



## HORWICH TRIATHLON 2024 – GUIDANCE NOTES

**Sunday 5<sup>th</sup> May 2024**

**Location: Horwich Leisure Centre, Victoria Rd, Horwich, Bolton, BL6 5PY.**

**Kona of the North and The Race to the Pike!**

Thank you for your entry and we wish you good luck with your final preparations for the event. Please read through the details outlined in this document and note that unless informed directly by Epic Events that all the information included is now FINAL & CONFIRMED.

EVENT TIMETABLE	TIME
<b>SUNDAY</b>	
Registration Opens at the front of the Leisure Centre	06:30
Transition Opens	06:45
First Race Briefing (n.b. mandatory poolside briefing 15mins before your swim start)	07:15
Race start - First wave of swimmers in the pool	07:30
First Finishers	10:00 (approx)
Final Swimmers	11:15 (approx)
Prize Giving Presentation at the Finish Area (n.b. athletes must be present to claim Prizes)	13:00 (approx)
Final Finishers	14:00 (approx)

### **START TIMES**

Individual start times are allocated by your estimated 500/400m swim time. Please note, once the swim times have been published, this is fixed and final. No changes will be made. Please refrain from emailing to request a change to your start time as no changes can be made.

### **PARKING**

Free parking is available on the Car Park area in front of the Leisure Centre with access from Victoria Road but please be aware that these spaces are limited and other than the Pool (which is exclusively hired for the event) the Centre remains open to the public whilst the event is ongoing. If the Car Park is full on arrival there is alternative parking available on the surrounding streets but please park considerably and be aware that Church Road is closed from the junction with Longworth Road to Victoria Road from 07:00am for the event – please allow plenty of time to park and to make your way to registration.

### **RULES GOVERNING THE EVENT**

The event is affiliated to British Triathlon and as such will comply with British Triathlon Competition Rules. Competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence! If you require further information about Competition Rules, please visit the British Triathlon website [HERE](#)

### **TERMS & CONDITIONS OF ENTRY**

The Terms and Conditions of entry are clearly stated in the entry process and on the Epic Events website [HERE](#). On confirming entry all entrants have agreed to abide by these terms and conditions and by the regulations of the governing body.

### **SWAPPING OF ENTRIES**

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates the insurance undertaken by Epic Events and the National Governing Body for the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the Epic Events website [HERE](#).

### **COMPETITOR CONDUCT**

Competitors are reminded that they share the Leisure Centre, the surrounding areas and the highway with the public who may or may not be fully aware of the event. We request that you treat members of the public (including other road users), marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by Epic Events. Please try to remain courteous on the route even if some other users of the route may not offer you the same respect, we're merely visitors to the venue and we're representing the sport, hence we must ensure we act in an exemplary manner.

### **RULES GOVERNING THE HIGHWAY**

Participants are reminded that the vast majority of the cycle section takes place on **OPEN road** sections. Please ensure that the rules of the road (as per the Highway Code) are followed at all times – always ride on the left of the road and “Give Way” as required. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ from the Moto Officials and may result in prosecution by Police who will also be present on the course.

Please be aware that Race Marshals are not permitted by law to stop traffic and will not do so under any circumstances, Marshals are in place to provide direction only and participants are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt you should stop!

**RIGHT OF WAY**

Participants must take care at junctions and should note from the course details included in this document that you do not have right of way at several sections on the route please check that junctions are clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save a few seconds!

**NON-DRAFTING**

This event is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race.

The draft zone is a rectangle measuring ten metres long from the front edge of the front wheel for every cycle on the route (approximately the size of an estate car). A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone.

A maximum of 20 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 20 seconds, the overtaking cyclist must drop back. Time penalties and potentially a DQ for persistent offenders will be issued by the mobile Motorcycle Officials on the cycle route for any infringements, for more information on drafting rules please see British Triathlon website [HERE](#).

**CYCLE HELMETS**

Approved hard shell helmets will be compulsory and must be worn throughout the cycle section. Helmets must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

**BIKES**

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by British Triathlon.



<sup>THE</sup>Endurance Store

Swim – Run – Triathlon  
Mossy Lea Road, Wrightington, Wigan, WN6 9SA  
[www.TheEnduranceStore.com](http://www.TheEnduranceStore.com)

### **RACE NUMBERS**

Participants will be issued with a single race number which must be clearly visible on your back for the bike and your front for the run (race belts are recommended and can be purchased at registration n.b. cash only). Do not cut or fold these race numbers – penalties will be issued for number mutilation. Please ensure your race number is visible when exiting transition for the bike, when leaving transition for the run and most importantly when crossing the finish line. For relay teams, the cyclist should wear the number on their back and the runner will wear the number on their front.

