



**SWIM
BIKE
RUN**
**MALLORY
PARK**



Event Information

2026

Mallory Park Evening Sessions



ATW



We are looking forward to welcoming you to Mallory Park, the number one venue for triathlon training in the UK.

BEFORE WE GO INTO THE OTHER DETAILS PLEASE NOTE THAT MALLORY PARK IS A PRIVATE VENUE AND THERE IS NO ACCESS TO THE SITE OUTSIDE OF THE BOOKED SESSION

It is likely that at the start and end of the season, the water temperature will be low. Swimming in cold water brings an additional level of risk and should always be approached with caution. If you are swimming with us, please familiarise yourself with the **Cold Water Facts and Advice** on the final page.

Location, Travel and Parking

Address:

Mallory Park Racing Circuit,
Church Rd,
Kirkby Mallory,
LE9 7QE

Arriving at the venue

Register at the entrance to the car park.

The main entrance to the venue will be closed from 6:30pm due to a new automated gate - please follow signs to access via the competitor's entrance if arriving after this time.

(w3w: ///trips.tidal.greeting)

Upon arrival, park in the lower car park.

There is no charge for parking for evening training sessions.

Cycling to the venue

There is bike racking available at lakeside for anyone wishing to arrive by bike.

Dogs

Dogs must NOT be brought onto the site.

Session times

Your booking is valid for training any time during the session.

5 minutes before the end of the session, the ATW team will ask athletes to start finalising their activities.

Loyalty Scheme

We have a loyalty point scheme in operation through our booking site. Every booking earns loyalty points which can be redeemed for additional training sessions or ATW event entries.

Changing sessions

If you are unable to attend, you can change your session up to 24 hrs prior to session starting through your ATW membership panel on the booking system.

Gravel traps

The gravel safety traps are designed to trap high-speed racing cars and motorbikes. They are prepared in a very specific way to perform this task as effectively as possible. You must keep out of the gravel safety traps at all times, as disturbing the surface requires them to be re-set high cost.



Registration

At registration you will be asked for your name to confirm your booking. You will be issued with a Tyvek wristband to be worn throughout the session as proof of payment. Non-participating spectators are welcome to attend, but will not be issued with a wristband.

Toilets, changing and showers

Toilets, changing and showers are available in the white building in the centre of the paddock area.

Kitdrop area

At lakeside you can leave a small bag and belongings. While we would consider the area to be safe, please do not leave any valuables in your bag. We cannot accept any responsibility for lost items. Car keys can be left with the lakeside manager, if required.

Walking/Running

There is plenty of space for you to run/walk around the venue on the grass and in the paddock area. If you wish to run around the track, please keep to the lake end of the track and run in an opposite direction to bikes on the inside. This should give you ample sight of any cycles on the track. Please be aware of bikes on the track that may be travelling at high speed and may be riding in an aero position (eg not looking ahead) Always look both ways when crossing the track.

Cycling

The track will be ridden in a clockwise direction (unless advised otherwise at registration – please check on the night).

Please be aware of other cyclists who may be of differing standards and travelling at significantly different speed to you.

If you overtake another cyclist please communicate with them clearly which side you are overtaking on, especially during busy periods.

If riding in a group, do not take up the whole track, please be courteous to other track users and leave ample room for overtaking. Please ensure that you look ahead when cycling. It is a closed-road environment, but there will be other users and the possibility of an emergency vehicle on the track.

Transition training

There will be racking available for you to practice transitions in the paddock area.





Swimming

If you are swimming with us, you will be issued with a labelled safety wristband at the swim entrance before entering the water. Return this to the board upon leaving the water. This is a safety check to ensure that all swimmers are accounted for. All swimmers must wear brightly coloured swim hats (or use a high-viz tow float) to make you visible to both the safety team and also other swimmers. If you don't have one, we will provide you with a swim hat on your first swim with us. Subsequent hats will be available to be purchased.

We are proud to welcome a diverse range of swimmers to our lake, from first-time open-water swimmers, to World Champion triathletes and GB squad swimmers. As a result, you may find swimmers travelling at very different speeds to you.

If you are a fast swimmer, please ensure that you sight regularly and give other swimmers a wide berth.

