

LONDON **T100** TRIATHLON

AUGUST 9 and 10, 2025

ATHLETE GUIDE

PLEASE READ CAREFULLY



PROFESSIONAL TRIATHLETES
ORGANISATION



CONTENTS

AND FINALLY...

WELCOME

WE'RE DELIGHTED TO WELCOME YOU TO THE 2025 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 – 100K, Olympic, Sprint and Super Sprint. Please note: City AM Team Challenge participants should follow the same schedule and procedures as Sprint athletes.

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

The pro races will take place at **12:00 and 14:45** on Saturday 9 August – 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 9 and Sunday 10 August.



TOURIST INFORMATION

DISCOVER LONDON

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

Please read this guide carefully. If you have any questions please refer to the FAQs section on page 44, and on our [website](#).

FOLLOW US ON SOCIAL MEDIA

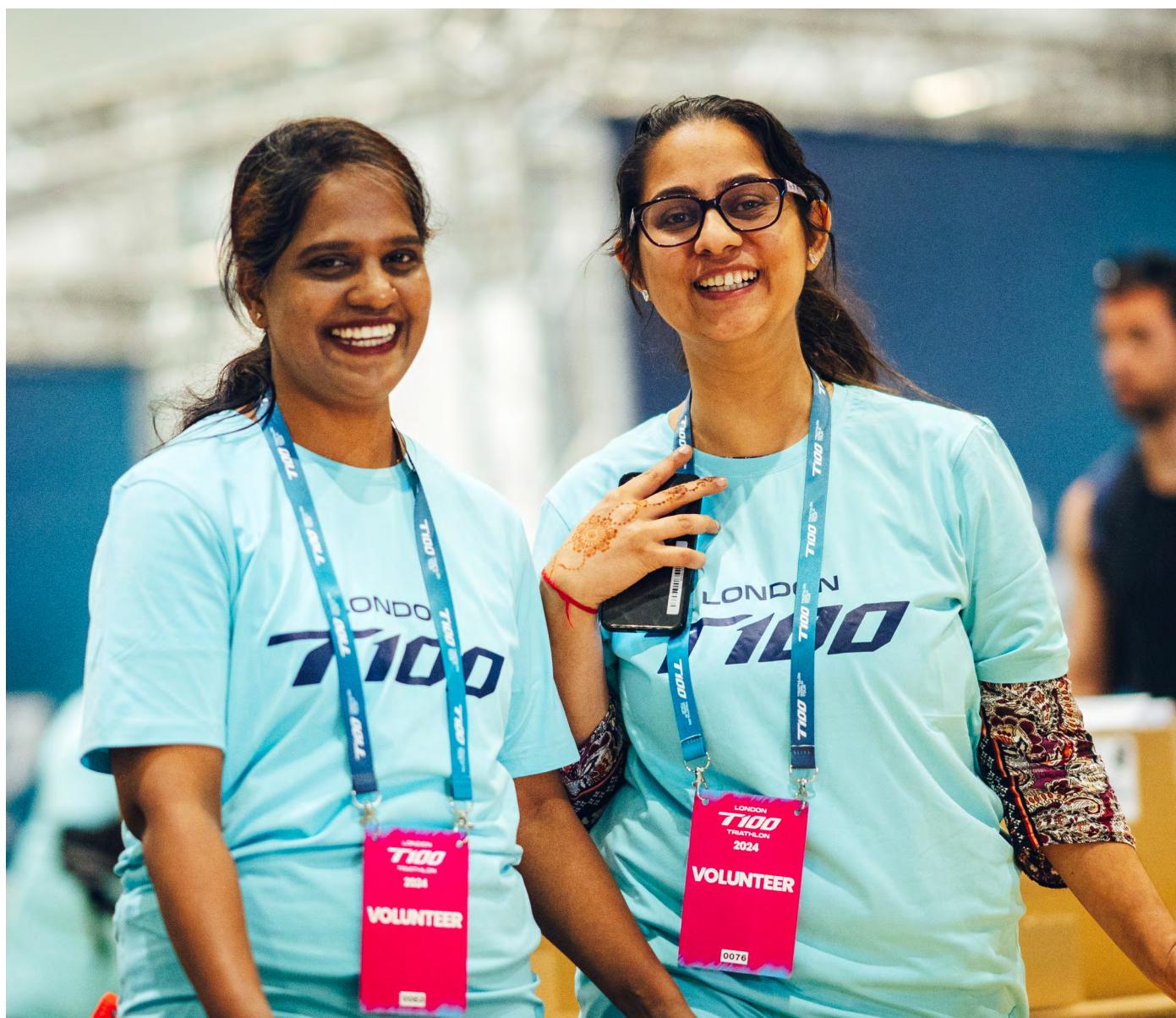
We also recommend following us on [Facebook](#) and [Instagram](#) to see all the latest news and announcements.

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.

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!



EVENT SCHEDULE

TIME	ACTIVITY
SATURDAY 9 AUGUST	
07:00	Venue opens
07:00	Sprint* and Super Sprint participants Race Pack collection and Transition racking opens
08:00	Expo opens
09:00	Sprint waves start**
10:20	Super Sprint waves start**
10:00-19:00	100K participants Race Pack collection and Transition opens
11:45-18:25	Broadcast on air
12:00	Pro Women start
12:00-13:10	Award Ceremonies for Super Sprint (12:00), Sprint (12:30), Sprint Relay (13:00), and City AM Challenge (13:10)
13:30	All Sprint and Super Sprint bikes and equipment removed from Transition - Transition closes
14:00-19:00	Olympic participants Race Pack collection and Transition opens
14:45	Pro Men start
15:30	First Pro Women finisher expected
17:55	First Pro Men finisher expected
18:30	Pro Medal Ceremony
19:00	100K & Olympic Race Pack collection and Transition closes
19:30	Venue and Expo close

* City AM Team Challenge participants should follow the same schedule and procedures as Sprint athletes, as outlined in this guide.

** We will confirm your wave start time via email closer to the event. Start times will also be listed on the [London T100 Triathlon website](#).

EVENT SCHEDULE

TIME	ACTIVITY
SUNDAY 10 AUGUST	
05:00	Venue opens
06:30	100K waves start*
07:30	Expo opens
08:30	Olympic waves start*
14:30	Olympic Award Ceremony
15:00	Olympic Relay Award Ceremony
15:10	100K Award Ceremony
16:00	Expo closes
16:30	All 100K and Olympic bikes and equipment to be removed from Transition - Transition closes
16:30	Venue closes

* We will confirm your wave start time via email closer to the event. Start times will also be listed on the [London T100 Triathlon website](#).

PRO RACE SCHEDULE AND BROADCAST INFO

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

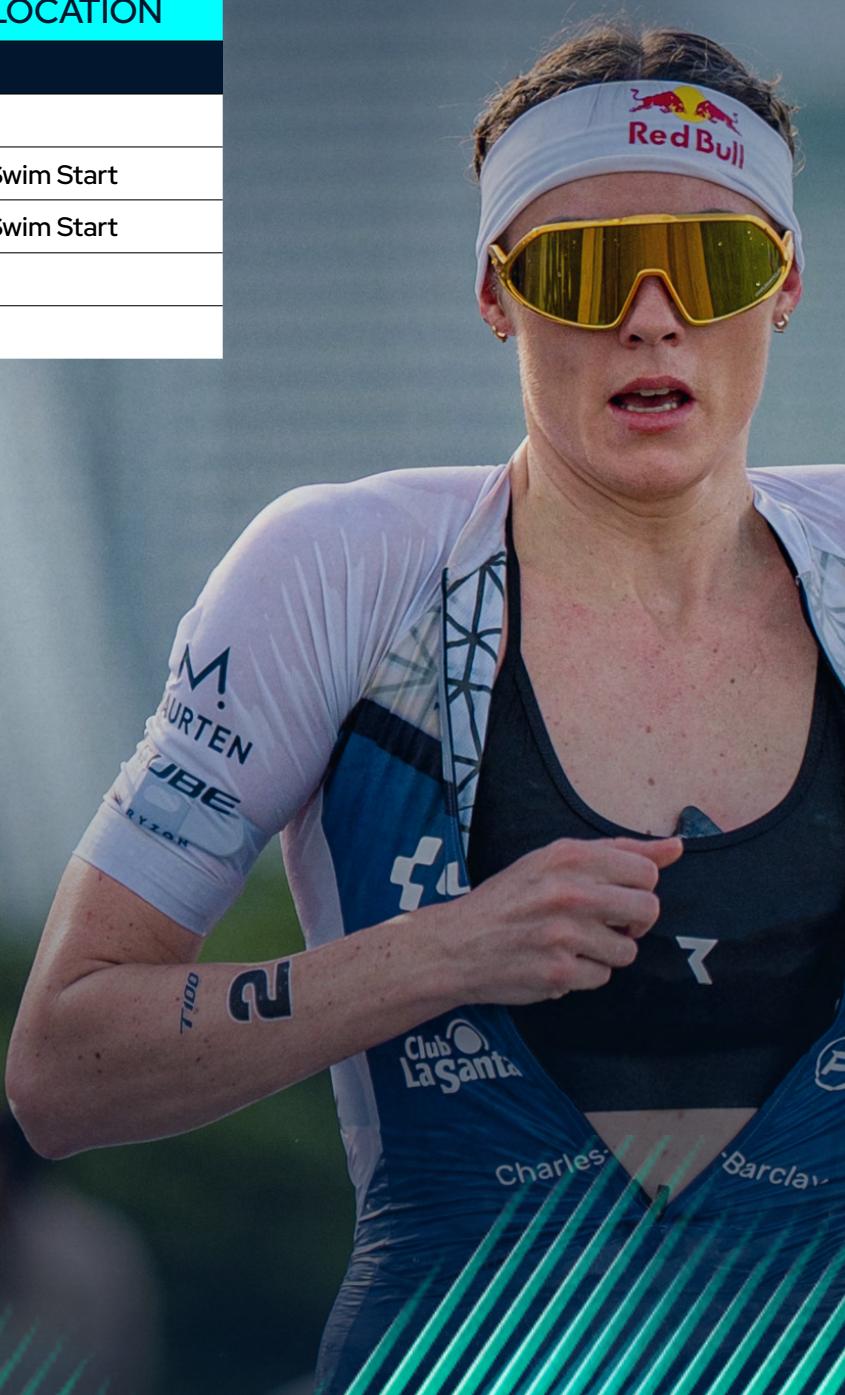
The pro races will start at 12:00 for the Pro Women and 14:45 for Pro Men on Saturday 9 August and promise to deliver awesome action.

