

COMPETITOR'S RACE PACK

SUNDAY 7th June 2026

Welcome to Coventry Sprint Triathlon. Please read the information in this pack carefully, especially if this is your first triathlon. If you have any questions, please ask a volunteer when you come to register.

Race Directors Welcome

You've signed up, so you believe that you can do it. You're training for it, so you're putting the effort in. See the day as a celebration. Most people never even consider doing a triathlon, so you're already doing better than most. You're part of an inspiring community, and this is your chance to shine.

The Coventry Sprint Triathlon is not only a fantastic challenge but also a perfect starting point for beginners. Its friendly and supportive atmosphere makes it an ideal first race, helping newcomers to embrace the excitement of triathlon. At the same time, it holds a special place for seasoned competitors, with many returning year after year to relive the camaraderie, the stunning course, and the electrifying race-day energy.

This event wouldn't be possible without the incredible commitment of the Coventry Triathletes and a robust network of supporters. It takes around 70 volunteers and months of careful planning to bring this day to life. A huge thank you goes out to our dedicated volunteers, sponsors, suppliers, and supporters who work tirelessly behind the scenes and on race day to ensure a seamless and memorable experience for all.

Good luck and enjoy every stroke, pedal and step of your journey. Whether it's your first time or your tenth, you're part of something truly special!

Good luck and enjoy your race.



Jane
Race Director
Coventry Triathletes



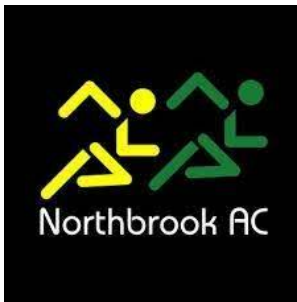
Adam
Dep. Race Director
Coventry Triathletes

A huge thanks to all our sponsors & supporters:



Fire & Earth, who will be providing massage on a first come, first served basis in exchange for a donation to the Warwickshire and Northamptonshire Air Ambulance.

www.fireandearthuk.com



Northbrook Athletic Club, who kindly lend various kit to us for use at the event.

www.northbrookac.org.uk



Fyffes supply bananas for all our volunteers and competitors

www.fyffes.com



JLN Plumbing and Heating specialise in boiler service, boiler repair and are one of the leading plumbing and heating companies in Coventry.

Who part-sponsor our T-shirts.

jlnplumbing.co.uk



Earlsdon Rugby Football club, for use of their car park.

<https://earlsdonrfc.rfu.club>

Suppliers

- **Stuweb** – for bike racking and timing services.
- **St Johns Ambulance** – for First aid / Medical Cover for the event.
- **XCEL Leisure Centre** – for hire of the facilities and lifeguard(s).
- **Running Imp** - for miscellaneous event supplies

About the Event

This event is proudly brought to you by Coventry Triathletes, the home of triathlon in Coventry.

This sprint triathlon is a continuous event consisting of a 400m pool swim, a ~20km bike ride and a 5km run. Your time begins when you start your swim and finishes when you cross the finish line at the end of your run. It does not pause between each phase; the longer you take during each transition, the longer your time will be. You might want to practise your transitions prior to the event and there are some useful videos available on the internet showing how to transition efficiently.

You should be prepared to wear what you swim in for the whole event. Ideally this will be a trisuit, but you can wear a swimming costume or swimming shorts and put your cycling/running clothing over the top of your swimwear. Ladies should consider wearing a sports bra under their swimming costume or trisuit. There is no nudity permitted in the transition area.

Changes for 2026

- **Bike Course**

Due to a road closure affecting Cromwell Lane from the Railway Bridge onwards, the bike course has been changed from previous years. It is now a single lap course. At the Bridge competitors will turn right (following the diversion up Hodgetts Lane) resuming the course used in 2025.

Venue

Location: XCEL Leisure Centre, Mitchell Avenue, Canley, Coventry CV4 8DY.

We would encourage spectators to gather around the finish rather than the entrance/exit to transition as this can cause congestion and impede competitors. Please also consider staying until the finish of the race to cheer for the later finishers.

Food & Drink: The onsite Cafe will be open to purchase light refreshments

Car Parking

On arriving at the XCEL Leisure Centre you will be directed to one of our car parks nearby or on street parking at the industrial park (on the run course). Please follow the marshal's directions and park considerately.

Where possible please consider car sharing.

