



TRI REIGATE SPRINT & STANDARD TRIATHLON

SUNDAY 13TH SEPTEMBER 2026

EVENT GUIDE

IN SUPPORT OF:

**MACMILLAN
CANCER SUPPORT**

YOUR RACE EXPERIENCE

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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 Tri Guys and RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through sport, through the provision of inclusive and welcoming events for everyone. Our collective passion for running, cycling, swimming and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running and Tri enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners. So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

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

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

Wishing you the best on race day!

The Tri Guys & RunThrough Team!



SAM

NELLIE

OSKAR

ANTHONY

TRAVEL

Address: Buckland Park Lake, Betchworth RH3 7FE

Free parking is available at the venue, and will be signposted as you enter Lawrence Lane from Reigate Road (A25). Please note, Lawrence lane is narrow and one way, please arrive early as there may be queues. We advise car sharing where possible.

Please follow the directions of the marshals at the entrance to the venue and within the car park to ensure a smooth parking process.

Once in the car park, vehicles will not be permitted to leave until after 9:00am due to the narrow nature of the road only permitting one way traffic.

Should you be looking to drop off please pull into the Pheasant at Buckland Pub Car Park. (Please note, This facility is for drop off's only, and will close at 7:40am - no parking will be permitted).

To walk from the Car Park to the event village, please walk back down the road towards the lake- there will be marshals to direct you to one side. (This is approx 10-15minutes- please factor this into your arrival time).

Please note, there is no disabled parking on site.



what3words

Event Village:

[///every.flank.quiz](https://www.what3words.com////every.flank.quiz)

Car Park:

[///decks.dock.tell](https://www.what3words.com////decks.dock.tell)

RACE PACK

START TIMES

Standard Tri

Wave 1- 7:30

Wave 2- 7:35

Wave 3- 7:40 Women only

Sprint Tri

Wave 1- 7:50

Wave 2- 7:55

Wave 3- 8:00 Women only

***Based on submitted swim times.**

***If any women would like to join the open waves based on their swim times, please email in.**

Please note there is a 4hr cut off to complete the Standard race and a 2.5hr cut off on the sprint.- if you think you will be longer than this time, please get in touch with our team via email.

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 the event village to collect your race pack.
- 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.

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)



280

280 280



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**

DOGS



TOILETS

For this event, there will be portable toilets located in the event village.

Please note, there are no changing facilities on site.

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.

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.

TRANSITION MAP



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: 07521 973668

RACE INSURANCE

Please note you need a BTF permit to take part in 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 lake entrance.

RACE BRIEFING & STARTS

There will be a mandatory race briefing 15min prior to each race start located at the swim start. This will be 1 brief for all participants. Please arrive at this ready to swim. (please note this is a short walk from the event village.)

From here, Wave 1 participants will be asked to enter the water.

Once in the water, there will be opportunity to acclimatise before starting the race via a 10 second count down.

Once the first wave has set off, wave 2 participants will be asked to enter the water, and so on.

THE SWIM

The swims follow an anti-clockwise loop around the lake.

This will be marked out by buoys.

The sprint will complete 750m

The Standard will complete 1500m

If you are nervous about the swim, it is recommended that you avoid the melee at the front of the start and position yourself towards the back.

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 transition area 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 the end of the event and any shoes still left there at that time will be disposed of.

The course is marked with orange buoys, please keep these on your left shoulder.

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.

SWIM ROUTES



[Click for sprint interactive map](#)

[Click for standard interactive map](#)

SWIM RULES

Swim caps must be worn at all times whilst in the water.

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.

Water Temperature:

Under 14°C- Wetsuits Mandatory

14-22°C- Wetsuits Optional

Over 22°C- Wetsuits banned

(14°C-24°C optional for over 59yr olds)

Water temperature will be measured before 6:15am and will be communicated with all participants in transition and at registration.

TRANSITION

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 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.

We advise leaving your bike in an easy gear as the first section of the course is uphill and this will help you to mount safely. Don't worry about setting off quickly as the first road out of transition is all part of a dead zone, so this time won't be counted.

Please note, the section of road in and out of transition is all part of a dead zone. You will cycle over a timing mat leaving Transition 1 that will stop your chip time, when a safe gap becomes available merging onto the main road, you must set off again, and your time will be re-started.

(This dead zone will be staffed and is there to ensure your safety. This is not to be abused for excess recovery.)

You will pass through the same dead zone on returning into Transition 2, where your time will stop as you turn off the main circuit, and restart as you dismount.

The Sprint bike course follows a 20km circuit on roads around Reigate.

The Standard will follow 2 laps to complete 40km.

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.

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 Sprint route follows 2 laps of the lake- 5km

The standard follows 4 laps- 10km

All laps will be signed and marshalled throughout.

