



MALDON TRIATHLON & BIG EAST

Thank you for entering the ATW Maldon & Big East Triathlon.

This information pack contains everything you need to know ahead of your event on Saturday 16th May. 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:

16th May 2026

Address:

Promenade Park,
Park Drive,
Maldon,
Essex,
CM9 5JQ

Parking:

Ample Parking is available in Promenade Park. Please check parking restrictions in the park before heading to registration.

Timings:

10:30am

Registration opens

11:45pm

Registration closes

11:50am

Standard & Big East start

11:55am

Sprint start

1:00pm

Swim cut off (due to tidal flow)

9:00pm

Overall event cut off

When you arrive:

Registration:

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

You will need to show your British Triathlon membership or event 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. If you wish to use a number belt, a single number can be rotated from back (cycle) to front (run).

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 also write your number on the back of your hand using the marker pens provided.

Safety pins will be available at registration if required. Please ensure you fill out your ICE information on the back of your race bib!

Baggage:

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

Toilets and Changing:

Toilets will be located at HQ in the form of portable toilets.

There are no changing facilities, but we will have a couple of privacy tents in the transition area for anyone who wishes to use them.

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 teams 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 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.
- Athletes starting a run lap from 8pm must carry a light or torch due to reducing light conditions. This may be handed to you by a spectator or support team.

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.
- Due to the tidal nature of the swim, we strongly recommend wearing a wetsuit if possible.

Event Layout (Swim to Bike):



Event Layout (Bike to Run):



Swim Course ALL:

The swim is a 750m clockwise lap. You will complete 1 lap of the course for the Sprint and 2 laps for the Standard and Big East.

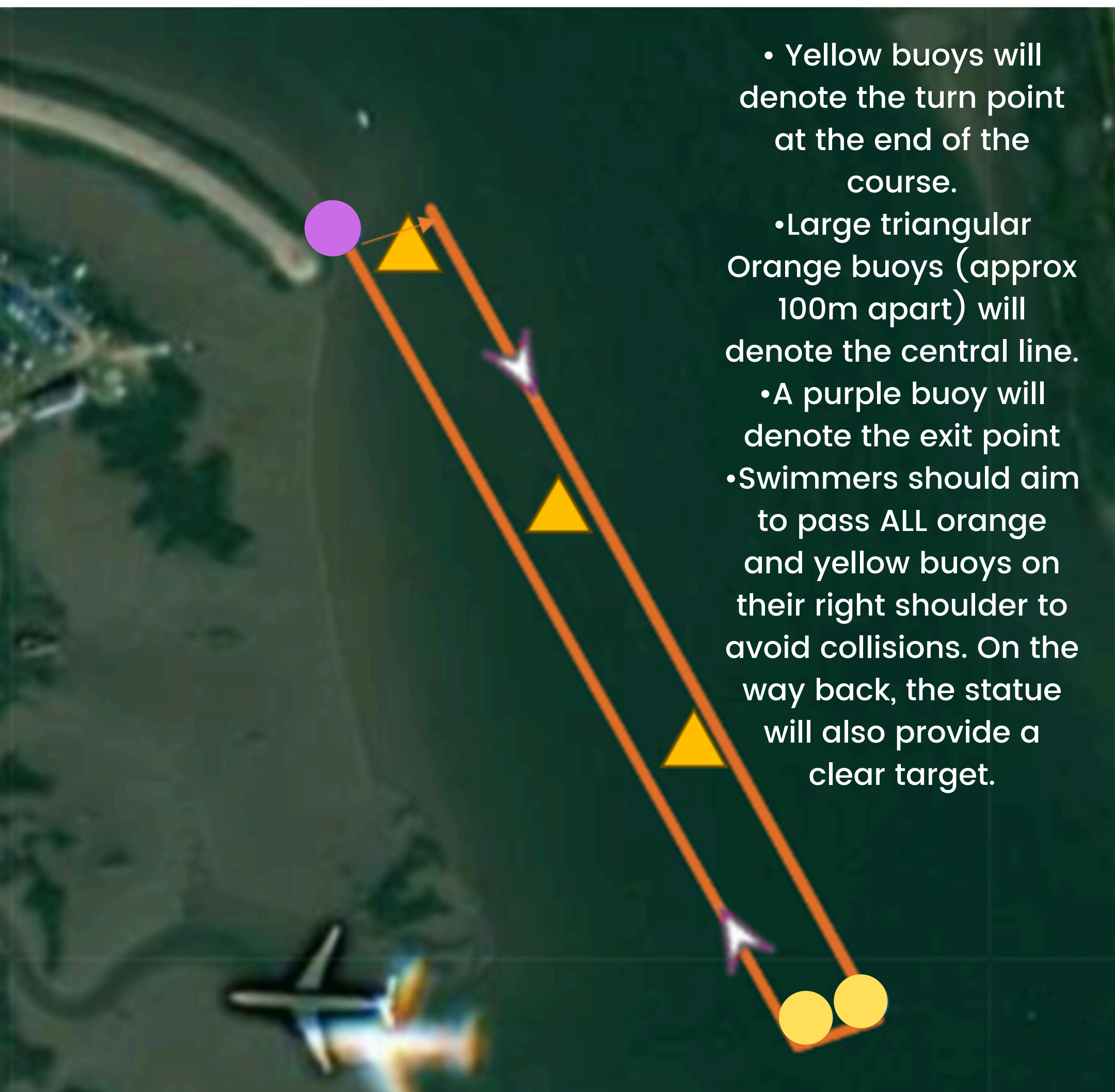
The swim is in a tidal river. The race is scheduled to take place around the turn of the high tide.