### **REGISTRATION PROCEDURE AND TIMINGS**

#### **Registration - Opens Sunday 06:30am**

Please attend Registration in a timely fashion, we recommend arriving **at least 60** minutes prior to your Swim Briefing Time. If you leave it too late and there is a queue you may find yourself unable to complete registration in time to race. Registration will take place outside at the front of the Leisure Centre in one of our Event Shelters and all competitors will need to register in person with a Photo ID on the morning of the race, please also have your British Triathlon ID with you if you are a British Triathlon member.

**Collect your race pack** – this will contain:

- 1 x Race Number (required for access to transition)
- 1 x Bike Frame Sticker (to wrap around your seat post & also required for access to transition)
- 1 x Custom Technical T-Shirt (if ordered)
- 1 x Custom Swim Cap
- 1 x Timing Chip with strap – prior to starting the race fasten the strap by placing it around your left ankle and secure it in place using the Velcro fastener (attachment anywhere else will jeopardise an accurate race time).

***N.B please check you have the correct and matching race number, frame sticker and timing chip before leaving registration.***

**THE TIMING CHIP MUST BE SECURELY FASTENED TO YOUR LEFT ANKLE PRIOR TO THE START OF THE SWIM SECTION, NO CHIP = NO TIME!**

### **BRITISH TRIATHLON RACE PASS**

All competitors need to either have a British Triathlon Membership or a Race Pass to participate in this event. This is a mandatory British Triathlon requirement for all affiliated events and participants **CANNOT** race without a British Triathlon Membership or a Race Pass. There is a slight change to previous years for non-members as the Race Pass must be purchased directly from British Triathlon rather than from Epic Events.

If entrants are not a British Triathlon Member then a Race Pass must be purchased directly from British Triathlon, the cost is £8 per person. The Race Pass must be produced at Registration before Race Numbers, timing chips etc can be collected. A Horwich Triathlon Race Pass can be purchased by clicking the link [HERE](#).

We recognise this is a change from previous years and can be confusing therefore, if for whatever reason a participant has been unable to purchase a Race Pass it will be possible to pay £8 cash on the day and we will pass this back to British Triathlon post event to ensure every participant is covered.

**Please note that British Triathlon members will need to show their membership card/or an image of it at registration to collect your race pack** n.b. if British Triathlon memberships have expired before the event date they will not be valid and participants should either renew or purchase a Race Pass (see the link above).

For any queries regarding Race Passes, please contact British Triathlon directly on:

[membership@britishtriathlon.org](mailto:membership@britishtriathlon.org)

### **RACE INFORMATION AND TIMINGS**

Transition area opens at 06:45am and Bike racking will take place on Sunday morning **ONLY**.

### **TOILETS**

Toilets are available inside the Leisure Centre from 07:00am on Race Day.

### **TRANSITION**

Bike racking will take place on Sunday morning **ONLY**.

Please ensure that to affix the bike number sticker provided in the Race Pack collected at Registration to the frame of the bike towards the front where it is visible for ID and security reasons. Please rack in the corresponding numbered rack position using the bike seat “hooked” onto the racking frame in alternate directions. Only competitors are allowed into the transition area (no friends/family/spectators allowed). Please ensure bikes are racked at least 30 minutes prior to swim briefing times. Transition race entrance and exits are equally spaced ensuring there is no advantage to be gained from any of the rack positions.

During the race, only racing competitors will be allowed through the transition area.

Removal of bikes from the transition area will not be possible without displaying a race number that corresponds to the bike number sticker on the frame/handlebars. Please be prepared to show Race Numbers/Stickers.

### **MANDATORY RACE BRIEFING**

**All participants are issued with a briefing time which will require attendance at a short race briefing 15-30mins prior to the individual swim start time – this is mandatory for all participants.** Any late changes to the event (if required) will be included, as well as answering any race questions/queries. **DO NOT** miss this briefing.

**ALL RELAY TEAM MEMBERS SHOULD ALSO ATTEND THE BRIEFING**

**TRANSITION LOCATION AND ACCESS**

Transition is on the 3G All Weather Pitch at the rear of the Sports Centre. Transition will be open from 0645hrs and for the remainder of the event. Entries in the earlier swim times will have priority at the start of the event. To rack bikes and kit please enter and exit the transition area at the entrance on the running track.

Please keep the amount of equipment left in transition to a minimum. Transition boxes, etc are not allowed to be kept in transition as per British Triathlon rules, but excess kit and bags can be left at the side of the pitch well away from the main transition area.

