

LONDON
T100
TRIATHLON

JULY 24, 25 and 26, 2026

ATHLETE GUIDE

PLEASE READ CAREFULLY



x



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We're delighted to welcome you to the 2026 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.

This guide covers everything you need to know about the different distances – 100km, Olympic Westminster, Olympic Docklands, Sprint and Super Sprint.

You're sure to make some amazing memories as you race alongside the world's top male and female short-course athletes, bringing elite World Triathlon short-course racing back to London for the first time since 2015 – and there's no doubt that sharing the same venue as the Elites will add next-level excitement and camaraderie to the event.

The World Triathlon Championship Series Elite Races will take place at **14:30 and 16:15** on Saturday 25 July – so any family and friends 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!

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 Saturday 25 and Sunday 26 July.



TOURIST INFORMATION

LONDON, the vibrant capital of the United Kingdom, is a city where centuries of history meet cutting-edge modernity.

From iconic landmarks and world-class museums to charming neighbourhoods and diverse cuisine, London offers something for everyone. Whether you decide to explore the city pre or post-race, we recommend these FIVE must see attractions:

1. WESTMINSTER ABBEY

Experience the impressive architecture and discover memorials for more than 30 kings and queens buried at Westminster Abbey, one of London's most important UNESCO World Heritage Sites. See the awe-inspiring vaulted ceiling and discover ancient murals during your visit.

2. NATIONAL GALLERY

Explore some of the greatest collections of paintings in the world and discover many artistic treasures at the National Gallery. The National Gallery is free to visit and includes access to the permanent galleries.

3. BUCKINGHAM PALACE

During the summer, and on selected dates from November to December and at Easter, you can explore one of the few working royal palaces in the world. Visitors can tour the 19 State Rooms, the magnificent Grand Staircase and special exhibitions curated each year.

4. BIG BEN

The Houses of Parliament's iconic clock tower, commonly known as Big Ben, is one of London's most famous landmarks. The clock tower looks spectacular during the day and at night, the four clock faces are illuminated and glisten against the backdrop of the London skyline. Tours can be booked by visiting the official UK Parliament website.

5. ST PAUL'S CATHEDRAL

Visit St Paul's Cathedral and explore the working cathedral steeped in history, experience breathtaking views across London from the Stone and Golden Galleries and marvel at the marble architecture throughout the historic landmark.

To find out more, visit London's official online visitor guide, supported by the Mayor of London: visitlondon.com

CONTACT INFORMATION

Before emailing us, please note that our inbox becomes extremely busy as race weekend approaches.

We recommend reading through the Athlete Guide carefully or consulting our [FAQs](#) listed on our website first, as most questions are answered here.

Top tip: use Ctrl + F (Windows) or Cmd + F (Mac) to quickly search for keywords and jump straight to the information you need.

INFORMATION DESK

An information desk will be staffed all weekend. This is your go-to place for any questions or concerns during the event. A friendly smile, lost and found, directions - we're all ears!

JOIN THE T100 COMMUNITY ON WHATSAPP



Join our WhatsApp group to stay in the loop with real-time updates and behind-the-scenes content. We'll also be answering your FAQs directly in the channel, so make sure you're in the group to get the answers you need!

FOLLOW US ON SOCIAL MEDIA

We also recommend following us on [Facebook](#) and [Instagram](#) to see all the latest news and announcements.

ENQUIRIES

If you still can't find the information you're looking for, please email london@t100triathlon.com and a member of our team will get back to you as soon as possible.



Share your London T100 experience!

We want to see how you're getting ready for London T100!

From your early morning training all the way to your night training sessions, we want to see it all. What has been keeping you motivated to keep pushing?

We will be sharing your content on our social channels, to get everyone hyped for the London T100.

We're excited to see your content!



EVENT SCHEDULE

FRIDAY 24 JULY	
TIME	ACTIVITY
12:00-17:30	Race Pack Collection (All Races)
12:00-18:30	Venue & Expo open
14:00-18:00	Olympic Docklands, Sprint & Super Sprint - bike check-in open
17:00-18:00	All Age-Group Athlete Briefing - Expo Main Stage

SATURDAY 25 JULY	
TIME	ACTIVITY
07:30	Venue opens
07:30	Sprint and Super Sprint participants Race Pack collection and Transition racking opens
08:00	Expo opens
08:30	Olympic Docklands waves start
09:40	Sprint waves start
11:00-17:30	100km participants Race Pack collection open
11:00-18:00	100km participants bike check-in open
11:20	Super Sprint waves start
13:00-13:15	Award Ceremony for Super Sprint
13:15-13:30	Award Ceremony Sprint & Sprint Relays
13:30-14:00	Award Ceremony Olympic Docklands
13:30	All Olympic Docklands, Sprint and Super Sprint bikes and equipment removed from Transition - Transition closes
13:30-17:30	Olympic Westminster participants Race Pack collection open
14:00-18:00	Olympic Westminster participants bike check-in open
14:30	World Triathlon Championship Series Elite Women Race Start
16:15	World Triathlon Championship Series Elite Men Race Start
18:30	Venue and Expo close

SUNDAY 26 JULY	
TIME	ACTIVITY
05:00	Venue opens
06:30	100km waves start*
08:00	Expo opens
08:30	Olympic waves start*
14:15-14:45	Olympic Award Ceremony (inc. Relays)
15:00-15:30	100km Award Ceremony
16:00	Expo closes
16:00	All 100km and Olympic bikes and equipment to be removed from Transition - Transition closes
16:30	Venue closes

*Your wave start time will be able via your Race Dashboard, accessed via your confirmation email, closer to the event. To resend your confirmation email please click [HERE](#), select 'Race Dashboard / Resend Confirmation Email', select 'Click here to have your confirmation email re-sent' and provide the email you used to register.

The World Triathlon Championship Series (WTCS) returns to London in 2026 as part of the London T100 Triathlon Weekend, bringing the world's best triathletes to the capital.

As a key event on the road to the Los Angeles 2028 Olympic Games, London is expected to play a significant role in Olympic qualification. The fast, technical course will create a world-class racing environment for both elite competitors and spectators alike.

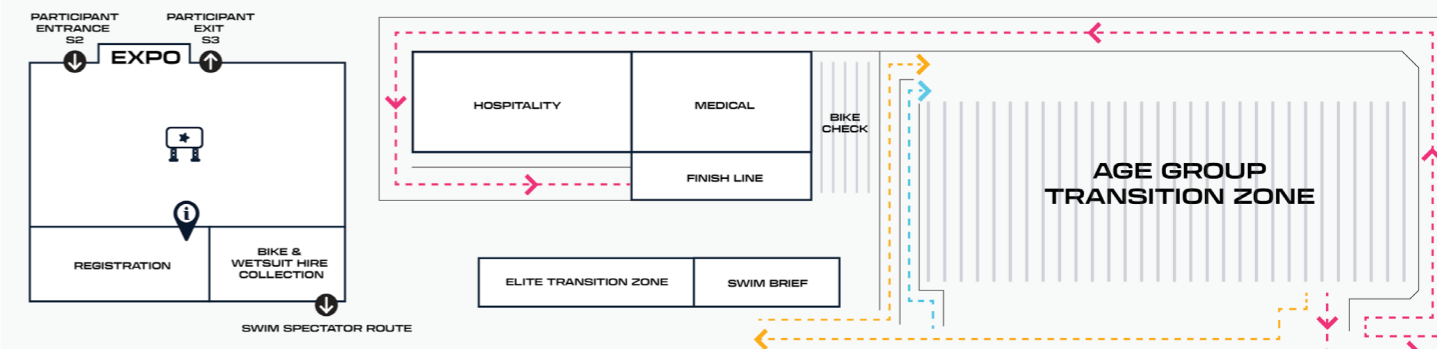
Among the stars expected to compete are Olympic champion Alex Yee, 2025 T100 World Champion Kate Waugh, defending WTCS champion Matt Hauser, Olympic medallist Beth Potter and Olympic champion Cassandre Beaugrand. With the sport's biggest names battling for crucial World Title & Olympic Qualification points, London promises world-class competition and unforgettable racing.

Follow the athletes and watch the races in the World Triathlon Championship Series LIVE and on-demand at [TriathlonLive.TV](https://www.competitions.com/TriathlonLive.TV). You can also access an extensive archive of race videos, extended athletes and triathlon content from all around the world.



TIME	ACTIVITY
SATURDAY 25 JULY	
14:15	Live broadcast begins
14:30	Elite Women Race Start
16:15	Elite Men Race Start
17:15	Elite Men Medal Ceremony
17:30	Elite Women Medal Ceremony

ExCeL (South Halls)



Royal Victoria Dock

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

- 12:00-18:30 FRIDAY 24 JULY
- 08:00-18:30 SATURDAY 25 JULY
- 08:00-16:30 SUNDAY 26 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 Elite athletes.

CENTRE STAGE

Participants and spectators will be able to catch a full programme of content on Centre Stage, including athlete interviews, presentations and panel discussions.

EXPO EXHIBITORS

- British Triathlon
- CANYON
- Deboer
- EKOI
- Maurten
- Nirvana Europe
- Pressio
- Sokin
- Sigma Sports
- T100 Transition Challenge
- T100
- Bella+Duke
- COOTS London
- Delta Speed
- Food Vendors
- GU Energy
- HelloFresh
- HUUB
- IHAMORA
- KatKin
- LifeJacket Skin Protection
- Monkey Sox
- Nonna Tonda
- One Good Thing
- PEBE
- Recovery Area
- S/Co
- Science in Sport
- SportShoes
- SunGod
- Tails.com
- Truviv
- White Hawk Products
- World of Triathlon
- Yellow Jersey
- Zafiro Hotels
- Zone3

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](https://www.onyourbike.com). 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 Friday 24, Saturday 25 and Sunday 26 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.

WETSUIT RENTAL

If you'd like to hire a wetsuit for the event, you must pre-book this service online with [Dare2Tri](https://www.dare2tri.com). Once you've booked, your wetsuit will be available for you to collect from the Dare2Tri stand in the Event Village.

