



Thank you for entering
the
ATW St Neots Tri Race 2,
part of our exciting new
First-to-Full Festival

Incorporating a round of
the 2026 East Region
Adult Race Series.

This information pack
contains everything you
need to know ahead of
your event on Saturday
8th August 2026. 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:

8th August 2026

Address:

St Neots,
Regatta Meadow,
Croshall Road,
St Neots
PE19 7LA

Parking:

Parking is available at:
[///blitz.kickers.insolvent](http://blitz.kickers.insolvent)

(please check the
parking page for more
info)

Timings:

5pm-7pm

Friday Evening Early Registration
@ Race HQ

5.00am

Saturday Morning
Registration Opens @ Race HQ

5.30am

Transition Opens

6.30am

Full Distance Odyssey Start

7.30am

Half Distance Odyssey Start

8:55am

Standard Distance Start

9:45am

Sprint Distance Start

Parking & Camping:

Venue

St Neots Regatta Meadow,
Crosshall Road,
St Neots

Follow ATW signage towards parking and Race HQ

Parking

The Primary event parking is on the field next to the event meadow

Access to this parking is off Crosshall Road.

What 3 Words Location:

[///blitz.kickers.insolvent](https://blitz.kickers.insolvent)

Parking is £3 per car which is chargeable on exit.

We do expect this car park to fill up quickly.

Alternative parking locations are available [HERE](#).

Please leave adequate time to find alternative parking and still make it on time for race starts.

Camping

Upon arrival at the Event Meadow Car Park please head over to registration where you can collect your camping permit and you will be instructed where you can set up. Check camping guide for more details (Will be emailed out next week)

Café and Pasta Party

There will be a café on site serving pasta on the Friday evening and food/hot drinks throughout the weekend

Camping for Friday night has now sold out.

Pasta Party can be booked [here](#)

When you arrive:

Registration:

At registration you will be required to give the name you used to sign up to the event online. In exchange, you will be given a registration pack containing:

- 2 race numbers
- 2 stickers to be stuck on your helmet and race bike
- a timing chip with an ankle strap (This must be strapped to your LEFT ankle)
- a swim cap
- waterproof markers will be available for you to write your race number on the back of your left hand

Your race number must be worn visibly on your front for the run and on your back during the bike. The numbers can be pinned to a top or if using a race belt a single number can be rotated from the front to the back.

Additional safety pins will be available at registration if required.

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.
- 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 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 ;
- 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. If you have a wetsuit, we recommend that you bring it with you.
- The mandatory wearing of wetsuits will be determined by the British Triathlon, Technical Official on the morning of the race, 1hr before the start, and will be based on rule 4.2

Swim, 750m lap



The swim course is marked with buoys which mark out the centre line of the swim. You will keep these bouy's on your left shoulder at all times. You will swim out in the centre of the river and back closer to the bank.

The turns will be marked with different coloured buoys at either end of the course.

Sprint will do one lap of this course and standard will do 2.

After your laps you will swim clockwise around an exit buoy before heading to the exit ladders.

Turn on the outside of the outer most swim bouys

Swim – Start & Finish



The Start will use a 'rolling start' process.

Be in the pre-start area 10 mins before the race start for your final briefing. When the race starts you'll be asked to enter the water one at a time, using the ladders provided (marked with an X in the diagram above). Once at the bottom of the ladder you'll be advised that you're timing chip has started. You'll swim out and around a start buoy before joining the swim lap.

After completing the correct number of laps (Sprint=1, Standard = 2), you'll turn around the exit buoy before making your way to the Exit ladders, climbing out of the water and making your way to Transition to start your bike leg.

Sprint and Standard Bike



After your final lap you will pass hq (DO NOT turn right into the HQ field), continue up to the roundabout at the top of the hill and head back to transition.

Sprint will complete 1 lap
Standard will complete 2 laps

Downloadable [Sprint course map](#)
Downloadable [Standard course map](#)

Bike

Mandatory Stop – Sprint and Standard

At the bottom of the descent down in to St Neots you will approach a busy junction with a mini-roundabout where you turn left.

