

GRAFHAM

DUATHLON



Thank you for
entering the ATW
Grafham Water
Duathlon.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 25th October.
Please have a read
through so you can
be fully prepared!

We can't wait to see
you on the start line.



Follow us on socials @eventsatw

KEY DETAILS:

25th October 2026

Address:

Grafham Water Visitor Centre, Marlow
Park, Grafham, Huntingdon, Cambs,
PE28 0BH

Parking:

Please head to the cafe before or after the
race and talk to the team at the cafe desk,
they will reduce your final parking fee to the
cost of £5

[Parking main entrance is here](#)

Registration:

Registration will be in the Grafham Water
Visitor Centre Cafe.

Registration will open at 7am.

Race HQ can be found here:

[HQ Location](#)

Timings:

7:00am

Registration opens

8.25am

Registration/Transition Closes

8.30am

Sprint/Standard Duathlon Start

8.30am

5k/10k Start



Accommodation Option

We have been advised of the available accommodation at the below links:

[Accommodation](#)

[Camping](#)

When you arrive:

Registration:

You will need to give the name you used to sign up to the event online.

In exchange, you will be given:

- 2 race numbers;
- a timing chip with an ankle strap (This must be strapped to your LEFT ankle);
- 2 numbered labels (one for the front of your helmet and one for the top tube of your bike);
- You must write your number on the back of your hand.

A race number must be worn visible on your front for the run and on your back during the bike. You can use a number belt and rotate a single number from the back to the front.

Safety pins will be available at registration if required. Please ensure you fill out your information is filled in on the back of your race bib!

Baggage:

There will be room for baggage at the edge of transition

Toilets and Changing:

No changing facilities on site.

Portable toilets at event HQ and next to the cafe.

Free female sanitary products will be available in a labelled portable toilet.

Transition/Relay:

Transition:

- To enter the transition area you must be wearing your helmet securely, be displaying your race number and the stickers in your registration pack must be on your bike and helmet.
- After the race you will need to show your race number and this will be matched to the sticker on your bike and helmet by a marshal
- Please note that only equipment required for the event is to be placed in transition, next to your bike. No boxes or large bags are allowed to be left by athletes' bikes in transition.
- Racking of the bike needs to be by the saddle, so that the majority of the bike faces towards you (front wheel facing you with the kit by the front wheel).
- Transition will be closed 5 minutes prior to the race start. Reopening will be advised by the commentator.
- If this is your first multi-sport race, then it is good practice to familiarise yourself with the ways in and out of the transition area. There will be marshals to help if you are not familiar with setting up arrangements for your bike, helmet, shoes etc...

Relay Teams:

- Your timing chip will act as your relay baton.
- Handover of your chip will take place at your teams bike, please note that transition will be live with other athletes racing around you

Race Rules:

- British Triathlon rules will apply and penalties will be issued for rule breakers. Please familiarise yourself with the rules on the British Triathlon website – www.britishtriathlon.org ;
- Be aware of rules surrounding zips on tri-suit tops in section 2.8 ;
- Correctly fitted and structurally sound helmets are mandatory on the bike and must be securely fitted BEFORE touching the bike;
- You must mount your bike AFTER the mount line and dismount BEFORE the dismount line;
- Drafting is strictly prohibited on the bike ([BTF Drafting Explanation](#)) ;
- You must abide by the Highway Code at all times on the bike ;
- Be aware of other vulnerable road users (eg horses and walkers/runners) and pass them widely & safely ;
- Headphones and mobile phones are strictly prohibited during all legs of the race;
- Littering on the course is prohibited – please ensure that you carry all litter with you to the next litter drop area. Anyone seen littering will be penalised;
- This is an individual effort. Outside assistance is strictly prohibited;
- If you DNF please head to race HQ and inform the timing team you have withdrawn;
- Towels are limited to 30cmx30cm and must be left rolled up in your shoe.

