



Thank you for entering the ATW Oundle Children's Triathlon.

This information pack contains everything you need to know ahead of your event on Sunday 16th August. 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:

16th August 2026

Address:

Oundle School Swimming
Pool, Milton Road, Oundle,
Northamptonshire, PE8 4AQ

Parking:

Ample parking is available at
Oundle School. Overflow will be
in the schools tennis courts.

Timings:

11:30am

Registration/Transition opens

12:45pm

Registration Closes

1pm

Transition Closes

From 1pm

Tristart Start

Tristar 1 Start

**In the
following
order...**

Tristar 2 start

Tristar 3 start

Youth start

**A START LIST WILL BE EMAILED OUT TO YOU THURSDAY
NEXT WEEK AND POSTED AT REGISTRATION!**

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 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. 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 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 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 in the Sports Centre. Portable toilets will also be available in Event HQ (close to the finish line). Free female sanitary products available in a labelled portable toilet.

Transition:

- Only athletes are allowed in the Transition area – no parents.
- 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. Towels are limited to 30cmx30cm and must be left rolled up in your shoe.
- 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 when the first race starts. Reopening will be at the discretion of the technical officials.
- 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...

Start List:

A start list will be published at registration with approximate start times. Each age-group distance will start with the fastest swimmers first. Each wave will not start until the swimmers from the previous wave have left the pool.

Spectators & Parents:

Spectators are allowed, and we encourage them to come along and cheer all the athletes at the event. We will identify an area for you to be able to view both the bike and run course. Please avoid walking across the cricket pitch, any roped-off areas and only cross the course at designated crossing points after checking that the course is clear.

If you bring a shelter or gazebo, it is essential that you bring weights and pegs to ensure that it is secured.

Parents – please see the infographic on the final page of this document for guidance.

No photography is permitted inside the Sports Centre.

Race Rules:

- Swim hats to be 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 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](#))
- 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.
- Aero bars must not be fitted to bikes (rule 23.5b) – (This is due to being on grass)
- Compression, arm and/or leg covers may not be worn in the pool (rule 14.2e)

Swim Start:

- At the start you will be given a final briefing and then lined up in number order. You will be asked to enter the water one at a time and advised when you can start. You must be touching the wall at the start.
- Your timing chip will start when you are told by the start official.
- You must complete the correct number of lengths, ducking under the lane rope at the end of each length. The Youth category will complete two lengths in each lane before ducking under the lane rope (see diagrams on the following pages).
- Tumble turns are allowed.
- If you catch the swimmer in front, overtake them when it is safe to do so. You don't need to wait until the end of the lane.
- **NO RUNNING on poolside! YOU MUST walk until you have left the building.**

