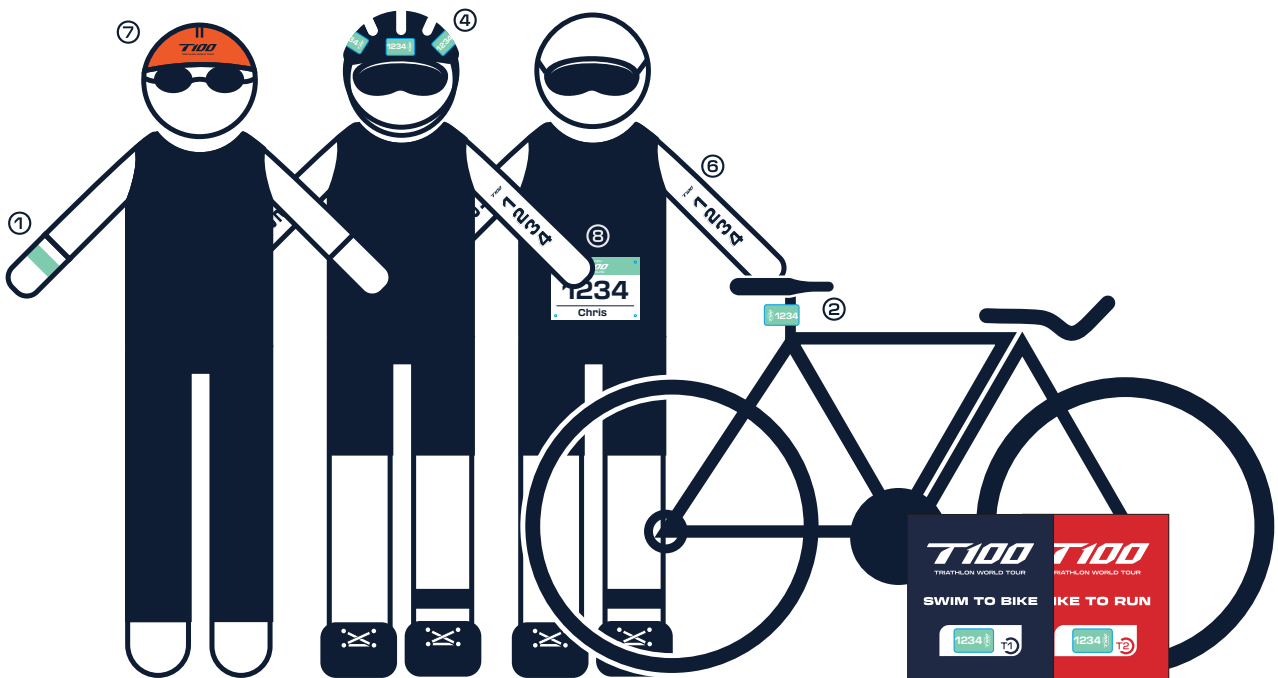
- ① One (1) Security Wristband
- ② One (1) Wraparound Bike Sticker
- ③ One (1) Personal Bag Tag
- ④ Three (3) Helmet Stickers
- ⑤ Two (2) Transition Bags & Labels*
- ⑥ Two (2) Sets of Tattoos



- ⑦ One (1) Swim Cap
- ⑧ One (1) Personalised Race Bib
Wear on the back on the bike and on front on the run.



*T100 Participants Only





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PREPARING FOR RACE DAY



TEAM RELAY

Your team captain will need to pick up your Race Pack ahead of your race. Please see page eight for registration times.

The bike numbers must be correctly attached to the bike and helmet to be used by the cyclist. You will have one timing chip that will act as a baton between team members and must be passed over to the next team member in Transition. Please note the timing chip will be an ankle chip.

Once your team captain has collected your Race Pack, your team will need to get ready to enter Transition.

Please follow the instructions in the preparation area before going into Transition.

Please wear your helmet upon entering Transition, ready to be checked. Rack your bike in the row relevant to your race number. Place your bike, helmet and equipment at the numbered location that matches your race number.

Ensure your bike and race equipment are left neatly on the marked position.

Please note: your approved cycle helmet must be attached to your bike when you rack it.

For Sprint Relay Teams registering on Sunday 28 July, once you have racked your bike,

your swimmer should make their way to the Swim Assembly Area.

KEY RULES

Transition Area access will only be given to those competitors wearing security wristbands. No family (this includes children), friends or pets will be allowed into the Transition Area.

Once you have racked your bike and helmet, only you with your race clothing will be allowed in before, during and after your race. Your wristband must match your bike number to be able to leave after the race - DO NOT TAKE IT OFF!

You should only bring into Transition what is required as there is limited space. A small soft-sided bag such as a rucksack may be used and remain in Transition, though it must not impede the progress of another competitor.

For security reasons, you are not allowed to pass bags/items out of Transition. Please do not bring any valuables into the Transition Area; we cannot be held responsible for any lost or stolen items.

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RACE DAY CHECKLIST

<input type="checkbox"/>	QR code to collect Race Pack	<input type="checkbox"/>	Bike bottles
<input type="checkbox"/>	Wetsuit (compulsory)	<input type="checkbox"/>	Nutrition/snacks
<input type="checkbox"/>	Swimming goggles	<input type="checkbox"/>	Sun cream
<input type="checkbox"/>	Bike and helmet	<input type="checkbox"/>	Post-race clothes
<input type="checkbox"/>	Race belt with bib number	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Cycle shoes and running shoes	<input type="checkbox"/>	Bike insurance (optional)

Important:

Your bike and helmet cannot be removed from Transition until after your race
You will need to check out your bike from the Transition Area by 18:30 on Sunday 28 July

PREPARING YOUR TRANSITION BAGS



Please note: only participants completing the T100 distance will receive transition bags as part of the Race Pack.

T1 BAG (SWIM TO BIKE) TRIATHLON

1. Stick a numbered transition bag sticker on the bag
2. Place all the cycling gear you need for the race into this bag

Examples:

- Cycling shoes, if they are not clipped on your bike
- Bib number, pinned on your race belt
- Helmet
- Sunglasses
- Bike nutrition

T2 BAG (BIKE TO RUN) TRIATHLON

1. Stick a numbered transition bag sticker on the bag
2. Place all the running gear you need for the race in this bag

Examples:

- Running shoes
- Running cap
- Sunglasses
- Run nutrition





We're in this together

As Official Fueling Partner of the T100 Triathlon World Tour, Maurten's Hydrogel Technology will be available to all participants on-course.

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RACE DAY SWIM

SWIM START

Please note that it's compulsory to wear a wetsuit at this event up to a water temp of 24.6 degrees Celsius due to local regulations. If the water temperature exceeds this level, you will swim without a wetsuit and be required to use a tow float, which will be provided for you.

Our swim cap fit is snug – if you have any concerns about this, please email helpdesk@londonmarathonevents.co.uk

Once you've checked into Transition, please make your way to the Swim Start Area at least 20 minutes before your race start time. A race briefing will be given to you by a member of staff.

The queuing system will take you down to the dockside, where you will walk into the water – one person at a time. All waves will be pulse starts with participants setting off approximately every two seconds.

The Super Sprint distance swim is marked by white buoys. The Sprint distance is marked by red buoys.

1100 participants will complete two laps of the 1,000m course, which is marked by red buoys.

Olympic participants will swim to the far white

buoys and loop around the red buoys on the return.

Kayakers will be on hand to guide participants. Once in the water, you should identify tall landmarks that can help to keep you on course and prevent you weaving around and swimming further than you need to.

The swim course is clockwise, so you should always keep all swim buoys on your right shoulder.