Water safety will be provided by a professional water safety team in both kayaks and motorised safety boats. If you need any assistance while in the water, do not panic.....simply roll on to your back and raise a hand in the air, they will come to your assistance.

Do not swim backstroke as you cannot see where you are going, and you will also look like you need rescuing.

You may be withdrawn from the swim by the water safety team if you are visibly encountering difficulty with the current or if you do not complete the first lap in less than 35 mins.

There is a strict cut off of 1hr10mins as after this period the current will be increasing rapidly.



- Yellow buoys will denote the turn point at the end of the course.
- Large triangular Orange buoys (approx 100m apart) will denote the central line.
- A purple buoy will denote the exit point
- Swimmers should aim to pass ALL orange and yellow buoys on their right shoulder to avoid collisions. On the way back, the statue will also provide a clear target.

Bike Course ALL:

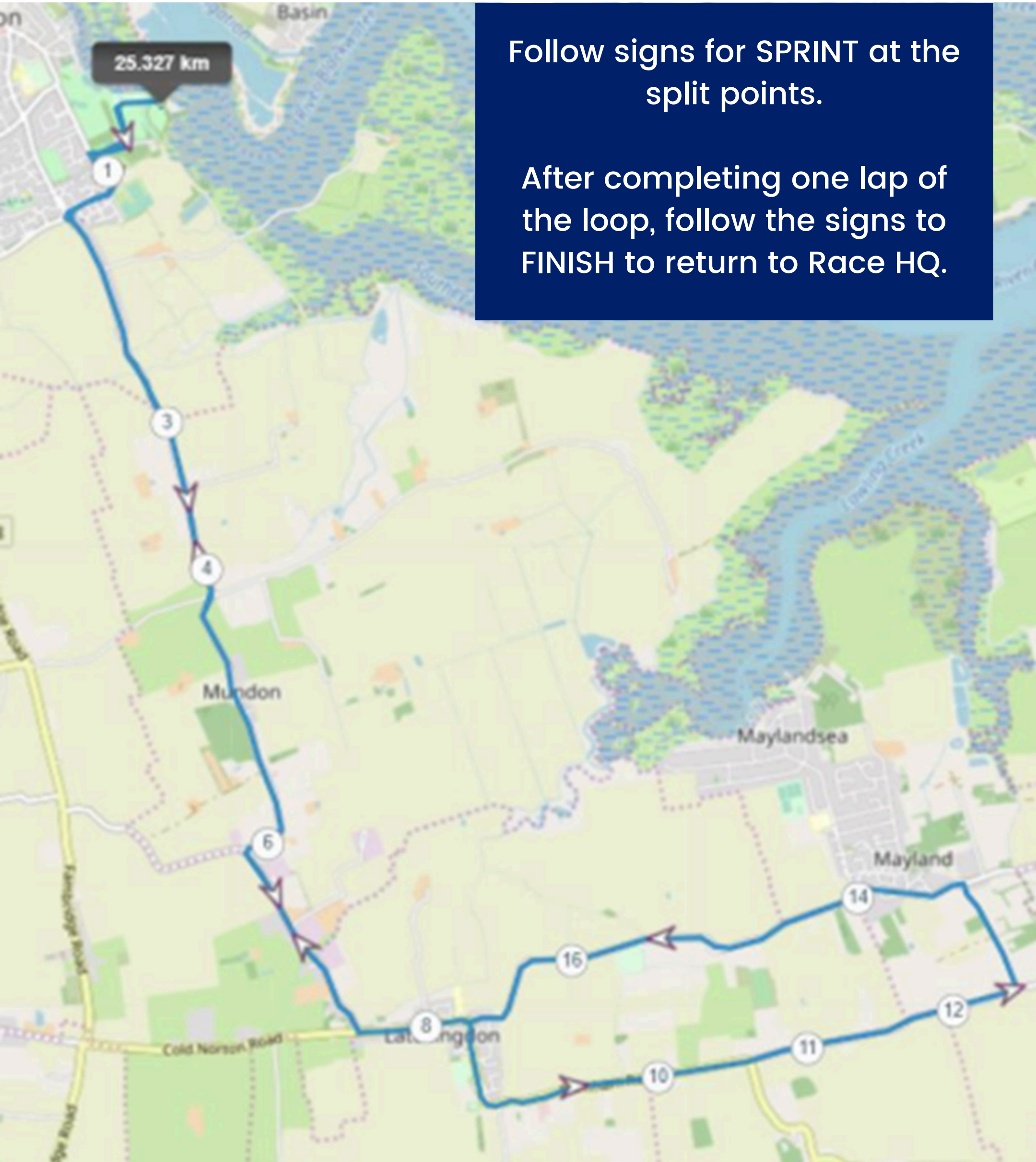
The cycle course takes athletes out of Promenade Park and onto the quiet, scenic roads of the Dengie peninsula. Here you will pass through small towns and villages with traditional weatherboard homes and experience a fast and flat course with occasional inclines.

BEWARE: take care when riding through the park at the start and finish of the course and obey the reduced speed limit signs. Please wait to start 'racing' until you have left the park.

There may be members of the public walking across the road as well as driving in and out, so stay alert and give way where appropriate. When exiting the park, there is a line of uni-directional metal plates on the floor (see below). These are to prevent people from driving in the wrong way. Take care when riding over these, especially if it is wet. Immediately after these plates is a right turn where you must give way and check before pulling out. This is only a side road, so traffic should not be travelling quickly, but stay safe.



Bike Course SPRINT:



Follow signs for SPRINT at the split points.

After completing one lap of the loop, follow the signs to FINISH to return to Race HQ.

[Sprint interactive course map](#)

