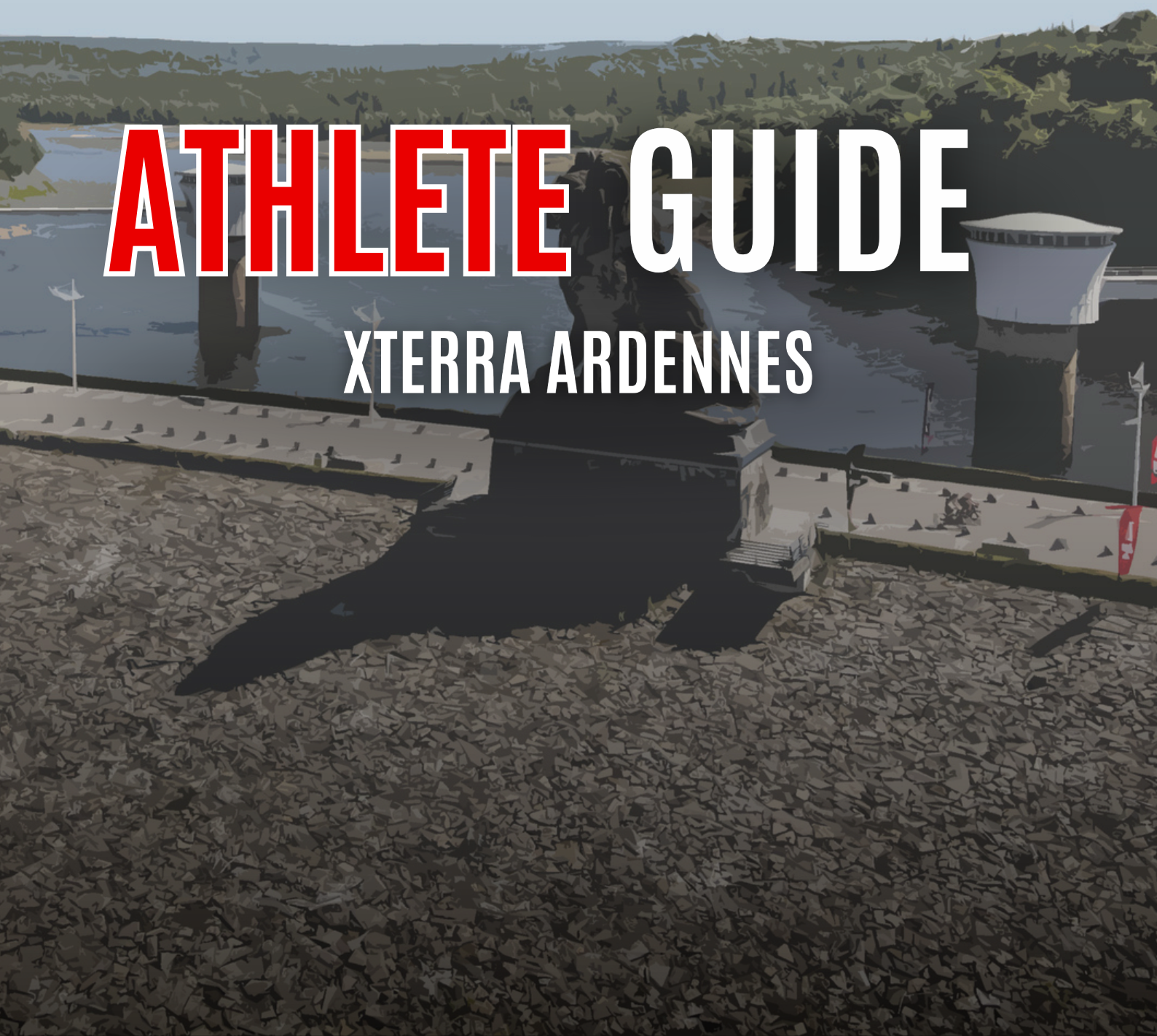


8 - 9 - 10 AUGUST
2025

XTERRA®
ARDENNES

ATHLETE GUIDE

XTERRA ARDENNES





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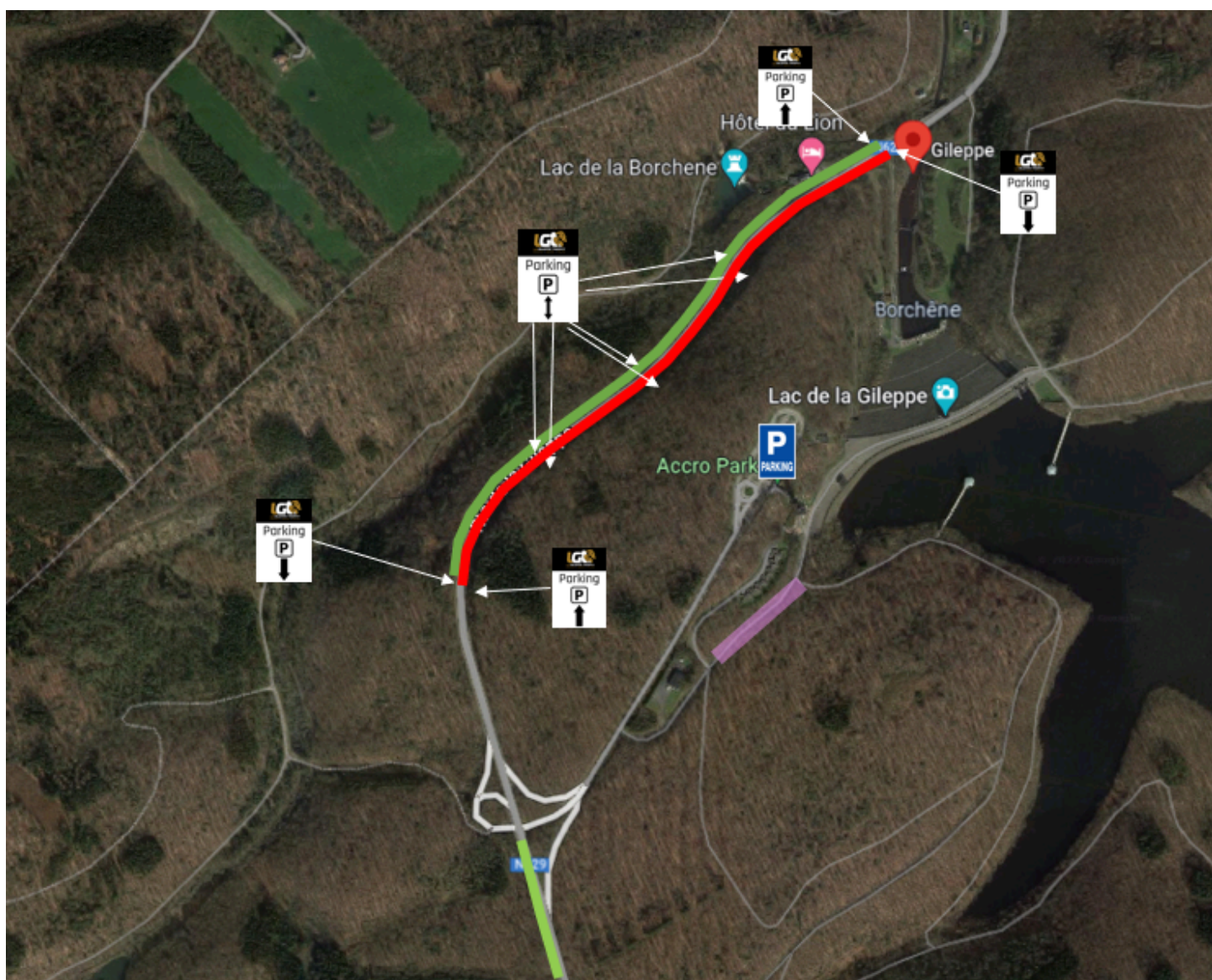


ACCESS MAP



Adress : Barrage de la Gileppe

Route de la Gileppe 55, 4845 Jalhay



LEGEND



Tourist parking (athletes not allowed)



No parking (restricted by the municipality of Jalhay)



Athlete parking area



Staff parking area



Parking signs set by event organizers



EVENT SCHEDULE

SATURDAY, AUGUST 9, 2025

- 7:30 AM - 9:15 AM** ■ Race packet pick-up for XTERRA Long Distance & Dusty Gravel
- 7:30 AM - 10 AM** ■ Race packet pick-up for XTERRA Ardennes Full Distance
- 8:00 AM - 9:15 AM** ■ Bike park opens for XTERRA Long Distance & Full Distance
- 9:30 AM** ■ Start : XTERRA Ardennes Long Distance
- 10:00 AM** ■ Start : XTERRA Ardennes Full Distance
- 12 PM - 2 PM** ■ Race packet pick-up for XTERRA Ardennes Sprint Distance
- 12:30 PM - 1:45 PM** ■ Bike park opens for Sprint Distance
- 1:00 PM** ■ Award Ceremony – XTERRA Ardennes Full Distance
- 2:00 PM** ■ Start: XTERRA Ardennes Sprint Distance
- 5:00 PM** ■ Award Ceremony – XTERRA Ardennes Long Distance & Sprint Distance

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RACE PACKET PICK-UP

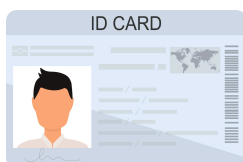
Race packet pick-up is only possible upon presentation of valid ID.

Note : In the event of withdrawal, the race number may be transferred to another athlete. This change must be made at the dispute area, otherwise the athlete will be disqualified.

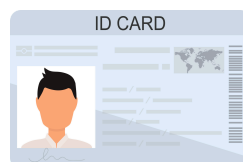