Your wheels must come to a complete stop, and only proceed when it is clear. It is your own responsibility to check that it is safe to proceed. You don't have to put a foot down....but if you fall in to another rider and impede their progress you will be penalised. This will be well-signed. Failure to Stop will result in Disqualification.



Run

1 x 5km lap for Sprint

2 x 5km laps for Standard



- Mixed Terrain
- Paths and grass
- Signed course
- Marshals

[Interactive course map](#)

ATW ODYSSEY@

FIRST TO FULL

TRIATHLON

FESTIVAL



LIVE MUSIC:

TAYLOR SWIFT TRIBUTE ACT
(13.00-13.45 14.30-15.15)

ROBBIE WILLIAMS TRIBUTE ACT
(16.00-16.45 17.30-18.15)

FREDDIE MERCURY TRIBUTE ACT
(19.00-19.45 20.30-21.15)

FREE FESTIVAL ENTRY

- **INFLATABLE FUNFAIR**
- **FOOD & BAR**
- **LIVE SPORT ALL DAY**
- **FREE SPORTS ZONE**
- **FACE PAINTING**

SATURDAY 8TH AUGUST

REGATTA MEADOW, ST NEOTS

ALL ARE WELCOME

This is a great event to invite friends and family along to spectate. Not only can they enjoy being your amazing cheer squad, but there is also live music and a festival to enjoy.

We are providing 1 free turn on the inflatable funfair for all of our athlete's young children. Please just ask at registration on the day and we will give you a single use ticket to redeem.

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!

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

[Download on the AppStore](#)

[Download on Google Play](#)

All that's left to say is...

GOOD LUCK

AND

HAVE FUN!!

Our partners:



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](#)



OUR 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 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



[amazon.co.uk](https://www.amazon.co.uk)



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



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.

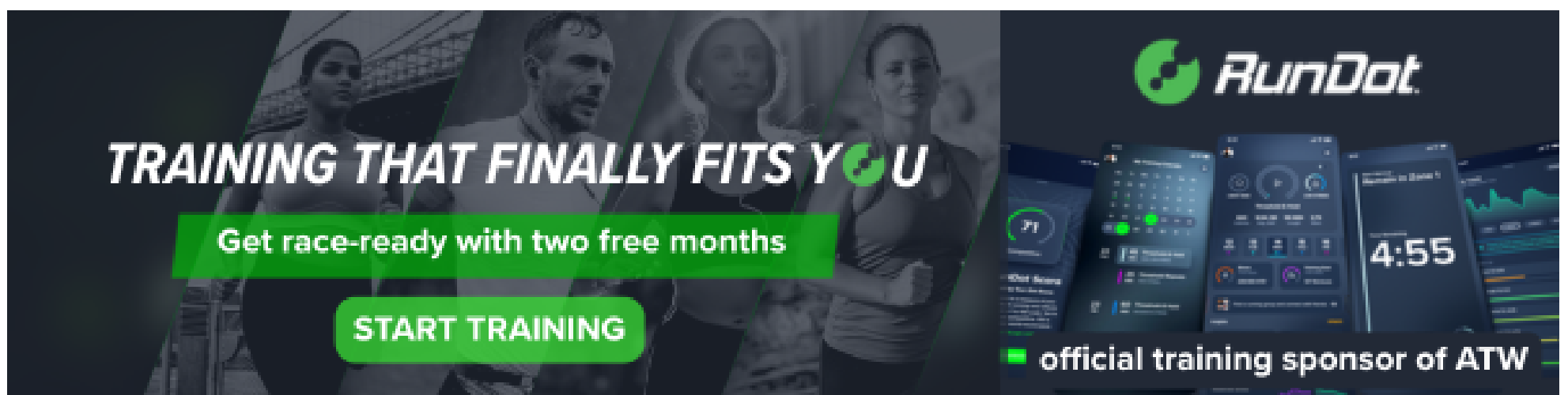
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://zone3.com/atw)



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