



THE WEYMOUTH MIDDLE DISTANCE TRIATHLON

MIDDLE | CLASSIC | SPRINT

RACE BRIEFING



WMD TRIATHLON 2026

Race Brief & Final Instructions

Venue: Weymouth College, Cranford Avenue, Weymouth, DT4 7LQ

Welcome to the WMD Triathlon.

Whether you're taking on the Sprint, Classic or Middle Distance, we're looking forward to welcoming you to Weymouth for race day.

Please take 10 minutes to read through this guide before race day. Almost every question we receive during race week is answered below.

BEFORE YOU ARRIVE

Please run through this checklist before race morning to ensure a smooth check-in:

- ☐ **Bike:** Fully checked, serviced, and roadworthy.
- ☐ **Helmet:** In good condition with working straps.
- ☐ **Wetsuit & Goggles:** Packed and checked for tears.
- ☐ **Race Belt & Nutrition:** Packed and sorted.
- ☐ **Tyres:** Pumped to correct pressure.
- ☐ **Health:** Please do not attend the event if you are feeling unwell.

EVENT TIMINGS

Please arrive in plenty of time. The race will start promptly, and the schedule cannot wait for late arrivals.

Event / Action	Time
Registration & Transition Open	05:30
Middle Distance Registration Closes	06:30
Sprint & Classic Registration Closes	07:00
Middle Distance Start	07:00
Classic Start	08:00
Sprint Start	08:30

REGISTRATION

05:30 Registration/transition opens.

07:00 Registration closes for all events.

You will need to be racked before 06:30 if you are in the Middle Distance. Classic & Sprint races you will need to be in by 07:00.

BRIEFING

There will be a little informal chat by the tennis courts
20 minutes before your race start time – don't be late!

RACE STARTS

Middle starts at or as close to 07:00 as the weather permits.

Classic starts at 08:00 (or when the last swimmer from the Middle exits the water, whichever is sooner so pay attention).

Sprint starts at 08:30 (or when the last swimmer from the classic exits the water, whichever is sooner so pay attention).

Race Cut-Off Times

To ensure the safety of all competitors and volunteer crews, the following strict cut-off times will be enforced. If you fall behind these times, you will be pulled from the course:

The cut off times for the Middle will be –

Swim: 1 hour and 10 minutes – race total time 1:10 – actual time 08:10

Bike: 4 hours and 20 minutes – race total time 5:30 – actual time 12:30

Run 3 hours – race total time 8:30 – actual time 15:30

If you have not started loop 2 by 12:00 you will be directed by the marshals to the finish area for your own safety.

Course close and marshals withdrawn at 15:30 – race starts at 07:00

The cut off times for the Classic will be –

Swim: 50 mins – race total time 00:50 – actual time 08:50

Bike: 2 hours and 30 minutes – race total time 3:20 – actual time 11:20

Run: 1 hour 20 minutes – race total time 4 hours 30 minutes – actual time 12:30

Course close and marshals withdrawn at 12:30 – race starts at 08:00

The cut off times for the Sprint will be –

Swim: 30 mins – race total time 00:30 – actual time 09:00

Bike: 1 hour and 30 minutes – race total time 2:00 – actual time 10:30

Run: 1 hour – race total time 3 hours – actual time 11:30

Course close and marshals withdrawn at 12:00 – race starts at 08:30

You must be back in T1 before the cutoff times stated above for the swim



PARKING

Competitor parking is available at **Lodmoor Country Park** (DT4 7SX).

- This is a pay-and-display car park located adjacent to Race HQ.
- Please allow sufficient time to park, unload, and register.
- **Crucial:** Do not park on surrounding residential roads. Keep our local community happy!



REGISTRATION & TRANSITION

Registration Process

Note: Please leave your bike in your vehicle until you have fully completed your registration and collected your race pack.

At registration, you will receive your race pack containing:

- Swim hat (color-coded by distance)
- Race numbers & Race belt stickers
- Helmet & Bike security stickers
- Security wristband (must be worn until you exit transition post-race)
- Timing chip

*If you entered as a British Triathlon member, you **must** show your digital or physical membership card at desk check-in, or buy a day license.*



Transition Area Rules

Before security will allow you to enter the transition zone, you must have:

1. Your helmet securely fastened on your head.
 2. Your bike sticker clearly attached.
 3. Your security wristband fitted to your wrist.
 4. Your timing chip fitted.
- **Access:** Only registered competitors are allowed inside transition. No friends, family, or pets.
 - **Racking:** Please rack your bike on the specific rack number allocated to you.
 - **Space:** Bring only the equipment you absolutely need for racing. Keep bags packed tight to keep walkways clear.