Schedule

Saturday		Sunday	
3.00 pm	Registration open	6.30 am	Registration open
4.00 pm	Race briefing	7.00 am	Transition open
5.00 pm	Registration closes	7.00 am	1 st Race briefing
		8.00 am	First competitors start
		8.00 am	2 nd Race briefing
		9.00 am	3 rd Race briefing (final briefing)
		9.00 am	Registration closes
		1.00 pm	Estimated finishing time of last competitor based on event selling out..

Registration

When you arrive at the XCEL Leisure Centre please follow the signs to registration which will be at the far end of the indoor courts.

On entering the Xcel Centre, turn left at reception, go through the doors to the indoor courts and then turn right. The registration area is at the far end.

Registration will be open from 3.00 pm to 5.00 pm on Saturday (the day before) and between 6.30 am and 9.00 am on race day. You must register between these times and registration will close promptly at 9.00 am so if you arrive after this you will not be able to register or compete. **Unfortunately, there will be no exceptions to this rule.**

We recommend that you register on Saturday if you are new to triathlon. This will give you time to familiarise yourself with the layout and ask any questions you may have.

If you are a British Triathlon member, you must show your race licence at registration. This can be done via your phone (we recommend taking a screenshot to avoid connectivity issues). If you forget your license or don't have proof at registration, you'll need to buy a race pass at registration via our event link to the British Triathlon website using your mobile phone. Charged at £8.

Special requirements for competitors aged 15-17

For event safety and insurance reasons, as stipulated by [British Triathlon in the competition rules](#), there are additional requirements needed for competitors aged 15-17 due the distance and open road bike course.. This is based on the age of the participant on 31st December.

- Participants aged 15 years old must attend preferably with a parent or guardian to demonstrate they have permission to take part. If this is not possible, they must provide written consent at registration. If neither are provided they will be unable to race and forfeit the place without refund.
- Participants aged 16 and over can attend without parental consent, as they have autonomy over their decision making.

Race Numbers

At registration you'll be issued with two identical paper race numbers. These must not be altered, folded, cut down or in any way mutilated. If this occurs, you will receive a time penalty if the error is not corrected. You will also receive two number stickers – one for the front of your helmet and one for your bike.

You must wear your paper race number on your back during the cycle section and on your front during the run. Number belts are allowed. If you're not using a number belt then you'll need to have a top ready to put on after the swim, with your race numbers pinned in all four corners, one on the front and one on the back.

You'll also have your race number marked on one arm and one leg. If you register on Saturday, make sure you don't wash the numbers off before the race!

Emergency Contact details, Medical Conditions and Medication

For your own safety and to help our medical team out. **Please write details of an emergency contact on the back of your race number.**

If you have a medical condition or require medication please write this on the back of your race numbers, and mark the front of your number with a red 'M'. This will help our marshals and medical team.

You are responsible for keeping any necessary medication with you through the course, and small items (i.e. asthma inhalers) can be left poolside whilst swimming.

Race briefing

There will be a race briefing on Saturday afternoon at 4.00 pm and race briefings on Sunday morning at 7.00 am, 8.00 am and 9.00am. Please make sure you attend one of these briefings. They will be held in the registration area or outside by transition if the sun is shining.

On the day

Once registered, you should rack your bike and make your final preparations at least 45 minutes before your start time. You should be at poolside, ready to race, 15 minutes before your start time.

IMPORTANT!

While you are racing, British Triathlon rules state that you are not allowed to use any equipment that acts as an impediment to hearing or concentration. This includes mobiles phones and MP3 players. If you are seen breaking this rule, you will be disqualified.

Relay Team Specifics

If you are part of a relay team, most of this document applies with some specific changes summarised below. We'd encourage all members of the relay team to read the race pack.

A Standard relay team is made of 3 competitors regardless of race category. Each person doing a different part that when combined covers the same distance & course as the sprint Distance Triathlon.

The first competitor will cover the swim segment, the second one the bike segment and the third one the run segment. The total time for the team is from the start of the 1st team member to the finish of the 3rd competitor. Time is continuous and timing does not stop between competitors;

- **REGISTRATION:** Only one member per team needs to register. They will need to have proof of race license(s) for any team members who have not purchased day licenses at point of entering..
- **STICKERS:** are for for the cyclist's helmet and cycle seat post
- **RACE NUMBER:** to be worn on the back of the cyclist and the other race number is to be worn on the front of the runner.
- **TIMING CHIP:** is your baton! Please make sure this is tightly secured to the left ankle. This will be issued to your swimmer poolside prior to their start time.
- **TAGGING AREA:** Helmets must NOT be worn in the relay tagging area located within Transition.

Swim to Bike Transition:

Your cyclist will be waiting in the Relay tagging area without their helmet, this must be left with their bike.