THE ROUTES: SPRINT

THE ROUTES: SUPER SPRINT

FOR GPX FILES CLICK HERE

FOR GPX FILES CLICK HERE

LONDON **T100** TRIATHLON

S START **F** FINISH
▶ SWIM DIRECTION **⊕** AID STATION

Royal Victoria Dock

SPRINT

SWIM | **1 LAP**
 750M

LONDON **T100** TRIATHLON

S START **F** FINISH
▶ SWIM DIRECTION **⊕** AID STATION

Royal Victoria Dock

SUPER SPRINT

SWIM | **1 LAP**
 400M

LONDON **T100** TRIATHLON

LEAMOUTH ROUNDABOUT

All cyclists must have started their final lap by 12:12

SPRINT

BIKE | **2 LAPS**
 20KM

S START **F** FINISH
⊕ AID STATION

— SPRINT
 - - - - - START AND FINISH ROUTES

LONDON **T100** TRIATHLON

LEAMOUTH ROUNDABOUT

All cyclists must have started their final lap by 12:12

SUPER SPRINT

BIKE | **1 LAP**
 10KM

S START **F** FINISH
⊕ AID STATION

— SUPER SPRINT
 - - - - - START AND FINISH ROUTES

LONDON **T100** TRIATHLON

SPRINT

ExCel

T TRANSITION RUN OUT: 150m
F FINISH 1 LAP: 2100m
⊕ AID STATION RUN IN: 650m

Royal Victoria Dock

RUN | **2 LAPS**
 5KM

LONDON **T100** TRIATHLON

SUPER SPRINT

ExCel

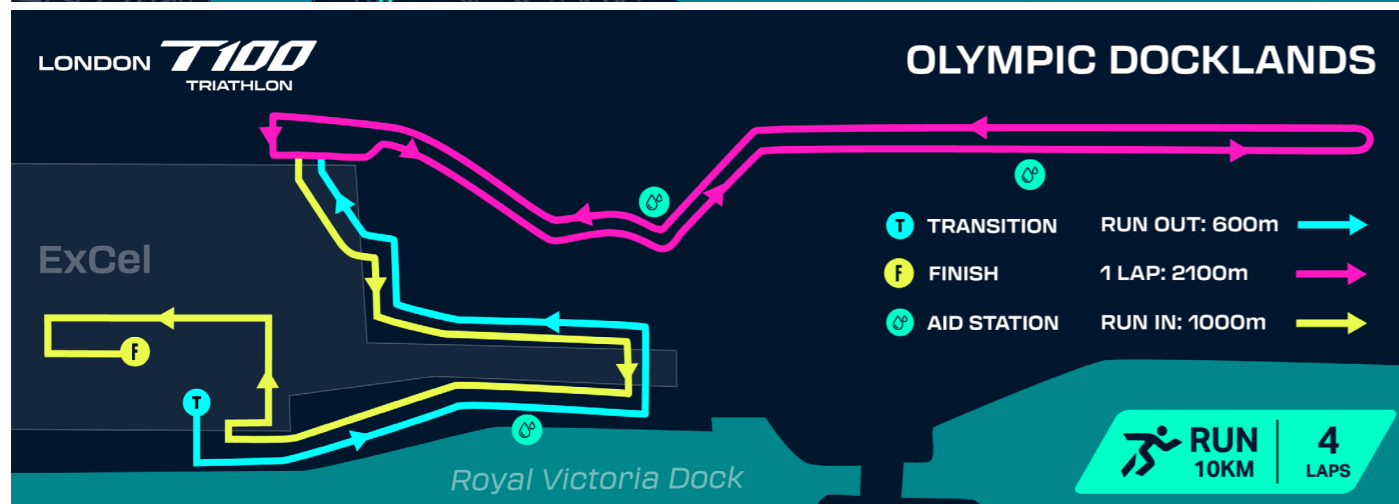
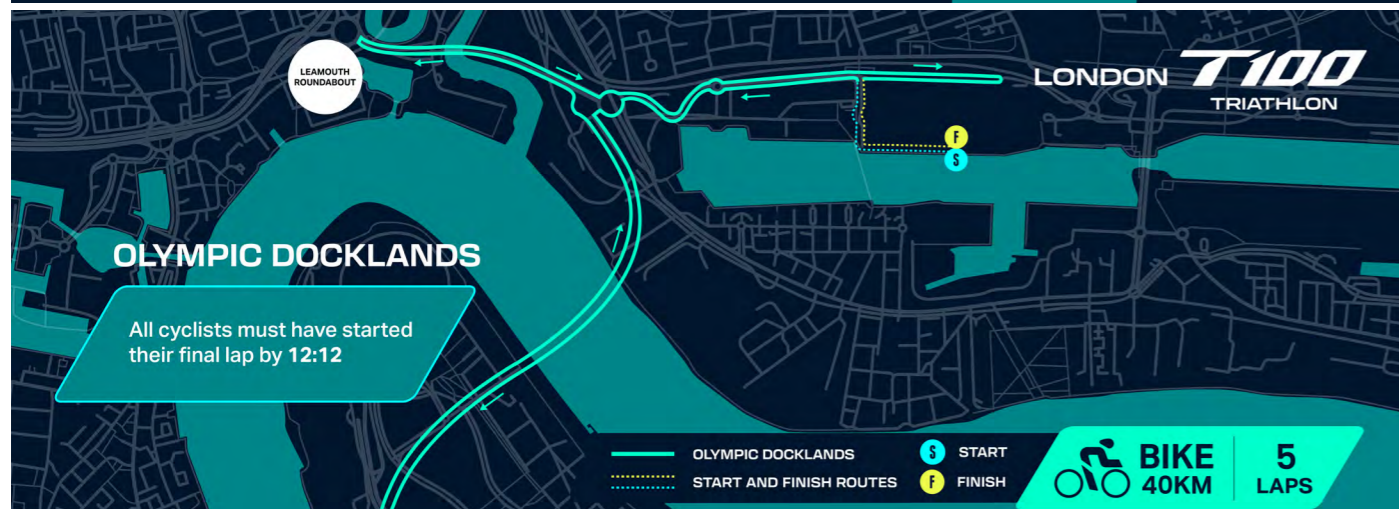
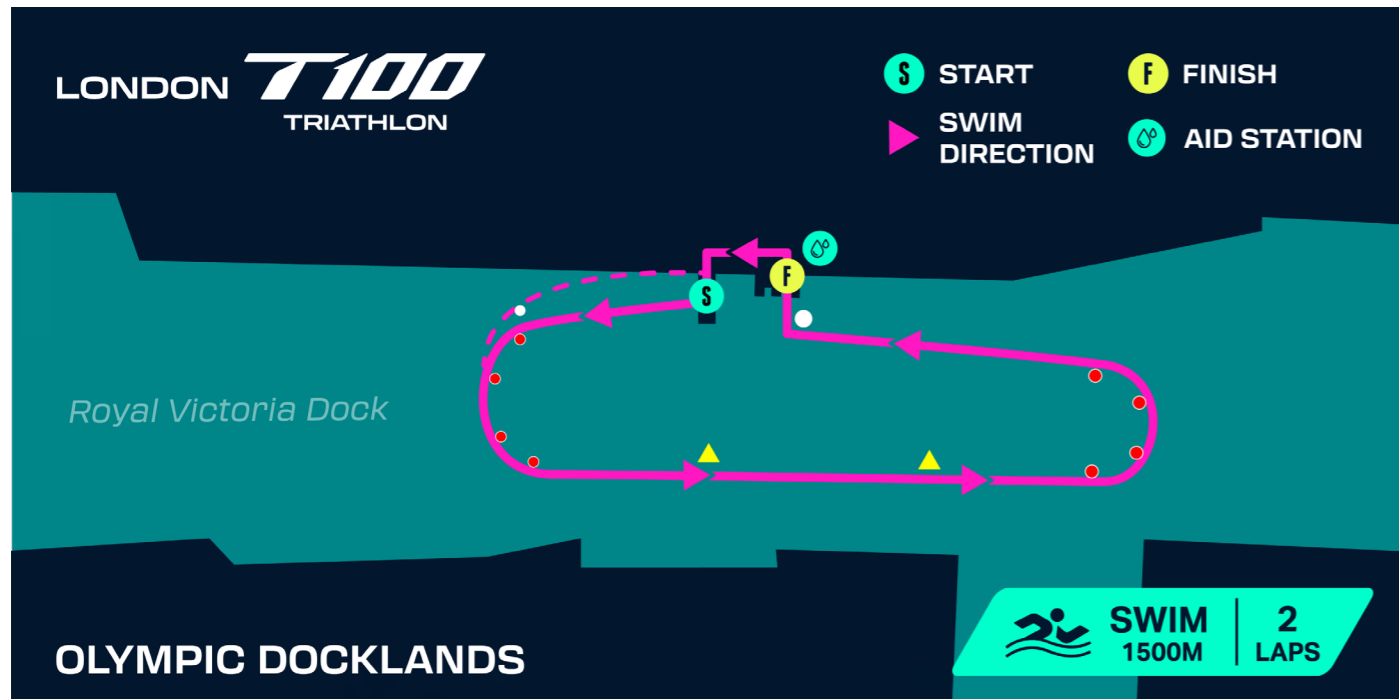
T TRANSITION **F** FINISH
⊕ AID STATION

Royal Victoria Dock

RUN | **1 LAP**
 2.5KM

THE ROUTES: OLYMPIC DOCKLANDS

FOR GPX FILES CLICK [HERE](#)

