

The logo features a stylized white arrow pointing left, composed of several triangular segments, set against a dark red background.

# **BOX END**

## **MIXED RELAYS**

Thank you for entering the ATW Box End Mixed Team Relays Triathlon.

This information pack contains everything you need to know ahead of your event on Saturday 23rd May. 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:

**23<sup>rd</sup> May 2026**

## Address:

Box End Watersports Park,  
Box End Rd, Bedford, MK43  
8RN

## Parking:

Ample Parking is available at the venue within 100m of the HQ area- please follow the car park marshal instructions

## Timings:

5:00pm

Registration opens

6:15pm

Registration closes

6:30pm

Relays start

8:45pm

Prizegiving

**There will be prizes in three categories**

### Olympic Mixed Team Relay

Leg 1 – Female  
Leg 2 – Open  
Leg 3 – Female  
Leg 4 – Open

### Female Team Relay

All Legs- Female

### Open Team Relay (Any Mix of Four)

All Legs – Any Order

# When you arrive:

## Registration:

You will need to give the name you used to sign up to the event online. You will need to show your British Triathlon season pass or event pass.

In exchange, you will be given 4 sets of race numbers and 4 timing chips with ankle straps (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 your Emergency contact information is filled in on the back of your race bib!

Leg one athlete will wear chip 1xx, Leg two athlete will wear chip 2xx, Leg three athlete will wear chip 3xx, Leg four athlete will wear chip 4xx, (xx is your team number).

The race numbers will all have your team number (xx) on, but will be coloured as follows:

Leg one – Red

Leg two – Yellow

Leg three – Pink

Leg four – Orange

At registration you will have to fill in an online declaration sheet for the 4 team members, the order they will race in and the category you are racing in. There will be a QR code at registration for this.

Registration and team declaration will close 15 mins before the race start.

## Baggage:

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

## Toilets and Changing:

Portable toilets at event HQ.

Free female sanitary products available.

For anyone requiring privacy in transition, small changing pods 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 the back of 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. Towels are limited to 30cmx30cm and must be left rolled up in your shoe.
- Each team will be allocated a rack for your 4 bikes.
- 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...

## Race Rules:

- Swim hats are compulsory and will be provided
- 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](http://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 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.
- All Bikes should be fitted with a red tail light as you may ride in low light conditions

## Wetsuits:

- Water temperature will be taken 1 hr before the race start and not beforehand. We will not be able to provide ANY information on water temperatures prior to this.
- The mandatory wearing of wetsuits will be determined by the Technical Official representing British Triathlon, and will be based on rule 4.2
- This information will be communicated via the p.a. and a sign on the information board.

# Change Over:

- After completing the swim, bike and run disciplines, legs one, two and three will run to the changeover area (not down the finish funnel) and handover to the next leg athlete by touching hands.
- The next swimmer will head down the swim start ramp.
- Ensure you hand in your timing chip once you have completed your leg.

# Finish:

- After completing leg four, the final leg athlete will run straight through the finish arch.
- If it is safe to do so, relay team members can meet their athlete and run across the finish line together.