Transition Layout:



Run Course (2.5k Lap):

Sprint – 2 Laps (1st Run) 1 Lap (2nd Run)

Standard – 4 Laps (1st Run) 2 Laps (2nd Run)



[Interactive course map](#)

- Simple out and back up and down the dam
- All road surface terrain
- Traffic free
- Keep to the left hand side at all times

Sprint Bike Course:

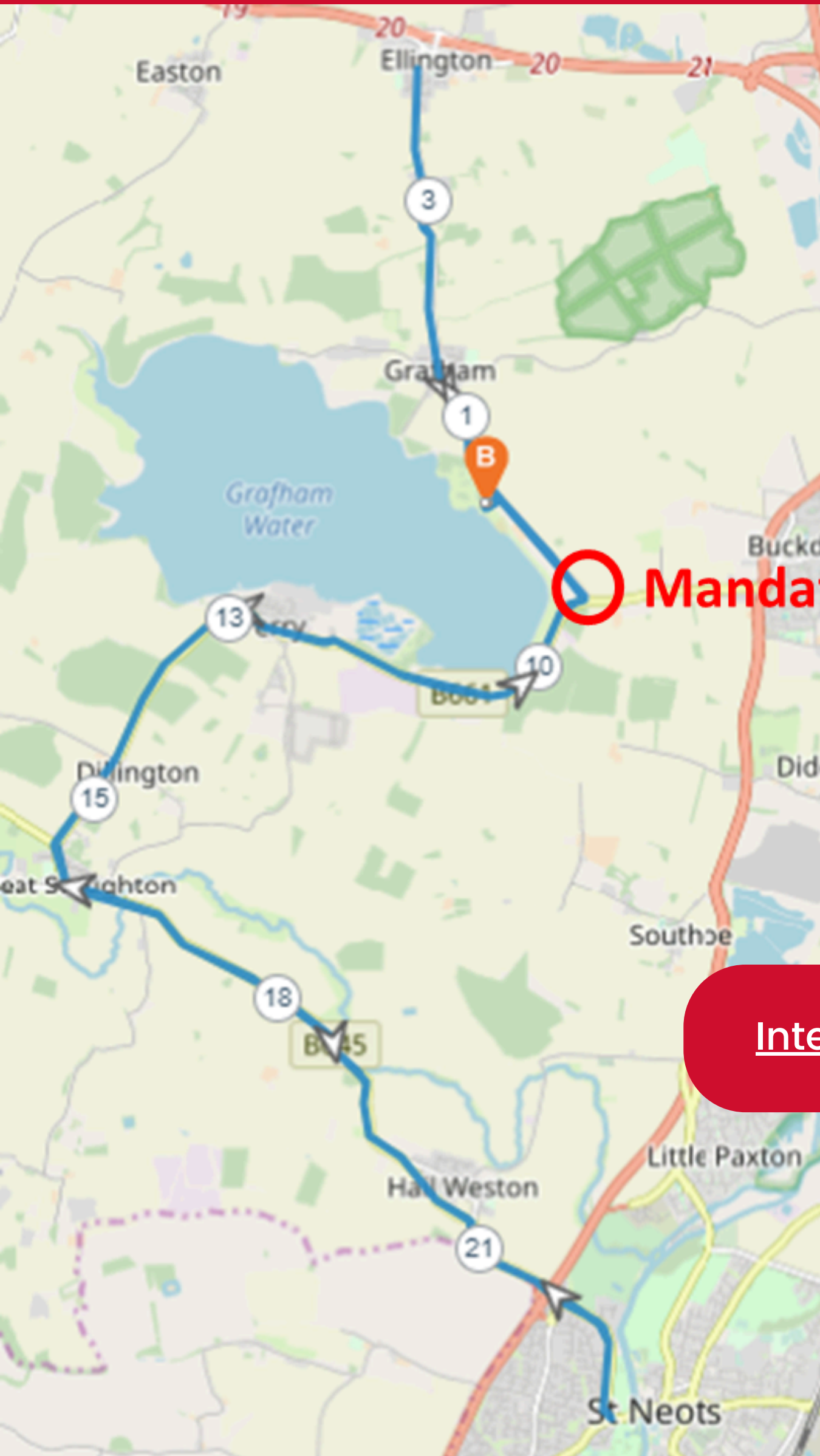


[Interactive course map](#)

Sprint: The roads around the villages offer a fast, out and back course for your ride that's bound to put a smile on your face. Sprint course has a turnaround point in Perry village, please be careful when rejoining the main road.

