Cheltenham Tri in the Park Junior & Adult Triathlon

CHELTENHAM TRI

Saturday 11 July 2026

Start times will be emailed out from 8 July

TRI IN THE PARK

Race Day Updates:

Race information, course distances and maps (for guidance) will be on display at:

- registration
- swim start
- transition

Further information can be found at our Race HQ registration and finish area.

Spectators:

We like to encourage spectators and families to spend the entire day with us!

Please be aware that the event takes place in an open and often busy public park.

Please be mindful of other park users and keep dogs on leads.

Photographs:

If you do not wish to feature in any photographs, (possible drone footage) for future event promotion please inform the event crew team at registration.

Safeguarding is our priority.

Venue:

The event is being held at: Leisure@Cheltenham, Tommy Taylors Lane, Cheltenham, GL50 4RN

Car parking is free. Toilets, showering, changing facilities and lockers (padlocks to secure available for a small fee) will be available for use on site.

Registration:

Race HQ and registration will be open from 11.45 am.

Registration will be signposted from the leisure centre main entrance with access through the car park and building.

At registration you will receive a 'race envelope' containing:

➡ Race number – to be worn during the bike/run and visible at all times. Ideally pinned to a t-shirt or attached to a race belt. Please write medical and emergency information on the reverse of the number.

➡ Bike number – to be attached to the front of bike handlebars with cable ties - an example of how to do this will be at registration.

➡ Helmet Sticker – to be affixed to the front of the helmet.

➡ Race memento and sweet treat!

If you have any questions - please ask one of our event crew. There will be friendly marshals available and happy to help throughout the day!

Chip Timing:

Competitors will be given a timing chip on a velcro strap that must be attached to the LEFT ankle when checking in to the swim start.

The timing chips and the velcro strap should not be tampered with at any time during the race.

Any competitor who damages or loses a chip timing device will be charged £45 to replace it.

Results:

This year results will be recorded by 'What's My Time' http://www.whatsmytime.co.uk

Timing mats will record splits and individual results will be available on the day and online.

Certificates will be awarded to 1st, 2nd and 3rd place Open and Female in the Tristar events.

Prizes will also be awarded for the first Open and Female in each age category of the adult race.

The aim of this triathlon is to have fun! Each finisher will receive a race medal.

First Aid:

If you have a medical issue or feel unwell on the course please stop, move off the racing line and make yourself known to the nearest marshal for assistance.

First Aid providers First Aid & Trauma Training Ltd will be present in a gazebo located in the race HQ finish area.

British Triathlon Race Pass:

Each participant must have a valid British Triathlon RACE PASS (previously known as Day License) to take part in our event.

If you already hold British Triathlon RACE PASS inclusive membership you will be asked to present your membership ID card/confirmation email at the time of event registration.

The Race Pass was automatically offered via our Entry Central direct entry in 2024/2025.

If entry was made prior to 2024 (and you are not a valid British Triathlon Race Pass holder) please make an additional purchase through the British Triathlon website.

Please use the QR code below to access the Race Pass Competition Rules, further detailed information and FAQs:



Cycling Rules:

Please ensure all bikes are in good working order.

Bikes must have working brakes, a fixed seat, inflated tyres and the ends of the handlebars must be plugged.

- Helmets MUST be put on and fastened up BEFORE touching the bike in transition.
- NO CYCLING IN TRANSITION.
- Mount your bike AFTER the Mount Line.
- Dismount your bike BEFORE the Dismount Line.
- Competitors MUST NOT unfasten their helmet until the bike is back on the rack.
- Receiving outside assistance (from anyone other than an event marshal) will result in disqualification.

Event crew in transition and on the course will be more than happy to help!

Failure to follow the rules or listen to instructions may result in disqualification.

Swim Safety:

Competitors must always WALK poolside.
Running in the pool area = disqualification.

Overtake only if absolutely necessary and when safe to do so.

Gently tap the toes of the swimmer in front to ask to pass at the end of the lane.

Transition:

Please sign in at the registration desk and register BEFORE entering transition.

