AUGUST 7, 8, 9
2026

LA GILEPPE TROPHY
SWIM | BIKE | RUN

ATHLETES GUIDE

THE GILEPPE TROPHY

DÉCOUVERTE AND OLYMPIQUE



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ACCESS MAP

Address: Barrage de La Gileppe

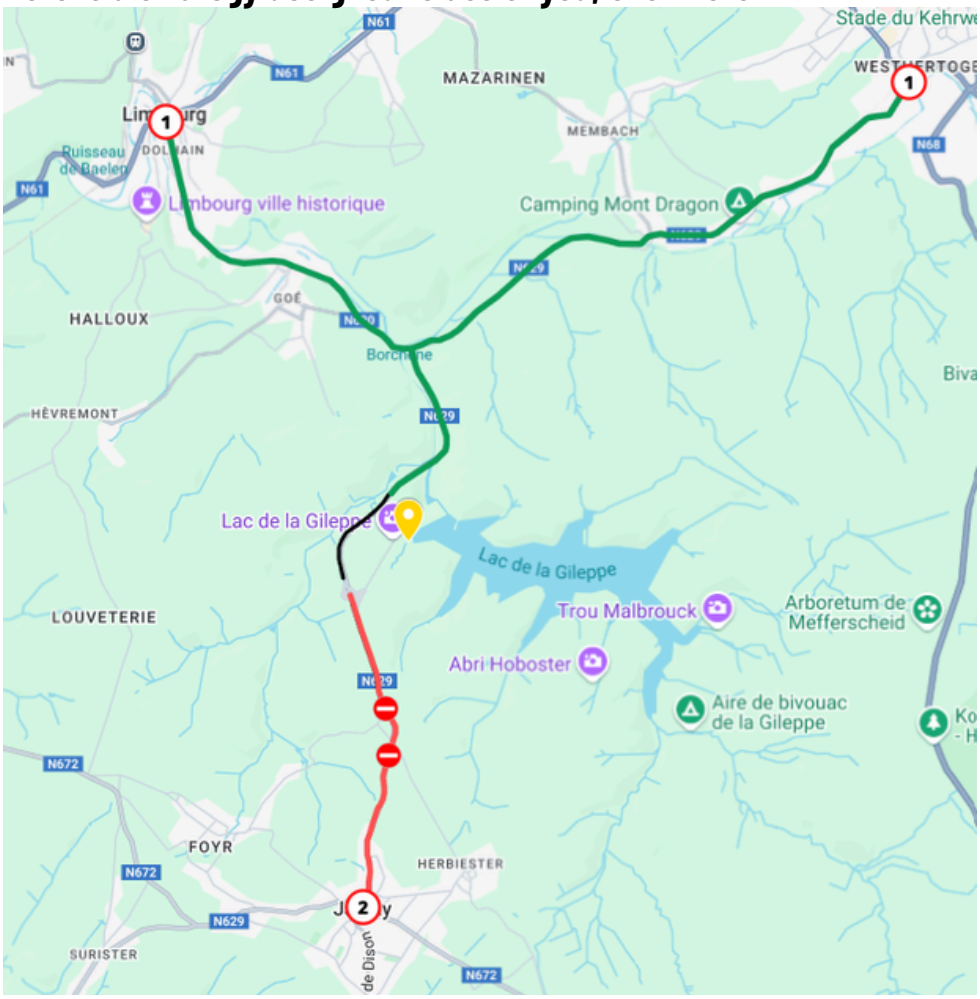
Route de la Gileppe 55, 4845 Jalhay

Signage will be placed along the roads encircling the Gileppe Dam, ensuring that drivers can locate the parking areas and reach the site.

ATTENTION: Please access it via the N629 through the villages of Limbourg or Eupen.
Access through the village of Jalhay will not be possible.

We highly recommend that you adhere to the signs rather than relying on your GPS!
The details will also be accessible on the Waze app.

Here is a strategy designed to assist you; click here.