**ENTRY TO TRANSITION**

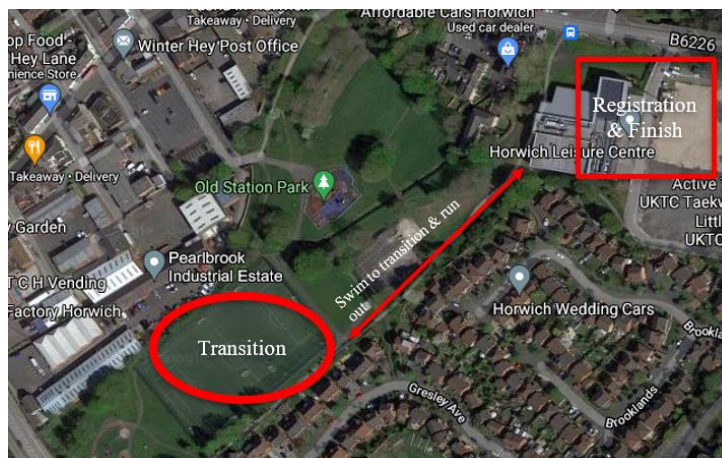
To gain entry to transition to rack bikes participants will need to:

- Register and collect Race Pack at Registration.
- Attach Bike Number Sticker to the front of the frame or handlebars of the bike.
- Display Race Number.
- Ensure helmet is on and is fully fastened.
- Walk to the Transition entrance where marshals will direct participants where to go.
- No boxes or large bags to be left in transition – these can be left at the opposite end of the 3G pitch away from the main transition area

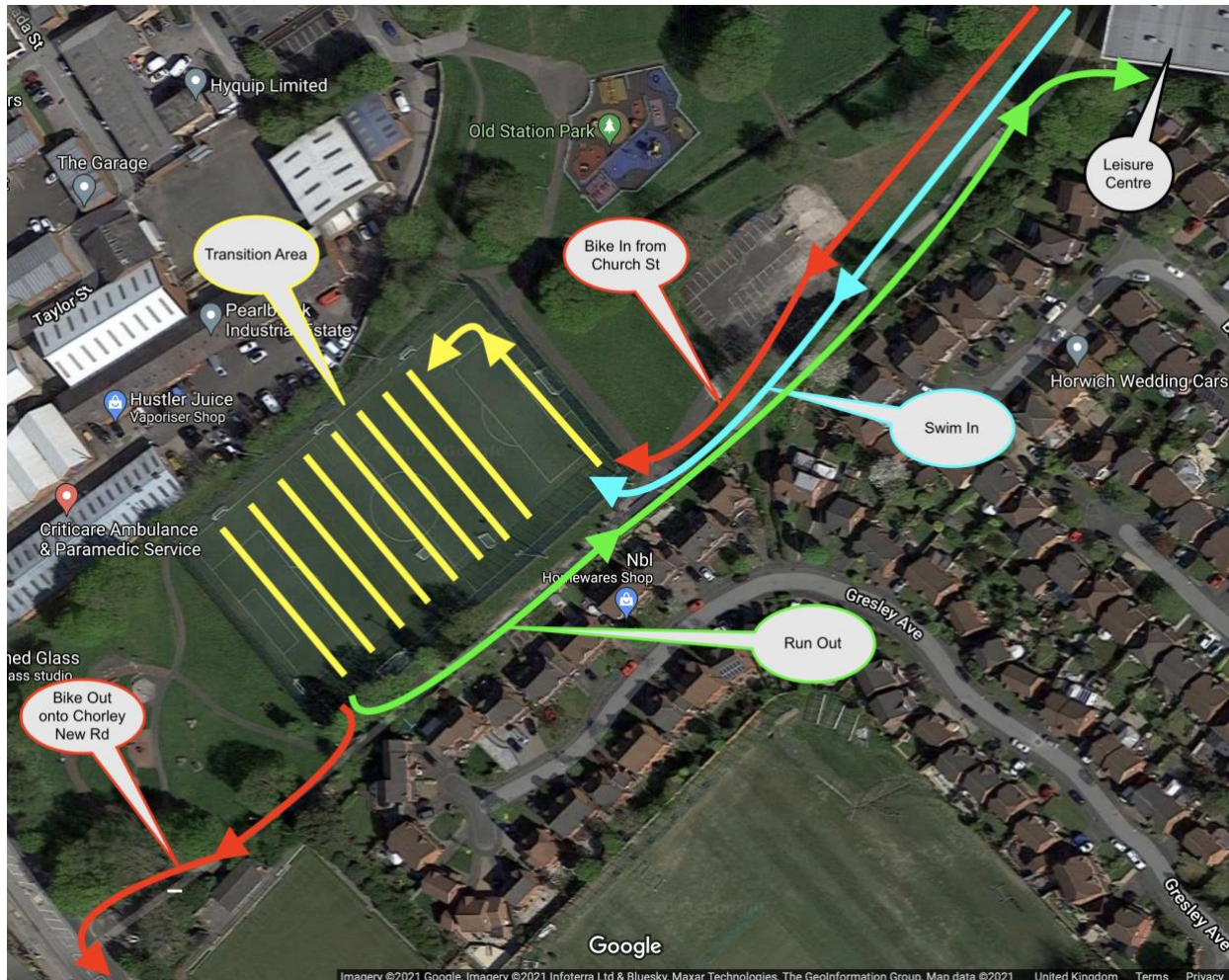
Please note Transition Staff/Officials no longer check the brakes on bikes. It is the participant’s responsibility to ensure bikes are safe to ride. If there are any issues or queries regarding a bike, there will be a bike mechanic from Croston Cycles onsite near to the Sports Centre who will be able to help and advise on Race Day.

