

ATW PRESENTS

BRISTOL

TRIATHLON



Thank you for
entering the ATW
Bristol Triathlon.

This information
pack contains
everything you need
to know ahead of
your event on
Sunday 12th July.
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:

12th July 2026

Address:

Registration : Create
Centre, Smeaton Road,
Bristol, BS1 6XN

Transition : Brunel Lock
Rd, Cumberland Basin,
Bristol, BS1 6XQ

Parking:

There are no dedicated
event car parks, but there
is ample parking in the
city, and a drop-off zone.
<https://www.bristol.gov.uk/residents/parking/where-to-park-in-bristol>

Timings:

Saturday

2pm–5pm

Early Registration (Brunel Lock Road,
by Noah’s famous Fish & Chip shop)

Sunday

5:30am

Registration opens

7am

Sprint Triathlon start

8:05am

Standard Triathlon start

11:45am

British Super Series
Please stay to watch the elite races

When you arrive:

Registration:

ON SUNDAY – Registration will be taking place in the Create Centre. The address for the building is Create Centre, Smeaton Road, Bristol BS1 6XN.

Early registration will be open from 2pm–5pm on Saturday 11th July. This will take place next to Noah's Fish and Chip Shop on Brunel Lock Road.

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).

You will also receive 2 numbered sticky labels (a small one for the front of your helmet and a larger one to wrap around the seatpost of your bike) and a swim hat.

A race number must be worn visible on your back during the bike and on your front for the run.

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!

Baggage:

Baggage may be left at the edge of transition or in a baggage-drop area in the Create centre.

Toilets and Changing:

No changing facilities on site.

Portable toilets next to transition and in Create Centre.

Free female sanitary products will be available in a labelled portable toilet.

Arriving and Spectator Guide:

Extensive road closures will be in place on the morning of the event. The area to the South of the Cumberland Basin will be closed to traffic and it is best to avoid this area if possible.

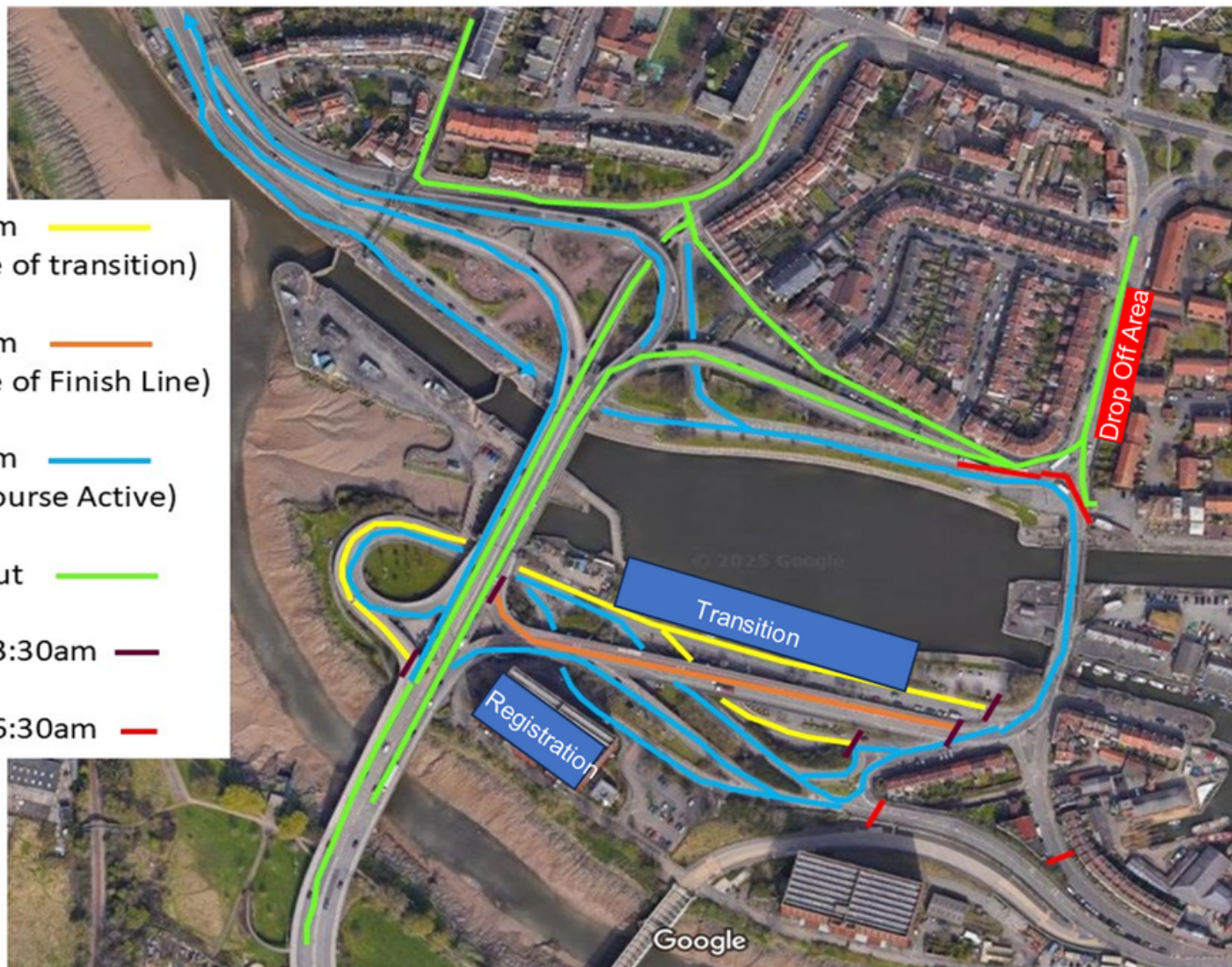
We recommend that you leave plenty of time for your travel and find car parking in the city centre.

