



BOX END

TRIATHLON

ATW ODYSSEY@

BOX END

TRIATHLON

Thank you for
entering the ATW Box
End Triathlon & ATW
Odyssey.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 5th July.

Please read
thoroughly so you can
be fully prepared!

We can't wait to see
you on the start line.



Follow us on socials @eventsatw

KEY DETAILS:

July 5th 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:

5:30am

Registration opens

7.00am

**Inter Services Championship
Deep-water Mass Start**

7:30am

**Triathlon (all distances)
Rolling start**

There will not be a mass start at the 7.30am race start.
Instead athletes will be checked into the water at which point
their time will start.

For those hoping to compete for the podium, please position
yourself at the front of the queue as the podium places will be
based on position at the finish (not your 'chip time')

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. 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 on the back of your race bib! Registration will close 10 mins before the race starts

Baggage:

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

Toilets and Changing:

Changing facilities are available in the main Box End Aquapark building.

Portable toilets at event HQ. Free female sanitary products available in the portable toilets.

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.
- 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 your 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 team's bike, please note that transition will be live with other athletes racing around you.
- Relay teams may meet at the start of the finish funnel and cross the finish line together.

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
- Be aware of the 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 and in the transition area at all times.
- 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.

Wetsuits:

- Water temperature will be taken 1hr before the start of the race and not beforehand. We will not be able to provide ANY information on water temperatures until the morning of the race.
- The mandatory wearing of wetsuits will be determined by the British Triathlon, Technical Official, 1hr before the start, and will be based on rule 4.2
- If you have a wetsuit, we recommend that you bring it just in case