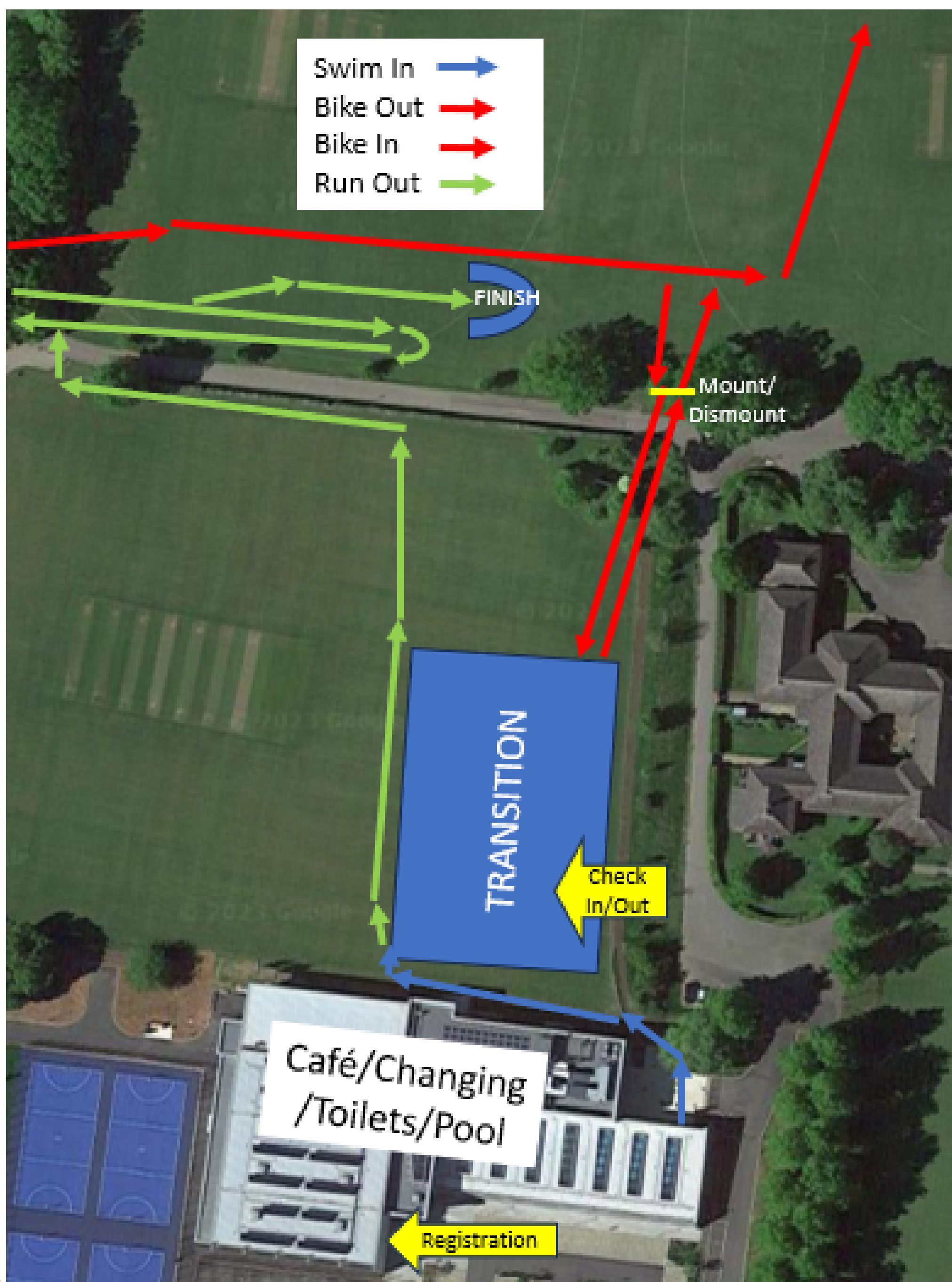
Transition Layout:

'Swim In' and 'Run Out' will be from the same corner of transition.

'Bike Out' and 'Bike In' will be from the opposite corner of the transition.

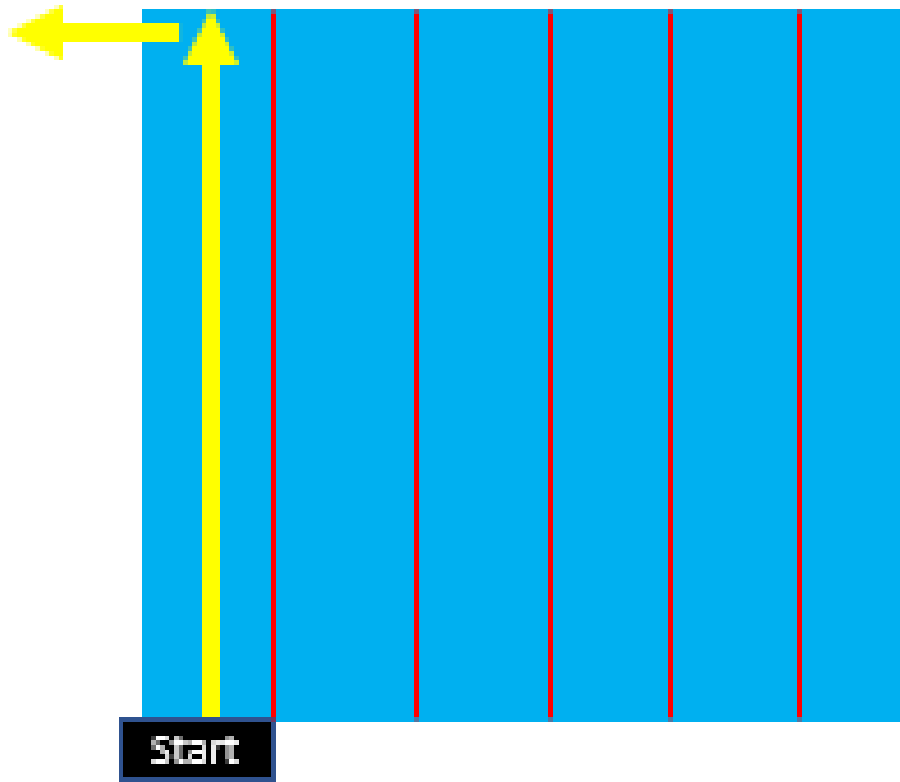
'Entrance/Exit' for the bike check in/out will be from the side.