TIME	ACTIVITY	LOCATION
SATURDAY 9 AUGUST		
11:45	Live broadcast begins	
12:00	Pro Women Race Start	Swim Start
14:45	Pro Men Race Start	Swim Start
18:30	Pro Women Medal Ceremony	
18:45	Pro Men Medal Ceremony	

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

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

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



VENUE MAP

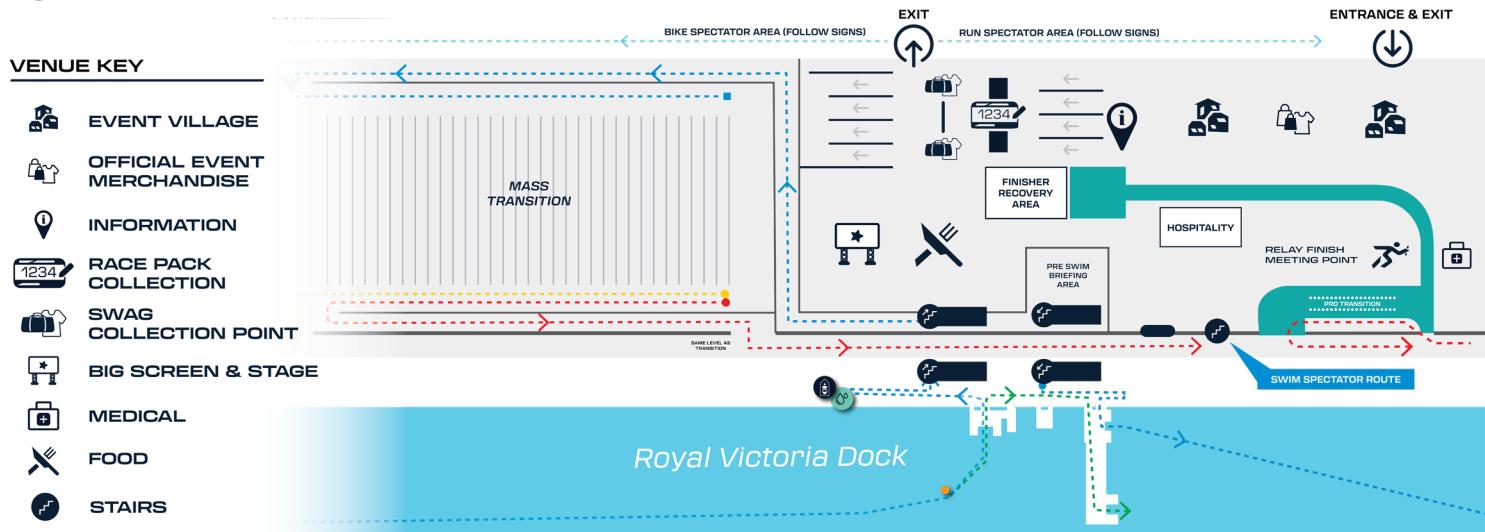
COMPETITION KEY



VENUE KEY

- EVENT VILLAGE
- OFFICIAL EVENT MERCHANDISE
- INFORMATION
- RACE PACK COLLECTION
- SWAG COLLECTION POINT
- BIG SCREEN & STAGE
- MEDICAL
- FOOD
- STAIRS

ExCeL (South Halls)



EXPO INFORMATION

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

08:00-19:30 SATURDAY 9 AUGUST
07:30-16:00 SUNDAY 10 AUGUST

Make sure you visit the London T100 Triathlon Expo over the weekend to experience all the latest in triathlon gear and technology – and shop for race essentials and the latest products.

Don't miss activities and shopping opportunities with leading sports brands, as well as the chance to meet some of the world's top pro athletes.

EXPO VENDORS

- Alton Sports
- British Triathlon
- Deboer
- Ekoi
- Green Chef
- HelloFresh
- Maurten
- Monkey Sox
- Oatopia
- Suspense
- World of Triathlon

BIKE RENTAL WITH ON YOUR BIKE

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

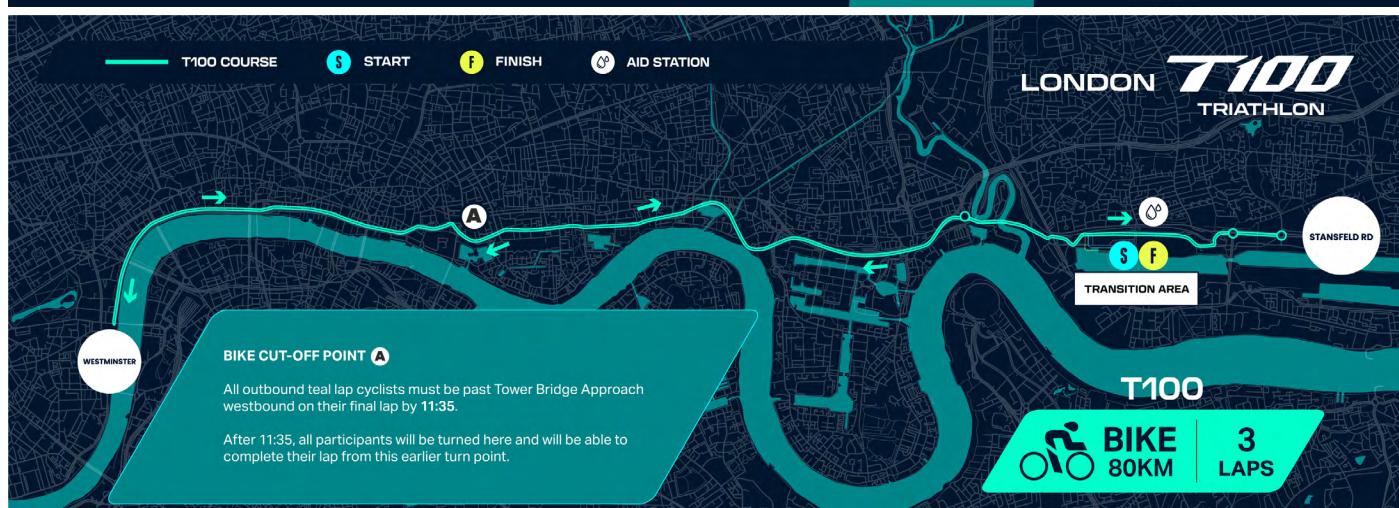
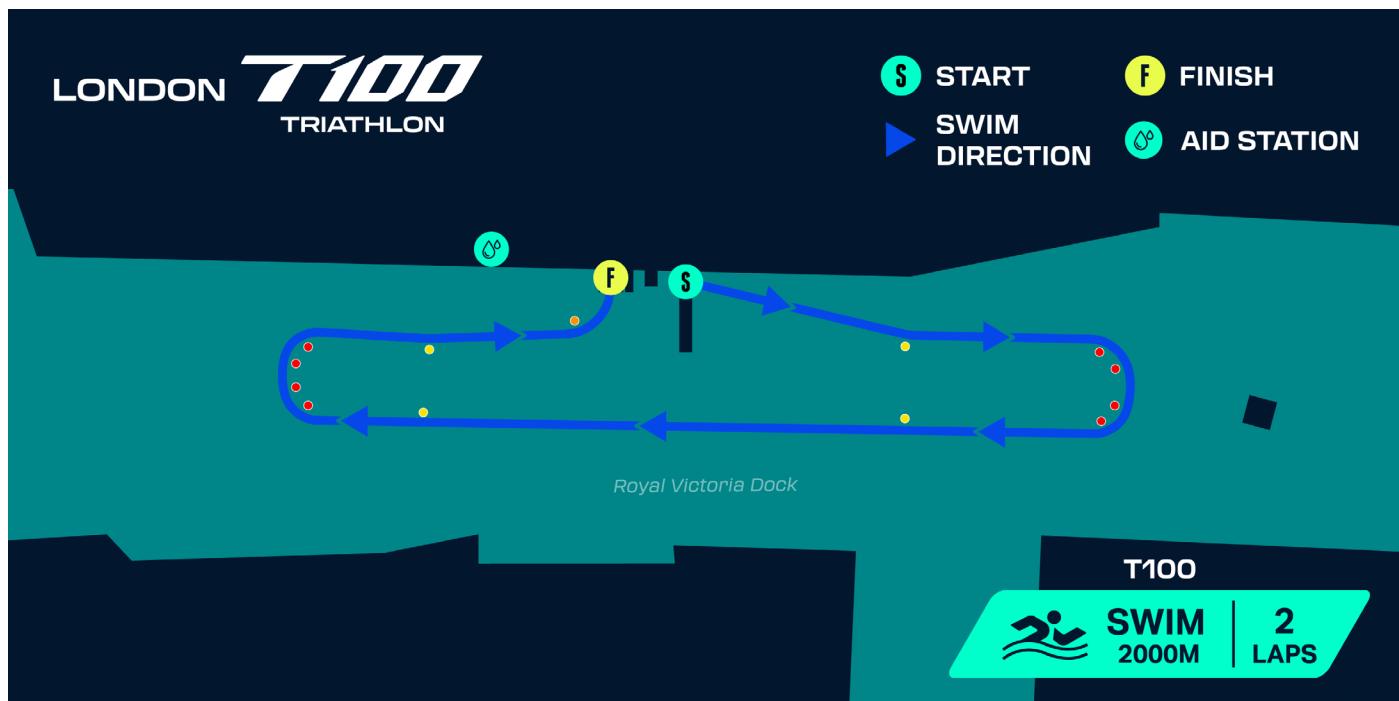
BIKE MECHANICS

If you need any last-minute help with your bike, there will be bike mechanics in the Event Village on Saturday 9 and Sunday 10 August. 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.



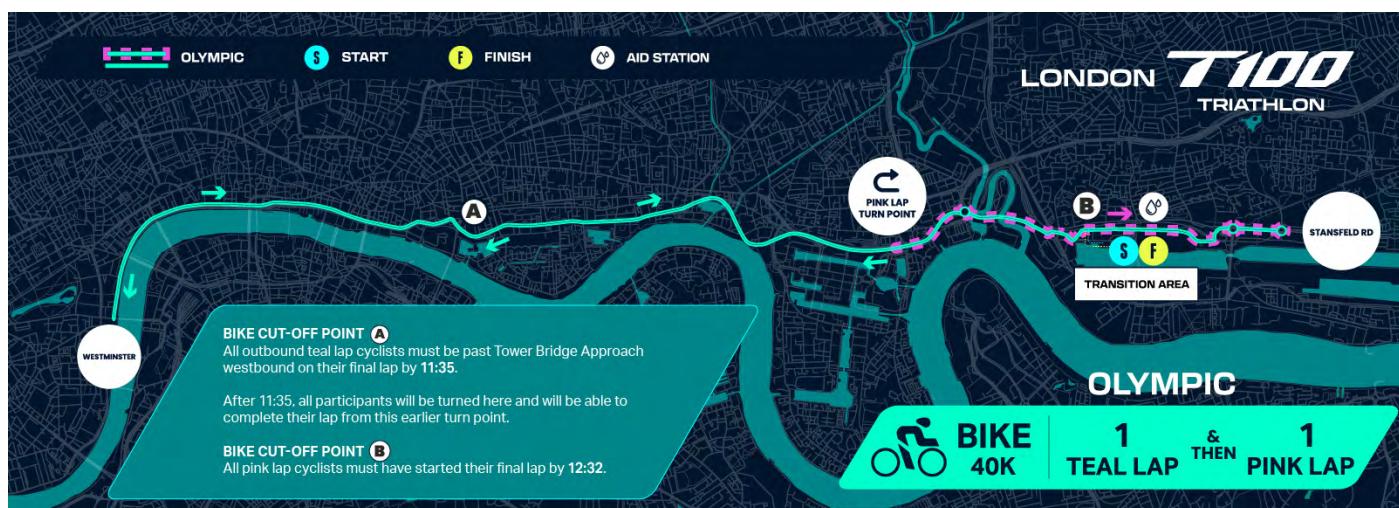
THE ROUTES: 100K

[FOR GPX FILES CLICK HERE](#)



