AUGUST 7, 8, 9
2026

XTERRA
ARDENNES



ATHLETE GUIDE

XTERRA ARDENNES



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ACCESS MAP

Address: Barrage de la Gileppe

Route de la Gileppe 55, 4845 Jalhay



LEGEND

P PARKING — Visitor parking zone (no athletes permitted)

No parking (signage placed by the municipality of Jalhay)

Athletes' parking zone

Staff parking zone

Parking — Parking sign placed by the organization



PROGRAMME

SATURDAY, AUGUST 8

7:30 AM - 9:15 AM	■	XTERRA Long Distance + Dusty Gravel Bib Series
07:30 - 10:00	■	XTERRA Ardennes Full Distance Race Bib Collection
08:00 - 09:15	■	Inauguration of the XTERRA Long & Full Distance bike park
09H30	■	**XTERRA Ardennes Long-Distance Start**
10:00 AM	■	**XTERRA Ardennes Full Distance Beginning**
12:00 PM - 2:00 PM	■	XTERRA Ardennes Sprint Distance Bib Pickup
12:30 PM - 1:45 PM	■	Inauguration of the Sprint Distance bike park
13:00	■	XTERRA Ardennes Full Distance Awards Presentation
14H00	■	**XTERRA Ardennes Sprint Distance Commencement**
5:00 PM	■	XTERRA Ardennes Long Distance and Sprint Distance Awards Ceremony



BIB COMPILATION

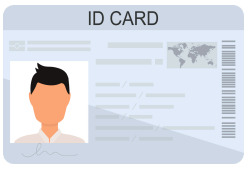
The collection of bibs is permitted only with the presentation of an identity document.

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!

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Sébastien Carabin Ambassadeur WCUP
WCUP Sports Nutrition
est une société belge qui propose une gamme complète de produits pour les sportifs
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✓ Boissons de Récupération
✓ Compléments Alimentaires
✓ Barres Protéinées
✓ Gels Energétiques
✓ Barres Energétiques



ATHLETE PACK

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 frame panel
- 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 NOT returned will incur a charge of 50 euros.



A meal bracelet designed for Long Distance and Full Distance.



TRANSITIONAL PARK

Reminder of check-in times.

Check-in ▪ **Long and Full Distance: 08:00 - 09:15**
Sprint Distance: 12:30 PM - 1:45 PM

What is the process for check-in?

Kindly make your way to the entrance of the bicycle park with:

Your race number is secured at three points on the race number belt.
Your frame plate is affixed to the handlebars of your bicycle.
The sticker from your bicycle is affixed to the left side of your 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 (matching your race number). It is **not allowed** to cover your bicycle.

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 the triathlon lexicon, “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
LONG	1:15	5:30	9:00 AM (7 hours following the initial loop on foot)
FULL	0:45	3:30	5:00
SPRINT	0:15	1:45	3:00

Referees will be on hand to guarantee 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 and acts of dishonesty.

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.



LONG DISTANCE



SWIMMING

Prior to the event, swimming is not allowed at the race site under normal conditions.

A NEOPRENE SWIMSUIT IS REQUIRED.

General details:

A 1,900-meter loop

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

Athletes are required to wear the organization's hat.

Any device that assists with 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 hold onto 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 proper swimming distances.



- Download the GPX track HERE.



BIKE

General details:

Route 100% appropriate for gravel bikes - allowed bikes: gravel, mountain, cyclocross
1 loop of 70 kilometers
Route featuring hilly terrain with a positive elevation gain ranging from 1000 to 1200 meters.
The maximum duration is 5:30 (Swimming + cycling)

Refreshment stations located at km 27 and km 56:

