



MILTON KEYNES TRIATHLON

Thank you for
entering the
ATW Milton
Keynes Triathlon.

This information
pack contains
everything you
need to know
ahead of your
event on Sunday
13th September.
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:

Sunday 13th September 2026

Address:

Willen Lake,
Brickhill St,
Milton Keynes
MK15 0DS
(Be aware that
road closures
and diversions
will be in place
from 7am)

Parking:

Ample parking is available at Willen Lake. Pay using the [RingGo](#) app, or using a parking machine.

Up to 1 hour £1.50	Up to 2 hours £2.50
Up to 3 hours £3.50	Up to 4 hours £4.50
Up to 5 hours £5.50	Up to 6 hours £6.50
Up to 7 hours £7.50	Up to 8 hours £8.50
Up to 24 hours £14	
Up to 48 hours – £20 (Maximum stay 48 hours)	

Timings:

6:00am	Registration/Transition opens
7:45am	Sprint Triathlon Starts
8:15am	Registration/Transition Closes
8:30am	Standard Triathlon Starts

After the race you will be able to collect your bike from tranistion at the discretion of the race officials on the day.

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 self-adhesive labels – the small one for the front of your helmet and the large one for your bike seatpost

A race number must be worn visible on your front for the run and on your back during the bike. This can be fixed to the front and back of a shirt or a single number can be worn on a number belt and rotated from the back to the front.

You must also write your number on the back of your hand.

Safety pins will be available at registration if required. Please ensure you fill out your emergency contact details on the back of your race bib!

Baggage:

Excess baggage will be able to be placed next to the barrier on the inside of transition. Please keep your area next to your bike only for equipment needed for the event.

Toilets and Changing:

Toilet and Changing facilities are on site at Willen Lake.

Free female sanitary products will be available.

Transition:

- To enter the transition area you must be wearing your helmet securely, be displaying your race number, have your number written on your hand 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).
- Reopening of transition will be advised by the race officials and 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...

Aquabike:

- The finish time will stop when the aquabike competitor has dismounted and entered the transition area after their bike leg.
- Competitors are encouraged to rack their bikes and then leave T2 and follow the signs to walk/run across the finish line to complete their event. This transition and run/walk time is not included in their overall race time.
- This enables all competitors to get the same finish line experience and collect their well deserved race medal.

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:

- You must wear the swim hat that is provided. No backstroke.
- 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](#))
- Headphones, cameras and 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.
- You are responsible for counting your own laps.

