

ILKLEY TRIATHLON

20th September 2026



Race Instructions and Briefing Notes

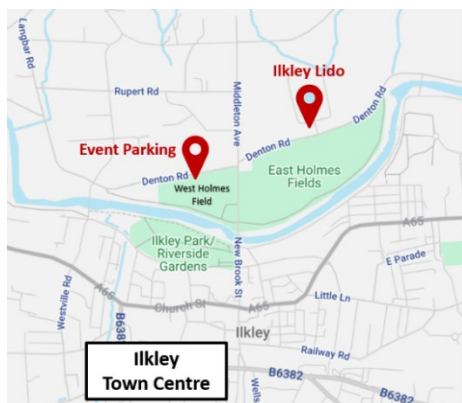
Welcome to the 33rd Ilkley Triathlon – we’re delighted to have you with us.

These notes contain important safety information and guidance to ensure you have a safe, enjoyable event.

Please read these notes carefully even if you’ve completed the event before.

EVENT ADDRESS

Ilkley Triathlon is based at the Ilkley Pool & Lido (LS29 0BZ)



If you’re arriving by bike or on foot:

- From the main traffic lights in the centre of town, turn onto New Brook Street. After crossing the river, turn right onto Denton Road. The lido is 200m along on the left.

If you’re arriving by car:

- If you’re driving to Ilkley from the east (Leeds/Otley direction), please stay on the A65 into the town centre and do NOT approach via Denton Road as this is part of the course.
- PLEASE SEE PARKING INSTRUCTIONS BELOW.

TIMELINE OF RACE DAY

0730	Car Park opens & Registration opens
0830	First swimmer starts
1600*	Final swimmer starts
1700-1715*	Final athlete finishes
1730*	Prize Presentation and Raffle Draw

*Approximate timings

CAR PARKING

The parking arrangements are designed to minimise the number of vehicles on the triathlon course, to protect the safety of competitors and spectators.

There will be NO PARKING AT THE LIDO for triathlon competitors or spectators.

Triathlon competitors and spectators MUST NOT PARK ANYWHERE ON THE TRIATHLON COURSE.

Free event parking will be available on West Holmes Field (unless it's very wet). The entry point to the parking is on Denton Road and it will be signposted, [what3words location ///woven.loft.lawns](#).



We need to have marshals at the gate onto West Holmes Field all day while the gate is unlocked. We'll keep the gate open until 15 minutes after prize-giving finishes. **After the prize presentation, please collect your vehicle promptly as we need to lock the gate so our marshals can go home.**

If conditions are too wet for parking on West Holmes field, we suggest you park on nearby streets that are not part of the course. Please be considerate to residents. Be aware that some streets in Ilkley now have parking meters (includes New Brook Street and Middleton Avenue).

REGISTRATION

When you arrive, please come to the red registration tent which will be on the grassed area in front of the Lido on Denton Road. Please be extra careful crossing Denton Road as this is part of the bike course.

Please register at least 40 minutes before your race start time. It will be helpful for us if you know your race number. IT WILL NOT BE POSSIBLE TO CHANGE YOUR START TIME AT REGISTRATION.

If you entered as a **British Triathlon (BTF) member** we will pre-check your membership before race day (you won't need to show your card). If you entered as a **non-BTF member** then you have paid for a BTF Race Pass as part of your entry, you don't need to show any evidence of this at registration.

When you register, you'll be given **2 RACE NUMBERS, BIKE SECURITY STICKER, HELMET STICKER, TIMING CHIP, SWIM CAP** and your **GOODY BAG**. If you ordered a **T-SHIRT** when you entered, please collect this too.

You need to wear your race number on your back for the bike leg and on your front for the run leg. You may use a race number belt - just make sure your number is visible for both the bike and run legs. If you have a **MEDICAL CONDITION**, please write this on the back of your race number.

It's a good idea to put your timing chip on immediately, so you don't forget or lose it. There is a £15 charge for lost timing chips. **You should wear your timing chip on your left ankle** (away from your bike chain). This is a continuous event, and the timing chip lets us record split times for the swim, bike, run and transitions.

You'll need to bare an arm at registration so we can **write your race number on your arm** for the swim.

TRANSITION

You get to the transition area by walking past the pool building, through a marked gate and around the back into the grounds (see site map below). **ONLY COMPETITORS & OFFICIALS are allowed in the transition area.**

Before you enter transition:

- attach your **bike security sticker** to your bike. You'll need to show that your race number matches the security sticker on your bike to remove it from transition after you've finished,
- attach the **helmet sticker** to the front of your helmet, then **put your helmet on and fasten it**.

A marshal will check your race number/stickers and do a quick safety check of your helmet and brakes. They will also check that you have bar-end stops on your handlebars. Please ensure your bike is in good working order with well-functioning gears and brakes.