SWIM EXIT

The swim exit pontoon dips into the water, so you can swim onto it before standing up. Lifeguards will be on hand to help you out, if required. Once you have exited the water, **you must remove your wetsuit before you re-enter ExCeL** and climb the stairs back to Transition.

A wetsuit bag will be provided to you – please put your wetsuit, goggles and swim cap inside this.

There will be a small changing area shielded from public view, which is available for any participants who require this facility for religious or sensitivity reasons. To help us resource this appropriately, please let us know in advance if you plan to use this facility by emailing us before Friday 12 July at helpdesk@londonmarathonevents.co.uk



RACE DAY SWIM



THE DOCKS

The water in Royal Victoria Dock is tested against World Triathlon water quality standards. However, we would still advise you to be in good health and try to avoid swallowing the water in the docks. Some swimmers may be more susceptible to infection through immune suppression. Swimmers are also advised that they **MUST NOT** swim with any open wounds.

In open water swims there are no walls to push off every 25m, so practise swimming the race distance accordingly prior to Race Day.

WETSUITS

As mentioned above, wetsuits are **COMPULSORY** for all participants. Water temperatures will be monitored on the morning of the event and if it is deemed too hot to wear your wetsuit due to the water temperature, we will inform participants at registration and participants should leave their wetsuits in Transition.

SWIM SAFETY

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help you, if required. Please identify yourself to our swim start team, who can provide additional support and guidance, should you need it.

Please take your time entering the water via the pontoon ramp. Should you need a short time to acclimatise to the water temperature before you start swimming, please move slightly to the left to allow other swimmers to pass from behind.

The water safety team, provided by Swim Safety Ltd, consists of fully qualified lifeguards in kayaks and rescue boats as well as bank-based lifeguards on the pontoons. All lifeguards are members of either the BCU Lifeguards or Surf Life Saving GB.

If this is your first triathlon, or swimming is not your strongest discipline, we recommend that you position yourself towards the back of the wave. It may add a few seconds to your time, but it will enable you to get into your rhythm and enjoy the swim more.

If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you and, if necessary, arrange a safety boat to take you to the water's edge.

SWIM STROKES

Most people use front crawl or breaststroke. Backstroke in the swim is not allowed because it can be confused with someone indicating they are in difficulty.



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RACE DAY BIKE



TRANSITION TO BIKE (T1)

Make sure you know your route through Transition when switching between disciplines, as well as where you racked your bike. Getting lost in Transition will add seconds to your finish time that you have been training for months to reduce!

DISQUALIFICATION AND PENALTIES

The race is governed by British Triathlon Federation Technical Officials. [Click here for the rules and regulations.](#)

The key rules are:

- Cycles and equipment must be placed at your race number bike rack position at the start and finish of the cycle leg.
- No cycling is allowed in the Transition Area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You will be given a time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race; wearing them will result in either a penalty or disqualification.
- Nudity is not permitted anywhere at the event, including Transition.
- Bike penalties must be served at the bike penalty box. All other infringements will be administered via a 'stop and go'.
- Appropriate racing attire must be worn for the duration of the race. For more information, please see the 'Racing Attire' section on page 37.
- Littering is not permitted on any part of the course or within the venue.

THE COURSE

Make sure you know the route! It is your responsibility to navigate the course successfully and safely and to count your own laps.

The bike course can get very slippery when wet - please take extra care and cycle carefully. Do not mount your bike until you go over the mount line. Once you have started the bike course, take extra care down the ramp out of ExCeL, which can get particularly slippery. On entering the bike course out of ExCeL, you will turn left and begin your laps.



Cycle on the left-hand side of the road and overtake on the right-hand side of participants in front of you.

The bike course maps for each distance can be found from page 28.

BLOCKING

Always keep to the left-hand side of the course and do not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course.

DRAFTING

No drafting is allowed – ie taking shelter behind or beside another competitor during the cycling leg of the race.

DRAFTING AND NOT DRAFTING

The 'bicycle draft zone' will be 10 metres long measured from the leading edge of the front wheel. The draft zone of one participant must not overlap the draft zone of another participant.

Participants may enter the draft zone of another participant for the purpose of overtaking, but must be seen to be progressing through that zone. A maximum of 20 seconds is allowed to pass through the draft zone of another participant. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back.

When a participant is passed by other participants, it is their responsibility to move out of the draft zone of the overtaking participant within five seconds. Failure to do so may result in an official caution or time penalty.

A participant is passed when another participant's front wheel is ahead of their front wheel. If a participant is frequently passed by, or seen to be frequently passing the same participant, this will be seen as working with or drafting off that participant and will be subject to the same penalty as drafting.

Motorcycle and static officials will patrol the course to enforce the no-drafting rule. If you are shown a blue card during the bike section you have incurred a drafting penalty and must make your way to the bike penalty box to serve this.

A yellow card is shown for any other bike penalties incurred and, again, you must serve these at the bike penalty box, which will be at the end of the bike route lap (before the turn back into Transition).



BIKE CUT-OFF TIMES

To ensure the event meets the road reopening times, there will be cut-off times in place for the bike section of the event. Please see the maps from page 28 for bike cut-off times and locations.

RETURN TO TRANSITION (T2)

Once you return to Transition after completing the bike course, please make sure you return your bike to the position it was in at the start of the race – ie, your numbered racking position. Not doing this will result in a penalty.

There will be British Triathlon Federation Technical Officials in Transition and on the course to monitor all competitors.

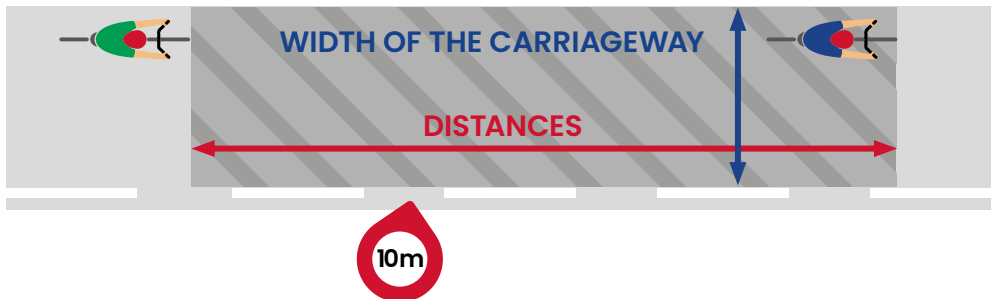
REMOVAL OF EQUIPMENT

You will be able to remove your bike from Transition after racing. The marshals will check your bike number against your wristband number before it is released. Please make sure that you take the correct wetsuit with you as most are black and look similar.