Race Packet Pick-Up Procedure:

1. Before going to the registration desk, make sure you know your race number, which you received by email during the week of the event.
2. Go to the registration desk, provide your race number and present the following documents:

Unlicensed athletes:



Licensed athletes:



Athletes who did not purchase a one-day license must present a valid triathlon license at race packet pick-up.

Otherwise, the license fee will be charged on-site.

International licenses are accepted !



WCUP Sports Nutrition

est une société belge qui propose une gamme complète de produits pour les sportifs

- ✓ Hydratation
- ✓ Boissons de Récupération
- ✓ Compléments Alimentaires
- ✓ Barres Protéinées
- ✓ Gels Energétiques
- ✓ Barres Energétiques



ATHLETE PACK

The athlete pack includes:



A bib number: Must be worn on your back (attach at 3 points.) during the bike leg, and on the front during the run.



A swim cap: Mandatory during the swim. You must wear the official cap provided, not your own.

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B 100 x 60 mm



- A frame plate (bike number)
- A helmet sticker to be placed on the left side



A timing chip : Wear the timing chip on your left ankle using the strap provided at bib pick-up.

Note: The chip must be RETURNED at the finish line. Unreturned chips will be charged €50.

Meal wristband for Long and Full Distance participants only.



TRANSITION AREA

Check-In Times Reminder:

Check in



Longue & Full Distance : 8:00 AM – 9:15 AM

Sprint Distance : 12:30 PM – 1:45 PM

How does check-in work ?