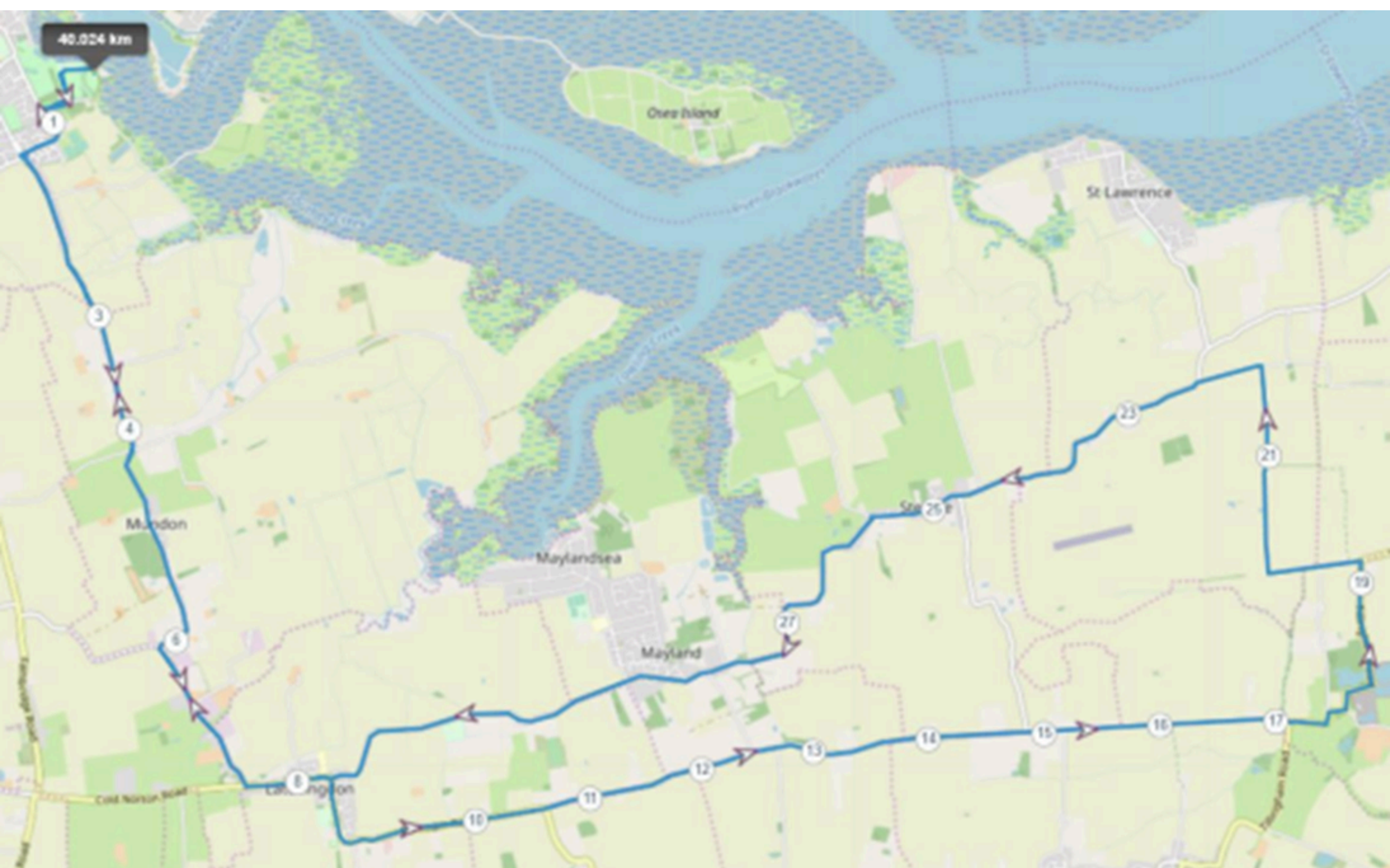
Sprint Triathlon

Sprint Triathlon competitors will complete 1 lap of the loop.

Bike Course STANDARD:

Follow signs for STANDARD at the split points.

After completing one lap of the loop, follow the signs to FINISH to return to Race HQ.



[Standard interactive course map](#)

