

MALLORY RACE CIRCUIT

DUATHLON



Thank you for entering the ATW Mallory Race Circuit Non-Drafting Duathlon.

This information pack contains everything you need to know ahead of your event on Sunday 12th April. 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:

12th April 2026

Address:

Mallory Park Circuit,
Church Road, Kirkby
Mallory, Leicestershire, LE9
7QE

Parking:

Ample Parking is available for £3 per car/ £10 per bus or coach – please follow the car park marshal instructions. We strongly promote car sharing where possible. The parking fee will be collected at the entrance. Please provide cash where possible.

Timings:

6:30am

Car Park Opens

7:00am

Registration opens

10:15am

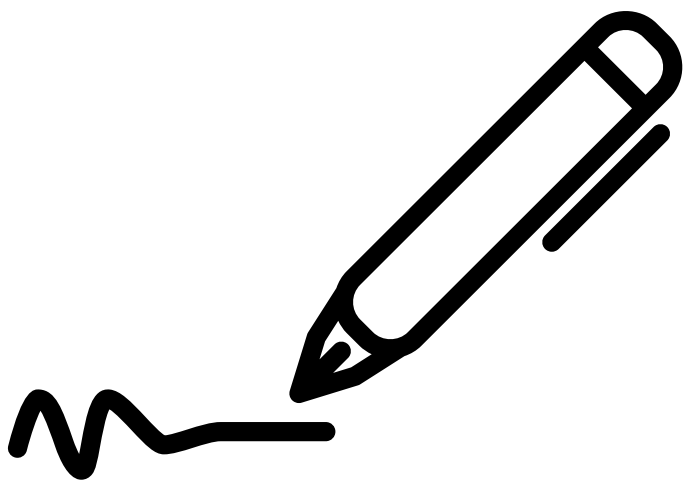
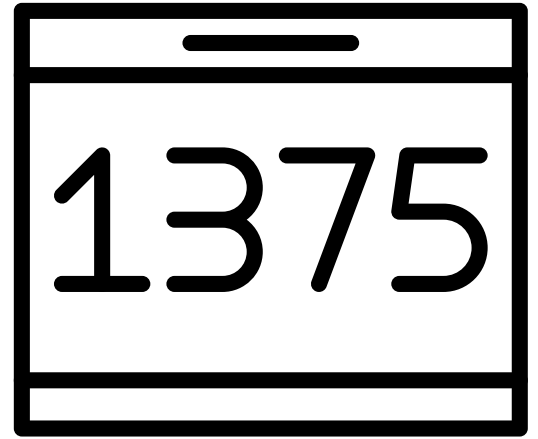
Transition opens

11:00am

Supersprint & Sprint
Duathlon Start

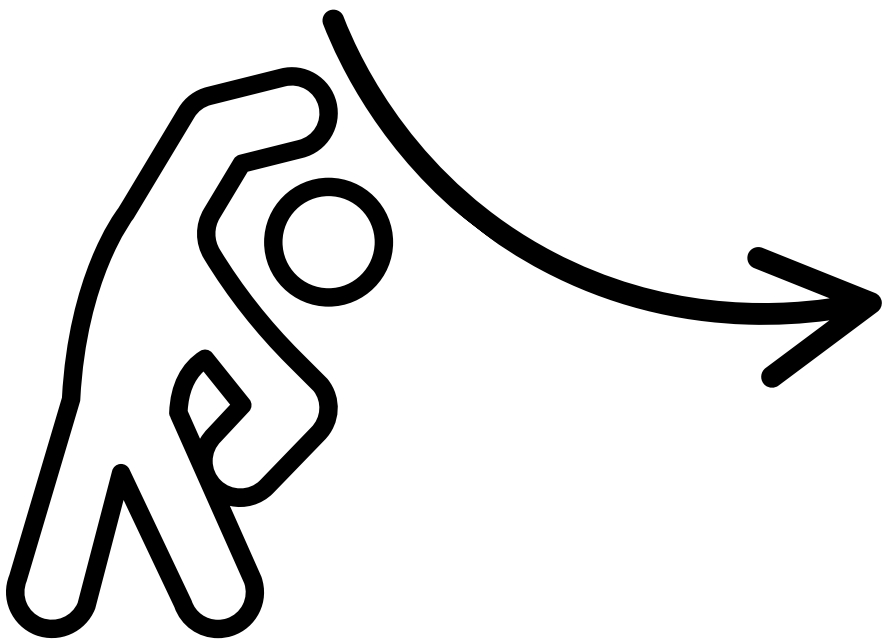
When you arrive:

Head over to registration to collect your race numbers, bike & helmet stickers and timing chip



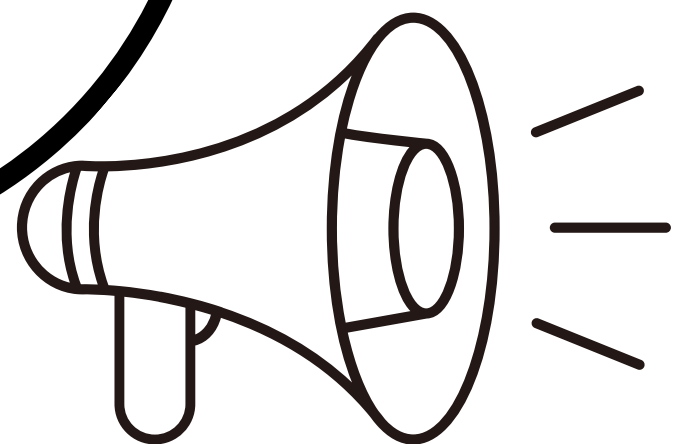
Fill out your information on the back of the race number, this helps us identify you quickly if something happens on course

Head to Transition to rack your bike and set up. Your helmet, stickers & numbers must be on



Warm up and get ready for your race start

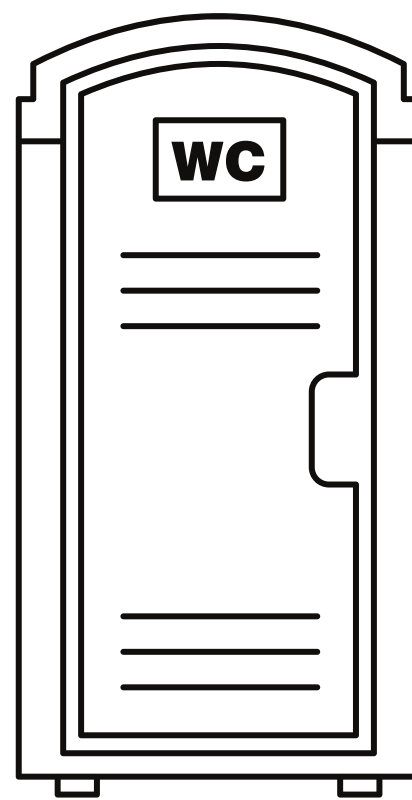
Head to the start area 5 mins before the start for a final race briefing. Have fun!



Some Key Info:

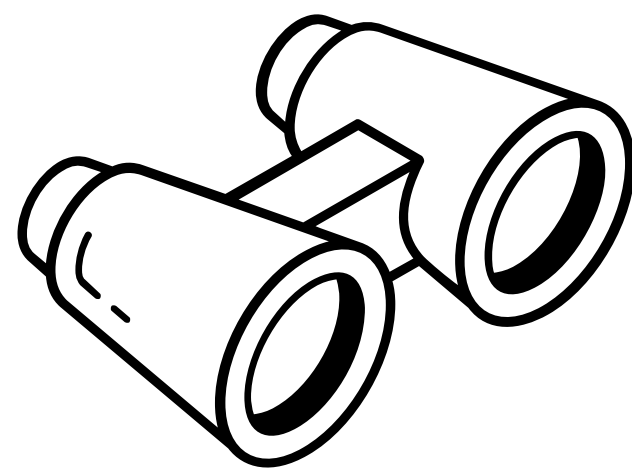
Toilets & Changing:

Toilet and Changing facilities are on site in the centre of the paddock.



A cafe will be serving food and drink inside the event HQ

Friends or family coming to support?
Help us build the magic of event day and celebrate every finisher over the line.



