



SPRINT TRIATHLON

Thank you for entering the HSV Sprint Triathlon in memory of Trace Allen.

This information pack contains everything you need to know ahead of your event on Sunday 10th May. Please have a read through so you can be fully prepared!

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



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KEY DETAILS:

10th May 2026

Address:

Hatfield Sports
Village, De Havilland
Campus, Hatfield
Business Park,
Mosquito Way,
Hatfield AL10 9EU

Parking:

Ample parking is
available at
Hertfordshire Sports
Village.

Timings:

5:30am

Registration opens

6:20am

Race brief

**From
6:30am**

Sprint Start



When you arrive:

Registration:

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

You will need to have a British Triathlon membership or race pass.

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. This can be fixed to the front and back of a shirt or a single number can be worn on a number belt and rotated from the back to the front.

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 you fill out your emergency contact details on the back of your race bib!

Baggage:

Excess baggage will be able to be placed on the inside of transition. Please keep your area next to your bike only for equipment needed for the event.

Toilets and Changing:

Toilet and Changing facilities are on site in the Leisure Centre.



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 or towels larger than 30cm x 30cm 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 away from you (back wheel facing you with the kit by the back 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...

Relay Teams:

- Your timing chip will act as your relay baton.
- Handover of your chip will take place at your teams bike, please note that transition will be live with other athletes racing around you



Race Rules:

- Swim hats are optional. No backstroke.
- 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 visors and towels.
- 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
- 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.
- Compression, arm and/or leg covers may not be worn in the pool (rule 14.2e)

Swim Start:

- At the start you will be lined up in number order. You will be asked to enter the water one at a time and advised when you can start. You must be touching the wall at the start.
- Your timing chip will start when you are told by the start official.
- You must complete the correct number of lengths, ducking under the lane rope after competing two lengths in each lane. Tumbleturns are allowed
- If you catch the swimmer in front, overtake them when it is safe to do so.
- **NO RUNNING on poolside! YOU MUST walk until you are outside of the building.**

Swim:

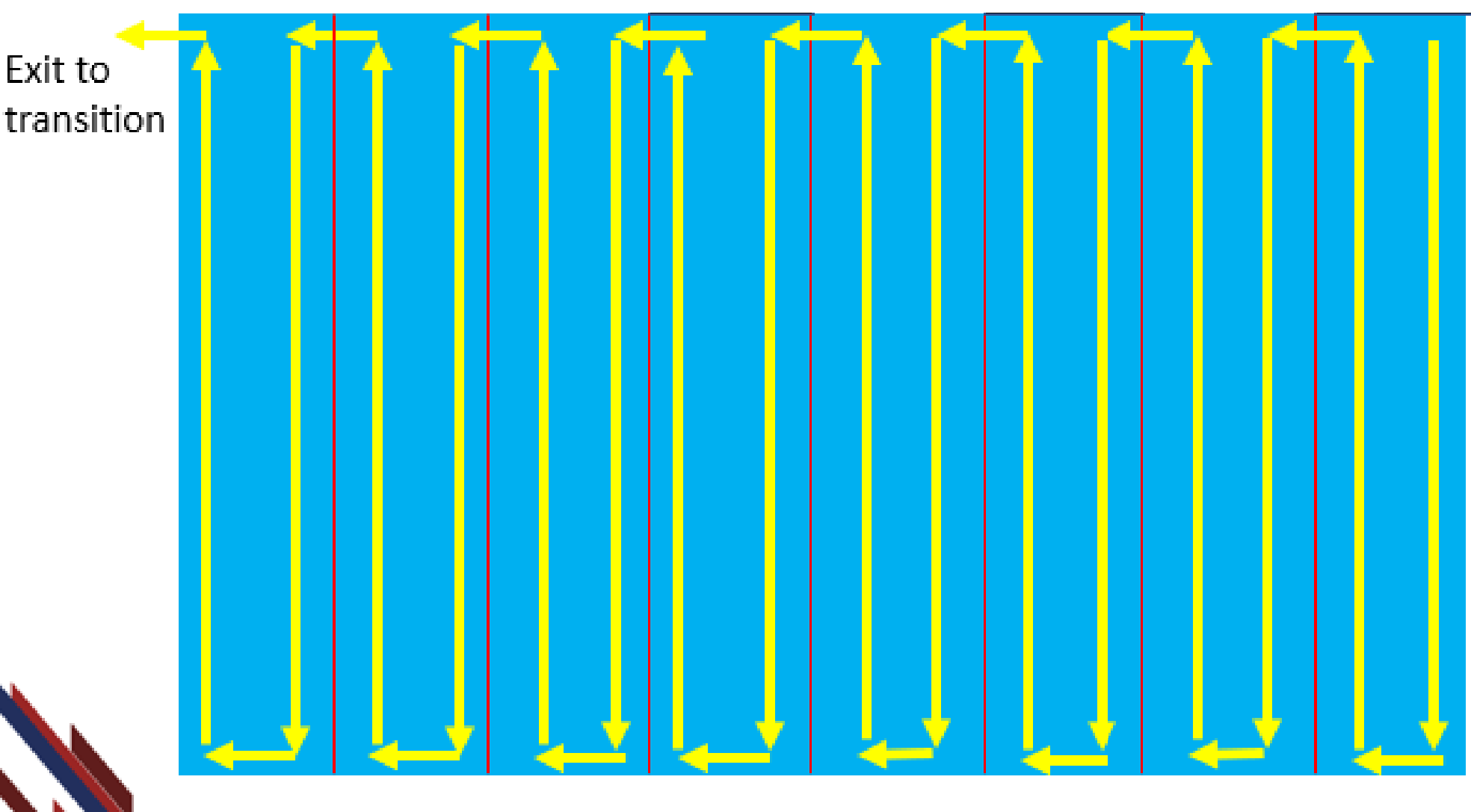
The swim will be a 'snake swim' in a 25m pool, with the fastest swimmers starting first, Each competitor's timing will not start until they commence their swim.

More accurate start times will be posted at registration.

You have been asked on the entry form to predict your 400m swim time. This is to ensure that you are seeded in the correct position in the swim. If you feel that you are not seeded in the correct position, ask the swim starter who will let you move to another position.

NO RUNNING on poolside! **YOU MUST** walk until you have left the building.

No photography permitted inside the Leisure Centre.



