



## WESTCROFT SPRINT AQUATHLON 2026 - RACE INFORMATION PACK

### Welcome to the Westcroft Sprint Aquathlon 2026

**We would like to wish all entrants the very best of luck. To ensure that you have a great day and a successful event, please ensure you fully read the following information carefully.**

<b>DATE</b>	Sunday 19th April 2026
<b>VENUE</b>	Westcroft Leisure Centre, Westcroft Road, Carshalton SM5 2TG and the adjoining Grove Park
<b>TIME</b>	<b>1:00pm, and no later than 1:30 pm</b> , to allow time for registration, transition set up, course familiarisation etc. The first competitor starts at 2pm.
<b>PARKING</b>	Westcroft Leisure Centre has plenty of <b>FREE</b> car parking available in the car park located on site. Please ensure that you move through to the rear car park to avoid congestion in the approach road.  If you are unfamiliar with the venue, please approach Westcroft Road from the A232 Carshalton High Street/Acre Lane, rather than via the A237 Manor Road North (no access to the venue).

### IMPORTANT TIMINGS OF THE DAY – QUICK GUIDE

Registration/Check in	Opens 1:00pm	<b>Closes 1:40 pm</b>
Transition	Opens 1:00pm	<b>Closes 1:45 pm</b>
Event	Starts 2:00 pm	<b>Please assemble in changing village at 1:50pm</b>

### REGISTRATION/CHECK IN

Will be located on the forecourt, to the left of the Leisure Centre main entrance.

Here we will:

- Give you an envelope containing your Race Number and Timing Chip
  - Note any changes to emergency contact details
  - Check membership if you are a member of British Triathlon\*
  - Bodymark your Race Number on your upper arm.
  - Provide safety pins, if needed.
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- The timing chip needs to be securely fixed around either ankle.
  - The Race Number needs to be fixed to either the front of a T-shirt or to a Race Belt, whichever you are going to place in transition to wear for the Run.

\* If you are a BTF member, please be prepared show your current Race licence at registration (paper or electronic version). If you are unable to produce this, or it has expired, you will need to renew or have purchased a Race Pass (at £2 or £8 dependent on age) to enable you to race. We will NOT do this for you!

**Non-BTF members will** have already paid for a Race Pass during the entry process, there will be no requirement to evidence this.



## TRANSITION AREA

This will be housed in the secure Café patio area, to the left of Registration, close to the footbridge into Grove Park.

Here competitors will need to leave:

- a towel
- running trainers (socks optional)
- racebelt or T-shirt/vest, with Race Number attached
- optional shorts/base layer

Please note that nudity is not allowed in transition, and upper body torso must be covered for the run. Our friendly marshals will be there to provide guidance to all competitors. Please do not bring boxes/bags into transition, as there is limited space and these are a trip hazard.

## RACE FORMAT

This is an aquathlon (swim-run) for Youth/Junior (ages 15-19) and adults (aged 20+), with Female and Open categories. There will be a maximum of 120 competitors across all categories.

The swim will take place in the heated 25m indoor pool at Westcroft Leisure Centre, with the run consisting of a series of 5 x 1km laps around The Grove Park.

All 3 elements (swim/transition/run) of the race are timed, the overall times determining the finish order. We are pleased to welcome back **Chip Timing Solutions Ltd** to provide this service.

Timing chips will be issued at Registration and are to be worn around an ankle throughout the entire race.

All chips must be handed back at the Finish area, where a marshal will be collecting them.

If chips are not returned, there will be a £25 charge.

## AGE GROUPS AND RACE DISTANCES

Age groups are determined as per the competitor's age at **31<sup>st</sup> December 2026**

Category	Age	Swim	Run
Female	Youth/Junior 15-19	400m (16 lengths)	5km (5 laps)
Open	Youth/junior 15-19	400m (16 lengths)	5km (5 laps)
Female	Adult 20+	400m (16 lengths)	5km (5 laps)
Open	Adult 20+	400m (16 lengths)	5km (5 laps)

Only people who are female sex at birth are eligible to compete in the Female category. All other individuals including transgender people are eligible to compete in the Open category.

If you're unsure about the correct race category you should have entered, you can view British Triathlon's Transgender FAQs here:

<https://www.britishtriathlon.org/britain/documents/about/edi/transgender-policy-faqs.pdf>

Or the full transgender policy document here:

<https://www.britishtriathlon.org/britain/documents/about/edi/transgender-policy-effective-from-01-jan-2023.pdf>



## RACE KIT

Please try and arrive 'swim ready' if possible.

