



Thank you for entering the ATW St Neots Tri - Race 1.

This information pack contains everything you need to know ahead of your event on Sunday 3rd May 2026. 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:

3rd May 2026

Address:

St Neots,
Regatta Meadow,
Croshall Road,
St Neots
PE19 7LA

Parking:

Ample Parking is
available at:
[///blitz.kickers.insolvent](http://blitz.kickers.insolvent)
- please follow the car
park marshal instructions

Timings:

7.30am

Registration Opens @ Race HQ

9.15am

Sprint Race Start

9.30am

Standard Race Start

10.15am

Super Sprint Races Start

Parking & Camping:

Venue

St Neots Regatta Meadow,
Crosshall Road,
St Neots

Follow ATW signage towards parking and Race HQ

Parking

The Primary event parking is on the field next to the event meadow

Access to this parking is off Crosshall Road.

What 3 Words Location:

[///blitz.kickers.insolvent](https://blitz.kickers.insolvent)

Parking is £3 per car which is chargeable on exit

Camping

If you have booked for camping, upon arrival at the above car park, please head over to registration where you can collect your camping permit and you will be instructed where you can set up. Check the camping guide for more details

When you arrive:

Registration:

At registration you will be required to give the name you used to sign up to the event online. In exchange, you will be given a registration pack containing:

- 2 race numbers
- two stickers to be used on your helmet and race bike
- a timing chip with an ankle strap (This must be strapped to your LEFT ankle)
- a swim cap
- waterproof markers will be available for you to write your race number on the back of your left hand

Your race number must be worn visibly on your front for the run and on your back during the bike. The numbers can be pinned to a top or if using a race belt a single number can be rotated from the front to the back.

Additional safety pins will be available at registration if required.

Baggage:

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

Toilets and Changing:

Portable toilets at event HQ.
Free female sanitary products available.

For anyone requiring privacy in transition, small changing pods will be available.

Transition:

- To enter the transition area you must be wearing your helmet securely, be displaying your race number, have your number written on the back of your hand 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 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 the 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.

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 British Triathlon, Technical Official on the morning of the race, 1hr before the start, and will be based on rule 4.2

Swim



The swim course is marked with buoys which mark out the centre line of the swim. You will keep these bouy's on your left shoulder at all times. You will swim out in the centre of the river and back closer to the bank.

The turns will be marked with different coloured buoys at either end of the course.

The super sprint will use a shorter 400m lap. The other 2 distances will use a 750m loop, sprint will do one lap of this and standard will do 2.

After your laps you will swim clockwise around a red buoy before heading to the exit ladders.