There is a suggested drop-off point for athletes on Christina Terrace highlighted in red on the map below.

Please be aware that the course will be live from 7am and there may be bikes on the course when you arrive.

Road Closure Times

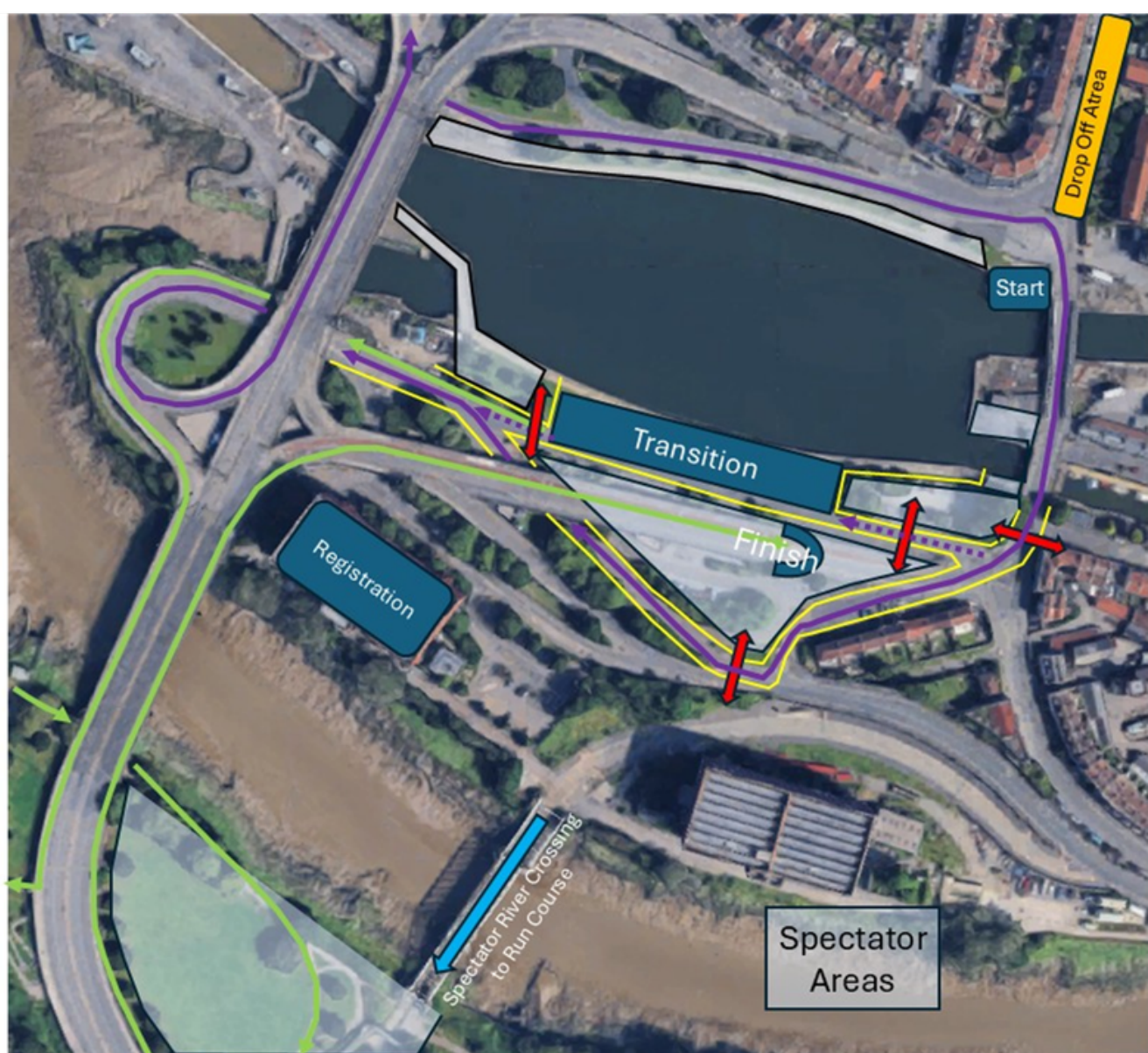
- 3:30am – 4:30pm (Build-Dismantle of transition) 
- 3:30am – 3:30pm (Build-Dismantle of Finish Line) 
- 6:30am – 2:30pm (Bike and Run Course Active) 
- OPEN Throughout 
- RoadClosure at 3:30am 
- RoadClosure at 6:30am 