We will be using numbered racking - please rack your bike in the location of your race number.

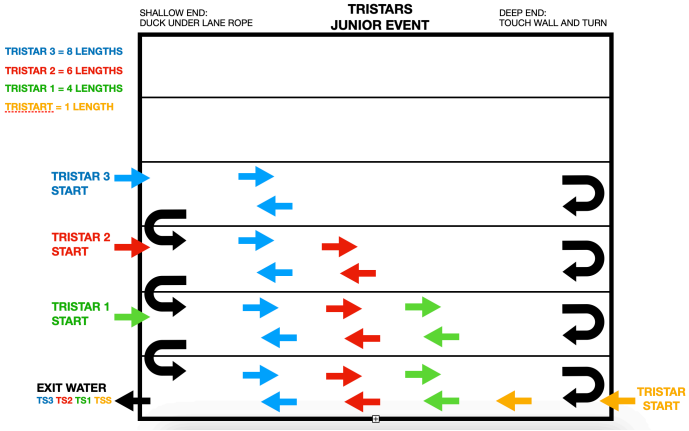
Only competitors and officials are allowed into transition - before, during and after the race.

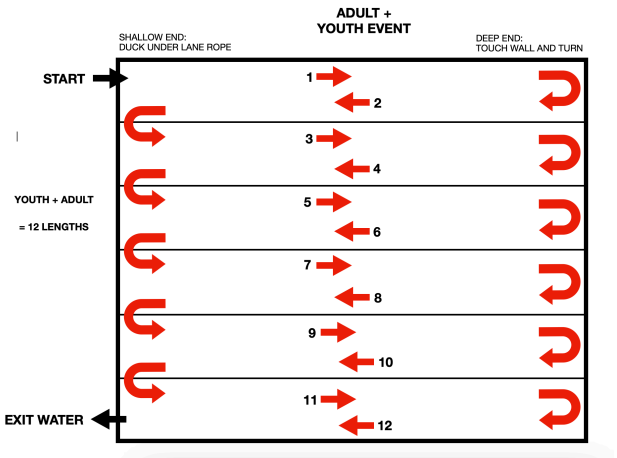
There will be marshals on hand to assist the juniors to enter transition, help rack their bikes and set up their kit ready for the race. Please only bring essential kit in a small bag.

Swim:

Please arrive poolside and ready to race 10 minutes before your given start time. Competitors only allowed poolside.

Competitors will be called by race number and asked to follow a queuing system. In the queue swimmers will receive a timing chip and will be asked to line up in the order of the start times.





Equipment:

Sharing of any equipment, at any time, is prohibited.

Littering:

Litter drop areas are located in registration, transition and race HQ/finish.

Littering is prohibited. You will be disqualified if you litter anywhere on the course.

Water Stations:

We are working to reduce plastic waste. We are happy to refill bottles and provide paper cups.

Water buckets with sponges to help keep cool will be available!

Cycle:

Junior: 500m - 1km, off-road loop on flat grass. Juniors will follow an out and back route and must complete laps / cycle the distance in accordance to their age category.

Adult: approx 2km route lap. Course is undulating and follows the perimeter of the park. There will be a chicane to slow riders to allow marshals to help with lap counting.

It is the competitors responsibility to count and understand how many laps they need to complete.

Both courses are off-road. Ideally suited to mountain-bikes or bikes with 'fat' tyres. Racing/road bikes are allowed but we advise care as you will riding on long grass and wood-chips.

Competitors must keep to the left of the course tracks to allow other racers to safely overtake on the right.

Our event is non-drafting please maintain 2m distance between yourself and other racers.

Run:

Juniors: 500m - 2k run out and back along the side of the cycle route field. Juniors will complete laps / distances in accordance to their age category. Care should be taken at all times when running especially if the grass is wet.

Adults: approx 2.5km around the perimeter of the park.