Your swimmer will exit the pool and head towards the relay tagging area in transition, where they will tag and hand over the timing chip to their cyclist, to be secured on their (left) ankle. Once tagged the cyclist can run to their helmet and racked bike. They must not touch their bike until the helmet is on and fastened.. Once their helmet is secure and they are ready then can proceed out of transition, to the mount line and onto the bike course.

Bike to Run Transition:

Your runner will be waiting in the Relay tagging area

Your cyclist will enter the transition area, return their bike to the racking, remove their helmet. Then head to the relay tagging area to tag their runner and hand over the timing chip.

Finish Area:

You may cross the finish line with the other members of your relay team. However, your team members must not impede any other competitors from crossing the finishing line.

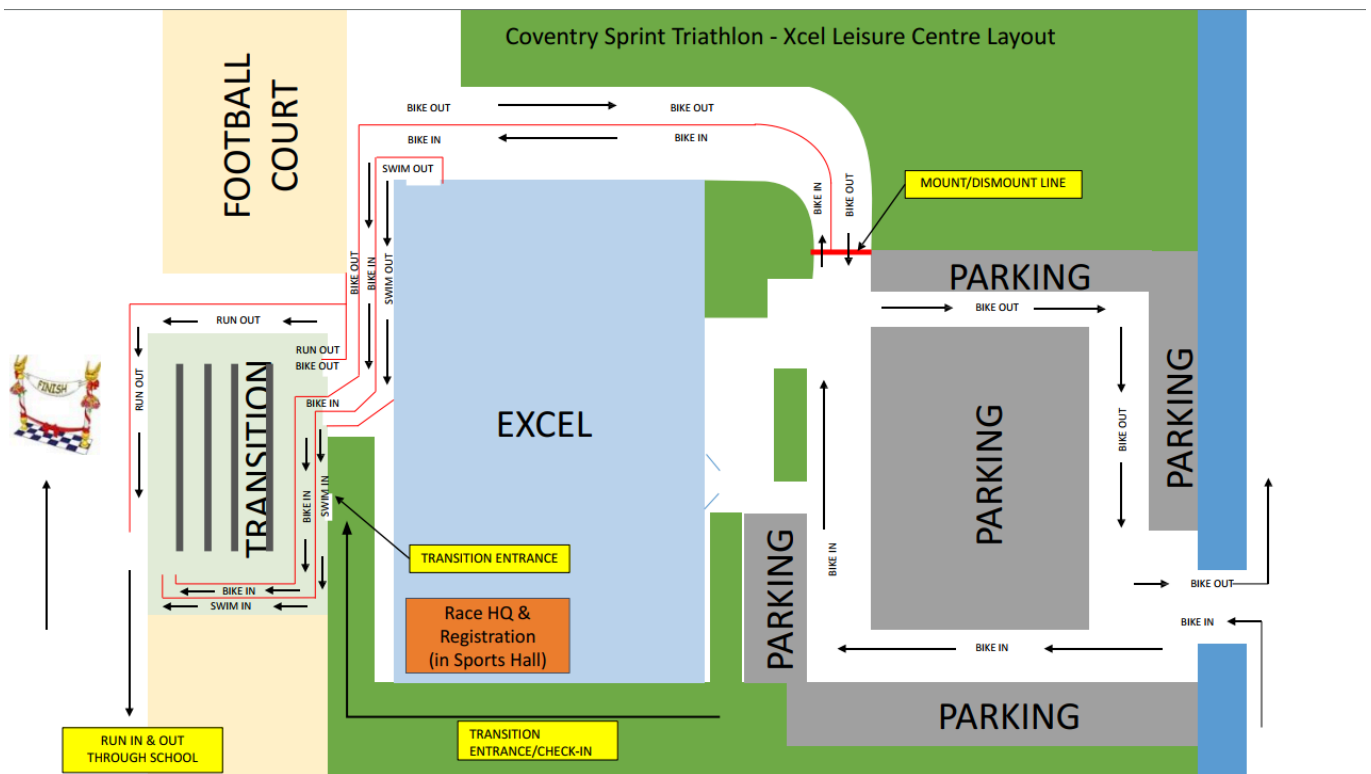
Aquabike Specifics

If you are an aquabike competitor, all but the run section of this document applies to your event. In that You will complete the swim, proceed to Transition, complete the bike course and return your bike and helmet to your racked location.

