

GRAFHAM

DUATHLON



**GREAT BRITAIN
AGE GROUP
2026 TEAM QUALIFIER**

Thank you for
entering the ATW
Grafham Water
Duathlon,
Incorporating the
European Standard
Duathlon Qualifier.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 26th 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:

26th October 2025

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

8.30am

All Races Start

European Standard Duathlon Qualifier

On the day ATW will not be able to advise on qualification status. British Triathlon will be in touch after the event to inform you.

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.

You will need to have a British Triathlon season pass or event pass in order to race.

Please note you will need to have a BTF membership and to have registered interest to be eligible for qualification by 5pm on Friday 17th October.

In exchange, you will be given 2 race numbers and a timing chip with an ankle strap (This must be strapped to your LEFT ankle). A race number must be worn visible on your front for the run and on your back during the bike. You will also receive 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.

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:

An unofficial baggage area will be provided at the edge of transition.

Toilets and Changing:

Toilet facilities will be located at HQ in the form of portable toilets. No changing facilities will be available, so please turn up ready to race.

Mandatory BTF race passes can be purchased here if you are not already a BTF member.

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...

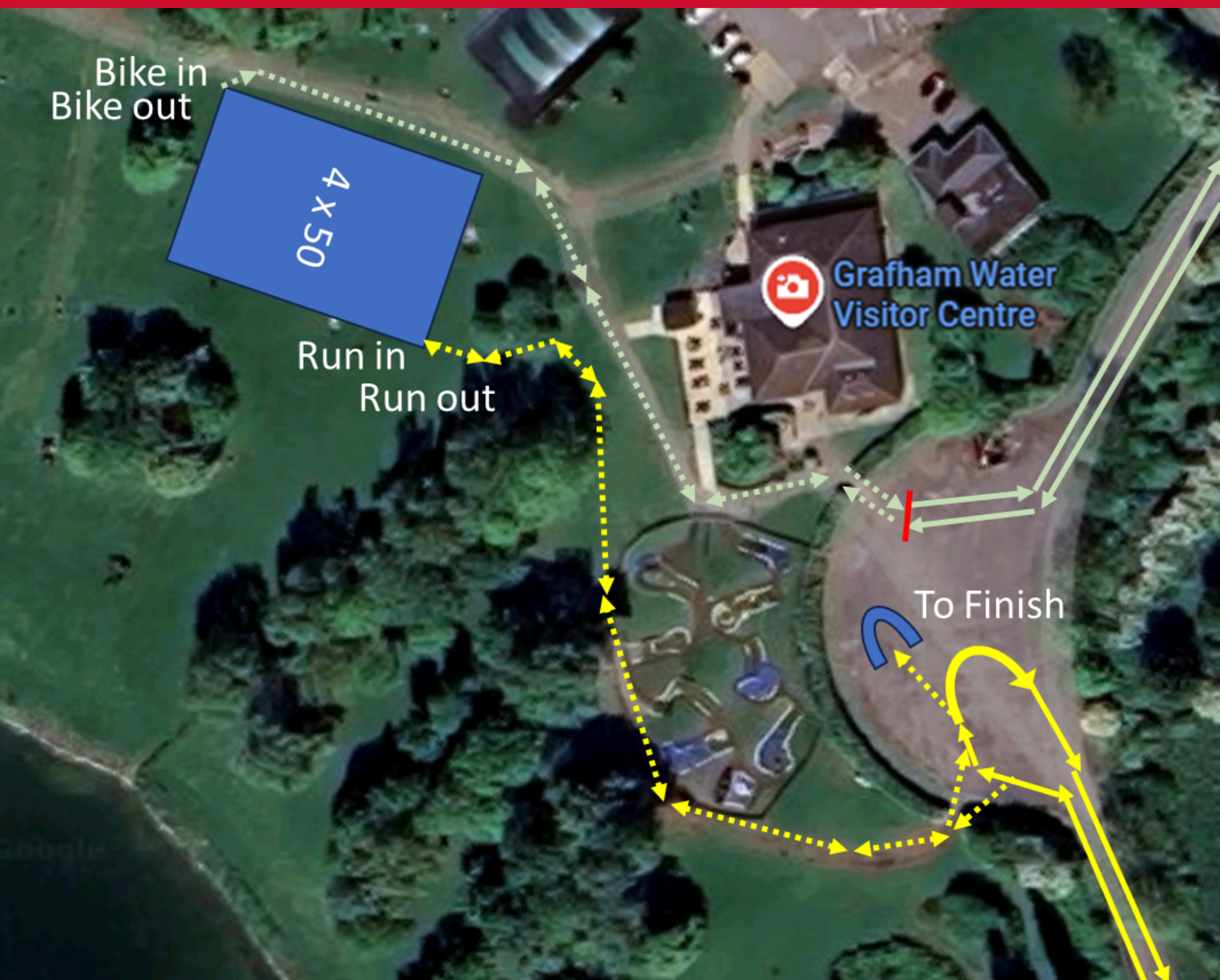
Relay Teams:

- 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

BTF 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 new 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 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.

Transition Layout:



Run Course:

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:

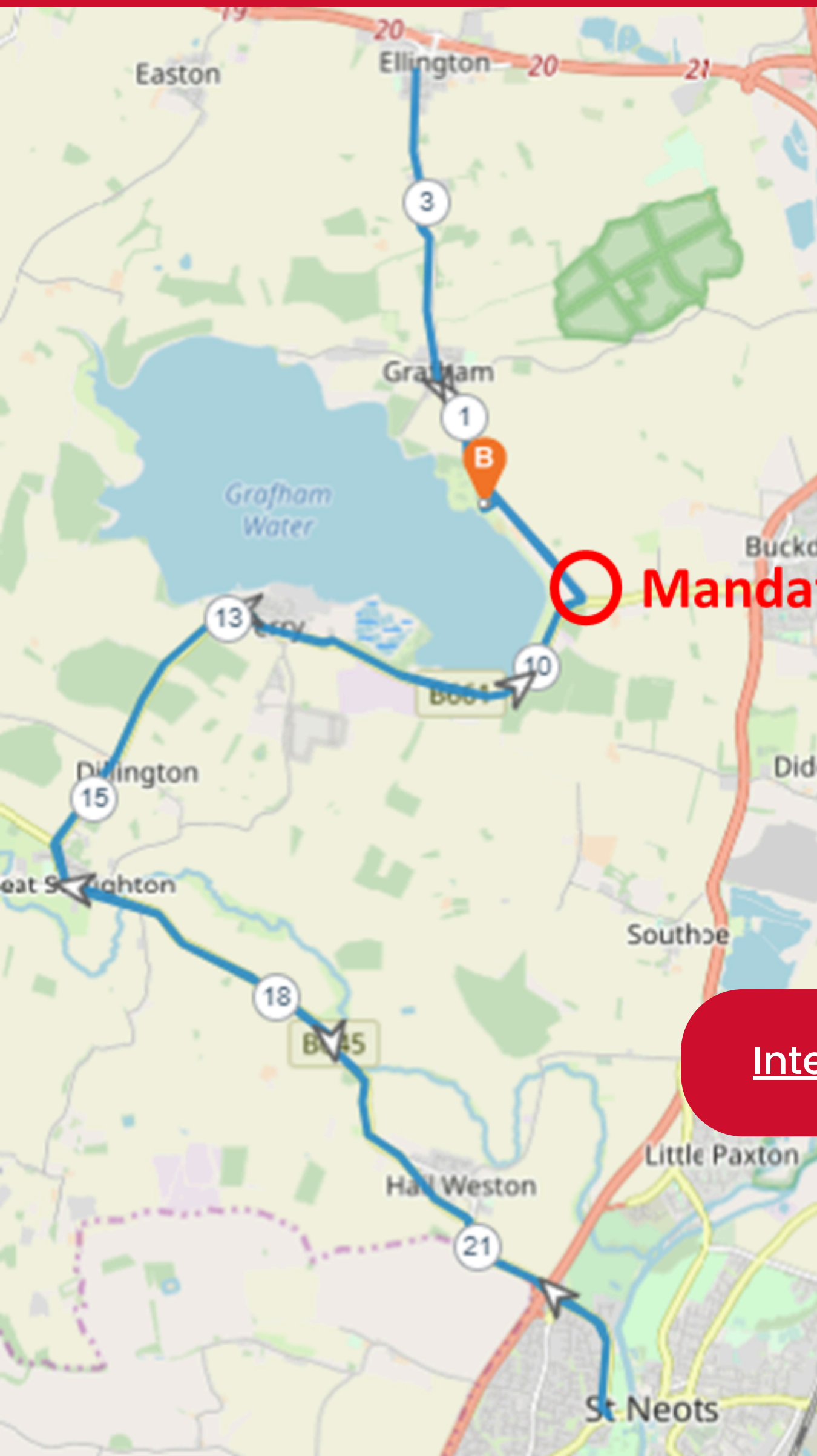


[Interactive course map](#)