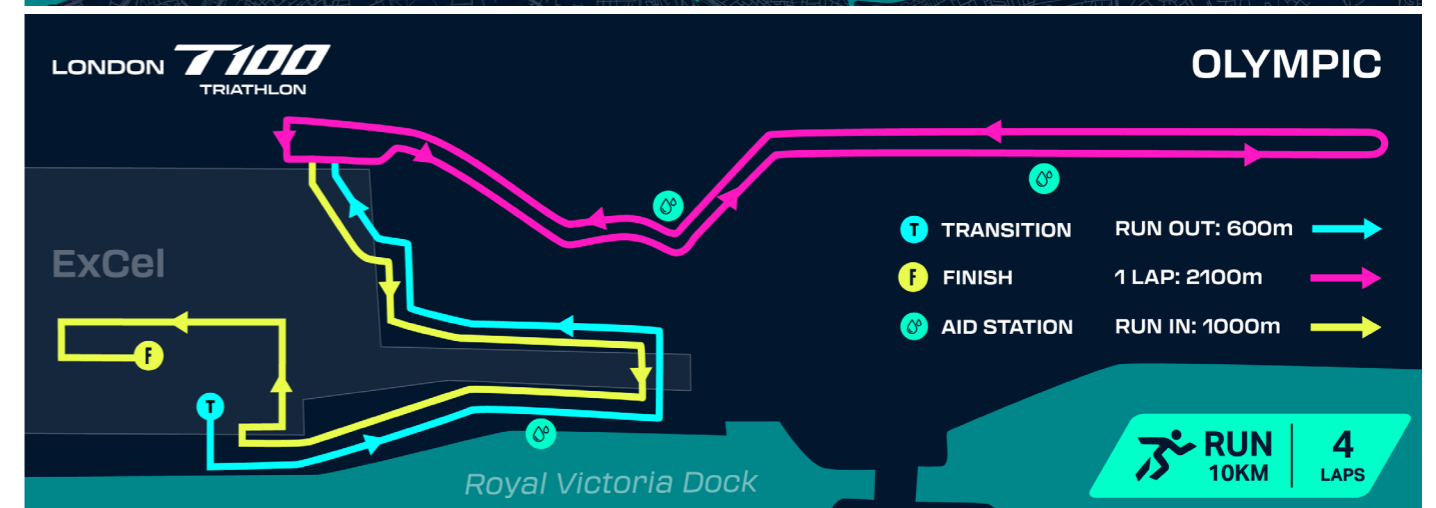
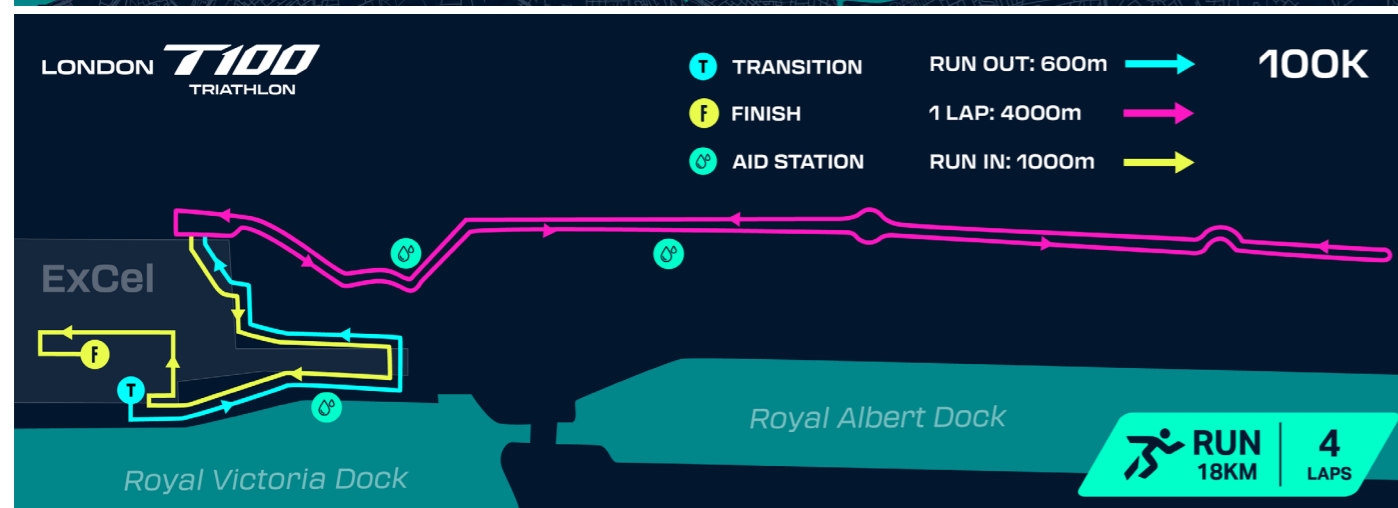
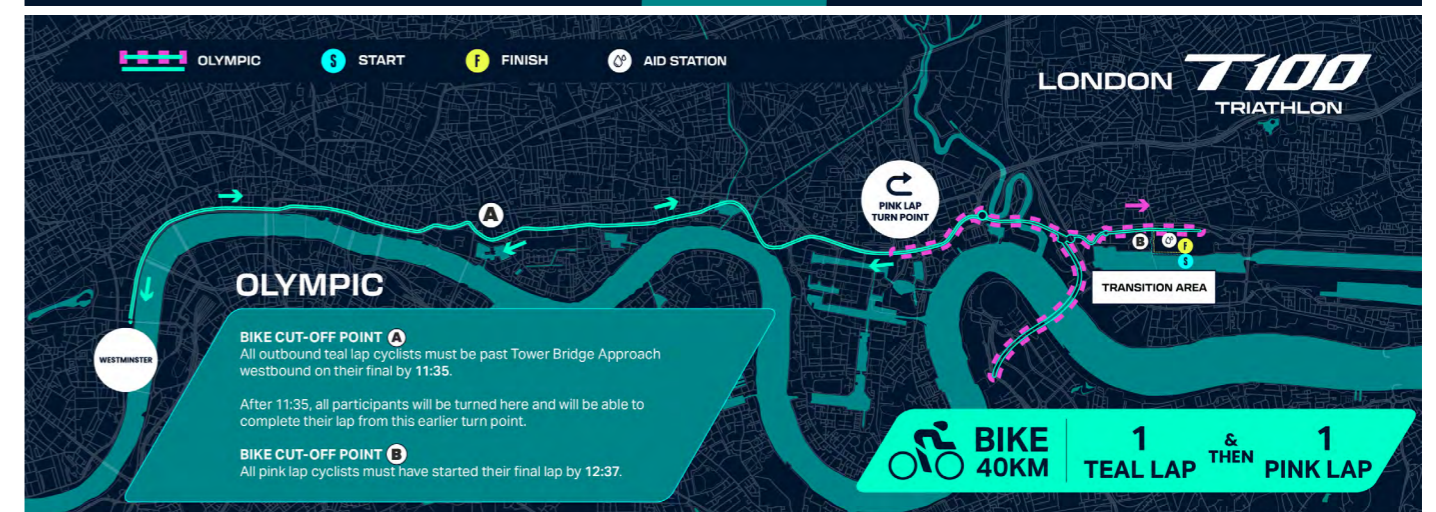
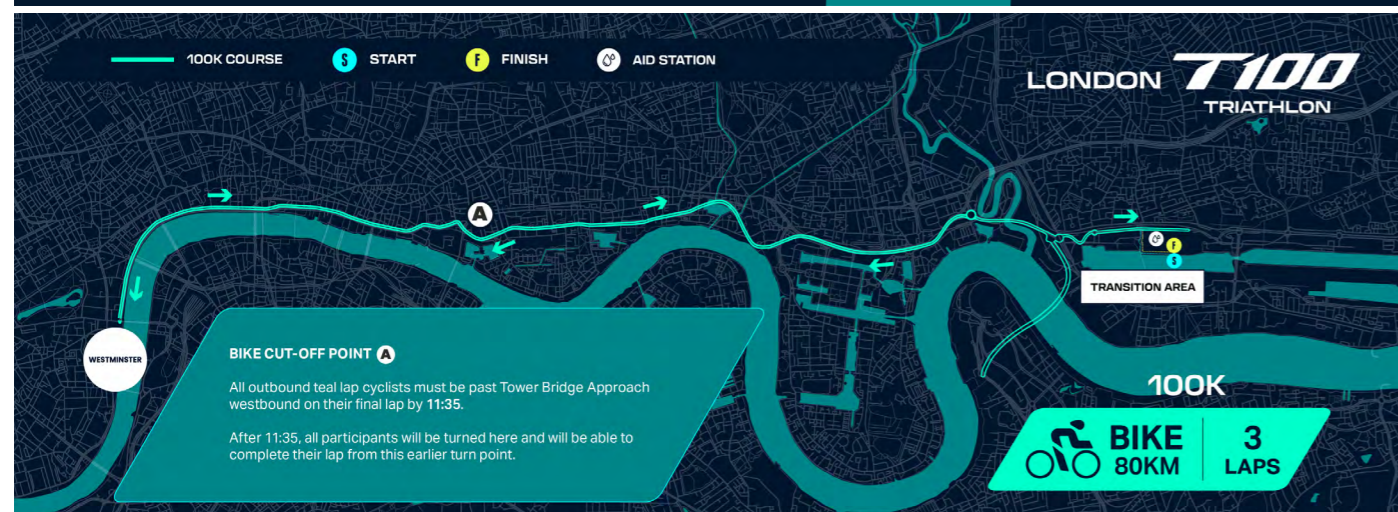
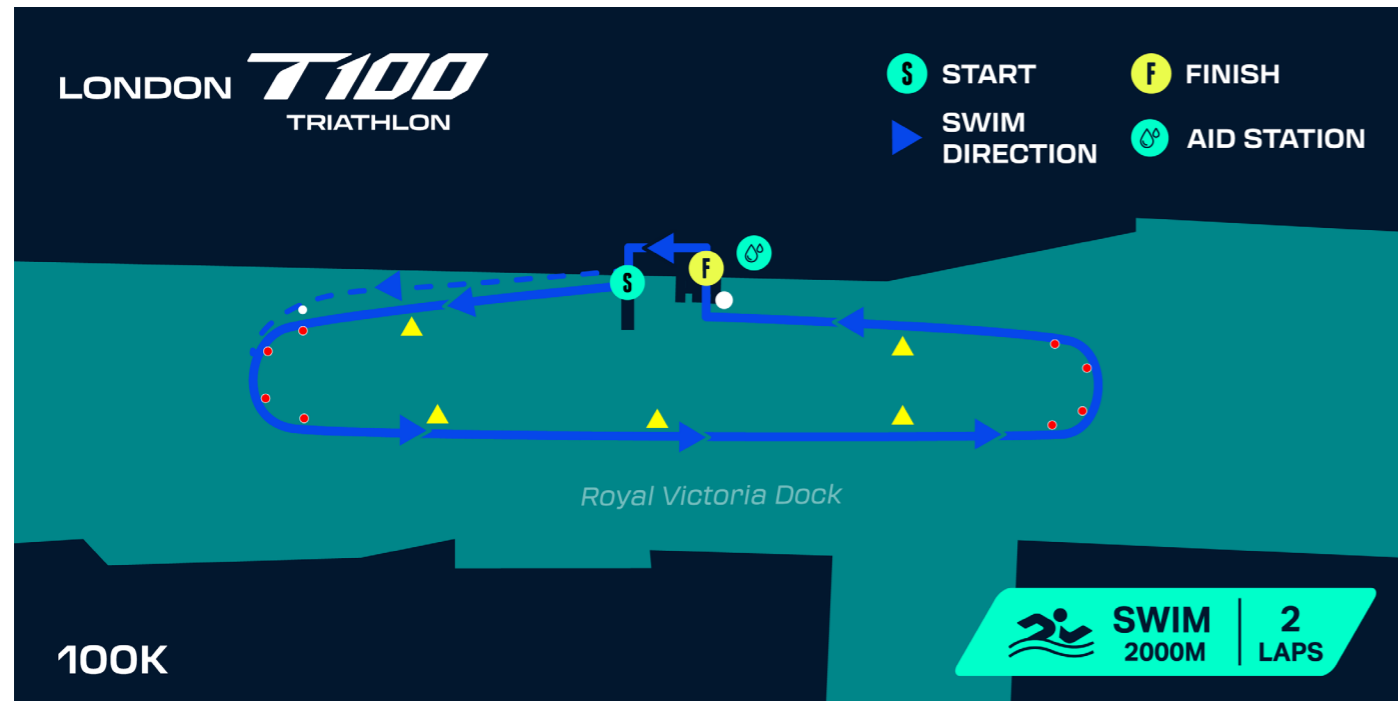