Only athletes and officials are allowed in the transition area.



Tristart

Swim – 50m



*Prizegiving for Top3 Female and Open positions in each age group will take place after the Youth race has finished.

Tristart competitors will complete **ONE** length of the 50m pool, with the fastest swimmers starting first. Each competitor's timing will not start until they commence their swim.

Bike – 800m



The bike leg will consist of **ONE** 800m lap on the grass playing fields of Oundle School. Marshals will direct competitors around the course.

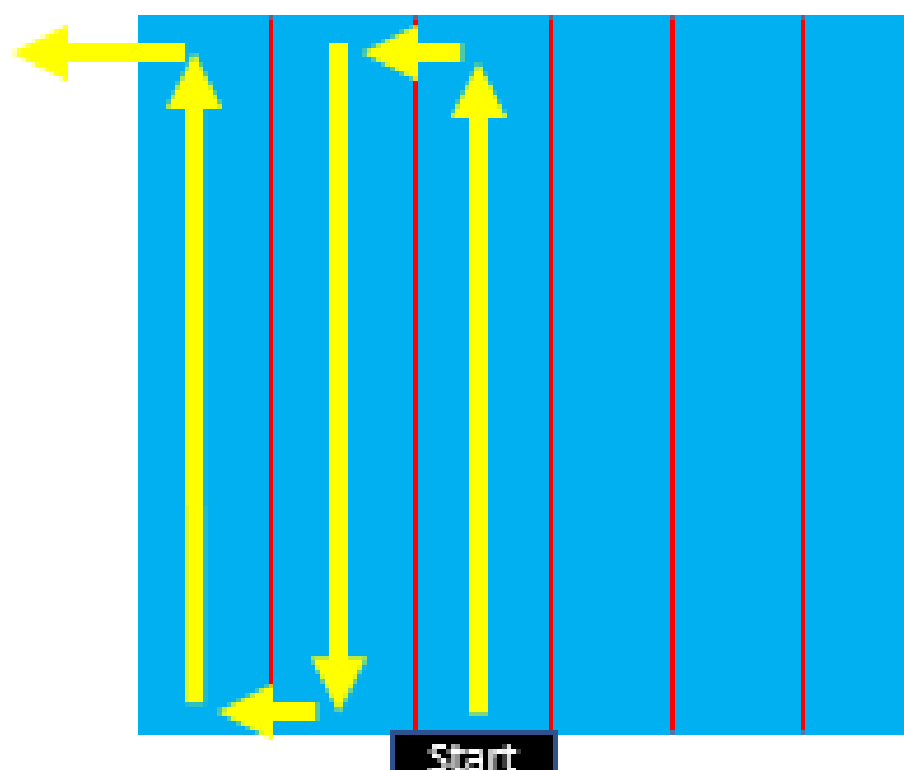
Run – 600m



The run leg will consist of **ONE** 600m lap on a tarmac path that loops around the tennis courts.

Tristar 1

Swim – 150m



*Prizegiving for Top3 Female and Open positions in each age group will take place after the Youth race has finished.

Tristar1 competitors will complete **THREE** length of the 50m pool, with the fastest swimmers starting first. Each competitor's timing will not start until they commence their swim.

Bike – 2km



The bike leg will consist of **ONE** 2km lap on the grass playing fields of Oundle School. Marshals will direct competitors around the course.

Run – 1.2km

(Water will be available at the end of each lap.)