Swim

Sprint – 1 Lap – 750m

Standard – 2 Laps – 1500m

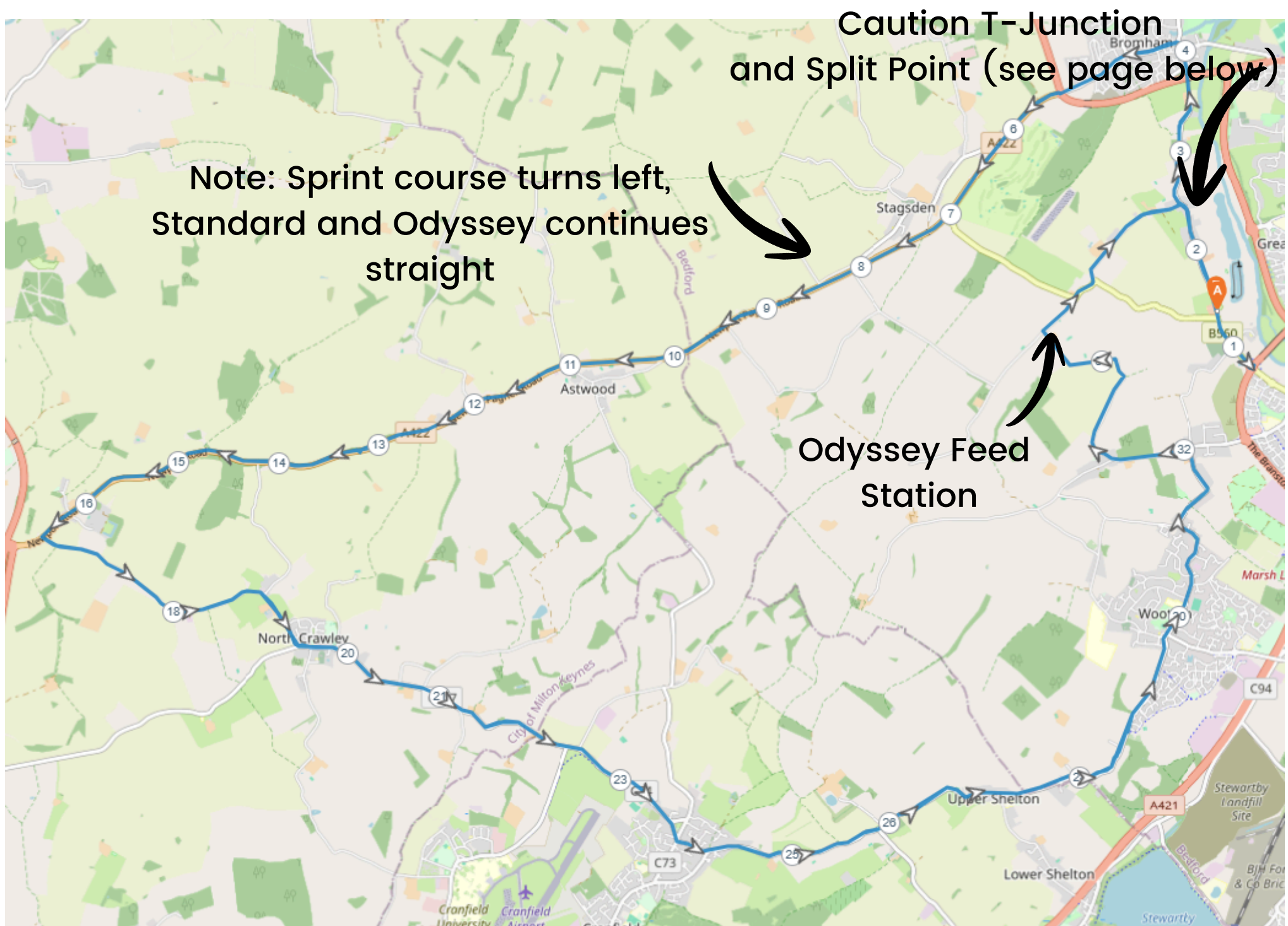
Odyssey – 3 Laps – 2250m



Bike – Standard & Odyssey

Standard – 1 Laps – 38km

Odyssey – 3 Laps – 106km



Downloadable [course map](#)
Odyssey

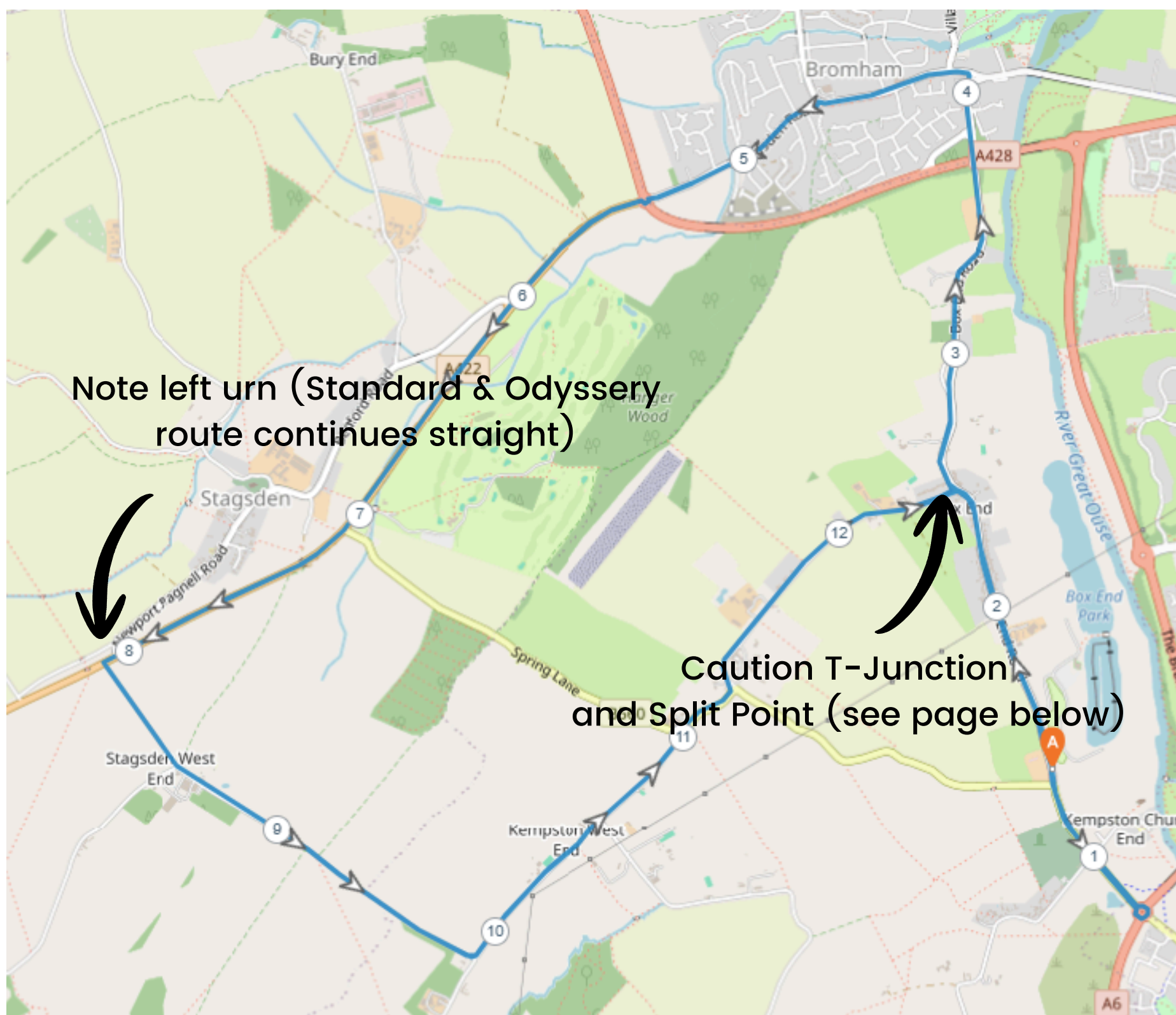
Downloadable [course map](#)
Standard

The course will be well-signed at all junctions, however it is your responsibility to know the course, and count your own laps.