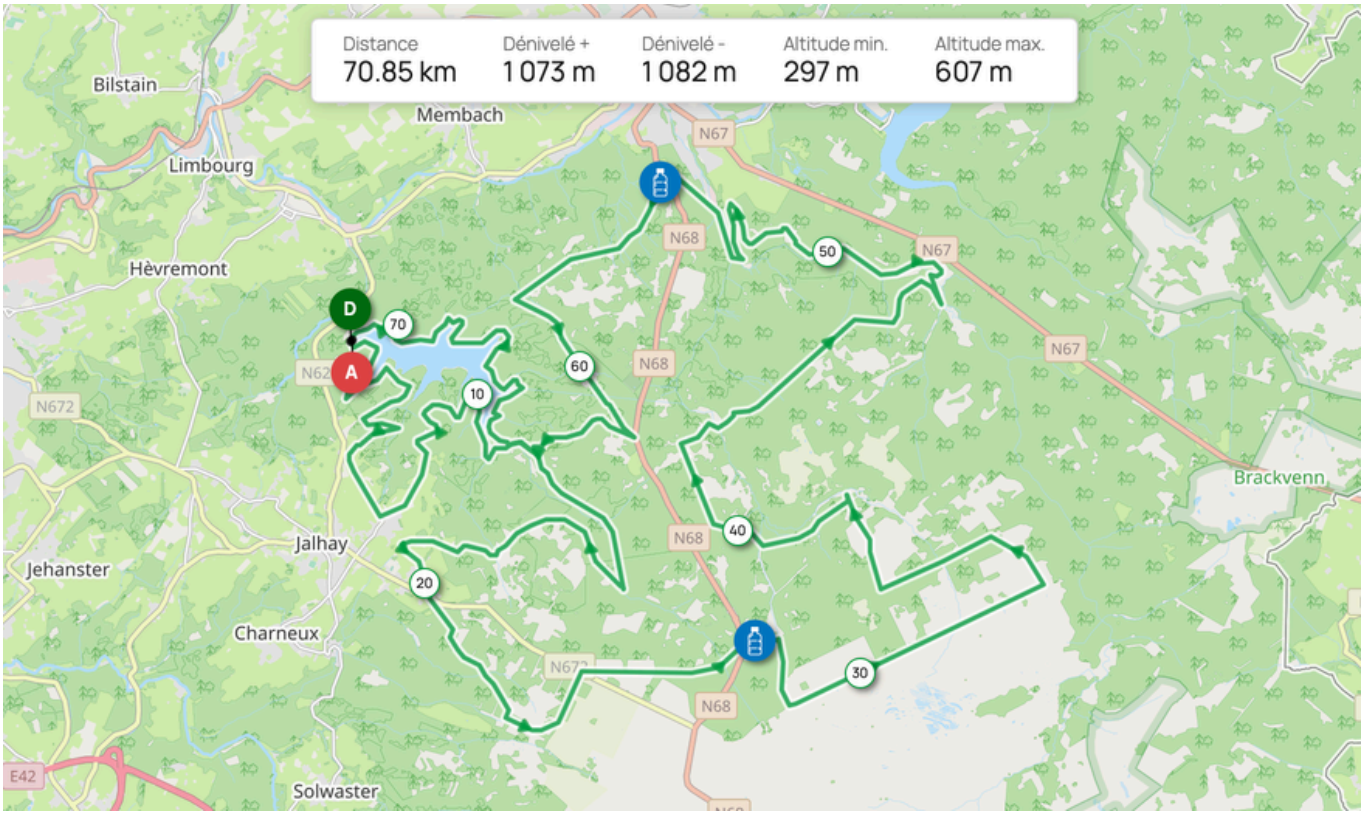
500ml water bottle

- 50 cl bottle of isotonic beverage

Sweet and savory solid food

- Banana

- Download the GPX track HERE.





RUNNING

General details:

Two loops of 8 kilometers on a standard trail course.
Route featuring at least 180m of positive elevation gain per loop.

The maximum duration is 9:00 (Swimming + cycling + trail running).

The race will conclude at 6:30 PM.

