

ROYAL
WINDSOR
TRIATHLON

PRESENTED BY



THE UK'S OLDEST TRIATHLON
EVENT GUIDE

SUNDAY 14TH JUNE 2026

YOUR RACE EXPERIENCE

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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](#)



**MACMILLAN
CANCER SUPPORT**

A registered charity



Registered with
**FUNDRAISING
REGULATOR**

WELCOME

The Royal Windsor Triathlon team are excited to have you join us for your upcoming race!

We look forward to welcoming you to the 2026 Royal Windsor Triathlon Presented by Sigma Sports on the 16th June when this award-winning event will celebrate its 35th edition. Taking place in the historic town of Windsor, the magnificent backdrop of Windsor Castle provides a stunning setting for a triathlon.

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

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

Wishing you the best on race day!

The Royal Windsor Triathlon



TRAVEL

Address: Alexandra Gardens, Windsor, SL4 3HY

By Car:

Windsor is 30 miles west of London and is accessible via the major motorway networks: from M3 exit at Junction 3; from M4 exit at Junction 6; from M25 exit at Junction 13 and from M40 exit at Junction 4 or Junction 2.

Parking:

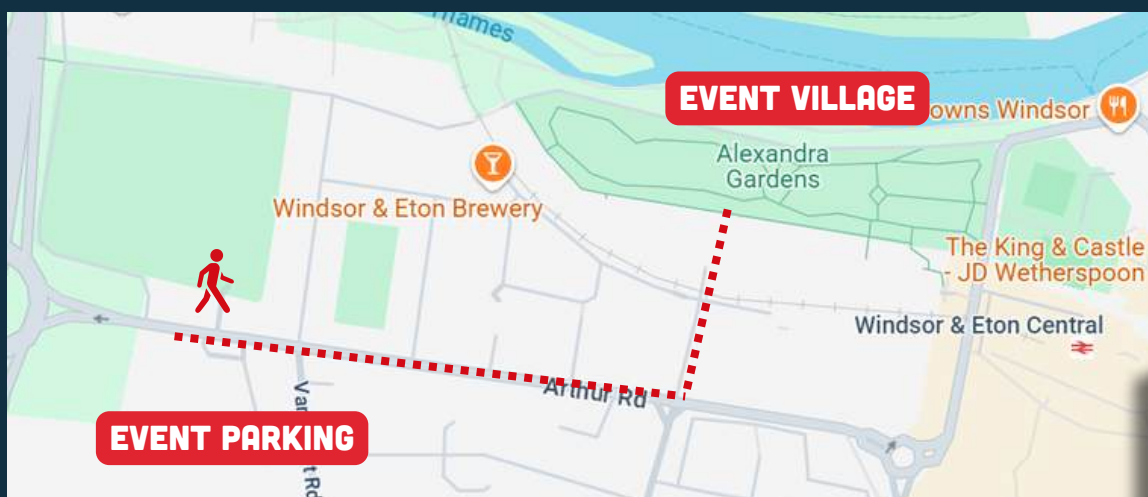
The competitor car park is located at Windsor AFL Ground, 7 Stovell Rd, Windsor SL4 5JB, for both Saturday and Sunday. Car park opening times are Saturday 9:45 to 17:00 / Sunday 04:00 to 15:00. Please inform the parking attendants if you intend to leave your car in the car park overnight. NB: The car park will be closed and locked up on both days. There will be NO access to remove your vehicle after the closing hours. There will be toilets in the car park.

Please note, there is no camping permitted overnight.

Parking is £20 per car for the whole weekend, please pay on entry on Saturday to cover both days. This cost goes directly to Windsor Boys' School PTA to support their sports department. Payment can be by cash or card. If paying by cash, please have the exact amount, as change won't be provided.