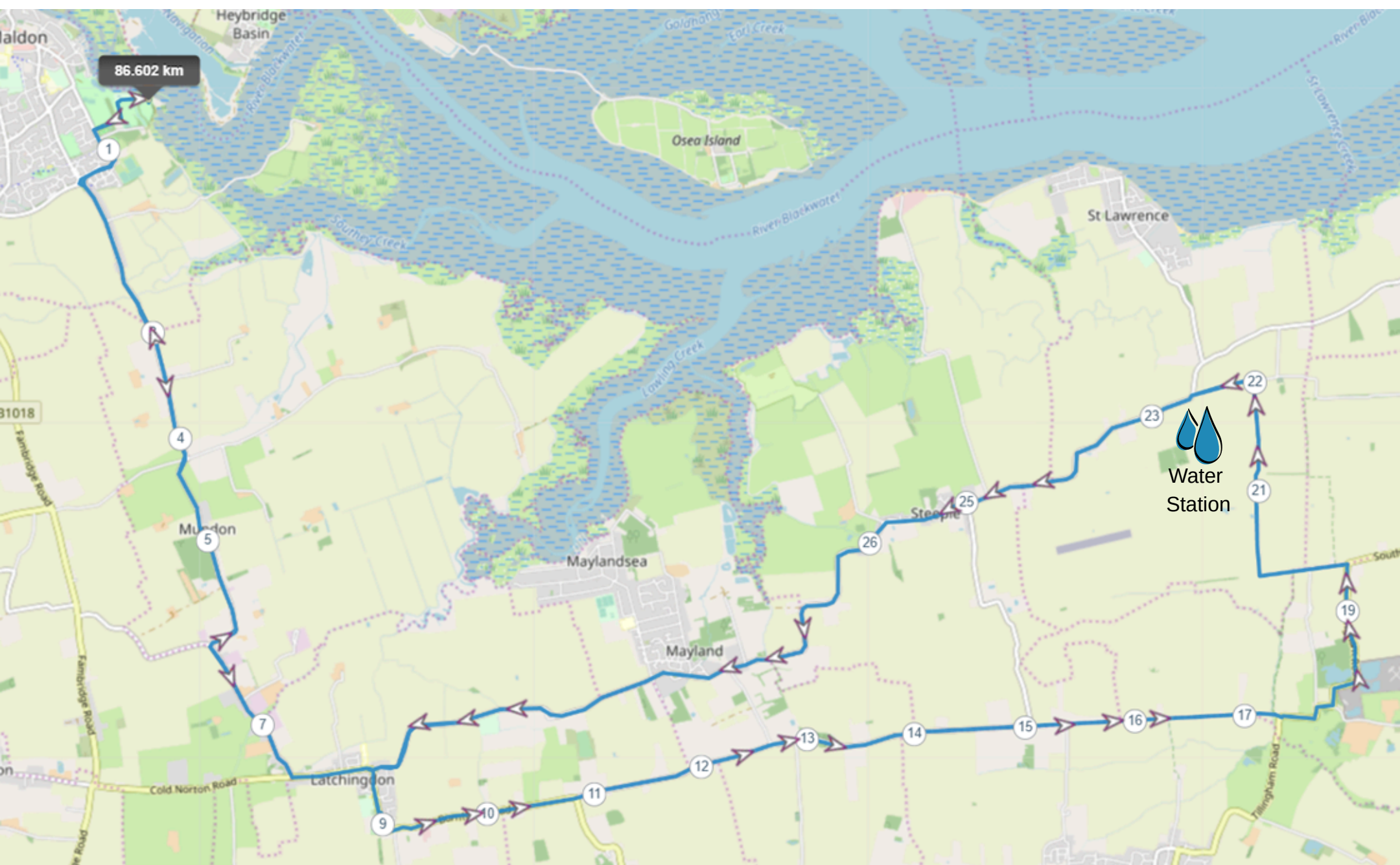
Standard Triathlon

Standard Triathlon competitors will complete 1 lap of the loop.

Bike Course BIG EAST:

Follow signs for BIG EAST at the split points.

After completing three laps of the loop, follow the signs to FINISH to return to Race HQ. There will be a self-service feed station on the course with water and gels. We recommend that you carry your own supplies if you have been using them in training, as you will know what suits your stomach.