Supplies:

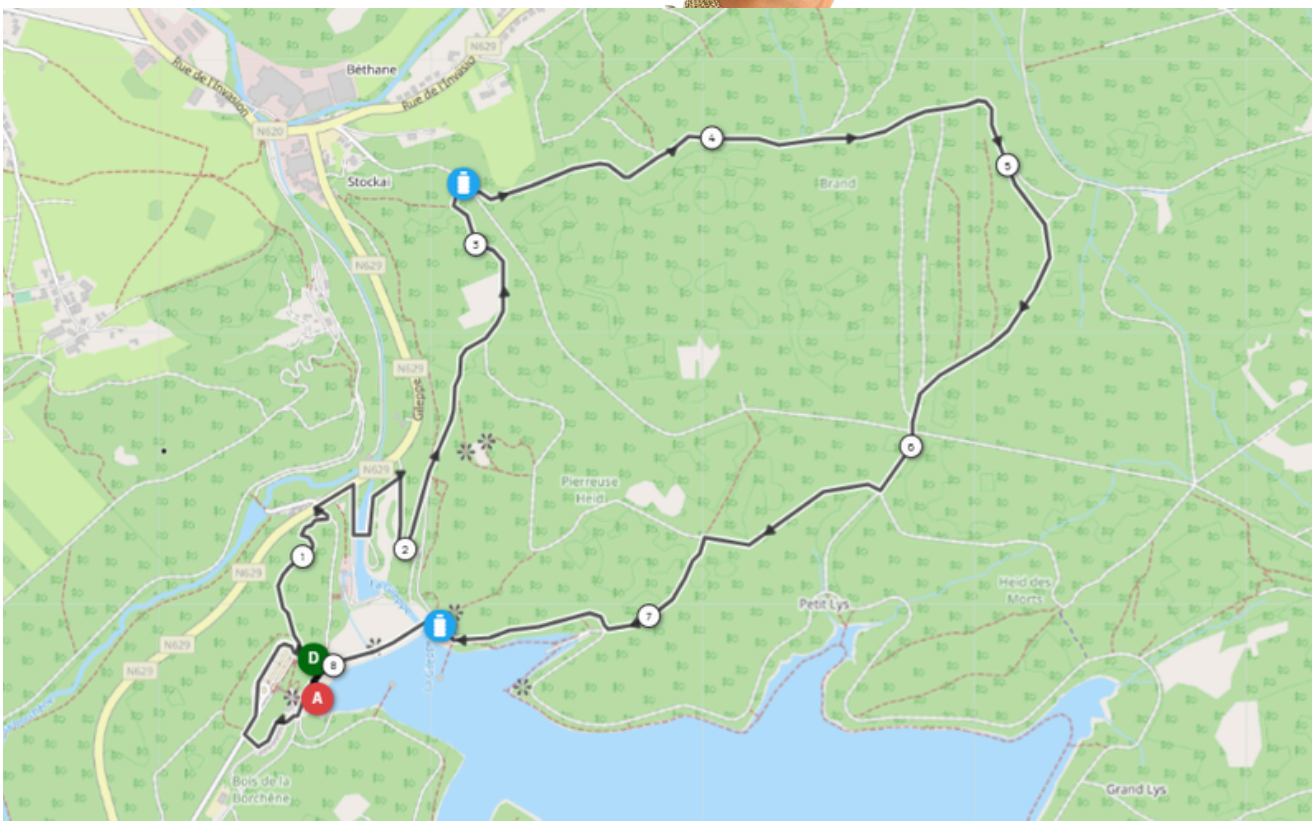
Km 3.5: Water / Coke / Iso / Gel / Bananas / Sweet and savory snack
Km 7.8: Water / Coke / Iso / Gel / Bananas / Sweet and savory snack
Km 11.8: Water / Coke / Iso / Gel / Bananas / Sweet and savory snack
Km 15.5: Water / Coke / Iso / Gel / Bananas / Sweet and savory snack