The bike will be well-signed and marshalled at all key points. There is a mandatory Stop at the Right Turn at 9km and at the turnaround in Perry at 12km.

Standard Bike Course:

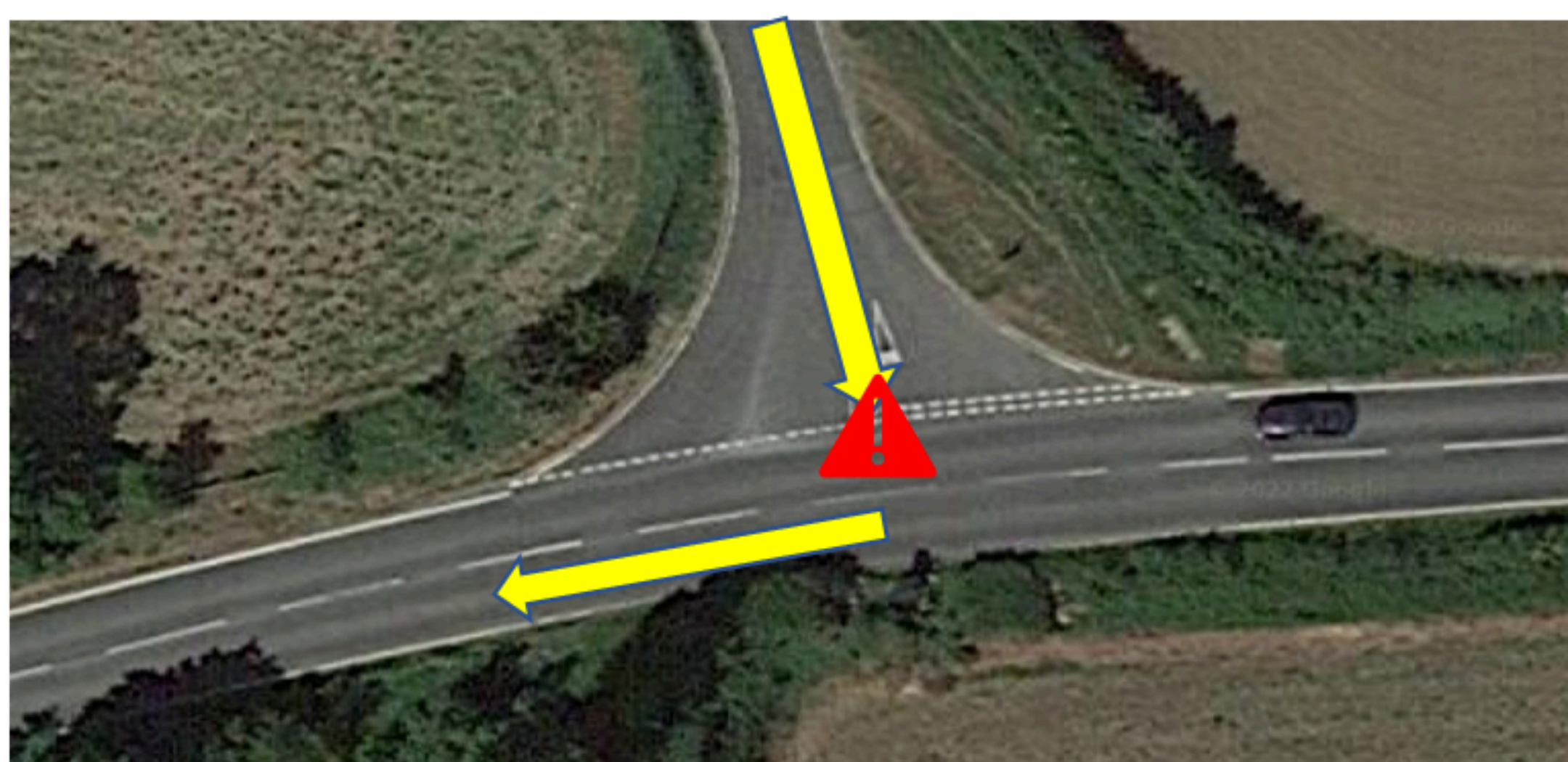
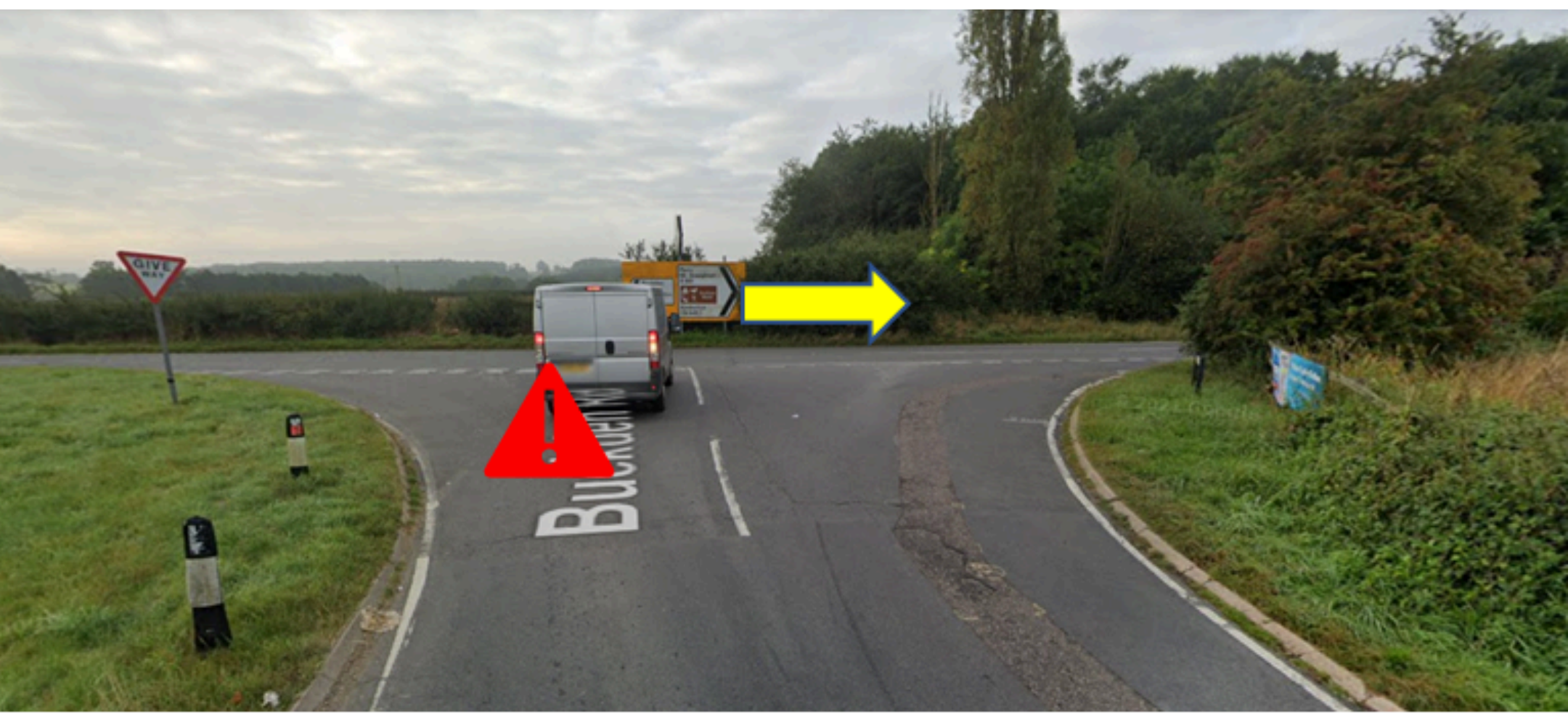


Mandatory Stop

[Interactive course map](#)

Standard: The roads around the villages offer a fast, out and back course for your ride that's bound to put a smile on your face. The bike will be well-signed and marshalled at all key points. There is a mandatory Stop at 9km – see information on the next page

Mandatory Stop:



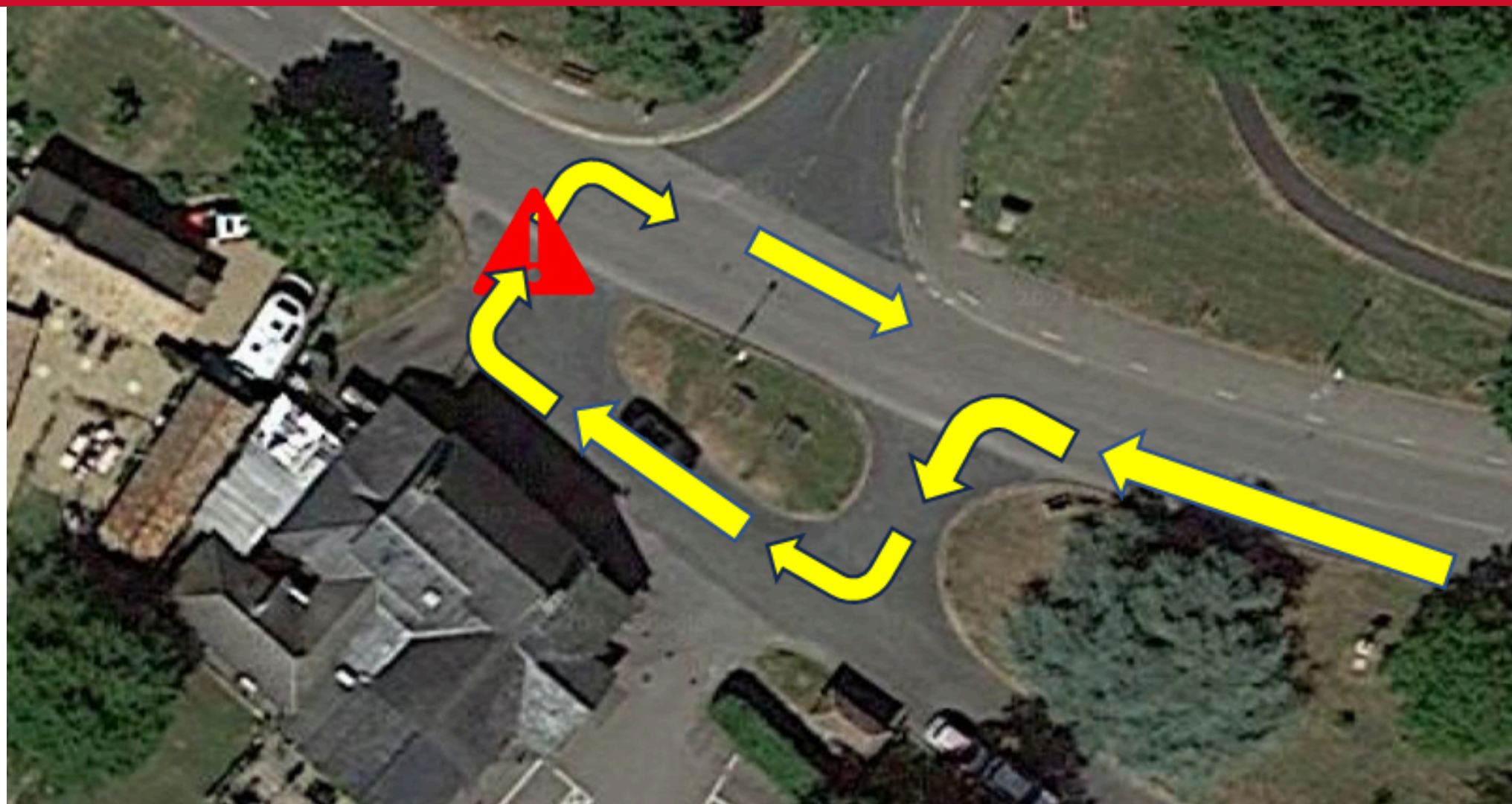
At approximately 9km you will approach this junction.

You will be turning right on to a road with fast moving traffic – it will be well-signposted and marshalled.