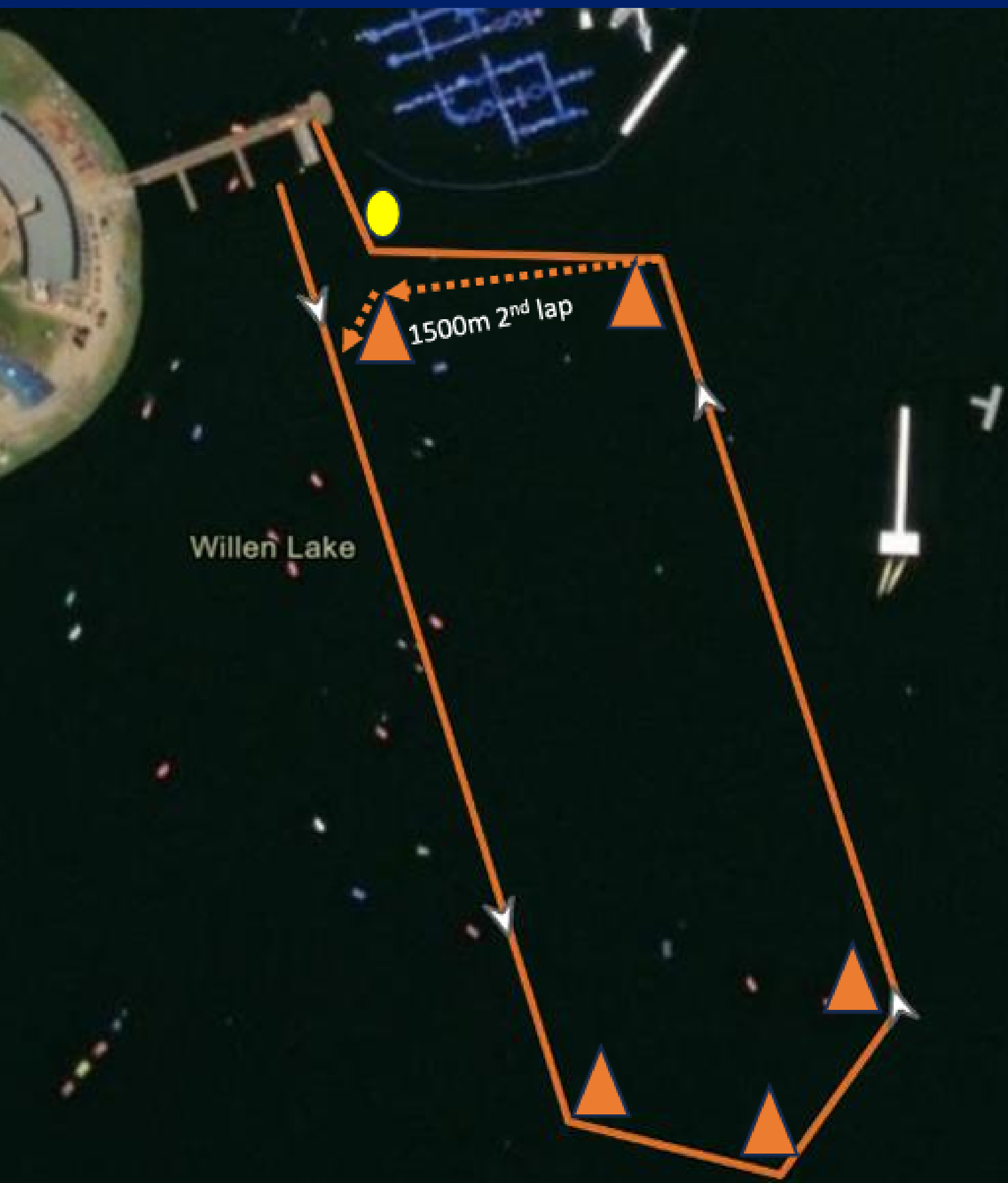
Swim Start:

- You will be given a final briefing 10 minutes before the wave start at Lakeside, next to the Aquaparc building.
- A mass start will be for those who would like to compete for a podium place. After this, everyone else will be asked to enter the water one at a time and advised when you can start.
- Your timing chip will start when you are told by the start official.
- You will be asked to queue up by marshals in pace order (fastest first)
- The start is off a pontoon, where you can jump or lower yourself into the water.

Swim – 750m Loop:

Sprint – 750m – 1 Lap
Standard – 1500m – 2 Laps

Everyone swims around all 5 orange swim buoys in an anticlockwise direction. At the final orange swim buoy you will turn left and repeat for your 2nd lap or swim towards the yellow bouy and exit the water via ladders.



Bike Course:

Sprint: 4 Laps of 5k closed road route:

[Click here for link to bike course](#)

Standard: 8 Laps of 5k closed road route:

