

Additional brief points of the Adult Relay team (As of 1/6)

As part of the celebrations for the 25th anniversary of the Hatch End - Harrow Triathlon on 11th May 2025 the Adult relay option was introduced.

The rules are the same as the main adult race with the following additional points:

The relay team can consist of two or three members.

The swimmer will start with the timing chip securely attached to their left ankle.

The cycling member of the team should put their helmet on before their swimming member is back.

On return to their transition position the swimmer must remove the timing chip and hand it over to the cycling member of the team who must securely fasten it to their left ankle before they do anything else.

The swimmer (and runner) must step away from the shared Transition spot and not assist the cyclist.

The cyclist then attaches the timing chip securely to their left ankle.

The cyclist **must** have their helmet on before they can touch and remove the bike and carry on with their section of the race.

The cyclist on return to their Transition spot must first rack their bike and only then remove their timing chip and hand it over to the running member of the team.

The running member secures the timing chip to their left ankle before heading out to complete the run and the race for the team.

If a team member is undertaking two adjacent sections of the race then they clearly don't need to remove the timing chip between those two sections.