LEGEND

- XTERRA Ardennes & LGT
- Parking athlète
- Parking athlète
- Sens interdit
- Sens interdit
- ACEES BARRAGE DE LA GILEPPE
- 1. Via Limbourg
- ACCES BARRAGE DE LA GILLEPPE
- 1. Via Eupen
- ACCES IMPOSSIBLE VIA JALHAY
- 2. Accès impossible via Jalhay



PARKING

Address: Lakeside Lodges, Barrage de La Gileppe

Route de la Gileppe 59, 4845 Jalhay

Lien Google Maps : https://maps.app.goo.gl/7pWHVYW3V3W8oVmA8

This year, parking is not allowed along the Gileppe road (left side of the road when approaching from Eupen).





PROGRAMME

SATURDAY, AUGUST 8TH

14h00 - 16h00	Bib Collection: Discovery & Olympic Distance

SUNDAY, AUGUST 9TH

7:30 AM - 9:00 AM	Bib collection Exploration Range
07H30 - 08H45	Bike Park Inauguration Exploration Distance
09H00	Initiate Exploration Distance Handisport
09H30	Initiate Exploration Range Individuals
09H35	Initiate Exploration Range Females
11:00 AM - 2:00 PM	Olympic Distance Race Bib Pickup
13H00 - 14H15	Inauguration of the Olympic Distance Bike Park
13H30	Discovery Distance Awards Event
14H30	Men's Olympic Distance Event Start
14H35	Women's Olympic Distance Event Start
6:30 PM	Olympic Distance Awards Presentation



BIB COMPILATION

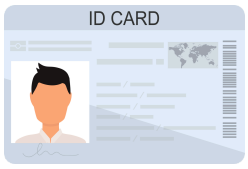
The collection of bibs is permitted only with the presentation of an identity document.

Note: In the event of withdrawal, the bib number may be transferred to another athlete. This modification must be completed in the dispute area; otherwise, the athlete will face disqualification.

Bib collection process:

1. Before visiting the secretariat, ensure that you are aware of your race number, which will be sent to you via email during the week of the event.
2. Visit the secretariat, submit your bib number, and present the following documents:

Unlicensed:



Licensed:



Athletes who have not acquired one-day insurance must present a valid triathlon license when picking up their race bibs.

Otherwise, the licensing fees will be applied.

International licenses are allowed!





ATHLETE KIT

The athlete package consists of:



A race number: It is essential to display your race number (secured by three points) on your back while participating in the cycling segment and on your front during the running segment.

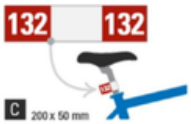


A swimming cap: it is mandatory to wear it while swimming. You must use the cap included in the athlete pack rather than your own personal cap.



A sheet of stickers:

A label to affix to the seat post



A sticker to place on the left side of your helmet.



A timing chip: It should be worn on the left ankle with the bracelet provided during the collection of race bibs.

Note: The timing chip MUST be returned at the finish line. Any chip that is NOT returned will incur a charge of 50 euros.





TRANSITIONAL PARK

Reminder of check-in and check-out times

	Découverte	Olympique
Check-in	07H30 - 08H45	13H00 - 14H15
Explore	11:30 AM - 12:45 PM	5:30 PM - 7:00 PM

What is the process for check-in?

Proceed to the entrance of the bike park with:

Your race number is secured at three points on the race number belt.

The sticker on your bicycle is affixed to the seat post.

Your bicycle sticker is affixed to the helmet.

Your helmet is adjusted and secured to your head;

Your timing chip is secured to your left ankle.

- Bicycle brakes and handlebars will be inspected. Position your bicycle in your designated numbered area (corresponding to your race number). It is not allowed to cover your bicycle.

IMPORTANT: In the transition area, each athlete is allowed one backpack or a plastic box with maximum dimensions of L45, H25, W35 to store personal equipment.

After the hours specified above, the organization will no longer be responsible for your personal belongings.

Only athletes presenting their race number will be permitted to retrieve their personal belongings and their bike.

This responsibility cannot be assigned to a family member.

The timing chip should be returned at the bike park exit.

In triathlon terminology, "Check-in" refers to the time when you submit your transition bags and your bicycle.



TIME CONSTRAINTS - COMPETITIONS

The times listed below represent the maximum duration permitted to finish each discipline based on the race in which the athlete is enrolled.
In the event of a wave start, the time recorded will be that at the moment of the launch.