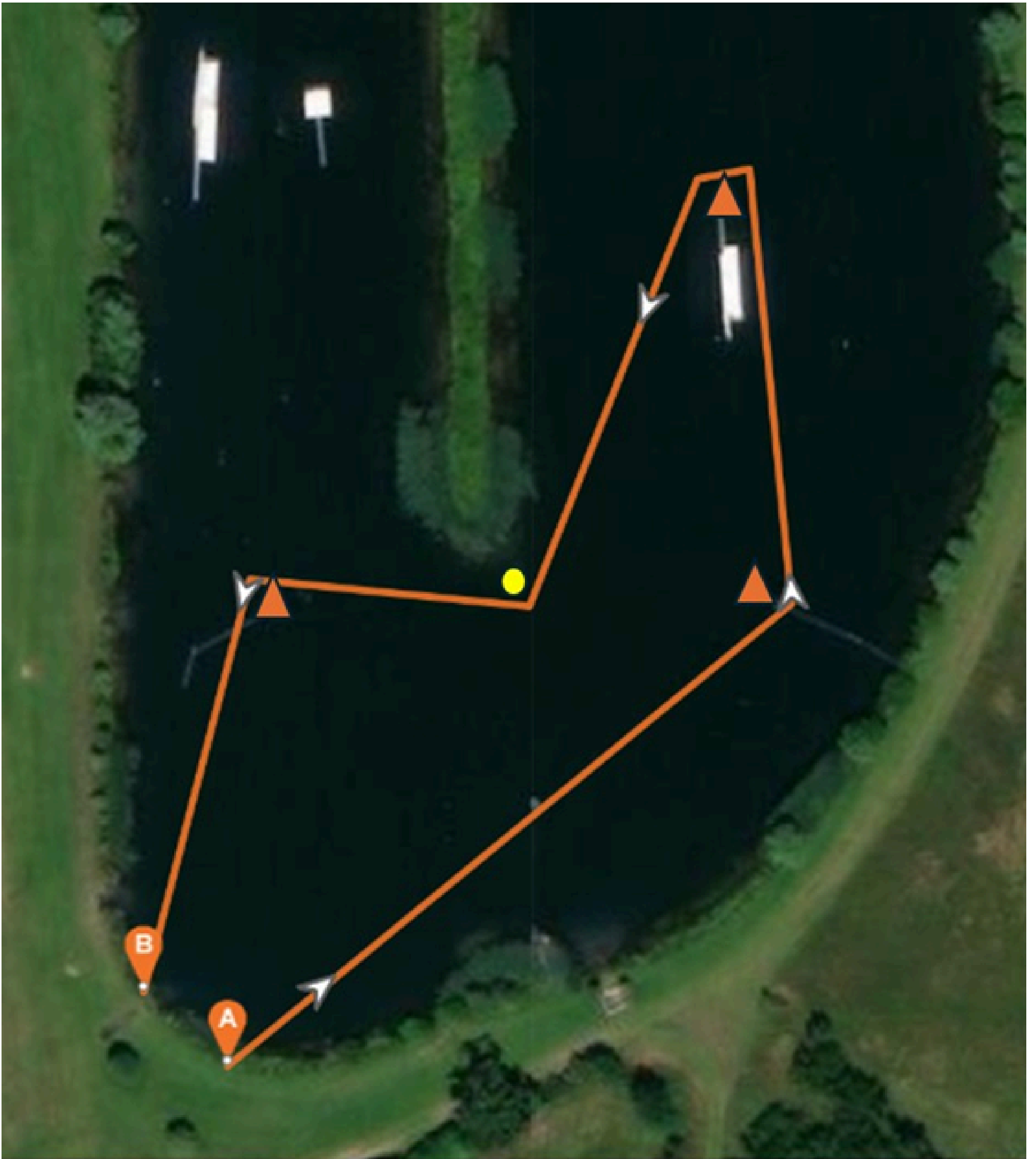


# Swim

350m lap

Mixed Team  
Relays - 1 lap

Turn on the  
outside of  
swim buoys



# Bike



Please use a red light on the rear as this event is held in the evening.

7.7km lap

Mixed Team  
Relays - 1 lap

# Run



1km lap

Mixed Team  
Relays - 1 lap

# Crossing the finish line

## ATW HUB:

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

Click below to see your results, photos and more

Download the ATW HUB app from the iTunes store or PlayStore

### *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

## Collecting your belongings:

The commentator will announce when transition is open to collect your things, please be aware transition may still be live. Do not obstruct other athletes and follow marshals instructions.

The use of mobile phones and headphones is prohibited in the transition area, even after your race has finished.

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!

# 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](mailto:access@atwevents.co.uk)

On event day James 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 :)

# Our partners:

The logo for Revive Active, featuring the word "revive" in a bold, lowercase sans-serif font and "active" in a smaller, lowercase sans-serif font below it, with a registered trademark symbol. To the right of the text is a small icon of a person with arms raised, all contained within a green rounded square.

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](#)



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PERFORMANCE**

OUR ALL NEW 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 **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](#)

YOU HAVE THE MOTIVATION, WE HAVE WHAT IT TAKES

**DEXTRO ENERGY**

**LOVE, CORN.**

**ATW POWERED BY RED BULL**

SAVE 50%\*



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**BOKA**

**NATURE VALLEY**

\*Scan QR code above. Add to basket. At Amazon checkout type in 'DextroSave50'. Whilst stocks last.

**ZONE3** 

# 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.

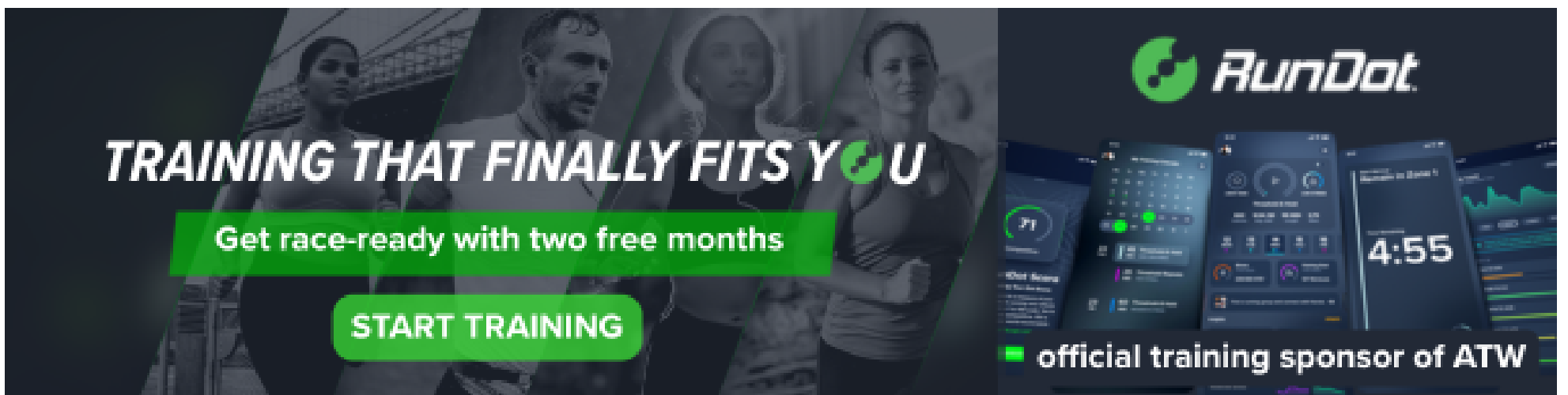
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



**ATHLETE APPROVED. PERFORMANCE PROVEN.**



# *RunDot*<sup>®</sup>



Train smarter, not harder: RunDot builds a personalized running plan tailored to your body, schedule, and conditions.

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