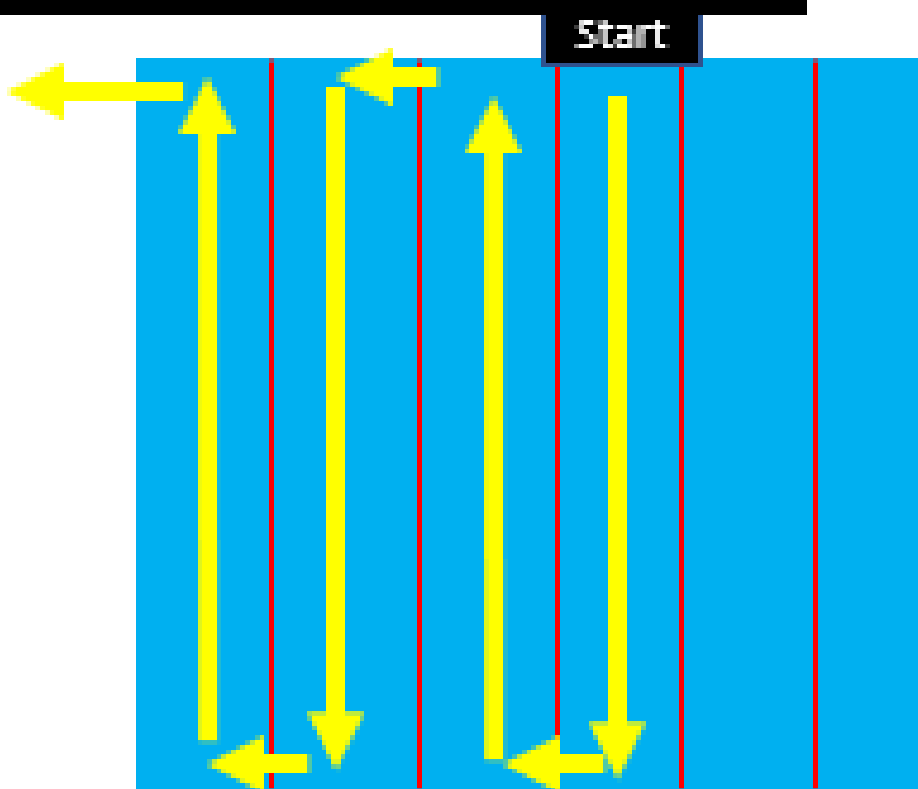


The run leg will consist of **TWO** 600m lap on a tarmac path that loops around the tennis courts.

Tristar 2

*Prizegiving for Top3 Female and Open positions in each age group will take place after the Youth race has finished.

Swim – 200m



Tristar2 competitors will complete **FOUR** length of the 50m pool, with the fastest swimmers starting first. Each competitor's timing will not start until they commence their swim.

Bike – 4km



The bike leg will consist of **TWO** 2km laps on the grass playing fields of Oundle School. Marshals will direct competitors around the course.

Run – 1.8km

(Water will be available at the end of each lap.)