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:

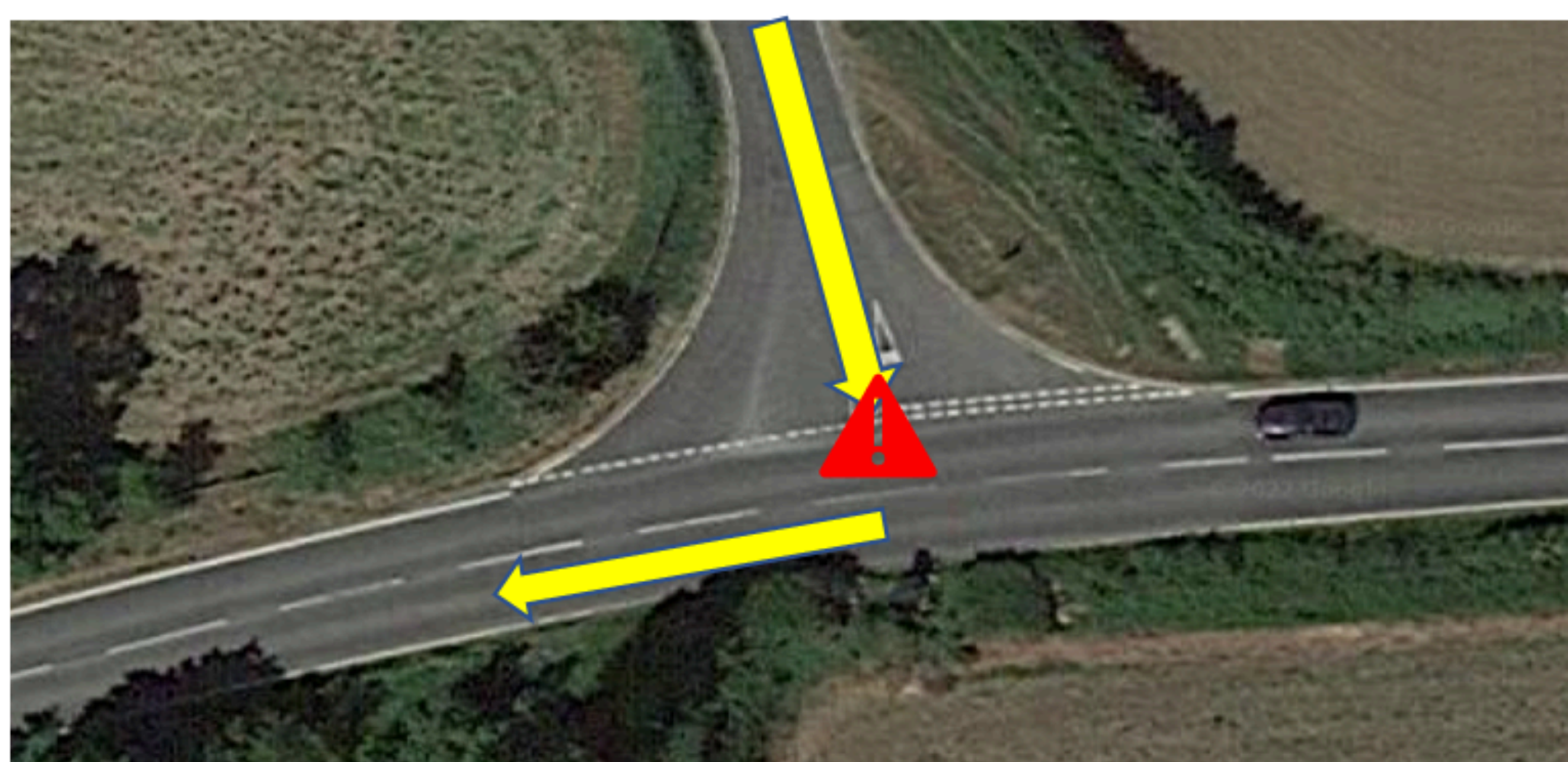
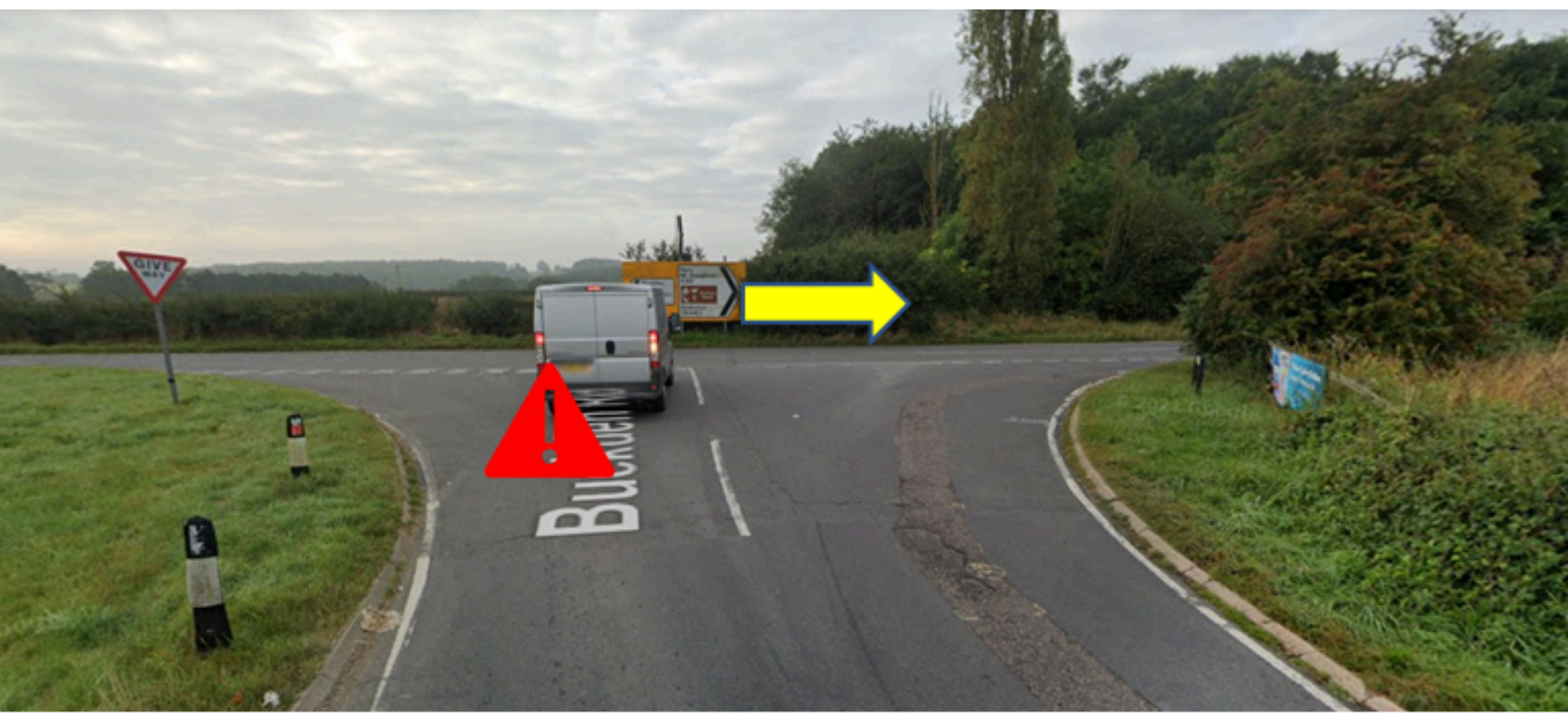


