

Sunday 13th September 2026

Race Information

Thank you for entering Langport Triathlon to be held at Lifestyle Fitness, Huish Episcopi. Please ensure you read and understand the information contained in this document and feel free to let us know by email if you have any questions. info@racenationevents.com

Please note - There are no refunds, deferrals or transfers available now as the deadline has passed. We would appreciate it if you do not email requests, any emails received will not be responded to - You can view the event Terms and Conditions [HERE](#)

Event Address

Lifestyle Fitness, Wincanton Road, Huish Episcopi, Langport, TA10 9SS <https://w3w.co/headstone.part.heartburn>

Introduction

- Competitors must comply with directions given to them by the race officials and marshals throughout the race.
- The Race Director will have the final authority in deciding the outcome of any dispute concerning the race results.
- Security of the transition area will be in place until everything has been cleared from this area, **therefore please remove your bike and kit as soon as possible after finishing.**
- If for any reason you do not manage to complete the triathlon, please let a marshal or other official know as soon as possible so that we do not send out a search party. **(Event Control 07310 912539 – Emergency use on race day only)**
- **NO SMOKING** - Smoking is not allowed anywhere on the School/ Leisure Centre site, please pass this onto any spectators that you know will be coming to support you.
- **NO DOGS** - **Dogs are not permitted on the site and anyone with a dog will be asked to leave immediately.** Except guide dogs. Please inform any spectators you know who may be planning on bringing a dog.
- No spectators are allowed in the changing rooms, poolside or in the transition area. Please refer to the Spectator Information section for further details.

Should you need any assistance during the day, please contact either a race official or a member of the Leisure Centre Staff who will be happy to help.

Timeline

06:30 Registration and Transition Opens (we advise you register at least an hour before your swim start time.)

08:00 First group of swimmers start swim.

Getting There and Car Parking

The Leisure Centre is situated on the A372 at Huish Episcopi Academy. It can be easily reached from the M5 (Junction 25) via Langport or from the A303 Podimore roundabout via the A372.

There is limited parking available for **athletes and volunteers only** at the front of the academy, please follow signage and marshals' directions. **Please do not park in the Huish Episcopi Church carpark.**

[The Rose and Crown - Eli's Inn](#) - (around the corner from the leisure centre) have, once again, very kindly offered the use of their field next to the customer carpark - **Please do not park in the customer carpark.**

Race HQ and Registration

The Race HQ and information point will be in the Exercise Studio of the Leisure Centre.

You must register on arrival and before you rack your bike in the transition area.

You should allow at least an hour before your start time to ensure you have enough time to get ready.

You will be issued with a race pack which will include the following:

- Sticker Set

- Race Number

- Timing Chip

We will mark one or both hands with your race number ready for the swim.

Due to the varying start times, there will be no race briefing before the start of the race.

Race Numbers and Timing Chips

Race numbers must be clearly visible for all disciplines, on your back for cycling and front for running.

A race belt is the easiest way to display your number, if you do not have one, **we will have a limited number for sale on the day at a cost of £10.00 payable in cash.**

Make sure your timing chip is well secured to your left ankle using the strap provided.

We will not be able to record your race time if you lose your timing chip, a replacement fee of £75 will be charged.

Sticker Sets

Numbered stickers need to be attached to both your helmet and the seat post of your bike before you are allowed into transition.



Race Equipment

You must have a roadworthy bike with handlebar end caps fitted. A suitable helmet, in good order, must be worn at all times when in contact with your bike. Random Spot Checks will be made in transition, any defective equipment may be withdrawn by order of the Race Director/ Transition Manager.

Drinks

There will be no drink stations on the bike course. Please ensure that your bike is fitted with bottle cages so that you can carry enough water for the bike course, and you may also wish to leave a drink in transition.

There will be a drink station on the run, at the turnaround point on Wagg Drove.

Transition Area

Once you have your race pack and the labels are stuck to your equipment, you can enter the transition area to rack your bike and set out your kit. This will be located on the tennis courts at the rear of the leisure centre.

Bike racking will be numbered to correspond with your race number. You must have a race number to be allowed into the transition area. Marshals will check to ensure that there is no unauthorised entry. Please be aware of other competitors and do not obstruct their route. Boxes are not allowed in transition and will be removed if found. You will only be allowed access with bike and helmet with stickers in place.

Please try to keep the transition area free of unnecessary clutter. Equipment can be stored in a soft sided bag behind your racked bike.

You will need your bike, helmet, bike shoes, run shoes and any additional items needed for the bike or run.

Make sure you take some time to look at the entrances/ exits and make a mental note of where your bike is racked.



Swim (400 metres / 16 lengths)

Spectators will not be allowed poolside or in the changing rooms.