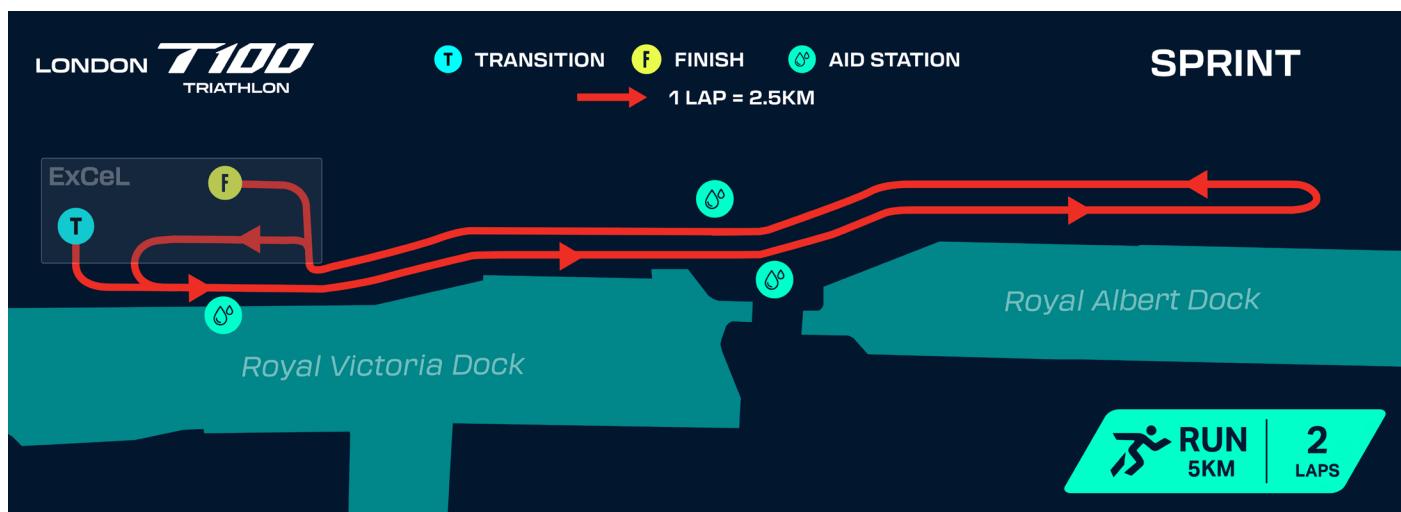
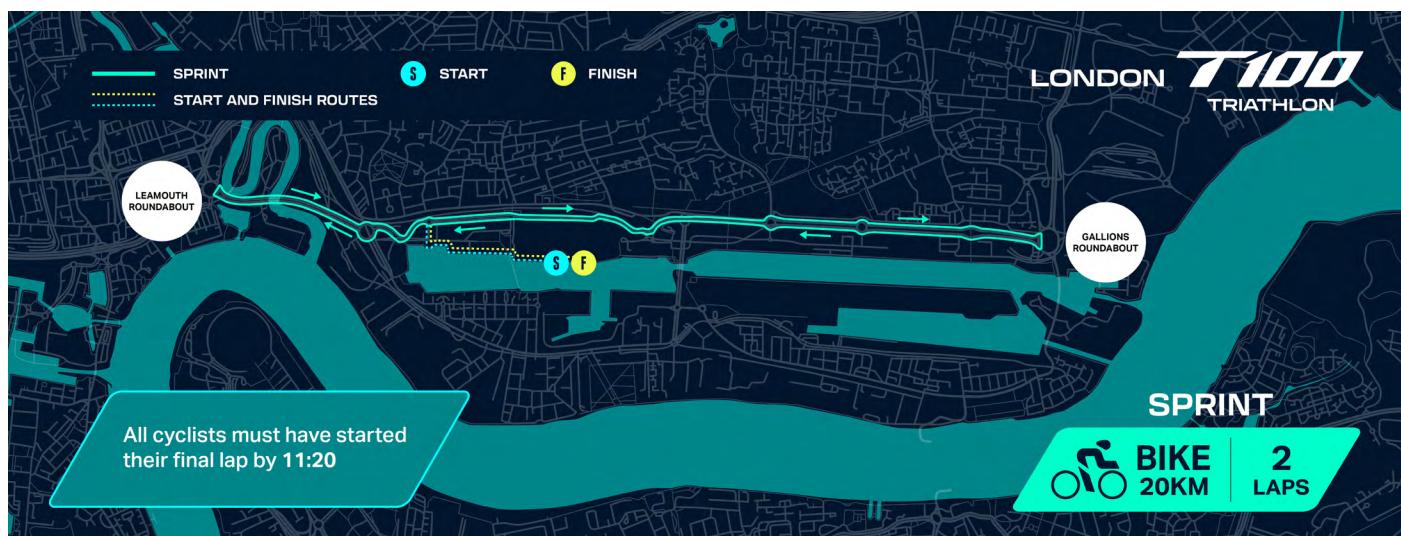
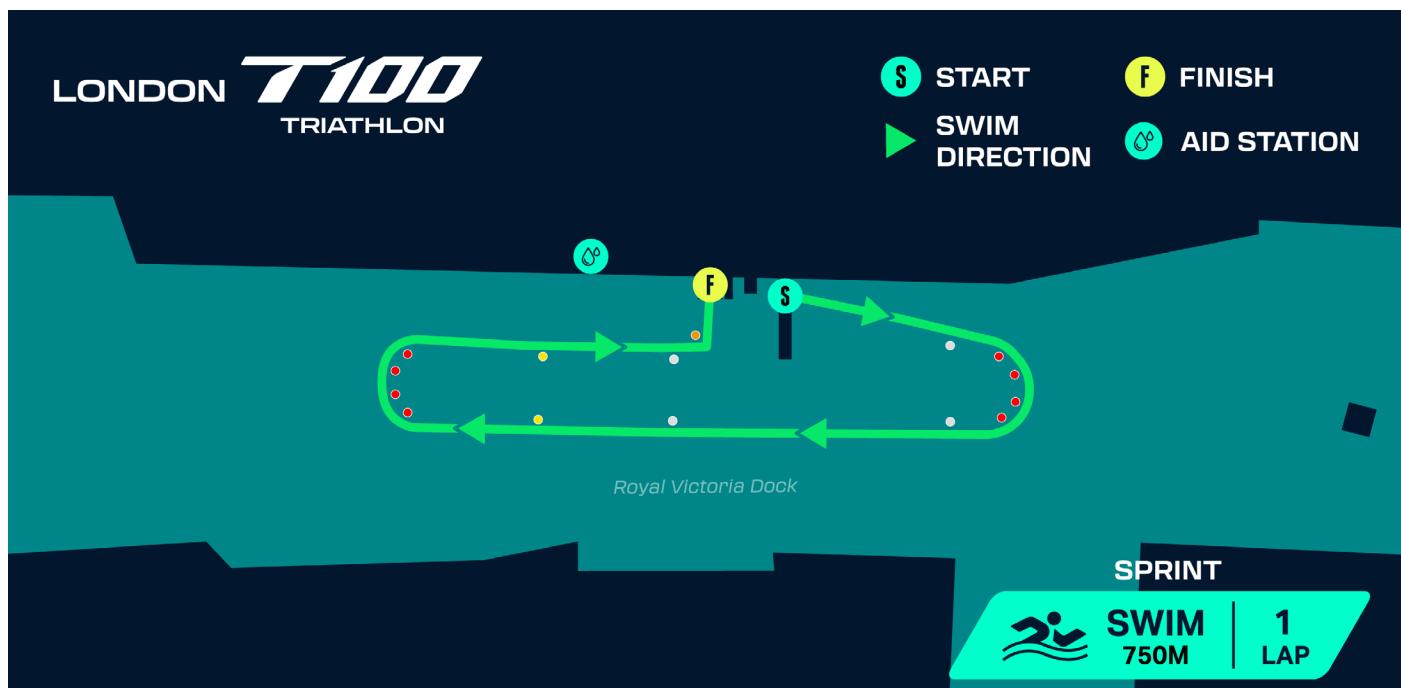
THE ROUTES: OLYMPIC

[FOR GPX FILES CLICK HERE](#)