**TRANSITION**

The Transition area is located on the artificial football pitch behind the leisure centre. Please see below for location and transition flow/layout.



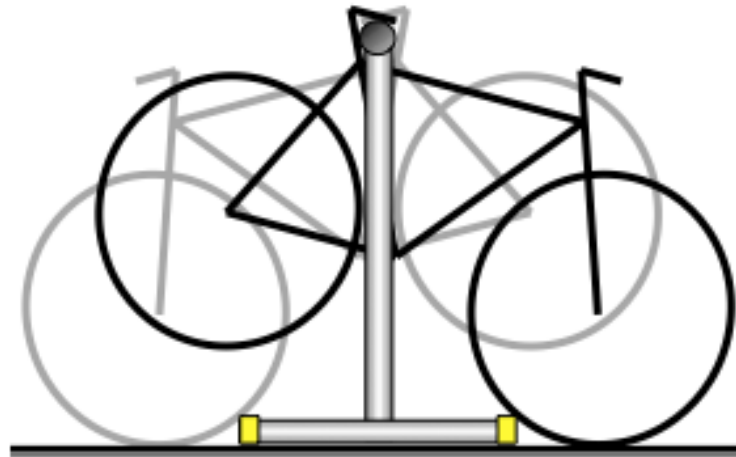






BIKE RACKING OPERATION

SECTION ON BIKE RACK



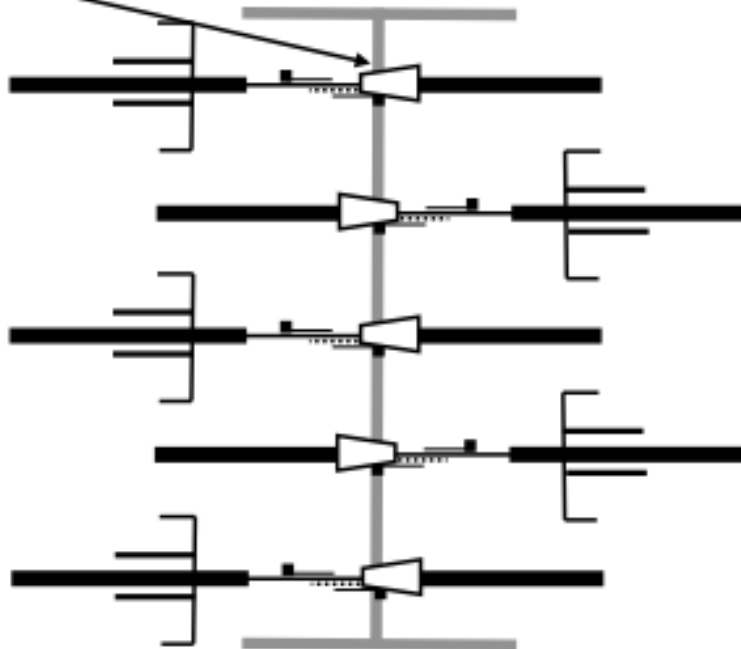
Rack your bike by the seat against your race number. Your front wheel will be the same side of the racking as the number.

HORWICH TRIATHLON

**001**

Racking

PLAN ON BIKE RACK





## Tri-Rivington

Tri-Rivington prides itself in high quality coaching for members, whatever their gender, experience, fitness or goals are. Many of our members joined us with very little experience in one or more of the triathlon disciplines and since then, they have successfully achieved their goals.

## Where are we based?

We're based in and around Bolton, with fantastic training routes right on our doorstep. We have regular weekly sessions which cater for all abilities. If you're new to triathlon and looking for a friendly club, which can add structure to your training and help you to progress, then visit our website and contact us!