There are a couple of specific differences that apply to aquabike only:

- In line with British triathlon competition rules your finish time will be taken from the point in which you exit transition crossing the run out Timing mat. Please don't stop dead on the line, as this will impede triathlon competitors racing who will be starting the run course.
- From this point run, walk, or jog to the finish line area to return your chip. This will not count as part of your time. Please wear shoes, trainers or some form of footwear when doing this as the ground is uneven.

The transition area



Only competitors and officials are allowed in transition. Spectators must wait outside.

Transition is open from 7.00 am on Sunday. Once you have registered, you'll be able to take your bike and other equipment into transition (accessed via the left-hand side of the building). You can't rack your bike on Saturday.

Before you enter transition, please put your helmet sticker on the front of your helmet and your bike sticker somewhere visible on your bike. Put your helmet on and fasten it. You must show these to the marshals at the entrance to transition.

Racking will not be numbered. Bikes are to be racked with your saddle on the bar and bikes facing alternate directions along the racking.

You are allowed one third of a metre to rack your bike and place your other items on the floor next to it (within handlebar width of your bike). You may not tie anything to the bike rack to mark where your bike is (such as balloons or flags).

Towels must not be used to mark space. A single small flannel sized towel no more than 12" x 12" may be used [to dry face, feet etc]. This flannel must be placed either in your shoes, or if they are using the same shoes for bike and run, must be rolled up and then placed directly under the horizontal bar of the transition racking. A Larger Towel can be used[for drying], but must be kept in your bag and placed back inside the bag after use, and your bag returned to the bag storage area. It cannot be placed with your bike / shoes/ racked location

Space is limited in transition, so only bring in what you're going to use (see kit checklist at the end of

this document). When you have completed your set up, please place all bags and boxes in the designated storage area at the edge of transition. You must ensure your setup does not block or impede another competitor.

Take a note of which row you are racked in and approximately how far down. Don't use the bikes racked either side of yours as reminders, as they may well not be there when you come back during the race! You should familiarise yourself with the layout of transition including the respective in and out points for swim, bike and run.

The layout of transition ensures that all competitors cover the same distance during the race. Please follow the route round transition indicated by the tape/cones and marshal's directions. **Do not take any shortcuts.**

Please be considerate of other athletes when you are in transition before, during and after your race

The swim

You must be at the pool side at least 15 minutes before your start time. You'll be issued with your timing chip on a Velcro strap. This must be fastened around your **left ankle**. If you're having difficulties fastening it, please ask for help immediately. You may want to use a safety pin to hold the Velcro strap for the chip closed.

You'll be split into waves of 6 swimmers and asked to line up in race number order. There will then be a short briefing about the swim, after which you will be directed to your swim lane.

Your lane counter will tell you what colour swim hat to put on. If you have your own cap, you must put the coloured race one over it (this is so the lane counter can count your lengths). Please do not otherwise distract your lane counter – they have an important job to do.

Approximately 10 seconds before your start time, you'll be asked to enter the water – please bear in mind that there will already be two or three other swimmers in each lane. You'll then be counted down to start. You must start in the water – diving is not permitted.

You must swim within your lane and in the direction indicated, which will be clockwise or anti-clockwise depending on which lane you're in. Based on the swim time you submitted, you should be racing with swimmers of a similar pace, but if you're tapped on the feet, you must stop at the end of the length you're on and allow the faster swimmer to overtake you – do not stop mid length. Similarly, if you catch the swimmer in front, tap their feet and prepare to pass at the end of that length. Overtaking in the lane is **not** permitted.

You must touch the end of the pool on each length with your fingers; tumble turns are not permitted.

Your lane counter will count your lengths and tell you when you have two lengths left by placing a float in the water. The lane counter's decision is final – please do not argue with them.

If you swim less than 16 lengths you will receive a 2 minute time penalty. If you swim too many lengths, then you penalise yourself. At the end of the swim you'll climb out of the pool, remove the

coloured cap and walk (do not run) to the pool exit, leaving the cap behind. Make sure you know where the pool exit is.

Please note that coverings below the knee and the elbow (e.g. arm warmers or calf guards) are not permitted in the swim. If you wish to wear these, you will need to leave them in transition and put them on after the swim.

Transition 1

From the pool exit you'll run along the indicated route to and round transition (do not take any shortcuts).

At your bike, put on your number belt/shirt with your numbers, your shoes and cycle helmet. Remember to fasten your cycle helmet before touching your bike. Run/Walk to the bike exit, being aware of other competitors.

Nudity is not allowed in transition. Trisuits/tops with the zip at the front must remain zipped up for the duration of the race.

After exiting transition with your bike, you will run along the indicated route to the mount line. If you get on your bike before the mount line, then you'll be stopped and told to dismount. Failure to comply may result in disqualification.