From 6:30am, the bike course will be barriered off around the transition area (marked in yellow) and mandatory crossing points (marked with red arrows) will be in place.

There are excellent spectator areas for the swim around the edge of the Cumberland Basin. The bike circumnavigates the basin three times and if you move quickly you can cross the river on the Ashton Ave Bridge to watch the run lap before heading back to catch the finish on the flyover.

Note that Brunel Way will still have one lane open in each direction and it is important that you don't try to cross the live traffic (marked with red crosses).



Transition:

- Only athletes and officials are allowed in 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 next to your bike. Any boxes or large bags are to be left at the edge of 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).
- 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...
- Transition will remain open throughout the race. Remain alert when in transition as there may be other races taking place while you are setting up and removing equipment. Access to reclaim your equipment after the race will be at the discretion of the Technical Officials and Transition marshals. This will be advised by the commentator.

Aquabike:

- Aquabiker athletes will be racked alongside the triathlon competitors.
- The finish time will stop when the aquabike competitor has dismounted and entered the transition area after their bike leg. A table with medals, water and finish line goodies will be in transition for when you complete the event.
- Please be aware that triathletes will still be completing their race. Take care not to obstruct those still racing.

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 rules surrounding zips on tri-suit tops in section 2.8
- Towels in transition are limited to 30cmx30cm and must be left rolled up in your shoe.
- 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 including in the transition area before and after your event.
- Littering on the course is prohibited – please ensure that you carry all litter with you to the next bin. 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 on the morning 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 Technical Official on the day representing British Triathlon the morning of the race, and will be based on rule 4.2
- If you have a wetsuit, we recommend that you bring it, just in case.

