

GRAFHAM

TRIATHLON



Thank you for entering the ATW Grafham Lake Triathlon and Aquabike.

This information pack contains everything you need to know ahead of your event on Saturday 13th September. 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:

13th September 2025

Address:

Grafham Water Visitor
Centre, Marlow Park,
Grafham, Huntingdon,
Cambs, PE28 0BH

Parking:

Parking is available on site.
The venue is pay and display,
please ensure you follow
parking signage displayed by
venue.

Timings:

6:30am

Registration opens @ Cafe

8.00am

Registration closes

8.00am

Sprint start

8:15am

Standard start

When you arrive:

Registration:

You will need to give the name you used to sign up to the event online.

You need to make sure you have a BTF membership or race pass (You can purchase one [HERE](#))

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 your information is filled in on the back of your race bib!

Baggage:

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

Toilets and Changing:

No changing facilities on site.

Portable toilets at event HQ.

Free female sanitary products available in a labelled portable toilet.

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 in transition, next to your bike. No boxes or large bags are allowed to be left by athletes' bikes in 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).
- 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.
- Please speak to the British Triathlon Technical Official on the day who will decide where they would like you to handover

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 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](#))
- 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.
- 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

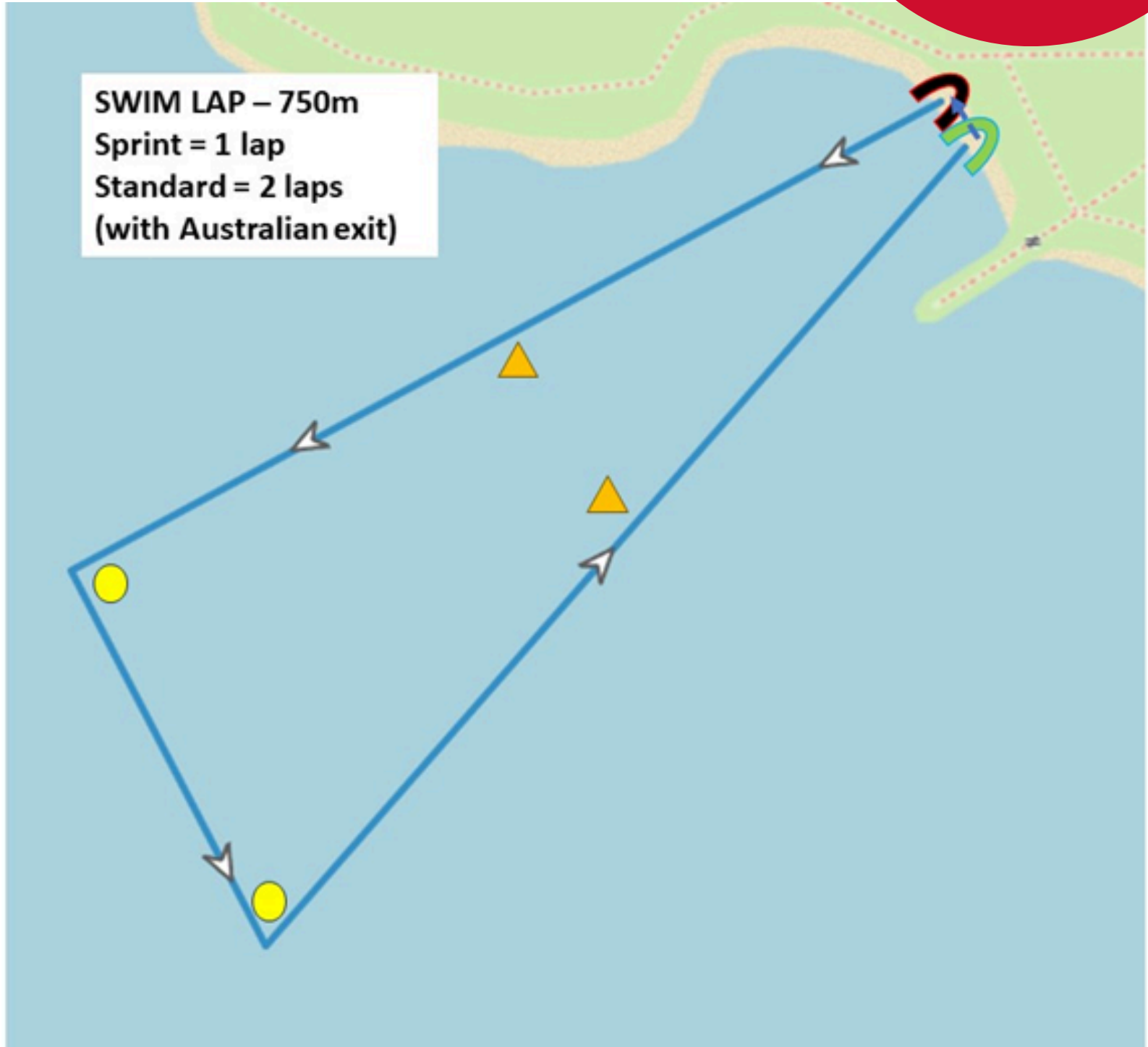
750m lap

Sprint – 1 lap
Standard – 2 laps

Sprint – 1 lap
Standard – 2 laps



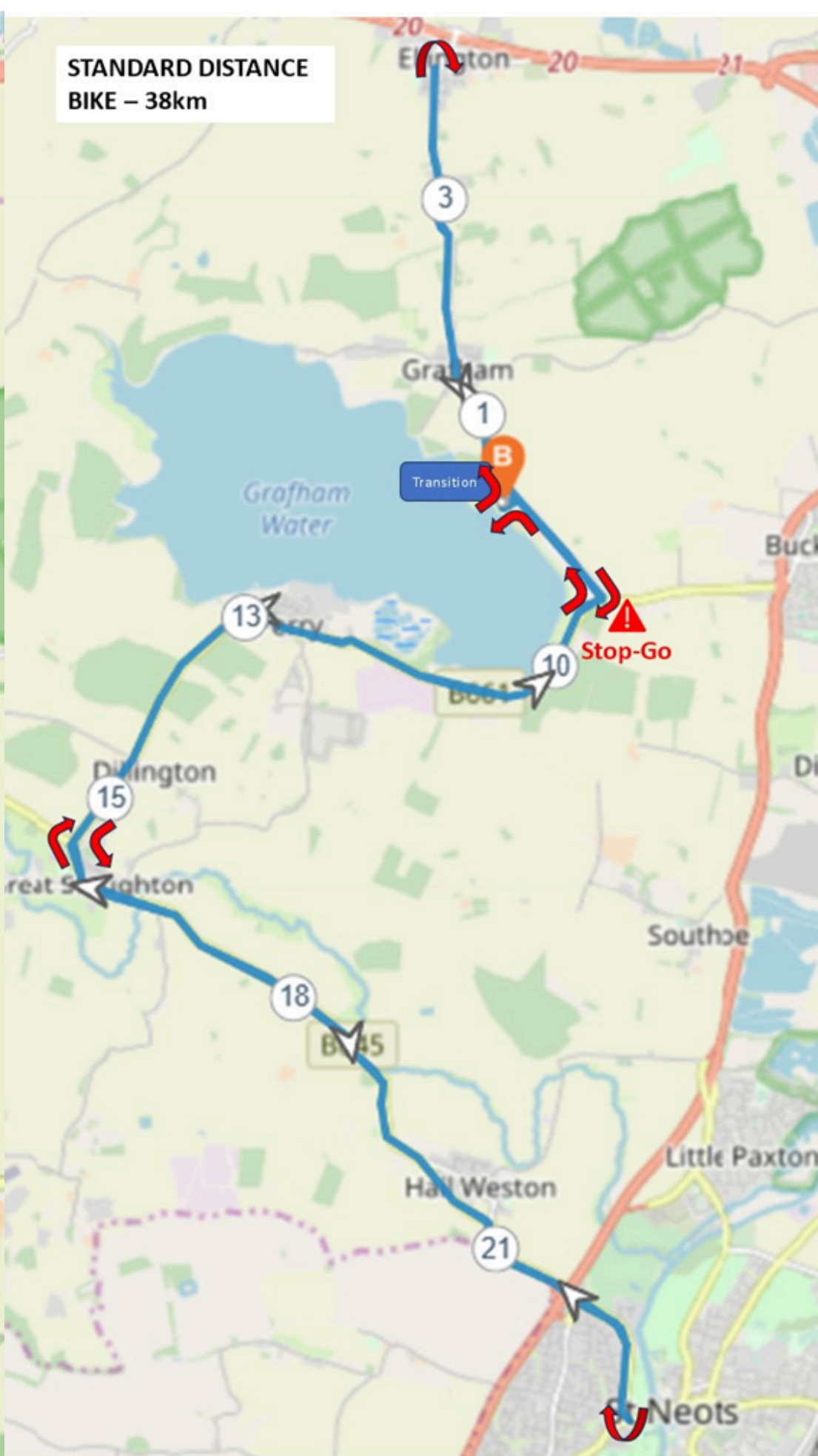
Turn on the
outside of
swim buoys



Transition



Bike

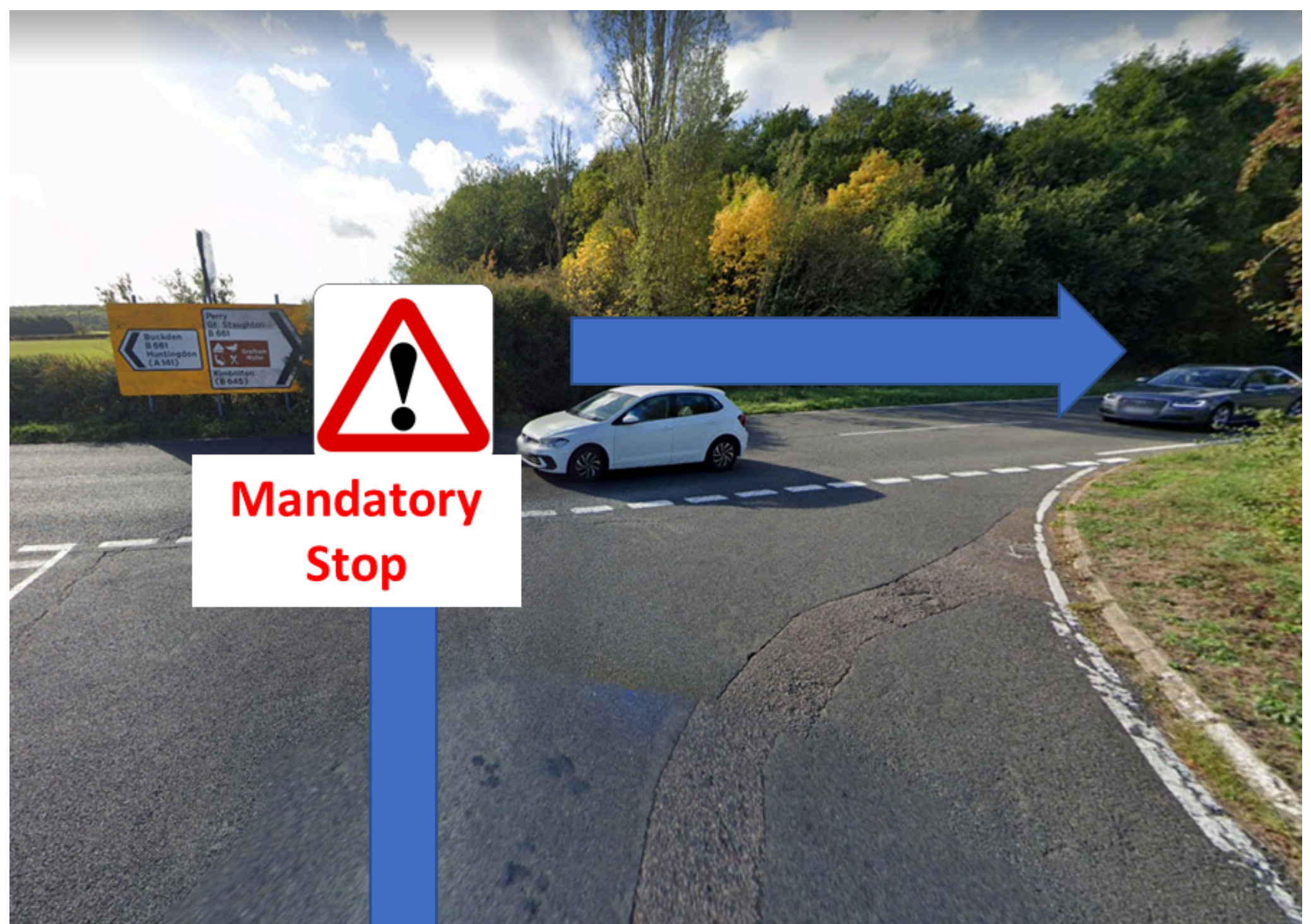


Sprint Triathlon
See map on left hand side.

Standard Triathlon
See map on right hand side

[Sprint & Standard interactive
course map](#)

Bike



At approximately 9km into both the Sprint and Standard courses you will approach this junction. You will be turning right on to a road with fast moving traffic – it will be well-signposted and marshalled. All cyclists must come to a complete STOP (wheels stop turning) before proceeding when it is safe to do so. It is your responsibility to decide when it is safe to proceed – not the marshals. It is not a mandatory foot down, however, if you do not unclip, and then fall in to the path of another athlete , then you will incur a penalty.

FAILURE TO STOP WILL INCUR A PENALTY AND THE POSSIBILITY OF DISQUALIFICATION – YOU HAVE BEEN WARNED!

Bike – Sprint Only



At approximately 12km into the Sprint course you will be turning in the village of Perry to head back to Grafham Water.

After taking a left turn off the main road, You will be taking a right turn to rejoin it. Be aware of Standard Competitors who will be continuing on to StNeots. The Stop will be well-signposted and marshalled.