By Public Transport:

Windsor is served by two train stations, Central and Riverside. Both are situated a few minutes walk from the Event Village. First Great Western operates services from London Paddington, change at Slough onto the branch line that links with Windsor & Eton Central. South West Trains operate from London Waterloo to Windsor & Eton Riverside – journey time is approx. 55 minutes. Please check train times for the early Sunday start.



what3words

Event Village
[///dusty.asleep.dose](https://www.what3words.com/dusty.asleep.dose)



REGISTRATION

**REGISTRATION WILL BE ON SATURDAY 13TH JUNE AT: 10:00 – 15:00
THIS WILL TAKE PLACE IN THE EVENT VILLAGE IN ALEXANDRA GARDENS.**

Bike racking in the Transition Area will be ordered by wave (it will not be numbered racking). You will be guided on where to rack your bike by our marshals on entering the transition zone. Security will be in place overnight. NO registration or racking is allowed on Sunday except for those that signed up for 'Sunday racking'.

Please keep the transition zone tidy, and only leave race essentials such as trainers, gels and water here (1 small bag will be provided at registration, please use this where possible). For any other belongings, please leave in your car or with a spectator.

When racking your bike on Saturday you must also bring your bike helmet which should be left overnight with your bike. If you do not show a helmet when racking on Saturday or choose not to leave it, you must present your helmet to a Technical Official in transition on Sunday morning, prior to your wave start. Failure to do this could result in you being delayed during transition or disqualified.

ALL BIKE RACKING (WITH HELMETS) 10:00 – 15:00 – THERE WILL BE NO EXCEPTIONS



WAVE TIMES

	WAVE	TIME	CATEGORY	RACKING	SWIM CAP
SPRINT	1	06:00	FEMALE	Saturday	Blue
	2	06:05	OPEN- UNDER 40	Saturday	Blue
	3	06:10	OPEN- 40 & OVER	Saturday	Blue
	4	06:15	RELAYS & SUNDAY	Saturday	Blue
OLYMPIC	5	06:30	FEMALE- UNDER 30	Saturday	Red
	6	06:35	FEMALE - 30 & OVER	Saturday	Red
	7	06:40	OPEN- UNDER 26	Saturday	Red
	8	06:45	OPEN - 26-29	Saturday	Red
	9	06:50	OPEN- 30-34	Saturday	Red
	10	06:55	OPEN - 35-39	Saturday	Red
	WAVE BREAK				
	11	07:10	OPEN - 40-49	Saturday	Red
	12	07:15	OPEN - 50 & OVER	Saturday	Red
	13	07:20	RELAYS & FEMALE SUNDAY RACKING	Sunday	Red
	14	07:25	OPEN- UNDER 40 SUNDAY RACKING	Sunday	Red
	15	07:30	OPEN- 40 & OVER SUNDAY RACKING	Sunday	Red



WAVE DETAILS

You can find out which wave you are in by checking the entry list on our website [HERE](#). Please ensure you know your wave before arriving at the event.

YOUR AGE IS AT 31ST DECEMBER 2026, NOT YOUR AGE ON RACE DAY.

SUNDAY RACKING MIXED WAVES We will release a start list in the week prior to the race on the website confirming the specific waves for each participant. There will be a race briefing by the swim start area 4/5 minutes before each wave start which you **MUST** attend. Please plan your time accordingly.

Please note these are **PROVISIONAL** wave times and are subject to change.

SPRINT

**& SPRINT TEAM
RELAY**

**SWIM 750M
BIKE 22KM
RUN 5KM**

OLYMPIC

**& OLYMPIC TEAM
RELAY**

**SWIM 1500M
BIKE 40KM
RUN 10KM**

RACE PACKS

COLLECTING YOUR RACE PACK:

In order to collect your race pack, you will need to show your booking confirmation email, and state your full name at registration - the team will then assign you a race number and issue you with your race pack and timing chip.

Please note- no race packs will be posted out. You must collect your race pack on Saturday, unless you've signed up for Sunday racking.

IN YOUR RACE PACK:

TWO RACE NUMBERS One must be clearly visible on your back for the bike and on your front for the run. You will receive a time penalty if we can't see your number. Please do not cut or fold these numbers – penalties will be issued for number mishandling. Number belts can be used.

