

ATW ODYSSEY

GRAEFMAN

TRIATHLON



Thank you for entering the ATW Grafman Triathlon.

This information pack contains everything you need to know ahead of your event on Sunday 7th June, 2026.

Please have a read through so you are fully prepared!

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



Follow us on socials @eventsatw

KEY DETAILS:

7th June 2026

Address:

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

Parking:

Ample Parking is
available at the venue –
please follow the car park
marshal instructions

Timings:

Saturday
5pm–7pm

Saturday Evening Reg Hours
@ Race HQ

Sunday
5.30am

Registration Opens @ Onsite Cafe
Transition Open

6:45am

Registration Closes

7am

Grafman Starts

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. A race number must be worn visible on your front for the run and on your back during the bike
- a timing chip with an ankle strap (This must be strapped to your LEFT ankle)
- 2 numbered labels (one for the front of your helmet and one for the seat tube of your bike)

You must also write your race number on the back of your hand and your emergency contact details on the back of your race number.

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:

No changing facilities on site.

Portable toilets at event HQ and next to the onsite cafe.

Free female sanitary products available in the portable toilets.

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
- 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 and be aware of other vulnerable road users. (eg horses and walkers/runners) 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 temperature until the morning of the race.
- The mandatory wearing of wetsuits will be determined by the Technical Official on the day representing British Triathlon, and will be based on rule 4.2. This will be communicated via the announcer and on the notice board.

Transition:

- To enter the transition area you must be wearing your helmet securely, be displaying your race number, the stickers in your registration pack on your bike and helmet, and your number written on the back of your hand.
- 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.

Swim

The swim course is 2 x 950m laps – around 2 large yellow buoys, with orange triangular buoys to assist with sighting on the way out and back and also marking a gate to swim in through.. The swim includes an Australian style swim exit after your first lap, which means that after exiting through the arch you will run a short distance down the beach before entering the water again for the second lap.

The race will have a rolling start from the beach. There will be signs placed out with estimated swim times on them. Stand near your estimated 1.9km swim time to ensure you have a smooth start to your race.

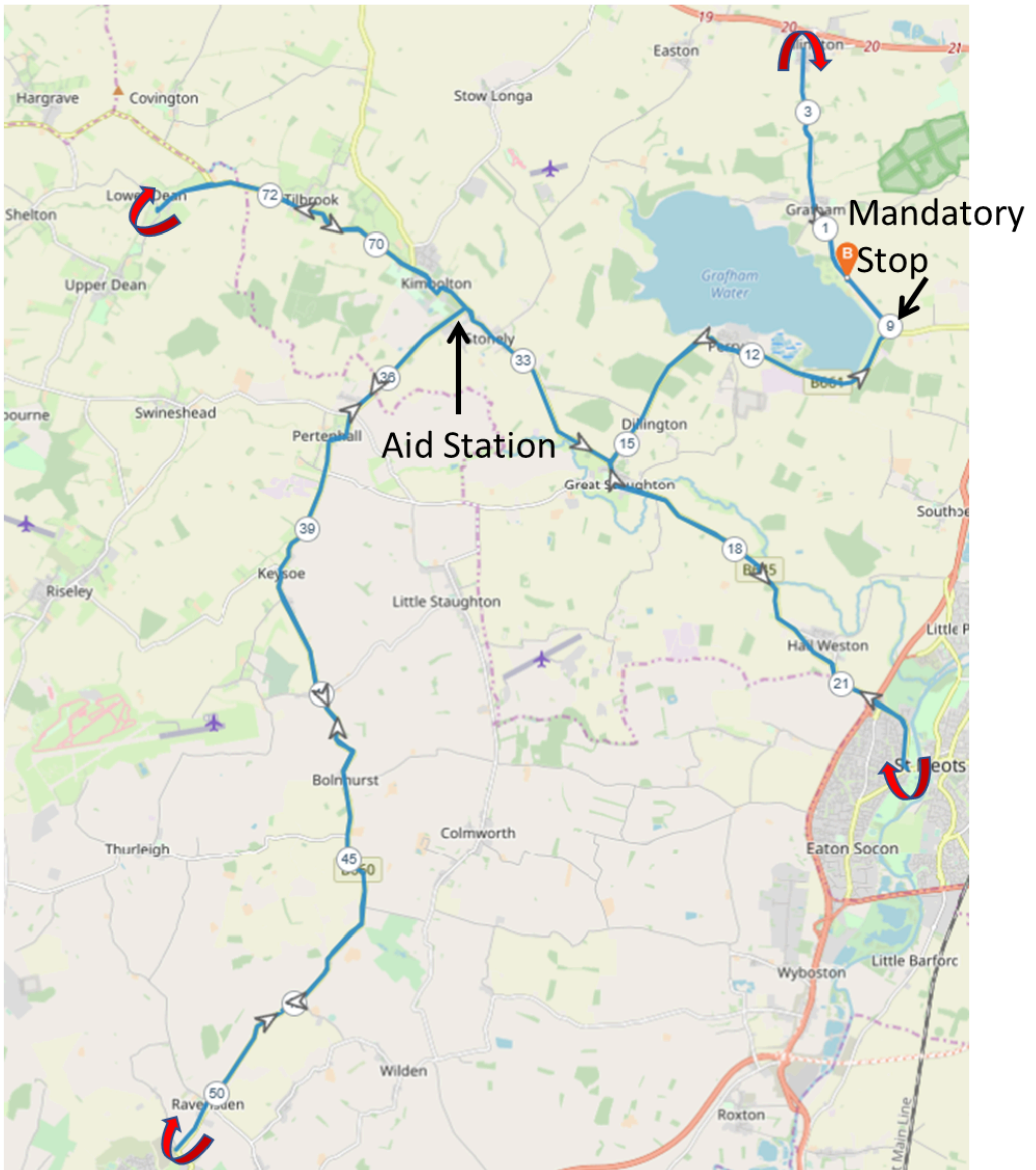
Turn on the outside of the outer most swim bouys