The racking will be numbered, and you must rack your bike and lay out your bike/run gear at your numbered slot. Please be considerate and don't take more than your fair share of space.

2026 update Towels may not be used to mark space. You may use a small flannel-sized towel no larger than 12" x 12" (30cm x 30cm) which must be placed in your shoes. If you're using the same shoes for bike and run, your towel must be rolled up and put under the racking bar [BTF rule].

Large bags can be left in the **BAGGAGE DROP** area by the entrance to transition (we'll label your bag and you must show your race number to retrieve it after you finish).

The transition and bag drop area will be marshalled during the race, but bags and valuables are left at your own risk, and the organiser cannot be held responsible for items lost or stolen.

Arrive early and familiarise yourself with the transition entrance/exit for the bike and run. The routes in and out will be signed and marshals can provide directions, but it's your responsibility to know the course and how to get to your racking position.



RACE RULES

The race will be run under [British Triathlon Federation \(BTF\) regulations](#). Please make yourself aware of these regulations. The rules exist for good reasons, particularly the safety of competitors.

Racing Conduct: All our race marshals are volunteers, without them there would be no race. Any abuse directed at marshals, race officials or members of the public will result in **disqualification**.

The following are prohibited during the race:

- **Dangerous riding:** including crossing the centre line, overtaking other competitors on the wrong side (on their left), failure to observe Highway Code rules.
- **Drafting:** this is a "draft-illegal" race, so you may not ride within the 12m draft zone of the bike in front unless overtaking or being overtaken. You may not draft off any another competitor or vehicle.
- Failure to have your **helmet** fastened securely during the bike phase.
- Riding before the **mount** line or after the **dismount** line.
- Failure to clearly display your **race number** to the back during the bike leg.
- Failure to clearly display your **race number** to the front during the run leg.
- **Littering** - keep hold of any litter until you can dispose of it properly.
- **Electronic equipment** - headphones, mobile phone, camera, video, listening or recording device.

Please be aware that failure to comply with these rules may result in penalty or disqualification.

Supporters may NOT ride round the course with you - this could endanger or impede other competitors.

SWIM

IT IS ESSENTIAL THAT YOU'RE FULLY AWARE IN ADVANCE OF HOW THE SWIM OPERATES.

Access to the swim start is via the main entrance to the pool building and through the changing rooms.

Competitors will start at one-minute intervals. Everyone will have been given a specific start time.

Be changed and on poolside 10 minutes before your swim start time. Make sure that you're wearing your **timing chip** and that you have your **swim cap** (from your goody bag).

Please check in with the "pool meet & greeter" who will be standing at the end of the pool near the changing rooms. Then line up along the side of the pool in starting order. If you arrive very close to your start time, you may need to "jump the queue" to get in the proper order.

A race clock will be on poolside, so you'll be able to see how long you've got before your start time.

When you're called by the starter, they'll allocate you to a swim lane. Go to the lane and give your race number to the lane marshal.

The starter will tell you when to enter the water, which will be about 20 seconds before your start time. Enter the water carefully (no diving). **Pay attention to the starter, you will start on their whistle.**

All swimmers must swim **clockwise** within the lane.

Other swimmers in your lane should be of similar pace (based on your estimated swim time). If you need to overtake, do so down the middle of the lane; there should be plenty of room, but check there's no oncoming traffic. If you're tapped on the toes by the swimmer behind, please allow them to go in front when you next reach the wall to turn. Tumble turns are allowed.

You may swim breaststroke or front crawl. Backstroke is NOT permitted.

The lane marshal will put a card/float in the water to indicate when you have 2 lengths left to swim, but it is still your responsibility to swim the correct number of lengths (which is 20).

When you've finished, climb out of the pool and WALK to the exit door. The floor can be slippery when wet and running is dangerous. **Anyone running within the pool area will be penalised.**

If you intend to change out of your swimwear, you can use the pool changing rooms. Nudity is not allowed in the transition area (BTF rule).

Once outside, you may run as fast as you like. Make sure that you cross the timing mat at the foot of the steps, or you will not record a swim split. Follow the taped path to transition (about 100m).

BIKE

In transition, put on any clothing you need and ensure your race number is visible from the back. Fasten your helmet strap **before** removing your bike from the rack (BTF rule).

Take your bike through the BIKE OUT exit and walk or run to the mount line. Once across this line, you can get on your bike. Turn left at the road junction, after checking it is safe to do so, and enjoy the scenic 3-lap route (see course map below).

Please be courteous to others and stay safe – always make sure that you're in control, observe any instructions from marshals, and watch out for other riders, vehicles and pedestrians.

The route will be well-marked and marshalled. Take care and abide by the Highway Code.

Ride on the left-hand side of the road and do NOT cross the centre line under any circumstance. **You may be disqualified for riding on the wrong side of the road.**

Curly Hill is steep and curly! The descent is fast, and the road surface may be slippery if wet. The road will NOT be closed to traffic. Extreme care is needed on this part of the course.