Report to the transition area entrance with:

- Bib number properly attached to race belt (3 points) ;
- Frame plate securely mounted on your bike's handlebar ;
- Helmet sticker properly placed on the left side ;
- Helmet fitted and fastened ;
- Timing chip on your left ankle

Brakes and handlebars will be checked. Place your bike at your assigned number slot (matches your bib number). Covering your bike is not allowed.

After the time slots above, your personal items will no longer be under the responsibility of the organization.

Only athletes presenting their bib will be able to retrieve their gear and bike.

This cannot be done by someone else on your behalf.

The timing chip must be returned when exiting the transition area.





CUT OFF TIMES

The times below indicate the maximum allowed duration for each discipline, based on the registered race.

In the case of wave starts, timing begins from when the athlete enters the water..

CUT OFF	SWIM	SWIM + BIKE	SWIM + BIKE + RUN
LONG	1:15	5:30	9:00 (7:00 after 1st loop on foot)
FULL	0:45	3:30	5:00
SPRINT	0:15	1:45	3:00

Race officials will be present to ensure the smooth running of the event.

They will ensure that triathlon competition rules are correctly applied.

They are there to support athletes and prioritize safety throughout the race.

Unsportsmanlike conduct and cheating will not be tolerated.

Any malicious behavior that endangers others will result in a red card and immediate disqualification of the athlete involved.

A photograph of a man with a beard and a woman in an orange shirt at a triathlon finish line. The man is smiling and holding a white water bottle. The woman is wearing a colorful patterned headband and a pink wristband. In the background, there is a black banner with the text "Respire Sports".

LONG DISTANCE



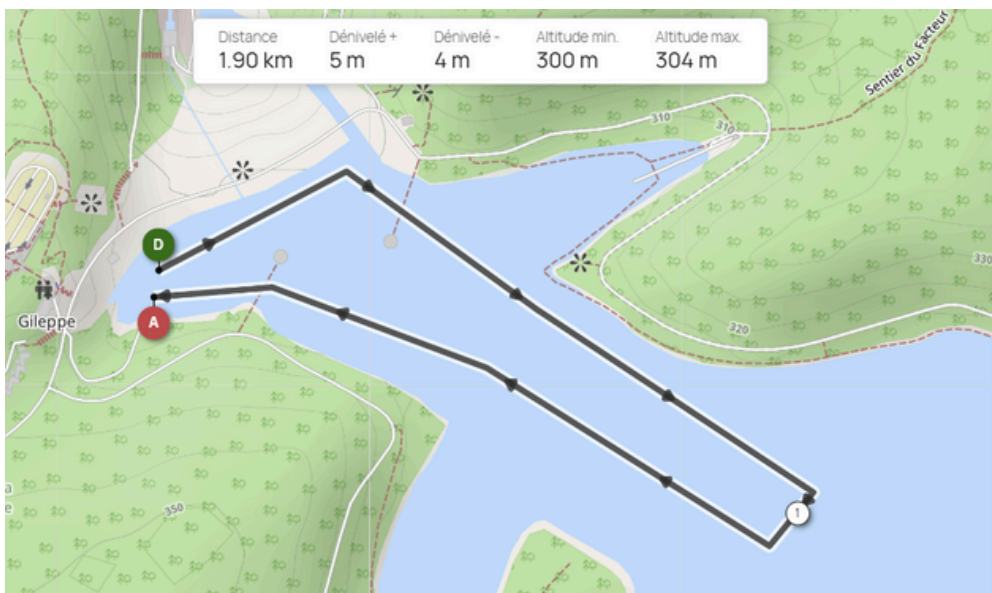
Swimming at the race site is strictly prohibited prior to race day.



A NEOPRENE WETSUIT IS MANDATORY.

Informations générales :

- One 1900m loop
- The start of swimming will be given in the form of a mass start in the water
- Athletes must wear the official swim cap provided
- No flotation aids allowed
- Compression sleeves are not permitted during the swim
- The course will be monitored by boats and kayaks
- No assistance is allowed during the swim. Athletes in difficulty may hold onto a kayak or boat for safety, but not move forward while doing so.
- Athletes must swim around the buoys to complete the required distance.



[Download the GPX plot HERE](#)