A tri-suit is the best option for clothing during the event. If you do not have a tri-suit, then swimwear is fine. Unless you have a tri-suit/racebelt, please put on a T-shirt/vest/shorts as appropriate before you leave transition as you will be running in a public park. Upper bodies **must** be covered for the run element of the event.

Your race number must either be attached to a racebelt, if you have one, or pinned to the front of the T-shirt/vest. Safety pins will be provided at registration. Please attach your number during your transition setup.

In summary, your kit should be:

Stage	Kit
<b>Swim (to wear to the pool)</b>	<ul style="list-style-type: none"><li>• Race chip (collected at registration)</li><li>• Tri-suit/swim wear</li><li>• Goggles</li><li>• Swim hat (optional)</li></ul>
<b>Run (leave in transition)</b>	<ul style="list-style-type: none"><li>• Running shoes (socks optional)</li><li>• Towel</li><li>• Race belt (optional) with number attached</li><li>• T-shirt/vest (optional, only required if your swimwear does not cover above your waist <b>or</b> to attach your race number to if you do not have a race-belt)</li><li>• Any additional clothing such as shorts or a warm base layer, if cold.</li></ul>

Please note that as your running shoes will be left in transition, you may require additional footwear to wear prior to the event start. You may wish to bring warm outer layers to wear whilst you are waiting for your race category to be called. Please do not leave footwear in the pool hall.

## CHANGING/TOILETS

There are mixed changing rooms with cubicles inside the pool building, including showers/toilets. Participants may leave their belongings with spectators, or store in a locker (20p non-returnable) within the changing rooms. Toilets are available to the left of the main reception desk and within the changing rooms.

## SPECTATORS

Spectators are welcome to watch the swim element from the poolside viewing gallery. There will be a signposted system in place: Entry/exit will be via the gate/turnstiles to the right of the centre reception desk.

**Photography/filming is STRICTLY FORBIDDEN within the pool areas.**

## RACE BRIEFING

To maintain a degree of social distancing, and to comply with BTF guidelines, there will be no formal external race briefing before the event, but there will be a short poolside briefing for each category.



## RACE START TIMES

Competitors should gather in the changing village at 1:50 pm, ready to be led through to the pool hall where they will be required to line up in number order. There will be a short gap in between categories to allow slower swimmers to finish. Race numbers and start times will be confirmed once by email once entries are closed.

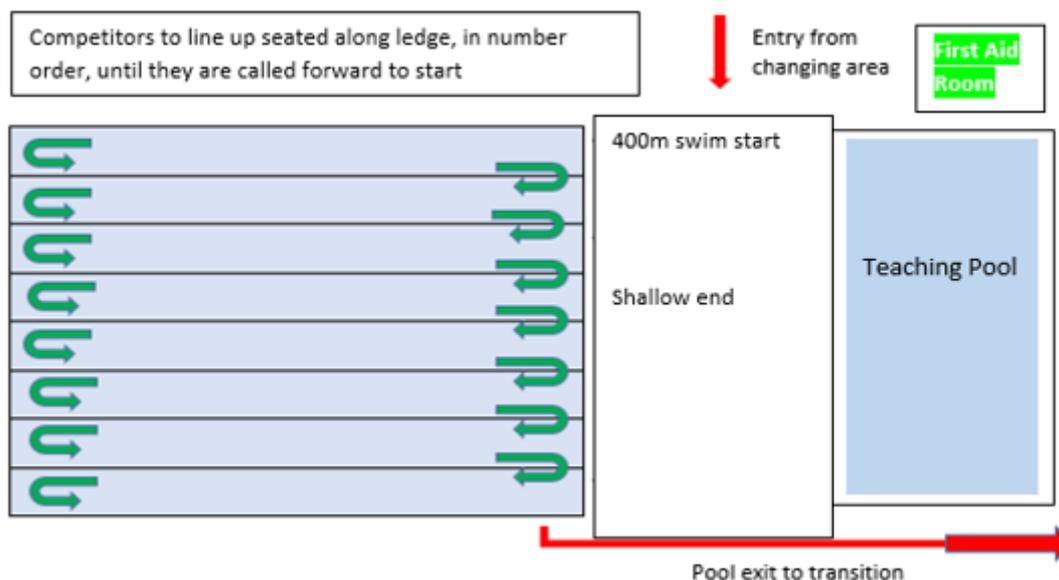
Category	Assembly time	Start time	Race Number Range
Female Adult 20+	<b>1:50 pm</b>	<b>2:00 pm</b>	Lowest
Female Youth/Junior 15-19	<b>1:50 pm</b>	<b>2:15 pm</b> (approx)	to
Open Youth/Junior 15-19	<b>1:50 pm</b>	<b>2:20 pm</b> (approx)	Highest
Open Adult 20+	<b>1:50 pm</b>	<b>2:25 pm</b> (approx)	