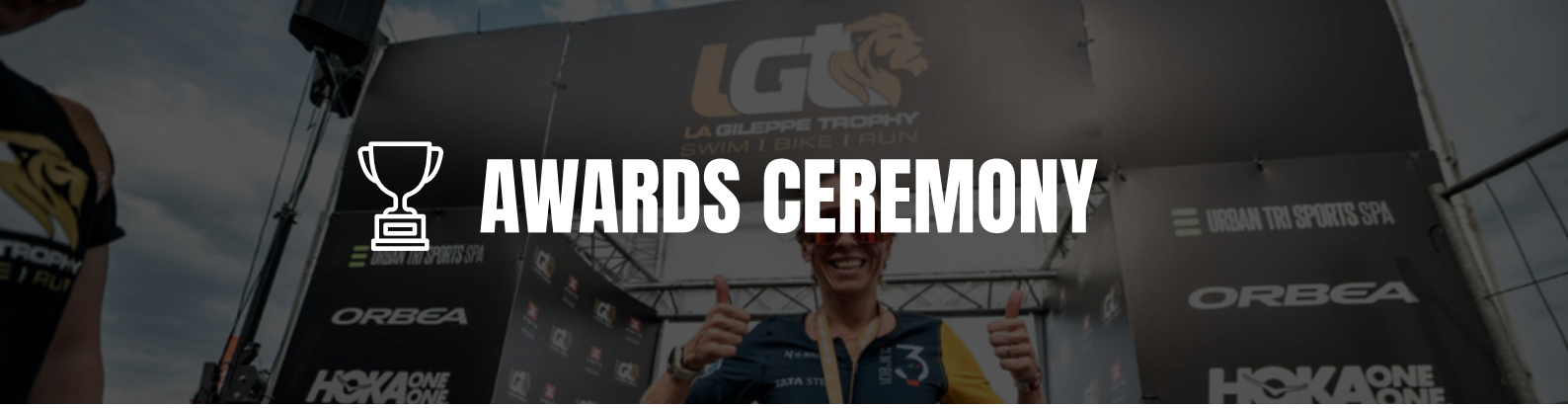
ATTENTION:

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

The awards ceremony is scheduled for Saturday at 5:00 PM.

The top three male and female competitors in the overall standings will be invited to the podium, along with the winners in each category. For this distance, there will be no differentiation between mountain biking and gravel biking; a unified ranking for all participants will be released.

WARNING: Athletes who qualify for the XTERRA World Championships are required to compete using a mountain bike!

One qualifying slot for the World Championships will be granted for each category. An extra slot will be allocated per category for the World Championships for every 10 athletes registered in that category. (Example: 30 athletes registered in the 30-34 age group = 3 slots) However, it is important to note that there will be no roll-down if athletes decline their slot for these additional 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		

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


FULL DISTANCE
ARDENNES
265
Jerome



SWIMMING

Prior to the event, swimming is not allowed at the race site under normal conditions.

A NEOPRENE SWIMSUIT IS REQUIRED.

General details:

- A 1000-meter loop
- The swimming competition will commence with a mass start in the water.
- Athletes are required to wear the organization's hat.
- Any device that assists with buoyancy is not allowed.
- Compression sleeves or arm sleeves 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 hold onto 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 proper swimming distances.



- Download the GPX track HERE.