THE ROUTES:100K

THE ROUTES:OLYMPIC WESTMINSTER

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FOR GPX FILES CLICK HERE



SATURDAY

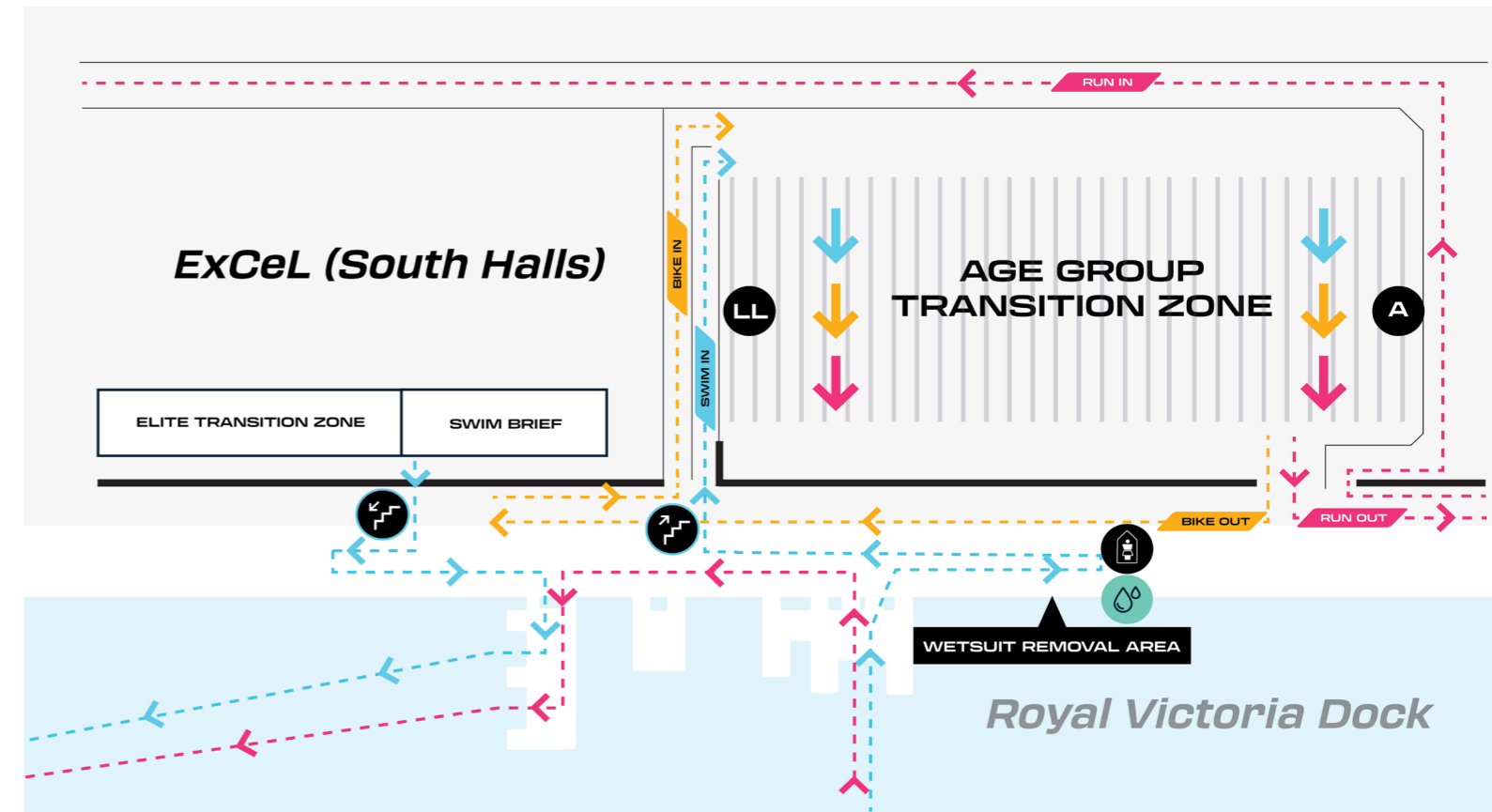
	Swim	Bike	Run
Olympic Docklands	2 Laps	5 Laps	4 Laps
Sprint	1 Lap	2 Laps	2 Laps
Super Sprint	1 Lap	1 Lap	1 Lap

SUNDAY

	Swim	Bike	Run
100K	2 Laps	3 Teal Laps	4 Laps
Olympic Westminster	1 Lap	1 Teal Lap & then 1 Pink Lap	4 Laps

LONDON **T100**
TRIATHLON

MASS TRANSITION FLOW
(100K, Olympic, Sprint and Super Sprint)



KEY

- SWIM BIKE RUN
- AID STATION
- FEMALE ONLY CHANGE TENT
- STAIRS
- BIKE RACK ROWS
-

REGISTRATION INFORMATION

RACE PACK COLLECTION AND BIKE RACKING

You can collect your Race Pack and rack your bike (with your helmet) at the Excel South Halls during the following times.

FRIDAY 24 JULY

12:00-17:30 - All races

Race Pack collection open

14:00-18:00

Olympic Docklands, Sprint & Super Sprint

Race Pack collection and bike check-in open

SATURDAY 25 JULY:

07:30-08:30 - **Sprint (including Relay) and Super Sprint**

Race Pack collection and bike check-in open

11:00-17:30 - 100km

Race Pack collection open ([bike check-in open 11:00-18:00](#))

13:30-17:30 - **Olympic Westminster (including Relay)**

Race Pack collection open ([bike check-in open 14:00-18:00](#))

If you are picking up your race pack on Saturday, we suggest that 100km participants arrive between **11:00-13:30** as this will be a dedicated window for 100km Race Pack collection only, before Olympic Race Pack collection opens at **13:30**. Arriving in this window will give you the best opportunity to register and rack your bike before enjoying the Elite races.

QR CODE & BIB NUMBER

Your unique QR code and bib number will be available via your participant dashboard and your QR code is included in your confirmation email too. You must be ready to show your QR code upon arrival at the car park (if you drive to the venue), at the entry point to the South Halls, and when you collect your Race Pack. Having trouble finding your

QR code? Simply visit [your dashboard](#), select 'Race Dashboard / Resend Confirmation Email' from the toolbar, select 'Click here to have your confirmation email re-sent', enter your email address (lower case only), and select 'Send Email'.

YOUR RACE PACK

Your Race Pack contains all the essential items for your race:

- 1 x Security Wristband
- 1 x Swim Cap
- 1 x Set of tattoos
- 1 x Sticker sheet
- 1 x Race bib
- 3x Transition bags (100km athletes only)

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 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.

AGE-GROUP ATHLETE BRIEFING

There will be an Age-Group Athlete Briefing for all athletes from **17:00-18:00** at the **Main Stage in the Expo**. There will also be an opportunity to ask questions during the session.

The briefing will be recorded and will be shared afterwards for anyone who is unable to attend in person.

RACE NUMBER

It is optional to display your race number on your back during the bike phase and mandatory that you display it 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 if you choose to wear it on both the bike and run.

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 the Race Pack Checklist on page 21 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 means you won't have 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.

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! If you require a large swim cap please request one at the Information Desk.

WETSUIT

A wetsuit is compulsory, and it is your responsibility to ensure you have one on Race Day. The wetsuit will not only keep you warm, but will also help you swim faster as it provides you with extra buoyancy.

If you'd like to hire a wetsuit for the event, you must pre-book this service online with [Dare2Tri](#).

Once you've booked, your wetsuit will be available for you to collect from the Dare2Tri stand in the Event Village. Surf, shortie and sleeveless 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.

BIKE RACKING

Once you have collected your Race Pack and Swag, please make your way to the Transition area to rack your bike (**with your helmet**).

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 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 the morning of the race 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.

100KM TRANSITION BAGS

100km distance participants will be given three 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. See the Race Pack Checklist on page 21 for more details.

TOILETS

Gender-neutral toilets will be available in the Transition area. Please keep the toilets clean for other participants.

FRIDAY 24 JULY	
12:00-17:30	Race Pack Collection (All Races)
14:00-18:00	Olympic Docklands, Sprint & Super Sprint - bike check-in open
17:00-18:00	All Age-Group Athlete Briefing - Expo Main Stage
SATURDAY 25 JULY	
07:30	Sprint (including Relay) and Super Sprint - Race Pack collection and bike check-in opens
07:30-08:30	Olympic Docklands - Race Pack collection and bike check-in open
11:00-17:30	100km - Race Pack collection open (bike check-in open 11:00-18:00)
13:30	All Sprint, Super Sprint & Olympic Docklands bikes and equipment removed from Transition - Transition closes
13:30-17:30	Olympic Westminster - Race Pack collection open (bike check-in open 14:00-18:00)

REGISTRATION INFORMATION

BIKE HIRE

We recommend that you have your bike serviced before Race Day. Bike hire is available through [On Your Bike](#). (see page 9 for more information).

