GREEK HERO XTRI SOLO POINT FIVE

RACE MANUAL 2026

Take the challenge to race GREEK HERO XTRI SOLO POINT FIVE.

Swim in the turquoise Ionian Sea, bike and run on the beautiful Greek island of Corfu.

GREEK HERO XTRI SOLO POINT FIVE is for athletes who want to experience the flavour of Xtreme Triathlon.

At the time of the race in Corfu the weather can be a little unstable and, even though the island does not have high mountains, its geography makes the race extremely challenging.

Temperatures can range from 10 to 32°C.

Note:

This manual is intended to be as comprehensive as possible, but due to the nature of the local weather, race course and the area where the race takes place, it is not always possible to be 100% accurate on all matters.

The organisers reserve the right to alter any element of this manual.

This manual will provide you with the information you need to compete in the Greek Hero XTRI Solo Point Five.

Competitors must read this document and follow all advice herein.

SUMMARY

• Athletes are self-supported throughout the race.

• There will be limited aid stations provided.

• Support cars are not permitted.

• You must bring mandatory safety equipment and expect it to be checked and verified before racing.

• This is not “just a half”. XTRI SOLO POINT FIVE races are designed to be extreme. It will be a tough day out, so please do not underestimate this fact.

• Finishers will receive a GREEK HERO XTRI SOLO POINT FIVE Finisher T-Shirt.

• You will receive 75 X-Points for finishing.

More details:

www.xtriworldtour.com/x-points

COURSE OVERVIEW

SATURDAY, APRIL 4th 2026

The race will start at 07:10 am

• The Start – T1 – T2 – Finish Line is at Ipsos Beach

https://maps.app.goo.gl/8JomP6wffwk24EFVA

• 1.9 km swim in a loop at Ipsos Beach (T1)

• 92 km road bike (roads are open to traffic) with a total elevation gain of 2200 m (T2 at Ipsos Beach)

• 20 km trail run on trails and dirt roads with 800 m elevation gain

• Finish at Ipsos Beach

Athletes are largely self-supported throughout the race.

REGISTRATION

Registrations are online at:

www.greekheroxtri.com

At race number pick-up you must provide:

1. Medical Certificate (if you haven't emailed it) or your Triathlon Licence

2. Identification document (ID or passport)

At race number pick-up you will receive:

1. Swimming cap

2. Timing chip

3. Race number and stickers for your helmet and bike

4. GPS tracker (provided on race morning before the start)

The GPS tracker must be worn during the bike and run segments, but not during the swim.

Free photographic coverage is provided by the organisation.

CANCELLATION POLICY

Greek Hero does not provide refunds or deferrals.

XTRI World Tour offers athletes the option to cover their registration fee with Refund Protect, provided by Protect Group.

Refund Protect can be purchased during registration.

Terms and conditions can be found on the registration form.

By purchasing Refund Protect, you give permission for Race.se to send your name and booking information to Refund Protect in order to protect your transaction.

PROGRAM

FRIDAY – APRIL 3

17:00 – 20:00

Race number pick-up and athlete questions

Gecko Specialty Coffee

https://maps.app.goo.gl/wxfTV4C2fmgNcXwB8

Mandatory Technical Briefing will be online.

SATURDAY – APRIL 4

06:30 – 07:00

T1 – Compulsory placement of bicycles in T1 and final adjustments

Ipsos Beach Small Port

https://maps.app.goo.gl/8JomP6wffwk24EFVA

07:10

RACE START

(Ipsos Beach Small Port – same location as T1)

SUNDAY

12:00

Finisher T-Shirt Ceremony

Anemomilos Corfu

https://maps.app.goo.gl/kv4AgPGhHFk4p8SS8

CUT OFF TIMES

• Exit the water: 1 hour 10 minutes (T1)

• Exit transition zone T2 (bike to run): 6 hours 30 minutes

REGULATIONS

The race will take place according to the general rules of World Triathlon.

For matters not covered by these regulations, the Race Committee will decide.

EQUIPMENT

• Full wetsuits are mandatory for the swim. Gloves and swim socks are permitted if non-webbed.

• The swimming cap provided by the organisation must be worn during the swim.

• The GPS tracker must be worn at all times from T1 onwards (not during the swim).

• Start number must not be worn during the swim and must remain visible in T1.

• Start number belt must be worn:

Back during the bike

Front during the run

• Bikes must be in good working condition and road legal in Greece.

• Helmets are compulsory while riding the bike and must have CE certification.

• Sunglasses are highly recommended.

• No change of bike or wheels is allowed.

There is mandatory equipment for the run, which will be checked at T2.

MANDATORY RUN EQUIPMENT

• Aluminium foil

• Water container with 1 litre of water

• Windproof jacket

• Sufficient food

• Mobile phone switched on with the emergency numbers

MEDICAL

Medical crew, Mountain Rescue and race marshals may remove a competitor from the race if they suspect a health or injury risk.

The use of illegal performance-enhancing substances is strictly forbidden.

LIABILITY

Athletes must sign a Release of Liability before receiving their race numbers.

PENALTIES

Athletes are responsible for knowing the routes and regulations.

The Race Director, on the advice of race marshals, may issue time penalties or disqualifications.

Time Penalties

• Minor violation (yellow card) – 5 minutes

• Second violation (yellow card) – 15 minutes

• Third violation or major violation (red card) – Disqualification

Littering is strictly forbidden.

A penalty box will be located at T1/T2.

Failure to serve a penalty results in disqualification.

RULES – BIKE LEG

• Athletes must mount and dismount their bike only at the designated lines.

• Riding inside the transition area is not allowed.

GREEK HERO XTRI SOLO POINT FIVE is a draft-free race.

Athletes must maintain 12 metres distance between bikes.

Draft marshals will monitor the course.

Additional rules:

• Helmet must be worn at all times while riding.

• The bike course is open to normal traffic.

• Traffic regulations must always be followed.

Penalties may apply for:

• Crossing the double centre line

• Blocking traffic

• Using headphones or mobile phones

• Pacing by another bike or car

• Drafting

Upper body must be covered during bike and run.

Cameras are allowed only with referee approval.

RULES – RUN LEG

• The run course is partially open to traffic.

• Athletes must follow road safety rules.

Penalties may apply for:

• Not keeping to the left side of the road

• Using headphones or mobile phones on tarmac sections

EXPECTED WEATHER CONDITIONS

Water temperature in the Ionian Sea in April is usually 15°C – 19°C.

Be prepared for possible waves.

The swim course may be shortened or cancelled if conditions are unsafe.

Air temperature during the race may vary between 10°C and 32°C.

AID STATIONS

Athletes are mostly self-supported.

The organisers will provide basic aid stations with:

gels, bars, water, toast, nuts and Coke

Bike course:

• 34 km – Acharavi

• 70 km – Troumpeta

Run course:

• 10 km – Sokraki

WITHDRAWAL FROM THE RACE

If you withdraw from the race, you must inform the race office immediately:

+30 6945100165

or

+30 693 9075106

If you cannot get through, please send a text message.

Mobile coverage may be limited.

The national emergency number in Greece is 112.

Use this number only in case of serious emergency or rescue.