BIKE

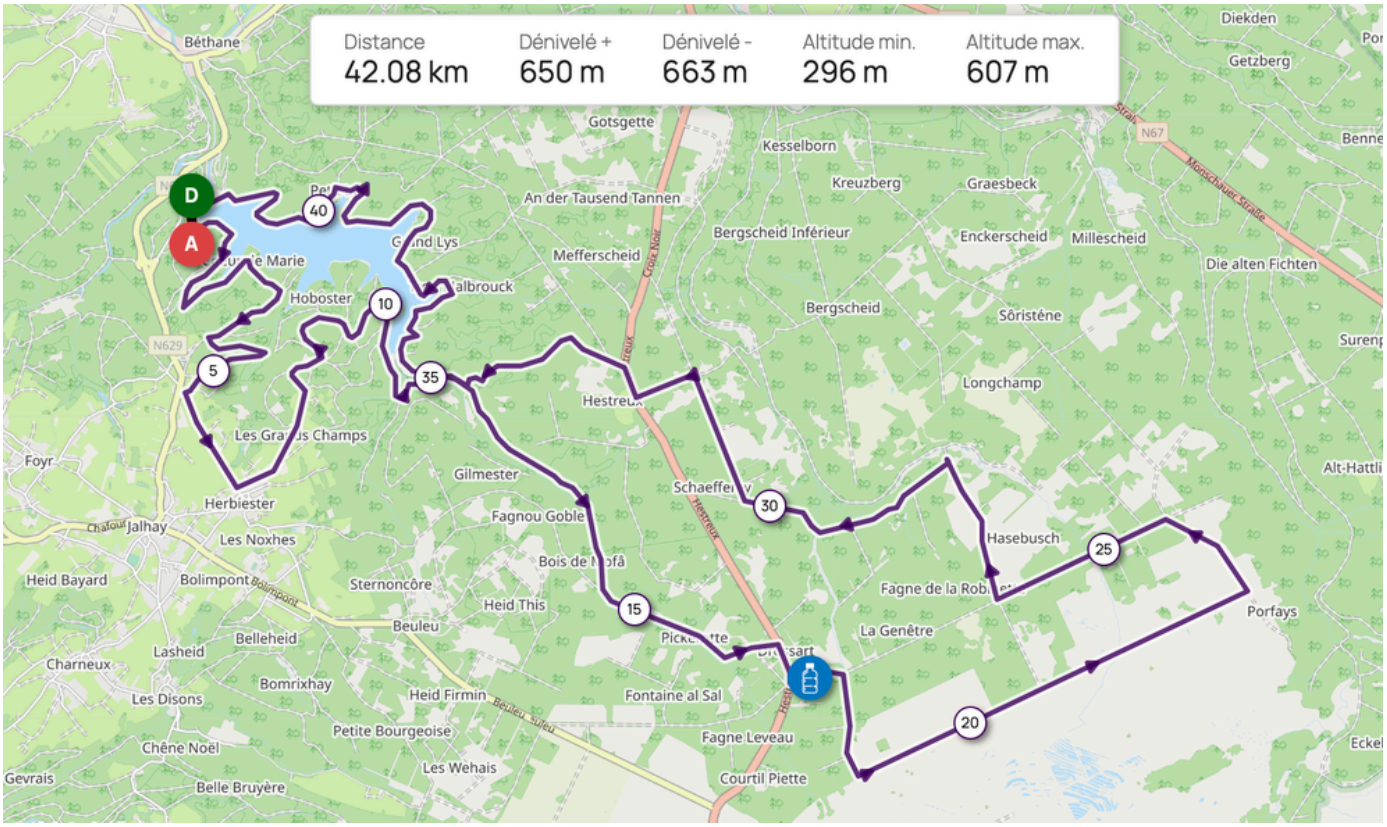
General details:

Route 100% appropriate for gravel bikes - allowed bikes: gravel, mountain, cyclocross
1 loop of 42 kilometers
Route featuring hilly terrain with over 600m of positive elevation gain.
The maximum duration is 3:30 (Swimming + cycling)

Refueling:

Km 17: Hydration bottle / Electrolyte bottle / Banana / Sweet and salty snack

- Download the GPX track HERE.





RUNNING

General details:

1 loop of 8 kilometers on a completely trail course.

Route featuring at least 180m of positive elevation gain

The maximum duration is 5:00 (Swimming + mountain biking + trail running).

The race concludes at 3:00 PM.

Supplies:

Km 3.5: Water / Cola / Isotonic drink / Gel / Banana / Sweet and savory snack
Km 7.8: Water / Cola / Isotonic drink / Gel / Banana / Sweet and savory snack