Swim = 2 x 950m laps



Bike

Bike Course – 91km



There is a mandatory stop at the right turn marked on the map

At this turn it is compulsory to come to a complete stop before progressing.

Failure to do so could result in disqualification

[Interactive course map](#)

Run

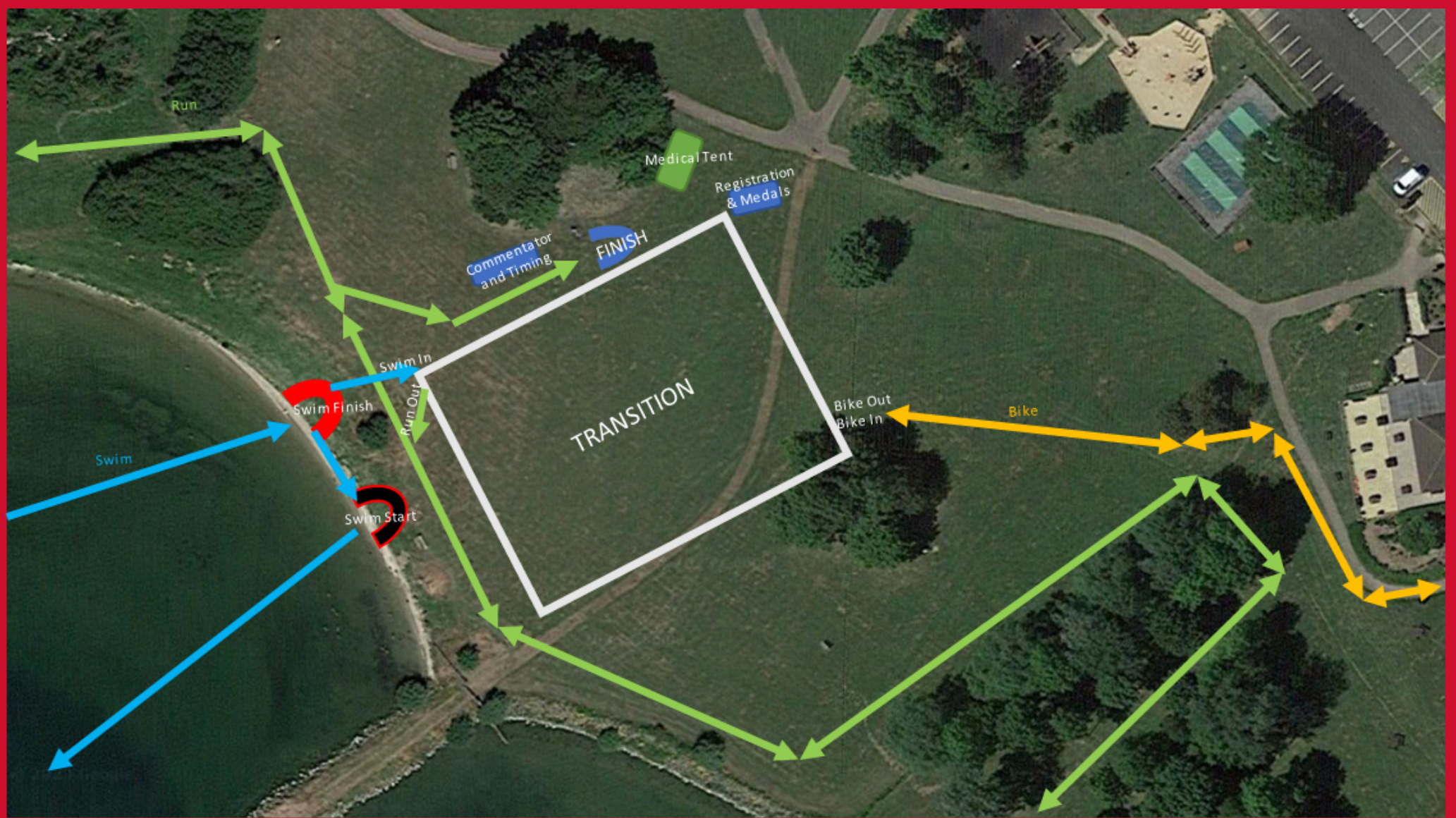
4 x 5.3km
lap



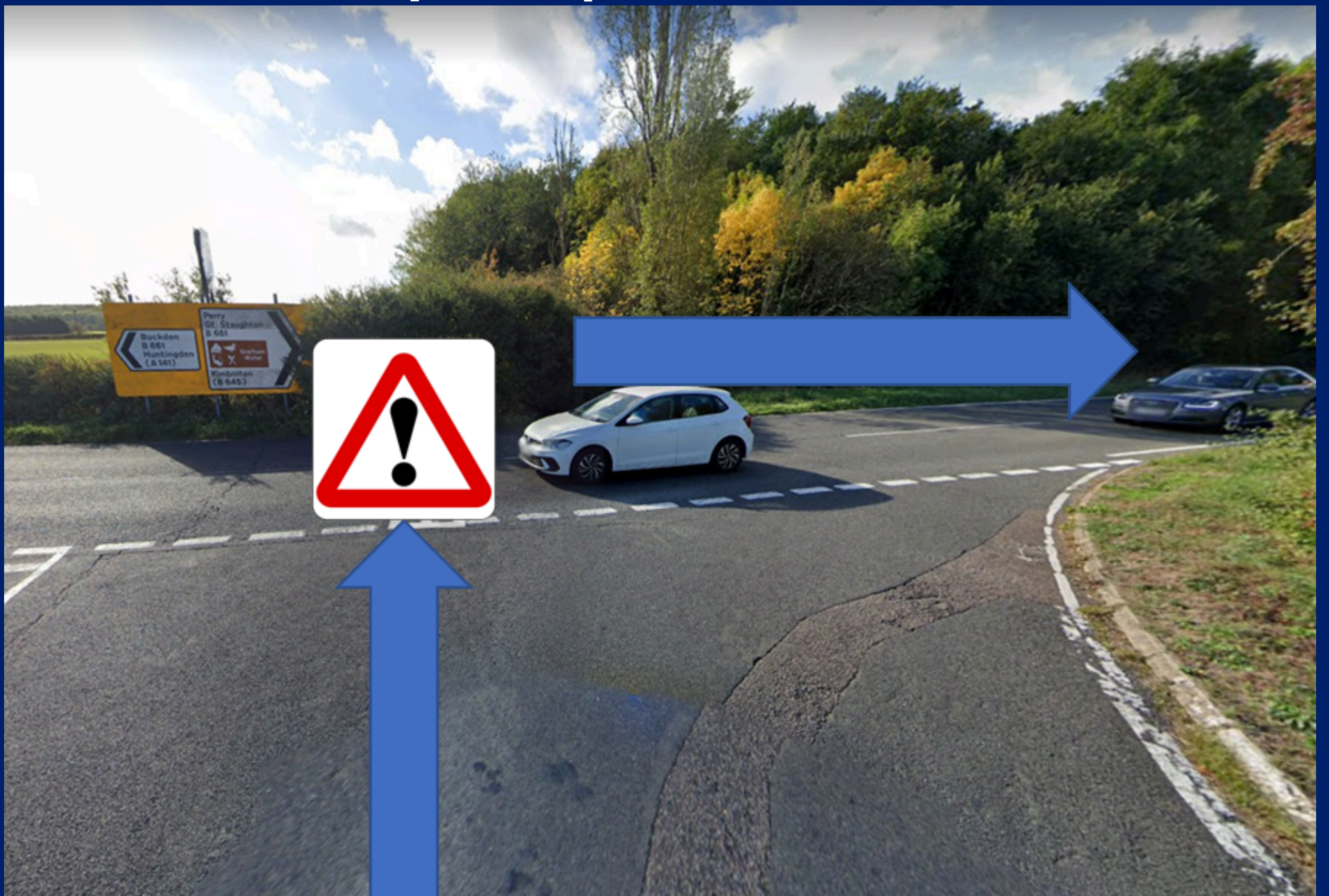
Mixed Terrain
Traffic Free
Signed course
Marshals