[www.Tri-Rivington.co.uk](http://www.Tri-Rivington.co.uk)

## SWIM

### Standard Distance 500M (20 x 25m lengths)

### Sprint Distance 400M (16 x 25m lengths)

The swim will take place in the 25m pool inside the Leisure Centre and will require the completion of 16 (Sprint) or 20 (Standard) lengths. Start times have been allocated using the estimated swim times submitted on entry with Standard Distance swimmers first in order from the more leisurely swimmers to the fastest and then after a short break the Sprint Distance swimmers will start (again from slowest to fastest). Each swimmer has been allocated a lane and a fixed start time which must be adhered to. Please refer to the Start List which will be emailed prior to the event and will include the poolside briefing time and Swim Start Time. Please report to poolside for Briefing Time and certainly no less than 20 minutes before your Start Time. If participants miss the allocated starting slot, then it will not be possible to start and unfortunately the race will be over.

Lane 1 will swim anti-clockwise, Lane 2 clockwise and so on. Please refer to the pool organisation diagram below. All competitors will push start in the water, diving into the pool is not allowed at any time. Tumble turns are permitted. The lane order has been assigned on swim times, however, if participants catch the swimmer in front please tap their feet a couple of times, it is then the responsibility of the swimmer in front to let the faster swimmer pass at the end of the current length. A time penalty may be awarded if the slower swimmer in front persistently ignores this rule and does not allow faster swimmers to pass at the end of the pool. Please be patient and do not attempt to overtake during the length, a time penalty may also be awarded for any inappropriate conduct in the pool.

On completion of 18 of the required 20 lengths (for Standard Distance) or 14 out of 16 lengths (for Sprint) a kickboard will be placed into the water in front of swimmers by the lane counter but please be aware it is still the responsibility of the swimmer to count the number of lengths completed – the counters will assist as much as possible but with over 400 participants it is impossible to count for each and every swimmer.

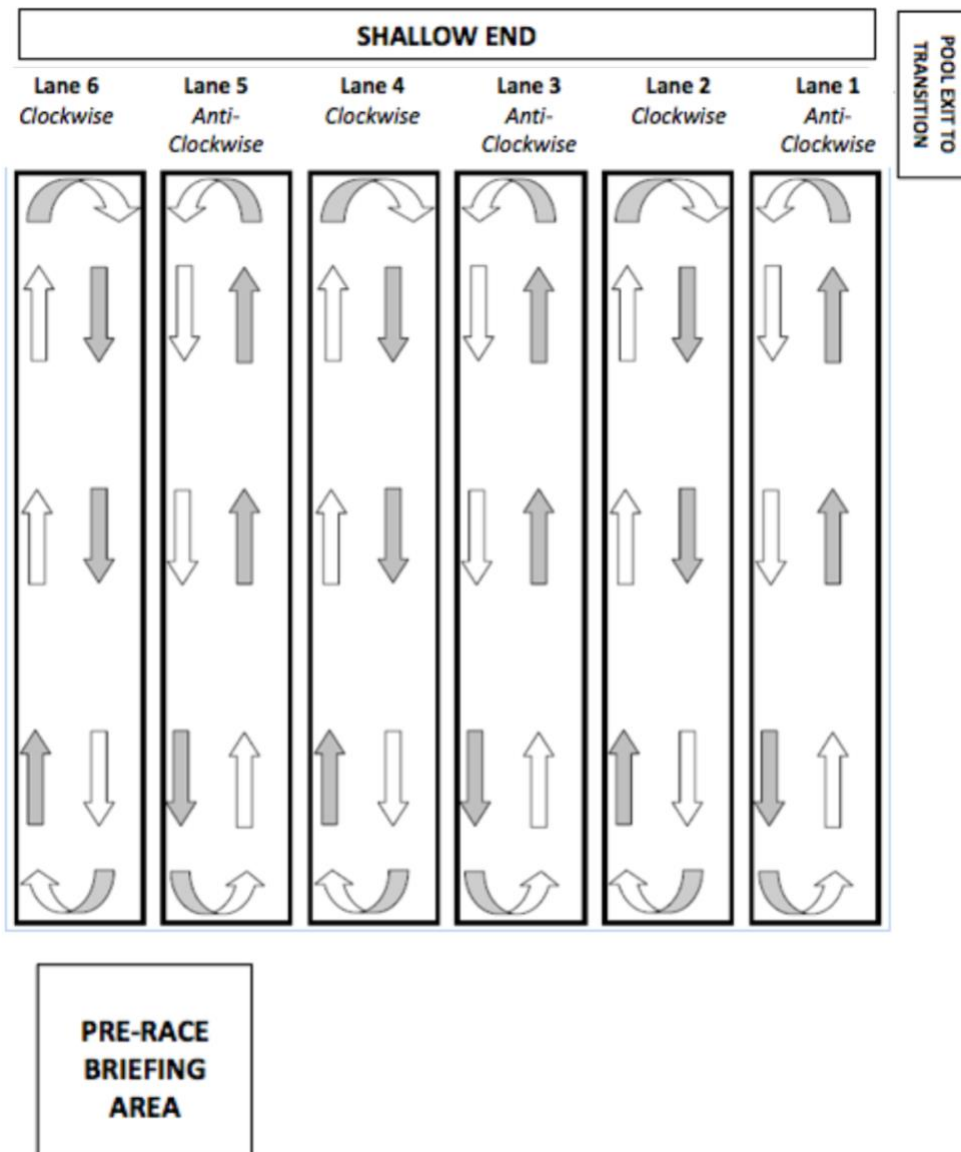
### To Transition 1 (T1)