Swim

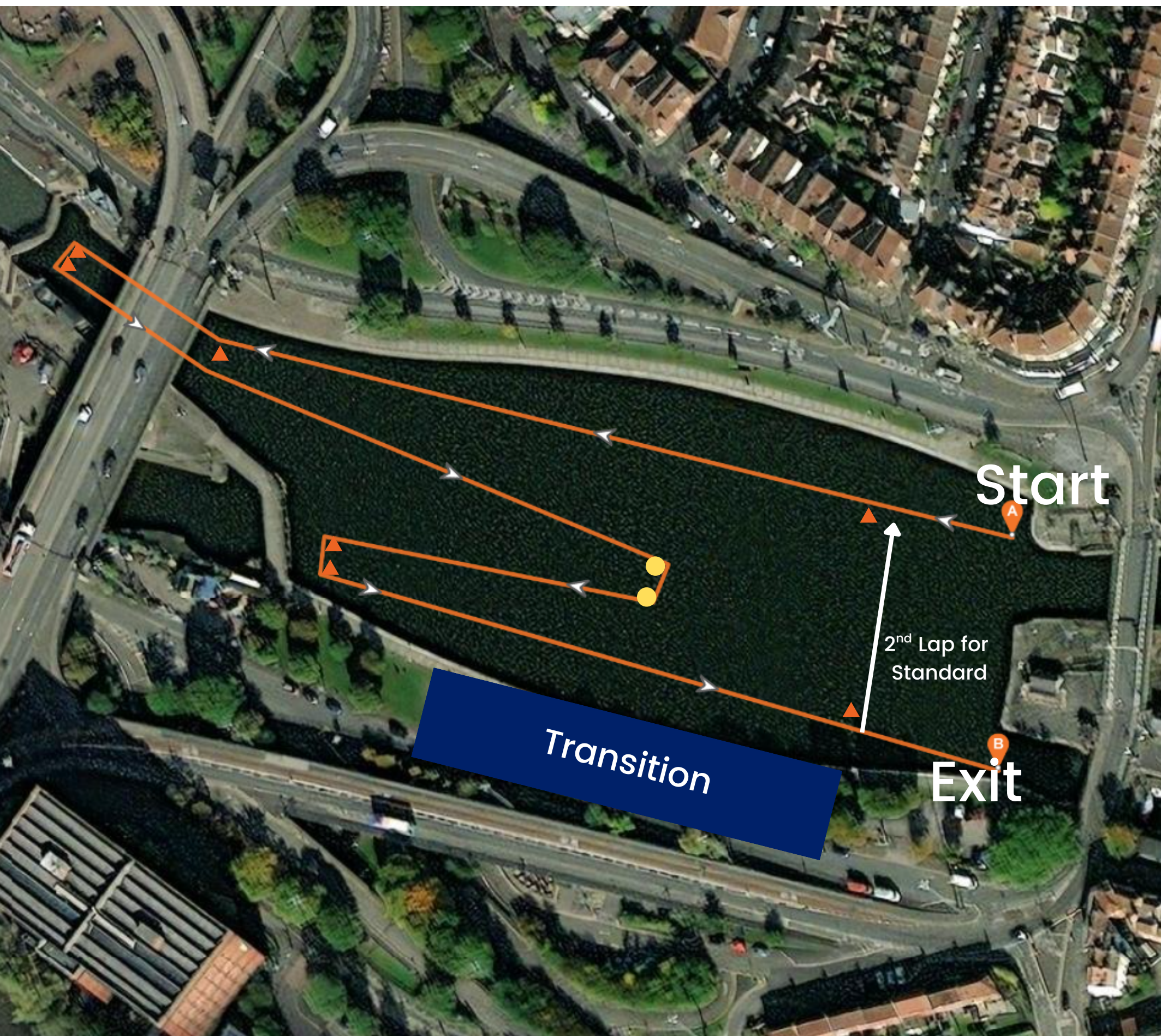
750m lap

Sprint – 1 laps

Standard – 2 laps

Turn up to
swim start 15
min before
start for brief

Turn on the
outside of
swim buoys



Start Procedure:

The event will be started in a rolling start formation. A mini mass start will be for those hoping for a podium position. You will walk down the steps onto the pontoon, where you will give your race number to the marshals who will set you off.

[Interactive course map](#)

Bike

Portway
Section
(out and
back)

7km lap

Sprint – 3 laps

Standard – 6 laps

Cumberland
Basin Section

Transition

[Interactive course map](#)

Run – Sprint



Run – Standard



Crossing the finish line

Results & Photos

The ATW HUB:

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

Download the HUB app from the Apple and Play store.

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 and follow marshals instructions. The baggage area in the Create Centre will be open until 1pm.

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!**

Our partners:

ALZHEIMER'S RESEARCH UK

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



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[CHECK OUT THEIR STORE](#)

DISCOUNT CODE: ATW20



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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.