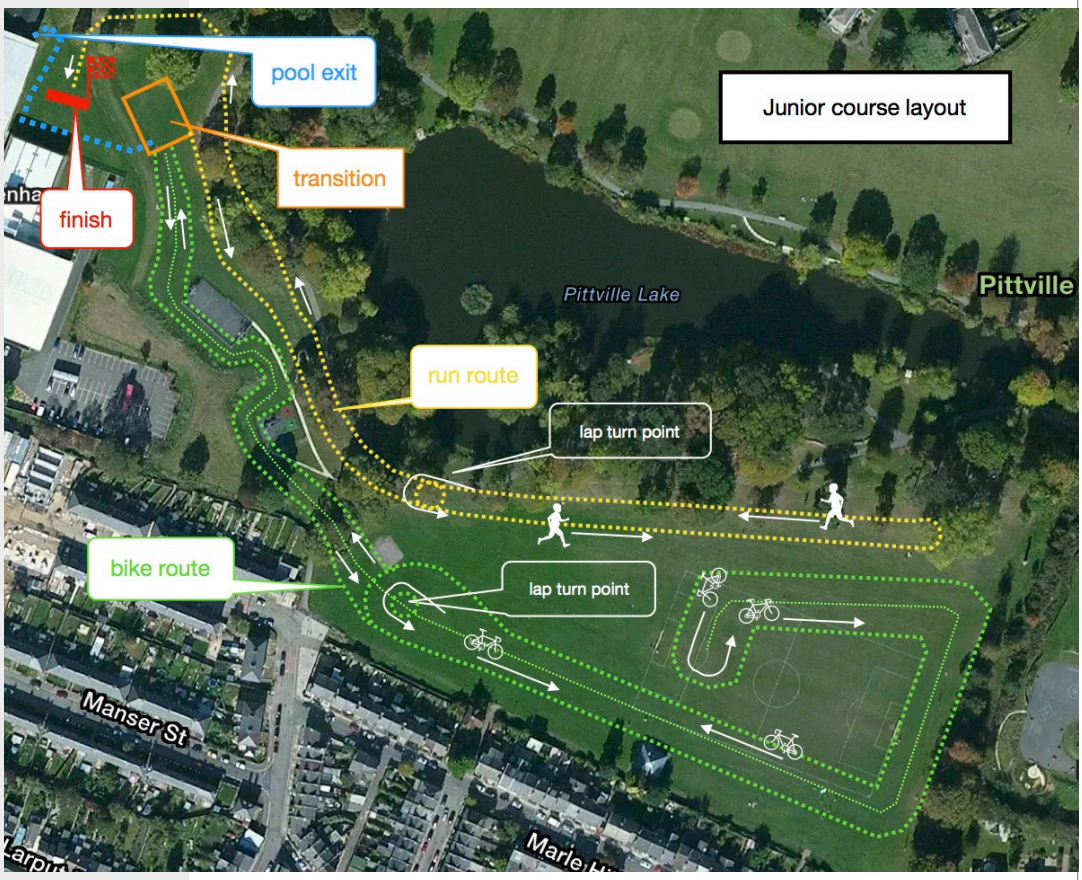
Junior and Adult Event Distances

Age Group Category:	swim:	of the pool:	cycle:	of the field:	run:	of the field:
Tristar Start	33m	1 length	800m	Half lap	500m	Half lap
Tristar 1	132m	4 lengths	2000m	2 laps	1000m	1 lap
Tristar 2	200m	6 lengths	4000m	4 laps	1500m	2 laps
Tristar 3	264m	8 lengths	6000m	6 laps	2000m	3 laps

Age Group Category:	swim:	of the pool:	cycle:	of the field:	run:	of the field:
Youth	400m	12 lengths	10000m	5 laps	2500m	1 lap
Adult / Open	400m	12 lengths	10000m	5 laps	2500m	1 lap

Maps:

Expected Junior and Adult race routes:





These routes and distances are subject to change due to the weather /ground conditions on the day.

The BTF Rules:



Start times:

Competitor start times and final race information will be emailed out to competitors a few days before the event from 08/07/26

It will also be published on our website at www.cheltenhamtri.org.uk

We are looking forward to welcoming you to our 2026 Cheltenham Tri In the Park Junior and Adult Triathlon event!