Residents will have been notified of the triathlon, but there may still be cars turning/reversing out of driveways, pedestrians crossing, and/or dogs being walked.

At the bottom of Curly Hill, there's a sharp left turn into Middleton Avenue where you must slow down and be in control. **If you cross the central white line, you WILL be penalised/disqualified.**

There's another left turn at the junction of Middleton Avenue/Denton Road which can be busy. Slow down early and stay to the left. **If you cross the central white line, you WILL be penalised/disqualified.**



The bike course touches the edge of a 20mph zone (by the junction of Middleton Ave/Denton Rd). You need to slow down for this corner anyway – please respect the 20mph speed limit here.

After completing the third bike lap, turn left into the Pool & Lido entrance. Get off your bike **before** the dismount line (BTF rule) and then take your bike through the BIKE IN gate to your transition position.

You must rack your bike **before** unfastening your helmet (BTF rule).

RUN

Change into any run wear and make sure your race number is visible on your front. Follow arrows and tape to leave the transition area. There will be a water station as you leave transition.

Follow the signs from transition towards Denton Road at the front of the lido complex. As you leave the lido, you will need to merge onto the side of the road. Please follow our signs and take care.

The run route will be very familiar because you've just cycled around it 3 times. Remember that you are on open roads and cyclists will be going past you. **MAKE SURE YOU ALWAYS KEEP TO THE LEFT.** If you need to overtake a cyclist, let them know. Down Curly Hill and on Middleton Avenue, **PLEASE RUN ON THE PATH.**

The run course is just one lap. At the end, run through the finish line and make sure the marshals can see the race number on your front.

RELAY TEAMS

There will be a designated rack for relay teams. Each team has one timing chip which is your "baton".

The timing chip handovers will be at the team racking in the transition area. The cyclist must rack the bike before handing over the chip to the runner. **THE CHIP MUST BE WORN ON THE LEFT ANKLE.**

WHEN YOU FINISH

CONGRATULATIONS! You'll be given your medal just after the finish line and there will be a water station. Please make sure your timing chip has been removed and then move away from the finish line.

You'll be able to view your race results live on <https://timemyrace.co.uk/results>

If, for any reason, you do not complete the event, please inform the marshals at the finish.

PRIZES

The prize presentation and raffle draw will take place by the finish gantry as soon as possible after the last competitor has crossed the finish line. This will be around 5:30pm.



Overall, Category and Team prizes are sponsored by **All Terrain Cycles**. Prizes will be awarded as follows:

- **Overall**, Open and Female: 1st/2nd/3rd
- **Youth and Junior (combined)**, Open and Female: 1st/2nd/3rd
- **Age 20-29**, Open and Female: 1st/2nd/3rd
- **Age 30-39**, Open and Female: 1st/2nd/3rd
- **Age 40-49**, Open and Female: 1st/2nd/3rd
- **Age 50-59**, Open and Female: 1st/2nd/3rd
- **Age 60-69**, Open and Female: 1st/2nd/3rd
- **Age 70+** Open and Female: 1st
- **Teams**: 1st team

Prizes for the fastest locals are sponsored by **Ilkley Lawn Tennis & Squash Club**.

The fastest Open and Female competitors with an LS29 postcode will each win a pair of VIP tickets for the tennis club's fireworks event in November.



EVENT VILLAGE



Refreshments will be available for you and your supporters in the event village – there will be catering vans for **hot drinks** and **falafels**, plus an **ice cream van** and a **cake stall**.



A team from **TLN Musculoskeletal Therapy** will be on hand to give free **post-race massages** (optional charity donations are welcome in aid of the Yorkshire Air Ambulance).



Our photographers will be taking photos around the course, so keep smiling!

Photos will be posted online and will be free to download. We'll share details of how to access photos after the event.



We run a **charity raffle in aid of Yorkshire Air Ambulance** with excellent prizes, so please make sure you buy a ticket or two while the event is taking place.

The raffle will be drawn before the prize presentations.



There will be a **First Aid** tent in the event village and a **medical services vehicle** which can attend any incidents on the bike/run course.

Thank you for reading. Take care, good luck and enjoy the race!



ILKLEY TRIATHLON SITE PLAN

Ilkley Triathlon is based at the Ilkley Pool & Lido (LS29 0BZ)

The event village (registration, refreshments and massage tent) will be on the grassy area at the front of the lido, next to the finish line. Access to transition is via a gate behind the main pool building.



BIKE AND RUN COURSE

Turn left out of the lido site onto Denton Road. After about a mile, turn left up Carter's Lane. At the top, turn left to go down Curly Hill, then turn left onto Middleton Avenue and left again onto Denton Road.

Each lap of the course is about 3 miles/4.8km

You must complete **3 laps on the bike** and **1 lap on the run**.

