



Thank you for entering the Woking Spring Triathlon.

This information pack contains everything you need to know ahead of your event on Sunday 26th 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:

**26<sup>th</sup> April 2026**

## Address:

Woking Leisure  
Centre, Woking Park,  
Kingfield Road,  
Woking, GU22 9BA

## Parking:

Ample parking is  
available at Woking  
Park.

## Timings:

**6:00am**

**Registration opens**

**From  
7:00am**

**Super Sprint/Sprint Start**

**A START LIST WILL BE EMAILED OUT TO YOU ON THURSDAY  
23<sup>rd</sup> APRIL AND WILL BE POSTED AT REGISTRATION!**

# When you arrive:

## Registration:

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

You will need to have a British Triathlon membership or race 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. This can be fixed to the front and back of a shirt or a single number can be worn on a number belt and rotated from the back to the front.

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 emergency contact details on the back of your race bib!

## Baggage:

Excess baggage will be able to be placed next to the wall of the leisure centre on the inside of transition. Please keep your area next to your bike only for equipment needed for the event.

## Toilets and Changing:

Toilet and Changing facilities are on site in the Leisure Centre. Portable toilets will also be available next to transition.

Free female sanitary products will be available in a labelled portable toilet.

## 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 or towels larger than 30cm x 30cm are allowed to be left by athletes' bikes in transition.
- 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).
- 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...

## Aquathlon:

- Aquathlon athletes will start mixed with triathletes based on swim times.
- Aquathlon athletes will have a numbered cone in transition to position their belongings. this will be on the right as you exit the pool.

## 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

# Race Rules:

- Swim hats are optional. No backstroke.
- 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](http://www.britishtriathlon.org)
- Be aware of new rules surrounding visors and towels.
- 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
- 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.
- Compression, arm and/or leg covers may not be worn in the pool (rule 14.2e)

# Swim Start:

- At the start you will be lined up in number order. You will be asked to enter the water one at a time and advised when you can start. You must be touching the wall at the start.
- Your timing chip will start when you are told by the start official.
- You must complete the correct number of lengths, ducking under the lane rope after competing two lengths in each lane. Tumbleturns are allowed
- If you catch the swimmer in front, overtake them when it is safe to do so.
- **NO RUNNING on poolside! YOU MUST walk until you are outside of the building.**

# Swim:

The swim will be a 'snake swim' in a 25m pool, with the fastest swimmers starting first. Each competitor's timing will not start until they commence their swim.

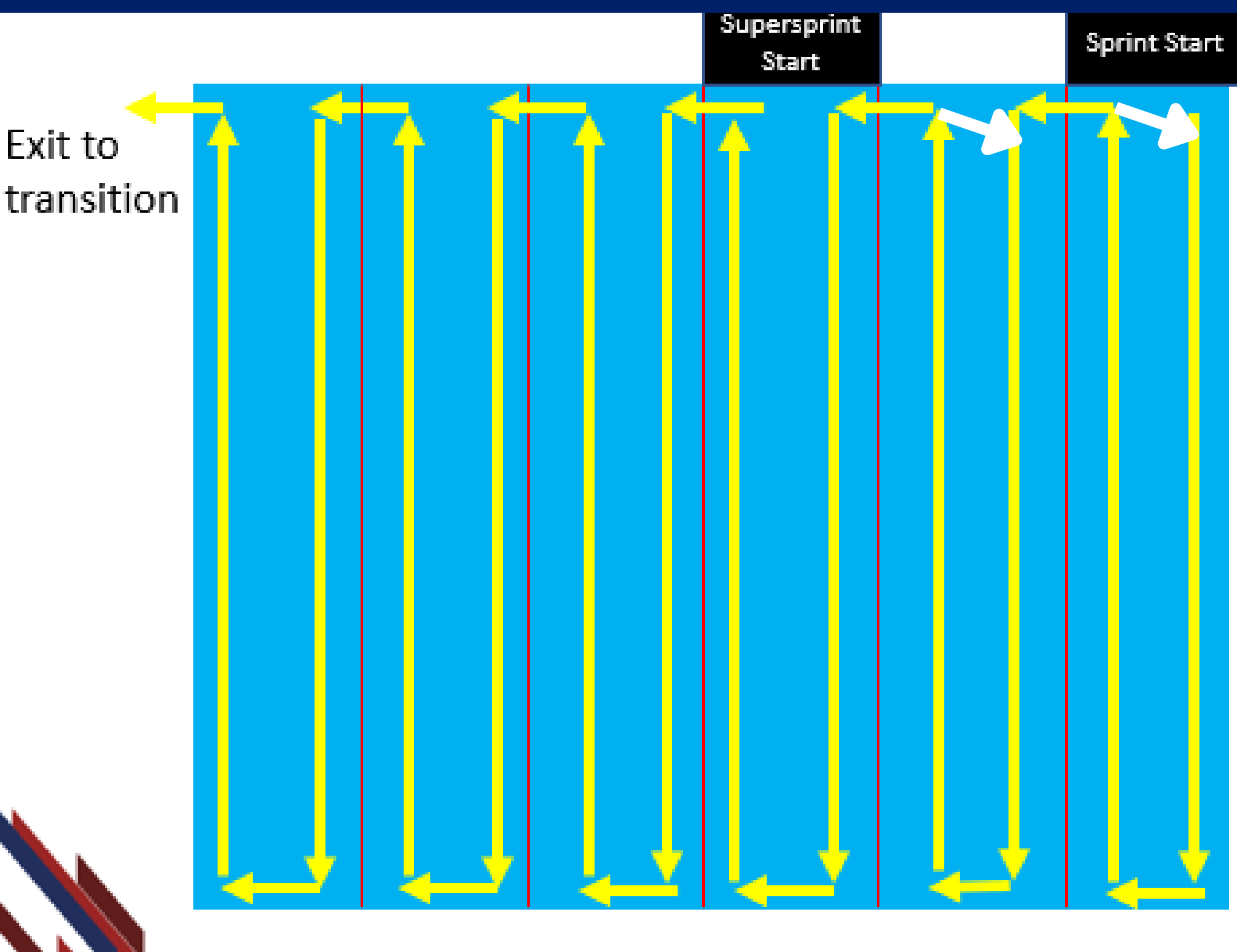
More accurate start times will be posted at registration.

