



GUILDFORD TRIATHLON

SPRINT DISTANCE & JUNIOR AQUATHLON
SUNDAY 26TH JULY 2026

EVENT GUIDE

IN SUPPORT OF:

MACMILLAN
CANCER SUPPORT



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AND OFFERS**



Macmillan Cancer Support

OFFICIAL CHARITY PARTNER



£50 could support the offer of a personalised eHNA assessment and care plan to 10 people living with cancer.

£161 could provide emotional support to one person living with cancer for around eight weeks, through regular support sessions with one of our Macmillan Buddies.

Macmillan has spent more than 100 years helping people living with cancer. From the moment someone is diagnosed, we're there with all the information, support and guidance they need, to help everyone with cancer live life as fully as they can.

The number of people living with cancer in the UK is at a record high and is still rising (almost 3.5 million), and every one of them needs the best support to meet their unique needs.

Thank you to everyone taking part for Macmillan, because of you, we can transform cancer care, raising the standard for everyone, everywhere today and into the future.

If you want to find out more about how you can get involved in Macmillan's events then head over to our website.

[Get Involved](#)



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For chasing limits

WELCOME

The RunThrough Team is excited to have you join us for your upcoming race!
Our mission is straightforward:

To inspire active nations through running & multi-sports.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running & triathlon enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all participants.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team



JESS

JESS

WILL

SIMON

TRAVEL

Address: Surrey Sports Park, Guildford, GU2 7XZ

- By Car:** Event parking is available at Surrey Sports Park- [HERE](#) and at the Bright Horizon Car Park, located [HERE](#) **Please remember to pay and display at both these locations.** We advise arriving early as the car parks are a short walk from the event village. Please note, parking in front of sports park will be limited.
- By Public Transport:** If arriving by train, the closest train station is Guildford which is only 2K away (approximately 25 minutes' walk and 10-minute cycle.

If taking the bus, there are lots of stops nearby, please click [here](#) to see your options
- By Bike:** There is no formal bike parking (aside from the transition zone). But there are a few benches and side railings you will be able to lock your bike to.



what3words

Event Village:

///curiosity.atomic.slip

RACE PACK

START TIMES

7:00am- Triathlon Wave 1

7:45am- Triathlon Wave 2

8:45am- Triathlon Wave 3

10:00am- Aquathlon TriStart Start (Age: 8 Years)

10:15am- Aquathlon TriStart 1 (Age: 9-10 Years)

10:30am- Aquathlon TriStart 2 (Age: 11-12 Years)

10:45am- Aquathlon TriStart 3 (Age: 13-14 Years)

These times are the start of the wave, please note you will be set off staggered from this time onwards.

Your wave will be emailed to you later in the week.

Collection times:

We advise collecting your pack 90minutes prior to your wave start time. Please arrive no later than 40minutes prior to your start.

- On arrival, head to registration located in by transition (at the 3G pitches) to collect your race pack, and rack your bike.
- Registration will consist of desks representing the distances stated above.
- Your bib number will be assigned on the day.
- Bib numbers are to be worn on your back during the cycle, and your front in the run. We advise wearing a tri belt for easy transition.
- Junior Aquathlon registration will take place in the main event village, by the swimming pool.

INCLUDED:

- ANKLE CHIP (TO BE WORN ON YOUR LEFT ANKLE)
- STICKER FOR YOUR HELMET
- STICKER FOR YOUR BIKE (WRAP AROUND SEAT POST)
- SWIM CAP
- BIB NUMBER & BAGGAGE LABEL
- WRISTBAND, FOR EASY IDENTIFICATION IN THE SWIM. (THIS NEEDS TO BE VISIBLE THROUGHOUT THE DURATION OF THE EVENT)



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib.

This will help us in case of an emergency!

[CLICK FOR FORM](#)

[CLICK FOR ENTRY LIST & RESULTS](#)

EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING NEARBY



**SPECTATORS
WELCOME**



TOILETS

For this event, there will be toilets and changing rooms available in the leisure centre.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

MEDICS

Our expert, Event Medics, are contactable throughout the race. They are on hand to respond to medical situations and coordinate with the RunThrough team or external emergency medical services if necessary. If you have any issues, they can be contacted on the following number. Please save this in advance of your race.

Medic Number: 07858 605 855

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that sport truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other participants, race staff & members of the public.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**
- **Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.co.uk.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

RACE INSURANCE

Please note you need a BTF permit to take part in the Aquabike and Triathlon aspects of this event. You may have purchased day pass insurance at the time of entry, if not, don't worry this can still be purchased [HERE](#).