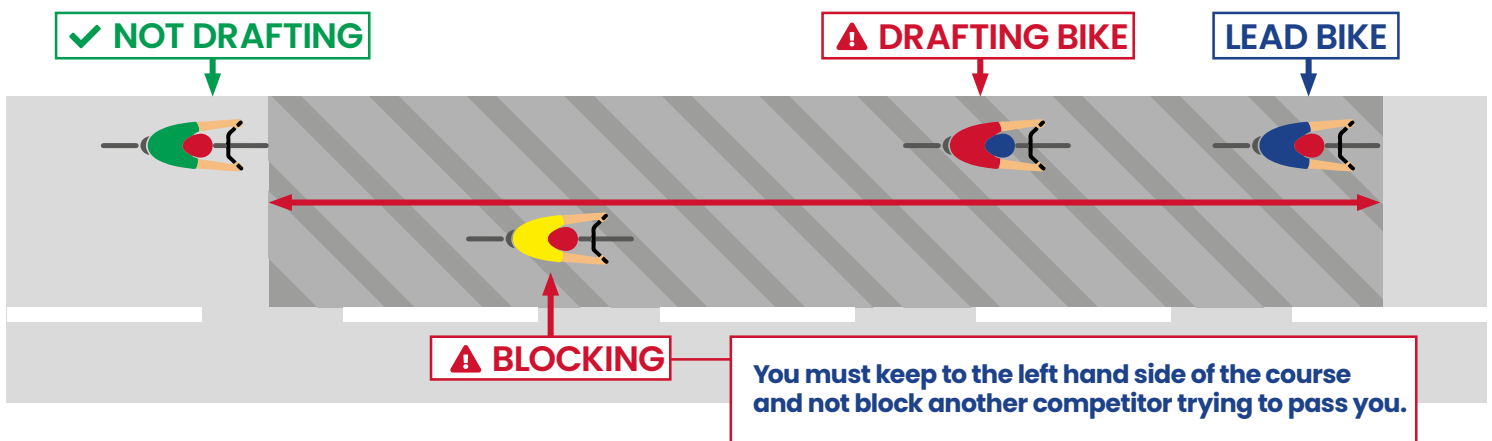
DRAFTING



THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **12 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT	1 MIN PENALTY	DISQUALIFICATION	N/A
STANDARD	2 MINS PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	5 MINS PENALTY	5 MINS PENALTY	DISQUALIFICATION

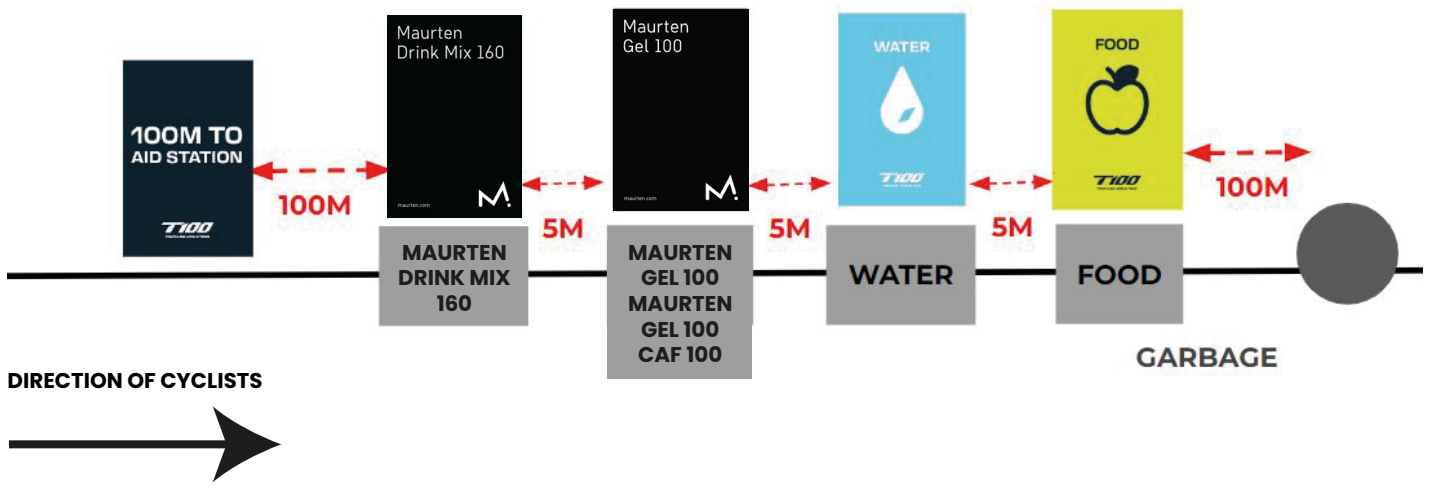
BIKE AID STATION LAYOUT

There is one bike aid station, which is **available to T100 distance participants only**. It is located towards the end of each lap and will provide pre-filled bike bottles of water and Maurten Drink Mix 160 (one bottle per person per lap) as well as Maurten Gel 100 and Maurten Gel 100 Caf 100.

Olympic, Sprint and Super Sprint participants should carry their own nutrition on the bike.

Remember to stay hydrated as the bike course can feel very exposed when the weather is warm.

Bike aid station flow



Slow down when entering the aid station to ensure you get what you need, but don't stop in front of the aid station! If you do not require any product from the aid station please stay to the right of the lane.

There will be signs along the aid station listing what is on offer. Marshals will also be communicating what they are holding – please remember to politely ask for what you need.

Please discard any unwanted items before the 'End of litter zone' sign. Anything discarded outside this area will result in a penalty.

RACE DAY RUN



The run course will vary depending on the event you're taking part in. For Sprint, Super Sprint and Olympic, it is 2.5km in length. The total number of laps for the run is shown below:

- **Super Sprint:** one lap of the 2.5km course
- **Sprint:** two laps of the 2.5km course
- **Olympic:** four laps of the 2.5km course
- **T100:** six laps of the 3km course

It is your responsibility to navigate the course successfully and safely and to count your laps.

You should keep left, but always on the right-hand side of the central cone line. Be aware of other

participants trying to pass you and take care when passing other competitors. No mobile phones, smart devices or headphones are permitted during the race.

There will be three aid stations on the run route. These will provide a range of hydration and nutrition options including water, Maurten Drink Mix 160, Maurten Gel 100, Maurten Gel 100 Caf 100, cola, a food offering with sweet and salty options, and ice. For safety reasons, you must ensure all litter is placed in the bins provided.

The race Finish Line is in the Event Village, which is located in the South Halls of the ExCeL Centre.

RUN AID STATION LAYOUT

Each lap of the run course has three aid stations located approximately 1.5km apart.

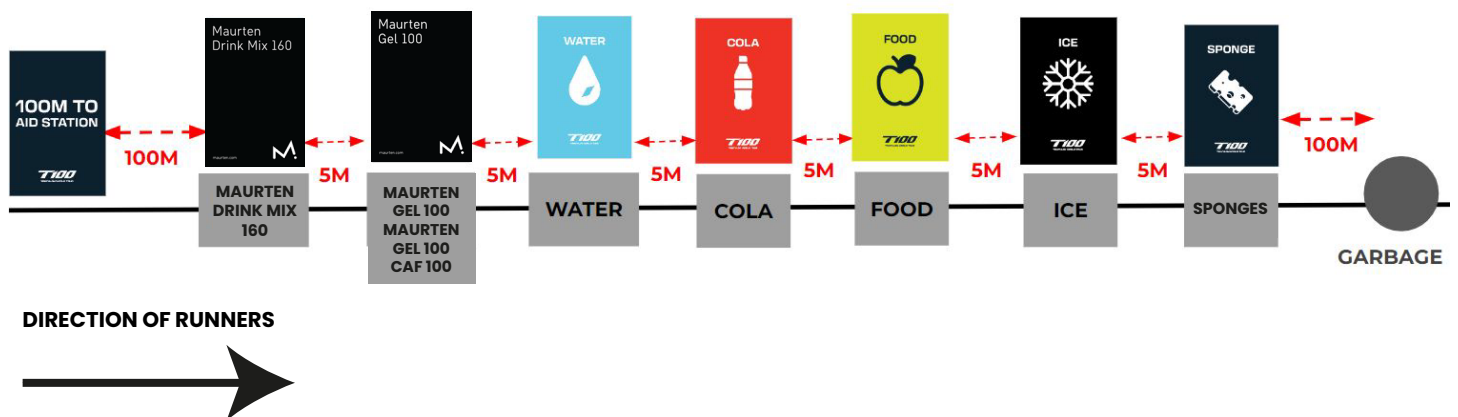
RUN AID STATION PROCEDURE

Slow down when entering aid stations. If you do not require any product from a run aid station, please stay to the right.