THREE STICKY NUMBERS One should be affixed to the front of your helmet, the long sticker goes around your seat post and the final number is for your bag left in transition.

TIMING CHIP You will need to collect your timing chip strap when you collect your pack at registration. A numbered security wristband will also be included in your pack which you will receive at registration on the Saturday.

This will be attached to your wrist and must not be removed until after the race on Sunday. Removal of your bike from the Transition Area will not be possible without this wristband. At Transition, please be prepared to show your security wristband and race numbers at all times.



SUNDAY RACKING

THE BELOW INFORMATION ONLY APPLIES IF YOU SPECIFICALLY PAID FOR SUNDAY RACKING WHEN YOU ENTERED THE EVENT. IF YOU DID NOT, YOU MUST REGISTER AND RACK YOUR BIKE AND HELMET ON SATURDAY. YOU WILL NOT BE ALLOWED TO RACK ON SUNDAY. THERE WILL BE NO EXCEPTIONS.

If you signed up for SUNDAY RACKING when you entered. Please visit the registration desks on arrival. **You will need to collect your timing chip and race pack from the registration desks on the morning.**

Please ensure that you arrive at Transition Check-In in plenty of time to rack and get prepared. Ensure that your numbers are already pinned onto you/attached to your bike and that your helmet is on and done up **BEFORE** you present yourself at check-in to prevent any hold ups.

Transition will be live with others already racing so please be aware of your surroundings and obey instructions from marshals.

If you want to rack on Saturday along with everyone else, you can!

RELAY TEAMS

ONLY THE CYCLIST of the relay team is required to register on Saturday. Please ensure this member of the team has their helmet which will be checked it fits securely, and the bike ready to rack.

IN YOUR REGISTRATION ENVELOPE YOU WILL FIND:

SWIM CAP: This is to be worn by the swimmer.

STICKERS: These are for the cyclist's helmet, seat post and transition bag.

RACE NUMBER: This is to be worn on the back by the cyclist and the other race number is to be worn on the front of the runner.

TIMING CHIP: This is your baton! Please make sure this is tightly secured to your left ankle, and passed between participants in transition.

SUNDAY TIMINGS

TRANSITION OPENS 4:30AM

We recommend you get there early and leave with plenty of time to do so!

No bike racking will be allowed on the Sunday (apart from Sunday Racking participants – no other exceptions).

If you arrive in Transition during the race, please give way to those who are racing and be alert at all times.

Please follow marshal instructions – this is for safety reasons as competitors will be starting and racing through Transition from just after 6:00 am.

Please be aware that for safety reasons in a busy transition, participants who have completed the event will not be able to remove their bike from transition until after the final participant has started the bike element- you will however be allowed in earlier than this time to retrieve your warm clothes & personal belongings. Please however, collect your bike by 12:00 when transition closes.

RELAY TEAMS

To avoid congestion, ONLY the changeover member will be allowed in Transition.

We will not allow all three members in the area during the race.

Please note that ONLY competitors will be allowed in transition, no children or babies will be allowed in.

No kit boxes or covers can be left in transition. You will be provided with a transition suitable bag at registration.



RACE LICENCES

This event is affiliated with the British Triathlon Federation (BTF) so please remember to bring your triathlon race license and photo identification. This will speed up registration.

If you are not a member of Triathlon England, Triathlon Scotland, the Welsh Triathlon Association or equivalent, then you will have to pay the £8 for the Race Pass fee (£2 for under 24s).

You must purchase this online before Thursday 11th June.

To purchase your £8 on the day BTF membership click **HERE** and select 'Buy Race Pass' under your Royal Windsor Triathlon 2026 entry.

TIMING

You will need to collect your timing chip strap before you leave the registration marquee. The timing chip should be threaded through the Velcro strap and placed on your left ankle. You will receive a total finish time when you cross the finish line. We will endeavour to provide you with all your timing splits.