TIMING CHIP

Your timing chip must be worn on your **LEFT** ankle.

Do not place it underneath your wetsuit ankle sleeve (this blocks the signal).

Rule: No chip = No result. Lost chips will incur a £40 replacement charge.



THE SWIM

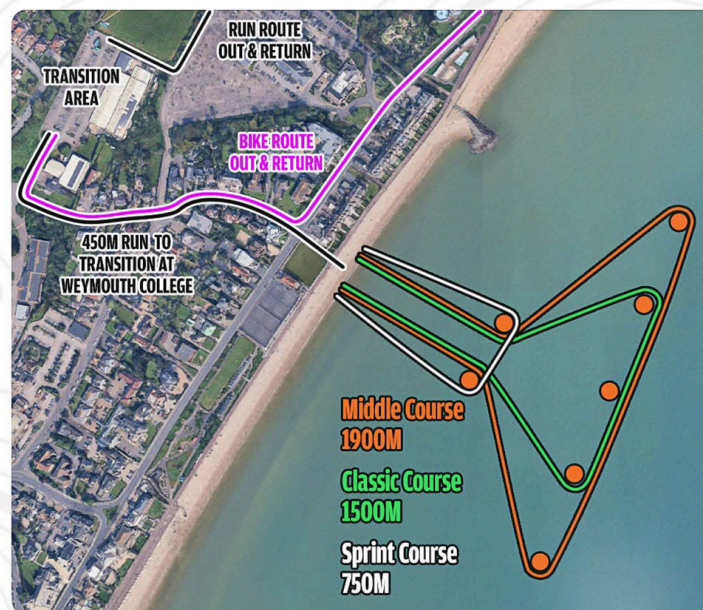
- **Sprint:** 750m
- **Classic:** 1.5km
- **Middle:** 1.9km

The final swim layout will be confirmed on race morning based on sea conditions. Safety cover will be heavily provided by kayaks, paddlecraft, and rescue boats throughout the swim.

If you require assistance in the water: Roll onto your back, raise one arm clearly in the air, and signal to the nearest safety craft. Remain calm; a kayak will be with you shortly.

SWIM ROUTES & TRANSITION

This will be a mass start from the beach. Very large orange inflatable buoys mark the swim course.



Swim Exit to Transition

The swim exit on Weymouth beach is approximately **450m** from the main transition area.

- Many competitors choose to leave an old pair of running shoes at the designated "Swim Exit Shoe Zone" to protect their feet on the run back to transition.
- **Wetsuits:** You may strip your wetsuit down to your waist on the run back, but you must remove your wetsuit fully **inside transition only**.

THE BIKE COURSE

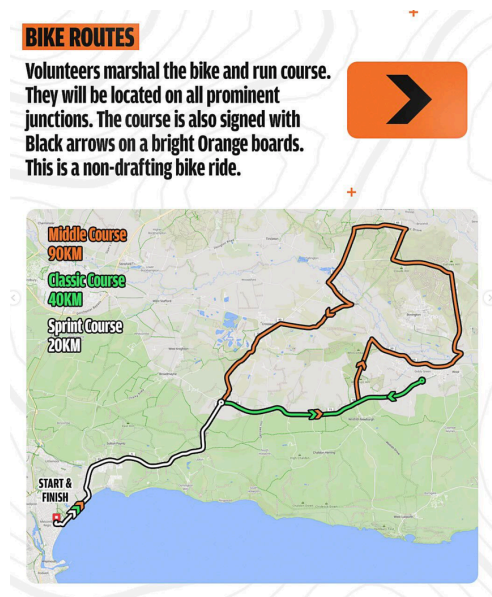
THE BIKE COURSE

This is a non-drafting event conducted on open, undulating roads.

Course Maps & Routes

Please study the routes prior to race day. Marshals are stationed for safety and traffic management, **not navigation**.

- **Sprint Bike Course (20km):** [View Sprint Bike Route on RideWithGPS](#)
- **Classic Bike Course (40km):** [View Classic Bike Route on RideWithGPS](#)
- **Middle Distance Bike Course (90km):** [View Middle Bike Route on RideWithGPS](#)



Bike Rules

- **Highway Code:** You must obey all rules of the road. Stop signs, roundabouts, and traffic signals must be respected.
- **Helmets:** Your helmet must be fastened *before* you touch your bike, and must remain fastened until your bike is securely racked after the ride.