If you are already a BTF Member, please check your booking to ensure you completed your licence number accurately during the registration process. All licence numbers will be validated by BTF before the event and any participants with an invalid BTF licence number will be asked to show an online copy at registration.

RACE PREPARATION

The transition zone & registration will be open from 5:30am for participants to sign in and rack your bike, leave trainers and drop off any other race essentials. You can choose where in the zone you would like to set up.

When entering the transition zone to drop off your bike and personal belongings, please ensure your helmet is securely fastened and that all race numbers are correctly attached. This includes your bib number, ankle chip, helmet number, bike number and your wristband clearly visible.

Marshals will be checking these before allowing access into the transition zone.

Please keep the transition zone tidy, and only leave race essentials such as trainers, gels and water here (1 small bag). For any other belongings, please use the bag drop provided in the event village.

Please note, British Triathlon has implemented a new 2026 rule banning full sized towels in transition to reduce clutter. Athletes are now limited to a small, maximum 12" x 12" (approx 30cm x 30cm) flannel or towel, which must be kept inside a shoe or placed directly under the bike rack. Please make sure you adhere to this new rule as officials will be monitoring this during the race.

Please arrive early to ensure you can collect your race pack, get racked and walk to the swim entrance.

There will also be a junior aquathlon transition zone located next to the Swim exit where can leave your trainers and any additional clothing.

Please note, the transition zone is a 5minute walk from both the car park and the leisure centre, please arrive early to ensure you can collect your race pack, get racked and walk back to the leisure centre ready to swim.

RACE BRIEFING & STARTS

There will be a mandatory race safety briefing on the pool side before your race start. Please arrive at this ready to swim.

Athletes need to be ready at the swim entrance 10 minutes prior to the start time. Here you will have your safety briefing before you'll be set off.

THE SWIM

Athletes need to be ready at the pool entrance 10 minutes prior to your wave start time. Here you will have your safety briefing before you'll be lined up on pool side in number order (lowest first).

You will be started one by one and when the swimmer in front is half way down the lane we'll start the next person.

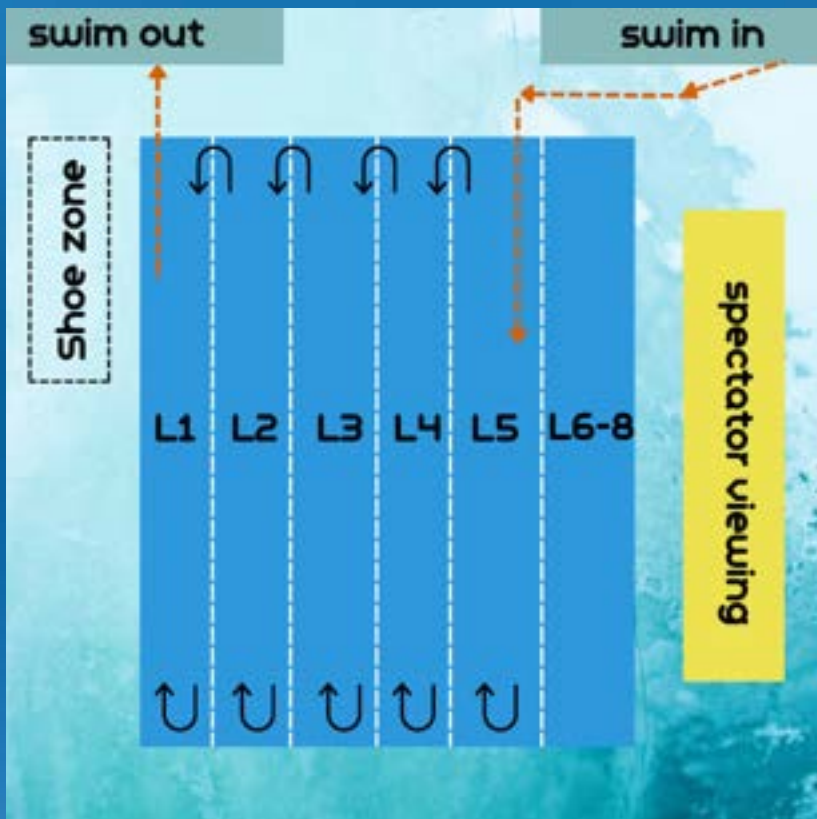
Should you choose to bring shoes (eg flip flops/sliders/crocs) into the pool to aid with exiting to transition, these can be left in the shoe zone by the swim exit.