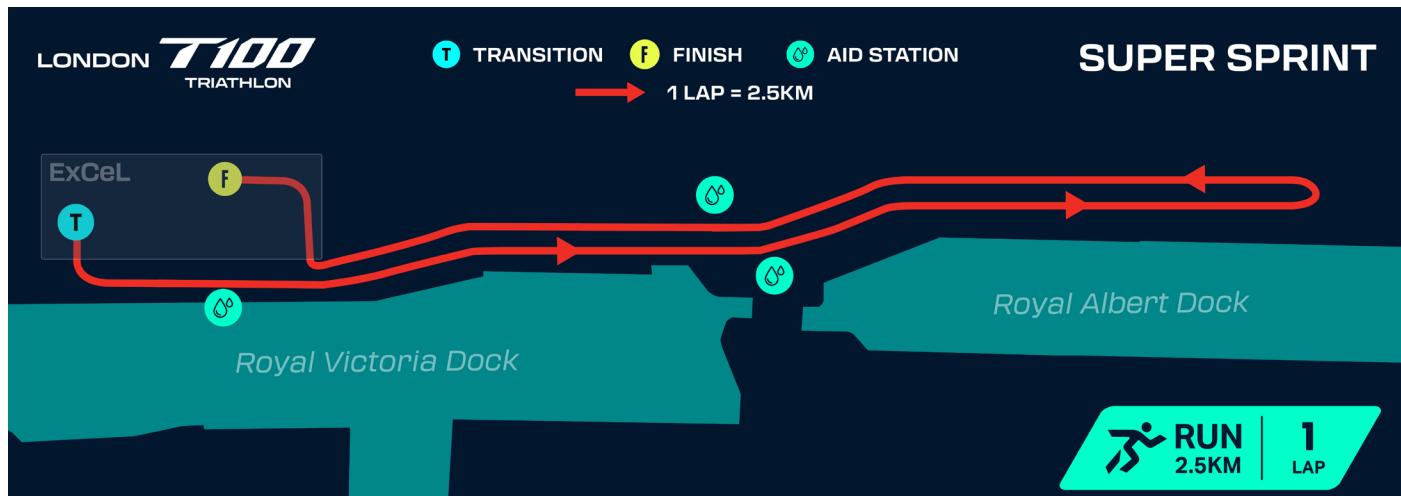
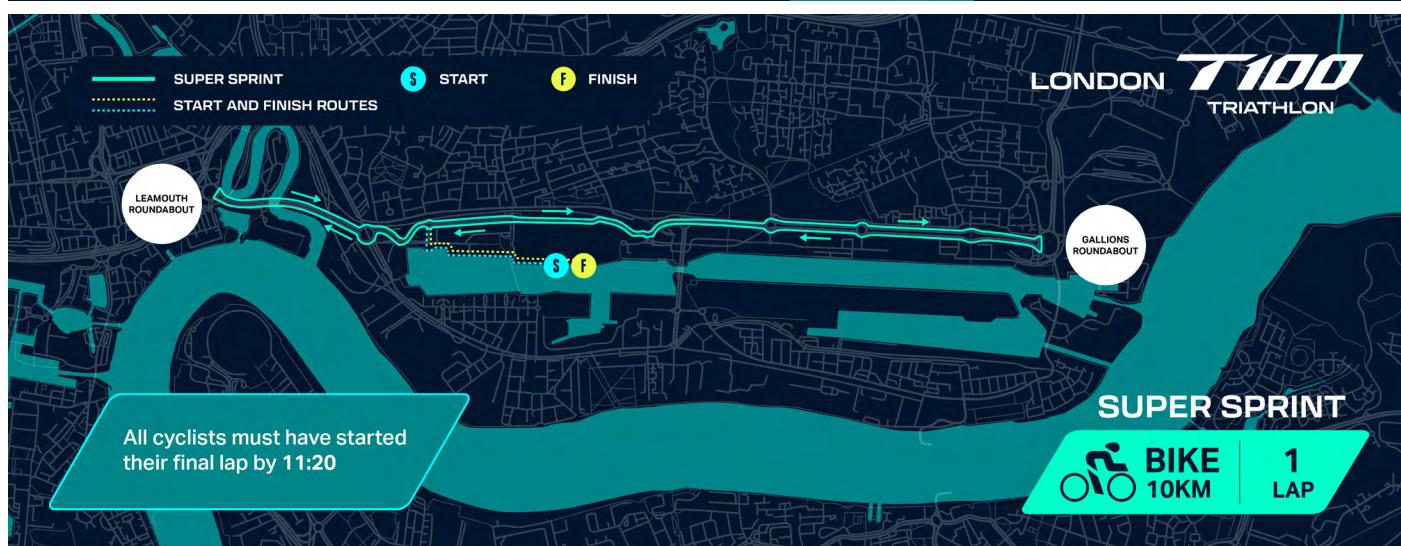
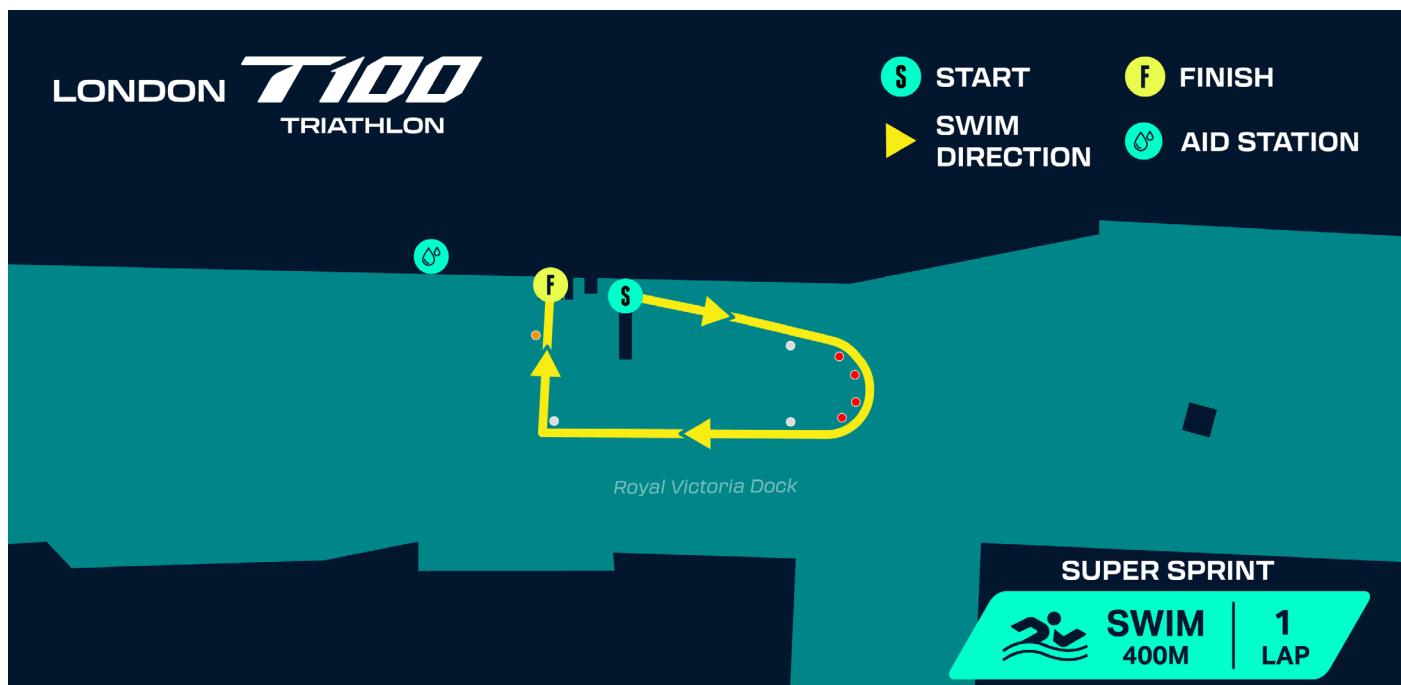
THE ROUTES: SPRINT

[FOR GPX FILES CLICK HERE](#)



THE ROUTES: SUPER SPRINT

[FOR GPX FILES CLICK HERE](#)



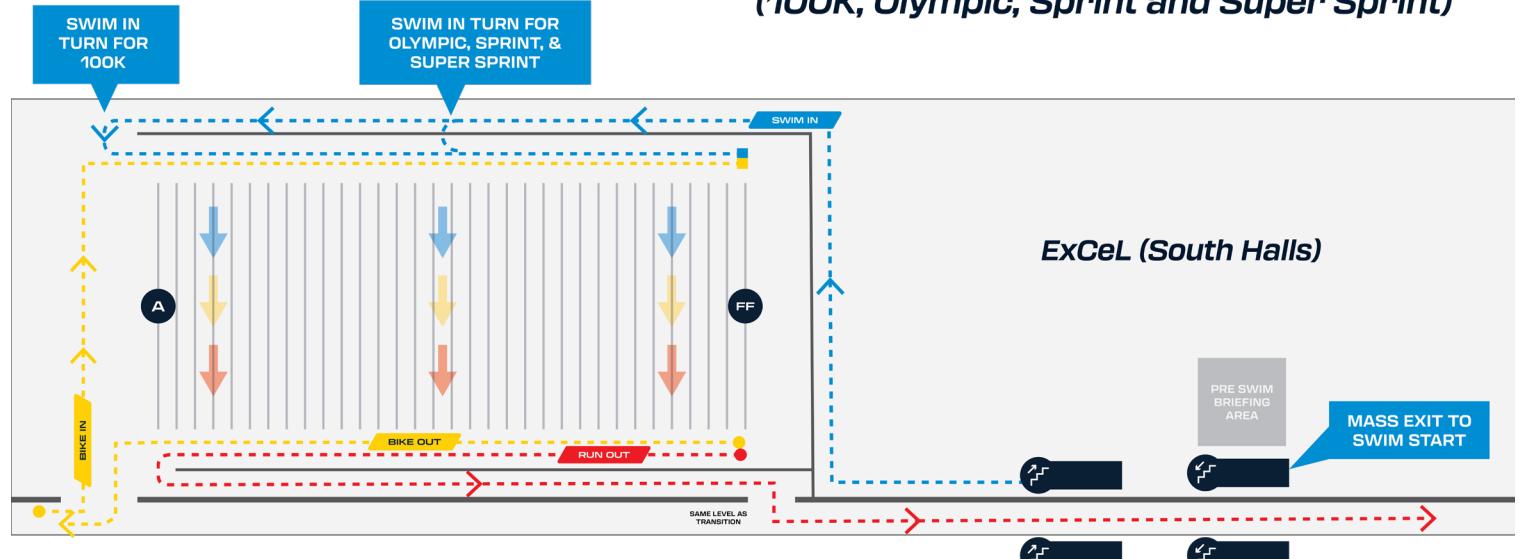
THE ROUTES: LAP SUMMARY

	Swim	Bike	Run
100K	2 Laps	3 Teal Laps	5 Laps
Olympic	1 Lap	1 Teal Lap & then 1 Pink Lap	3 Laps
Sprint	1 Lap	2 Laps	2 Laps
Super Sprint	1 Lap	1 Lap	1 Lap

TRANSITION ZONES

LONDON **T100** TRIATHLON

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



KEY



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 on Saturday 9 August:

07:00 – Sprint (including Relay) and Super Sprint

Registration and Transition check-in open

10:00–19:00 – 100K

Registration and Transition check-in open

14:00–19:00 – Olympic (including Relay)

Registration and Transition check-in open

We suggest that 100K participants arrive at registration between **10:00–14:00** as this will be a dedicated window for 100K Race Pack collection only, before Olympic Race Pack collection opens at **14:00**. Arriving in this window will give you the best opportunity to register and rack your bike before enjoying the pro races.

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

QR CODE

Your unique QR code will be available via your participant dashboard and included in your start time confirmation email. 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 'My Registration' from the toolbar, select 'Click here to have your confirmation email resent', 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:

- 1x Security Wristband
- 1x Swim Cap
- 1x Set of tattoos
- 1x Sticker sheet
- 1x Race bib
- 2x Transition bags (100K 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.

SATURDAY 9 AUGUST

07:00	Sprint (including Relay) and Super Sprint - Registration and Transition check-in open
10:00–19:00	100K - Registration and Transition check-in opens
13:30	All Sprint and Super Sprint bikes and equipment removed from Transition - Transition closes
14:00–19:00	Olympic (including Relay) - Registration and Transition check-in open

REGISTRATION INFORMATION

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.

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 19 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.

Wetsuit rental will not be available on the day. The wetsuit will not only keep you warm, but will also help you swim faster as it provides you with extra buoyancy.

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.

100K TRANSITION BAGS

100K distance participants will be given two transition bags. These will be handed out as part of the Race Pack collection process.

These bags are provided so you can store your transition kit in them and hang them at your numbered bike rack hooks provided. Please see the Race Pack Checklist on page 19 for more details.

TOILETS

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



BIKE HIRE

We recommend that you have your bike serviced before Race Day. Bike hire is available through [On Your Bike](#) (see page 39 for more information).

BAGS

No bag storage is available at the venue. 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.