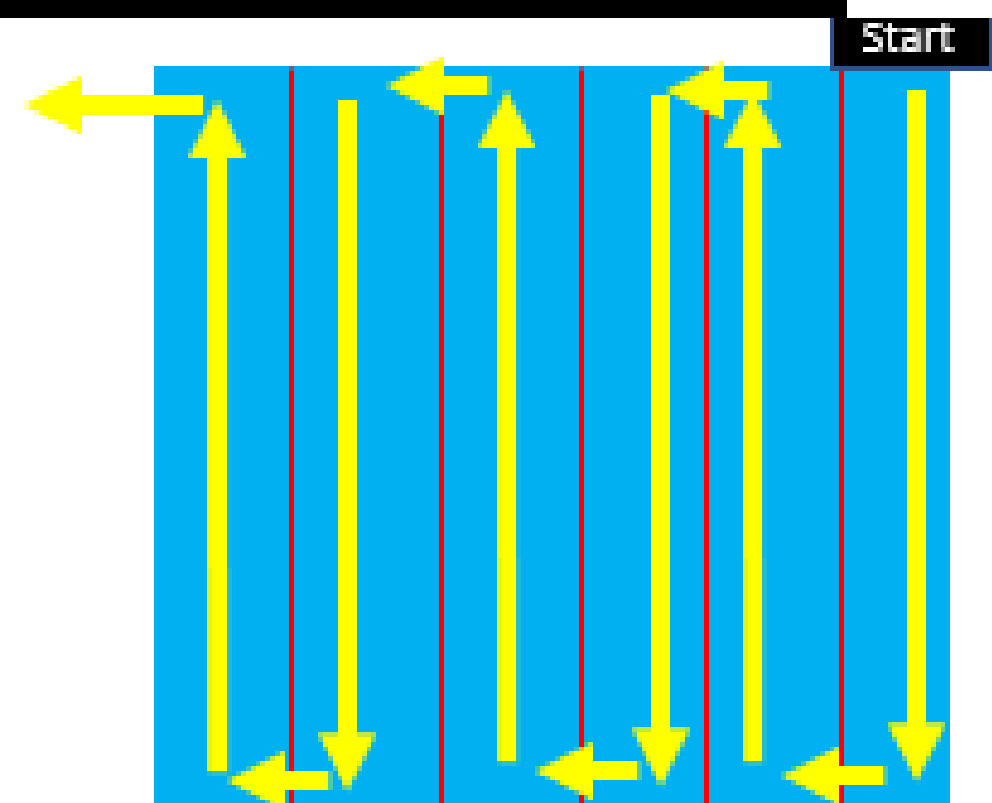


The run leg will consist of **THREE** 600m laps on a tarmac path that loops around the tennis courts.

Tristar 3

*Prizegiving for Top3 Female and Open positions in each age group will take place after the Youth race has finished.

Swim – 300m



Tristar3 competitors will complete **SIX** length of the 50m pool, with the fastest swimmers starting first. Each competitor's timing will not start until they commence their swim.