Please note, the run takes place on a gravel path, should the weather be bad we advise wearing trail shoes or old trainers as the course may be muddy 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 water provided at the start of each lap of 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.

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

there will also be water available at the finish along with your post race goodies and medal. Costa Coffee will be available inside the Dome for some hot drinks and light snacks.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!

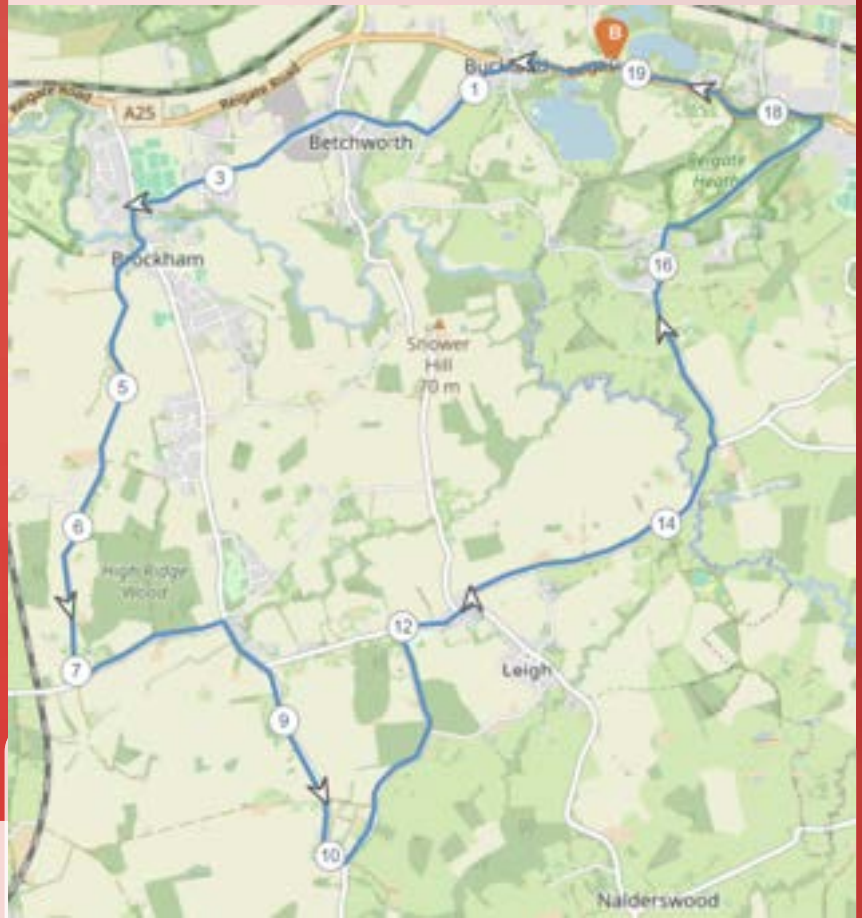


Please note, headphones are not permitted. It is imperative you are aware of your surroundings at all times and can hear any marshal instructions during the race.