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



One (1) Swim Cap



One (1) Set of Tattoos



One (1) Sticker Sheet

- 3x Helmet Stickers
- 1x Wraparound Bike Sticker
- 1x Personal Bag Tag
- 2x Transition Bag Stickers
- 2x Spares



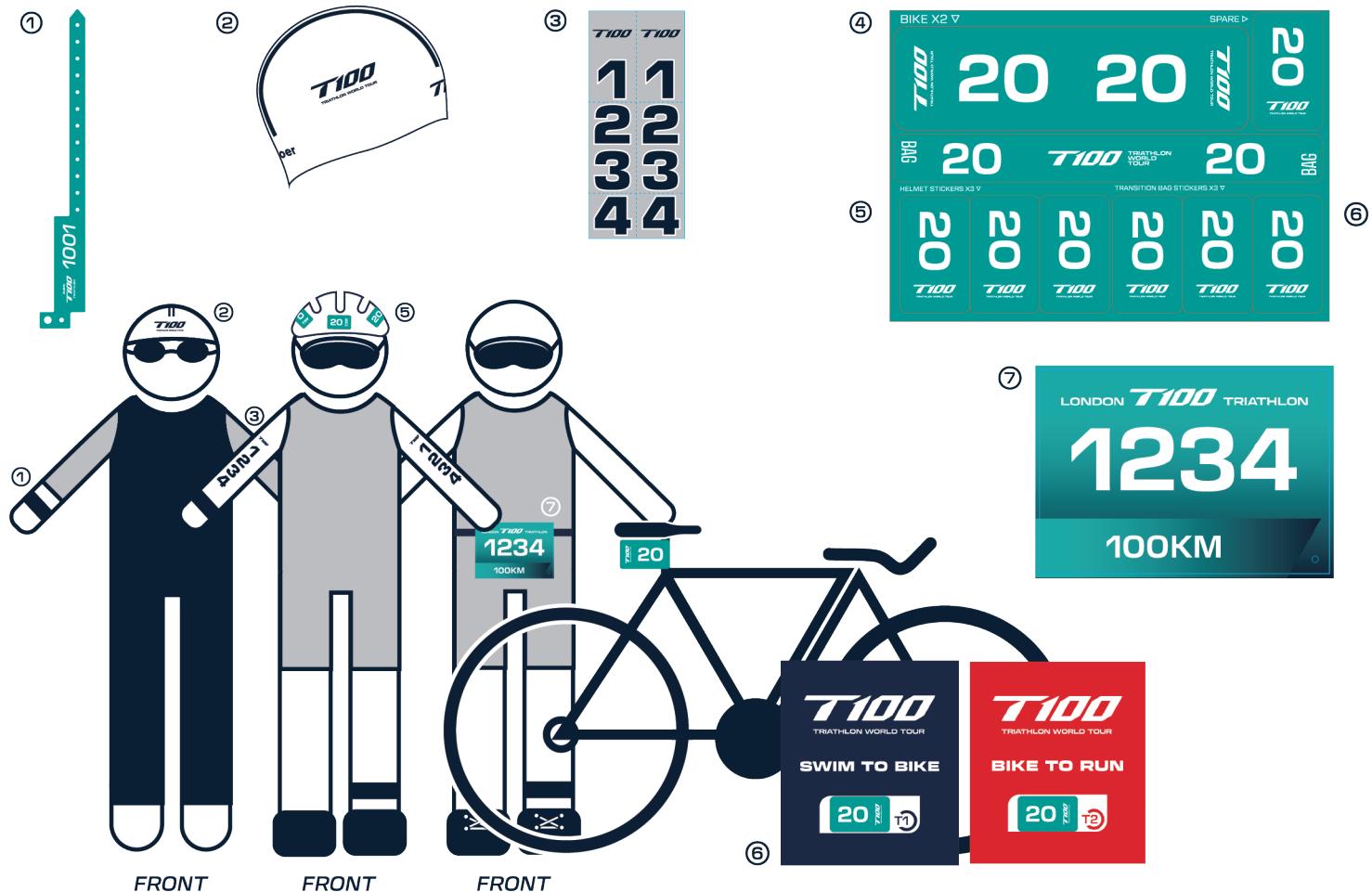
One (1) Race Bib

- Wear on the back on the bike (optional) and on the front on the run (mandatory)



Two (2) Transition Bags

- 100K Athletes Only



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

SWAG CHECKLIST

- One (1) T100 Backpack (100K)
- One (1) T100 Duffel (City AM Team Challenge)
- One (1) T100 Drawstring Bag (Olympic, Sprint & Super Sprint).
- One (1) T100 Patch
- One (1) T100 Waterbottle
- One (1) T100 Participant T-Shirt
- One (1) Finisher Medal Awarded Post Race

Swag will be distributed alongside your Race Pack during collection.



SHOW YOUR MEDAL AND GET A DRINK ON THE HOUSE!

AUG.
9 & 10

WHEN:
Saturday 9 August
Sunday 10 August

WHERE:
Waterfront Street Kitchen and Bar



DON'T MISS THE PRO RACES!

If you're coming to collect your Race Pack on Saturday 9 August, why not time your visit to ExCeL to coincide with the London T100 Triathlon pro races?

The action starts at 12:00 and will take place on a lapped course in Royal Victoria Dock and around ExCeL, making it perfect for spectators.

Watching the world's best 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 10 August.

PRE-RACE INFORMATION

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 9 and Sunday 10 August. 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.

PREPARING FOR RACE DAY



TEAM RELAY

A member of your team will need to pick up your Race Pack ahead of your race. Please see page 16 for registration times.

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

Once 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.

RACE DAY CHECKLIST

<input type="checkbox"/>	QR code to collect Race Pack	<input type="checkbox"/>	Bike bottles
<input type="checkbox"/>	Wetsuit (compulsory)	<input type="checkbox"/>	Nutrition/snacks
<input type="checkbox"/>	Swimming goggles	<input type="checkbox"/>	Sun cream
<input type="checkbox"/>	Bike and helmet	<input type="checkbox"/>	Post-race clothes
<input type="checkbox"/>	Race belt with bib number	<input type="checkbox"/>	Towel
<input type="checkbox"/>	Cycle shoes, 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 9 August (**Sprint & Super Sprint**)

You will need to remove your bike from the Transition area by 16:30 on Sunday 10 August (**Olympic & 100K**)

PREPARING YOUR TRANSITION BAGS (100K ONLY)



Please note: only participants completing the 100K distance will receive transition bags as part of the Race Pack.

T1 BAG (SWIM TO BIKE) TRIATHLON

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

Examples:

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

T2 BAG (BIKE TO RUN) TRIATHLON

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

Examples:

- Running shoes
- Running cap
- Sunglasses
- Run nutrition



RACE DAY: SWIM

SWIM START

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

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

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

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

100K 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 participants will swim to the far white buoys and loop around the red buoys on the return.

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

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

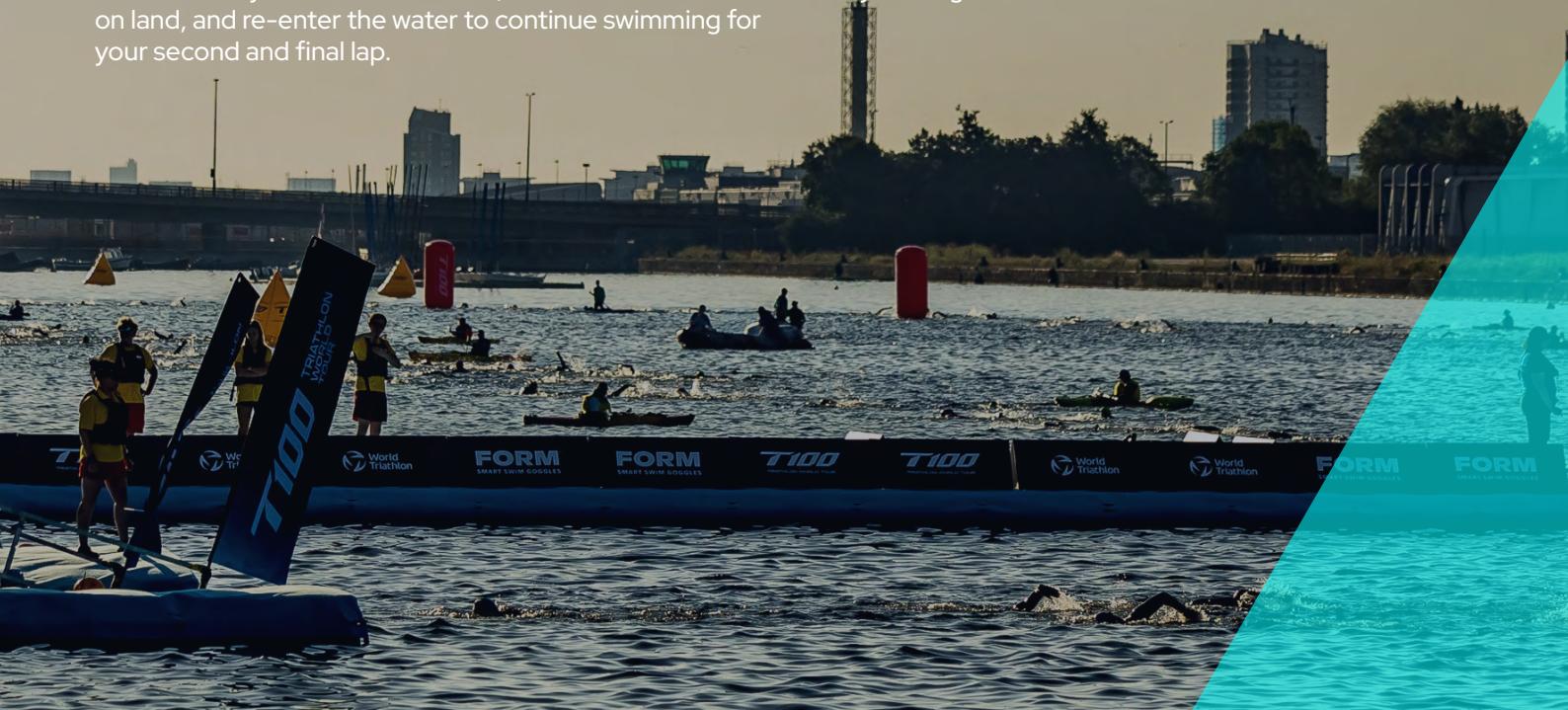
SWIM EXIT

The swim exit pontoon will be marked by an orange buoy on your left. You must turn left to reach the 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.



RACE DAY: SWIM



THE DOCKS

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

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

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.

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 different 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 left to allow other swimmers to pass from behind.

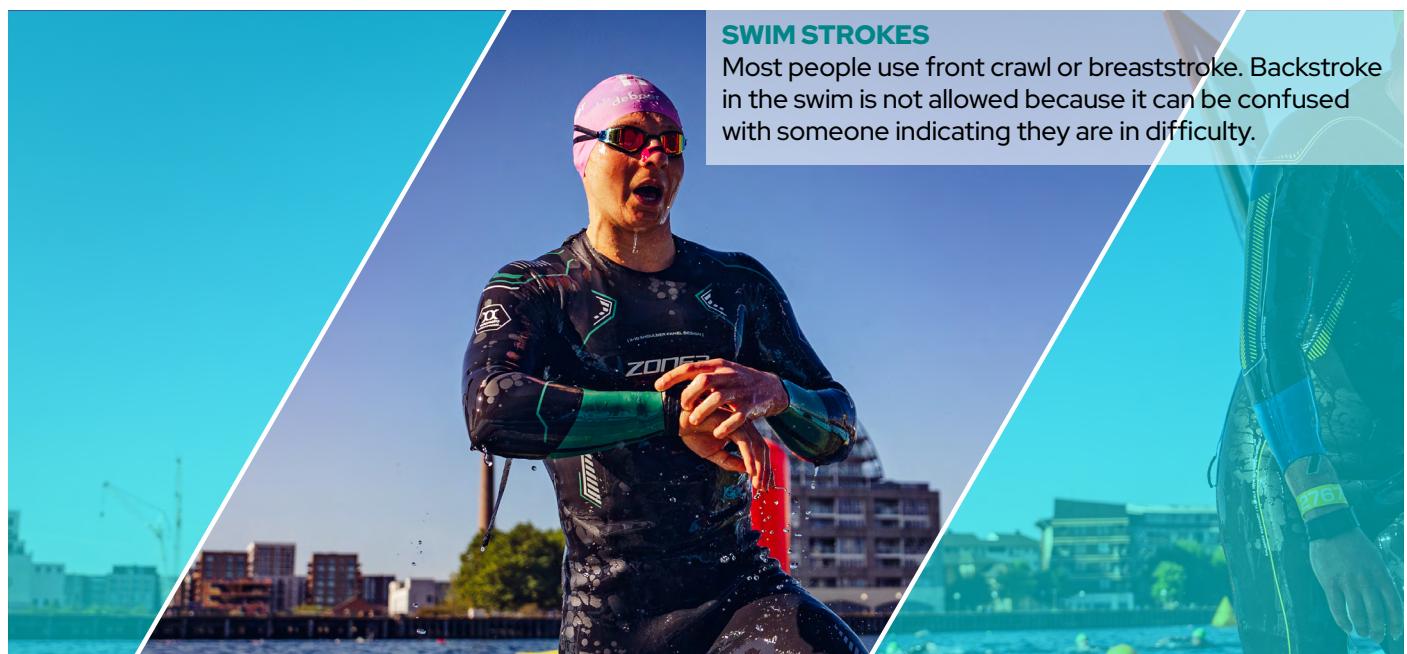
The water safety team, provided by Swim Safety Ltd, consists of fully qualified lifeguards in kayaks and rescue boats as well as bank-based lifeguards on the pontoons. All lifeguards are members of either the BCU Lifeguards or Surf Life Saving GB.