The swim is 500m, following 10 lengths of the 50m pool.

You will start in lane 5, swim up, turn in the lane, swim down lane 5 and then duck under the lane rope to enter lane 4 and follow the same process until reaching the end of lane 1 where you will exit the pool.

If you catch up to the swimmer in front of you, lightly tap their feet to signal that you intend to overtake.

If your feet are tapped, you must allow the swimmer behind to pass before the next turn.



SWIM RULES

Swim caps must be worn at all times whilst in the water. These will be provided at registration and will be colour coordinated to your race.

Goggles are optional, but highly recommended.

No nudity is permitted anywhere during the event, including transition. You are advised to wear a trisuit or add a top and shorts over your swimwear.

TRANSITION

After completing the swim you will have a 300m run to reach the transition zone and find the spot where your bike is racked.

The start of the transition zone will be clearly marked.

Please follow the instructions of marshals who will guide you away from potential areas of congestion (eg near the entrance/exit to transition).

Failure to comply with these rules will result in you being asked to backtrack and complete the action correctly.

If you don't comply with the marshals instructions your race number will be passed to the Technical Official who can issue a penalty or disqualification decision.

When you reach your bike, please leave your swim hat and goggles underneath your own bike area to avoid impeding other athletes. **You must put your helmet on and have it fully fastened before you touch your bike.**

Remove your bike from the racking and walk/run your bike to the 'Bike Out' exit. You must not ride or scoot your bike until you have left transition. You must then mount within the mount zone and before the final mount line. This will be clearly marked with flags and a solid line on the floor. Anyone mounting early will be asked to stop and re-mount in the correct area.

After completing the bike section **you must get off your bike before you cross the dismount line.** Yet again this will be clearly marked. **You must not undo or remove your helmet until your bike is racked back in its original position.**



THE BIKE

You can only mount your bike after leaving transition. This will be clearly marked with flags and a line on the floor.

The bike course follows a 23km undulating circuit around the scenic Guildford countryside towards Worplesdon, Pirbright and Normandy.

Please note, the roads are open to vehicles. The highway code must be followed at all times, and should there be vehicles on the course, normal rules of the road must be adhered to.

Due to the event taking place early on a Sunday morning, we do not anticipate too many vehicles on the course.

Please note, near the start of the bike route there is a set of traffic lights. There will be a dead zone in operation here, so your time will not be affected by the wait. You will cycle over a timing mat that will stop your chip time, when the lights go green, you must set off again, and your time will re-start.

(This dead zone will be staffed to ensure all cyclists do stop at the red lights and set off on the first green light. This dead zone is not to be abused for excess recovery.)

There will be marshals, signs, arrows and a medical team along the route. However, there will be no assistance available if a tyre was to puncture on the cycle route, we advise you bring a spare kits attached to your bike for such eventualities.

At the end of your cycle, you will be directed back into the transition zone.

Drafting is not permitted at any time. This means you must keep a 12m gap between you and the cyclist in front. Please communicate clearly with other cyclists when overtaking to keep each other safe. Drafting rules can be seen [HERE](#).

You will not be allowed to compete without a helmet.



THE RUN

After racking your bike you can unfasten and remove your helmet to head straight out for the final discipline, the run.

The route follows a 5km scenic trail loop around the University of Surrey sports grounds and neighbouring forest paths.

The circuit will be signed with red trail flags & red arrows. It will be marshalled throughout.

Please note this route is predominantly on trails and grass, please wear appropriate trainers or trail shoes, and expect mud in places.

We ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only their safety but allow for the best experience throughout the race.

WATER STATIONS

There will be a water station at the 1.5km point in the run. Please help yourself to this as you pass.

We advise carrying your own drinks/gels on the bike as there will be no water station provided along the route.

Please discard all litter and bottles within the signed litter zones or with your belongings at transition. There will be large bags and bins within these sections. There will be a litter zone on the bike route, and just past the water station on the run route.

There will be a bottle of water waiting for you at the finish line.

We recommend bringing your own drinks to stay hydrated in the lead up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



Please note, headphones are not permitted. It is imperative you are aware of your surroundings at all times and can hear any marshal instructions during the race.



COURSE MAPS

Bike Route



[CLICK FOR INTERACTIVE MAP](#)

Run Route



[CLICK FOR INTERACTIVE MAP](#)

TRISTAR AQUATHLON RACES

Tristar races will consist of a swim and a run.