[Interactive course map](#)

Site Layout



Mandatory Stop



At approximately 9km into the lap 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. Your wheels must come to a complete stop before pulling out. You don't need to unclip or put a foot down, but if you impede another competitor by falling off, then you may incur a penalty.

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](#)

Collecting your belongings:

WELL DONE! Collect your finishers medal, water and goodies, then listen out for the commentator to 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!

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:

The logo for Revive Active, featuring the word "revive" in a bold, lowercase sans-serif font and "active" in a smaller, lowercase sans-serif font below it, with a registered trademark symbol. The logo is set against a green rounded square background.

**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](#)

DISCOUNT CODE: ATW20



**SKECHERS
PERFORMANCE**

OUR ALL NEW RUN SPONSOR!

Lifestyle and athletic footwear and apparel for men, women, and kids filled with innovative comfort technologies.

NEW SKECHERS RUNNING SHOES RELEASED MAY 2025!

The logo for Yellow Jersey Insurance for cycling, featuring the words "Yellow Jersey" in a large, bold, black sans-serif font and "Insurance for cycling" in a smaller, black sans-serif font below it. The logo is set against a white rectangular background.

[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 **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

DEXTRO ENERGY

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ATW POWERED BY RED BULL

SAVE 50%*



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BOKA

NATURE VALLEY

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

ZONE3 

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.

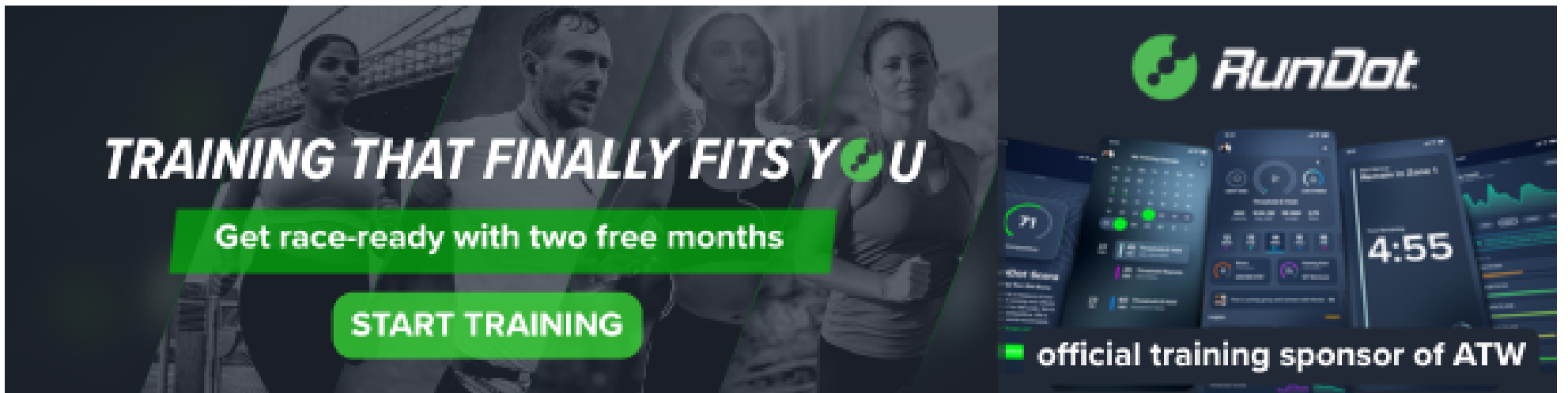
Book your ZONE3 season wetsuit rental and check your race day kit at [ZONE3.COM/ATW](https://www.zone3.com/atw)



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Train smarter, not harder: RunDot builds a personalized running plan tailored to your body, schedule, and conditions.

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With TriDot, you train smarter, not harder or longer, and you see more results.

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