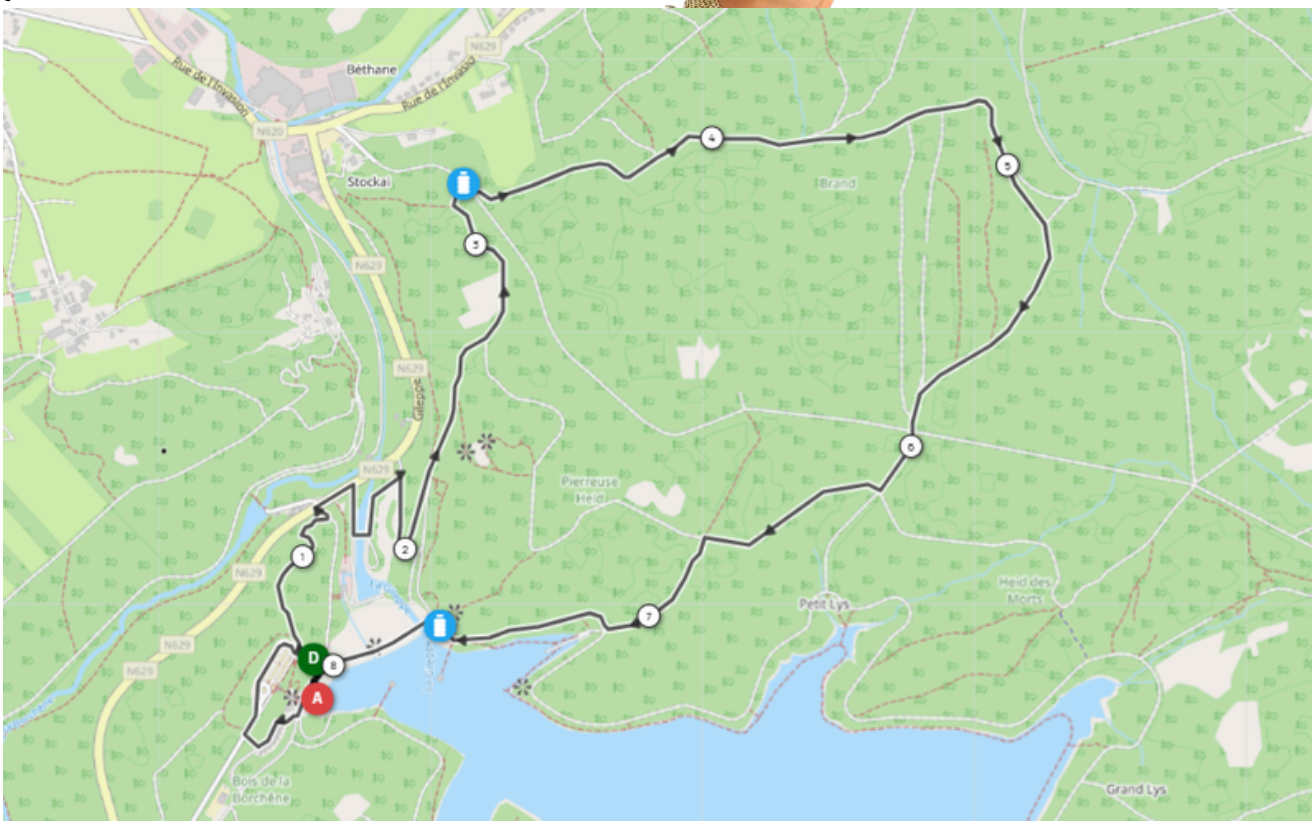
- Download the GPX track HERE.

