

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 6th 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:

6th July 2025

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.

<https://www.bristol.gov.uk/residents/parking/where-to-park-in-bristol>

Timings:

Saturday

2pm–5pm

Early Registration

Sunday

5:30am

Registration opens

7am

Sprint Triathlon start

8am

Student (Standard) Triathlon start

8:05am

Standard Triathlon start

When you arrive:

Registration:

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 5th July.

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) and a swim hat.

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:

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

Toilets and Changing:

No changing facilities on site.

Portable toilets at event HQ and in Create Centre. Free female sanitary products 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.

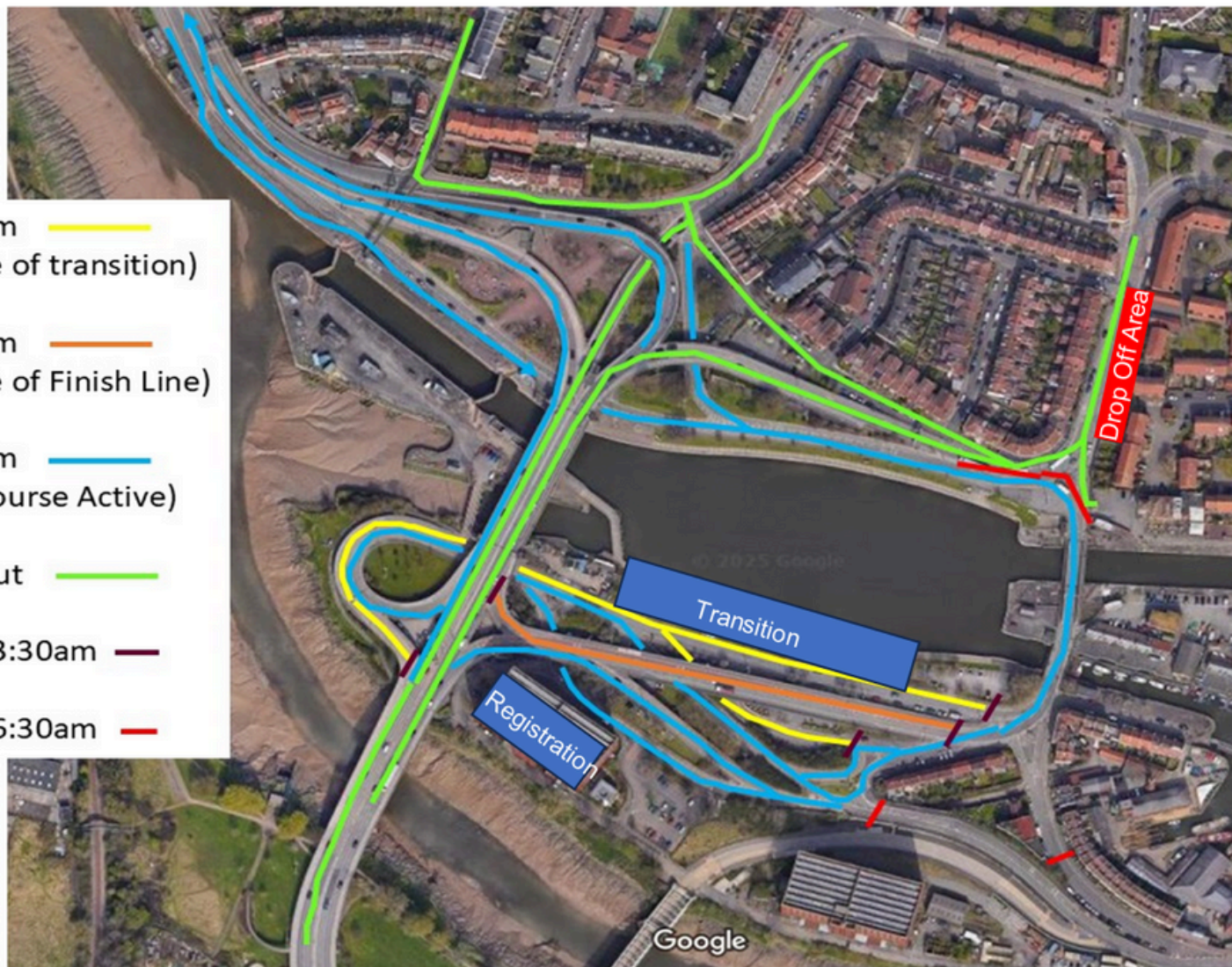
We recommend that you leave plenty of time for your travel and find car parking in the city centre.