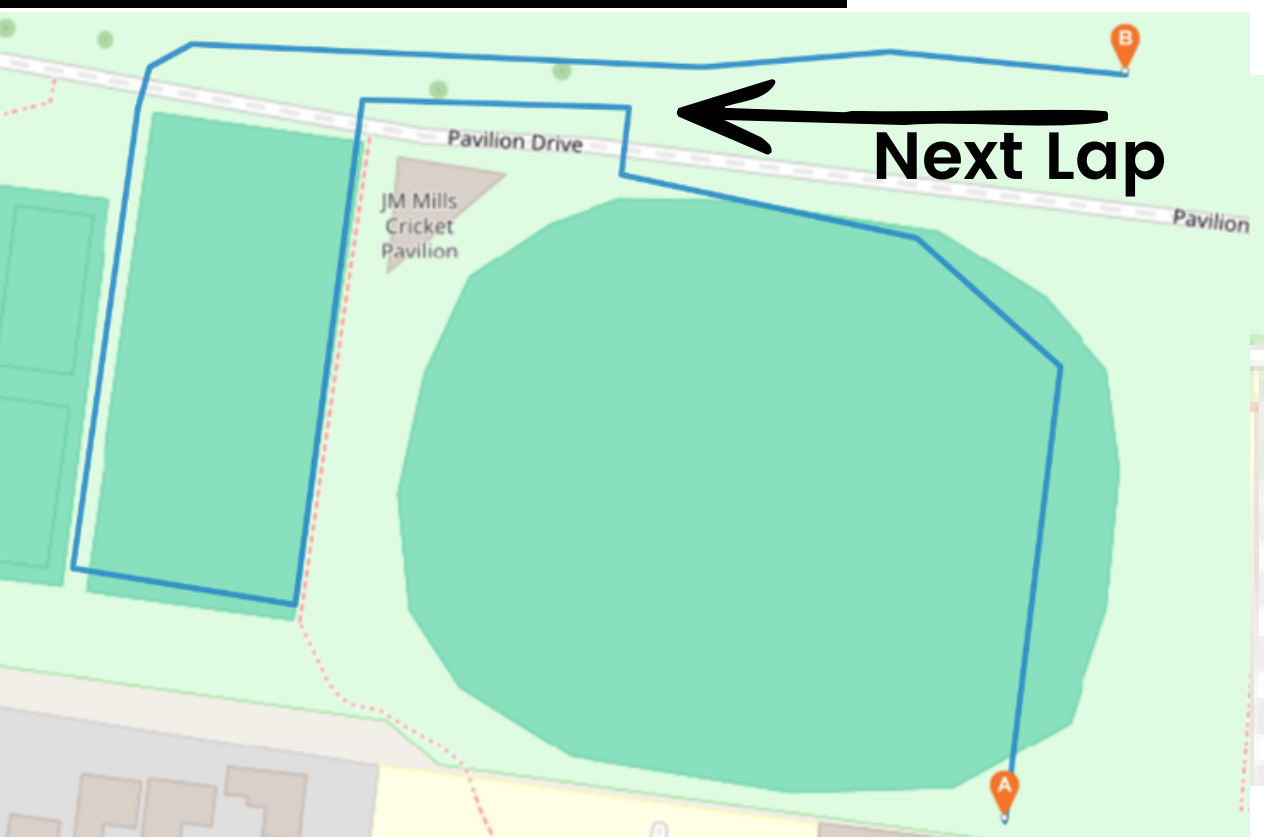
Bike – 6km



The bike leg will consist of **THREE** 2km laps on the grass playing fields of Oundle School. Marshals will direct competitors around the course.

Run – 2.4km

(Water will be available at the end of each lap.)

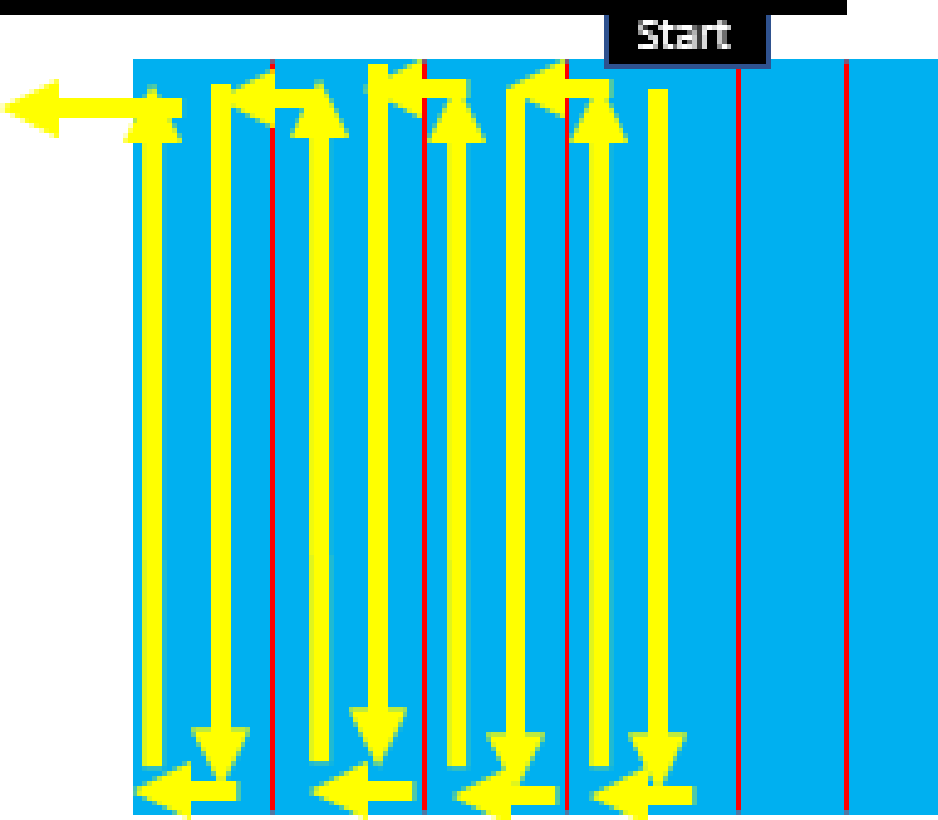


The run leg will consist of **FOUR** 600m laps on a tarmac path that loops around the tennis courts.

Youth

*Prizegiving for Top3 Female and Open positions in each age group will take place after the Youth race has finished.

Swim – 400m



Youth competitors will complete **EIGHT** length of the 50m pool, with the fastest swimmers starting first. Each competitor's timing will not start until they commence their swim.