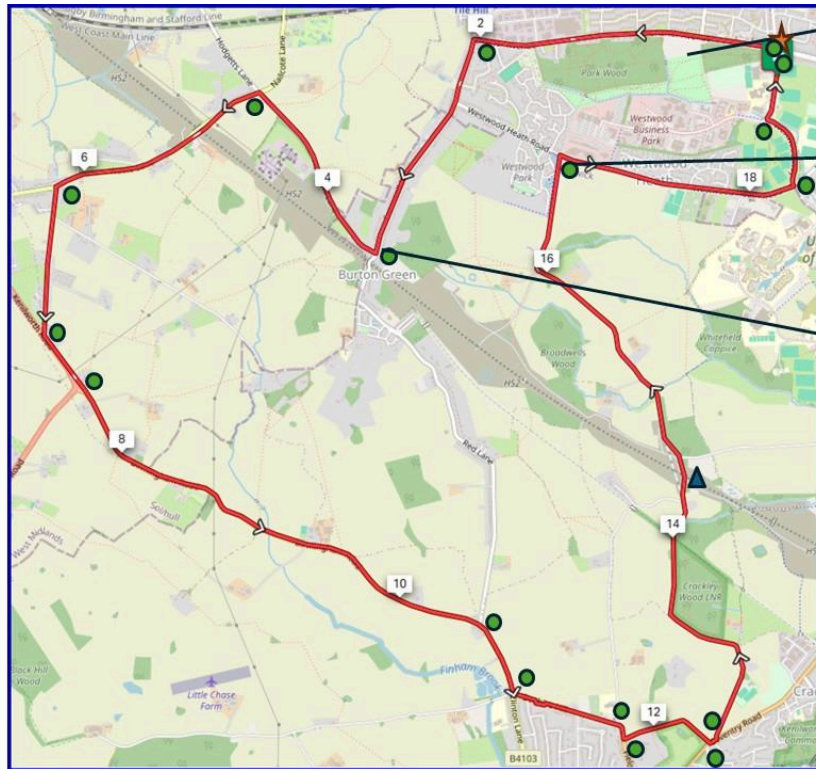
Please familiarise yourself with the layout of the mount/dismount area.

The bike course

Important: The Bike course has been changed this year due to the Railway Bridge on Cromwell lane being closed. Competitors are responsible for knowing and following the course.

Coventry Triathletes Sprint Triathlon
 Bike Course 2026
 19.0km

-  Distance (Km)
-  Pedestrian Crossing / Traffic lights.
You **must** stop if on red
-  Temporary Traffic Lights
You **must** stop if on Red.
-  Marshall Point



Start & End

Right Turn
 You **must** stop and put your foot down

Right Turn.
 Slow down and keep right during turn onto the up-hill

Map data © OpenStreetMap contributors

After the mount line at the side of the sports centre, follow the indicated route through the car park to the main site entrance (do not take any shortcuts). You are **not** allowed to overtake other competitors in the car park section.

You'll turn left out of the site onto Mitchell Avenue. From this point all turns are marked with black on yellow A4 signs. You should familiarise yourself with the course (we recommend driving or cycling the course before race day if possible).

At the end of the loop you'll turn left into the XCEL Leisure Centre car park. Follow the indicated route round the car park (do not take any shortcuts). You are NOT permitted to overtake other competitors in the car park section. You must dismount before the dismount line.

Drafting is not allowed. You must not ride within 10 metres measured from the front leading edge of your wheel to the back wheel of the competitor in front unless you're overtaking. You must also be making progress and complete the overtake within a maximum of 20 seconds. If you're overtaken, then you must immediately drop back to create a 10 metre gap.

Riding within 10 metres of the competitor in front offers an unfair drafting advantage and will incur a stop-go, time penalty or disqualification for repeat offenders at the discretion of the technical official.

For more information on drafting and penalties see the British Triathlon competition rules here <https://www.britishtriathlon.org/competitionrules>

You must obey the Highway Code at all times. This includes stopping at red traffic lights and pedestrian crossings and giving way at junctions and on roundabouts.

Pedestrian Crossings & Traffic Lights

There are four sets of pedestrian crossing traffic lights on the course, at Charter Avenue, Mitchell Avenue, immediately after the roundabout with Westwood Heath Way; and the top of Beehive Hill.

In addition there are likely to be temporary traffic lights / controlled junctions due to HS2 works on the course:

- Crackley Lane, this is a four-way controlled junction, not expected to be in use on Sunday.