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

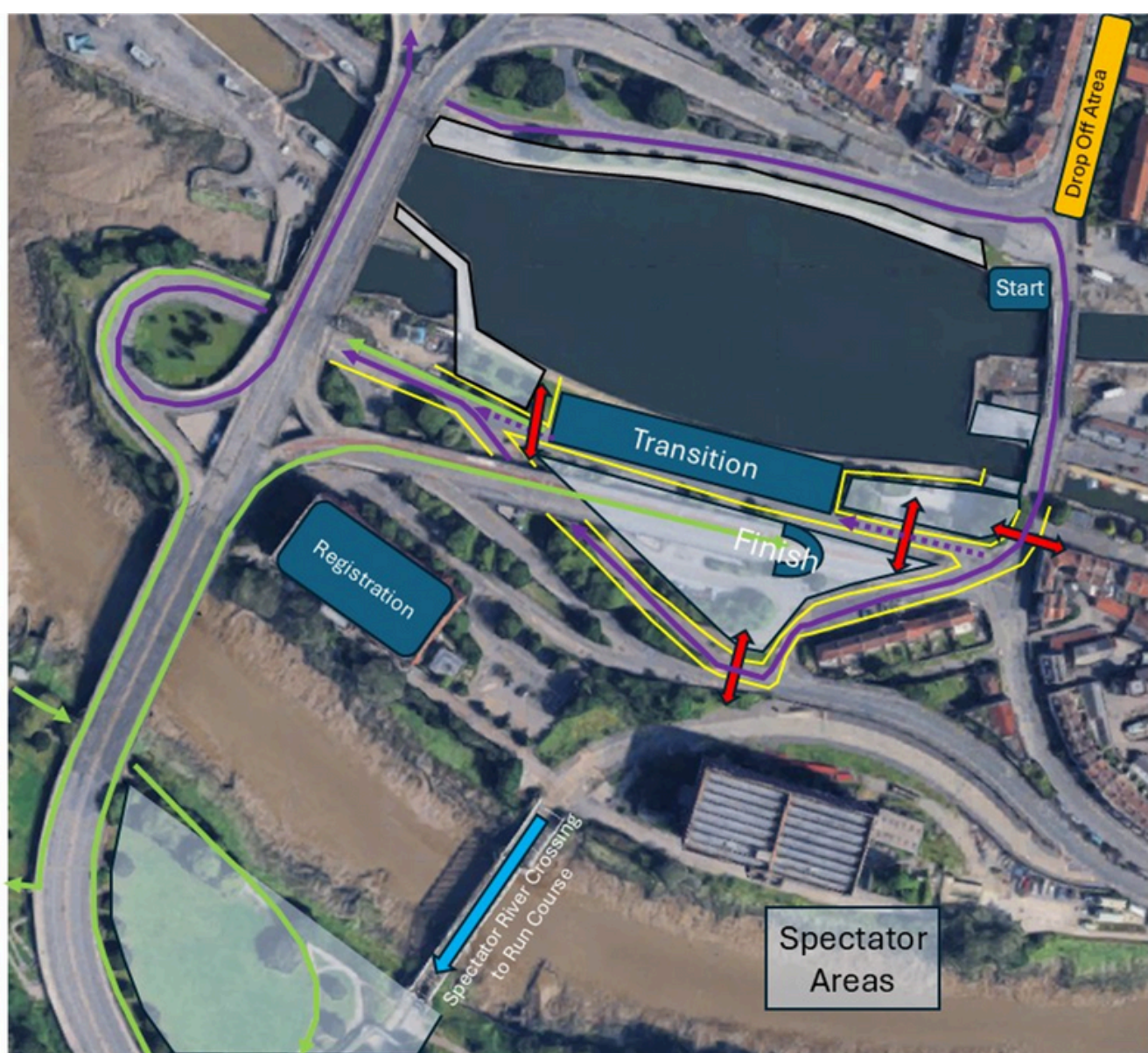
- 3:30am – 4:30pm (Build-Dismantle of transition) 
- 3:30am – 3:30pm (Build-Dismantle of Finish Line) 
- 6:30am – 2:30pm (Bike and Run Course Active) 
- OPEN Throughout 
- RoadClosure at 3:30am 
- RoadClosure at 6:30am 



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:

- 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 separately from 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.

Race Rules:

- Swim hats are compulsory and will be provided
- British Triathlon rules will apply and penalties will be issued for blatant 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](#))
- 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.

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.