BAGS

No bag storage is available at the venue. Leave your bag in Transition at your race position. Don't forget to label your bag with your race bib sticker.

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

AFTER RACE BAGS (100KM ONLY)

100km athletes will be given a WHITE after race bag, 100km athletes can drop their after-race bag in the Bag Drop tent next to the Swim Brief Area on race morning for retrieval after the event.

Large bags will NOT be accepted, only the designated WHITE after-race bag is permitted for drop off for 100km athletes.

PRE-RACE BIKE INSPECTION

You are responsible for verifying the safety of your bike before taking it to Transition to prevent rejection.

Technical Officials will inspect for various aspects such as:

- End plugs on handlebars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with [British Triathlon rules](#)

If you're uncertain about the safety of your bike, please visit our bike mechanics stationed near the Transition area.

No bike covers allowed.

Please ensure your bike is roadworthy and race ready before leaving Transition and that you carry any spares and small tools you could need.



If you do have a mechanical issue that you cannot resolve independently, there are three Welfare Points along the route where a mechanic will be based. In the event of an issue that cannot be fixed, bikes will be transported from the Welfare Points back to Excel for collection. Unless injured or unwell, participants must make their own way back.

HELMET

Ensure the safety of your helmet and confirm that it meets the required standards before bringing it to Transition to avoid rejection.

- You must wear your helmet when you check in your bike into Transition
- Must be approved by a recognised testing authority (e.g. AUS/UK/US Standards Certified)
- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover
- Helmets must be undamaged
- Helmets must comply with [British Triathlon rules](#)

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 contact us in advance to let us know at london@t100triathlon.com

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

One (1) Security Wristband

(To be worn on your wrist at all times. You will not be allowed to check in or check out your bike without it)

One (1) Set of Tattoos

(Apply tattoo to the lower or upper part of your arm)

One (1) Sticker Sheet

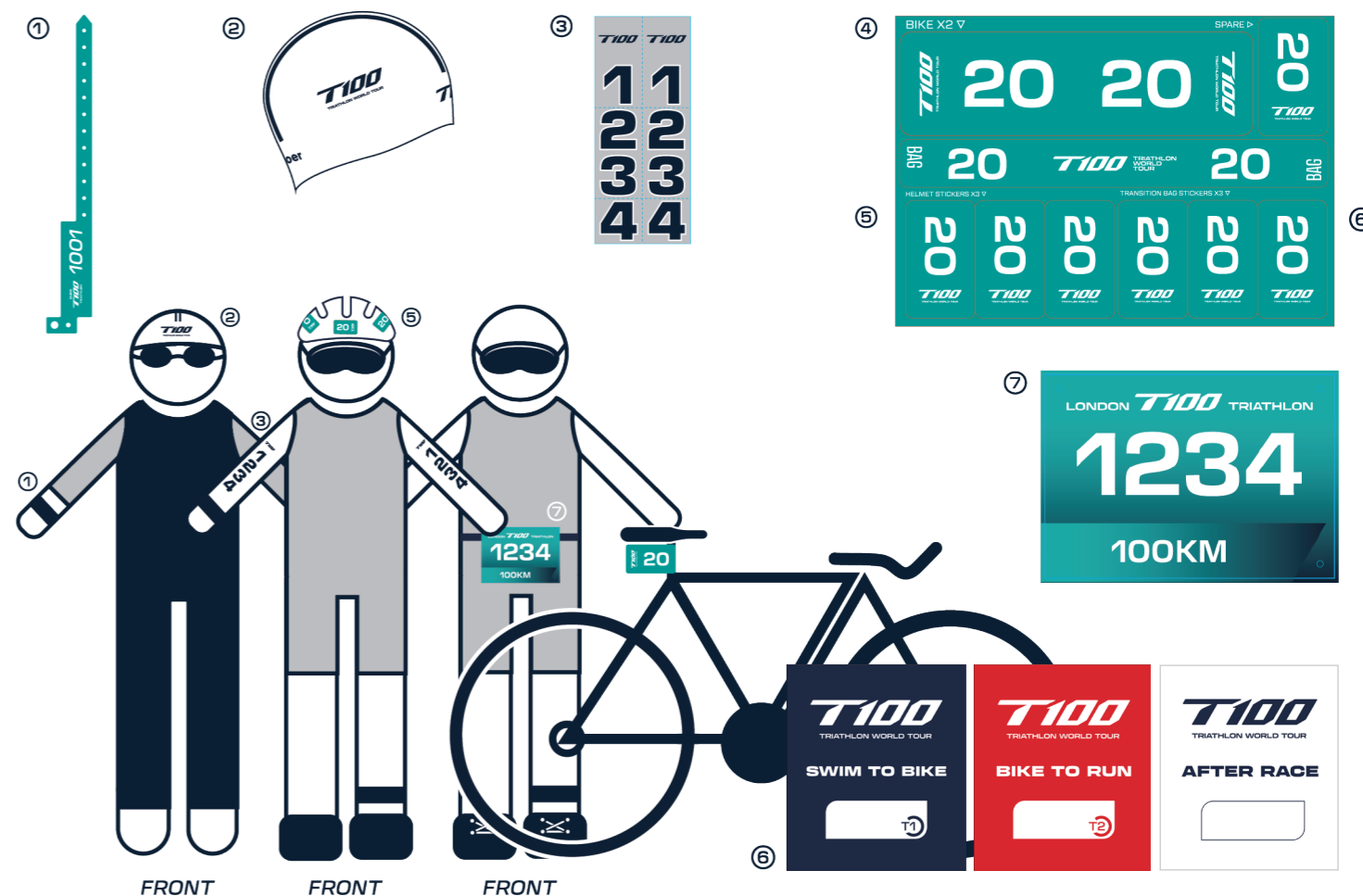
- 3x Helmet Stickers (Apply to the front and either side of your helmet)
- 1x Wraparound Bike Sticker (To be stuck around your bike seat post and to be affixed prior to bike check in)
- 1x Personal Bag Tag
- 3x Transition Bag Stickers (100km only)
- 1x Spare Sticker

One (1) Swim Cap

One (1) Race Bib

Three (3) Transition Bags

- 100km Athletes Only
 - Black Swim-To-Bike Bag
 - Red Bike-To-Run Bag
 - White After-Race Bag



*Wristband, swim cap, sticker and race bib will be colour coded based on event, and may not match the illustration depicted.

1x T100 Backpack
(100km)

1x T100 Drawstring Bag
(Olympic, Sprint & Super Sprint)

1x T100 Patch

1x T100 Participant T-Shirt

1x Finisher Medal Awarded Post Race

Swag will be distributed alongside your Race Pack during collection.



DON'T MISS THE ELITE RACES!

If you're coming to collect your Race Pack on Saturday 25 July, why not time your visit to Excel to coincide with the London T100 Triathlon Elite races?

The action starts at 14:30 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 men and women race on part of the same course you'll be tackling is sure to make you feel inspired and energised ahead of your triathlon on Sunday 26 July.

The 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 on the Transport for London website.](#)

BY CAR

Participants and 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 25 and Sunday 26 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 directions 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 on parking.

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.

SUSTAINABILITY

As part of the event's green initiatives, please consider sustainable transportation methods to get to the venue, such as cycling, ride-sharing services or carpooling. There will be bike racks available at the venue to rack your bike.



- | | | | |
|--------------------------|---|--------------------------|----------------------------------|
| <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, running shoes and socks | <input type="checkbox"/> | Bike insurance (optional) |
| <input type="checkbox"/> | Sunglasses | <input type="checkbox"/> | Cap |

IMPORTANT:

Your bike and helmet cannot be removed from Transition until after your race
 You will need to remove your bike from Transition area by **13:30** on Saturday 25 July
(Olympic Dockland, Sprint & Super Sprint)

You will need to remove your bike from the Transition area by **16:30** on Sunday 26 July **(Olympic & 100km)**

PREPARING YOUR TRANSITION BAGS

100K ONLY

TEAM RELAY

A member of your team will need to pick up your Race Pack ahead of your race. Please see page 18 for Race Pack collection 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 a member of your team 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 team's 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.

KEY RULES

Transition area access will only be given to those participants 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 in order for you to remove your bike and 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 participant.

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.

Only participants completing the 100K distance will receive transition bags as part of the Race Pack.



T1 BAG (SWIM TO BIKE)

1. Stick a numbered transition bag sticker on the bag. We recommend numbering it with a permanent marker too.
2. Place all the cycling gear you need for the race into this bag.
3. Hang your bag on the hook next to your bike in transition.

Examples:

- Cycling shoes, if they are not clipped on your bike
- Helmet
- Sunglasses
- Bike nutrition

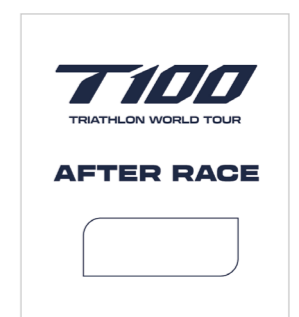


T2 BAG (BIKE TO RUN)

1. Stick a numbered transition bag sticker on the bag. We recommend numbering it with a permanent marker too.
2. Place all the running gear you need for the race in this bag.
3. Hang your bag on the hook next to your bike in transition.

Examples:

- Bib number, pinned on your race belt
- Running shoes
- Running cap
- Sunglasses
- Run nutrition



AFTER RACE BAG

1. Stick a numbered transition bag sticker on the bag. We recommend numbering it with a permanent marker too.
2. Place all the after-race gear you need in this bag.
3. Leave your white bag at the bag drop area before your race start.

Examples:

- Flip flops
- Warm layers
- Post-race nutrition

SWIM START

Please note that it's compulsory to wear a wetsuit at this event up to a water temp of 24.9 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.

If you're not feeling fully confident in the water, we have a limited number of white swim caps available to help our swim safety team keep a closer eye on you for your safety. Please visit the Information Desk or Registration Team to collect one. Once you've checked into Transition, please make your way to the Swim Start Briefing Area at least 20 minutes before your race start time. A race briefing will be given to you by a member of staff.

Please ensure you have your timing chip attached to your ankle prior to heading to the Race Briefing Area. You will pass over a timing mat that will show your number/name on a screen in the race briefing area.

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.

If the weather is warm we advise that wetsuits are not fully zipped up until you are on the dockside.