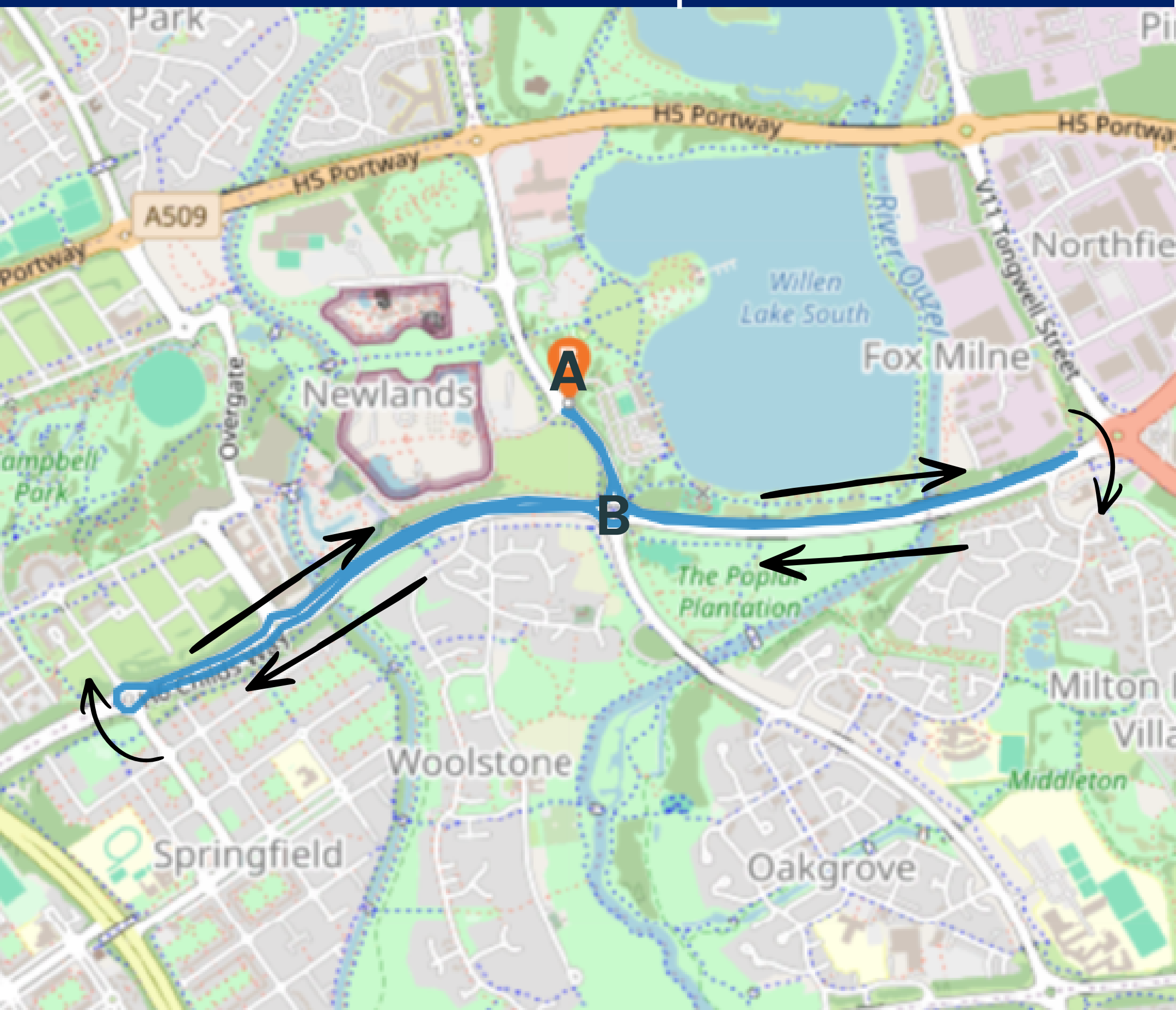
[Click here for link to bike course](#)

The bike will be well-signed and marshalled at all key points.