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



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RACE DAY: BIKE



TRANSITION TO BIKE (T1)

Make sure you know your route through Transition when switching between disciplines, as well as where you racked your bike. Getting lost in Transition will add seconds to your finish time that you have been training for months to reduce! (See page 15 for transition flows.)

DISQUALIFICATION AND PENALTIES

The race is governed by [British Triathlon rules and regulations](#).

The key rules are:

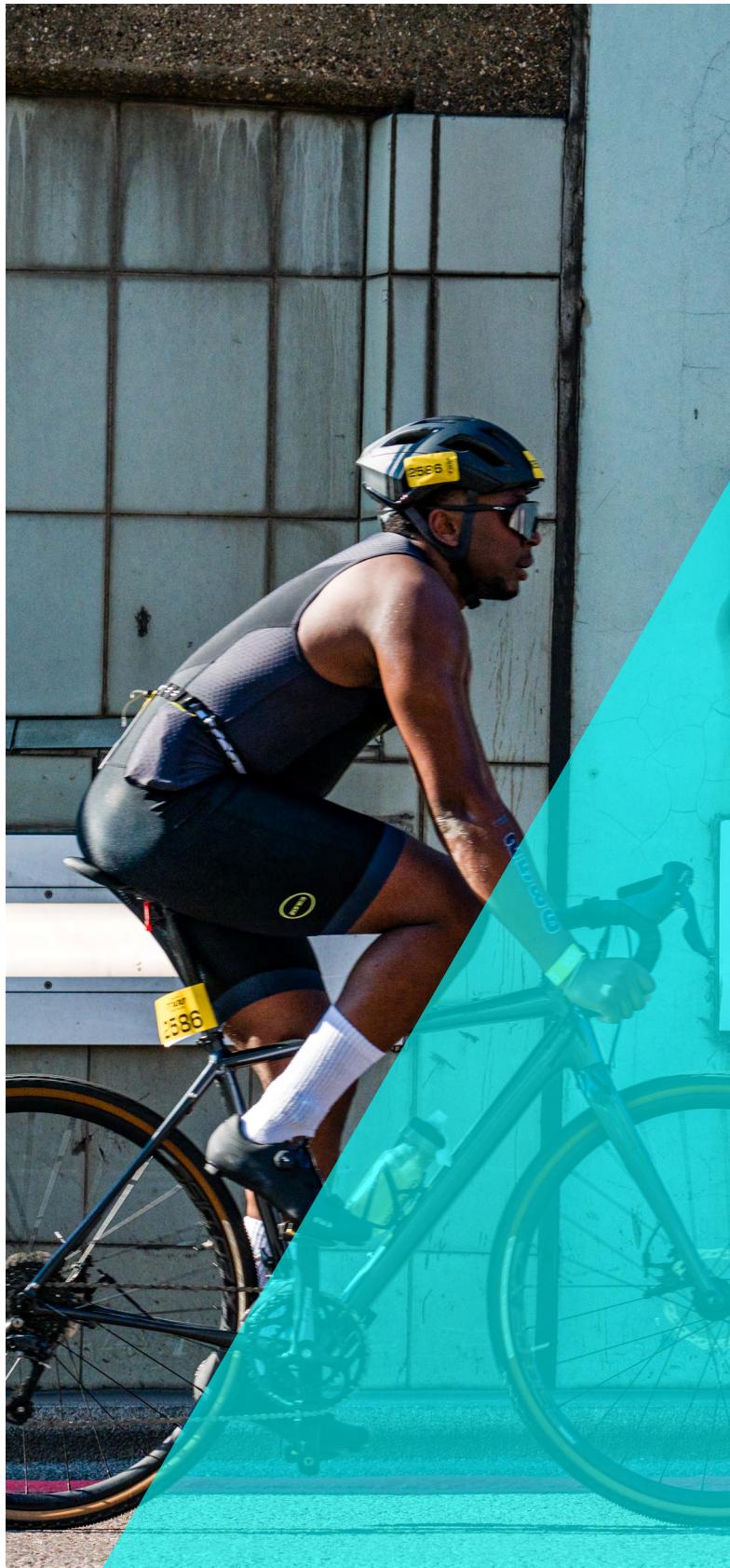
- Cycles and equipment must be placed at your race number bike rack position at the start and finish of the cycle leg.
- No cycling is allowed in the Transition area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before 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 38.
- 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.



RACE DAY: BIKE



The bike course maps for each distance can be found on pages 10 to 13.

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.

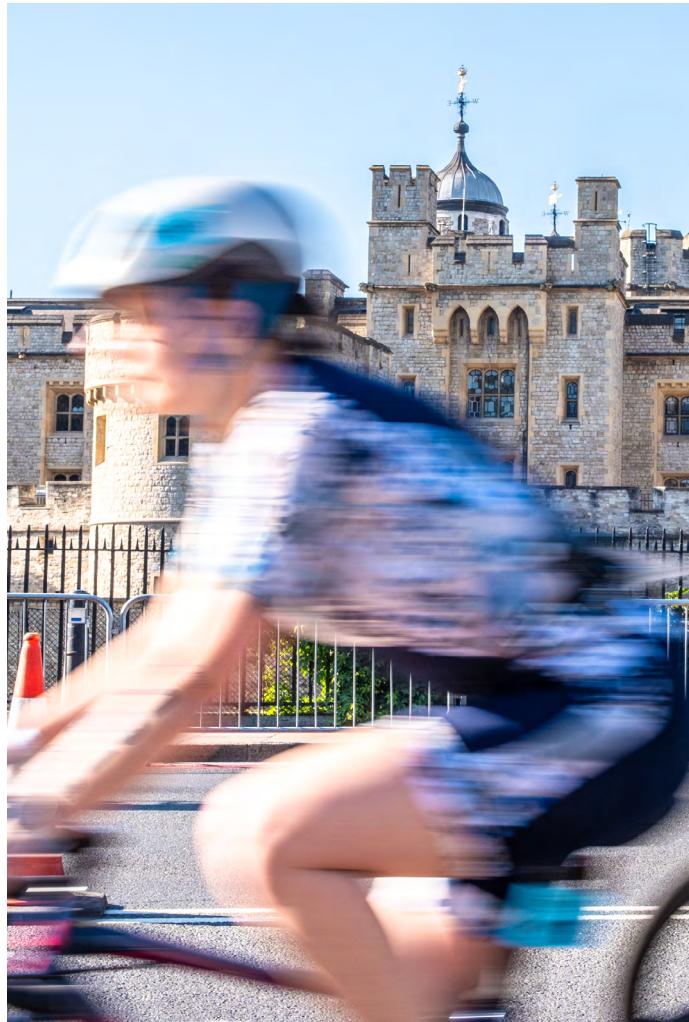
When a participant is passed by other participants, it is their responsibility to move out of the draft zone of the overtaking participant within five seconds. Failure to do so may result in an official caution or time penalty.

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.



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 13 for bike cut-off times and locations.

SATURDAY BIKE CUT-OFF TIME

All cyclists must start their final lap by 11:20.

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.

RACE DAY: BIKE



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

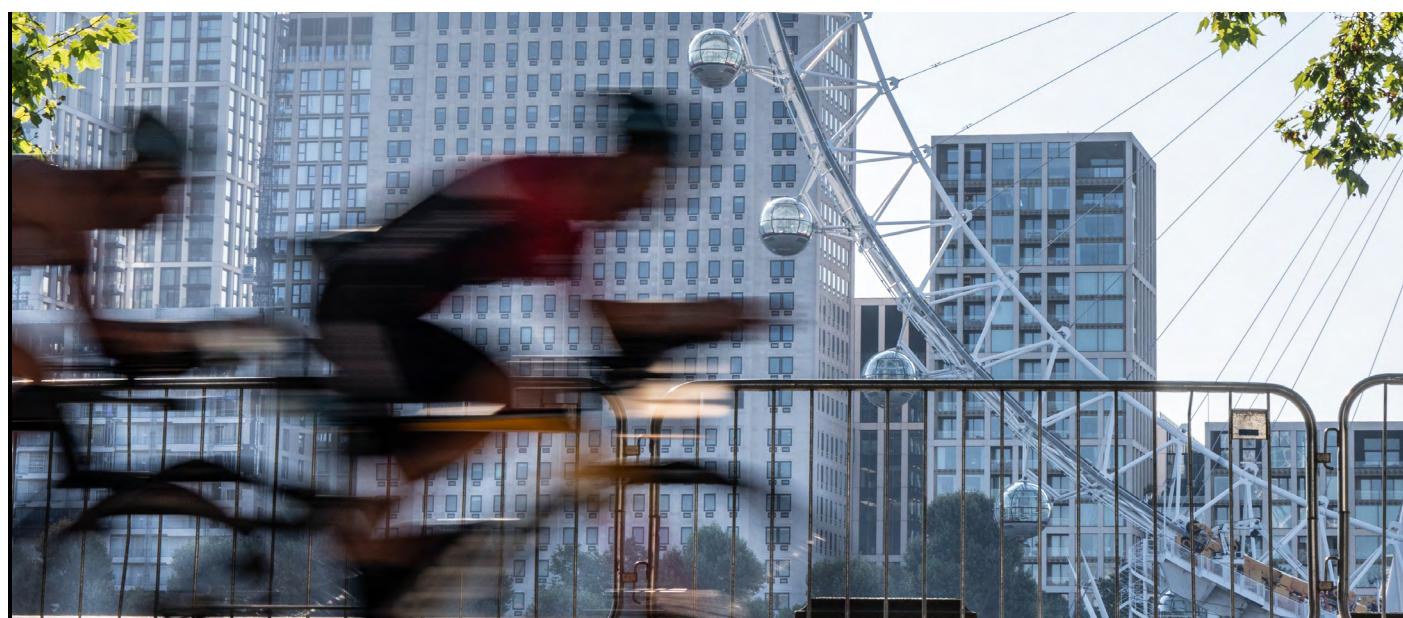
SATURDAY

Sprint and Super Sprint participants are advised to collect their transition kit and bike one hour after their race finish time. All Sprint and Super Sprint equipment needs to be removed from Transition by **13:30** to allow Olympic and 100K 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 100K 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 100K equipment needs to be removed from Transition by **16:30**.