If you have to stop for a red light at one of these, you'll be credited with an appropriate time allowance. If you don't stop for a red light, you will be disqualified.

Road surfaces

There are several sections of road with uneven surfaces, including the approach to the roundabout at Mitchell Avenue/Charter Avenue and some sections of Red Lane and Crackley Lane.

Junctions

There are three left turns that are at T junctions onto more major roads, where there is little visibility to approaching traffic until you're at the junction. These are Charter Avenue onto Cromwell Lane, Hidgetts Lane onto Waste Lane, Waste lane onto Windmill Lane, Windmill Lane onto the Kenilworth Road/Birmingham Road (A452),

Take care when turning onto the Kenilworth Road/Birmingham Road (A452) from Windmill Lane. This is a faster road and may be busier than normal For 2025, as its the signposted traffic diversion route for the Red Lane closure.

There is one right turn on the course, at the end of Bockenden Road at the T junction with Westwood Heath Road. **Here you must stop and put your foot down.** If you fail to do so, you will be disqualified. You also need to be aware that you are merging with competitors on Loop 1.

Roundabouts

There are two roundabouts on the course:

- Mitchell Avenue/Charter Avenue has good visibility.

- Westwood Heath Way/Mitchell Avenue is where you need to take the second exit. The camber is quite pronounced here, drawing you to the left.

Other Hazards

- There are a number of bus stops all around the course, so please exercise caution if you are behind a bus.
- On Cromwell Lane there is bridge which is closed for 2026. Instead you will turn right here onto Hodgets Lane. Please keep to the left hand side of the road and do not cut the corner. We'd recommend slowing down and getting into an easier gear in case of parked cars and oncoming traffic turning left.

Transition 2

You'll run with your bike from the dismount line, following the indicated route round to the back of the sports centre, into transition, making sure you use the correct entrance. Follow the indicated route around transition (do not take any shortcuts).

Be aware of other competitors coming out from the swim or going out on the bike or the run.

Rack your bike in the same place you took it from, remembering not to unfasten your helmet until your bike is racked.

If using a number belt, then remember to turn your number round so it's now on your front.

The run course



You'll run out of transition, following the indicated route to the site entrance and turn right onto Mitchell Avenue. At this point you will cross the site entrance where there may be cyclists coming in from the bike course. Runners **must** give way to cyclists. The area will be well marshalled.

The run course is one lap out and back. The course is marked with black on yellow A4 signs. There is a drinks station just before the halfway turnaround point. Follow the marked course to the turn around. Do not take any shortcuts.

There will be runners coming in the other direction at all times, so please keep to the **left**.

You should pay attention to the underfoot conditions on this multi surface course. There will be some kerbs to negotiate and some driveways to cross, as well as the possibility of parked cars.

After coming out of the Westwood Business Park, the course joins up with the bike route, but as you approach the XCEL Leisure Centre on the pavement you will be directed to the left on the same route you ran out on. There will be runners coming the other way, so please keep to the **left**.

Headphones, mobile phones, MP3 or other music players are not permitted on the run course (or any part of the event).

The finish & Checkout

Once you finish, a marshal will remove the chip from your ankle (lost chips will be charged at £20). Water and bananas will be available at the finish.

Please move away from the finish line as soon as you can so as not to impede athletes coming in after you.

Please retain your paper race number and do not remove your bike sticker until you have left transition. As these are needed to check your bike out at the end of the race. You will only be able to remove the bike with a sticker matching your race number.

Prize giving

Prize giving will be held approximately 30 minutes after the last competitor has finished. Prizes will be awarded for:

Relay Entries - Winner Only

Aquabike - Winner Only

Triathlon - Winner and Runner up for

- Junior (Under 20) - Open & Female
- Senior (20-39) - Open & Female
- Veteran (40-59) - Open & Female
- Vintage (60-79) - Open & Female
- Classic (80+) - Open & Female

In line with British Triathlon's rules and Transgender Policy effective 1st January 2023. Only people who are female sex at birth are eligible to compete in the Female category. All other individuals including transgender people are eligible to compete in the Open category. This policy can be read [here](#) and provides more information regarding race categories and eligibility.

In line with British Triathlon's rules, age categories are based on the competitor's age as of December 31st of the year of competition

British Triathlon rules and penalties

British Triathlon's racing rules are there to ensure everyone has a safe and enjoyable race. If you break one of the rules, the Technical Official may give you a warning as an 'educational stop and go penalty'. If not corrected they may impose a time penalty, or disqualification. Full details of penalties and appeals can be found in the [British Triathlon Competition Rules](#).