There will be signs along the aid station listing what is on offer. Volunteers will also be advising what they are holding. Please communicate your needs politely.

DISCARDS/DROP ZONES

Please discard any unwanted items before the 'End of litter zone' signs. Anything discarded outside this area will result in a penalty.



RACE DAY TEAM RELAY

1. SWIM

The swimmer must wear the timing chip on their ankle and should do so under their wetsuit. When they exit the water they should make their way back to their numbered transition racking location.

This is where they will meet their cyclist team-mate to hand over the timing chip. The cyclist must attach the timing chip before they do anything else, then the cyclist can make their way to their racked bike and on to the bike course.

2. BIKE

The cyclist must wear the big race number on their back. The cyclist must wait at their numbered transition racking location.

Their bike must be racked at their numbered racking location.

The swimmer will arrive at this location and pass the timing chip to the cyclist, who must attach it before doing anything else.

Once the cyclist has attached the timing chip, they can make their way onto the bike course.

Upon completing the bike course, the cyclist must make their way back to their numbered bike rack and re-rack their bike.

3. RUN

The runner must wear the big race number on their front. They must wait at their numbered transition racking location.

The cyclist will arrive and pass on their timing chip, which the runner must attach before they can continue to the run route.

There will be a Team Relay Meeting Point 100 metres from the Finish Line, should teams wish to run into the finish together. This meeting point will be clearly signposted.



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- Top tips and advice
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BECOME A MEMBER



RACE SOUVENIR ITEMS



T100 distance participants will receive a T100 backpack, mug and cap. Olympic, Sprint, Super Sprint and Relay participants will collect a drawstring bag, mug and cap.

Make sure you collect your souvenir London T100 Triathlon goodies from the Expo once you've picked up your Race Pack (you'll need your race number to collect your goodies).

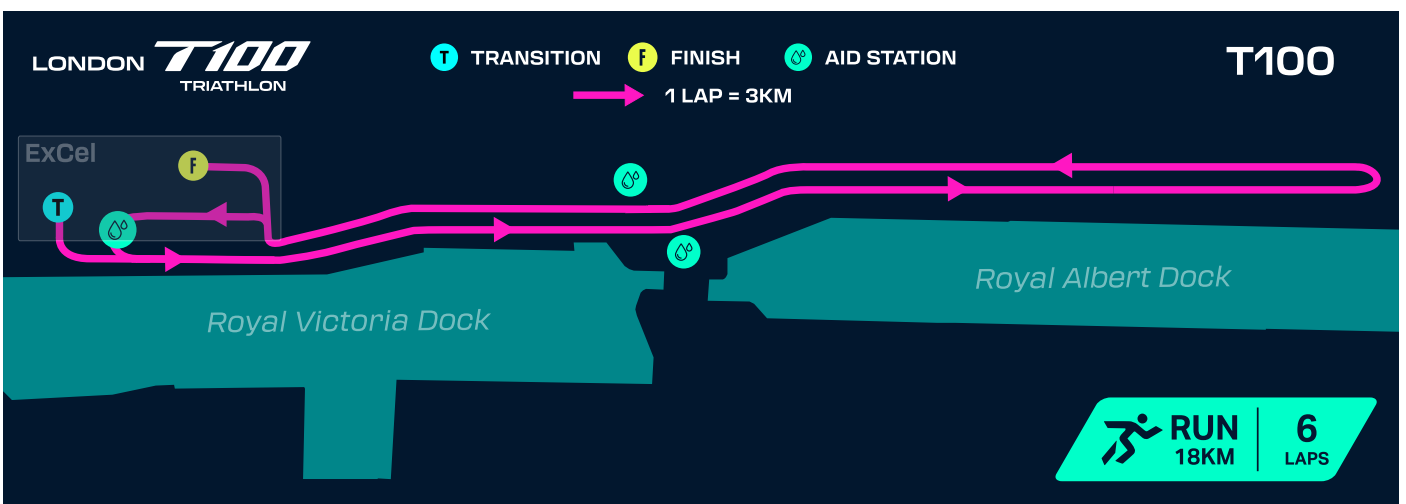
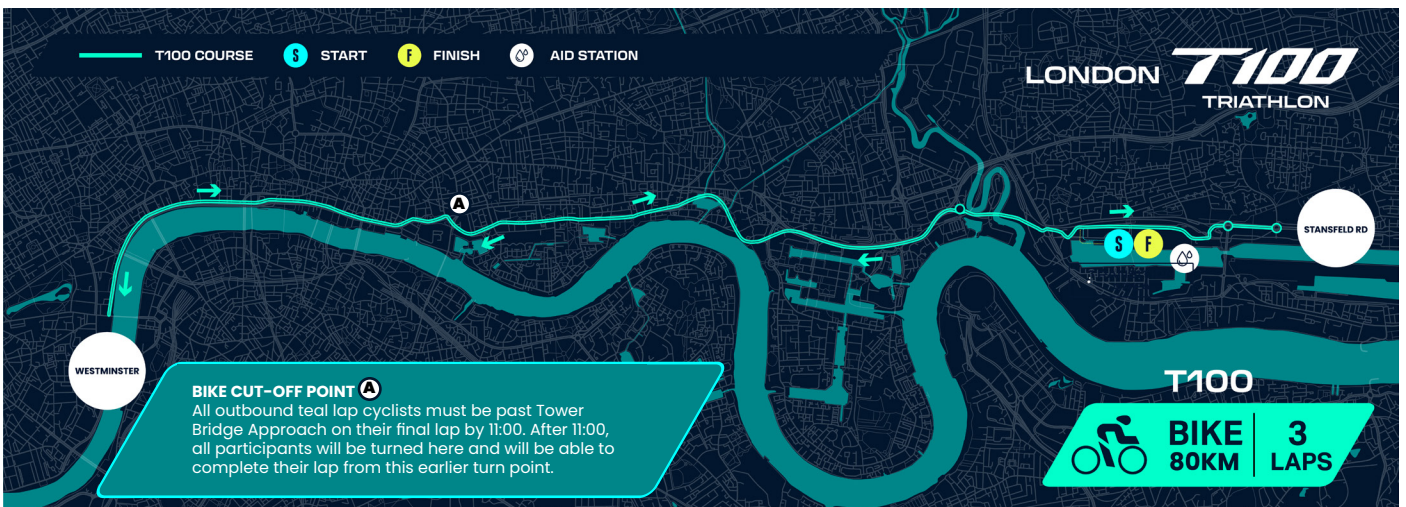
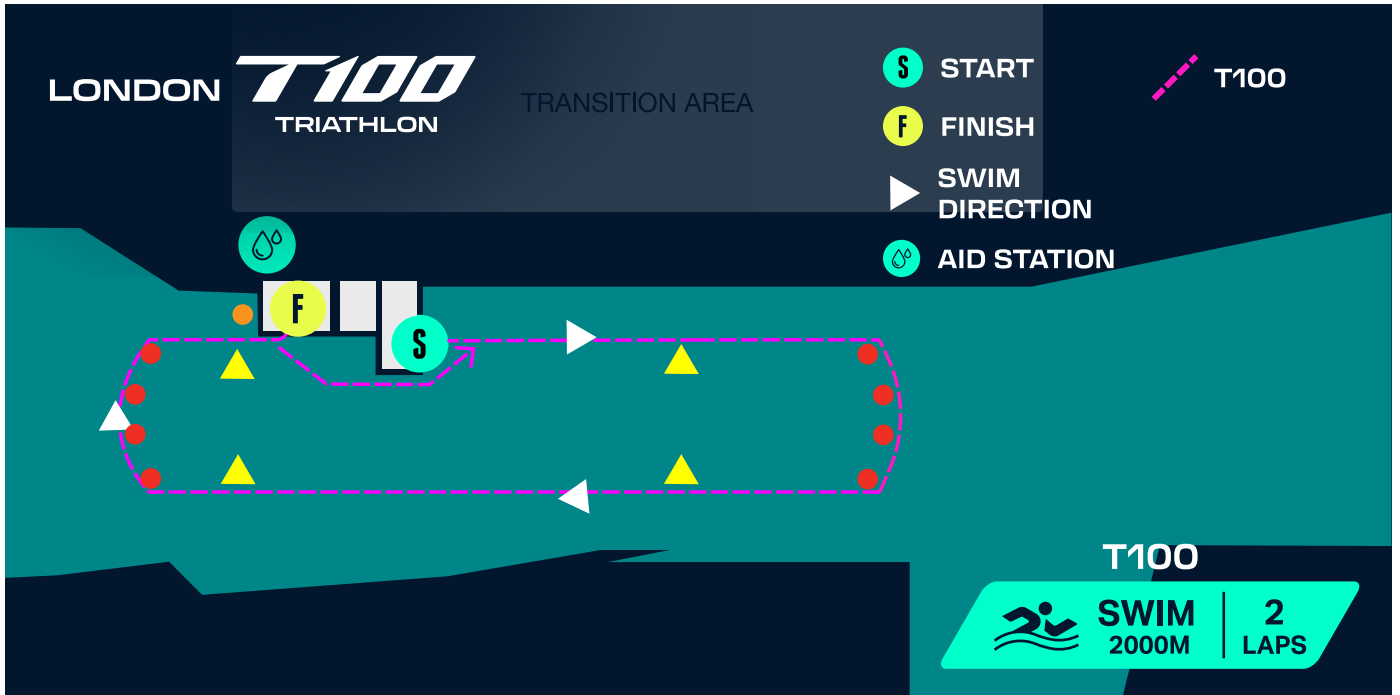