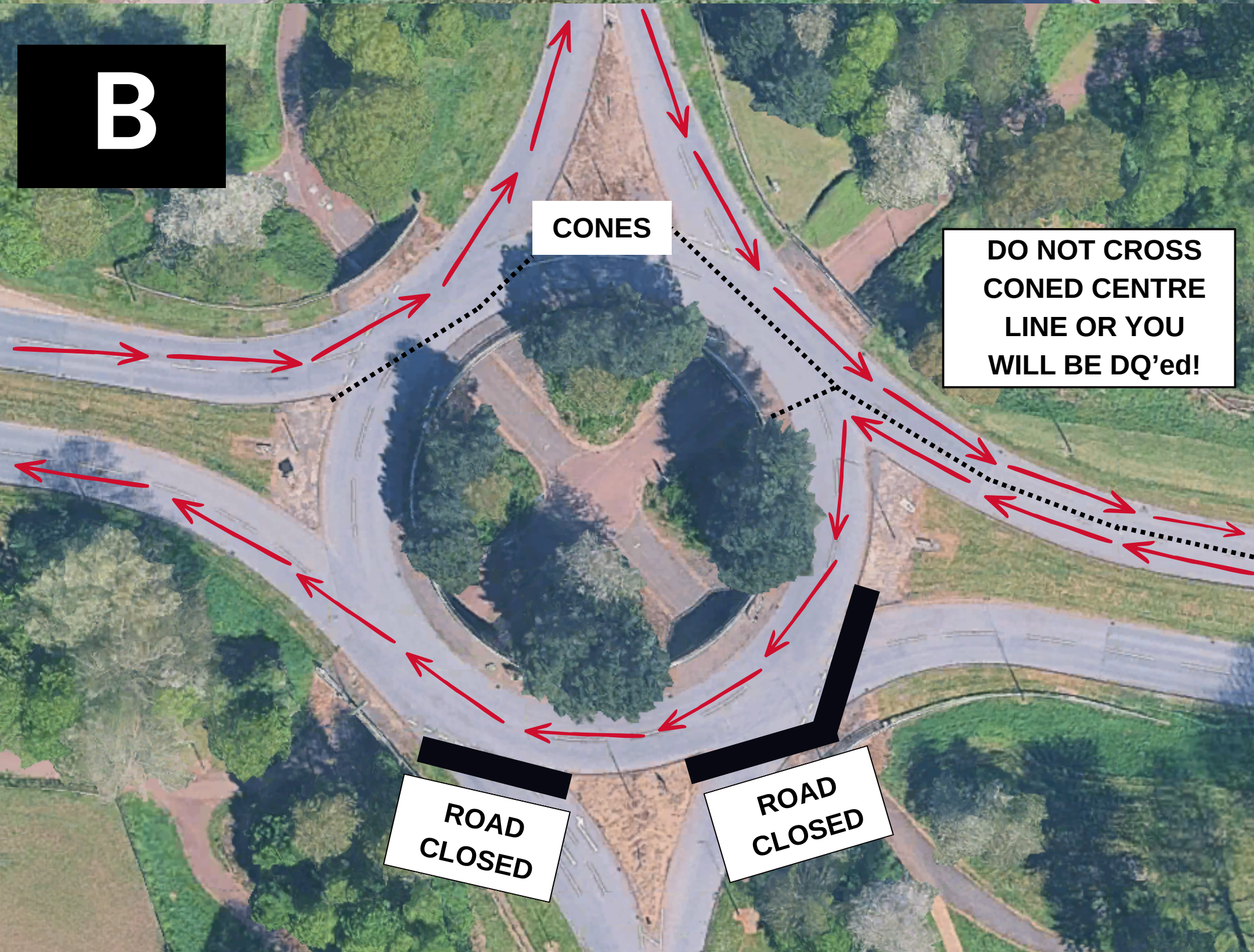
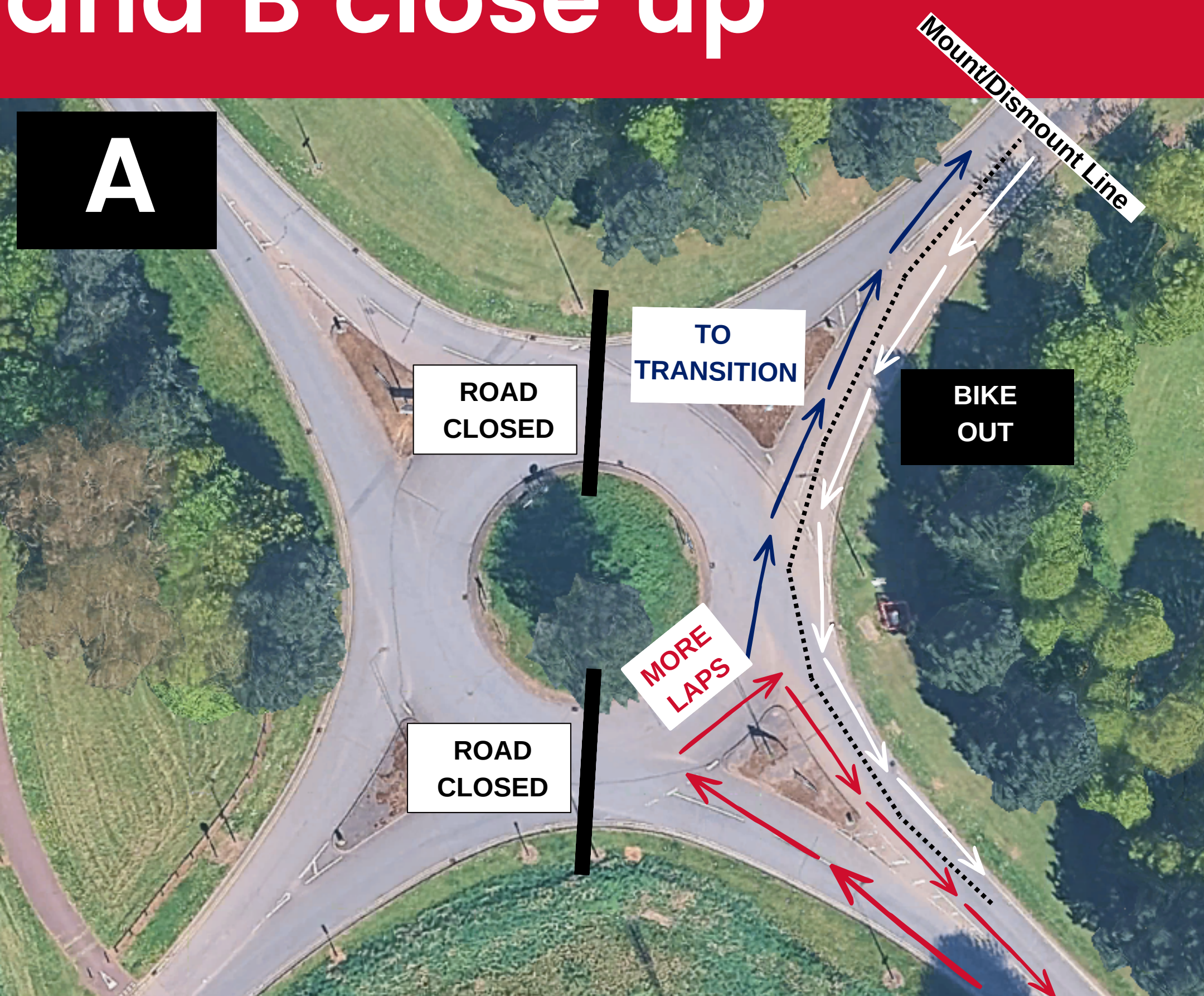
You are responsible for counting your own laps.