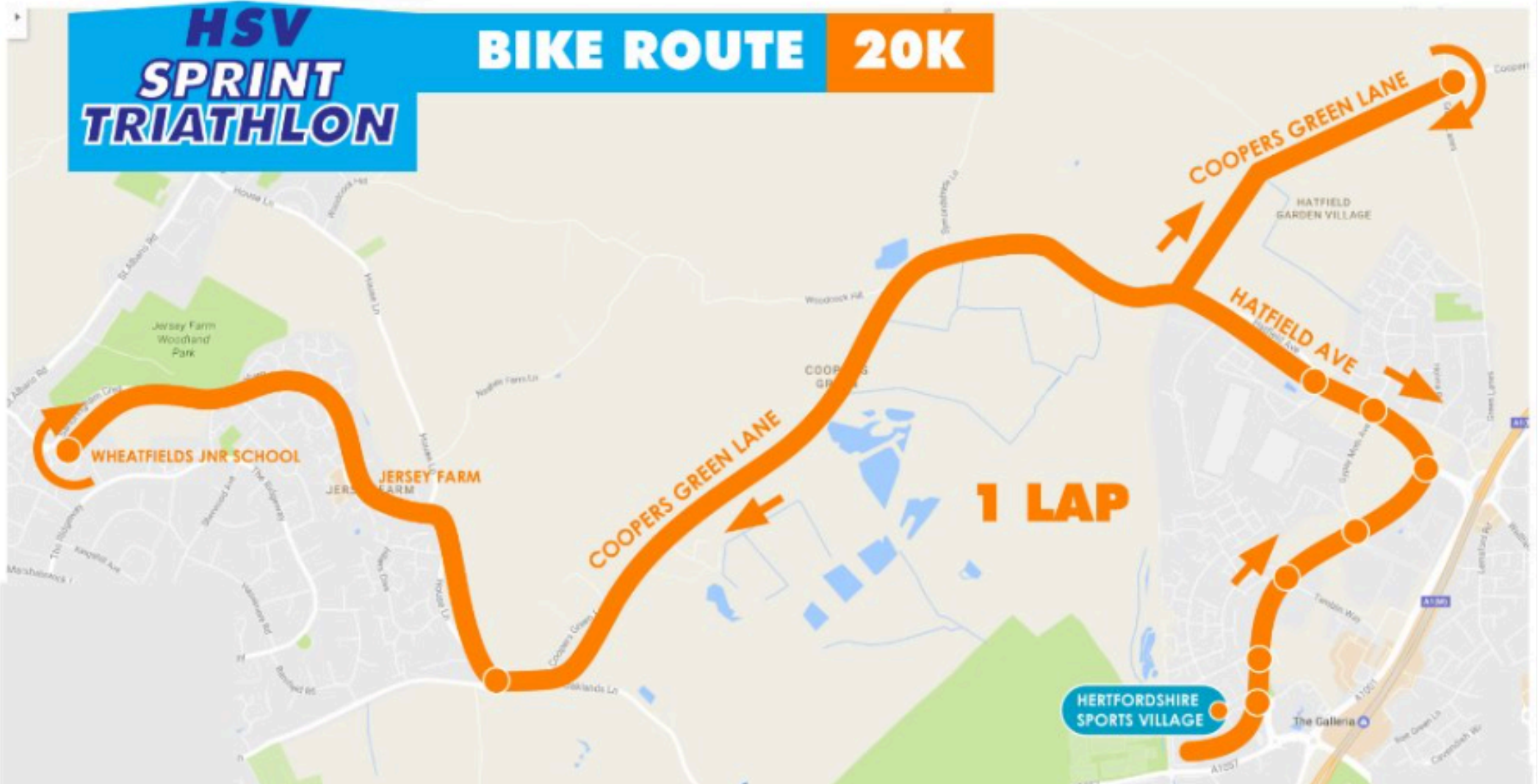
Run Course:

After entering transition, putting your helmet on before un-racking your bike, then running with your bike to the mount line, you will follow the route signage around the 21Km bike route. Marshals will be in place to alert traffic and competitors of each other, as well as directing you where to go. They are also in place in case of an emergency.