DON'T MISS THE PRO RACES!

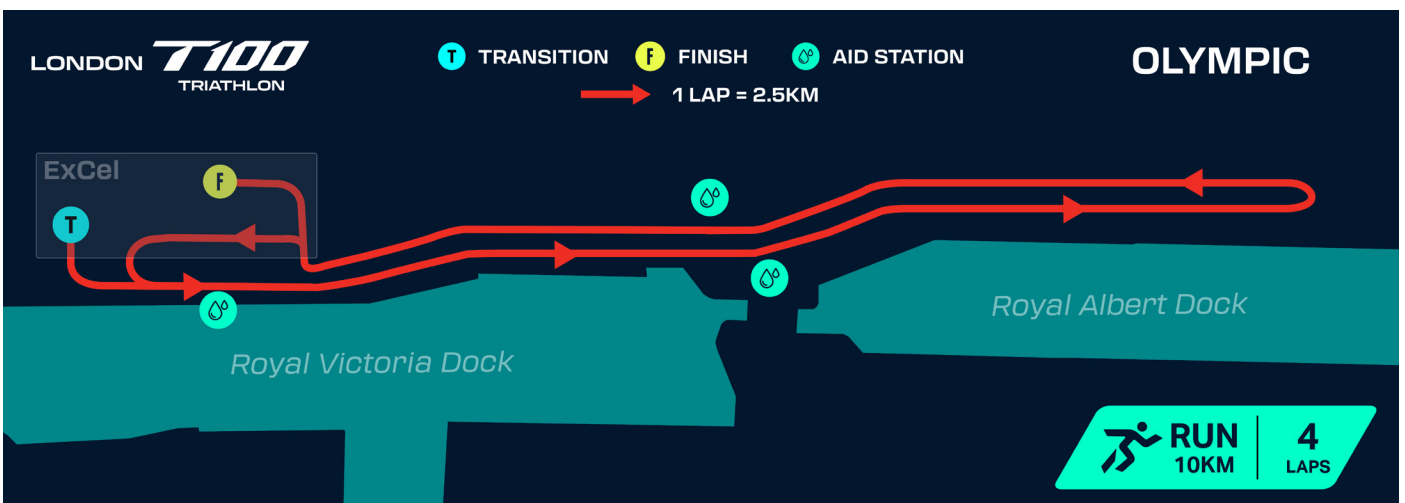
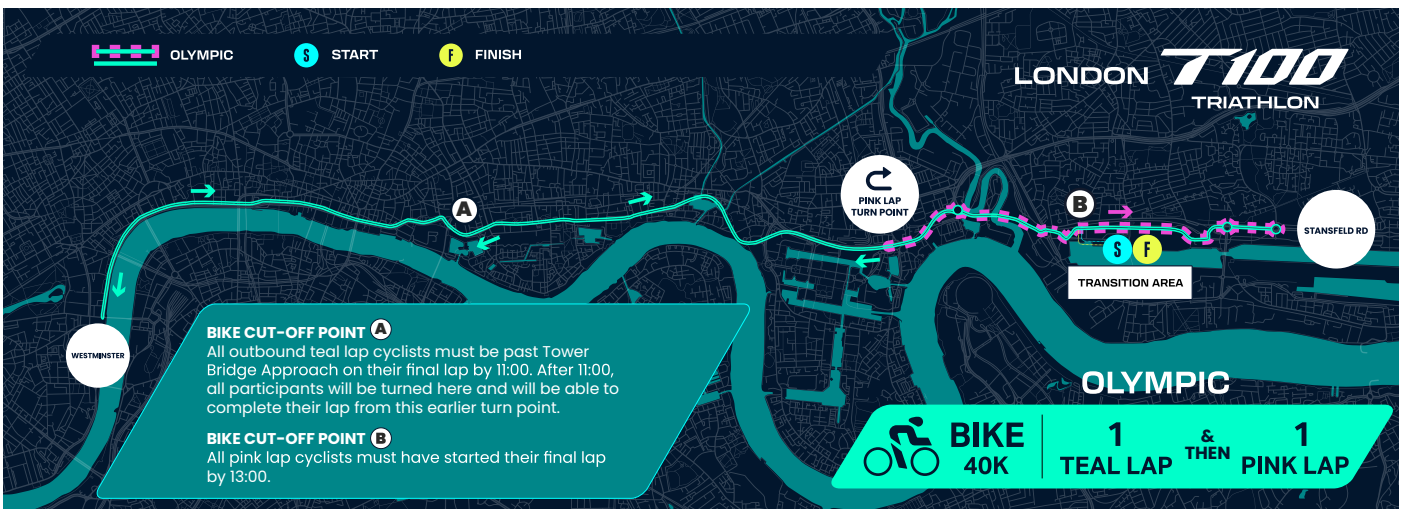
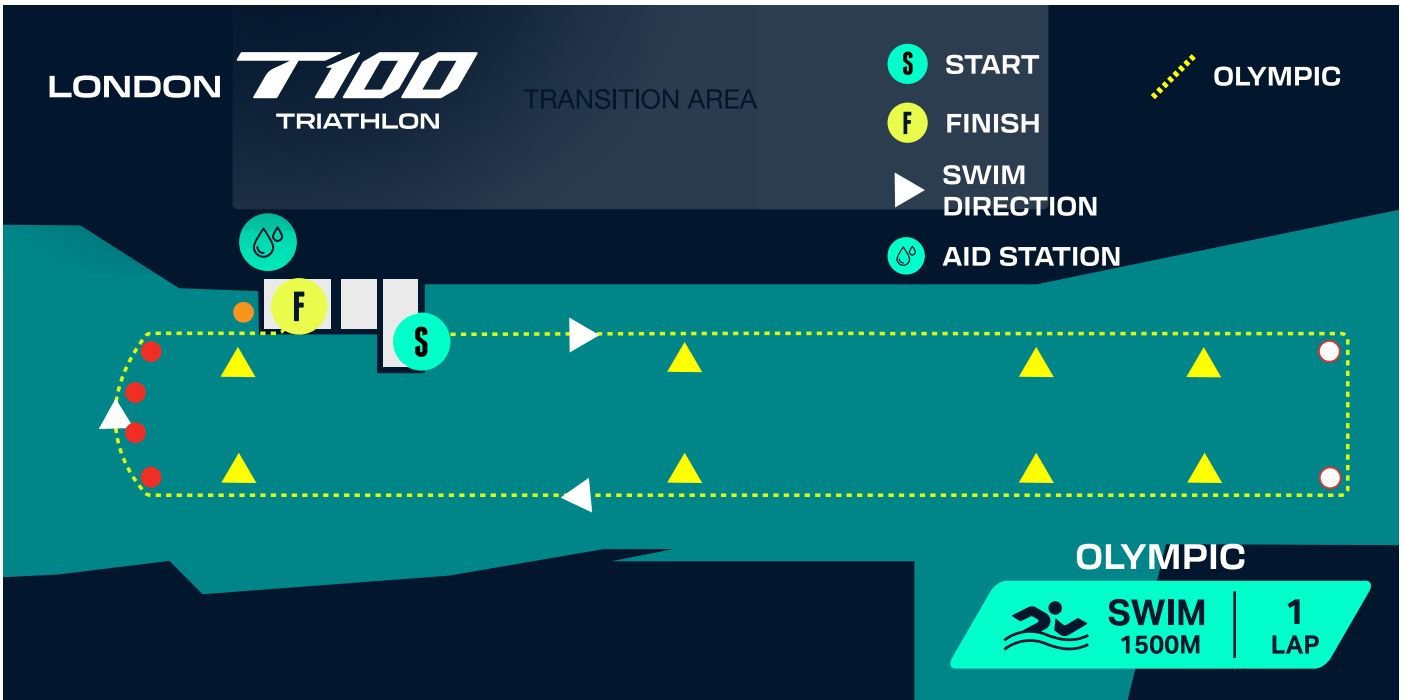
If you're coming to collect your Race Pack on Saturday 27 July, why not time your visit to ExCeL to coincide with the London T100 women's pro race? The action starts at 14:00 and will take place on a lapped course in Royal Victoria Dock and around ExCeL, making it perfect for spectators. Watching the world's best women race on some of the same course you'll be tackling is sure to make you feel inspired and energised ahead of your triathlon on Sunday 28 July.