Drafting Regulations

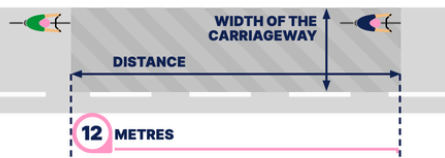
British Triathlon drafting regulations apply and will be strictly monitored by Moto Officials.

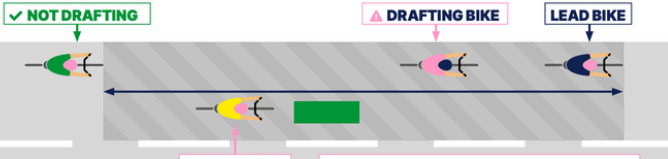
- **Sprint & Classic:** 10-meter draft zone.
- **Middle Distance:** 12-meter draft zone.
- You have **20 seconds** to completely pass through the draft zone when overtaking.
- *If in doubt: Leave a bigger gap.*

**BRITISH TRIATHLON**

DRAFTING RULES EXPLAINED
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?
 **IT'S AGAINST THE RULES**
Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE

12 METRES

DRAFTING & NOT DRAFTING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS
You may enter the draft zone to make a pass within the time allowed.

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.

OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES	1st Offence	2nd Offence	3rd Offence
SPRINT (OR SHORTER)	30 SECS PENALTY	DISQUALIFICATION	N/A
STANDARD	1 MIN PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION

 Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting.
A full set of rules can be found at www.britishtriathlon.org
- This document is for guidance purposes only.

 TRIATHLON ENGLAND  TRIATHLON SCOTLAND  WELSH TRIATHLON CYMRU



THE RUN

Course Maps & Laps

- **Sprint:** 5km (1 lap) <https://ridewithgps.com/routes/46743886>
- **Classic:** 10km (2 laps) <https://ridewithgps.com/routes/46606443>
- You must collect ONE wrist band on the first loop of the run at the Hydration Station, when you reach that for a second time you will be directed to the finish area. You should only have ONE band on your wrist.
- **Middle Distance:** 21.1km (4 laps) <https://ridewithgps.com/routes/46743917>
- This is a 4 loop course to keep you close to your family and friends. You MUST run 2 long loops then 2 short loops. You must collect a wrist band on each loop of the run at the Hydration Station, when you reach that for a 4th time you will be directed to the finish area. You should only have 3 Bands on your wrist.

The hydration station with wrist bands will be in Lodmoor Country Park - <https://w3w.co/spearing.relishing.putter> - this will have – coke, water, high 5 energy drink, gels.

The other water station, <https://w3w.co/compelled.trace.disbanded> will be at the top of the fire road with water – coke – high5 energy drink, gels.

2 Aid stations will be located on the run course supplying:

- Water
- Energy drink
- Cola
- Energy Gels High 5 Orange

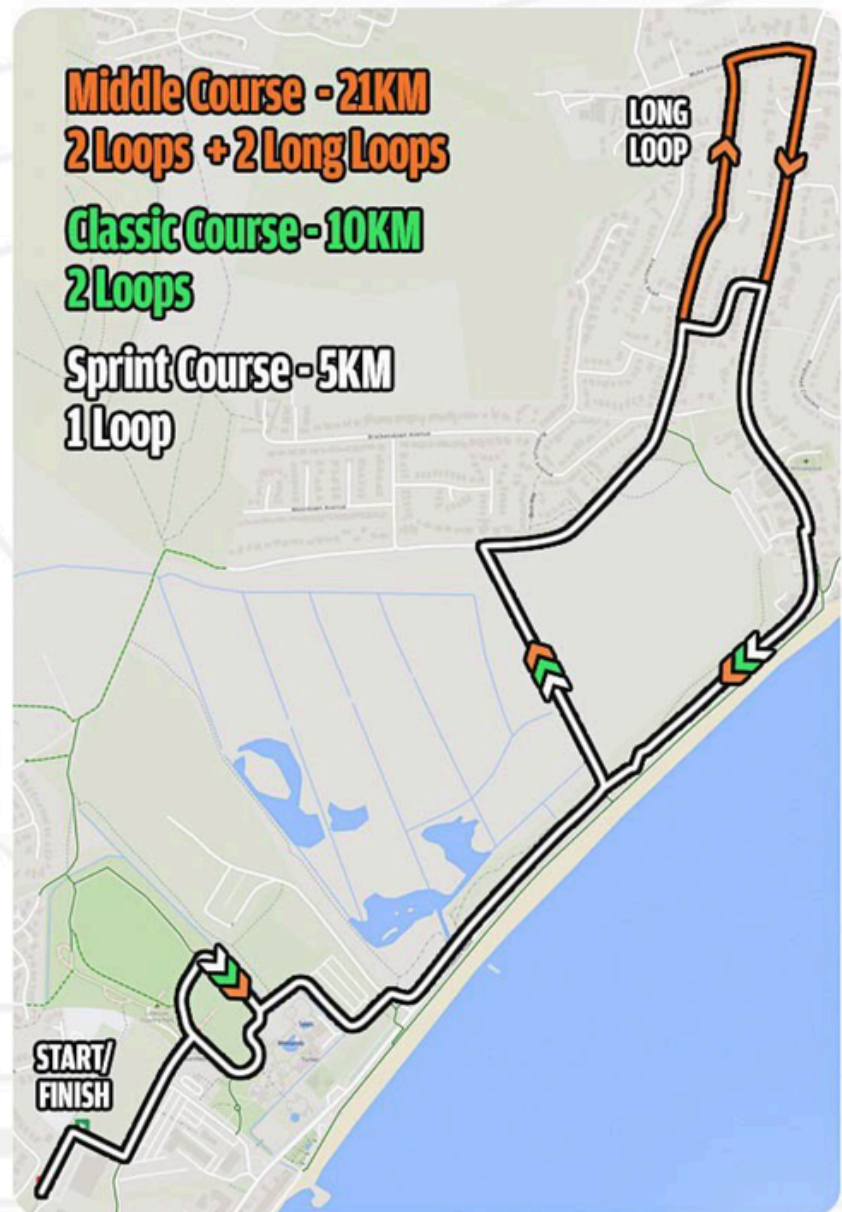
Please take care to follow the correct lap signs for your race distance.