BIKE

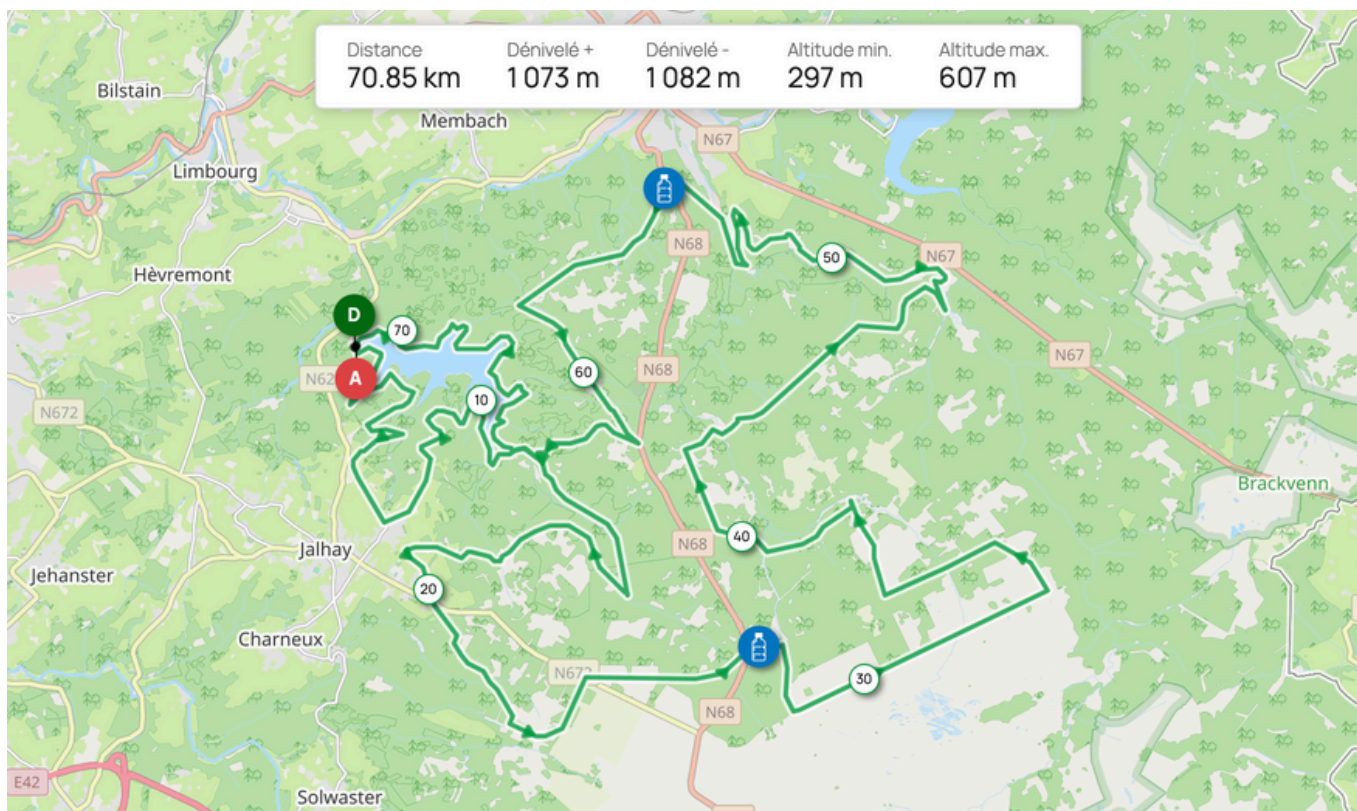
General Information:

- Course is 100% gravel-suitable - Allowed bikes: gravel, mountain bikes (MTB), cyclocross.
- One 70 km loop
- Hilly course with 1000-1200 m of elevation gain.
- Maximum time allowed for swim + bike : 5h30

Aid stations km 27 and km 56 :

- 50 cl water bottle
- 50 cl isotonic drink bottle
- Sweet & salty solid food
- Banana

 [Download the GPX plot HERE](#)





RUN

General Information:

- One 8 km loop to be completed twice, on a trail-type course.
- Each loop has at least 180 m of elevation gain.
- Maximum race time (swim + bike + run): 9h00
- Course closes at 6:30 PM.

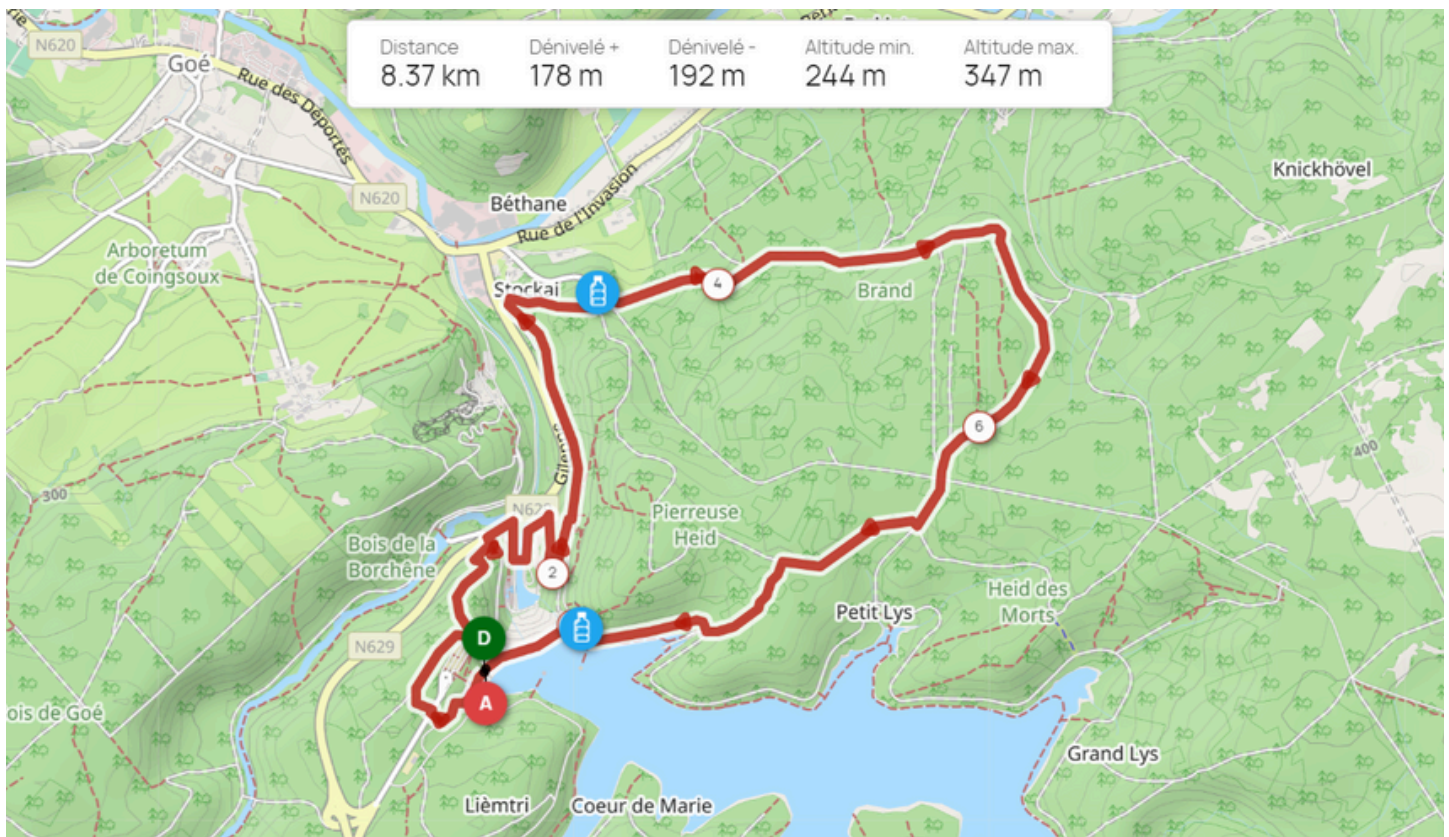
Aid stations :