TIME RESTRICTIONS	SWIMMING	SWIMMING AND CYCLING	SWIMMING, CYCLING, RUNNING
LGT Découverte	0:30	1:45	2:30
LGT Olympique	0:50	3:00	4:30

Observers will be present to ensure the seamless execution of the events.
They will guarantee the correct enforcement of the regulations in effect during a triathlon event.
They will be present to provide optimal support to the participants while prioritizing their safety.
They will not accept malicious actions or cheating behaviors.

In cases of harmful conduct that endangers the safety of athlete(s), a red card will be issued, leading to the disqualification of the affected athlete.



DÉCOUVERTE



SWIMMING

Under normal circumstances, swimming is prohibited at the race site before the event.

A NEOPRENE SWIMSUIT IS REQUIRED.

General details:

Mass starts at 09:30 for men and 09:35 for women (09:00 for disabled athletes).

- A 500-meter loop
- The maximum duration is 0:30.

Athletes are required to wear the organization's cap.

Any device that assists buoyancy is not allowed.

Compression sleeves or cuffs should not be worn while swimming.

The route will be observed by boats and kayaks.

Assistance is not allowed during the swim. Athletes who encounter difficulties may grasp kayaks or boats if necessary, but this does not hinder their advancement along the course.

Athletes are required to swim around the buoys to ensure they adhere to the designated swimming distances.



- Download the GPX track HERE.



BIKE

General details:

1 loop of 24 kilometers

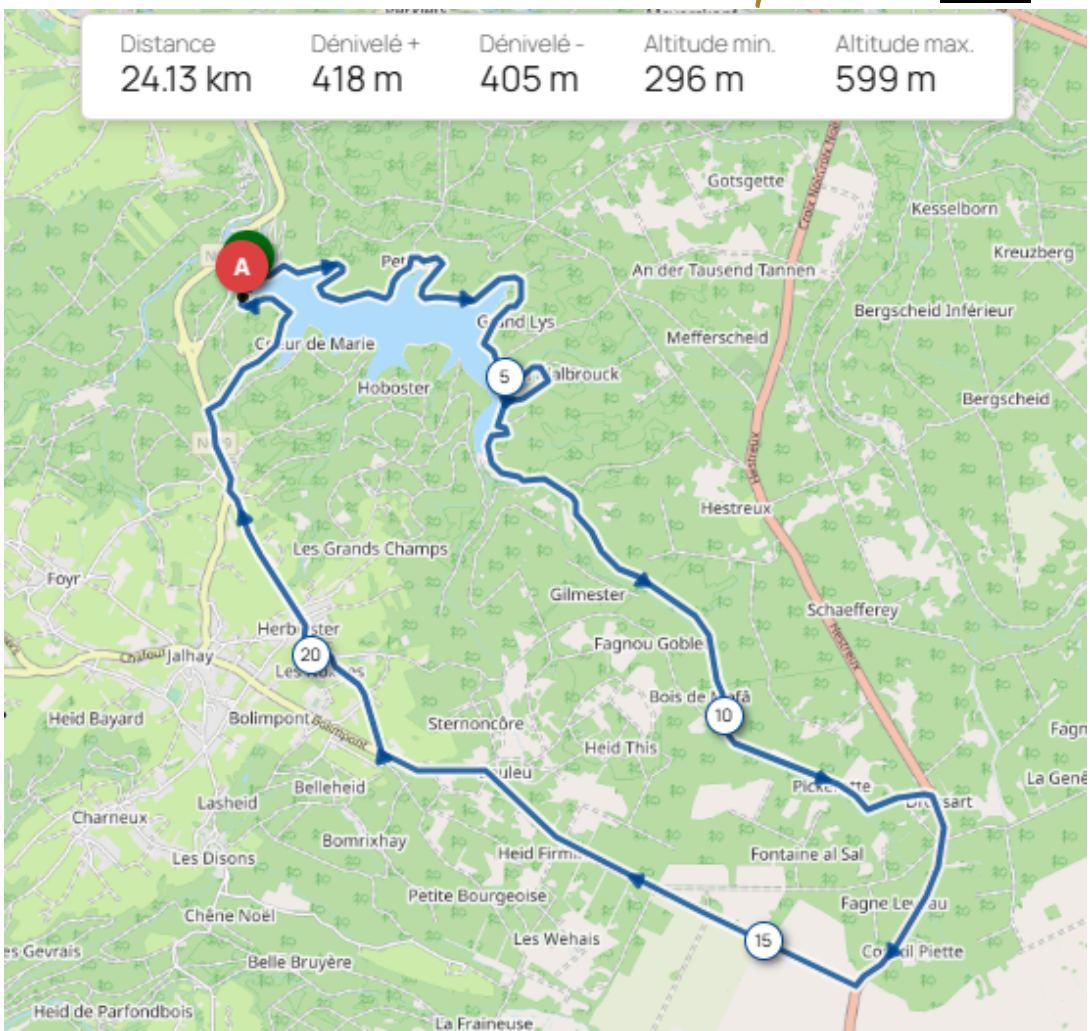
- !!! Non-drafting event !!!
- Time trial bicycles permitted
- A mountainous path
- Route closed to vehicles. The highway regulations are strictly enforced.

