



Thank you for
entering the ATW
Oundle 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:

6:00am

Registration/Transition opens
(Both close at 7:30am)

**From
7:30am**

Super Sprint/Sprint Start

A START LIST WILL BE EMAILED OUT TO YOU THURSDAY
NEXT WEEK AND WILL BE 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 the event HQ (close to the finish line). Free female sanitary products will be available in a labelled portable toilet.

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...

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 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:

- 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 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.
- Compression, arm and/or leg covers may not be worn in the pool (rule 14.2e)
- Towels are limited to 30cmx30cm and must be left rolled up in your shoe.

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 after competing two lengths in each lane. Tumbleturns are allowed
- If you catch the swimmer in front, overtake them when it is safe to do so.
- **NO RUNNING on poolside! YOU MUST walk until you have left the building.**

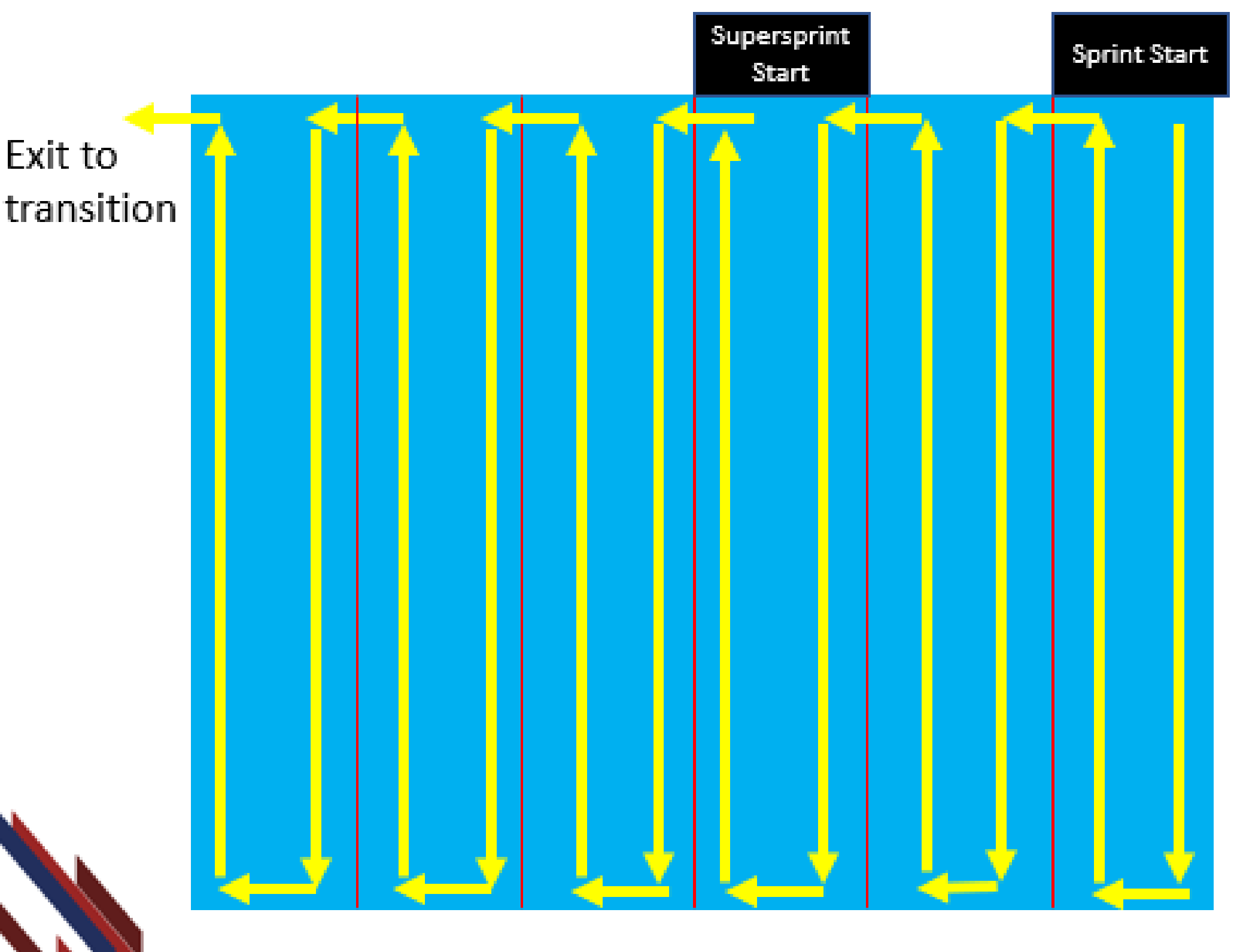
Swim:

The swim will be a 'snake swim' in a 50m pool, with the fastest swimmers starting first and a short gap between starters (approx half a length). Each competitor's timing will not start until they commence their swim. A final start list will be posted at registration.