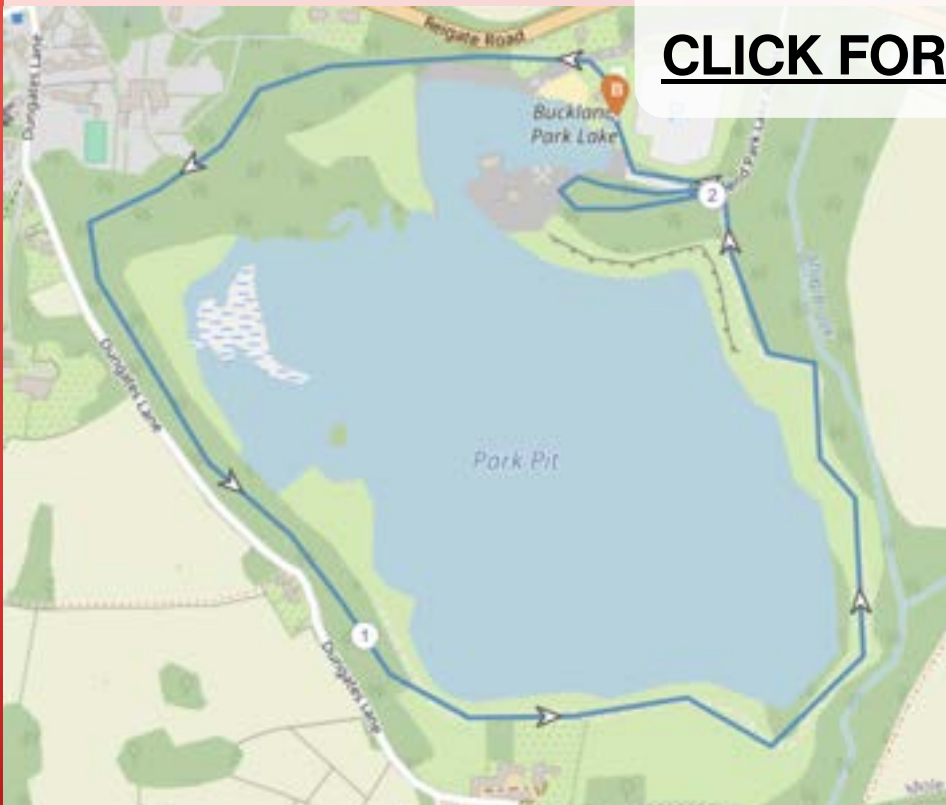


COURSE MAPS

BIKE ROUTE



Run Route



[CLICK FOR INTERACTIVE MAP](#)

[CLICK FOR INTERACTIVE MAP](#)

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 all bikes have been returned, 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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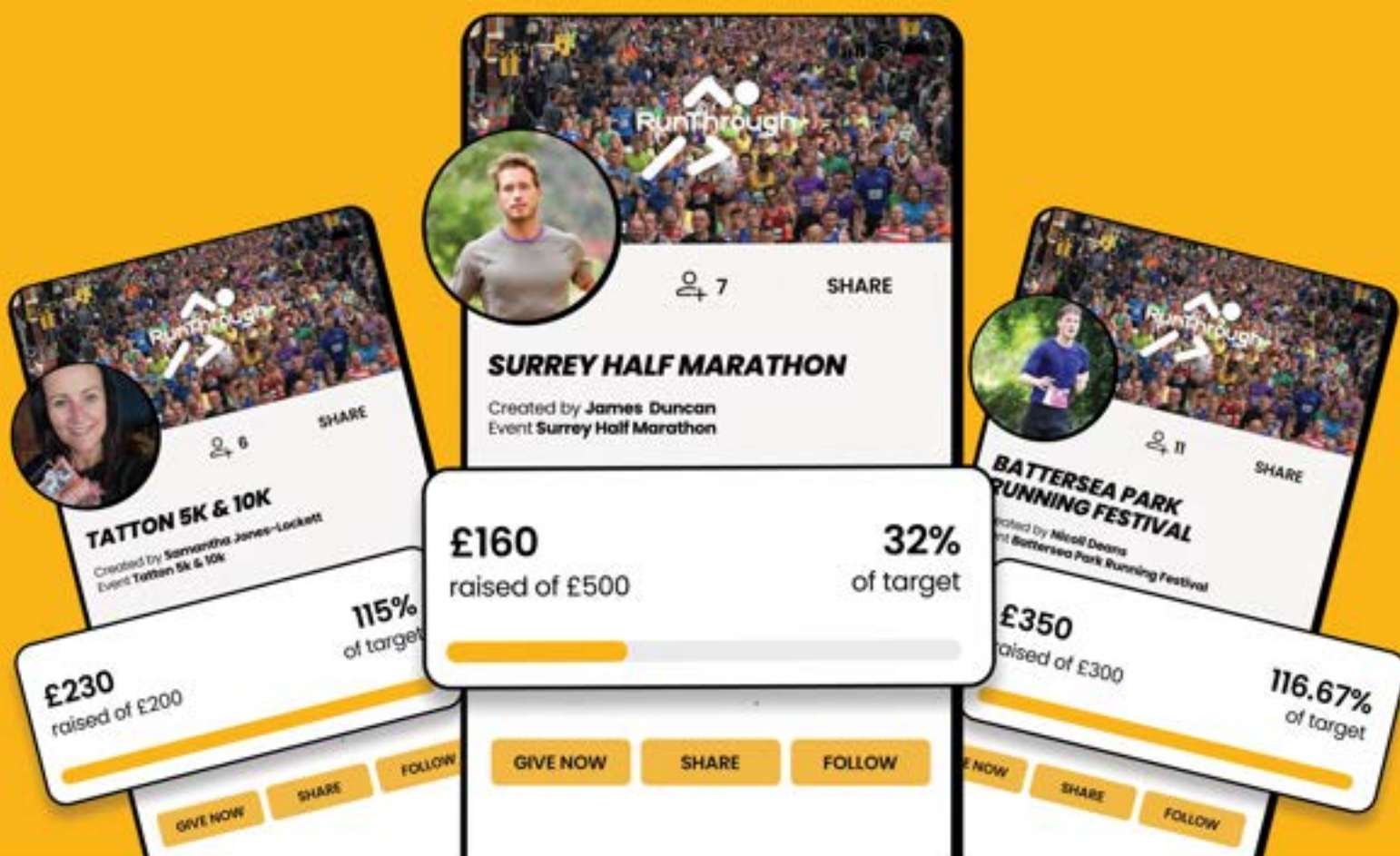


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19 - 22 FEBRUARY 2027

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