



Why is the Triathlon so early in the morning?

Firstly, because the pool is available to us. Any later and we clash with swimming lessons. Then, there should be less traffic on the roads to try to keep the bike course as safe as possible.

When will results be available?

On the day. Stuweb Timings look after the watches and are very efficient at providing results before we all go home. This means we are able to present prizes on the day.

Where can I park the car?

There are car parks in the Leisure Centre and in the school, but we'd prefer it if you used the school ones. The biggest one will be closed at 7am and reopen at 10am to allow competitors in and out on their bikes.

I've entered the event, but now can't make it, what can I do?

Simple. Either defer your entry until next year or find someone else to fill your place. Early communication is the key!

Where can I find the Bike and the Run Course?

Bike Course is (or will be soon) on the website, Run Course is around Southam College playing fields and the route will be available (and marked out!) on the weekend.

How do I know how many lengths I've done in the swim?

Our swim system is simple. Do four lengths in your first lane, then duck under the rope to your next lane and repeat. Do this four times and you've done all sixteen.

How do I know how many laps I've done on the run?

We'll be counting for you and will advise you when you're on your last lap and when it's time to finish. For this reason, please make sure your number is prominently displayed to the front during the run.

I'd love to do the event, but I don't like swimming/ cycling/ running.

No problem! We invented the relay event just for you. Your team should consist of three people: one for each discipline. Contact director@southamtriathlon.org.uk for more info.

Where do I park my bike / get changed after the swim?

The Transition Area is secured for you to leave all your kit for the ride and the run, and to do any changing and dressing. Only entrants are allowed into this area.

Where will the money raised from this year's Triathlon go?

The main named beneficiaries will be The Myton Hospices and MacMillan Cancer Support. Other beneficiaries will be via the Southam Round Table Charitable Trust (Registered Charity No 1057015).