All cyclists must come to a complete STOP (wheels stop turning) before proceeding when it is safe to do so. It is your responsibility to decide when it is safe to proceed – not the marshals.

It is not a mandatory foot down, however, if you do not unclip, and then fall in to the path of another athlete , then you will incur a penalty.

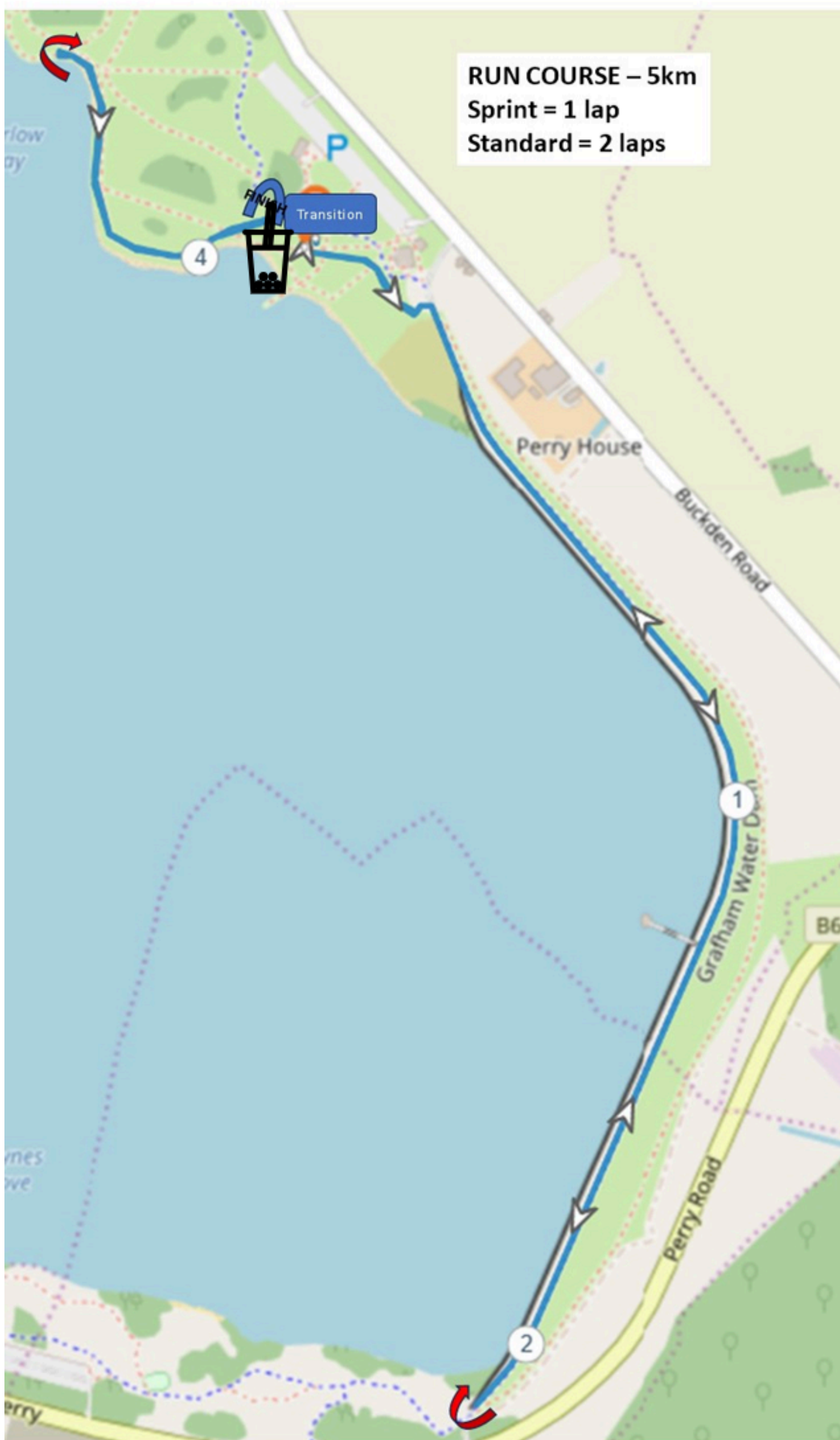
FAILURE TO STOP WILL INCUR A PENALTY AND THE POSSIBILITY OF DISQUALIFICATION – YOU HAVE BEEN WARNED!

Run

5km lap

Traffic free
Mixed Terrain course
Signed course
Marshals

Sprint – 1 lap
Standard – 2 laps



[Interactive course map](#)

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



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EVENTMAKERS



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ATW RACE SERIES



FUNDRAISING



MEET-UPS



OWS & TRAINING VENUES



VIDEO LIBRARY

[Download on the AppStore](#)

[Download on Google Play](#)

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.

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BEBETO