You have been asked on the entry form to predict your swim time (600m or 400m depending upon the event you have entered). This is to ensure that you are seeded in the correct position in the swim. If you feel that you are not seeded in the correct position, ask the swim starter who will let you move to another position.

NO RUNNING on poolside! **YOU MUST** walk until you have left the building.

No photography permitted inside the Sports Centre.



Bike Course:

Super Sprint: 1 loop of 13km for the Super Sprint.

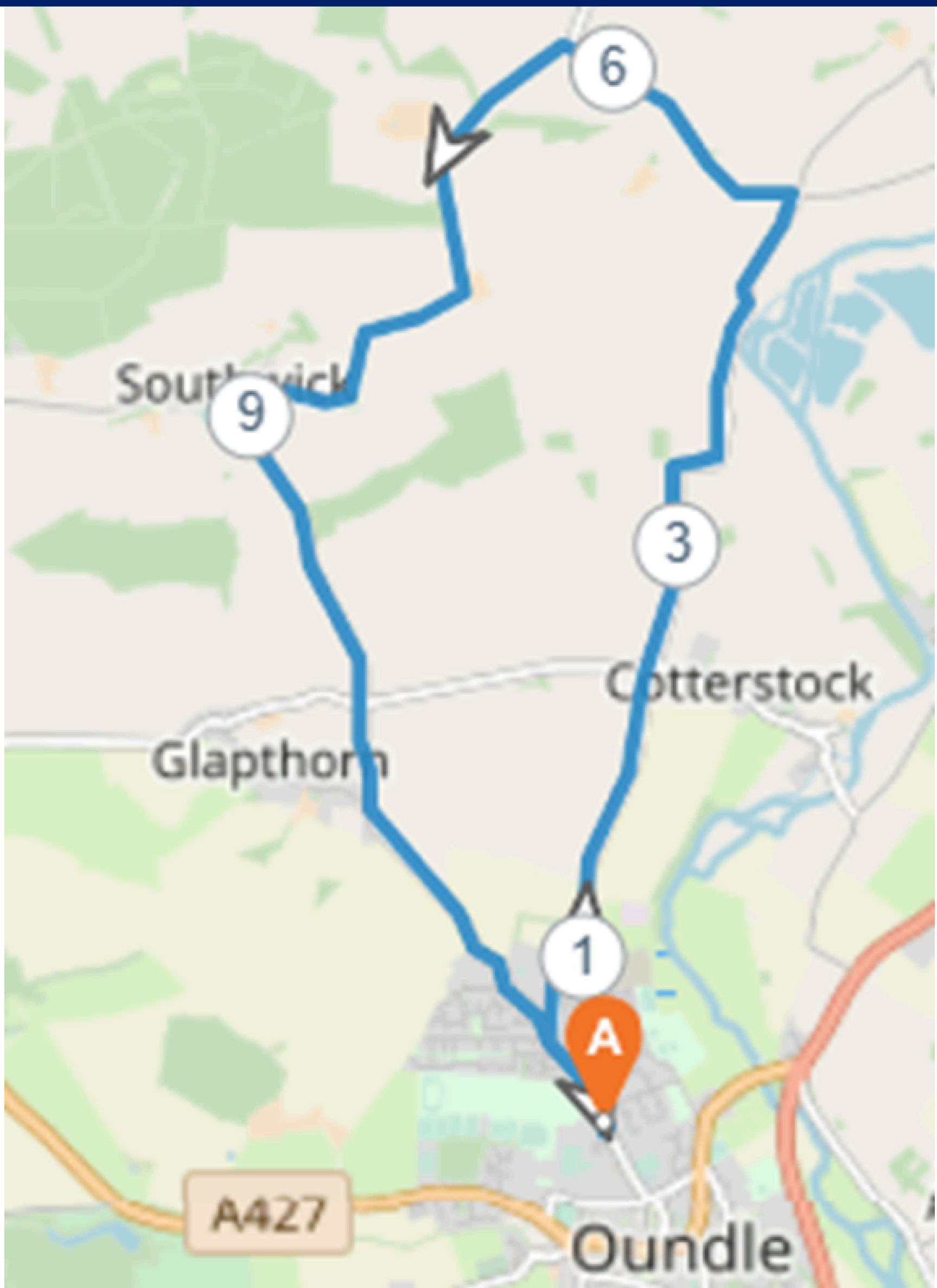
Oundle Super Sprint Bike Course – 13km

Sprint: 2 loops of 13km for Sprint competitors.