Your bib number will be assigned on the day at the registration desks. This number will be written on your hand, shoulder and leg with a black marker pen, for easy identification in the pool.

Bib numbers will represent your age category for easy identification throughout the event.

Any supporting parents/ guardians will be issued a wristband that corresponds with the child bib number, this is to be worn by the adult, and will permit access to the TriStar zones.

The races will consist of the following distances:

9:30am- (TriStar Start) SWIM 50m / RUN 500m (Age: 8 Years)

9:45am- (TriStar 1) SWIM 150m / RUN 1.5km (Age: 9-10 Years)

10:00am- (TriStar 2) SWIM 200m / RUN 2km (Age: 11-12 Years)

10:15am- (TriStar 3) SWIM 300m / RUN 3km (Age: 13-14 Years)

The transition zone will be located by the 'swim out' and will be staffed throughout the morning. Once you have collected your bib you will be permitted access to this area to drop off any trainers/ clothing required for the run.

This transition zone will be clearly sign posted from the main event village.

TRISTAR PARENTS AND GUARDIANS

Parents will be invited to join the safety briefing before the race starts. From here you may head into the swimming viewing area and/or out into the event village.

We would like to encourage Tristars to complete the event by themselves, this means that no parents or guardians will be permitted into the transition zone at any point. This includes during the race and when dropping and collecting belongings before and after the race.

After the race, Tristars will be funnelled into a penned off area where you are invited to collect your child from.

This will be clearly signed from the finish line with our big blue flag.

You will be asked to show your wristband to collect your child, before they leave the finish pen. Please have this ready to display to our staff at all times.

Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

TRISTAR AQUATHLON SWIM

Tristar athletes are required to attend a race briefing 10 minutes prior to their swim start time. This will take place by the swim entrance.

Parents/guardians are invited to also join this before heading into the pool.

Tristars will be set off in bib number order, once the swimmer in front has reached half way down the lane, the next participant will start.

Tristar Start: 1 length (50m)- Start top end of lane 1

Tristar 1: 3 lengths (150m)- Start top end of lane 2

Tristar 2: 4 lengths (200m)- Start bottom end of lane 2

Tristar 3: 6 lengths (300m)- Start bottom end of lane 3

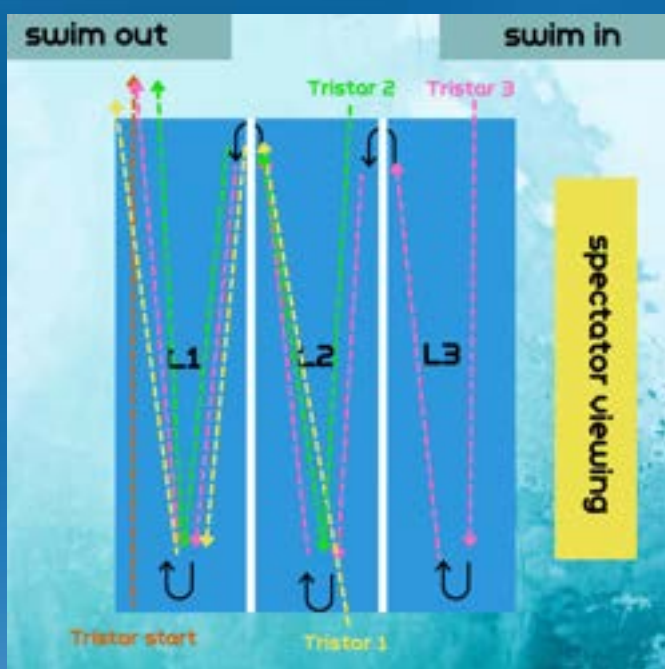
The swims will flow up and down each lane from the start until they reach the exit- see diagram.

TRISTAR TRANSITION & RUN

On leaving the pool Tristars can remove their swimming caps and goggles and will run out to the transition zone to find their trainers.

In the transition zone Tristars will be instructed to put their trainers on (and clothing if wearing a swimsuit rather than a tri-suit).

From here Tristars head out onto a run. There will be marshals and signs on the course to direct the different age groups on their respective courses, before heading into the finish funnel.



THE MEDAL



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

These will consist of a bottle of water and snacks from our sponsors.

BIKE COLLECTION

Once you've finished, you will be allowed back in to the transition area to collect your bike. Please have your wristband ready to show.