NO TIMING CHIP = NO TIMING SPLITS OR FINISH TIME

You are responsible for your timing chip. If you lose it, you will be charged a £10 replacement fee, **SO PLEASE DON'T LOSE IT.**



EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking



**Spectators
Welcome**



Bike Mechanic



REFRESHMENTS

- There will be food vendors in the Event Village on both days serving a variety of hot and cold food and drinks.
- Please be aware that there is no water source available in the event village before you start and so you must fill your water bottles that you need at home and arrive on site with them already pre-filled.

IN THE AREA

Please do support the local businesses whilst you are in Windsor – there is a fantastic array of different things to do & see! However, please do not forget the closure times of the participant car park – if you intend to stay later please move your car elsewhere as the gates will be locked and cannot be reopened!



TOILETS

Toilets will be provided in the Event Village and the Car park at Windsor AFL Ground.

We do not provide any changing or shower facilities.

RACE DAY ETIQUETTE

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 our 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 athletes, 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 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.

THE SWIM

We suggest you take a walk to the swim start on the Saturday to familiarise yourself with the route and how long it will take to get there. It is approximately a 10 minute walk to the start from Transition.

Please do not underestimate this distance and aim to arrive there in plenty of time.

You will be walking on tarmac and grass so you may want to consider bringing a pair of old flip flops or shoes to wear for the walk.

After the starts, all shoes will be taken back to the information marquees where you're welcome to collect them. Please note, this will not be manned, so anything left will be at your own risk and any left after the event closes will be disposed of.

Please note that should you do this it is entirely at your own risk and we can't guarantee that they will still be there when you return. The area will be checked again at 12:45 and any shoes still left there at that time will be disposed of.

A wave will start every 5 minutes and for safety each wave will be required to have a briefing before starting.

You will not be able to join a different wave and must be present for your briefing to take part – please aim to be at the swim start location a minimum of 10-15 minutes before your wave time.

The course is marked with orange buoys, please keep these on your left as they will separate the swim channel from the section of river that has to be left open to boats.

Both distances swim downstream to start with. The Sprint will then exit, as the Olympic distance heads up to Windsor bridge. Here the route U-turns to follow the left bank upstream keeping the red buoys on your right (separating you from the downstream swimmers) up to the swim exit point.

Additional water checks are being carried out frequently in the lead up to the event. Should anything concerning arise, this will be communicated in advance.



SPRINT

(CLICK FOR INTERACTIVE MAP)

OLYMPIC

(CLICK FOR INTERACTIVE MAP)

THE OFFICIAL WATER TEMPERATURE WILL BE TAKEN AT 5.00AM ON RACE DAY. UNTIL THAT TIME WE CANNOT GIVE OUT ANY INFORMATION ON WATER TEMPERATURE. ALL COMPETITORS ARE ADVISED TO BRING A WETSUIT IN CASE THEY ARE COMPULSORY ON THE DAY.

THE BIKE

We suggest you take some time on Saturday to walk around transition and familiarise yourself with Bike Out and Bike In locations.

The mount point requires a run of approximately 325m from bike out. Please note that the Olympic distance will feature a 2nd lap of the top loop of the course.

Please make sure that you study the course map and familiarise yourself with where the 2 split points are for when you will do this, and make sure you keep your head up and look out for these on the day.

These locations will also be signed.

Make sure you do not just follow those in front of you and rely on them to wayfind for you as they may not be reading the course correctly, or may be on a different lap.

The roads are open to live traffic and you must obey all Highway Code Rules and road regulations at all times.

You MUST always wait and give-way where required at junctions and roundabouts.

Please always be aware of and respect other road users, and please obey all road regulations, highway signage, specific event signage and traffic signals + Stop/Go Boards.

PLEASE ENSURE YOU FAMILIARISE YOURSELF WITH THE HIGHWAY CYCLING CODE

SPRINT



SPRINT

([CLICK FOR INTERACTIVE MAP](#))

OLYMPIC

([CLICK FOR INTERACTIVE MAP](#))



THE RUN

The run course incorporates the spectacular Long Walk enabling you to run on royal grounds.