Turn on the outside of the outer most swim bouys

Super Sprint Bike

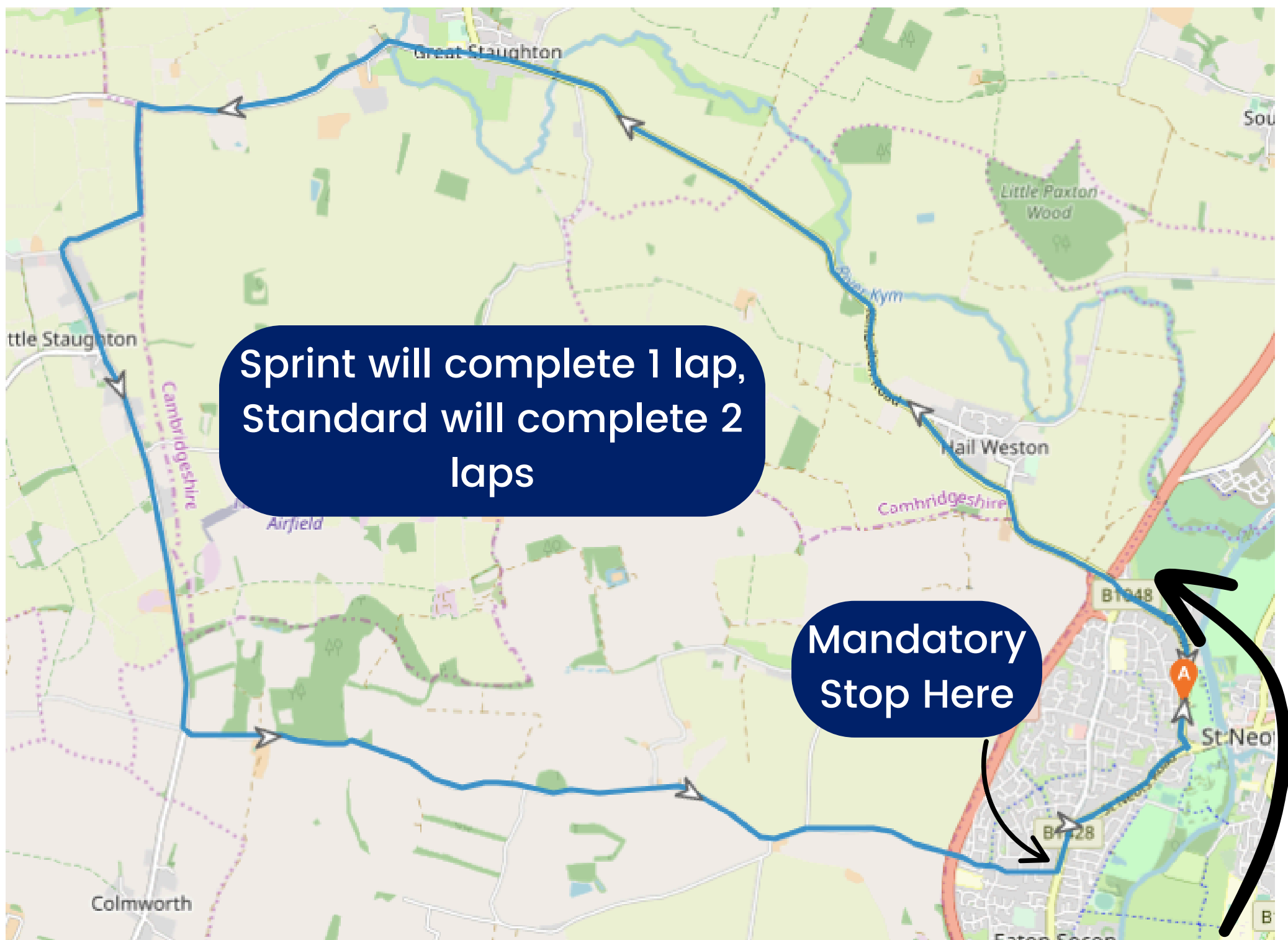


After your final lap you will turn left at HQ to return in to transition.

You will complete 3 laps, following the white signage, turning around at each roundabout.

[Interactive course map](#)

Sprint and Standard Bike



[Interactive course map](#)

Bike

Mandatory Stop - Sprint and Standard

At the bottom of the descent down in to St Neots you will approach a busy junction with a mini-roundabout where you turn left.

Your wheels must come to a complete stop, and only proceed when it is clear. It is your own responsibility to check that it is safe to proceed. You don't have to put a foot down....but if you fall in to another rider and impede their progress you will be penalised . This will be well-signed. Failure to Stop will result in Disqualification.



Run



1 x 2.5km lap
for
Supersprint

2 x 2.5km
laps for
Sprint

4 x 2.5km
laps for
Standard

- Mixed Terrain
- Paths and grass
- Signed course
- Marshals

[Interactive course map](#)

Crossing the finish line

ATW HUB:

The place for all of your pre and post race needs and all things ATW.

Click below to see your results, photos and more

Download the ATW HUB app from the iTunes store or PlayStore

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

Collecting your belongings:

The commentator will announce when transition is open to collect your things, please be aware transition may still be live. Do not obstruct other athletes and follow marshals instructions.

The use of mobile phones and headphones is prohibited in the transition area, even after your race has finished.

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!

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 competing. 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 register and pick up your race numbers and timing chip from there.

We ask that this space is used respectfully

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 Claire 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 :)

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](#)



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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 

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.