No materials

The maximum duration is 1:45 (Swimming + cycling)

- The bike park will close at 11:45 AM.

- Download the GPX track HERE.





RUNNING

General details:

One round trip of 5 kilometers along the lake (entirely on road)

- 2 refueling stations

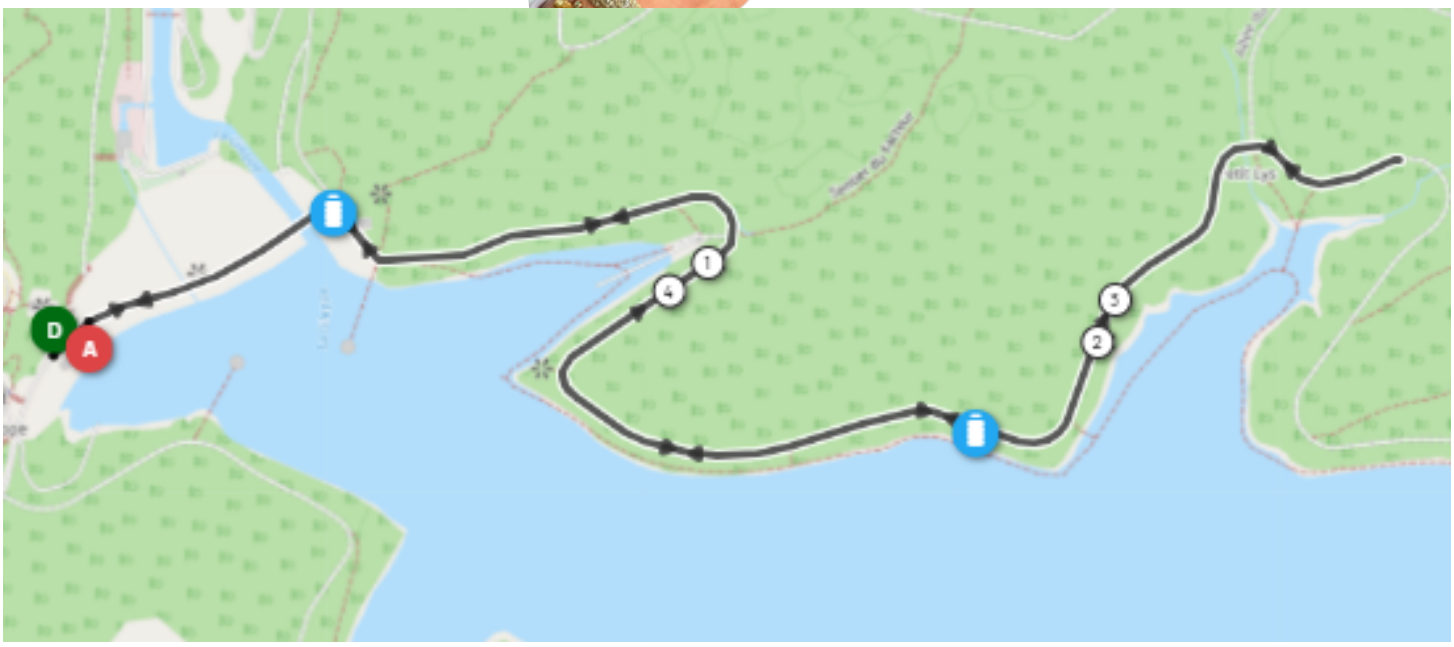
The total maximum duration is 2:30 (Swimming + cycling + running).

