

MALLORY RACE CIRCUIT

TRIATHLON



Thank you for entering the ATW Mallory Park Race Circuit Triathlon.

This information pack contains everything you need to know ahead of your event on Sunday 28th June. 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:

28th June 2026

Address:

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

On Saturday evening the on-site bar will be serving food and drinks and showing the England v Panama game. Camping is available on Friday/Saturday night, bookable through the event booking page.

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.

NOTE: Dogs are strictly prohibited at this venue. Anyone arriving with a dog in their car will be turned away.

Timings:

7am

Registration opens

7:55am

Registration closes

8am

Sprint start

8:30am

Super Sprint start

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 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. 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 information on the back of your race bib!

Baggage:

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

Toilets and Changing:

Toilet and Changing facilities are on site in the centre of the paddock. Free female sanitary products will be available in the toilets.

Changing in the cafe is strictly prohibited!

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. 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 15 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...
- Note that transition must be cleared by 11:20 to enable the SuperSeries races to rack.
- Be aware that other races will be taking place both before and after you. Stay alert in transition and do not obstruct competing athletes.

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.

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
- Towels in transition are limited to 30cmx30cm and must be left rolled up in your shoe.
- 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 including in the transition area before and after your event.
- 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 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
- If you have a wetsuit, we recommend that you bring it, just in case.

Site Specific Rules:

We are very fortunate to be able to use this fantastic venue. Please abide by these venue-specific rules to ensure we can continue to have access to it:

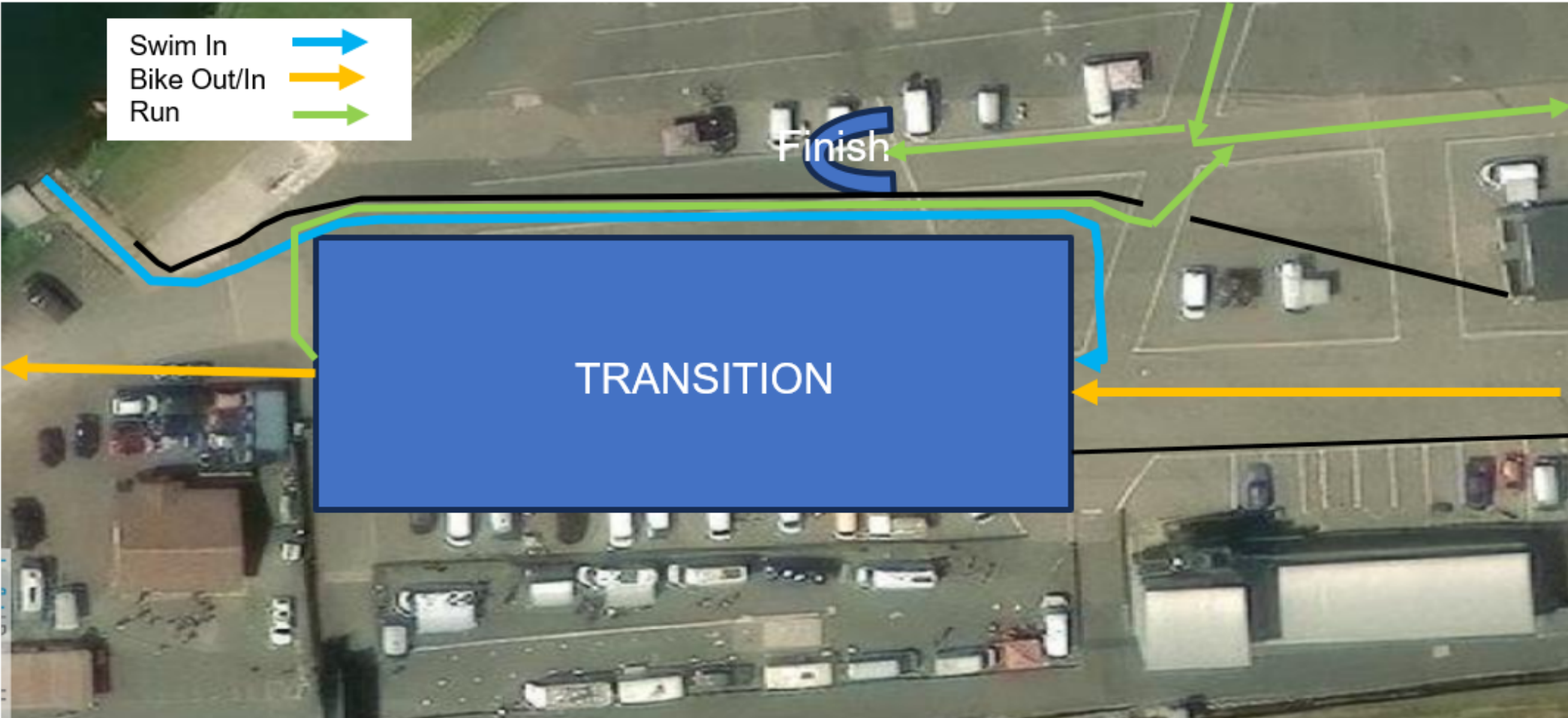
1. **Dogs are NOT allowed at Mallory Park (sorry!) You will be turned away if you have a dog with you.**
2. The race track is out of bounds, except to athletes during the race and official vehicles
3. The safety gravel traps must NOT be entered. They are prepared in a specific way to absorb the energy of a crashing vehicle. If they are disturbed they need to be reset at high cost.



Venue layout



Transition flows



Swim

You will receive a final briefing at the swim entrance 15 mins before your race start.

You will then enter the water and head to the start line for an ‘in-water’ start. During the swim there will be plenty of water-safety team on the water. If you need assistance roll onto your back and raise your hand. A water-safety team member will come over to you. For this reason, we ask that you do not swim backstroke (and because you cannot see where you are going!)

700m

Sprint – 1 lap



400m

Super Sprint – 1 lap



Bike



Super Sprint & Sprint interactive course map

Sprint Triathlon

Sprint Triathlon competitors will complete 10 laps of the 2k bike course, totalling 19.5k
(Note: on the last lap you enter transition and do not climb the hill)

Super Sprint Triathlon

Super Sprint Triathlon competitors will complete 5 laps of the 2k bike course, totalling 9.5k
(Note: on the last lap you enter transition and do not climb the hill)

It is the athlete's responsibility to count their own laps. The marshals and officials on the course will not know how many laps you have completed.

This is a non-drafting bike leg, so avoid drafting behind other athletes

Run

1.25km lap

Super Sprint – 2.5k – 2 laps
Sprint – 5k – 4 laps



[Interactive course map](#)

After your race, we are hosting the British Triathlon Super Series races, showcasing the best talent that GB has on offer. We hope that you will be able to stay and cheer on the future of Team GB.

We look forward to welcoming you to Mallory Park.

Our partners:

ALZHEIMER'S RESEARCH UK

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



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DISCOUNT CODE: ATW20



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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)



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