You can change into your swim wear in the changing rooms adjacent to the pool. Lockers are available, you will need £1.00 which is refundable.

- Please be ready to start and be at the pool-side area 15 minutes prior to your start time. **PLEASE DO NOT BE LATE** as you may be called early.
- A marshal will be there to meet you and give you a coloured swim hat which **must** be worn.
- The swim will consist of 16 lengths of the 25m pool.
- Your lane marshal will tell you which direction to swim (clockwise or anti-clockwise) and tell you when you can enter the water, you will be counted down to when you can start.
- Please swim on your front only, but not butterfly. Backstroke is not permitted. Please keep a mental track of your lengths - the lap counters will indicate when you have 2 to go by placing a '2' paddle into the water as you approach. Please do not argue with the lap counters. If you have any issues, please raise them with the Race Director once the event is over.
- Take care if you tumble turn in the shallow end.
- **If you feel a swimmer behind you touching your feet please let them pass at the next turn.**
- Please remove your swim hat at the end of your swim and place it on the floor.
- Exit the pool and head towards transition through the fire exit and over the grass area onto the path.

Transition - T1

- Exit the pool area and follow the marshals' directions to the transition area.
- Locate your bike. **You must put your helmet on and fasten it before you remove your bike from the rack.**
- Ensure your race number is clearly visible to the rear.
- You may take as long as you like in transition but bear in mind the clock continues to run.
- Leave transition and push your bike to the bike mount line. Only from this line can you get on your bike. Marshals will be on hand, but take care as you leave transition, you then exit the School Grounds through a gate.

Bike (22.5km cycle)

Before the event, please familiarise yourself with the route. It will be marked by highly visible arrow markings, but you are responsible for navigating the route.

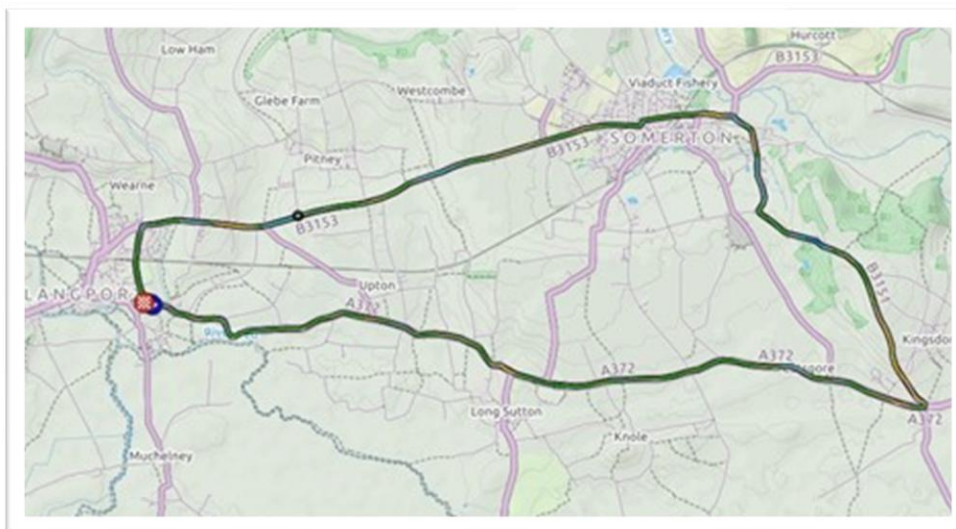
Bike Safety Warnings

- Follow the Highway Code
- Take care as the roads are open
- Your race number must be visible from behind
- It is your responsibility to know the route
- Continue to follow the road ahead, unless you see arrows telling you otherwise
- All junctions where a change of direction is required will be clearly arrowed
- Any breach of Traffic Law or abuse of motorists or marshals will not be tolerated
- Dangerous or abusive behaviour leads to disqualification
- Drafting is not permitted. You must remain at least 10 metres away from the bike in front. You have 15 seconds in which to pass and then the other bike must drop back. Mobile and static marshals will be instructed to report any breach of the non-drafting rules. Maximum penalty is exclusion from the results

- Headphones, MP3 players and phones are not permitted
- You cannot accept outside assistance
- Anyone caught littering will be disqualified
- You are the only one responsible for your safety. **Marshals cannot and will not stop traffic**
- If you see another athlete with problems, please notify the next marshal location
- All marshals are assistant referees. If they consider you to be riding dangerously, they will report it to overall race referee, and you will be disqualified

We will have a collection vehicle to pick up competitors and bikes who are unable to complete the bike course.