100K	Bike
	3 Teal Laps
Olympic	Bike
	1 Teal Lap
	&
	then
	1 Pink Lap
	Bike
Sprint	2 Laps
Super Sprint	Bike
	1 Lap





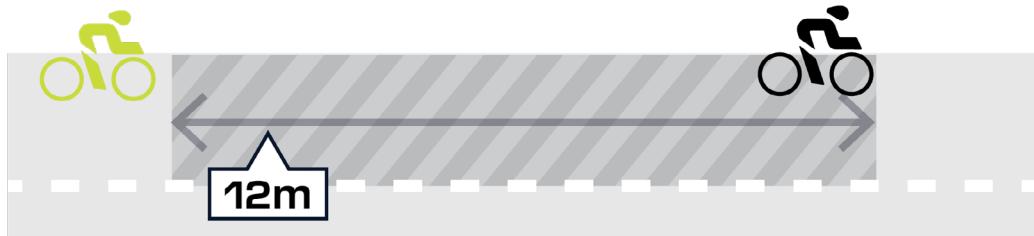
CANYON

Finally, we arrive. We've done the hard yards - the early mornings, the hardships, the struggles, the challenges. Now, the reward. From everyone here at Canyon, good luck. You've got it.

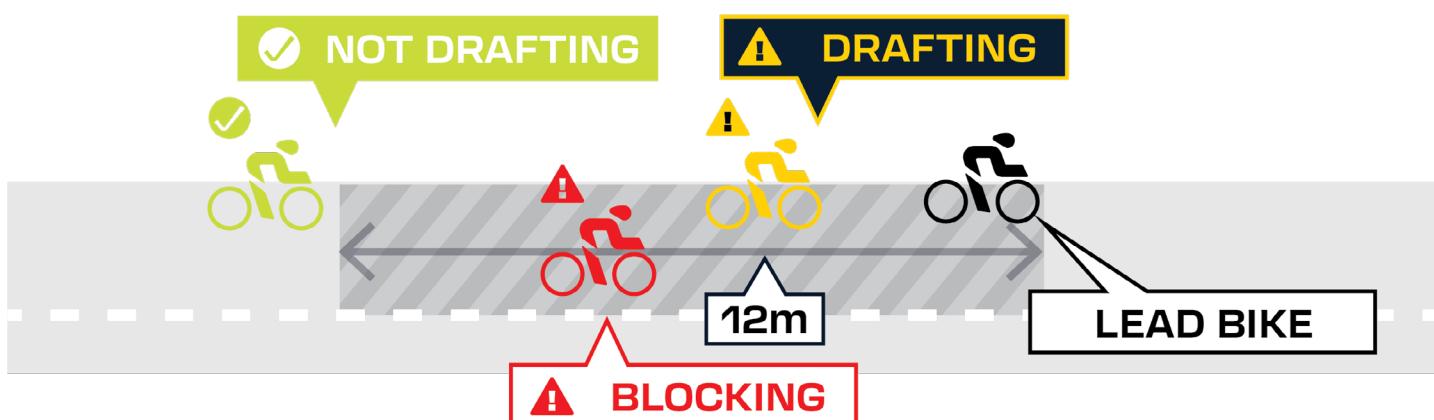
DRAFTING



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.

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	
100K	Two minutes	Two minutes	Disqualification

BIKE AID STATION LAYOUT

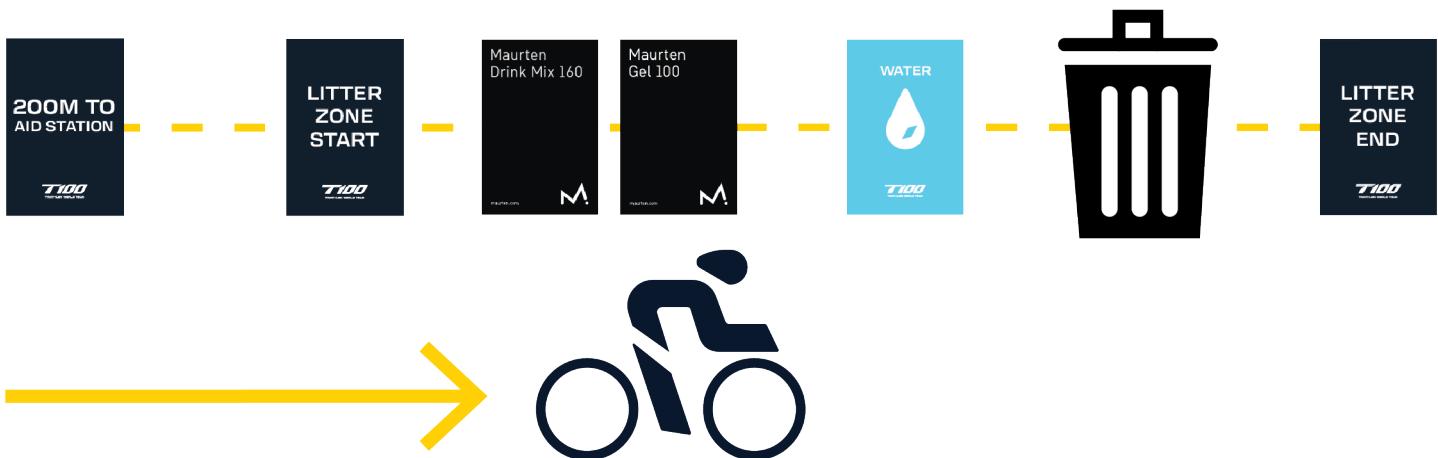


SUNDAY ONLY (100K AND OLYMPIC)

Pre-filled bike bottles of water and Maurten Drink Mix 160 (40g of carbs per 500ml bottle) will be provided only on the T100 100K 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.

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RACE DAY: RUN



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:

- **Super Sprint:** one lap of the 2.5km course
- **Sprint:** two laps of the 2.5km course
- **Olympic:** three laps of the 3.3km course
- **100K:** five laps of the 3.6km course

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

You should keep left, but always on the right-hand side of the central cone line. Be aware of other participants trying to pass you and 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.

RUN AID STATION LAYOUT

Each lap of the run course has three aid stations.

RUN AID STATION PROCEDURE

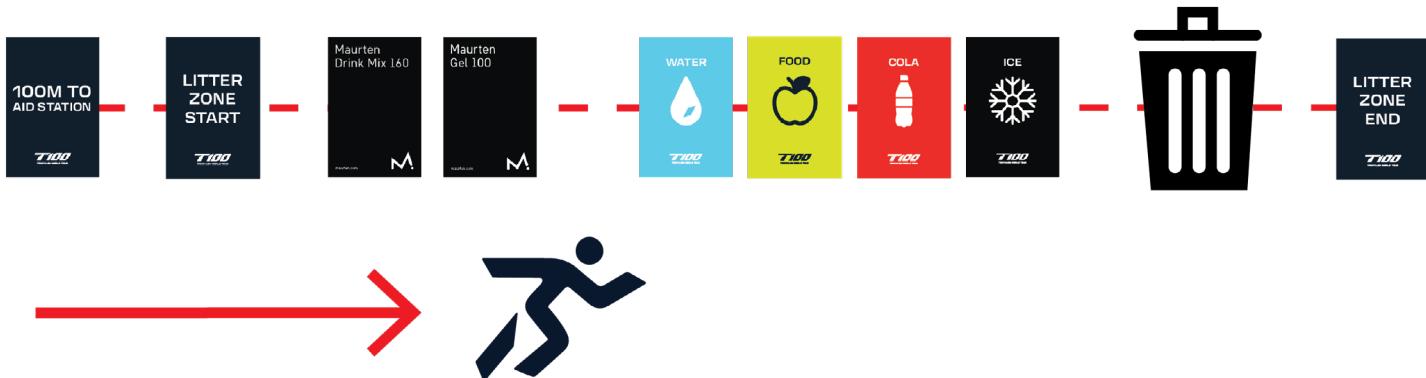
Slow down when entering aid stations. If you do not require any product from a run aid station, please stay to the right.

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. 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. The swimmer must remove their wetsuit outside the ExCeL building.

This is where they will meet their cyclist team-mate to hand over the timing chip. The cyclist must attach the timing chip before they do anything else, then the cyclist can make their way to their racked bike and onto the bike course. Remember: please wear your helmet before you unrack your bike!

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 before doing anything else.

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

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

3. RUN

The runner must wear the 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 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 via email. 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	
Sprint Waves	09:00-10:10
Super Sprint Waves	10:20-10:30
SUNDAY	
100K Waves	06:30-07:15
Olympic Waves	08:30-10:10

PRIZE-GIVING TIMES*

CATEGORY	TIME
SATURDAY	
Super Sprint	12:00
Sprint	12:30
Sprint Relay	13:00
City AM Challenge	13:10
Pro athletes	18:30
SUNDAY	
Olympic	14:30
Olympic Relay	15:00
100K	15:10

*Race and prize-giving schedules subject to change

SATURDAY BIKE CUT-OFF TIME

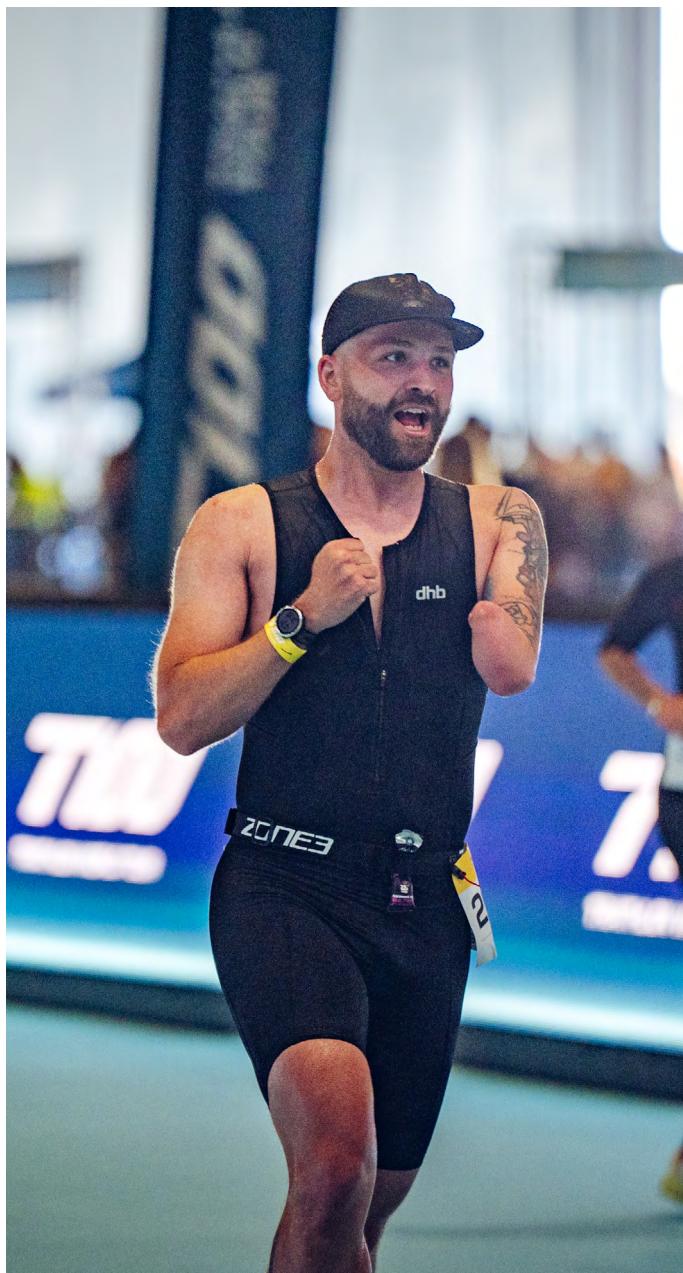
All cyclist must start their final lap by 11:20

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.