SWIM COURSE

Saturday: The Super Sprint distance is marked by white buoys. The Sprint distance is marked by red buoys. The Olympic Docklands is marked by red buoys and is a two-lap swim with an Aussie exit. This is where you will exit the water, run a short distance on land, and re-enter the water to continue swimming for your second and final lap.

Sunday: 100km participants will complete two laps of the 1,000m course, which is marked by red buoys. Between laps participants will exit the water, completing an Aussie exit. This is where you will exit the water, run a short distance on land and re-enter the water to continue swimming for your second and final lap. Olympic Westminster participants will swim to the far white buoys and loop around the red buoys on the return.

Athletes completing the two-lap swim course will swim to the white buoy after entering the water on Lap 1, and to the red buoy after entering the water on Lap 2.

Kayakers will be on hand to guide participants. Once in the water, you should identify tall landmarks to help you to keep on course and prevent you weaving around and swimming further than you need to. The swim course is anti-clockwise, so you should always keep all swim buoys on your right shoulder.

SWIM EXIT

The swim exit pontoon will be marked by a white buoy on your right. You must turn right to reach the exit pontoon. The pontoon dips into the water, so you can swim onto it before standing up. Lifeguards will be on hand to help you out of the water, 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, female-only changing area, shielded from public view, which is available for any participants who require this facility for religious or sensitivity reasons.

Please bring your bag down to swim start and it will be placed in the changing area for you. Please remember to label your bag.

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.

Those people who have indicated certain medical issues may be issued with a red colour swim cap. 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 right 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.

White swim caps will also be available at the Information Desk or Registration Team for less-confident swimmers. 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.

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

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.

AID STATIONS

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

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 you will be issued a tow-float. Participants should leave their wetsuits in Transition.



We're in this together.

As the Official Hydrogel Fuel Partner of the T100 Triathlon World Tour, Maurten is available on-course — fueling all triathletes to the finish with Hydrogel Technology.

maurten.com



Maurten
Gel 100

Water, Glucose, Fructose,
Gelling Agent (Sodium Alginate,
Gluconic Acid, Calcium Carbonate)

40g

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! (See page 17 for transition flows.)

DISQUALIFICATION AND PENALTIES

The race is governed by [British Triathlon 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. There is no time penalty for removal of helmets - it's a stop and amend or disqualification.
- 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 41.
- 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 on pages 10 to 15.

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

Drafting isn't allowed - i.e. taking shelter behind or beside another competitor during the cycling leg of the race.

DRAFTING AND NOT DRAFTING

The 'bicycle draft zone' will be 12m 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 25 seconds is allowed to pass through the draft zone of another participant. If an overtaking manoeuvre is not completed within 25 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).

It is the participant's responsibility to stop in the next penalty box. Failing to stop will result in disqualification.

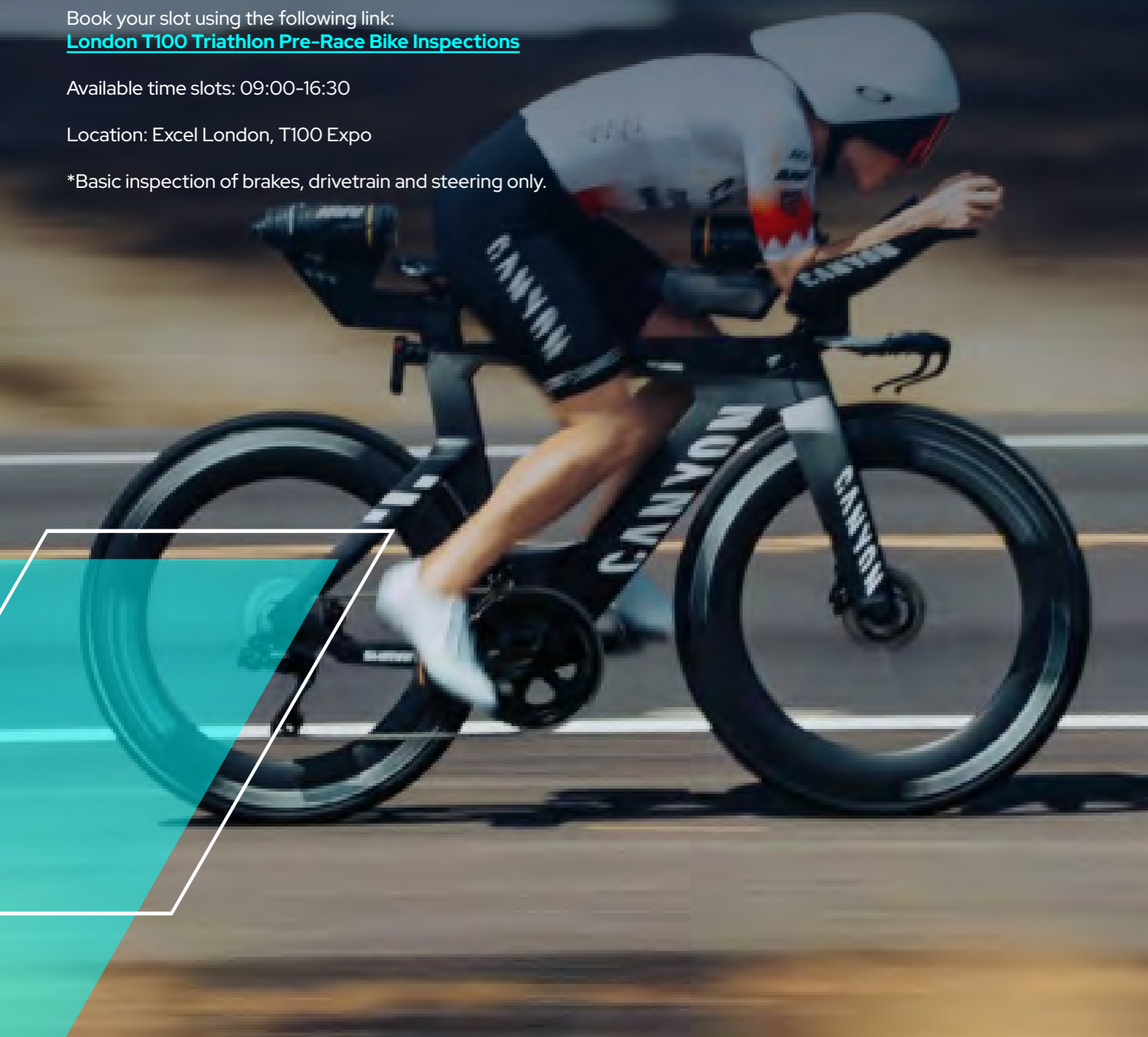
As the Global Bike Partner of the T100 Triathlon World Tour, Canyon will be offering a complimentary pre-race bike inspection on 24th and 25th July for all participants racing on a Canyon bike.*

Book your slot using the following link:
[London T100 Triathlon Pre-Race Bike Inspections](#)

Available time slots: 09:00-16:30

Location: Excel London, T100 Expo

*Basic inspection of brakes, drivetrain and steering only.



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 pages 10 to 15 for bike cut-off times and locations.

SATURDAY BIKE CUT-OFF TIME

All cyclists must start their final lap by 12:12.

SUNDAY BIKE CUT-OFF POINT A

All outbound teal lap cyclists must be past Tower Bridge Approach westbound on their final lap by 11:35. After 11:35, all participants will be turned here and will be able to complete their lap from this earlier turn point.

SUNDAY BIKE CUT-OFF POINT B

All pink lap cyclists must have started their final lap by 12:37.

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 – i.e. your numbered racking position. Failure to rack your bike in your numbered position will result in disqualification.

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

COLLECTION OF TRANSITION EQUIPMENT POST RACE

SATURDAY

Sprint, Super Sprint and Olympic Docklands participants are advised to collect their transition kit and bike one hour after their race finish time. All Sprint, Super Sprint and Olympic Docklands equipment needs to be removed from Transition by **13:30** to allow Olympic and 100km participants to rack. 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.

SUNDAY

Olympic and 100km participants may begin to collect their transition kit at **11:00**. Please be aware there will still be racers entering and exiting Transition. All Olympic and 100km equipment needs to be removed from Transition by **16:00**.

SATURDAY

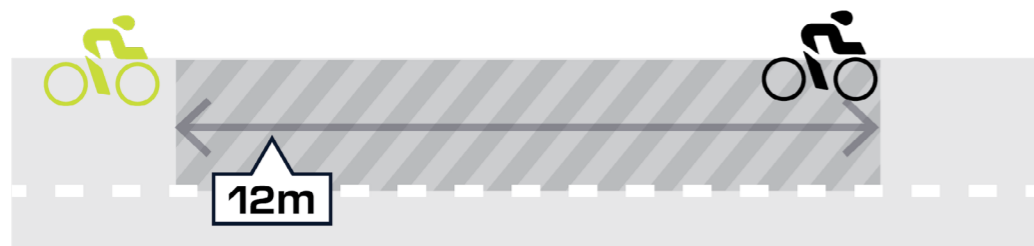
	Bike
Olympic Docklands	5 Laps
	Bike
Sprint	2 Laps
	Bike
Super Sprint	1 Lap

SUNDAY

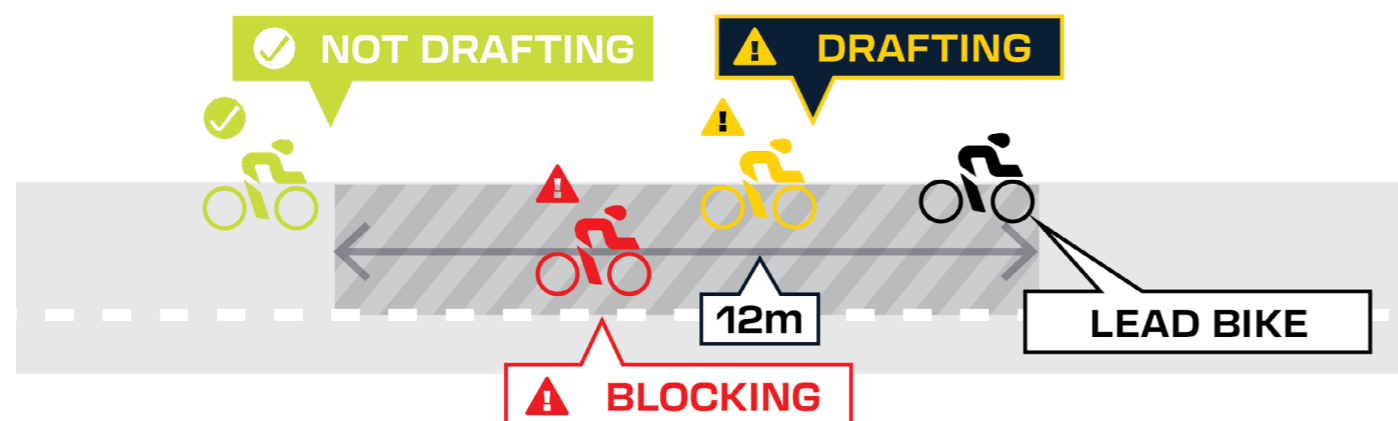
	Bike
100K	3 Teal Laps
	Bike
Olympic Westminster	1 Teal Lap & then 1 Pink Lap

DRAFTING

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.