Once you've raced on Sunday 28 July, make sure you stay at ExCeL to watch the pro men in action, also from 14:00.

THE ROUTES T100



THE ROUTES OLYMPIC



THE ROUTES SPRINT

LONDON **T100** TRIATHLON

TRANSITION AREA

- S** START
- F** FINISH
- ▶ SWIM DIRECTION
- 🚰 AID STATION
- 🏊 SPRINT

SPRINT

SWIM
750M

1
LAP

LONDON **T100** TRIATHLON

- 🏁 SPRINT/SUPER SPRINT
- S** START
- F** FINISH
- 🚰 AID STATION
- 🏊 SPRINT

BIKE CUT-OFF POINT **B**
All pink lap cyclists must have started their final lap by 13:00.

PINK LAP TURN POINT

STANSFELD RD

TRANSITION AREA

SPRINT

BIKE
20KM

2
PINK LAPS

LONDON **T100** TRIATHLON

- T** TRANSITION
- F** FINISH
- 🚰 AID STATION
- ➡ 1 LAP = 2.5KM
- 🏃 SPRINT

ExCel

Royal Victoria Dock

Royal Albert Dock

SPRINT

RUN
5KM

2
LAPS

THE ROUTES SUPER SPRINT

LONDON **T100** TRIATHLON

TRANSITION AREA

- S** START
- F** FINISH
- ▶ SWIM DIRECTION
- 🏊 AID STATION

SUPER SPRINT

SWIM
400M | 1 LAP

LONDON **T100** TRIATHLON

SPRINT/SUPER SPRINT

S START **F** FINISH

🔄 PINK LAP TURN POINT

STANSFELD RD

TRANSITION AREA

SUPER SPRINT

BIKE
10KM | 1 PINK LAP

BIKE CUT-OFF POINT B
All pink lap cyclists must have started their final lap by 13:00.

LONDON **T100** TRIATHLON

T TRANSITION **F** FINISH **🏊** AID STATION

➔ 1 LAP = 2.5KM

SUPER SPRINT

ExCel

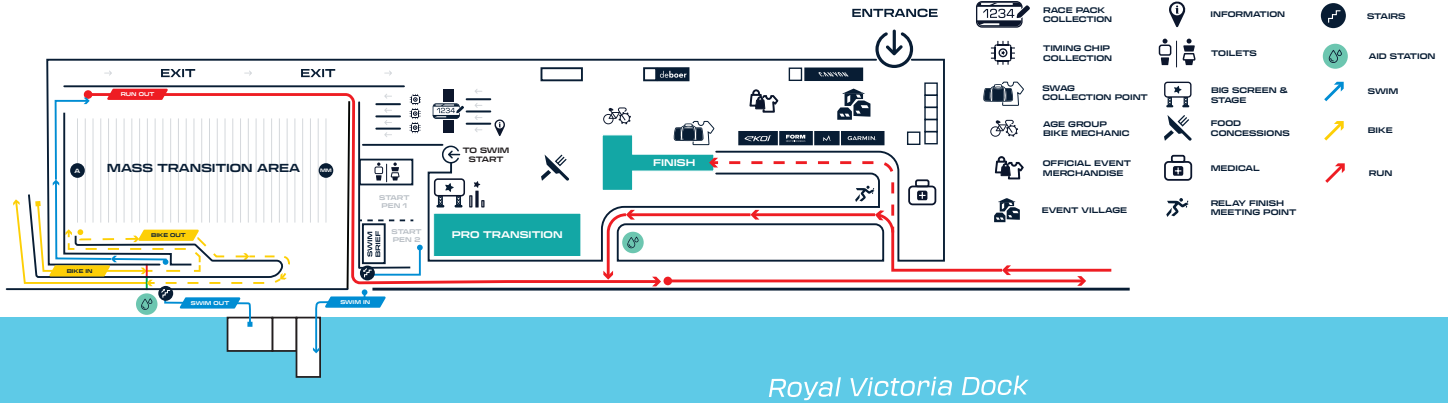
Royal Victoria Dock

Royal Albert Dock

RUN
2.5KM | 1 LAP

VENUE MAP

LONDON T100 TRIATHLON



EXPO INFO

The London T100 Triathlon Expo will be open at the following times:

12:00–18:00 SATURDAY 27 JULY
08:00–18:00 SUNDAY 28 JULY

Make sure you visit the London T100 Triathlon Expo over the weekend to experience all the latest in triathlon gear and technology – and shop for race essentials and the latest products. Don't miss activities and shopping opportunities with leading sports brands, as well as the chance to meet some of the world's top pro athletes.