There is a 200m run to the transition area, please be careful running barefoot. Exit to the side of the pool through the Fire Exit and follow the route around to the left towards the Transition area. Be aware of runners from earlier waves exiting transition and cyclists pushing their bikes back into transition.

it is acceptable to leave footwear outside the pool at the swim exit but please stay clear of the timing mats at swim exit and adhere to the marshal's instructions N.B. ANY FOOTWEAR DROP OFF MUST BE COMPLETED **BEFORE COMING TO THE POOL**. Do not bring footwear or clothing into the pool area, it is not permitted to bring anything additional into the pool area, the area must be kept clear, if bringing anything that is not worn during the swim into the area it should be left at your own risk in the Leisure Centre Changing Rooms for collection after the race. **The route from Swim Exit to Transition will be checked for sharp objects, but it cannot be guaranteed to be clear, therefore a barefoot run is completed at your own risk.**

As per British Triathlon rules competitors are not allowed to wear neoprene shorts/swimsuits or calf guards of any material for a pool-based swim.

POOL ORGANISATION







**BIKE**

40k Cycle Route: <https://www.strava.com/routes/2820657072807553690>

20k Cycle Route: <https://www.strava.com/routes/3206370748913514436>



For the bike section large yellow signs with black arrows will be in place, similar to the image above. These may point left, right or straight on and will be in place before a junction or turn. At specific points on the course marshals will be in place, typically when joining a busy road or an area with reduced visibility. If a marshal informs cyclists to slow or stop please do so or risk a disqualification, please also be aware that marshals cannot legally stop or direct traffic on the public highway in any way.

**Transition**

When collecting bikes from T1 ensure helmet straps are securely fastened BEFORE touching the bike. After leaving transition, push the bike to the mount line marked on the path at the side of the track and manned by a marshal who will remind cyclists to mount AFTER the line. There will be a time penalty if mounting a bike before the line.

After leaving transition mount before the line on Chorley New Road and turn left before taking your first left into Ramsbottom Rd and continuing onto Victoria Rd before joining Church St by turning right at the mini roundabout.

**ROUTE**

**Standard Distance**

After 2.5mile Turn Left onto Walker Fold Road, Continue over Colliers Row Road. At the end of this section (5 miles) there is a left-hand turn after a fast decent at a T junction. The bottom of this decent is the junction with the A675. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

Continue along the A675 through Belmont (where the Sprint Distance will split off) and Abbey Village until 13miles where cyclists will arrive at the junction with the M65 motorway. Take the first left off the roundabout onto the A674, Chorley Road, following signs for Wheelton and up the hill.

At approximately 16 miles (at the start of the dual carriageway) take the sweeping left turn onto Blackburn Road (B6228) heading towards Eaves Lane. Having crossed over the top of M61 and the canal bridge continue straight on at mini roundabout at approximately 19.5 miles and keep left along Eaves Lane then at 20.2 miles bear left (which is actually straight on as the crow flies) continuing along Eaves Lane. Travel a further 300m to a mini roundabout keeping left as the road turns into Cowling Brow (sign posted for Cowling Industrial Estate).

When passing through Limbrick at approximately 20 miles there is a narrow bridge, please be aware of oncoming traffic. After Limbrick the route runs parallel with the Motorway and at approximately 22.5 miles the road bears left onto Babylon Lane and over the motorway bridge.

Cyclists should continue passed the left turn into Horrobin Lane and then passed the Anderton centre to reach the end of the lane at 23.8 miles. Here cyclists will turn left onto Bolton Rd, A673, (where the Sprint Distance will eventually rejoin the route via Lever Park Ave) and then continue into Horwich town centre.