- The race concludes at 12pm.



NOTICE:

Upon leaving the bike park, the organizers will give you a reusable cup.
It is essential to bring this cup with you for the refreshment breaks.
Disposable cups will not be provided along the course!



- Download the GPX track HERE.

AWARDS CEREMONY
DECOUVERTE DISTANCE

The awards ceremony is scheduled for Sunday at 1:30 p.m.

The top three men and women in the overall rankings will be invited to the podium.

For the relay triathlon, the top men's team, the top mixed team, and the top women's team will be invited to the podium.

For athletes with disabilities, all will be invited to the podium.

WARNING: Athletes who are not present at the awards ceremony will forfeit their eligibility to receive prizes afterward.





OLYMPIQUE



SWIMMING

Under normal circumstances, swimming is prohibited at the race site before the event.

A NEOPRENE SWIMSUIT IS REQUIRED.

General details:

The race is scheduled to commence in a mass start format at 2:30 PM for men and at 2:35 PM for women.

- A 1500-meter loop
- The maximum duration is 0:50.

The swimming competition will commence with a mass start in the water.

Athletes are required to wear the organization's cap.

Any device that assists buoyancy is not allowed.

Compression sleeves or cuffs should not be worn while swimming.

The route will be observed by boats and kayaks.

Assistance is not allowed during the swim. Athletes who encounter difficulties may grasp kayaks or boats if necessary, but this does not hinder their advancement along the course.

Athletes are required to swim around the buoys to ensure they adhere to the designated swimming distances.



- Download the GPX track HERE.



BIKE

General details:

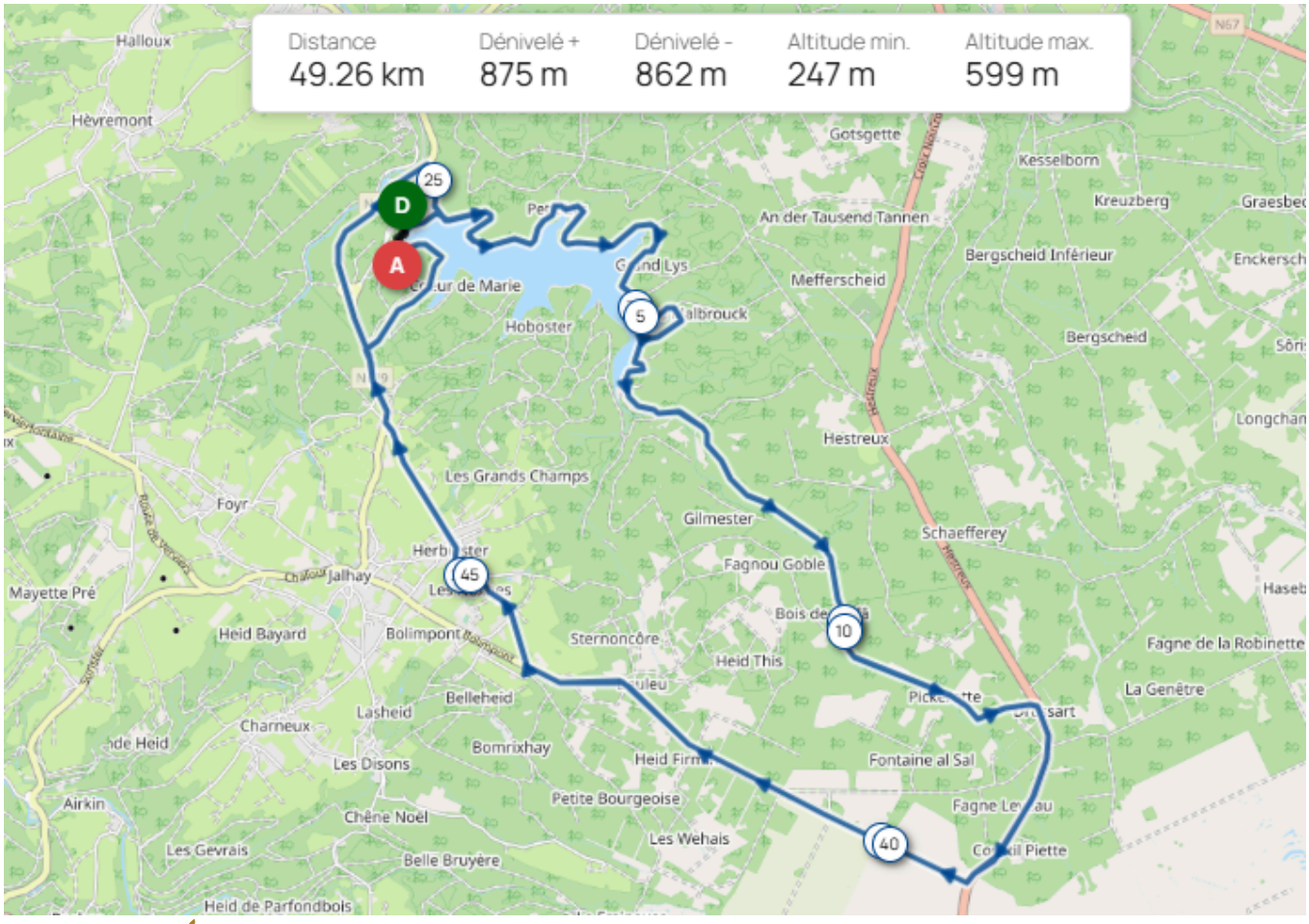
2 loops of 24 kilometers

- !!! Non-drafting event !!!
- Time trial bicycles permitted
- A mountainous path
- The road is closed to vehicles. The traffic regulations are strictly upheld.

No materials

The maximum duration is 3:00 (Swimming + cycling)

- The bike park will close at 5:30 PM.



- Download the GPX track HERE.



BIKE

Supplementary examination:

The ascent of the Lion will be timed (refer to the colored section below).

- **A contest within a contest, it will have its own distinct ranking system.**

1 Begining of section

2 End of section





BIKE



THE ASCENDANCY OF THE LION





RUNNING

General details:

Two round trips of 5 kilometers each along the lake (entirely on road)

- 4 support stations

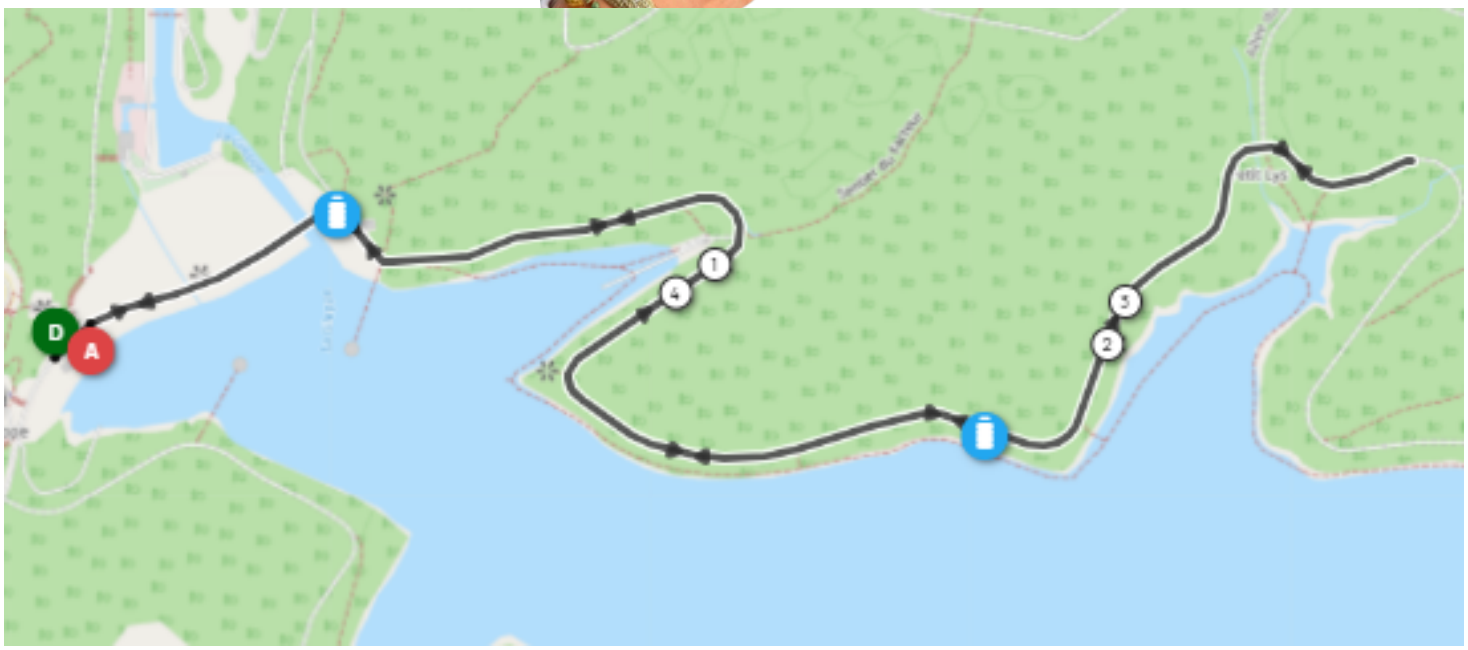
The maximum duration is 4:30 (Swimming + cycling - running).