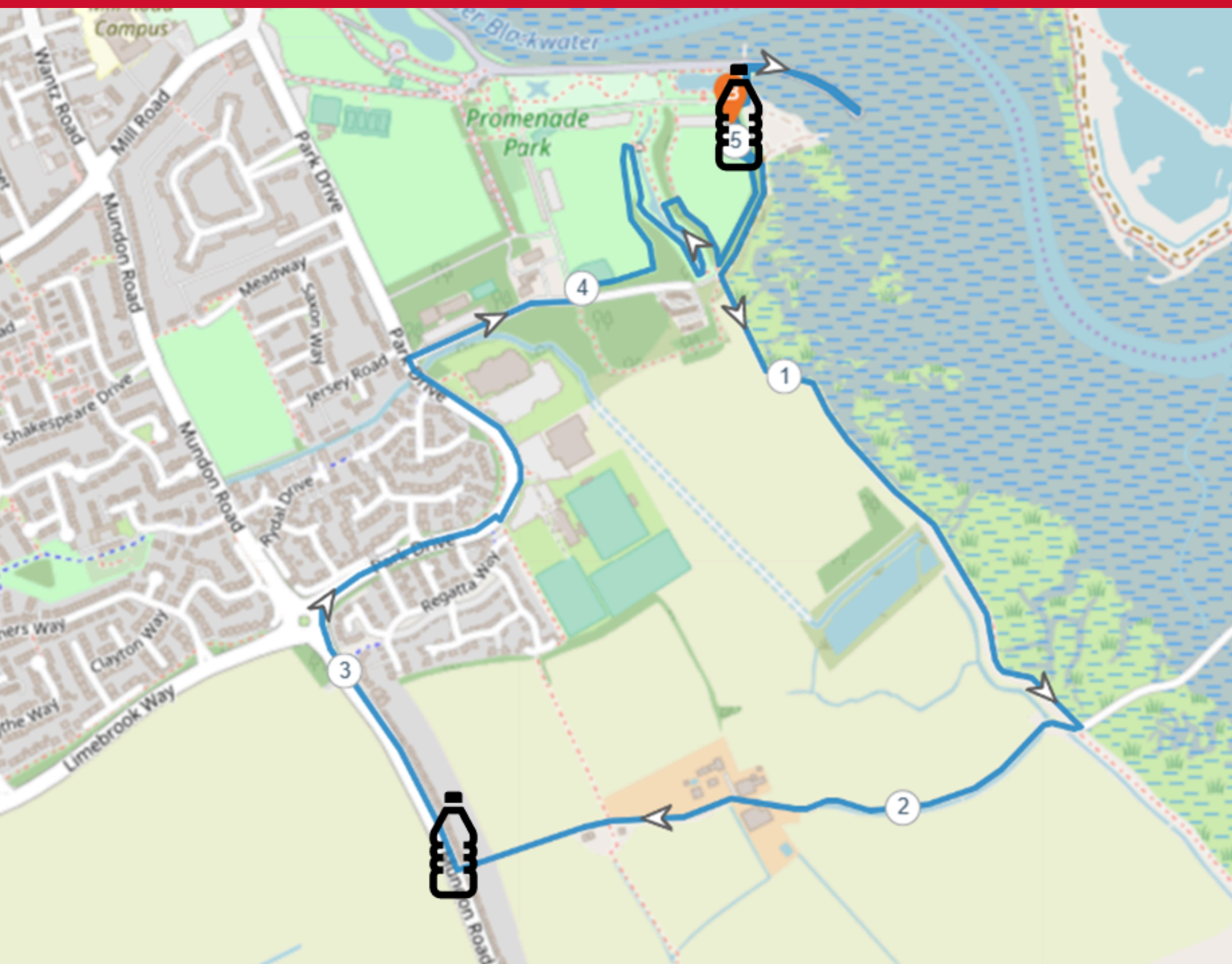


[Big East interactive course map](#)

[Big East Triathlon](#)

Big East Triathlon competitors will complete 3 laps of the loop.

Run Course ALL:



Run [interactive course map](#)

The flat and fast run course is on a mixture of grass, dirt and tarmac footpaths and is a 5km lap. The Sprint distance completes 1 lap, Standard distance is 2 laps and Big East is 4 laps.

The course will be marked so that it can easily be followed, but we will also have marshals positioned at key points.

There will be a water station on the lap at around 2.4km and near the transition area. You must dispose of any litter in the bin provided at the aid station or carry it to the finish area. Anyone found littering will be disqualified.

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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[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!

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DISCOUNT CODE: ATW20



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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.

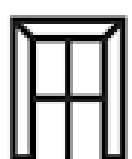
When you sign up for an ATW event, you will have 2 options to help Alzheimer's research UK:

1. Donate
2. Share your interest in supporting Alzheimer's research – including event sponsorships

[FIND OUT MORE](#)

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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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