Mandatory Stop

[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:



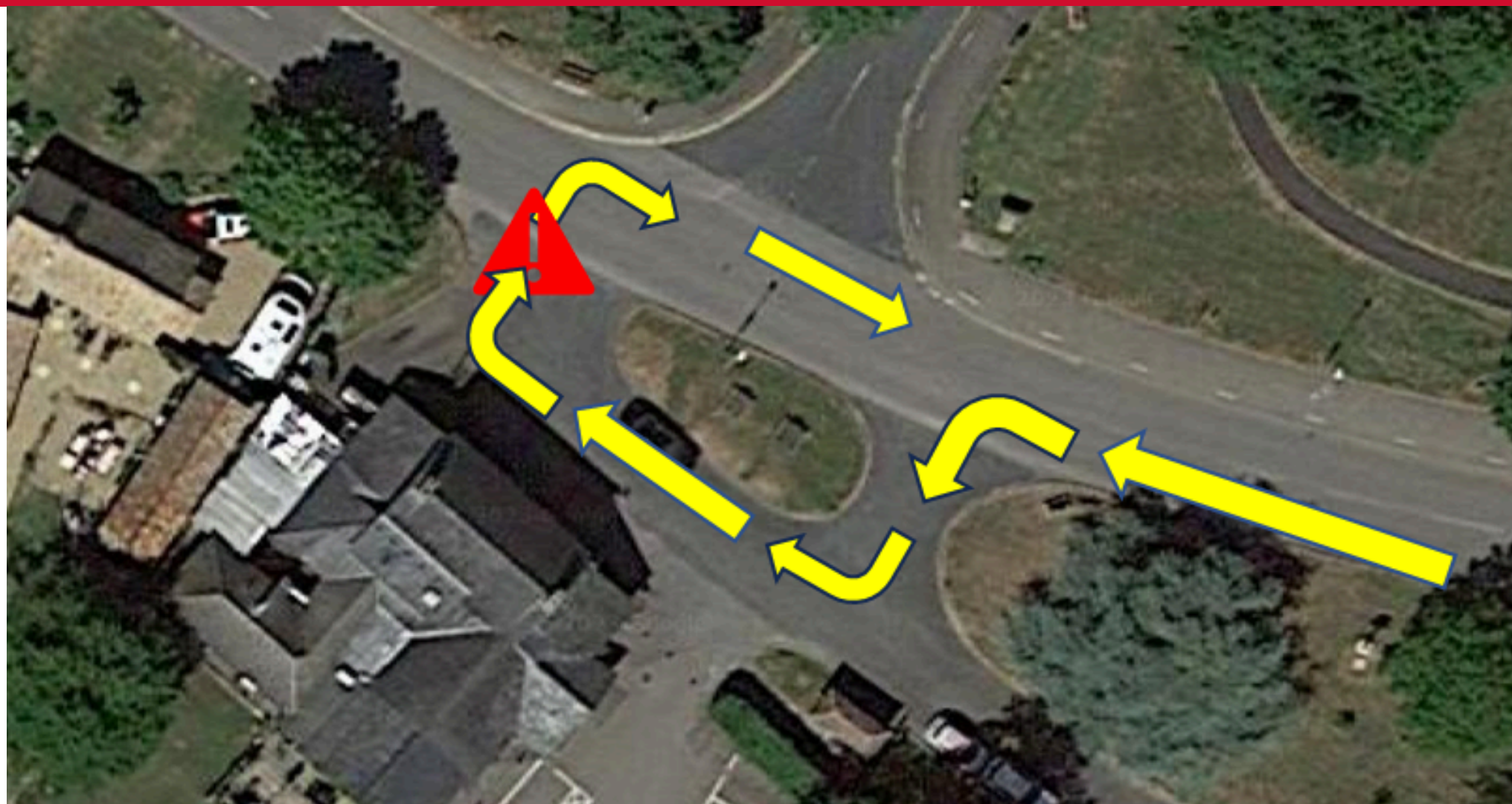
At approximately 9km you will approach this junction.

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

Post Event:

ATW HUB:

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

Download the app below to view your race results, photos and all things ATW

THE HUB



EVENTS



RESULTS



PHOTOS



FAQ'S



PARTNERS



COACHING



SOCIALS & PODCASTS



EVENTMAKERS



TRAINING CAMPS



ATW RACE SERIES



FUNDRAISING



MEET-UPS



OWS & TRAINING VENUES



VIDEO LIBRARY

[Download on the AppStore](#)

[Download on Google Play](#)

All thats left to say is...

**GOOD LUCK AND
HAVE FUN!**

Our partners:

ZONE3



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DISCOUNT CODE: ATW20



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Our partners:

ALZHEIMER'S RESEARCH UK

Alzheimer's Research UK is the UK's leading charity for dementia research, aiming to find a cure for Alzheimer's disease and other forms of dementia.

When you sign up for an ATW event, you will have 2 options to help Alzheimer's research UK:

1. Donate
2. Share your interest in supporting Alzheimer's research – including event sponsorships

[FIND OUT MORE](#)

YellowJersey
Insurance for cycling

For more than ten years, their specialist bicycle insurance has been covering equipment for theft and crash damage