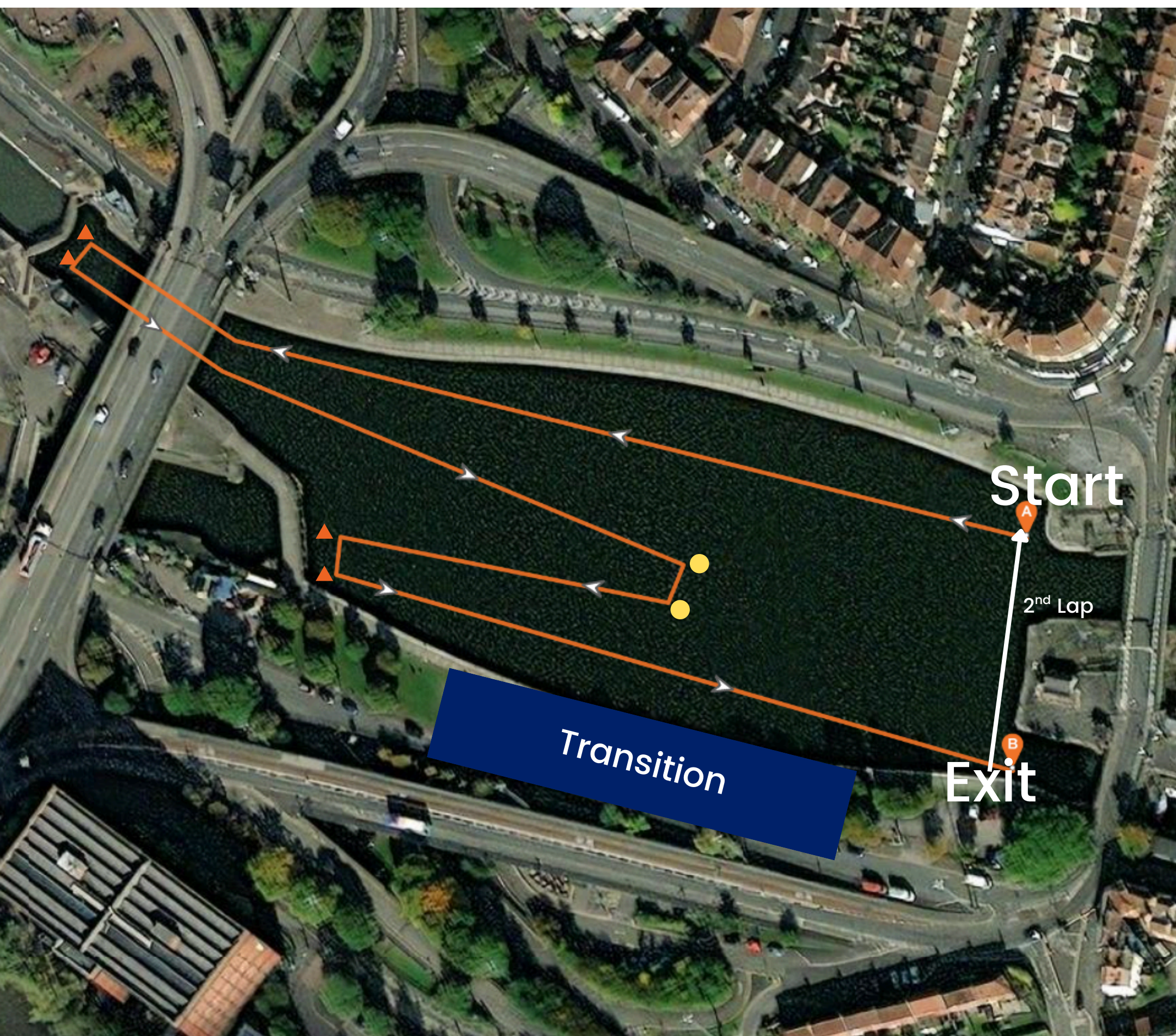
Swim

750m lap

Sprint – 1 laps
Standard – 2 laps

Turn on the
outside of
swim buoys

Turn up to
swim start 15
min before
start for brief



[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

Out and
Back
section

Standard Turn Point

Sprint Turn Point

Water

A

B

Start

Transition

B

Finish

Section
next to
Transition
/ Finish

Sprint – 2 laps
Standard – 2 laps

Sprint Triathlon – [Interactive course map](#)
Standard Triathlon – [Interactive course map](#)

Crossing the finish line

ATW HUB:

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

Click on the image below, titled THE HUB to see your results, photos and more

Also coming to an app store soon...



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.

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:

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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](#)



A donation is made on GoFundMe every second. Start your fundraiser and raise money today.

Start fundraising today with no fee, easy set up, and free Gift Aid processing for charities.

[EMAIL US](#)



BEBETO



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>