All cyclists must come to a complete STOP (wheels stop turning) before proceeding when it is safe to do so. It is your responsibility to decide when it is safe to proceed – not the marshals.

FAILURE TO STOP WILL INCUR A PENALTY AND THE POSSIBILITY OF DISQUALIFICATION

Mandatory Stop Sprint Only:



This only affects the Sprint course.

At the turnaround in Perry at 12km you will take a left turn off the main road and turn around the green patch in front of the pub.

When you rejoin the main road you will be turning right.

All cyclists must come to a complete STOP (wheels stop turning) before proceeding when it is safe to do so. It is your responsibility to decide when it is safe to proceed – not the marshals.

FAILURE TO STOP WILL INCUR A PENALTY AND THE POSSIBILITY OF DISQUALIFICATION

Crossing the finish line

Well done! Collect your well deserved medal and finish line goodies!

The podium positions for the Top3 Open and Female in each race will be based on chip-times (not necessarily finishing position). A prize-giving will take place as soon as the leading results have been verified.

The commentator will announce when transition is open to collect your things, please be aware transition may still be live and follow marshals instructions.

Please take your race number with you to collect your belongings, this will be used to match your bike and helmet when exiting transition.

Don't forget to hand in your timing chip to one of our finish line marshals!

The ATW HUB is the place for all of your pre and post race needs and all things ATW.

Download the ATW HUB app from your app store now to see your results, photos and more!

THE HUB



EVENTS



RESULTS



PHOTOS



FAQ'S



PARTNERS



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ATW RACE SERIES



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OWS & TRAINING VENUES



VIDEO LIBRARY

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[Download on Google Play](#)

ATW accessibility

For this event, we are pleased to offer a designated quiet area just outside the event village for any athletes who may benefit from a low-stimulus environment.

This calm space is intended for those who experience sensory overload, pre-race nerves, migraines, or anyone who simply needs a peaceful moment to regroup before or after competing. Some athletes prefer a quieter area to mentally prepare, manage anxiety, or steady their breathing after finishing, and this space is designed with all of them in mind.

We ask everyone to respect the purpose of this area and only use it if you genuinely need a quieter environment, so it remains available for those who rely on it.

The quiet zone is a large black gazebo with a sign clearly indicating it is a quiet area. If you need to use this space, you will also be able to register and pick up your race numbers and timing chip from there.

We ask that this space is used respectfully

We pride ourselves on being inclusive and accessible and we know this looks different for everyone!

Pre-event, if you have any questions please email access@atwevents.co.uk

On event day Holly can be found in the event village and is the friendly face aiming to make the event accessible for all; with bundles of experience, she will do everything she can to help :)



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RUNNING™

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BREAKAWAY
BREAK BARRIERS. BREAK RECORDS.

SKECHERS
AERO ELITE™

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RESEARCH UK **FOR A CURE**

FOR MY LOVED ONES
FOR A CHALLENGE
FOR THE FUN
FOR ALL OF US
FOR A CURE

SunGod.

WIN

[ENTER
HERE](#)

01
Heliskiing trip.

Or

02
A gravel bike
worth £5,000.

Or

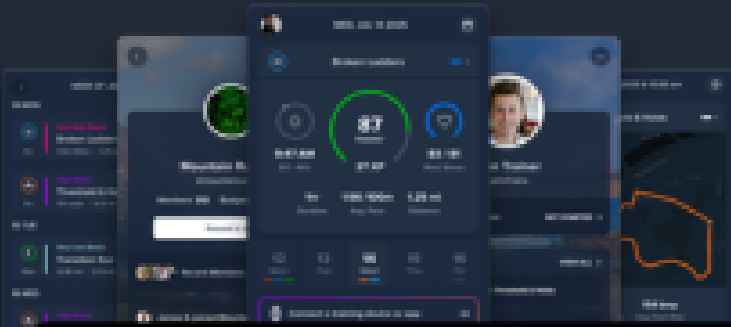
03
Sponsorship to
run your dream
marathon.

TRAINING THAT FINALLY FITS YOU

Get race-ready with two free months

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TriDot



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TRAINING THAT FINALLY FITS YOU

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START TRAINING

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