When you arrive in transition please take time to familiarise yourself with the location of Run Out.

The Olympic distance is 3 laps and the Sprint 2 laps.

The Olympic distance run course turns further up the Long Walk than the Sprint distance.

On the approach to their turn, Sprint participants need to look out for any Olympic participants on the return leg of their section before turning to prevent any collisions. Please keep right at all times on the run.

A WATER STATION WILL BE AVAILABLE ON BOTH COURSES.



SPRINT

[\(CLICK FOR INTERACTIVE MAP\)](#)

OLYMPIC

[\(CLICK FOR INTERACTIVE MAP\)](#)



TRANSITIONS

After completing the swim you will have a short 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 reach the mount line. You must then mount after you have crossed 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 after the line.

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.**

Please leave your transition area tidy to avoid impeding other athletes. Once you have your trainers on, you can run out of the transition zone.



COURSE INSTRUCTIONS

On the bike course please be aware that at all times you must give way as required at every junction.

The Marshals on the course are only there as the eyes and ears of our control room. They cannot direct traffic or yourselves.

They may or may not point the way to turn but this action should not at any time be taken as telling you when to go, or to indicate that the road ahead is safe.

You must always be responsible for your own decisions at all junctions/ roundabouts etc.

Please follow the Highway Code and be respectful of other road users. Please ride in single file and observe the event's nondrafting rules.

The run course will be closed at 11:45 when the finish line will be removed in order to re-open the roads on time. We reserve the right to stop you early and/or reduce the number of laps you do on the run course should we think that you will not achieve this time.

The decision of the technical officials on this will be final.

MEDICAL INFORMATION

Medical teams and ambulances will be on standby in case of accidents. If you see an incident, please report it to the nearest marshal who will alert the medical team. For your safety in the water, water based safety personnel will be positioned along the swim course as well as on the shore.

IMPORTANT If you have any medical conditions that you have not already disclosed then please inform us at Registration and please write any medical details on the back of your bib number. If you feel unwell on event day, whether you have a medical condition or not, then please don't take part!

EVENT RULES

THE EVENT WILL BE HELD UNDER THE RULES OF THE BRITISH TRIATHLON FEDERATION.

Under their rules, it is mandatory that all competitors must wear an approved helmet, that all cycles must be in a road worthy condition, and that all competitors are insured by third party civil liability insurance.

BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Race Pass Day Licence from the BTF. Licences will be required to be presented upon entry to the Registration Marquee – if you need to purchase a Race Pass Licence it will cost £8 (£2 for under 24s). This can be paid for [HERE](#).

THE BELOW ONLY LISTS OUT SOME OF THE RULES THAT YOU MUST ABIDE BY, THIS IS NOT A COMPREHENSIVE LIST – PLEASE REFER TO BTF RULES WHICH YOU CAN FIND [HERE](#).

- **NO Boxes** in Transition.
- **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.
- **NO mobile phones**, personal stereos, MP3 players or iPods to be used in Transition or during the event itself at any time. Transition is live throughout with people moving at speed through it. This rule is for the safety of yourself & others, awareness of your surroundings is reduced whilst using them and so persons may accidentally collide and cause injury or cause delays.
- It is **FORBIDDEN to mark your position** in Transition.
- Your **cycle helmet is to be on and fastened** before you touch your bike and remain on and done up until after your bike is racked.
- **Drafting is FORBIDDEN** on the bike. Drafting is cycling too closely behind another cyclist and gaining an advantage - the drafting zone for a Sprint / Olympic event is 12m so you need to keep at least 12m behind the cyclist in front, unless you are actively overtaking them over a 25 second period.
- **It is FORBIDDEN to cycle in Transition.**
- **Full sized towels are not permitted.** Athletes are 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.
- **ONLY competitors** will be permitted in transition.