Un-racking bike before helmet is fastened	Time penalty
Un-fastening helmet before bike is racked	Time penalty
Riding in transition	Stop and amend, if not then disqualification
Drafting on the bike	time penalty (disqualification for repeat offences).
Taking a shortcut in transition, during the bike or the run	disqualification.
Dangerous conduct or riding, including overtaking in the car park section	disqualification.
Use of mobile phone, headphones or MP3 player while racing	disqualification.
Abuse of marshals or other competitors	disqualification.
Nudity in transition	disqualification.
Infringement of the highway code or disobeying traffic regulations	disqualification.
Relay tag completed outside of designated area	Time Penalty
Relay tag not completed	disqualification

Spectators

Please note that spectators cannot enter the registration area or transition.

Spectators are welcome at the front of the building and can access the back of the building via the XCEL Leisure Centre front entrance – they cannot access the back of the building via the bike/run out area.

Spectators will need to cross the 'competitor traffic' lanes at the back of the site in order to access the field where the finish is – please be aware of competitors and do not cross until the crossing marshal has stated it is safe to do so.

General notes

All decisions at road junctions are your responsibility; our marshals are there to assist in making approaching traffic aware of your presence, not to tell you whether the road is clear or to control the flow of traffic.

Please don't litter the bike or run courses, if you use gels or bars, please bring the empty wrappers back with you.

Please obey the instructions of our marshals and be polite to them; they are volunteers working to help all competitors have a safe and enjoyable race. If you abuse a marshal you will be disqualified.

Event Photography Terms and Conditions

Please note that the events take place in public spaces and on the highways, images from the events (including your image) may be collected during events by media agencies and members of the public that the event does not control and has not authorised. Therefore, the collection of images by these third parties is outside our control and you must speak to those agencies directly if you have concerns.

We will authorise the taking of photographs, moving images, and the filming of the event for different purposes connected to the events eg. sale of event images to competitors, use on marketing, website, social media etc.

We cannot stop images of specific individuals being captured during the event by the official channels, but we will endeavour to control the use of these images if you object to your image being used in any way that causes you loss or damage or otherwise infringes your rights.

You may 1) notify us in advance of your race number asking that images captured are searched and deleted; and 2) notify us if you subsequently see an image of yourself that you consider causes you loss or damage or otherwise infringes your rights asking that it or they be removed.

The event will, on a case-by-case basis, use its reasonable efforts to comply with your request, but note that individuals must be identifiable to the event and that we are not obliged to remove images of an individual where he or she is not the main or a dominant feature of the image eg. spotting your own face in an image of a mass swim start would not entitle you to deletion.

We have arranged for the individuals and companies to do photography and videoing on the day

- Stuwweb - <https://www.stuwweb.co.uk/> - Providing finish line photographs for later use

What to do next?

If you've enjoyed racing with us and looking for another local(ish) sprint triathlon, look no further than Viridian Daventry Triathlon, organised by Rugby Triathlon Club in September.. Rugby Tri have always been a supporter of our event, with a number of members taking part and lending equipment for our event



You can find out more and sign up here: www.rugbytriathlon.org.uk/viridian-daventry-triathlon

Join a local Triathlon Club

If you've enjoyed taking part, why not consider joining one of the local triathlon clubs within the region

Black Country Triathletes - <https://www.blackcountrytriathletes.com/>

Birmingham Running, Athletics and Triathlon Club - <https://bratclub.co.uk/>

Coventry Triathletes - <https://covtri.co.uk/>

Nuneaton Triathlon Club - <https://ntc.clubpal.app/>

Rugby Triathlon Club - <https://www.rugbytriathlon.org.uk/>

Solihull Triathlon Club - <https://solihulltri.club/>

Competitor Kit Packing List

We recommend that you use a sports bag or plastic stack box to carry all your kit into transition. Please note that if your bag or box is too big and may impede other competitors, you will be asked to store it in a specific part of transition rather than with your bike.

We do not have any spare kit available to lend. If you forget something it may mean you cannot race. Goggles are the most commonly forgotten item, please check that you've put yours in your bag!