EXHIBITORS WILL INCLUDE:

FORM
 EKOI
 CANYON
 GARMIN
 DEBOER
 MAURTEN
 RYZON
 CYCLE EXCHANGE
 T100 MERCHANDISE

DARE2TRI WETSUIT RENTAL

If you'd like to hire a wetsuit, Dare2Tri has provided this option, which can be booked in advance [online here](#).

Wetsuit rental will not be available on the day. Please do not forget to book your wetsuit online no later than Friday 19 July. See page 39 for more information about renting a wetsuit.

BIKE RENTAL WITH ON YOUR BIKE

If you'd like to hire a bike for the event, you must pre-book this service online with London-based outlet **On Your Bike**. Once you've booked, your bike will be available for you to collect from On Your Bike's stand in the Event Village.

BIKE MECHANICS

If you need any last-minute help with your bike, there will be bike mechanics in the Event Village on Saturday 27 and Sunday July. They will be able to perform basic safety checks and undertake simple repairs. Please note that participants must stay with their bike while it's with the mechanic.

RACE START TIMES

We strongly advise that you arrive at ExCeL 90 minutes before your start time. We will confirm your wave start time via email.

Your start briefing will begin 20 minutes before you race, and it will take time for you to park, collect your Race Pack, walk to Transition, rack your bike (if you have not done so already), set up prior to your race and to familiarise yourself with the course.

RACE TIMES*

Category	Start times
T100 Mass Waves	06:30-06:55
Olympic Waves	07:30-09:40
Sprint Waves	10:50-11:50
Super Sprint Waves	12:00-12:10

*schedule subject to change

PRIZE-GIVING TIMES

Category	Time
Saturday 27 July T100 Pro Women	17:30
Sunday 28 July T100 Age Groupers Olympic Age Groupers	14:30-15:10 15:10-15:15
Sprint Age Groupers Super Sprint Age Groupers	15:15-15:20 15:25
T100 Pro Men	17:10

BIKE CUT-OFF POINT A

All outbound teal lap cyclists must be past Tower Bridge Approach on their final lap by 11:00. After 11:00, all participants will be turned here and will be able to complete their lap from this earlier turn point.

BIKE CUT-OFF POINT B

All pink lap cyclists must have started their final lap by 13:00.





**GREAT
ORMOND
STREET
HOSPITAL
CHARITY**



GOOD LUCK, YOU'VE GOT THIS!

It's not too late to join TeamGOSH

Every day, around 750 seriously ill children and young people are seen at GOSH from all over the UK for life-changing treatment and care.

Every day, doctors and nurses battle the most complex illnesses, and the brightest minds come together to achieve pioneering medical breakthroughs.

And every day is a chance for you to make a difference.

Join TeamGOSH for the London T100 and help us to create a better future for seriously ill children from across the UK.

Visit gosh.org/LondonT100
to find out more.

Join
TeamGOSH
today!



RACE DAY INFO

AID STATIONS

There will be water refill stations along ExCeL's boulevard as you arrive at the event, where you can refill your own water bottles. There will also be a refill station in the Event Village, as well as catering concessions where drinks can be purchased, if required.

There will be one swim aid station located within approximately 50m from swim exit serving water only and accessible upon completion of your swim.

There will be an aid station on the bike route for T100 distance participants only. Items included are Maurten Drink Mix 160 in bike bottles (one per participant), Maurten Gel 100, Maurten Solid 160 energy bars, and water in bike bottles (two per participant).

Bike aid stations will not be available on the bike route for the Olympic, Sprint or Super Sprint participants, so please bring any hydration and nutrition items you need with you.

There will be three aid stations on the run route, which will provide a range of hydration and nutrition options including water, Maurten Drink Mix 160, Maurten Gel 100, Maurten Gel 100 Caf 100, cola, Maurten Solid 160 energy bars, a food offering with sweet and salty options, and ice.

BAG STORE

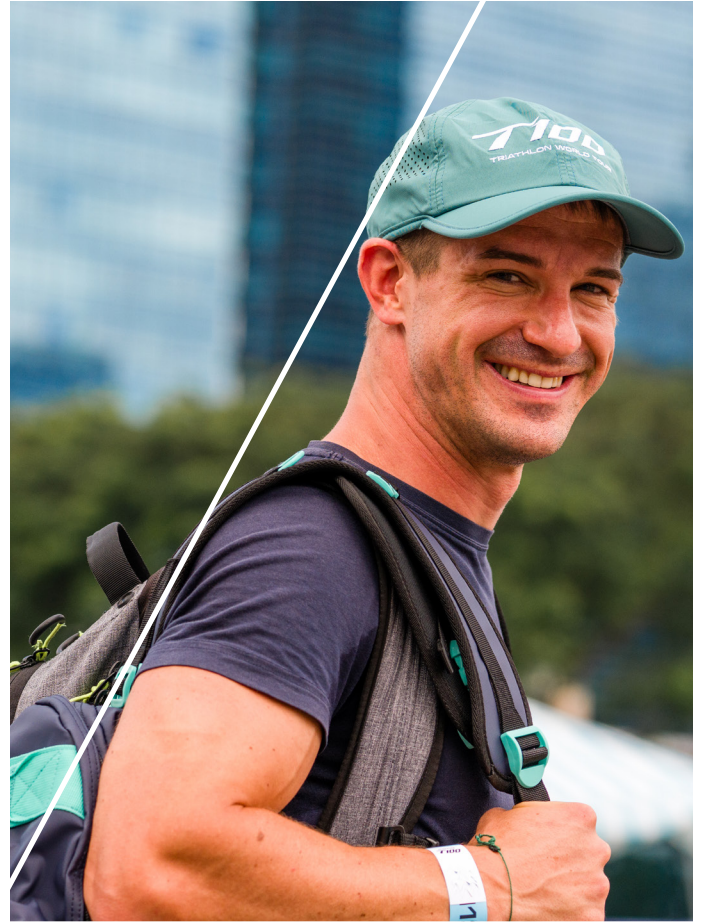
There will be no facilities for storing bags or valuables at ExCeL. You are permitted to place a small soft-sided bag such as a rucksack in Transition, although all property is left at the owner's risk.

CHANGING FACILITIES

There will be a small changing area after the swim exit providing privacy from public view which is available to any participants who require this facility for religious or sensitivity reasons.

To help us to resource this area appropriately, please let us know in advance if you plan to use this by emailing us at helpdesk@londonmarathonevents.co.uk before Friday 12 July.

We recommend that you arrive ready to race and bring some warm clothes for afterwards.



FOOD GLORIOUS FOOD

There will be catering outlets located in the Event Village as well as throughout the ExCeL boulevard between the north and south halls; serving a selection of hot and cold food and drinks.

These units will be open during the Event Village opening hours on both Saturday and Sunday.

Please use the numerous litter bins around ExCeL to help keep the venue tidy. Please remember to recycle where possible.

T100 APP

There is a T100 Athlete Tracker App available providing information for both spectators and participants. The app will provide live tracking information, route maps and results and is available in the Apple App Store and on Android in the Google Play Store. Tracking will be available for the weekend from the morning of Saturday 27 July.

PTO+ APP

For those who want to follow the action in the T100 Professional races alongside the venue coverage, there is no better way to do this than by downloading the PTO+ app, available in the Apple App Store and on Android in the Google Play Store.

LITTER

Please use the bins provided. If using nutrition products while racing, please do not drop them on the floor, take them back with you or drop them in the bins in the litter zones (on the run/cycle route). Penalties, including disqualification, can be issued for littering.