Tri-Force

**HSV
SPRINT
TRIATHLON**

BIKE ROUTE 20K



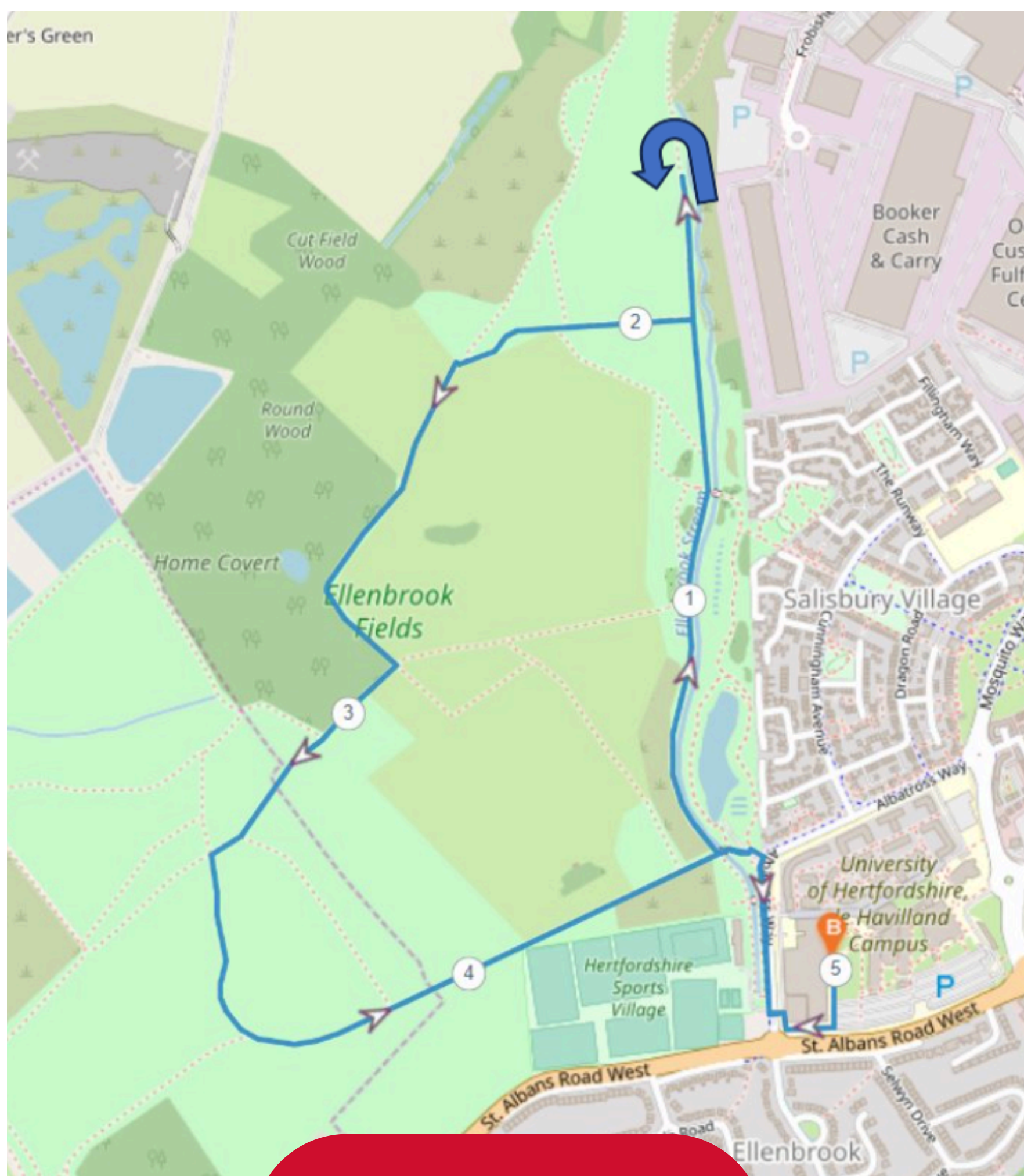
[View route](#)



Run Course:

After racking your bike, then unclipping your helmet, you will follow the signs along the 1 lap run route.

Once again, marshals will be in key locations for directions, public notification and safety. The 5Km run route will finish back at HSV under the inflatable finish arch.



[View route](#)



Prize Giving:

HSV Sprint Triathlon

- 1st/2nd/3rd Female overall
- 1st/2nd/3rd Open overall

HSV Sprint Aquabike

- 1st Male & Female overall

As it is a staggered start, the race results and podium positions will be based on the net chip-times and prizegiving will be done after the race.

Aquabike:

- For those competing in the Aquabike, your race timing will finish at the entrance to transition after the bike ride. You must dismount safely and walk/run to the entrance to transition where the timing point will be.
- Although your race time will finish when you enter the transition area we welcome all aquabike athletes to rack their bike and make their way to finish under the arch where you can also pick up your medal and finish-line goodies.

Relay Teams:

- Your timing chip will act as your relay baton.
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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

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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!