The wearing of any headphones is NOT permitted during the race, nor at any time in the transition area.

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. There will be space at the edge of transition for bags/boxes to be left.
- Racking will be numbered and the bike needs to be racked 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 your 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...

BTF Race Rules:

- 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
- 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.
- This race is a non-drafting event. Follow the rules (see below)
- 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. 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.
- Be aware of rules surrounding zips on tri-suit tops in section 2.8



**BRITISH
TRIATHLON**

DRAFTING RULES EXPLAINED

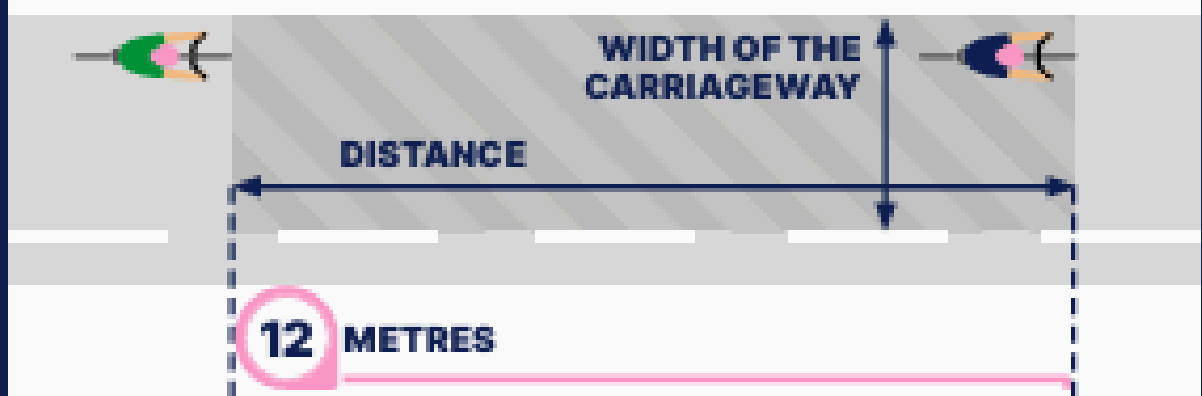
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

WHAT IS DRAFTING?

IT'S AGAINST THE RULES

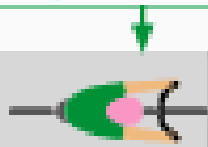
Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE

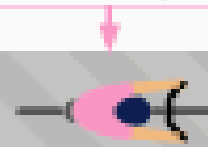


DRAFTING & NOT DRAFTING

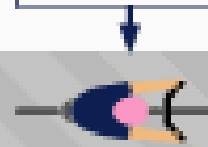
✓ NOT DRAFTING



⚠ DRAFTING BIKE



LEAD BIKE



⚠ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT (OR SHORTER)	30 SECS PENALTY	DISQUALIFICATION	N/A
STANDARD	1 MIN PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting. A full set of rules can be found at www.britishtriathlon.org
- This document is for guidance purposes only.



Site Specific Rules:

- We are very fortunate to be able to use this fantastic venue. Please abide by these rules to ensure we can continue to have access to it:
 1. Dogs are NOT allowed at Mallory Park
 2. The race track is out of bounds except to athletes and official vehicles during the race.
 3. The safety gravel traps must not be entered. They are prepared in a specific way to absorb the energy of a crashing vehicle. If they are disturbed they need to be reset at high cost.



Bike Course (2.5k lap)



SuperSprint - 4 laps
Sprint - 8 laps

2nd Run Course (1.25k lap)



SuperSprint - 1 lap
Sprint - 2 laps

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 running. 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 pick up your race number from there.

We ask that this space is used respectfully



Holly

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 :)

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](#)

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All that's left to say is...

GOOD LUCK

AND

HAVE FUN!!

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. To the right of the text is a small icon of a person with arms raised.

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



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PERFORMANCE**

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Insurance for cycling

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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](#)



Use code [DextroSave50](#) on [this bundle](#)

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://zone3.com/atw)



ATHLETE APPROVED. PERFORMANCE PROVEN.