**At 25.3 miles in Horwich centre there are traffic lights. Every competitor must dismount just prior to the lights, cross safely and then mount where instructed n.b. marshals will be present.** Continue around the bend until reaching the dismount line near to the Run Finish and dismount your bike before the line which is outside the opposite side of the Leisure Centre from where cyclists originally mounted then run passed the pool area with your bike and into transition.

### **Sprint Distance**

After 2.5mile Turn Left onto Walker Fold Road and continue over Colliers Row Road. At the end of this section (5 miles) there is a left-hand turn after a fast descent at a T junction. The bottom of this descent is a junction with the A675. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

Continue along the A675 to Belmont to take a left turn at the Black Dog pub onto Rivington Road. This is the split point between the Standard & Sprint Distance routes. All Sprint Distance cyclists should turn left here! Continue along Rivington Road which climbs up and over Rivington. Select your gear wisely! On the descent please **SLOW DOWN & KEEP LEFT!** The descent has some tight 90 degree bends and on approaching the end of the road it does become very narrow. Care must be taken at all times along the full descent! At the t-junction (approx. 10.5miles) turn left onto Rivington Lane. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

Follow Rivington Lane to the end, turn left onto Bolton Road and re-join the Standard Distance route towards Horwich Town Centre. **SLOW DOWN AND GIVE WAY TO TRAFFIC FROM THE RIGHT!**

**At 12.9 miles, in Horwich centre, there are traffic lights. Every competitor must dismount just prior to the lights, cross safely and then mount where instructed n.b. marshals will be present.** Continue around the bend until reaching the dismount line near to the Run Finish and dismount your bike before the line which is outside the opposite side of the Leisure Centre from where cyclists originally mounted then run passed the pool area with your bike and into transition.

**RUN**

Standard Distance 8.6k: <https://www.strava.com/routes/3417836>

Sprint Distance 5k: <https://www.strava.com/routes/3206379318532940740>



For the Run section signs will be in place similar to the image above – these may point left, right or straight on and will typically be in place before a turn/junction.

There are no drink stations on the run course, so please ensure to carry sufficient fluid or be suitably hydrated before you commence the run.

Both distances exit transition & run towards the Leisure Centre and bear right up the steps and then left across the front of the Centre before turning right and continuing uphill onto Chorley Old Road. Turn left as directed onto Gingham Brow. On reaching the top of the tarmac road at a T Junction turn left on to Georges Lane.

At 1.56 miles the Sprint Distance route will turn around and simply retrace the route back to the Finish at the side of the Leisure Centre on Church St but the Standard Distance will continue onwards and passed Old Rake Car Park where the surface begins to change from tarmac to loose gravel and then on to a cobbled path. At approx. 2 miles turn right through a small gate and begin the direct ascent up to the Pike Monument. This is the highest point of the course. Head to the LEFT of the tower and follow the steps to descend from the top of the Pike

Begin the descent from the Pike following the steps and at the gate with George's Lane turn left and retrace the route all the way back to the Finish at the side of the Leisure Centre on Church St.

Rivington Pike is exposed to weather and hence runners should be prepared - bring a windproof/waterproof jacket just in case the forecast is poor! The descent from Rivington Pike is rocky and slippery underfoot, trail/off-road shoes are recommended and runners should take care when descending.

**RELAY TEAM INFORMATION**

Each relay team will need to register together. Each team will be issued with a timing chip, which will act as the relay 'baton', 2 x Race Numbers (one for bike and one for run) and 1 x bike number sticker. The swimmer will start with the timing chip, the cyclist will take a race number for their back and the bike number sticker, and the runner will take a race number for their front.

The timing chip must be secured firmly in place before each member of the team starts. The changeover should take place INSIDE THE TRANSITION AREA near to your racking position. The cyclist should be wearing their helmet but leave their bike racked until they have the chip secured to their left ankle after being handed it from the swimmer then they may take their bike from the rack. At the end of the bike route the cyclist should rack their bike before handing the chip to the runner who should attach it to their left ankle before leaving transiti

### **TIMING AND RESULTS**

Please ensure timing chips are secured to the left ankle for the duration of the race using the Velcro strap. **DO NOT cross any of the timing points before starting the race.** Swim start times are fixed and as mentioned previously have been issued based on the estimated swim time.

There will be 5 x timing points during the race 1 = Transition Swim In, 2 = Transition Bike Out, 3 = Transition Bike In, 4 = Transition Run Out and 5 = Finish Line.