LOST PROPERTY

Please hand any items found to the Information Point within the Event Village. We will hold onto any lost property for 30 days after the race. Visit the Information Point during the event to collect any items or, alternatively, email helpdesk@londonmarathonevents.co.uk

MEDICAL ADVICE

You should discuss any medical problems with your GP before competing in the triathlon. The advice on page 40 is in addition to anything they say. On the back of your race number, please write an emergency contact number for someone who is not taking part.

If you have a medical condition, put a cross on the front of your race number, and fill in the details on the reverse of the number in permanent pen.

PHOTOGRAPHY AND VIDEO

FinisherPix will be on course and at the Finish Line to capture your London T100 experience in photos! And best of all, ALL photos are FREE for you to download and share. Please be sure your race number is visible to the photographers and [visit this link](#) after the event to get your photos. Lastly, please be sure to tag #T100Triathlon and #FinisherPix when you share your photos!

RESULTS AND PRIZES

A medal will be given to every participant who completes the London T100 Triathlon at the Finish. You must collect your medal on Race Day. Results will be published online on the T100 website and on the T100 Athlete Tracker App.

Age group prizes will be awarded for first, second and third places in open and female categories (as per BTF rules) for each race distance and in age categories from 18-24 up to 85+.

After you've raced, please check if you have



placed in the top three in your age group and race category via the T100 app. Please note: it is your responsibility to check the results.

AWARDS CEREMONIES

Please see page 33 for the London T100 Triathlon prize-giving schedule.

RACING ATTIRE

Where a two-piece race suit is used, the space between the top and bottom may not be visible, so the two pieces overlap. The competitor must cover their torso during the entire race; this includes front zips being completely fastened during the cycle and run segments.

If the suit has a zipper located at the back it should be no longer than 40cm. Competitors wearing front zipsuits must ensure it remains fully done up for the duration of the competition.

TOILETS

There are toilet facilities available in Transition, on the run route and within the main boulevard in ExCeL.

VOLUNTEERS

We have a fantastic team of volunteers supporting you at the inaugural London T100, so please remember to give them a big shout out when you see them during your race!

WETSUIT

A wetsuit is compulsory, and it is your responsibility

to ensure you have one on Race Day. If you'd like to hire a wetsuit Dare2Tri has provided this option which can be booked in advance [online here](#).

Wetsuit rental will not be available on the day. Please do not forget to book your wetsuit online no later than Friday 19 July.

Hired wetsuits will be available for collection from the Dare2Tri stand within the Event Village on Saturday 27 July and must be returned to the same location on Sunday 28 July.

The wetsuit will not only keep you warm, but will also help you swim faster as it provides you with extra buoyancy.

Surf and shortie wetsuits are allowed, but these are totally different to a triathlon-specific wetsuit, which is designed for swimming and fits like a second skin.

WE STRONGLY ADVISE YOU TO SWIM IN YOUR WETSUIT BEFORE THE EVENT.

This is normally possible by asking at your local pool or by finding one of the many places that allow you to swim in open water around the country.

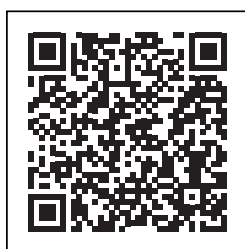
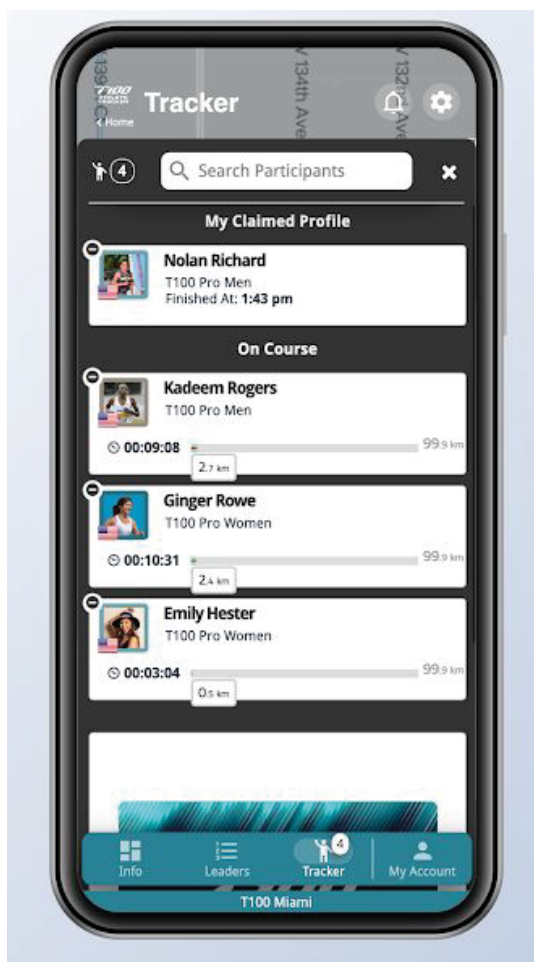
MORE INFORMATION

If, after reading this guide, you have any further questions about the event please email helpdesk@londonmarathonevents.co.uk and one of our team will be in touch.



ATHLETE TRACKER APP

Available in all App Stores in time for the race, it is a simple and easy way for your loved ones to track your progress and times during the race. Then when you're finished, you all can track your favourite pros as they tackle the course.



EQUIPMENT HIRE

BIKE HIRE

If you'd like to hire a bike for the event, London-based outlet **On Your Bike** is providing this service, which must be pre-booked online.

Once you've booked, your bike will be available for you to collect from On Your Bike's stand within the Event Village.

There will also be a mechanic service in the Event Village and you will be able to buy any last-minute gear you may need.

WETSUIT RENTAL

A wetsuit is compulsory, and it is your responsibility to ensure you have one on Race Day. If you'd like to hire a wetsuit Dare2Tri has provided this option which can be booked in advance [online here](#).

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ON RACE DAY

Do not compete if you feel, or have recently been, unwell. This advice applies even if you are raising money for charity. If you feel feverish, have had diarrhoea, been vomiting or had any chest pains DO NOT RACE! Many medical emergencies in the triathlon occur in people who have been unwell but do not want to miss the event.

In the swim, please do not use washing up liquid to prevent your goggles from steaming up – this can irritate your eyes. We also advise not putting your wetsuit on fully until you are about to enter the water on warm days. This is to keep you as cool as possible – overheating in a wetsuit is a common problem seen by the medical team. Lastly, we advise that participants MUST NOT swim with any open wounds.

If the weather on Race Day is warm or humid do not try for a personal best but rather take it easy and enjoy the day. Serious heat-related medical problems are common, even in the triathlon. If you are feeling warm, slow down and stop in a safe sheltered area to cool off – if you still feel unwell, please flag down a marshal or a passing event vehicle to ask for medical help and we will come to you.

HYDRATION – DRINKING SAFELY

Sensible fluid intake is necessary for a triathlon. You are expected to bring plenty of water with you to the event. Your thirst is the best and safest guide to how much to drink during the event. You should start the race adequately hydrated and then drink small amounts as your thirst dictates. Avoid drinking too much fluid before, during or after the race, as it is possible to get ill from drinking too much fluid (this applies to water OR sports drinks).

AND FINALLY...

We hope you have a really great race and enjoy your London T100 Triathlon experience to the max at the inaugural London event.

We can't wait to welcome you over the weekend of Saturday 27 and Sunday 28 July and look forward to seeing you – and your family and friends – for two days of world-class triathlon action. Good luck and don't forget to smile for the cameras as you conquer the London T100 Triathlon!