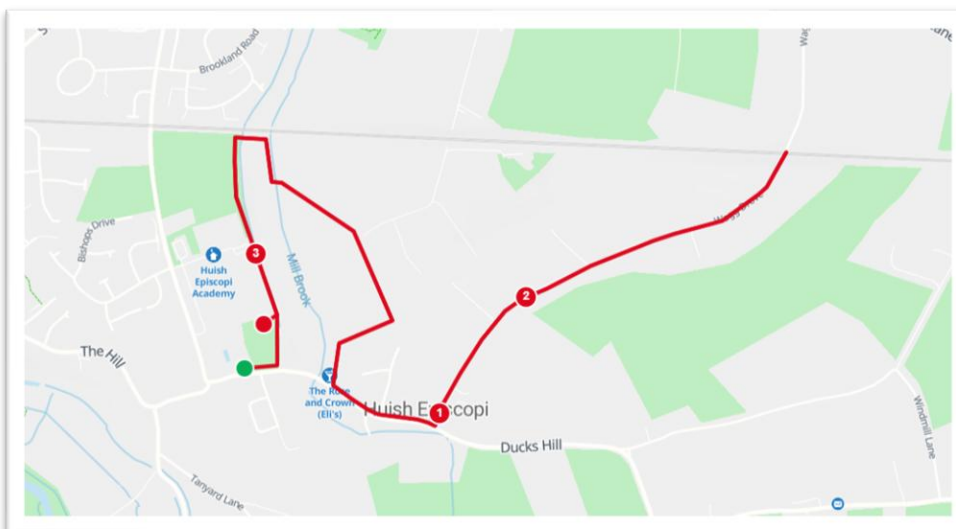
CYCLE (22.5k) [CYCLE ROUTE LINK](#)



Transition - T2

- Entry into T2 will be clearly marked and marshalled
- Ensure you dismount at the dismount line and push your bike into transition. If you are wearing cleats, please be careful especially if the surface is damp
- **You must rack your bike before you undo your helmet**
- Proceed to exit transition "Run out"
- Please ensure your race number is visible from the front, attached to your running top or race belt

Run (5K) [RUN ROUTE \(link\)](#)



Due to the run route taking place on private land it is not possible to run it prior to event day.

It will be well signed and marshalled on event day.

There will be a water station at the turn around point on Wagg Drive.

The run course goes across agricultural land and on road.

Run Safety Warnings

- The run route goes across private agricultural land, there may be geese or sheep in the fields. There will be marshals on hand to assist in these areas if required
- Be alert to others - for most of the run route there will be runners in both directions
- Beware of uneven ground
- Headphones, MP3 players and phones are not permitted

Relays

If you are competing as a relay, then please note that the chip will become your team baton.

- The swimmer starts with the chip attached to their ankle
- After the swim, the swimmer will run into transition to the change over zone and hand the chip over to the cyclist
- The cyclist is not permitted to have their helmet on at this point, it must be in contact with the bike
- The cyclist will place the chip securely on their ankle
- The cyclist can run to their bike, put on and do up their helmet and head out onto the bike route.
- On return, the cyclist will return to transition, rack their bike, remove their helmet and run to the changeover point to hand the chip over to the runner
- The runner will place the chip securely on their ankle and head off on to the run route
- Please note - no chip, no time.

Safety

Please note that the race is held on public roads, cyclists and runners should take great care and heed any instructions from Event Officials and Marshals, particularly at road junctions.

In the event of any major occurrences along the route, the race director and the emergency services reserve the right to alter or stop the event as necessary. This would be in circumstances beyond our control, no refunds will be given.

Medical Assistance

Medical assistance is being provided by Tiger Stripe Events. Please let a marshal know if you require assistance, there will be medical assistance at the finish if required. If you see a fellow runner in difficulty or distress, please relay the situation to the next marshal location.

Headphones

Competitors are **NOT PERMITTED** to wear headphones at any time while racing.

Toilets

There will be a number of portaloos available in the race village for athletes and spectators, there are also toilets in the leisure centre for athlete use only.

Litter

Littering is obviously not acceptable at any time. If you use gels you must return to transition with the wrappers and take your litter home with you. Littering incurs immediate disqualification.

Marshals

As with all our races, we could put on such great events without the help of all the wonderful marshals. Please thank them where possible. And if you would like to join our volunteer team for a future event or you have a friend or relative interesting in helping please email info@racenationalevents.com. We offer food and drink on the day and race credit for a future event.

Spectators

We welcome spectators to cheer on their friends and family. The site and layout make it easy for them to watch you in transition and to see your spectacular finish and receive your well-earned finishers' medal.

Parking is limited on site, so we ask that spectators park off site and walk to the event.

Refreshments

Refreshments will once again be supplied by [Newport's Catering](#), [The Nomadic Barista](#) and [Fat Sams Ice Creams](#). Offerings will include tea, coffee, soft drinks, snacks, and cakes, hot food such as their tasty breakfast wraps, bacon, sausage and egg etc and of course ice cream!