Oundle Sprint Bike Course – 25km

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

Please ensure you follow the Highway Code at all times and Give Way to traffic at all junctions.

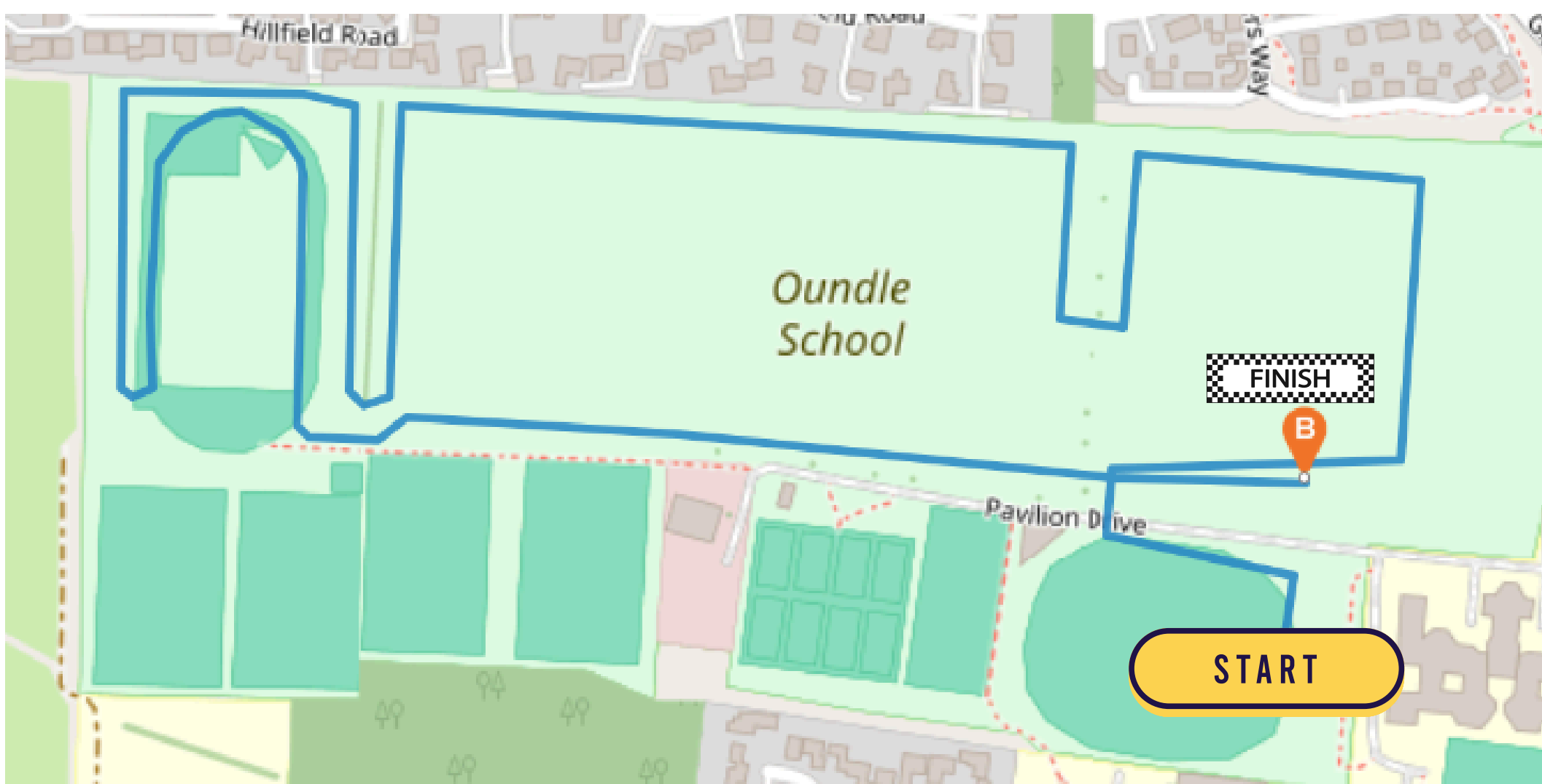


Run Course:

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.