You have been asked on the entry form to predict your swim time (400m or 200m depending upon the event you have entered). This is to ensure that you are seeded in the correct position in the swim. If you feel that you are not seeded in the correct position, ask the swim starter who will let you move to another position.

Sprint athletes will complete the first 100m in lane 1, 100-200m in lane 2 before continuing with the snake style format.

**NO RUNNING** on poolside! **YOU MUST** walk until you have left the building.

No photography permitted inside the Leisure Centre.

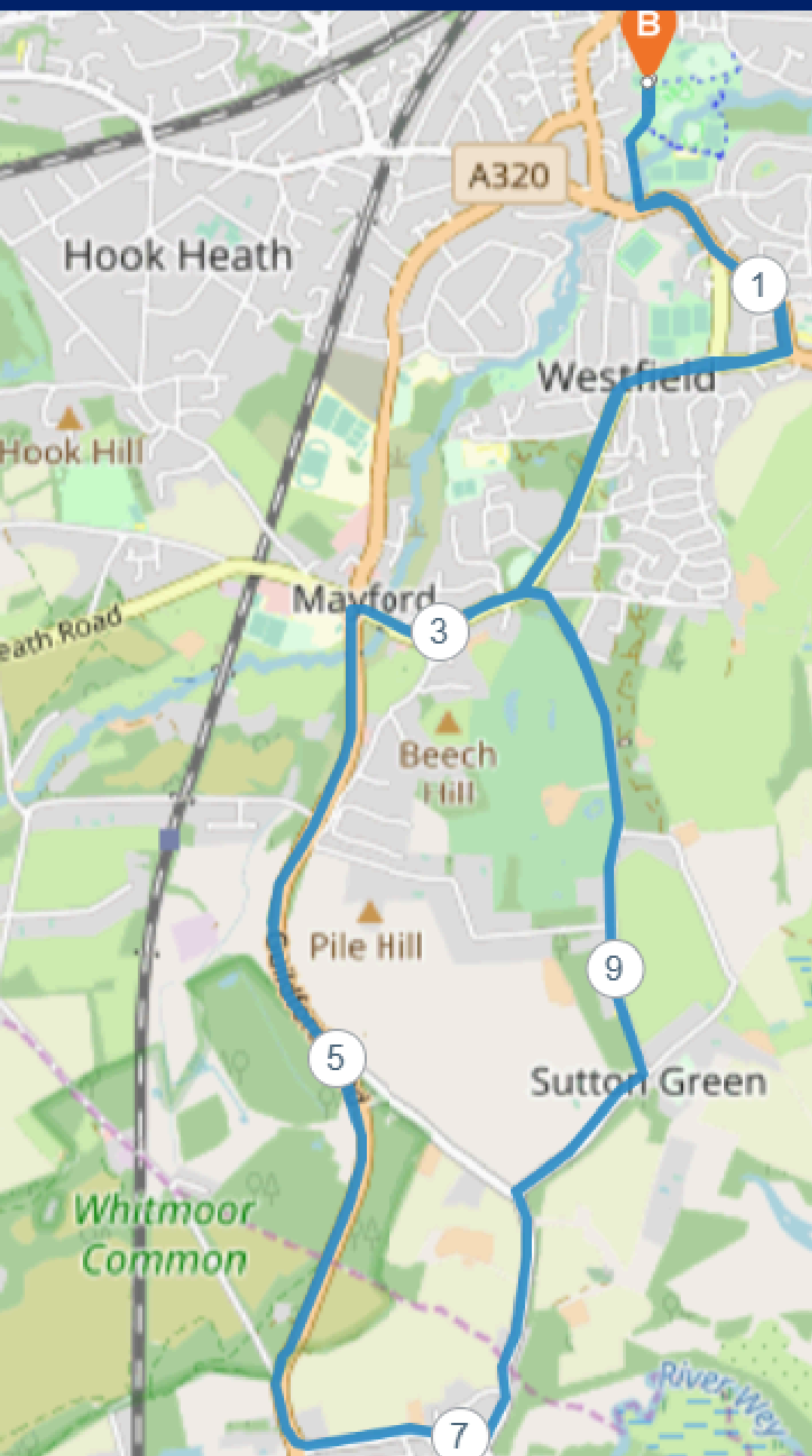


# Bike Course:

Super Sprint: 1 loop  
Sprint: 2 loops

The bike will be well-signed and marshalled at all key points.

Please ensure you follow the Highway Code at all times and Give Way to traffic at all junctions.



## Dead zone

Exiting and entering the venue through the car park is controlled as a dead zone, this means that from leaving T1 to the road your time is not recorded so please be cautious. On completion of your bike laps you will re-enter the dead zone and time will be paused until you enter the transition area for T2.

Time is stopped and started by a marshal scanning your timing chip and the crossing over timing mats at the gates to transition.

[View route](#)



# 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



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## 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!

# Our partners:



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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.

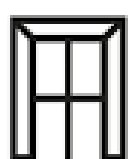
When you sign up for an ATW event, you will have 2 options to help Alzheimer's research UK:

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

[FIND OUT MORE](#)

**LOVE,  
CORN.**

**ATW POWERED  
BY RED BULL**



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of HARROGATE

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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.**