Essentials:

- Race Clothing (trisuit, or swim costume/top & shorts)
- Goggles (Any will do, clear or light coloured are best for indoor pools)
- Bike
- Helmet
- Cycle Shoes/Bike Shoes (if using clipless pedals, otherwise trainers are fine)
- Bike tools / patch kit (remember you are responsible for fixing a puncture)
 - Mini Pump
 - Spare inner tubes / patch kit
 - Tyre levers
- Safety Pins or a Number belt (to attach race numbers)
- Running Shoes
- Drink/gel/bar for before/during race
- Towel & change of clothes (for after the race)
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Optional:

- A single small flannel-sized towel no larger than 12" x 12" (30cm x 30cm) to be stored in shoes
- Socks (if you'll be putting them on after the swim)
- Talcum Powder (if you're not using socks)
- Sunglasses (useful on very bright days and keeping bugs out of your eyes)
- Suncream (Especially on a very hot day!)
- Bike Computer
- Track pump (easier to pump up tyres before the race starts. Often other competitors will let you borrow one - but don't count on it)

Make sure your bike is safe to ride with a basic safety check (a M-Check and ABC Check)

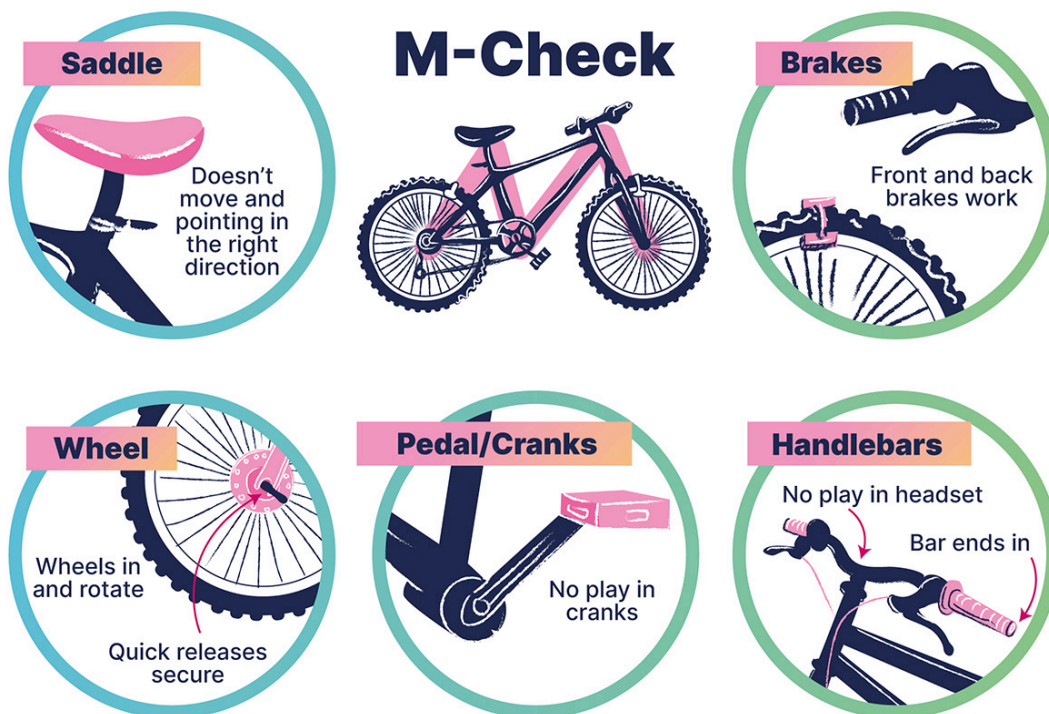
It's important to come prepared for race day, with a roadworthy bike. It's a good idea to do a basic safety check such as a M-Check and ABC check to avoid any mishaps.

M-Check - recommended once a month and before every race

An M-Check is a basic safety check of all the main working parts of a bike. The check is named after the way you follow the shape of the letter M when checking the bike. It's a useful pattern to follow and helps you quickly identify any problems with the bike.

Here's a quick picture, and a few links to visit to find out more:

- British Triathlon - M-Check - How to prepare for your first bike ride: (https://www.britishtriathlon.org/news/swim-bike-run%3A-how-to-prepare-for-your-first-bike-ride-%5Bm-check%5D_18403)
- Bike Radar - make sure your bike is safe to ride with the M check: (<https://www.bikeradar.com/advice/workshop/how-to-safety-check-your-bike>)



ABC Check - recommended before every ride

<p>A - AIR Make sure your tyres are inflated. if you can easily squeeze the tyre down then it probably needs inflating. You should inflate the tyres to the correct pressure, you'll find this on marked on the side of your tyres.</p>	<p>B - BRAKES Make sure they are working and you can stop quickly in an emergency.</p>	<p>C - CHAIN Make sure your chain is well lubricated (oiled) and the chain runs freely if you move the pedals backward. Your chain, and the gears that it drives, wear out over time and may need to be replaced.</p>
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