Super Sprint: 1 lap of 2.5km loop for the Super Sprint.

Sprint: 2 laps of the 2.5km loop for Sprint competitors.



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!

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

YellowJersey
Insurance for cycling

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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 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.

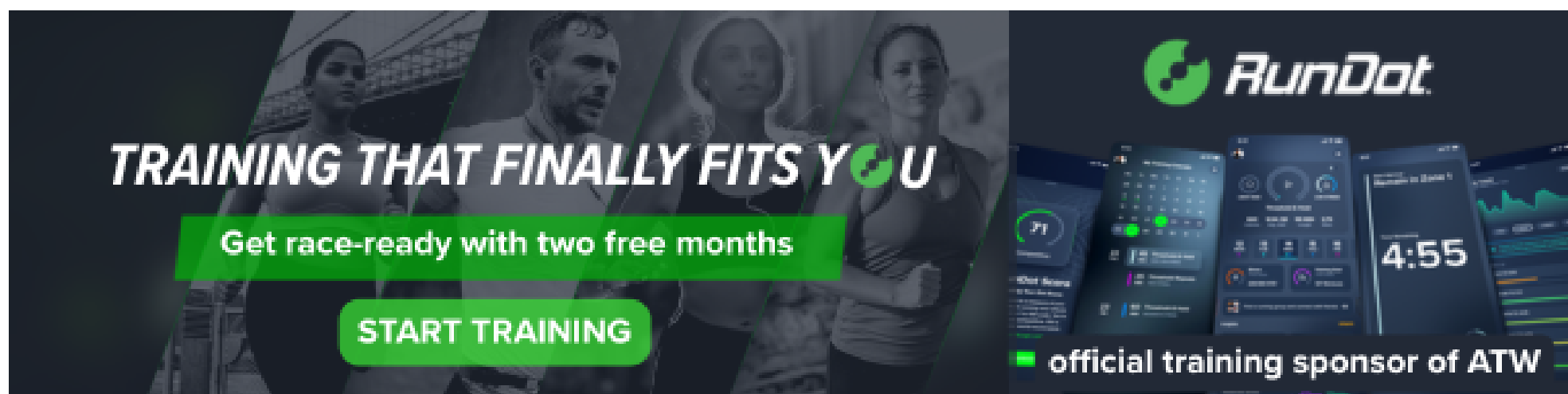
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



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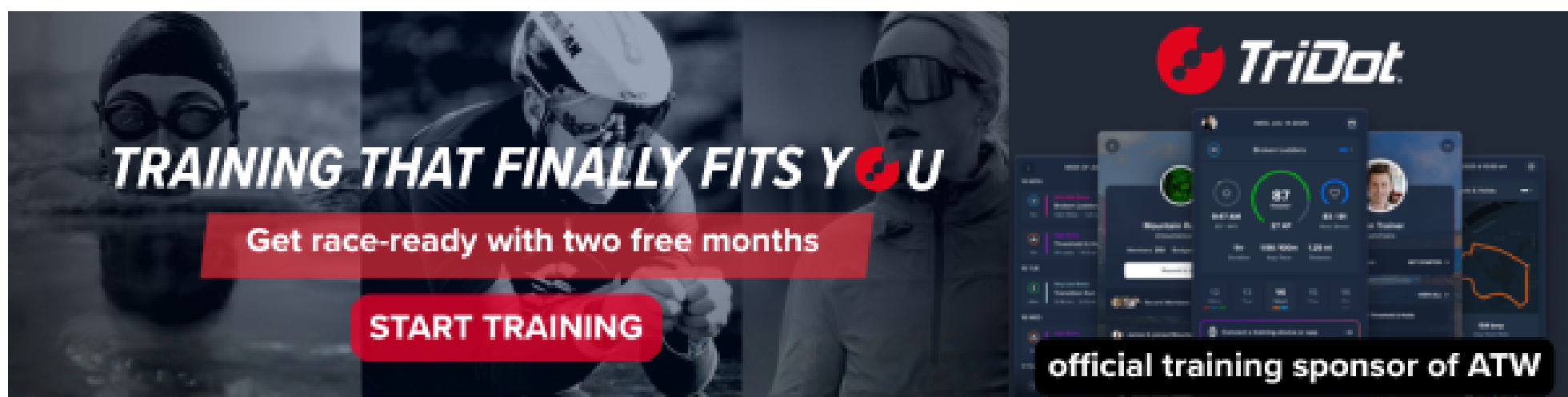
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