Post-Race

Please collect your kit from transition as soon as possible to allow this secure area to be cleared.

Event Medal and Photographs

An awesome bespoke metal medal will be presented to all finishers.

Free of charge, professional, high resolution, event photographs will be available to download shortly after the race via the website [HERE](#) feel free to download and share away, please don't forget to tag our ace race photographers.

Results

Langport Triathlon will be timed by DB Max Timing.

Live Results will be available [HERE](#) as soon as you cross the finish line.

All results will remain provisional for 48 hours to allow the timing team to respond to any queries.

Please note

Please note there are no refunds, deferrals or transfers available now as the deadline has passed.

Please do not email with requests, any emails received will not be responded to.

The event Terms and Conditions can be found [HERE](#)

Prize List and Presentation

The presentation will take place at the finish area as soon as possible after the last competitor has crossed the finish line.

Awards for the top three male and top three female finishers will be presented, there will also be age category awards. First male and female in the following categories: 40-49, 50-59, 60-69, 70+

Acknowledgements

With grateful thanks to Lifestyle Fitness Langport and Huish Episcopi Academy.

Our professional event photographers, who will be expertly capturing amazing action shots of you all.

DB Max, Tiger Stripe Medical, The Nomadic Barista, Newport's Catering, Fat Sam's Ice Creams.

Our fantastic team of volunteer marshals and helpers, without them we would not be able to put on such amazing safe and successful events.

And finally you the athletes for entering the 32nd Langport Triathlon.

We look forward to seeing you and hope you have a fantastic day!

Thank you to [COACH PETE](#) a seasoned Ironman, ultra runner and coach. He has a passion for both competing and helping others reach their goals.

He is a fully qualified and insured personal trainer, achieving a Level 3 Diploma in Gym Instructing and Personal Training.

Pete is based in the Blackdown Hills in his own private gym, he thrives on helping clients achieve their goals, whatever that may be, he can help you achieve it. He mainly focuses on running, cycling, triathlon, strength and nutrition, but whatever your needs, he should be able to help you.

As well as taking part in Langport Triathlon, Pete is very kindly giving a prize for the winning male and female and also a couple of spot prizes, He is also leaving some leaflets at registration with details about coaching and the opportunity for discounted coaching and T-shirts.

You can contact him on 07438 879407 or pete@coachpete.co.uk

Coach Pete

Our grateful thanks to [The Rose and Crown - Eli's Inn](#) for allowing us to, once again, use their field for athlete parking. After the event, why not make a day of it, the doors open for drinks at 12:00 midday until 19:30

Sounds like the perfect afternoon to relax after all the triathlon excitement of the morning!

Introducing [TENZING](#) our brand new event partner



The new way to energise | 100% from nature | Low calorie | No junk
100% PLANT-BASED All ingredients are sourced from nature. No artificial ingredients or artificial sweeteners.

ALL THE ENERGY WITHOUT THE CRASH A unique blend of natural caffeine from unroasted green coffee beans, vitamin C from acerola and L-theanine from green tea, gives you all the energy but without any of the crash.

ELECTROLYTES The drinks include electrolytes from Himalayan Rock Salt to rehydrate and replenish any of the salts lost during exercise.

19KCAL/100ML Low calorie and hence a delicious, healthy alternative to traditional energy drinks.

VEGAN and GLUTEN-FREE Inspired by the naturally energising brew of the Himalayan Sherpa's.

Just naturally refreshing energy exactly when you need it most!

The perfect reward as you cross the Wessex 10k finish line!

We are grateful to [TENZING](#) for their support!

What's Next ... Have you entered yet?



Sunday 25th October 2026 - [STROUD HALF MARATHON & 10K](#)

Stroud is great place for a fast time in both the half marathon and 10k. Suitable for racers, recreational runners and novices alike.



Saturday 27th Sept 2026 - [EALING HALF MARATHON & THE EALING FEELING 5K](#)

Voted the UK's best half marathon three years in a row!

West London's biggest running event. The 13.1 miles will be run in a single lap, taking in parts of Central Ealing, Montpelier, Pitshanger, West Ealing, Hanwell and St Stephen's before returning to Walpole Park.

Fully closed roads.



Sunday 4th April 2027 - [YEOVIL HALF MARATHON AND YEOVIL 10K](#)

Both the 10k and Half Marathon start and finish on Yeovil High Street and follow a closed road route around the town centre before heading along the entire length of the beautiful Yeovil Country Park. The route then leaves the town on the western side. The 10k then splits off and weaves its way back through the pretty footpaths behind the Leonardo Airfield, whilst the half marathon heads towards the beautiful village of Montacute before returning on quiet country roads to a rip roaring Town Centre finish.



Sunday 27th June 2027 - MARTOCK 10K - Save the date