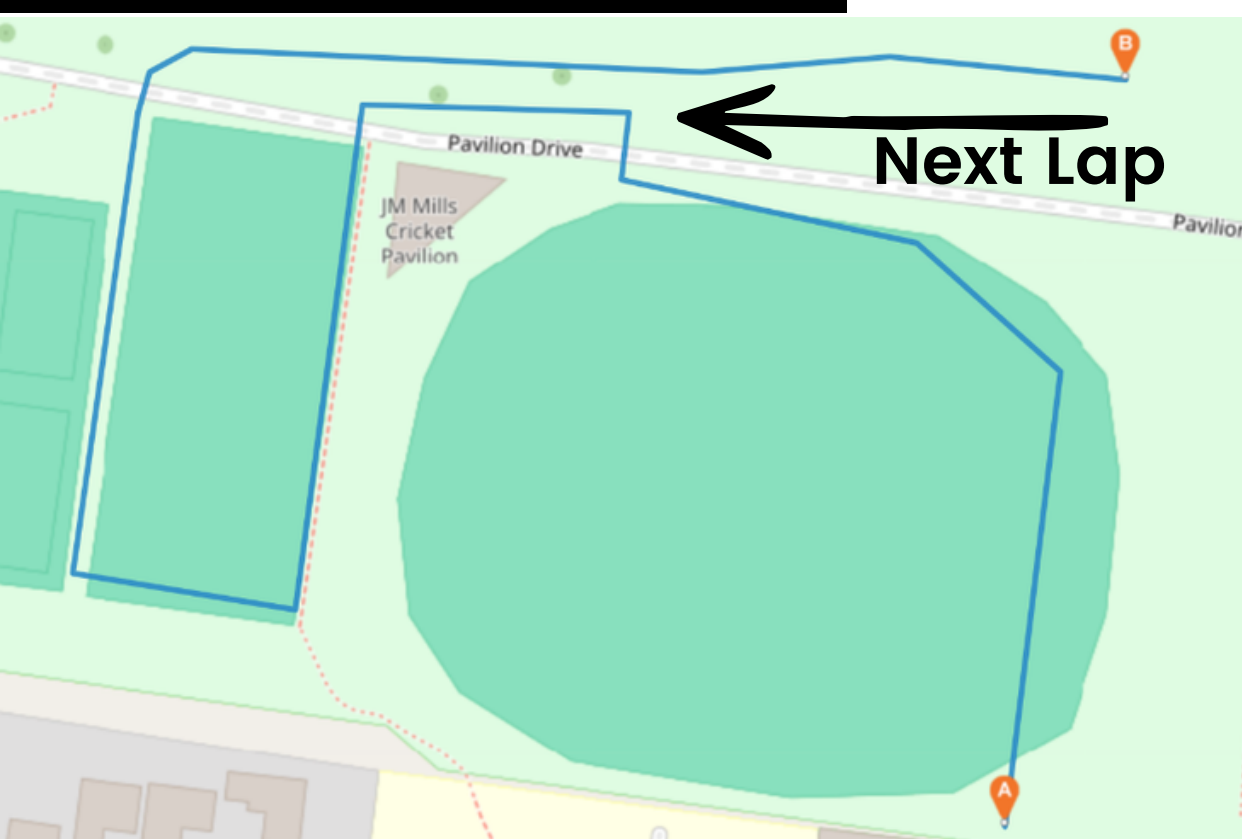
Bike – 8km



The bike leg will consist of **FOUR** 2km laps on the grass playing fields of Oundle School. Marshals will direct competitors around the course.

Run – 3km

(Water will be available at the end of each lap.)



The run leg will consist of **FIVE** 600m laps on a tarmac path that loops around the tennis courts.

Crossing the finish line

ATW HUB:

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


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Guidance for Parents:

Please remember that your child will perform better if they are having fun. Attempts to coach from the sidelines are not helpful and are likely to be detrimental to their performance as well as their enjoyment, putting them off long-term involvement in the sport.

Running alongside (pacing) and handing over drinks is not allowed and may result in disqualification of the competitor.

Parents are strictly excluded from the transition area at all times.