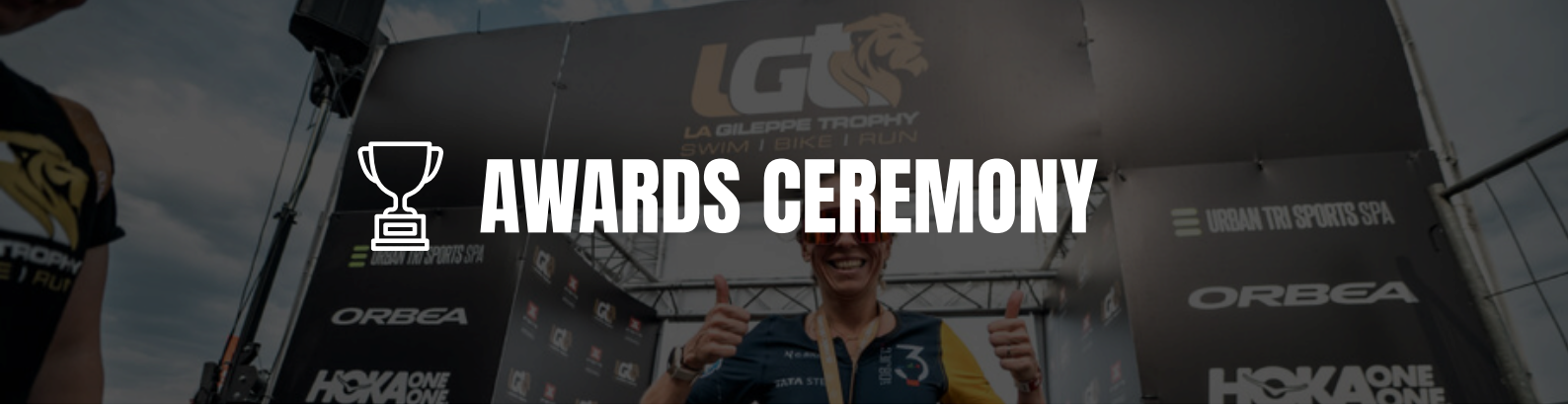


ATTENTION:

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!





AWARDS CEREMONY

The awards ceremony is scheduled for Saturday at **1:00 PM**.

The top three male and female competitors in the overall standings will be invited to the podium, along with the winners in each category. For this distance, there will be no differentiation between mountain biking and gravel biking; a unified ranking for all participants will be released.



SPRINT DISTANCE



SWIMMING

Prior to the event, swimming is not allowed at the race site under normal conditions.

A NEOPRENE SWIMSUIT IS REQUIRED.

General details:

- A 250-meter loop
- The swimming competition will commence with a mass start in the water.
- Athletes are required to wear the organization's hat.
- Any device that assists with 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 hold onto 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 proper swimming distances.



- Download the GPX track HERE.

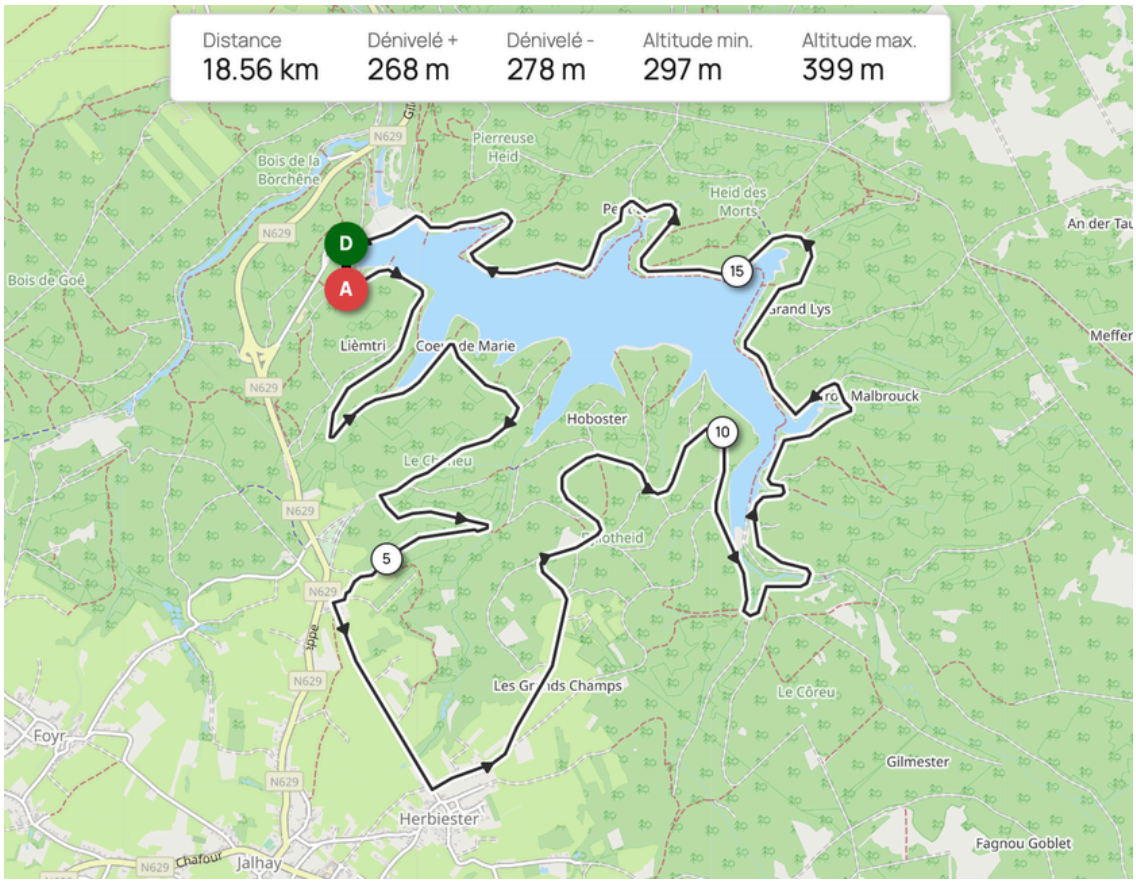


BIKE

General details:

Route 100% suitable for gravel - permitted bikes include gravel, mountain bikes, cyclocross, and e-bikes (no classification for e-bikes).
1 loop of 18 kilometers
Route featuring hilly terrain with over 260 meters of positive elevation gain.
The maximum duration is 1:45 (Swimming + cycling)

- Download the GPX track HERE.







RUNNING

General details:

1 loop of 3 km on a completely trail course.

Route featuring at least 100m of positive elevation gain

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

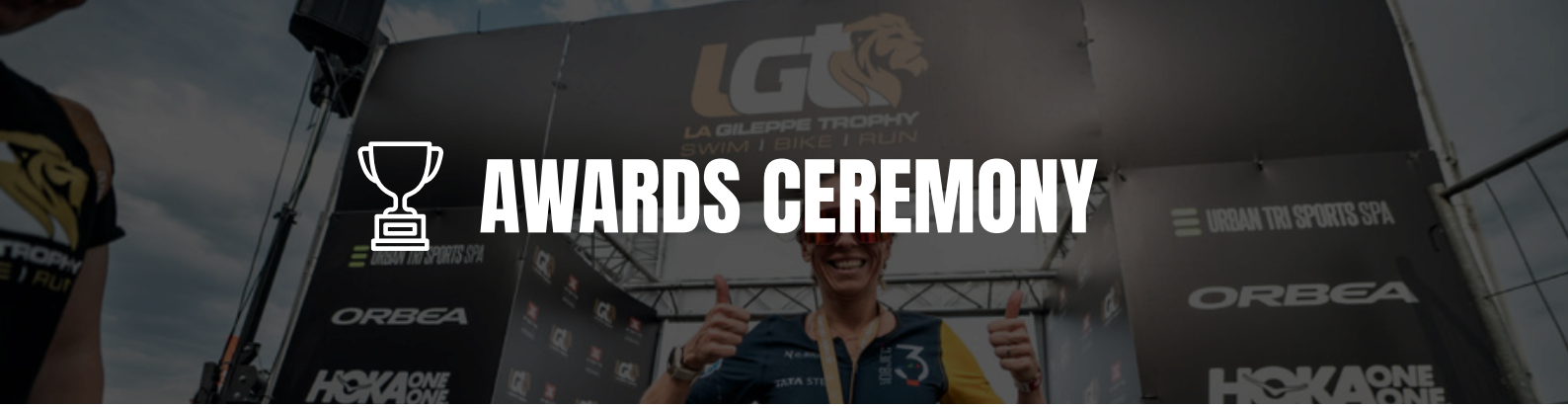
The race will conclude at 5 PM.

Refueling:

Km 2.2: Water / Coca-Cola / Isotonic drink / Gel / Bananas / Sweet and savory snacks

- Download the GPX track HERE.





AWARDS CEREMONY

The awards ceremony is scheduled for Saturday at **5:00 PM**.

The following individuals will be invited to the podium:
The leading three men and women in the overall rankings

- The leading three Junior males and females (16-17 years old)
- The leading three men and women in Youth B (ages 18-19)

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

The top 5 boys and girls from divisions 16-17 and 18-19 will earn a spot in the World Youth Championship (sprint distance).

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 !



IT'S BENEFICIAL TO BE INFORMED.

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 with 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 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:

For **emergency assistance**, please reach out to the following **service:** +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 a sense of having played a part in the adventure!

📩 **Interested?**

Please provide your availability (indicating Saturday and/or Sunday) to:

📧 info@lagileppetrophy.be



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