RUN ROUTES

The Sprint route is 1 loop of the course.

The Classic route is 2 loops of the course - You must collect ONE wrist band on the first loop of the run from the Hydration Station, when you reach that for a second time you will be directed to the finish line.

The Middle route is 2 loops of the route and 2 long loops - You must collect a wrist band on each lap and finish with ONLY THREE wrist bands on your wrist.



A BIG THANKS TO ALL OF OUR AMAZING MARSHALS AND HELPERS IN PUTTING THIS EVENT ON. WE HOPE YOU HAVE A GREAT RACE - STAY SAFE - WE WILL SEE YOU BRIGHT AND EARLY ON RACE DAY.

SAFETY & EVENT RULES

- **Headphones:** Strictly **NOT permitted** at any point during the race (including bone-conduction models). Disqualification applies.
- **Mobile Phones:** Not permitted to be used for calls/texts whilst racing.
- **Littering:** Throwing wrappers, cups, or bottles anywhere outside of the official Aid Station Litter Zones will result in an **immediate disqualification**.
- **Abuse of Officials/Volunteers:** Zero tolerance policy. Any verbal or physical abuse directed at our team will result in immediate disqualification and a ban from future events.

SPECTATOR INFO

Weymouth is an incredible venue for spectators!

- **Best Viewing Spots:** The Weymouth Seafront/Lodmoor Park offers fantastic views of both the swim exit and the entire run course.
- **Food & Drink:** Local cafes, pubs, and restaurants along the seafront will be open throughout the day.
- **Transition Access:** Spectators are requested to stay clear of the transition and also bike mount/dismount lines to allow athletes safe passage.

RESULTS & PRIZES

- **Live Results:** Live tracking and provisional times will be available online throughout the day via this link [Timing Monkey](#)
- **Prize Presentations:** Presentations will take place near the finish arch as soon as practical following the completion of the podium positions for each respective distance.
- If you believe you may have won an age group or overall award, please stay close to the presentation area!

THANK YOU

A massive thank you to all of our volunteers, marshals, safety crews, and medical teams. Without their hard work and dedication, this event simply could not happen. Please give them a smile, a wave, or a quick "thank you" as you pass them out on the course. Train smart, travel safely, and we will see you on the beach!

The BustinSkin Race Team  

KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

RULE 2.1 Littering



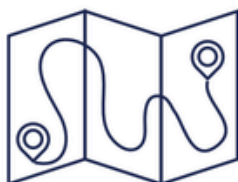
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



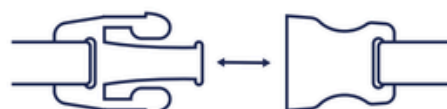
RULES 4.11|5.2|6.4 Illegal Equipment

Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2 Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.4 Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



In all races, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



This document does not feature all the rules.
A full set of rules can be found at www.britishtriathlon.org
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