Km 3.5: Water /Coca / Isotonic / Banana / Sweet & salty solid food

Km 7.8 : Water /Coca / Isotonic / Banana / Sweet & salty solid food

Km 11,8 : Water /Coca / Isotonic / Banana / Sweet & salty solid food

Km 15.5 : Water /Coca / Isotonic / Banana / Sweet & salty solid food



Download the GPX plot

HERE



AWARD CEREMONY

The award ceremony will take place on Saturday at **5:00 PM**.

Top 3 overall men and women will be called to the podium. As well as the first-place finishers in each age group. For this distance, no distinction will be made between MTB and gravel bikes – one single results list will be published for all.

IMPORTANT: Athletes qualifying for the XTERRA World Championship must compete using a mountain bike (MTB) only.

A qualifying slot for the **2024 or 2025** World Championship (your choice) will be awarded per age group. An additional 2026 slot will be awarded per age group for every 10 registered athletes. (Example: 30 athletes in the 30-34 age group = 3 slots) Note: There will be no roll-down for unclaimed additional 2026 slots.

SLOTS CHAMP. MONDE HOMMES ET FEMMES					
Catégorie	SLOTS	Catégorie	SLOTS	Catégorie	SLOTS
18-19	1	40-44	1	65-69	1
20-24	1	45-49	1	70-74	1
25-29	1	50-54	1	75-79	1
30-34	1	55-59	1	80+	1
35-39	1	60-64	1		

IMPORTANT: Athletes not present at the ceremony will not be able to claim their prize afterward.

FULL DISTANCE



SWIM

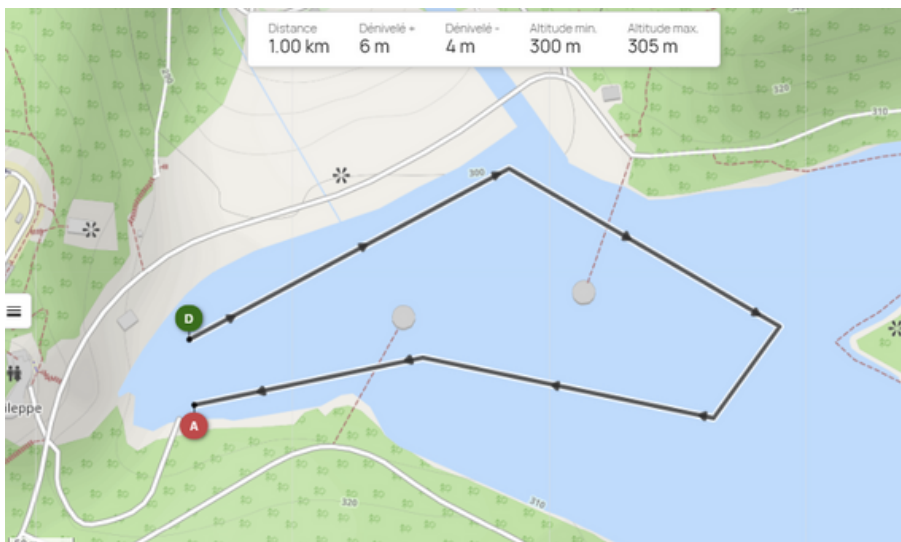
Swimming at the race venue is prohibited before race day.



A NEOPRENE WETSUIT IS MANDATORY.

General Information:

- One 1000 m loop
- Mass start from within the water
- Athletes must wear the official swim cap
- No flotation devices allowed
- Compression sleeves are not allowed during the swim
- The swim course will be supervised by boats and kayaks
- No assistance is allowed during the swim. Athletes in distress may hold onto kayaks or boats for safety, but not move forward while doing so.
- Athletes must swim around all buoys to complete the correct distance.



➔ Download the GPX route
[HERE](#)