After crossing the finish, please remove the timing chip & strap and place in the container provided. **Any lost or missing timing chips will be charged at £20 each, this will be charged automatically to the payment card used to enter if timing chips are not returned.**

### **RESULTS**

Provisional Results are published LIVE on the Epic Events Results page [HERE](#) as participants cross the finish line. Any queries relating to provisional results must be e-mailed to [info@epicevents.co.uk](mailto:info@epicevents.co.uk) by Monday following the event, after which time all results will be deemed as final and complete.

### **PRIZE GIVING AND PRESENTATION**

Presentation will take place at 13:00 (approx) at the Finish area. Prize Winners must attend to collect prizes (n.b. prizes will not be posted out following the event). Prizes will be awarded for the following categories (min. entry 10 per age group):

#### **Standard Distance**

- Open 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (Overall)
- Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> (Overall)
- Open U20; V40; V50; V60+ = 1st place
- Female U20; V40; V50; V60+ = 1st place
- Relay Team 1<sup>st</sup> (Overall)

#### **Sprint Distance**

- Open 1<sup>st</sup> (Overall)
- Female 1<sup>st</sup> (Overall)

N.B. Any 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> Overall Prize Winners will not be eligible for Age Group Prizes U20, V40, V50, V60+ Prizes which will be 'rolled down' to the next Age Group Winner.

### **MEDICAL ADVICE**

If participants have any known medical conditions (such as diabetes, asthma, heart disease, allergy to penicillin, etc, etc) please ensure Epic Events have been informed prior to the race by including the information on the online Entry System or emailing [info@epicevents.co.uk](mailto:info@epicevents.co.uk). After collecting Race Numbers at Registration please ensure any medical details including any medication taken are written on the back of the Race Number as well as Next of Kin & Emergency Contact details and include a small indelible red cross on the front of the Race Number (pens available at Registration). This is not just an administrative request - it could save a life in an emergency. This information will only be used if required. If any participants feel unwell on race day – please do not race!

**CATERING**

Crazy Cow Catering will be onsite in front of the Leisure Centre offering their awesome range of hot and cold rolls, sandwiches, wraps, fries and drinks including freshly ground coffee.

**PHOTOGRAPHS**

Race photographs will be taken by the Official Event Photographers and will be **available online as FREE hi-res digital downloads** approximately 12-24hrs after the event. Please be aware that all images will be published online on the Photographer's website [HERE](#) and on Social Media [HERE](#).

To be notified when images are uploaded it is possible to select SUBSCRIBE on the appropriate event album on the Photographer's website via the link above and then register a 'Selfie' image and the system will then automatically notify participants via email when images from the event are uploaded that match the 'Selfie' image.

**FINALLY**

On behalf of the Epic Events Team we would like to wish you well with your race and hope you have a safe and enjoyable event.

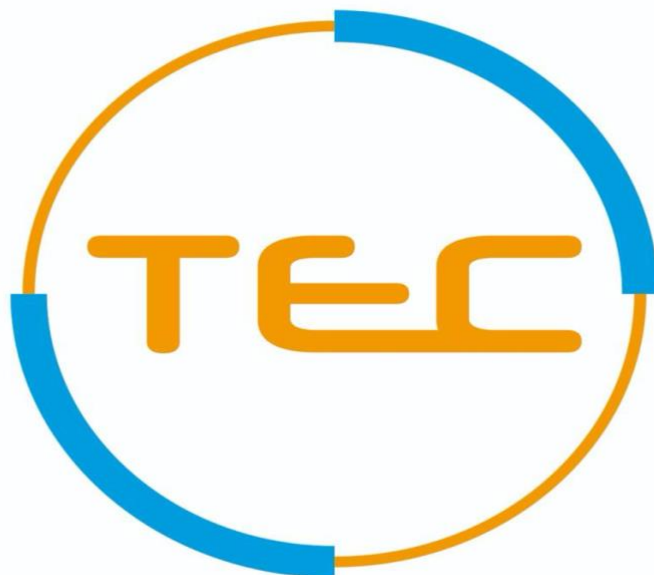
Yours in sport

EPIC EVENTS

e-mail: [info@epicevents.co.uk](mailto:info@epicevents.co.uk)

website: <http://www.epicevents.co.uk/>





**THE**  
**Endurance Coach**

## **Sports Science & Coaching Support**

**Triathlon Coaching Plans**  
**VO2 Max Testing**  
**Lactate Threshold Testing**  
**Open Water Swim Coaching (Wigan)**  
**Bike Fitting Services**

**[www.TheEnduranceCoach.com](http://www.TheEnduranceCoach.com)**  
**[testing@TheEnduranceCoach.com](mailto:testing@TheEnduranceCoach.com)**

**308 Mossy Lea Road, Wroughtington, Wigan**