The feed station will have water, electrolyte tablets and gels for you to refill your bottles.

Bike – Sprint

Sprint – 2 Laps – 23km

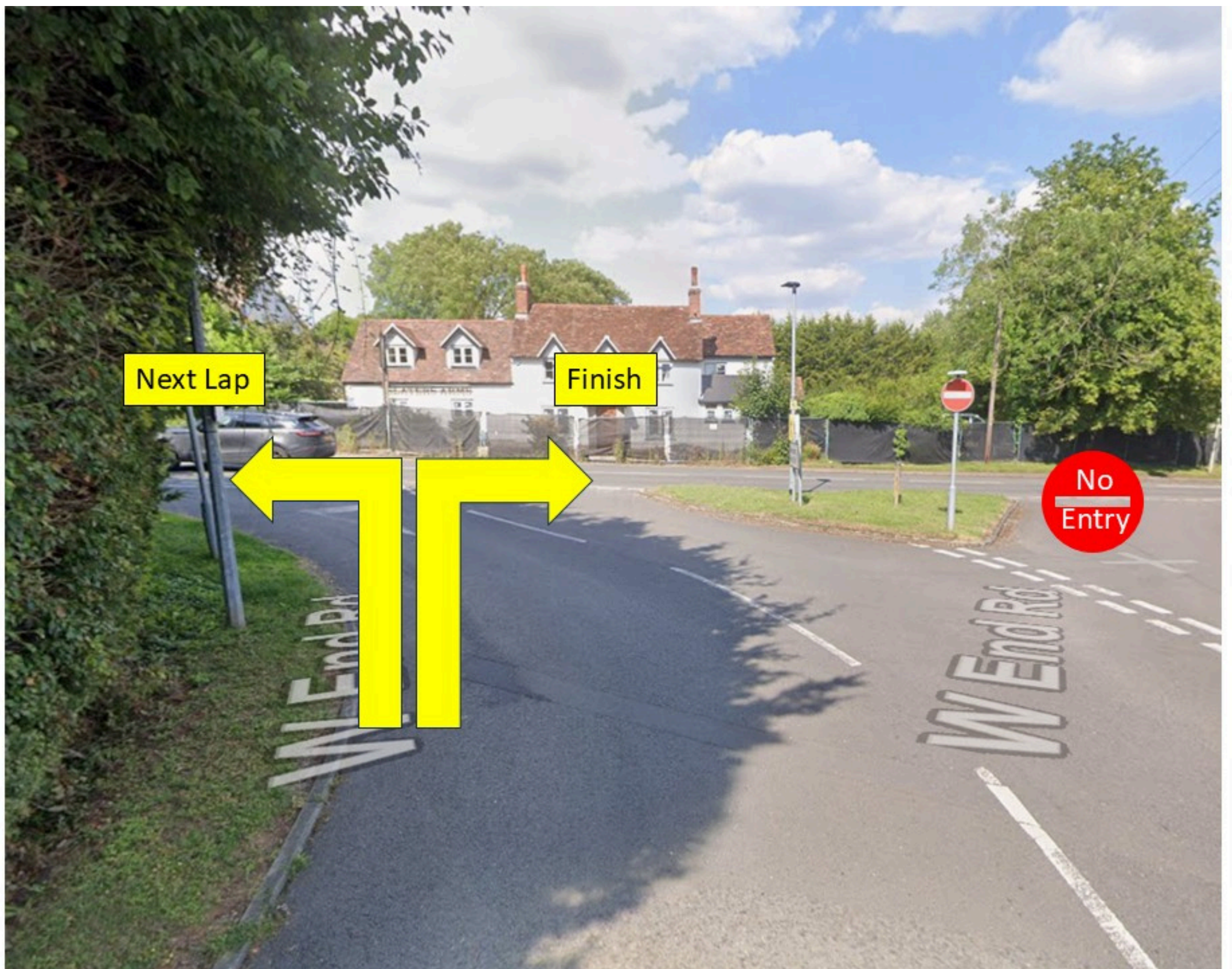


Downloadable [course map](#)

The course will be well-signed at all junctions, however it is your responsibility to know the course, and count your own laps..