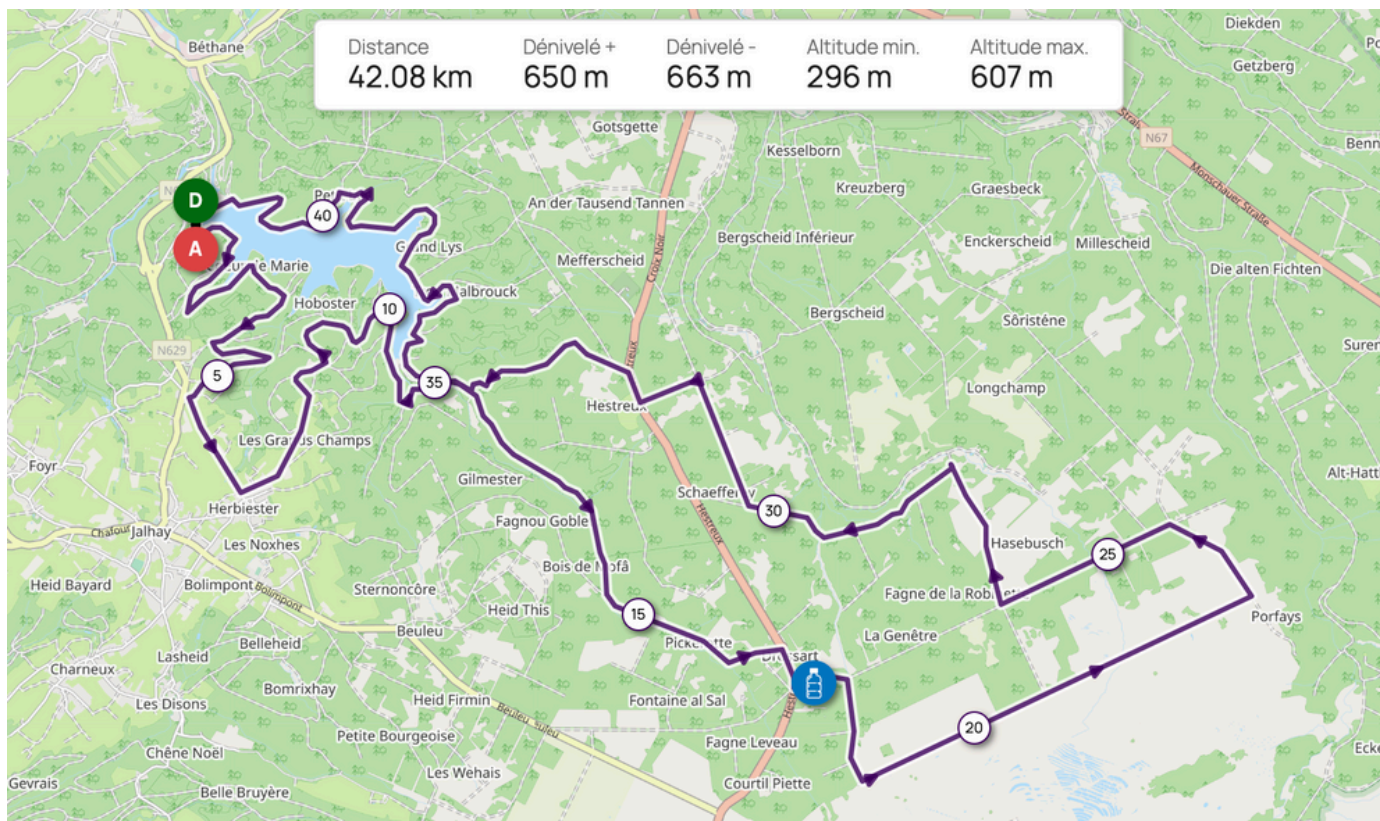
General Information :

- Course is fully adapted for gravel – permitted bikes: gravel, MTB, cyclocross.
- One 42 km loop
- Hilly terrain with over 600 m of elevation gain.
- Maximum time allowed for swim + bike: 3h30

Aid station :

Km 17: Water / Coca / Isotonic / Banana / Sweet & salty solid food

 [Download the GPX route
HERE](#)





General Information :

- One 8.37 km loop on a 100% trail course.
- Course includes at least 180 m of elevation gain
- Maximum total time (swim + bike + trail): 5:00 hours
- Course closes at 3:00 PM.

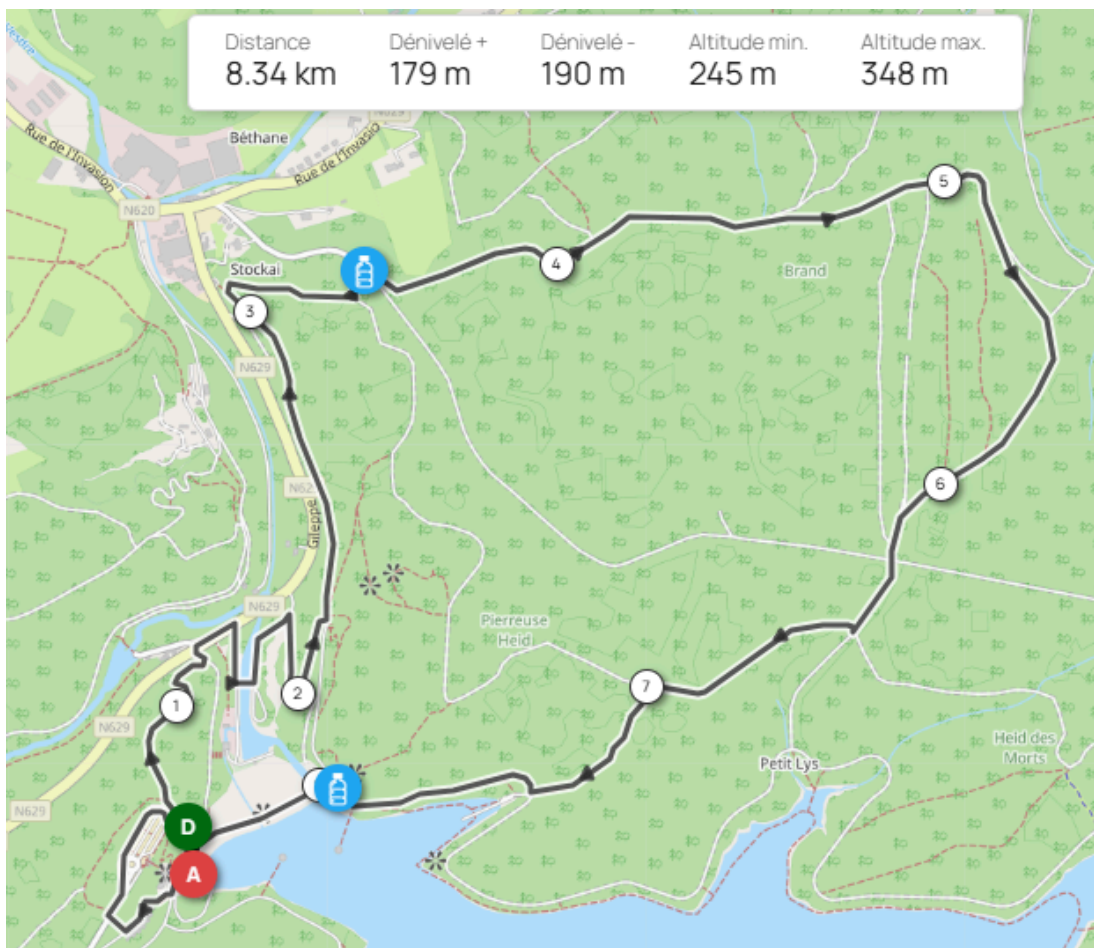
Aid stations:

Km 3.5 : Water /Coca / Isotonic / Banana / Sweet & salty solid food

Km 7.8 : Water /Coca / Isotonic / Banana / Sweet & salty solid food



[Download the GPX route HERE](#)





AWARD CEREMONY

The award ceremony will take place on Saturday
at **1:00 PM**.

FULL DISTANCE

First 3 men
First 3 women

IMPORTANT: Athletes not present at the awards ceremony will not be able to claim their prize afterward.

SPRINT DISTANCE





Swimming at the race site is prohibited before the event.

A NEOPRENE WETSUIT IS MANDATORY.

General Information:

- One 250 m loop
- The start of swimming will be given in the form of a mass start in the water
- Athletes must wear the official swim cap
- Flotation devices are not allowed
- Compression sleeves are not allowed during the swim
- The swim course will be monitored by boats and kayaks
- No assistance is allowed during the swim. Athletes may hold onto a kayak or boat for safety if needed, but may not move forward while doing so.
- Athletes must swim around the buoys to cover the correct distance.



 [Download the GPX plot HERE](#)

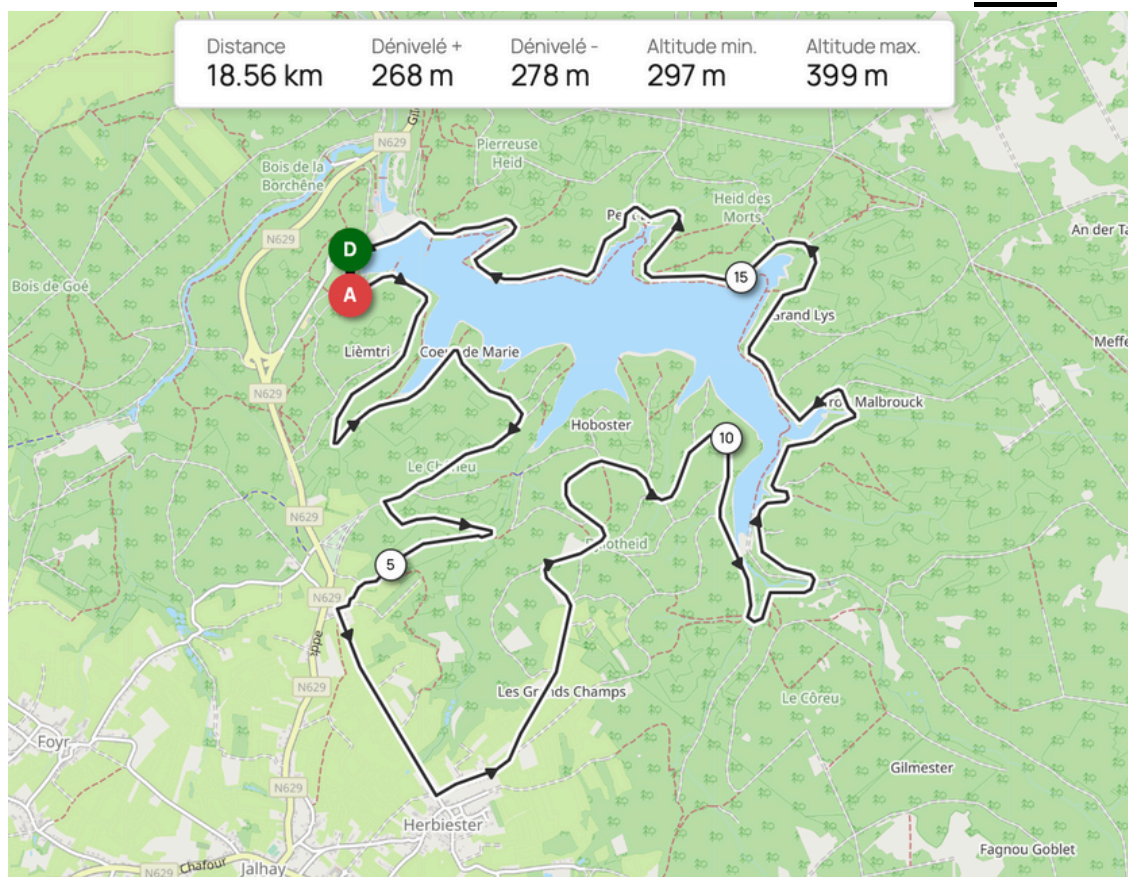
BIKE

General Information:

- Course is fully suitable for gravel – Allowed bikes: gravel, MTB, cyclocross & e-bikes
- One 18 km loop
- Hilly course with more than 260 m of elevation gain.
- Maximum time allowed for swim + bike: 1:45

[Download the GPX route](#)

[HERE](#)



K'ARCHER

Des nettoyeurs
haute pression seront mis à
votre disposition sur le site le
jour de l'événement





RUN

General Information:

- One 3 km loop on a 100% trail course.
- Includes at least 100 m of elevation gain
- Maximum total time (swim + bike + trail): 3:00 hours
- Course closes at 5:00 PM

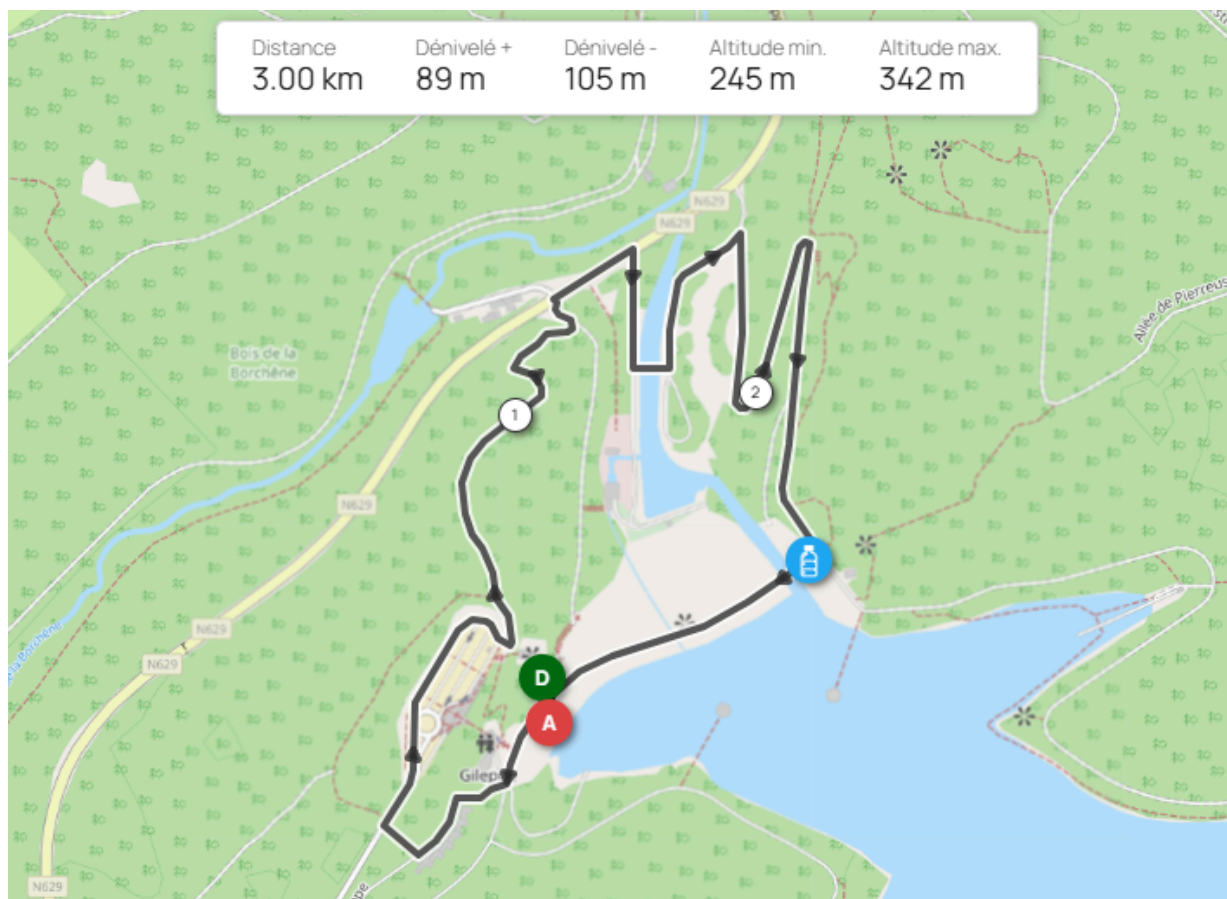
Aid station:

Km 2.2: Water /Coca / Isotonic / Banana / Sweet & salty solid food



[Download the GPX route](#)

[HERE](#)





AWARD CEREMONY

The award ceremony will take place on Saturday at **5:00 PM**

The top 3 overall men and women will be called to the podium (gravel or MTB combined).

IMPORTANT: Athletes not present at the awards ceremony will not be able to claim their prize afterward.

- The top 5 boys and girls in the 16-17 and 18-19 age groups will receive a qualification slot for the XTERRA Youth World Championship (Sprint Distance)

GOOD TO KNOW

Rules applicable to the Gileppe Trophy

The international triathlon regulations will apply. We invite you to review the full rules using the link below :

[International Triathlon Rules](#)

Live tracking

Track your selected athlete live via ACN TIMING. See their real-time progress throughout the race.

Installation

Showers



Toilets



Bag drop



Race Photos



Our partner Sportograf will be capturing photos throughout the race. Photos will be available 48 to 72 hours after the race at:

<https://www.sportograf.com/fr>

Have a question?

Send us an email at : info@lagileppetrophy.be

You lost something during the event, contact us at : info@s-t-p.be

SAFETY INFORMATION

Athletes: Safety first. Do not take unnecessary risks. Make sure your emergency contact knows your bib number.

In case of an incident, the organization will immediately contact the on-site emergency services.

If you witness an accident or medical issue :

- Please contact **emergency services** at: : 0483 71 69 93
- When calling emergency services, please:

- Stay calm
- Provide clear information including :
 - Athlete's bib number
 - Exact location (e.g., trail marker or signpost label)
 - Reason for the call
 - Whether there are witnesses

Besoin d'aide urgente ?

App **112 BE**

1 Téléchargez l'App
2 Enregistrez-vous
3 Appelez-nous

Depuis 5 ans, vous pouvez aussi contacter les Centrales d'urgence via l'App 112 BE.

112 SOS

.be



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