## THE RACE

### SWIM

- The swim will be held in the 25m indoor pool at Westcroft Leisure Centre, starting in the shallow end.
- Start order will be seeded, based on given swim times within each category.
- Competitors will be led through to the pool area in number order and lined up along the wall, until it is time for their category to start.
- Each competitor will be told when to enter the pool, and when to start, pushing off from the wall.
- Competitors will be set off at 20 second intervals and swim 'snake style' up and down the right-hand side of each lane in the direction of travel, and then swim under the rope to the next lane and swim up and down with the rope on their right. This is repeated until they reach the exit steps.
- Backstroke is not allowed.
- If you are caught (foot touched) by the swimmer behind, please let them past at the end of the length if they have not managed to overtake safely.

### SWIM COURSE





## TRANSITION

Upon exiting the pool, competitors must **walk** past the teaching pool to the transition area. There, they will change into their running gear (nudity is not allowed at any time during the race). Please ensure that shoes are on securely before leaving transition. **Continue to walk** out of the transition area, over the bridge towards the run course. **Poolside, transition, the bridge and the footpath to the park are compulsory walk zones** and any athlete who runs will incur a time penalty. Competitors may run once they reach the grass.

## THE RUN

The run will be held in The Grove Park adjacent to Westcroft Leisure Centre. It starts once competitors reach the grass at the end of the path leading from the footbridge and finishes when they cross the Finish Line on their final lap. There will be signage in place directing competitors to the 'FINISH LINE' or 'ANOTHER LAP' so please count your own laps. We are expecting to have a lap counting mat.

The run distances are as follows:

Category	Age	Distance	Laps
Female/Open	15-19, Adult 20+	5km	5

The course is laid out as per the map below:

Run course (5 laps)



Marshals in high-viz jackets will be positioned around the course to direct competitors and warn them of other park users and vice versa. Please give way and be considerate to other park users.



## **TIMING, RESULTS AND PRIZES**

**Finishers Medals** will be awarded to each competitor at the finish line.

**Trophies** will be awarded to 1st, 2nd and 3rd in each of the Female and Open races for both Youth/Junior (15-19) and Adults 20+ races.

**Presentations** will take place close to registration, as soon as possible after the last race has finished.

Full results will be emailed out after the event.

## **GENERAL INFORMATION**

### **Water**

Water will be available to runners at the race finish (and each lap near the finish area). Please place any used cups in the recycling bin provided and don't drop them around the course. Remember, if you can carry it full, you can carry it empty!

### **Food/Drink**

The Westcroft Leisure Centre café with internal seating should be open for drinks and food. SASSIS in the Park is an open-air café close to the blue 'ball cage' which should also be open, with external seating. There are also numerous outlets in Carshalton High Street.

### **First Aid**

First aid will be provided by the Leisure Centre staff for any incidents arising within their boundary. Additional first aiders will be stationed at the finish line area in the Grove Park.

### **Covid precautions for competitors and accompanying supporters**

Although all restrictions have now been lifted in England, please do not attend the event if you have Covid symptoms and/or have recently tested positive.

### **Safeguarding/Welfare**

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people, and vulnerable adults attending our event. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Should you have any concerns, please email [Welfare@westcrofttriathlonclub.com](mailto:Welfare@westcrofttriathlonclub.com)



## **Event photography**

Please note:

- There will be no official photographer on the day.
- Photography/filming is STRICTLY FORBIDDEN within the pool areas/viewing gallery.
- The run element of this Event takes place in a public park, therefore images from the Event (including your image) may be captured by members of the public and the Event is unable to control this.
- If you have any concerns, please speak to individuals concerned. Please report any concerns to the Race Director or Welfare Officer.
- We would ask that you do not share images of others on social media platforms, without their consent.

## **Race Rules**

The race will be run according to the rules of The British Triathlon Federation. These can be found at <https://www.britishtriathlon.org/competitionrules>

Should you have any questions about the rules, please contact the BTF beforehand or speak to the BTF Technical Official on race day.

## **Penalty appeals procedure**

Any penalties will be posted on the Event Noticeboard near registration. Participants may challenge penalties that have been awarded (subject to the infringement). If a penalty is awarded and you wish to appeal, this must be reported to the Technical Official within 15 minutes of their finish time or the posting of the penalty (on the event noticeboard) whichever is later. The full procedure can be found below.

<https://events.britishtriathlon.org/uploads/content/Penalty%20Appeal%20Process.pdf>

## **Feedback**

We'd love to hear your feedback, good or bad, either verbally or at [westcroft.events@mail.com](mailto:westcroft.events@mail.com) so that we can continue to improve our event.