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.



THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoodie with your race entry, please head to the RT Kit stall on Saturday or Sunday, 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.

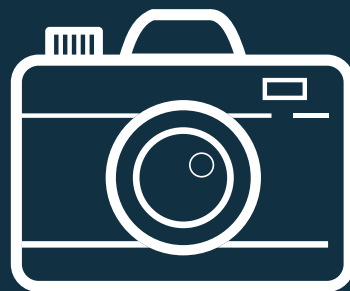
(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



PURCHASE HERE

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!



If you want to talk all things Tri before and after the event join our Royal Windsor Triathlon Facebook Page.



If you #RoyalWindsorTri on Instagram with your race day collages, the best ones will feature on our page!

click the icons to visit our pages!



RESULTS AVAILABLE AT
WWW.ROYALWINDSORTRIATHLON.CO.UK

F.A.QS

How will my results show?

Results will be listed in Chip Time order (the exact time from when you cross the start line to your finish).

Your category is determined by your age in 5 year bands starting at 16-19 and then in incrementing 5 year age bands up to 75-79 & ending with 80+ This will further be categorised as Female, or Open (All Male, non-binary, or those who prefer not to say).

What is the minimum age for this event?

16

Is there a time restriction to complete the race?

Yes, due to course restrictions please get in contact with us at info@runthrough.co.uk if you plan to take more than 4hrs to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to participate virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap events?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a water station on the course?

There won't be any water stations on the bike course but there will be on the runs, we advise bringing your own to have in transition and on the bike. There will be bottled water provided at the finish. If carrying your own refreshments, please refrain from littering on the course, there will be bins in the event village.

Am I allowed to wear headphones?

Headphones are not permitted for the duration of this event.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

We advise staying around the event village to watch the swim and transitions. You can also catch the finish from here!

F.A.QS CONTINUED

What should I bring to the event?

Please ensure you bring a helmet, your bike (of course), any water/nutrition, and any clothing you plan to wear for the cycle and run if you're not wearing a tri-suit.

Can I hire a bike or wetsuit?

We advise all participants to bring their own equipment. However, should you require a wetsuit, details on hiring one can also be found [HERE](#).

What bike can I use?

You can find all the British Triathlon rules [here](#) which will fully detail what's permitted/not permitted in terms of equipment and kit. Any fully functioning bikes can be used (mountain, road, racing, TT, hybrid etc), however E-bikes and fixed-wheel/single speed bikes are not permitted. (Bromptons ARE permitted.)

Do I need a BTF permit?

You do need a permit to take part. You may have purchased a race pass insurance at the time of entry, or can still be purchased [here](#). If you are already a BTF Member, please ensure that you complete 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.

How long before the start should I arrive?

Please arrive as early as possible – We would recommend arriving at least an hour before your start time to allow for time to walk from the car, and familiarise yourself with the area. Entry to the Event Village will open at 4:30am.

Are there changing and toilet facilities?

Toilets will be provided in the Event Village. We do not provide any changing or shower facilities.

Will there be a prize giving?

There will be no presentation on the day. The top 3 open and female participants and 1st place in each age group can expect an email reward in the week following the race. Check out our podium and photo wall to get your celebratory pictures!



AWAKEN 2026
AT ROYAL WINDSOR

14.06.2026
ROYAL WINDSOR
TRIATHLON

A female triathlete is captured in motion, running towards the camera. She is wearing a dark athletic singlet, dark shorts, and a colorful race belt. Her arms are pumping, and her legs are in mid-stride. The background features the historic stone walls and towers of Windsor Castle under a clear blue sky. The image has a slight motion blur effect, emphasizing speed.

AWAKEN



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VOLUNTEERS

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 - £65 - HALF MARATHON
 - £100 - MARATHON/ULTRA
- RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED**



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ANTI-INFLAMMATORY
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OF PAIN



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FASTER RECOVERY*
*vs non-medicated gel.

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THE FLEX



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