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 STORE

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

CHANGING FACILITIES

There will be a small changing area after the swim exit providing privacy from public view, which is available to any 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.

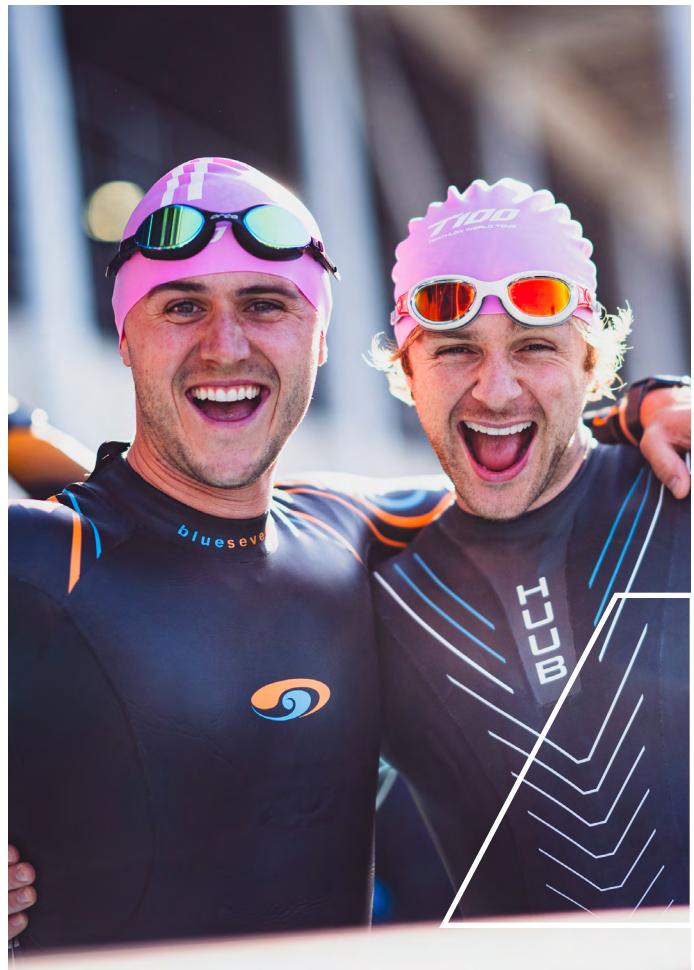
Please use the numerous litter bins around ExCeL to help keep the venue tidy. Please remember to recycle where possible.

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 9 August.

PTO+ APP

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



LITTER

Please use the bins provided. If using nutrition products while racing, please do not drop them on the floor, take them back with you or drop them in the bins in the litter zones (on the run/cycle 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 41 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!

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 44 for more information about volunteering at the event.



EQUIPMENT HIRE

BIKE HIRE

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

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

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

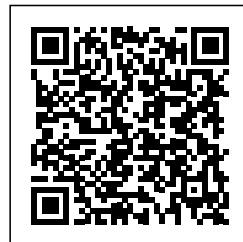
MORE INFORMATION

If, after reading this guide, you have any further questions about the event please email london@t100triathlon.com and one of our team will be in touch to help.



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 pros 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 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.

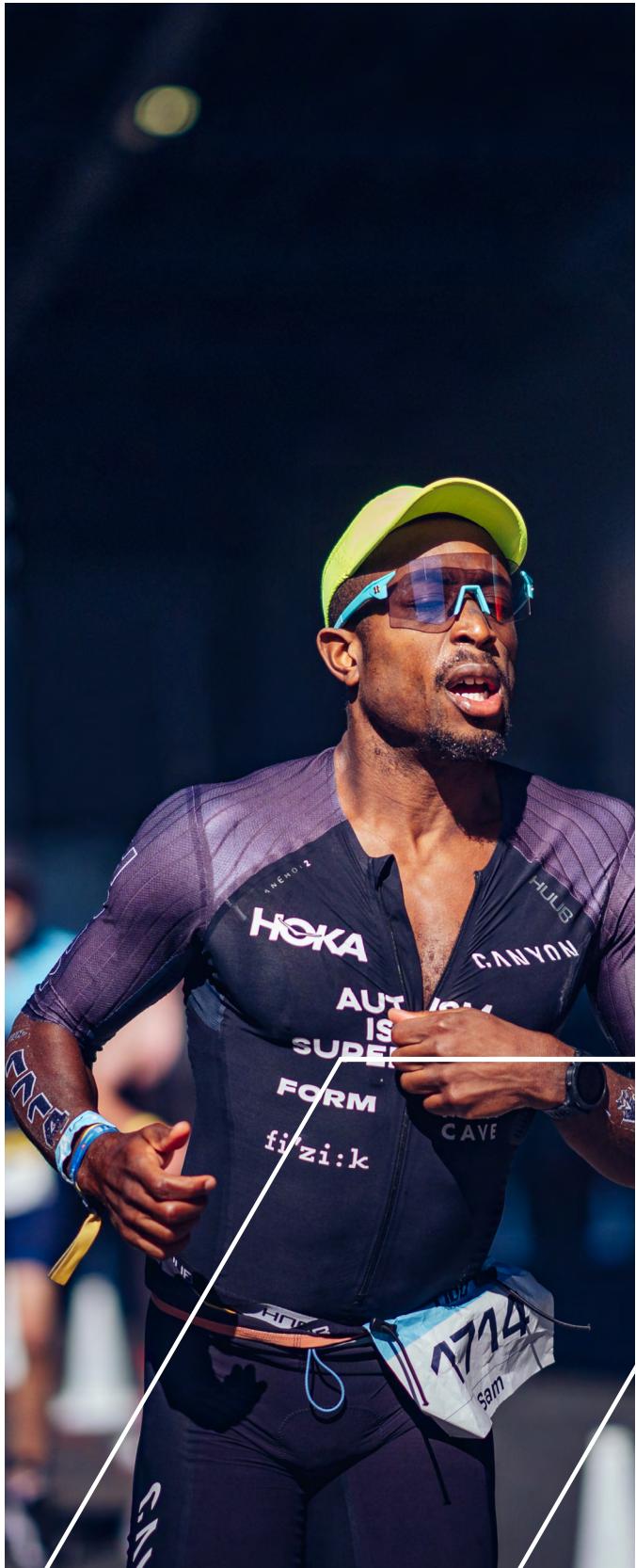
If the weather on Race Day is warm or humid do not try for a personal best but rather take it easy and enjoy the day. Serious heat-related medical problems are common, even in the triathlon.

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).



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.

The top three male, female and mixed relay teams (Olympic and Sprint) will receive a place medal. The top three teams in the City AM Corporate Challenge will receive a place medal.

AWARD CEREMONY TIMES

SATURDAY 9 AUGUST	
12:00	Super Sprint
12:30	Sprint
13:00	Sprint Relay
13:10	City AM Challenge
18:30	Pro Women
18:45	Pro Men
SUNDAY 10 AUGUST	
14:30	Olympic
15:00	Olympic Relay
15:10	100K



2026 EUROPEAN STANDARD DISTANCE TRIATHLON QUALIFIER EVENT

The London T100 Triathlon has been selected as a British Triathlon Age-Group Team Qualifier.

The 2025 Olympic Distance race will be a qualifier for the 2026 European Championship Standard Distance Triathlon.

Anyone who holds a British Triathlon Core or Ultimate membership and is a British national is eligible to try to qualify for the British Age Group Team.

Athletes who meet the eligibility requirements above and finish in the top four of their 2026 age group will qualify automatically.

Athletes who finish within 120% of the winner of their age group's finish time may still qualify if a slot in their age group rolls down to them. Find out more on the [British Triathlon website](#).

If you would like to be considered for selection, you must:

- Signify your intent to qualify for the Age-Group team during registration, this can be updated by editing your registration from your race dashboard.
- Record your intent to qualify on the [British Triathlon website](#).

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 12-13 2025.

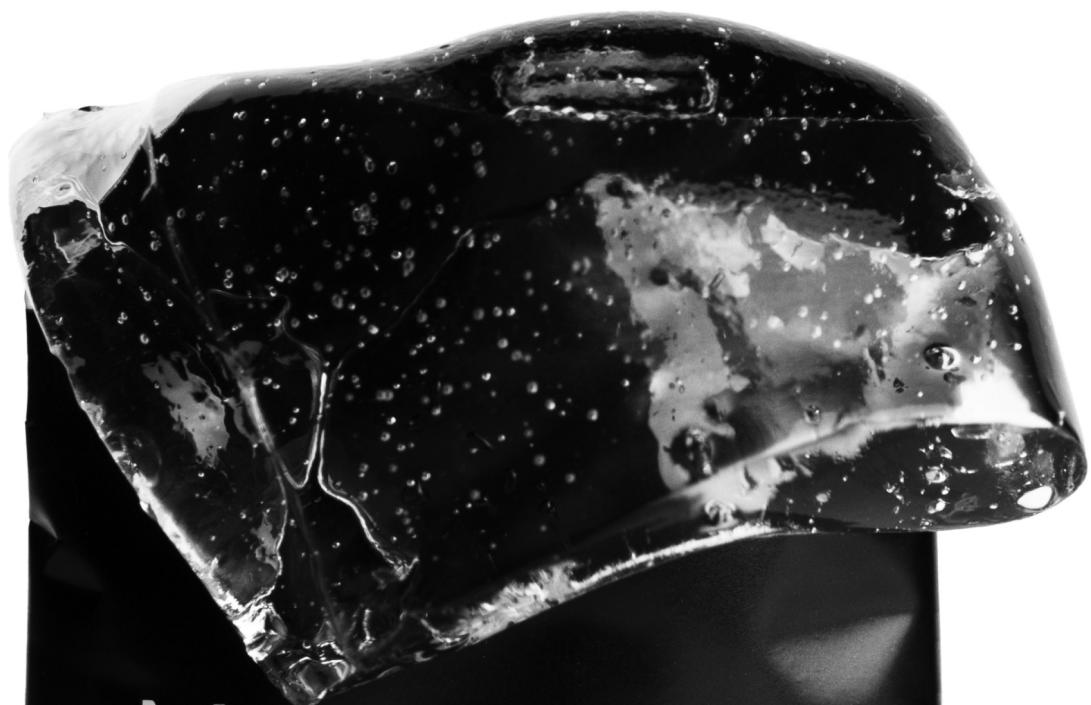
More information on the T100 Age-Group World Championships can be found on the [London T100 Triathlon website](#).

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

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 pro-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 9 August
05:00 to 12:00 on Sunday 10 August

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

This guide aims to cover everything you need to know about the London T100 Triathlon. However, if you have any questions, please check out the [frequently asked questions section of our website](#).

Some example questions include:

Q1. Where can I find my QR code?

A1. Your QR Code 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.

Q2. How do I find my confirmation email?

A2. 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!

Q3. How do I find out my start wave and time?

A3. We will confirm your wave start time via email closer to Race Day. Start times will also be listed on the [London T100 Triathlon website](#).



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