For more on drafting and overtaking, see the British Triathlon website



OTHER VEHICLES

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

DISTANCE	PENALTIES		
	First Offence	Second Offence	Third Offence
Super Sprint	30 seconds	Disqualification	
Sprint	30 seconds	Disqualification	
Olympic	One minute	Disqualification	
100km	Two minutes	Two minutes	Disqualification

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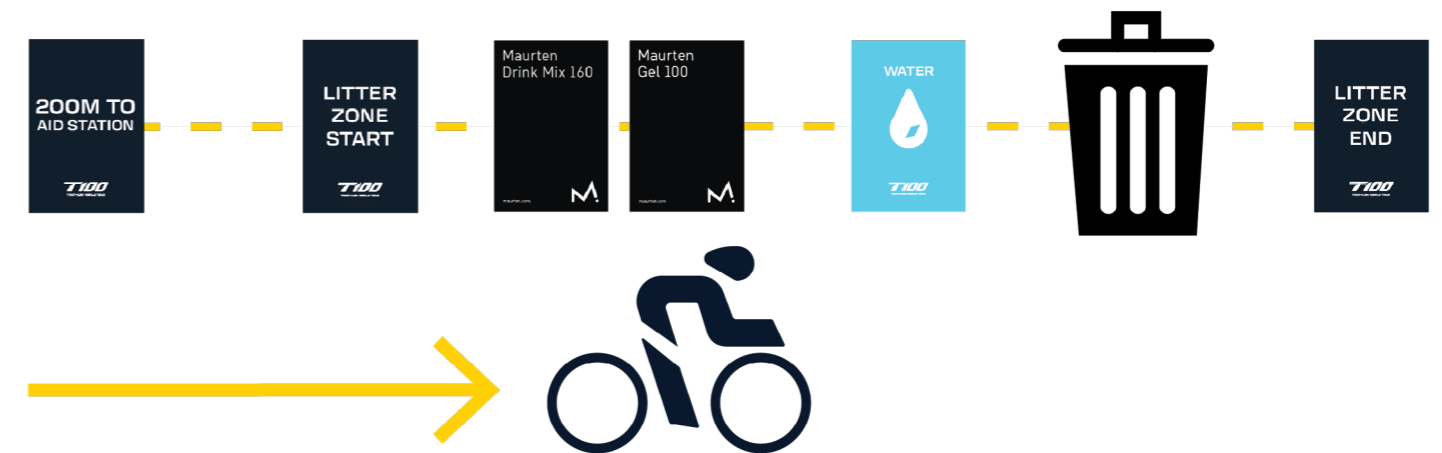
BIKE AID STATION LAYOUT

SUNDAY ONLY (100KM AND OLYMPIC)

Pre-filled bike bottles of water and Maurten Drink Mix 160 (40g of carbs per 500ml bottle) will be provided only on the T100 100km and Olympic on Sunday, as well as Maurten Gel 100 (25g of carbs per sachet) and Maurten Gel 100 Caf 100 (25g of carbs and 100mg of caffeine per sachet).

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 area to ensure you get what you need, but don't stop in front of the aid station! If the aid station is busy and you need to stop to get a bottle, please pull over just after the last table.

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, so that our marshals can help you.

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

If you do not require any product from the aid station, please stay to the right of the lane.

The run course will vary depending on the event you're taking part in. The total number of laps for the run is shown below:

Distances	Run OUT	Run IN	LAP Distance	TOTAL
100K	600m	1km	4.1km	18km
Olympic	600m	1km	2.1km	10km
Sprint	150m	650m	2.1km	5k
Super Sprint			2.5km	2.5km

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 please take care when passing other participants.

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 Gels, 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 with the Drop Zones.

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



Each lap of the run course has **THREE** aid stations.

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.

There will be a range of hydration and nutrition options including water, Maurten Drink Mix 160, Maurten Gel 100 (25g of carbs per sachet), Maurten Gel 100 Caf 100 (25g of carbs and 100mg of caffeine per sachet), cola, food (bananas) and ice. Sanitary products are available at the aid stations. For safety reasons, you must ensure all litter is placed in the bins provided.

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. Swimmers will be required to remove their wetsuit before entering the excel. A bag to place your wetsuit in will be provided at swim exit.

2. BIKE

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 to their ankle 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. Remember: please wear your helmet before you unrack your bike!

3. RUN

The runner must wear the bib 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 to their ankle before they can continue to the run route.

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

RACE START TIMES

We strongly advise that you arrive at Excel 90 minutes before your start time. We will confirm your wave start time on your dashboard. They will also be listed on [our website](#).

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
SATURDAY	
Olympic Docklands Waves	08:30-08:50
Sprint Waves	09:40-11:00
Super Sprint Waves	11:20-11:30
SUNDAY	
100K Waves	06:30-07:10
Olympic Waves	08:30-09:50

PRIZE-GIVING TIMES

CATEGORY	TIME
SATURDAY	
Super Sprint	13:00-13:15
Sprint & Sprint Relays	13:15-13:30
Olympic Docklands	13:30-14:00
Elite athletes	17:15
SUNDAY	
Olympic & Olympic Relays	14:15-14:45
100K	15:00-15:30

SATURDAY BIKE CUT-OFF TIME

All cyclists must start their final lap by 12:12.

SUNDAY BIKE CUT-OFF POINT A

All outbound teal lap cyclists must be past Tower Bridge Approach westbound on their final lap by 11:35. After 11:35, all participants will be turned here and will be able to complete their lap from this earlier turn point.

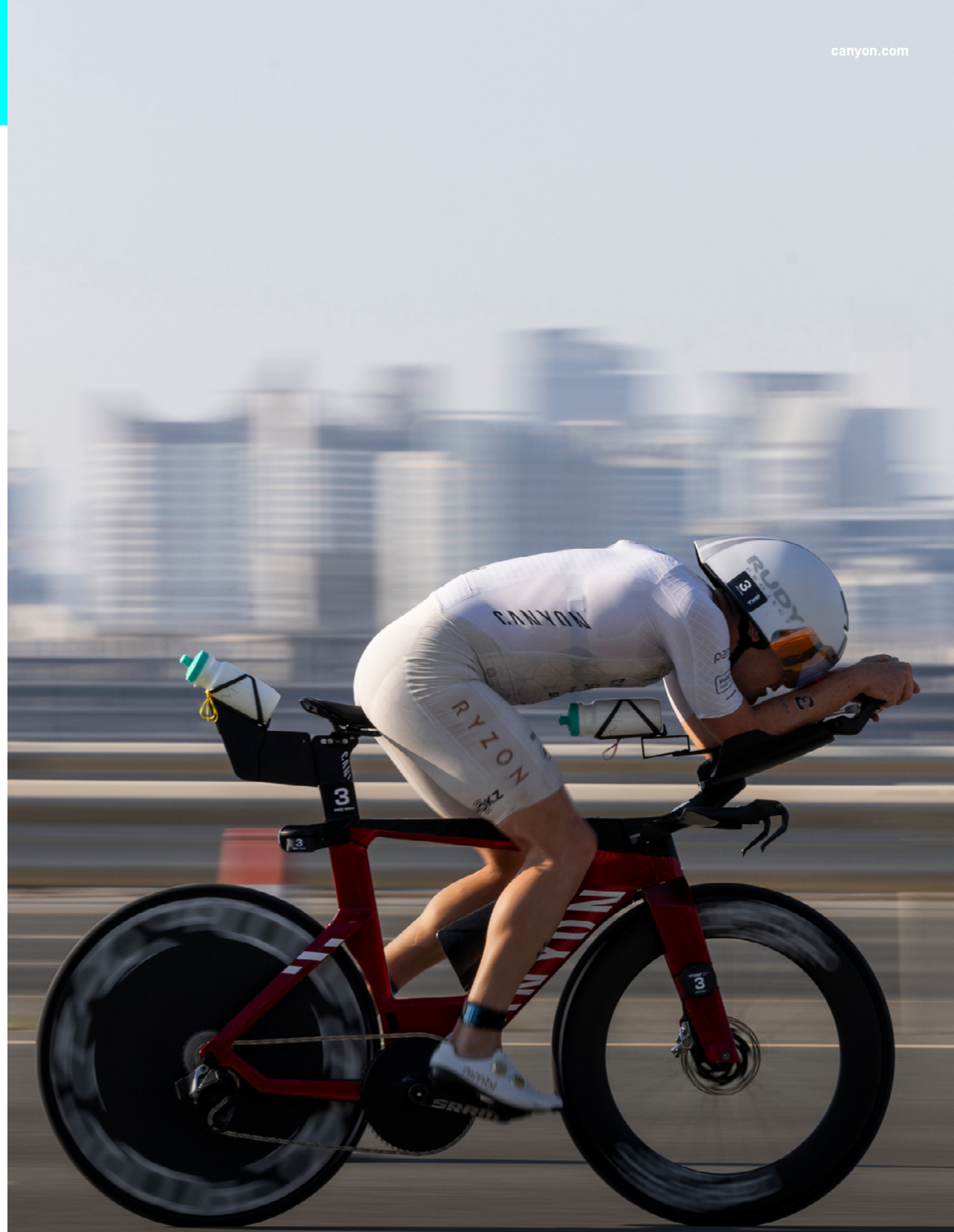
SUNDAY BIKE CUT-OFF POINT B

All pink lap cyclists must have started their final lap by 12:32.