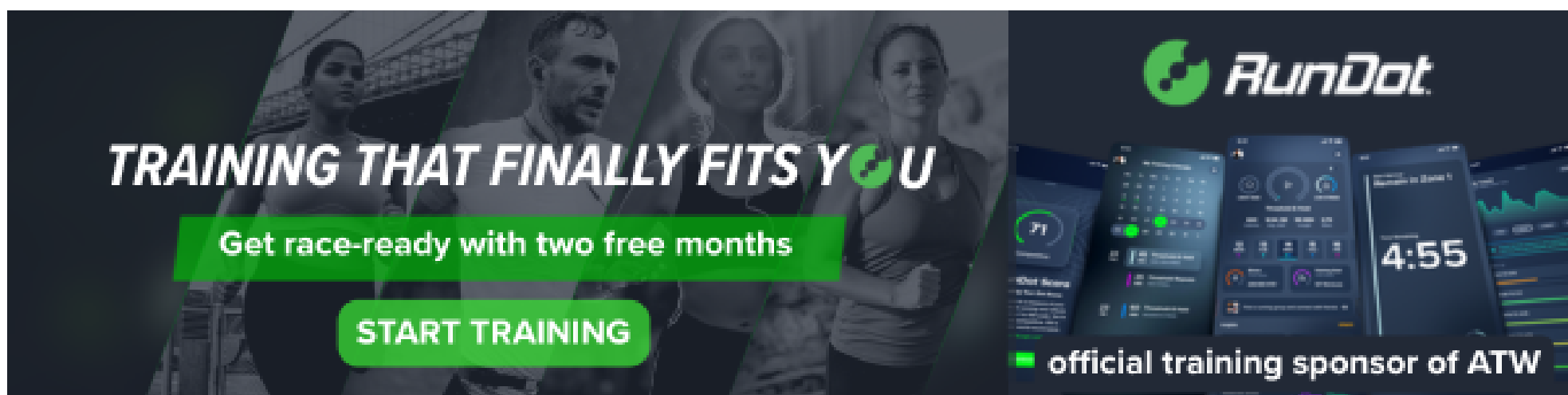
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://www.zone3.com/atw)



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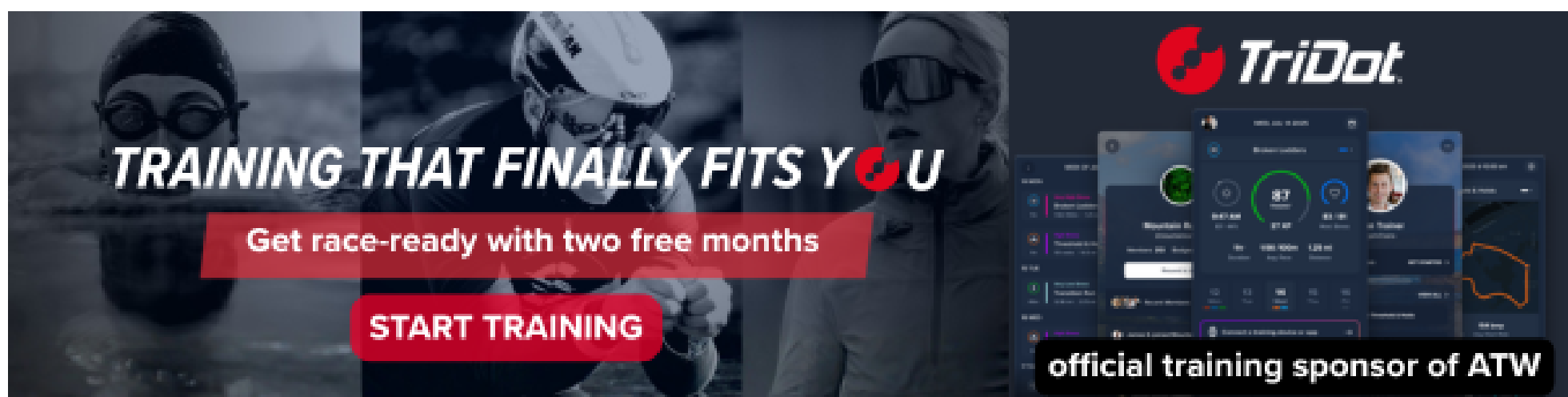
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and you see more results.

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NOAH'S

Noah's, A family-run fish & chip restaurant and seafood kitchen, tucked under the flyover overlooking the Cumberland Basin, right next to transition will be providing food and drink throughout the day.

They will be offering:

Takeaway bacon sandwiches and coffees from 8am – 11am.

Lunch from 12pm – 3pm, see link below for bookings. Guests can call or email to book also if there is no availability online!

<https://www.noahsbristol.co.uk/#bookATable>