Please take time to read the [Parents Guide – British Triathlon](#) and encourage all the competitors on the day.

CHEERING YOUR CHILD TO SUCCESS...



Promote decision-making

Respect the Technical Officials

Support the coach's decisions

Set a positive example

Give praise in training and competition

Be proud of their efforts

Be patient and understanding

Remove unnecessary pressure

Don't interfere with training or racing

Encourage having fun with sport



Our partners:



OUR SUPPLEMENT SPONSOR!

Revive Active is more than just a multivitamin... It's a SUPER Supplement. Why is it Super? Ingredients, Power, Convenience, Taste and Effectiveness to achieve a SUPER YOU no matter what stage of life you're at!

[CHECK OUT THEIR STORE](#)



OUR RUN SPONSOR!

Lifestyle and athletic footwear and apparel for men, women, and kids filled with innovative comfort technologies.

YellowJersey
Insurance for cycling

Bike insurance

Travel insurance

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

Our partners:



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](#)

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.

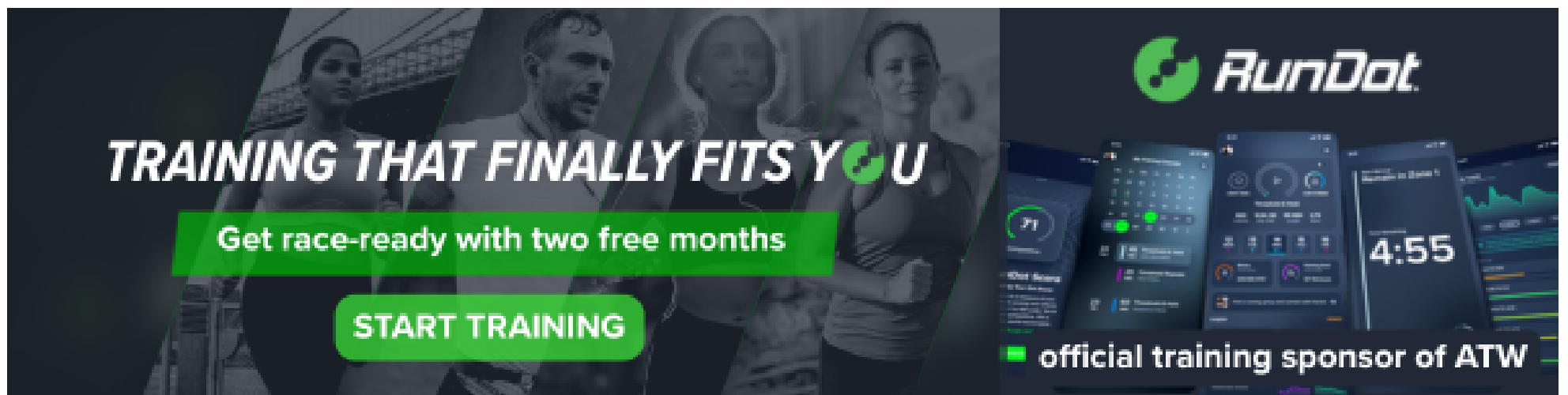
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://www.zone3.com/atw)



ATHLETE APPROVED. PERFORMANCE PROVEN.

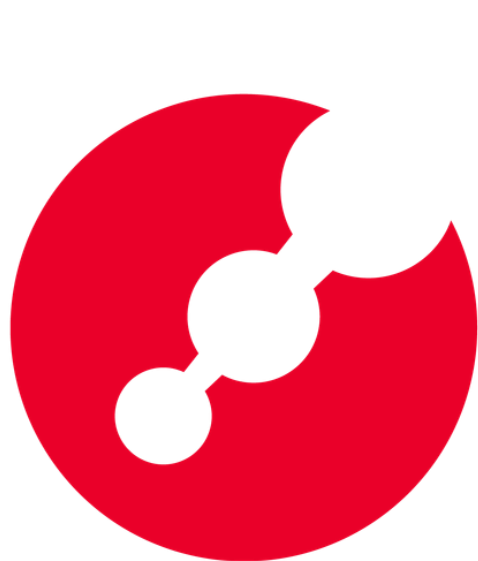


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With TriDot, you train smarter, not harder or longer,
and you see more results.

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