- The race concludes at 7pm.



NOTICE:

Upon leaving the bike park, the organizers will give you a **reusable cup**.
It is essential to bring this cup with you for the refreshment breaks.
Disposable cups will not be provided along the course!



- Download the GPX track HERE.



AWARDS CEREMONY OLYMPIQUE DISTANCE

The awards ceremony is scheduled for Sunday at 6:30 p.m.

The **top five men and women in the overall rankings will be invited to the podium**.

The prize money for the overall standings is as follows:

- 1st = 400€
- 2nd = €250
- 3rd = €150
- 4th = €100
- 5th = €50

The **victors of each category** will also receive rewards.
Junior (18-19 years)
Hope (20-23 years of age)
Seniors (24-39 years)
Master A (40-49 years)
Master B (50-59 years)
Master C (60-69 years)
Master D (70+)

WARNING: Athletes who are not present at the awards ceremony will forfeit their eligibility to receive prizes afterward.

Lion climbing ranking:

- First Man
- First Lady

VISITWallonia.be



Que vous soyez en quête de défis sportifs ou de balades contemplatives, explorez des paysages variés, des vallées secrètes aux villages de caractère. Entre effort et émerveillement, vivez la Wallonie à votre rythme !

Trouvez votre prochaine aventure sur **VISITWallonia.be**

Tout pour s'évader !



GOOD TO KNOW

Rules and Regulations for the Gileppe Trophy

The international triathlon regulations will be in effect. We encourage you to review the complete regulations through the following link:

International Triathlon Regulations

Real-time tra LIVE

Track the athlete of your choice using ACN TIMING.

Monitor the live progress of your favorite athlete.

Installations

- Showers



- Bathroom



Instructions



Images from the event

Our partner Sportograf will capture photographs of you during the race. You can find your photos on their website 48 to 72 hours after the race:

https://www.sportograf.com/fr

Do you have any questions?

Please reach out to us via email at info@lagileppetrophy.be. If you have misplaced an item during the event, please get in touch with us at: info@s-t-p.be.

SECURITY DETAILS

Athletes: Prioritize safety and avoid unnecessary risks. Ensure that you provide your race number to your emergency contact.

In the case of an incident, the organization will directly reach out to the emergency service on site.

If you observe an accident or a medical issue:

Please reach out to the **emergency service** at: +32 499 47 17 58
When reaching out to our emergency service, please:

Remain composed
-Provide the following information with precision:
The bib number of the athlete
The precise location (for instance, the phrasing of a sign)
The purpose of your call
The existence of witnesses



WHAT IF YOUR LOVED ONES COULD EXPERIENCE THE RACE... FROM WITHIN?

Are you accompanied by friends, family, or supporters?

Provide them with a distinctive experience at the center of the event by volunteering at the refreshment stations!

They will be positioned at the center of the action, ready to support you along the course or in the finish area. They will also have the opportunity to enjoy lunch and beverages throughout the day.

🙌 They will depart with the sense of having played a part in the adventure!

📩 **Interested?**

Please provide your availability, indicating whether you are available on Saturday and/or Sunday, to:

📧 **info@lagileppetrophy.be**



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