Remember to also take your race number with you as it will be required to match to the number on your bike and helmet before you'll be allowed to leave.



EVENT MERCH

If you have purchased an event T-shirt or hoodie with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered kit, but would like to purchase some, these are available below.

*(Please note: Kit purchased within 4 days of the race may not be ready to collect.
Any kit not ready for collection will then be posted out.)*

PURCHASE HERE



RESULTS & PHOTOS

PHOTOS

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

Click the camera to visit the page!



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Q runthroughuk



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**RESULTS AVAILABLE AT
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- **£100 - MARATHON/ULTRA**

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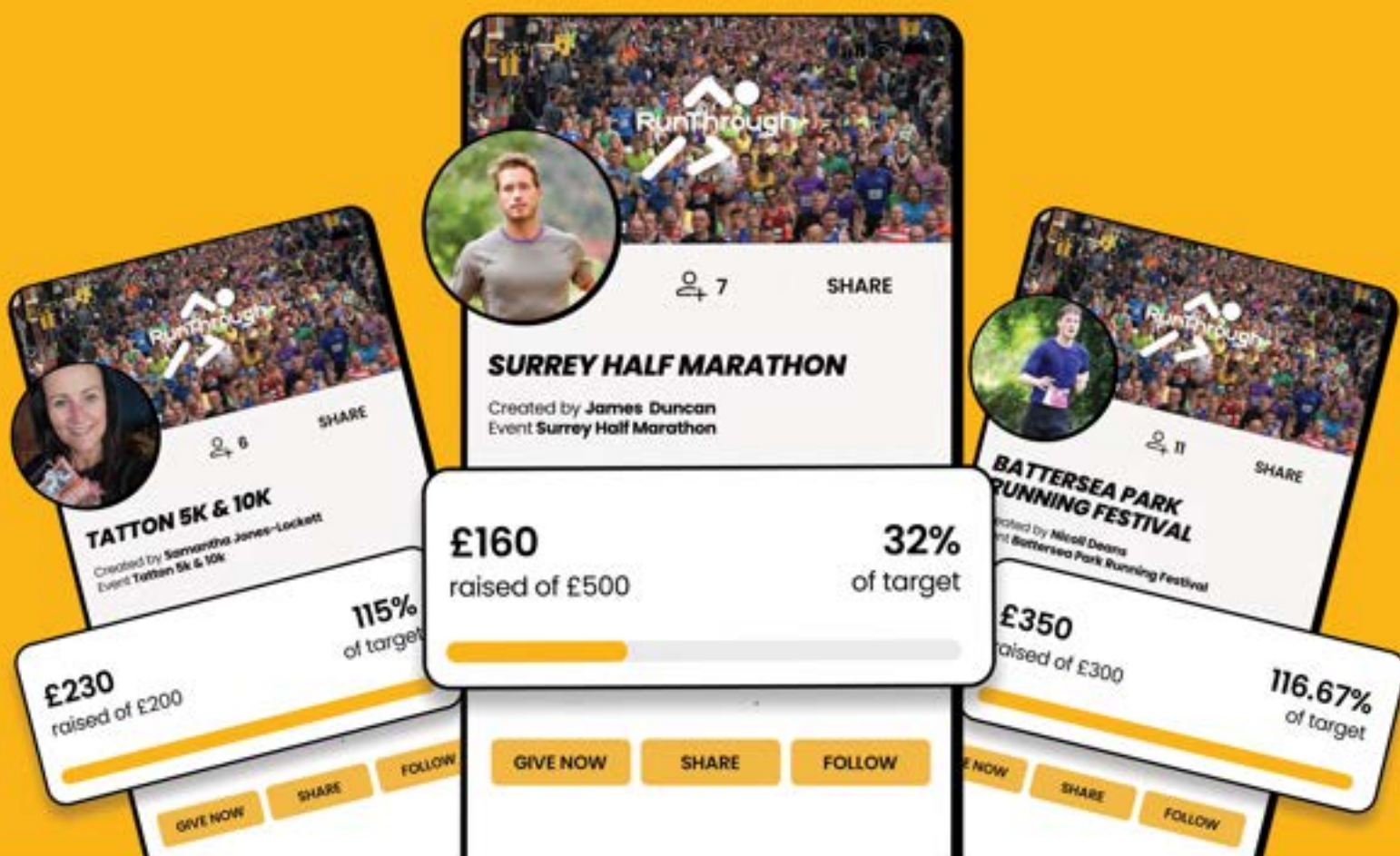
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