Bike

T-junction & Split point



At the end of each lap there will be split point at this T-junction in Box End village. Give Way to traffic, you do not have right of way.

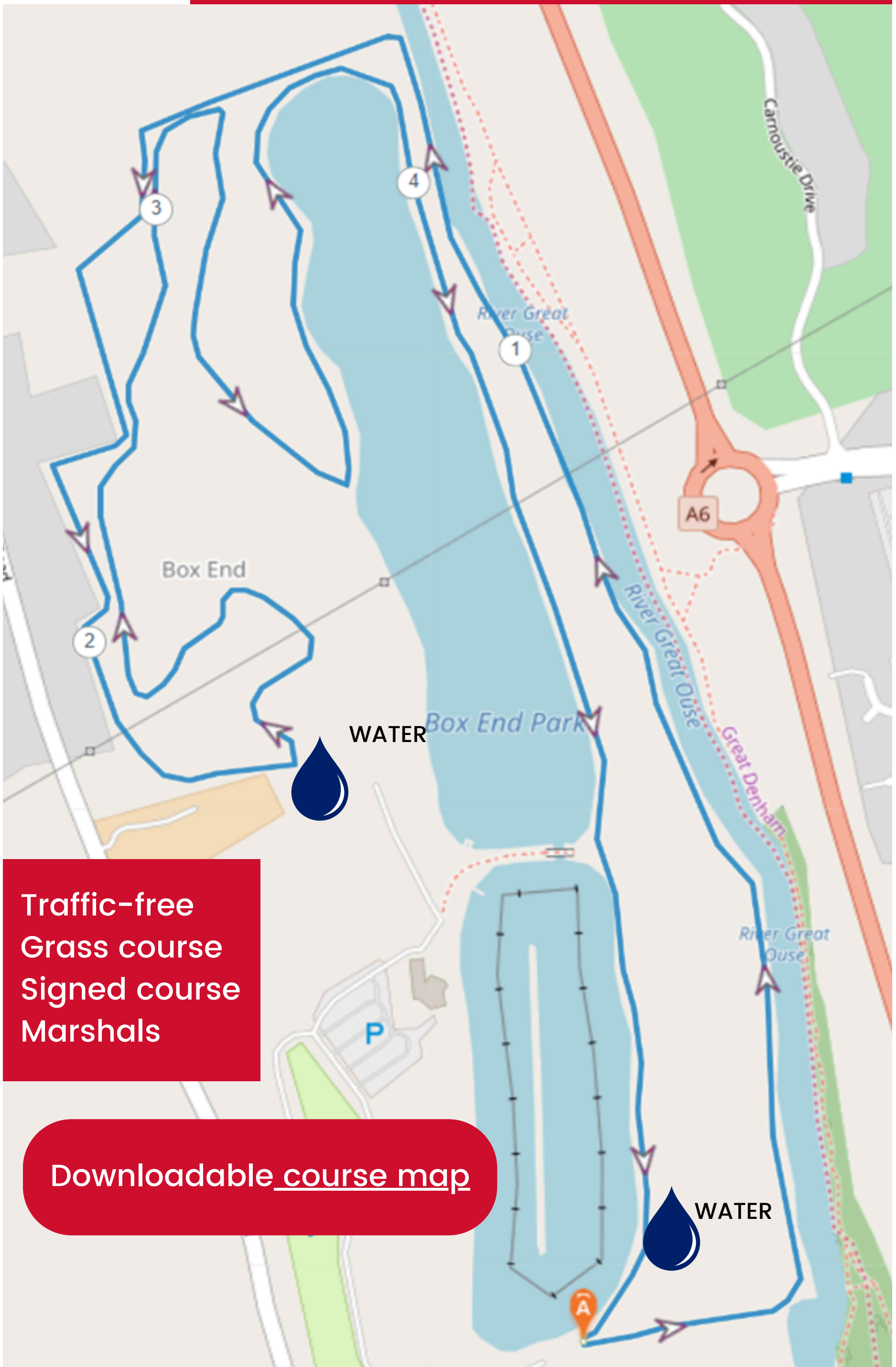
Sprint – turn left to start your 2nd lap, turn right to Finish

Standard – turn right to Finish

Odyssey – turn left twice for your 2nd and 3rd laps before turning right to Finish

Run

Sprint – 1 Lap – 5km
Standard – 2 Laps – 10km
Odyssey 4 Laps – 20km



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 the iTunes store or PlayStore and click on the relevant icons to access your results, photos and of course to find your next ATW event!