If you do accidentally bump in to another swimmer (we've all done it!), please acknowledge the accident and take a line to the next buoy that will move you apart (anyone found to be swimming over other athletes will be reprimanded and if repeated will be banned....it is not acceptable behaviour).

If you enjoy a relaxing swim in the lake, please take a wide line around the buoys, leaving the inside line for the faster swimmers.

If you are waiting for other swimmers to catch up, do not hang around the swim buoys, this can result in dangerous collisions.

Its a big lake, with lots of room, please ensure that everyone enjoys a pleasant swimming experience.

Emergency Evacuation

In the unlikely event of an emergency (eg risk of lightning or a serious injury to a swimmer), our lake team will call for an evacuation of the lake. This will take the form of a loud horn being sounded repeatedly from the bank, and whistles being sounded by the water safety team. If you hear either of these please return directly to the swim exit as quickly as possible..

Swim Exit and Changing

Please exit the water at the concrete slipway and return your safety wristband to the lake team. If you exit the water at any other point around the lake for any reason you must report back to the team manager at the swim entrance. Indoor changing rooms and showers are available in the white building in the centre of the paddock.

Post-swim

Dry off and warm up with layers as quickly as possible. Note the impact that cold water can have on driving capability(see page 7) – stay safe!

Lake Layout



The layout pictured above with loops ranging from approximately 200m up to 700m will be setup, however the decision to open up the loops will be at the discretion of the safety team dependent upon the water temperature, weather conditions and demand. Your safety is our priority. Always swim in an anticlockwise direction and follow the instructions of the water-safety team.

Water temperature

One final note, and probably the one that is most important to many, is the water temperature, we will be taking the temperature at the start of each session and displaying it clearly at the swim entrance. The session will still take place if it's raining. In the event of lightning, the safety team will suspend swim activity until it is safe to resume.

We look forward to welcoming you down at Mallory Park.

Swim well, swim happy and don't eat bubbles (if you do.... it probably means you're too close to someone!)



We would like to say a huge **THANK YOU** to our partners. Check out the websites below and use the discount codes to prepare yourself for the upcoming event:

ATW's SWIM Sponsor

[Zone 3 - 20% off here!](#)

(Discount will be automatically applied after clicking link.)



ATW's Supplement Sponsor

[Revive Active](#)

20% off with code ATW20



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Cold Water – Facts and Advice

Swimming in cold water should always be approached with care.

Swimming in cold water puts additional pressure on the cardio-vascular system.

• If you have any known medical conditions or a family history of cardio-vascular conditions **OR** if you have previously experienced difficulties after swimming in cold water refer to your GP before participating

When you are cold your thinking and mobility are impaired.

• Always check that you know where and how to exit before entering the water

When you first get into cold water you will experience the cold shock response – initial gasp, rapid breathing, increase heart rate and blood pressure. During this time it is difficult to coordinate swimming and breathing.

• Always acclimatise to the water temperature before attempting to swim.
• Keep your head above water as you acclimatise. NOTE: Wetsuits do not remove the cold shock response as they fill with water when you get in. The benefit kicks in when the layer of water trapped between the skin and the wetsuit warms up.
• You may experience excruciating “ice-cream head” pain when first putting your head in the water as the cold sensitive nerves in the face and palate go into shock

• Going in to very cold water (typically less than 11°C) can cause numbness and pain, particularly in the extremities, such as the hands and feet. Neoprene socks and gloves can help protect your hands and feet.

As you get colder you can experience mental confusion, slurred speech and poor movement coordination.

• Never set time or distance goals for staying in the water. Get out if you are not comfortable.
• If you think begin to feel the above effects of mild hypothermia, one trick is to count to 10 and then back to one, over and over again. If you lose your train of thought or lose count, it is definitely time to exit the water and get help because you are slowly losing your mental capacity.
• Always follow the instructions of the safety team and get out if they ask you to – they have your best interests at heart. When you get out of the water you will continue to cool for approximately 20 to 30 minutes.

Re-warming takes time.

• Be prepared for re-warming: bring dry warm clothes including hat, gloves and thick socks.
We will have a blanket and chair at lakeside reserved for those who are struggling to re-warm.
• Have a warm drink if possible to help warm up your core temperature.
• Re-warm gradually – don't worry if you shiver, shivering is good.
• Don't jump into a hot shower or bath.
• **Do not attempt to drive or ride a bike until you have re-warmed..**