RUN ROUTE CUT-OFFS

Saturday: last lap to be started by 13:05

Sunday: last lap to be started by 14:13



RACE DAY INFO



WATER REFILL 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.

BAG STORAGE

There will be no facilities for storing bags or valuables at Excel. Olympic, Sprint and Super Sprint athletes may leave this in Transition, so we recommend keeping items to a minimum.

AFTER RACE BAGS (100K ONLY)

100K athletes will be given a WHITE after race bag. 100K athletes can drop their after race bag in the bag drop area next to swim brief on race morning, for retrieval after the event

Large bags will NOT be accepted, only the designated WHITE after-race bag is permitted for drop off for 100K athletes.

CHANGING FACILITIES

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

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 25 July.

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 routes). Penalties, including disqualification, can be issued for littering.

LOST PROPERTY

Please hand any items found to the Information Desk within the Event Village. We will hold onto any lost property for 30 days after the race.

Visit the Information Desk during the event to collect any items or email london@t100triathlon.com

MEDICAL ADVICE

You should discuss any medical problems with your GP before competing in the triathlon. The advice on page 44 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 (T100 & OLYMPIC ONLY)

FinisherPix will be on course and at the Finish Line to capture your London T100 Triathlon 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 the T100 website](#) after the event for a link to your photos. Lastly, please be sure to tag #T100Triathlon and #FinisherPix when you share your photos!

CELEBRATE YOUR RACE WITH AN iTAB

The iTAB is a small plate engraved with your name and split times that fits neatly onto the reverse of your medal. To get yours, please fill out the required details via the link below, submit your order, and then wait for delivery of your iTAB.

Personalise your medal with an iTAB.

Athletes who purchased an iTAB during registration can expect to receive it approximately 2-3 weeks after the event. If your iTAB has not arrived after this period, please submit an enquiry via the [iTAB support page](#).

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 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 16-19, and 20-24 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.

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, within the main boulevard in Excel, and in the Event Village.

VOLUNTEERS

We have a fantastic team of volunteers supporting you at the London T100, so please remember to give them a big shout out when you see them during your race! See page 48 for more information about volunteering at the event.

EQUIPMENT HIRE

WETSUIT RENTAL

If you'd like to hire a wetsuit for the event, you must pre-book this service online with [Dare2Tri](#). Once you've booked, your wetsuit will be available for you to collect from the Dare2Tri stand in the Event Village.

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](#).

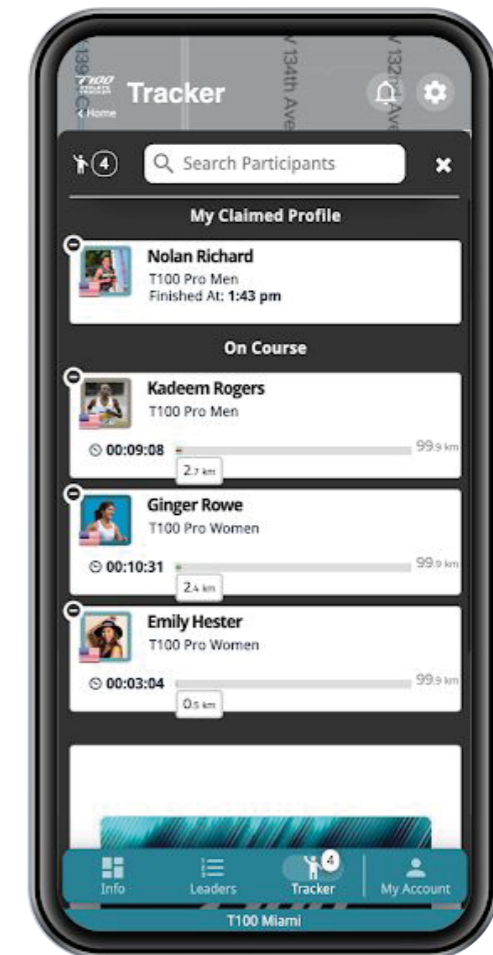
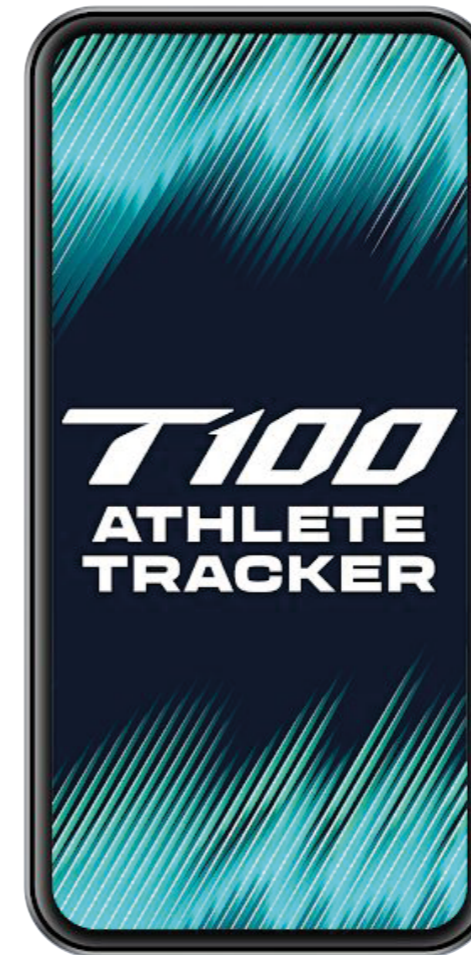
Once you've booked, your bike will be available for you to collect from On Your Bike's stand within the Event Village.

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.



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 can track your favourite Elites as they tackle the course. Download the [T100 Athlete Tracker App](#) now.



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).



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AWARDS AND AGE GROUP WORLD CHAMPIONSHIPS

PLACING MEDALS/AWARDS

Top three males and females in each age category for the 100K, Olympic, Sprint and Super Sprint will receive a place medal.

Age category awards will run from 15-19 and then every 5 years, 20-24, 25-29, 30-34 etc. Your age category is determined by your age as of 31 December 2026 so please don't worry if you think you have been allocated in the wrong age category.

The top three male, female and mixed relay teams (Olympic and Sprint) will receive a place medal.

AWARD CEREMONY TIMES

SATURDAY 25 JULY	
13:00-13:15	Super Sprint
13:15-13:30	Sprint & Sprint Relay
13:30-14:00	Olympic Docklands
17:15	Elite Men
17:30	Elite Women
SUNDAY 26 JULY	
14:15-14:45	Olympic & Olympic Relays
15:00-15:30	100K

QATAR T100 AGE-GROUP WORLD CHAMPIONSHIPS QUALIFICATION

Top 10 men and women athletes of their specific Age-Group and gender in the 100K Triathlon will qualify for the Qatar T100 World Championships on December 10-12 2026.

More information on the T100 Age-Group World Championships can be found on the [London T100 Triathlon website](#).



GBR
AGE GROUP
TEAM

QATAR

LONDON

NEXT STOP QATAR?

Could you qualify for the World T100 Age Group Championships Qatar in 2026 or 2027?

BOARDING PASS

LONDON >>> QATAR

QUALIFY BY

5PM FRIDAY 25.09.2026

CRITERIA:

TOP 10 T100 FINISH IN YOUR AGE GROUP

OR

WITHIN 20% OF YOUR AGE GROUP WINNER'S TIME

YEAR OF EVENT:

2026 or 2027

MORE DETAILS:

britishtriathlon.org/age-group

20% Off Uber Boat by Thames Clippers for T100 London Athletes

Racing at WTCS & T100 London on 25th-26th July?

As an Official Partner of British Triathlon, Uber Boat by Thames Clippers is offering British Triathlon members an exclusive 20% discount throughout race weekend.

Whether you're travelling to the event, supporting fellow athletes, or celebrating after crossing the finish line, Uber Boat by Thames Clippers offers a fast, comfortable and scenic way to move around London while avoiding busy roads and public transport.

Make the most of your race weekend and enjoy London from a different perspective with 20% off selected river travel experiences.

Valid: WTCS & T100 London Event Weekend

[Book your day pass HERE](#)



VOLUNTEER

Brilliant volunteers play a crucial role in the delivery of our events! If you know anyone who would like to volunteer at the London T100 Triathlon, please ask them to register their interest.

Volunteering at an international sports event is an amazing experience and looks great on any CV! We have a variety of roles available, from marshalling the route, to handing out water and celebrating with finishers by presenting their medals.

There will be a team of more than 300 volunteers at the London T100 Triathlon at Excel London, providing support to both to Elite-athletes and age group participants.

SIGN UP YOUR GROUP TO VOLUNTEER!

We receive support from running clubs, colleges and universities, charities, community groups and the parkrun community.

If you're a member of a community group, sports club, or any other group interested in volunteering, please email our team at volunteers@londonmarathonevents.co.uk

SIGN UP AS AN INDIVIDUAL VOLUNTEER!

If you're an individual who's interested in volunteering simply [register for an account on Rosterfy](#) and we'll be in touch about the available opportunities.



SHIFTS AVAILABLE

11:00 to 19:00 on Saturday 25 July

05:00 to 12:00 on Sunday 26 July

ALL VOLUNTEERS WILL RECEIVE:

1. Volunteer T-shirt, which you can keep after your shift (to be worn over all layers)
2. Breakfast or lunch bag if your shift is more than four hours
3. A digital certificate after your shift

FAQS

Before emailing us, please note that our inbox becomes extremely busy as race weekend approaches.

We recommend reading through the Athlete Guide carefully or consulting [our FAQs](#) listed on our website, as most questions are answered here.

Top tip: use Ctrl + F (Windows) or Cmd + F (Mac) to quickly search for keywords and jump straight to the information you need. FOLLOW
Some example questions include:

Q. Where can I find my QR code and bib number?

A. Your QR code and bib number can be found within your confirmation email and in your participant dashboard. We recommend taking a screenshot of this so it is ready upon arrival to the venue.

Q. How do I find my confirmation email?

A. If you can't locate your original confirmation email, you can have this [re-sent to you](#).

Select 'My Registration' in the menu bar followed by 'Click here to have your confirmation email re-sent'. Please also check your junk folder!

Q. How do I find out my start wave and time?

A. Your wave start time will be able via your Race Dashboard. Start times will also be listed on the [London T100 Triathlon website](#).



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