THE HUB



EVENTS



RESULTS



PHOTOS



FAQ'S



PARTNERS



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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

On event day Holly 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:



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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



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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.

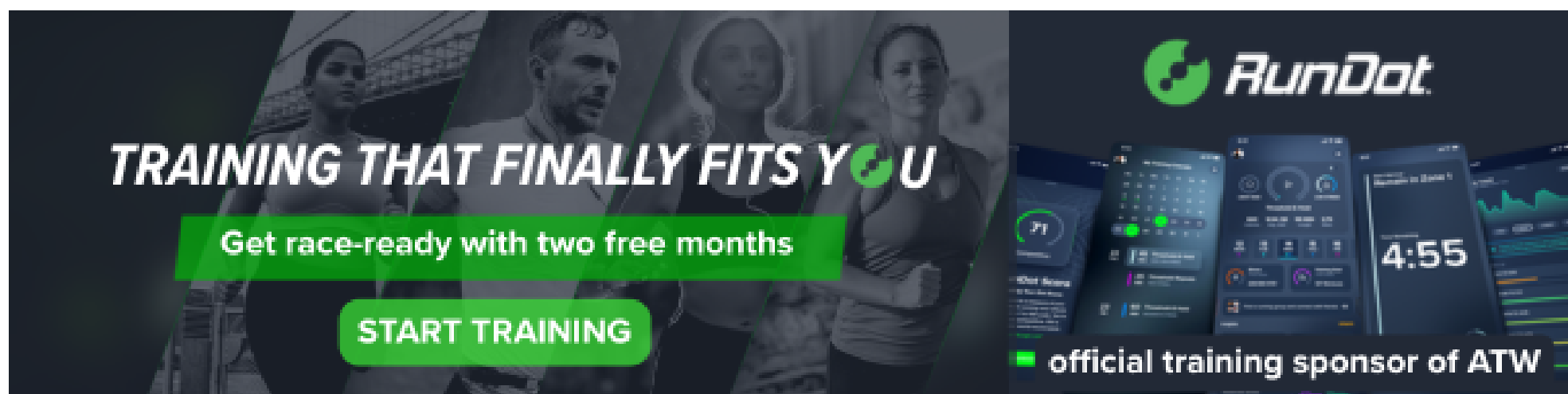
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



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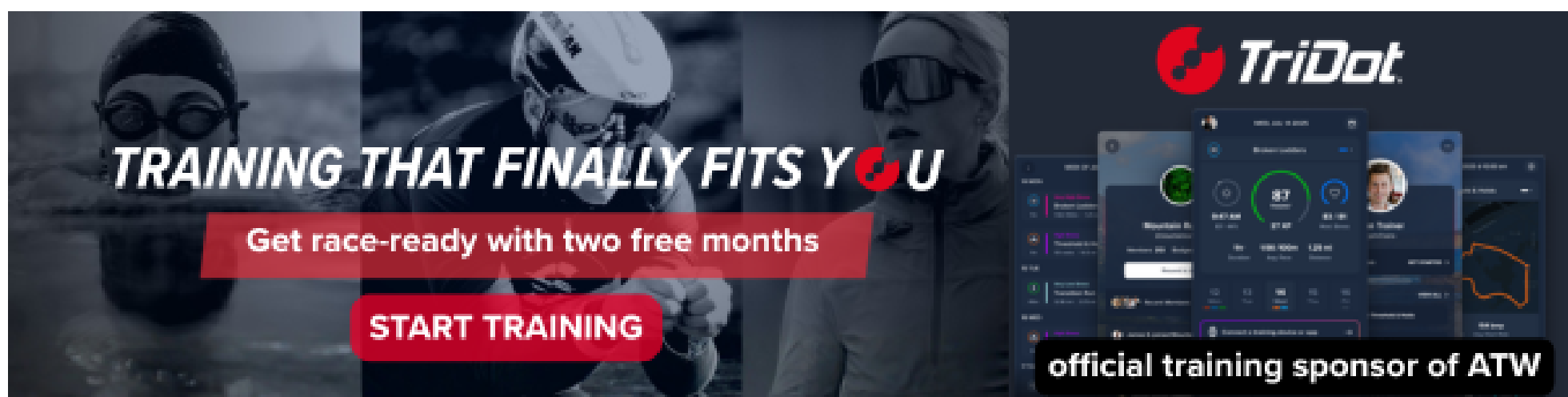
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