Please Keep On the RIGHT HAND SIDE of the lane and
Overtake on the LEFT.

Note: the bike flows on the next two pages at points A
and B on the map below.



Bike Course: Points A and B close up



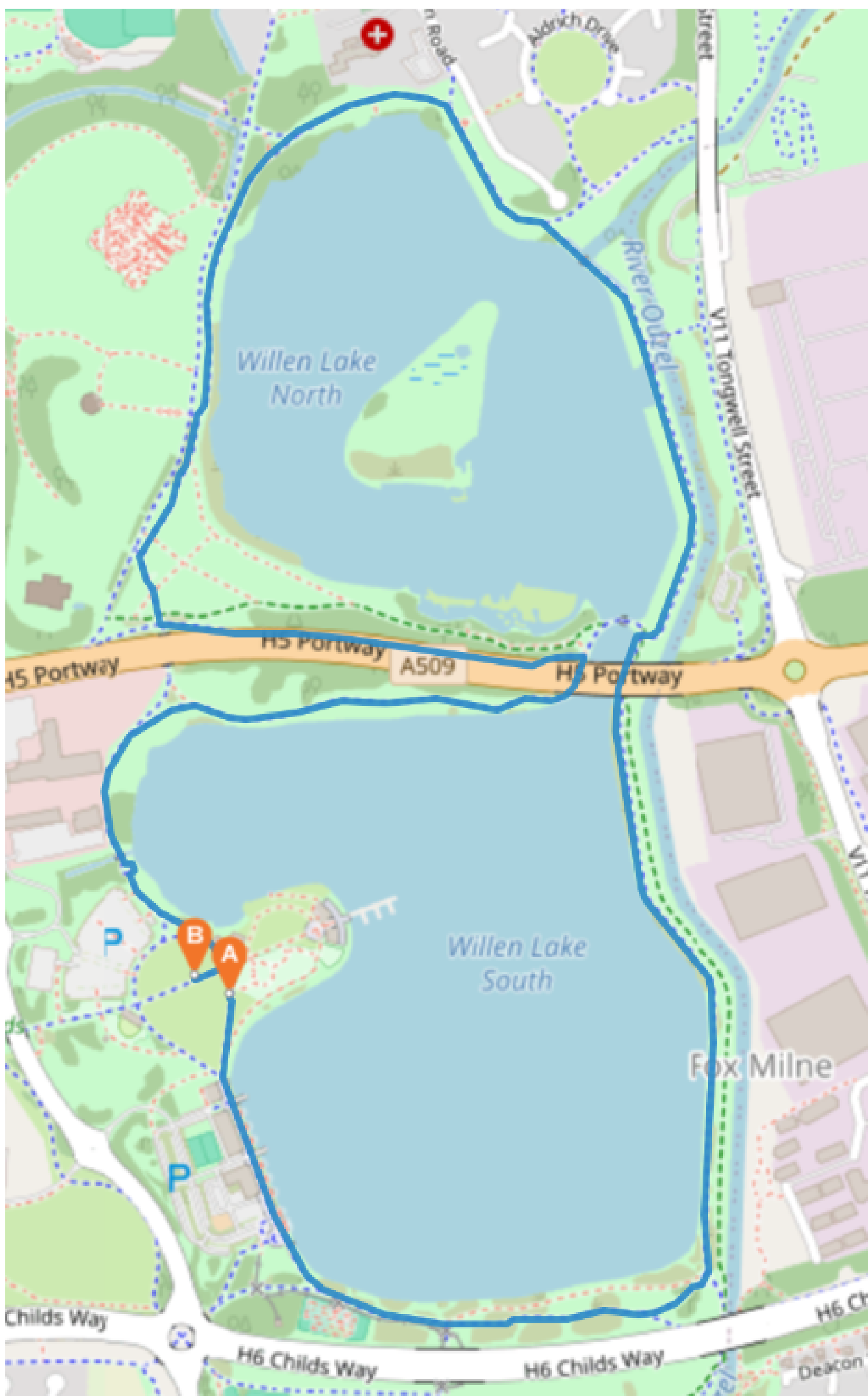
Run Course:

Please remember to turn your number on your race belt around so it is facing to the front as you exit transition for the run.

Sprint: 1 lap of 5km loop.

Standard: 2 laps of the 5km loop.

[Click here for link to run lap](#)



Crossing the finish line

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

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



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ATW RACE SERIES



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

Our partners:

ALZHEIMER'S RESEARCH UK **FOR A CURE**

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](#)

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See Better.



Our partners:



YOU HAVE
THE MOTIVATION,
WE HAVE WHAT IT TAKES



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CONFIDENCE STARTS IN THE WATER.



**Every race starts with the swim.
Confidence in open water comes
from wearing the right wetsuit.**

ZONE3 wetsuits are developed, refined and proven through real world testing, with a focus on efficiency, comfort and control when it matters most.

For ATW events, athletes can access ZONE3's season wetsuit rental programme, making ZONE3 wetsuit performance available without the commitment of purchasing.

PREPARING FOR RACE DAY?

Use the [ZONE3 Race Day Kit List Checker](#) to make sure nothing is left to chance, from wetsuit choice to final swim essentials.

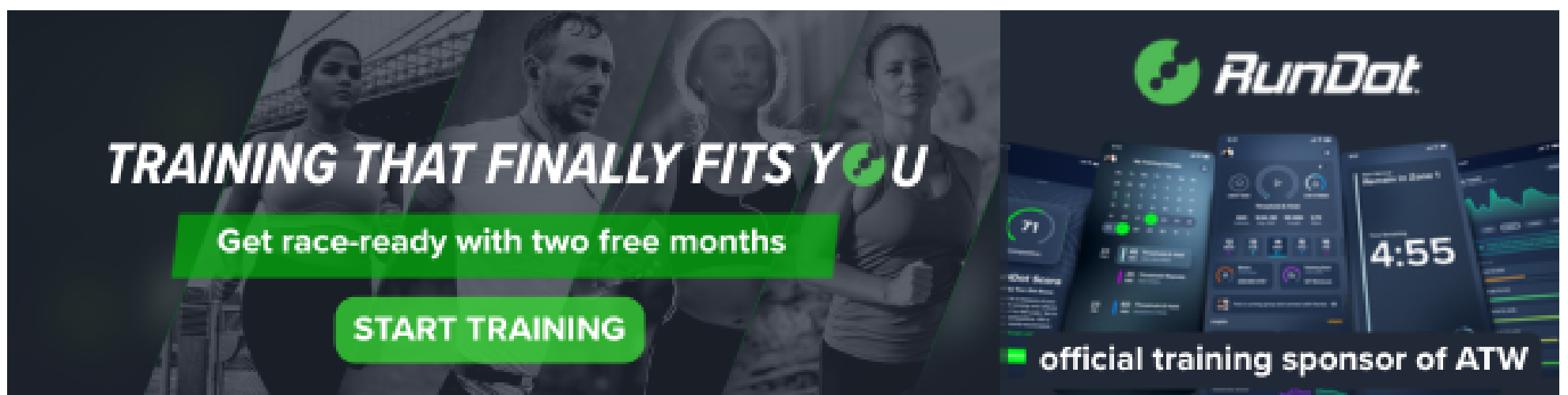
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



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