



TRI
MALLORY
PARK

Event Information

ATW Mallory Park Triathlon

Sunday 28th May 2023





Dear Competitor,

Thank you for entering the ATW Mallory Park Triathlon.

ATW advises you read this information document carefully in advance of Sunday, May 28th (event day), so that you can enjoy the event to its fullest.

Summary Event Info

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

Registration opens at:
11:00am and will remain
open until **12:30pm**.

Course distances and Start
times are as follows:

Super Sprint Triathlon:
12:30pm
400m swim – 10km bike – 2.5km run

Sprint Triathlon: 12:45pm
750m swim – 9.6k bike – 5k run

We ask that after registering, triathlon entrants, set up their transition area following the marshals instructions before moving away to warm up and prepare for the first run.

There is plenty of room to warm up by the start and finish area.

It is vital that we know exactly who is attending this event so you must not give your race number to any other person if you can't attend for any reason.



Venue

Mallory Park Circuit, Church Road, Kirkby Mallory, Leicestershire, LE9 7QE.
Follow ATW signage towards the Car Park and Race HQ.

Site Rules

Please follow these site rules to ensure our continued access to this fantastic venue:

1. No dogs are allowed on site
2. Do not take dirt/gravel on to the racing circuit
3. Only official vehicles are allowed on the race circuit
4. The gravel traps are specially prepared to absorb the energy of crashing vehicles. Disturbing or walking on the gravel will reduce its effectiveness and require it to be reset at a high cost. Please Keep Off the gravel traps.

Parking

Ample parking is available - please follow the car park marshal instructions in the main carpark. Parking is available at Mallory Park for £3 per car. We strongly promote car sharing where possible. The parking fee will be collected on exit from the venue to avoid queues on arrival. Please provide cash where possible.

Changing and Toilets

There are toilets available at HQ in the toilet blocks. Also, in these blocks are a small changing facility, including showers. Please do not get changed in the café.

Baggage

No official baggage area will be provided. There will be an area sectioned off at the edge of transition for any essential items that cannot be left in your car. Competitors are advised not to leave any valuables as ATW will not be held responsible for any lost property.

Headphones

Headphones are **not** permitted for any part of the triathlon event.

Refreshments

There will be a coffee van on site selling hot drinks and snacks.





Registration

Registration Opens: **11:00am** and will close at **12:30pm**.

Registration will be located at the 'signing on' office in the centre of the track which will be clearly signed from the car park, taking you over a bridge onto the inside of the track.

At registration you will be required to give the name you used to sign up to the event online. If you are a BTF member you will need to present your membership card.

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**). The number must be worn visible 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.

Triathlon entrants will also receive 2 numbered labels (one for the front of your helmet and one for the top tube of your bike).

Additional safety pins will be available at registration if required.

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you to download via our photo page. If you wish for any of the published photos to be removed, just let us know.

[2023 \(Active Training World\)
\(atwevents.co.uk\)](https://atwevents.co.uk)

Spectators

Spectators are encouraged to attend our events to give that extra support to friends and family taking part. There are superb viewing points around the paddock area and alongside the back straight where you will see the athletes multiple times.

Spectators must NOT go on to/ cross the bike circuit or pit lane.

Marshals

Did you know marshals at our events get money and free race entries. If you know people who may wish to be involved with ATW events then ask them to email:

eventmakers@activetrainingworld.co.uk

@eventsatw





Transition area

To enter the transition area you must be wearing your helmet securely, 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 by a marshal before you are allowed to remove your bike from transition.

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 by walking through transition. There will be marshals in the area to help if you are not familiar with setting up arrangements for your bike, helmet, shoes etc...

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 an excess baggage area at the edge of transition. ATW will accept no responsibility for lost property so please do not bring any valuables.

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 at 12:30pm when the Super Sprint Triathlon will start. It will be opened post-race once all bikes have returned from the bike leg. This will be advised by the

commentator.

When removing your kit from transition, be aware that there may be other races taking place. Be careful and attentive.

Race Rules

Normal Brit Tri (British Triathlon) rules apply. All these rules are important but the most important of these is that all competitors must secure their cycle helmet (on their heads!) before removing their bike from the rack and must not undo or remove it before racking their bike at the end of the cycle section.

The event is being run under British Triathlon, non-drafting rules. The bicycle draft zone will be 10 metres long measured from the leading edge of the front wheel. A competitor may enter the draft zone of another competitor, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another competitor.

The bike does have technical sections including dead-turns. Competitors following the racing line through these sections will not be deemed to be drafting.

Race moto officials will be on course looking out for anyone drafting and you must abide by their instruction if they deem that you are subject to a penalty. More info available below:

[British Triathlon - Drafting Rules Explained](#)

[british-triathlon-competition-rules-2023.pdf](#)
([britishtriathlon.org](#))



Swim Course – 400m/750m Lap

Super Sprint and Sprint competitors will complete 1 lap with the Super Sprint turning left earlier to create a shorter loop. You will enter using the concrete ramp and will walk/swim to the starting buoy. 2 red buoys mark a tree that has fallen into the lake, stay to the left of these on the opening straight.

Bike Course – 3.2km Lap

Super Sprint competitors will complete 3 laps and Sprint competitors will complete 6 laps of the 3.2km lap. You are responsible for counting your own laps. The bike leg of the Mallory Park Triathlon will start after the mount line, merging left onto the course, so please be careful checking over your shoulder in case someone is coming past for their next lap. You will then exit the paddock before turning left into the racing pit lane, before exiting onto the circuit. The ride will then take you on the same route the Elite competitors will be

doing later in the day, including some exciting chicanes and U-turns to test you bike skills. Once you have completed all of your laps, you will turn right into the centre of the track towards HQ. Please keep on the inside throughout the bike leg, overtaking on the outside of bends, with lots of communication to your fellow competitors.

Run Course – 1.25km Lap

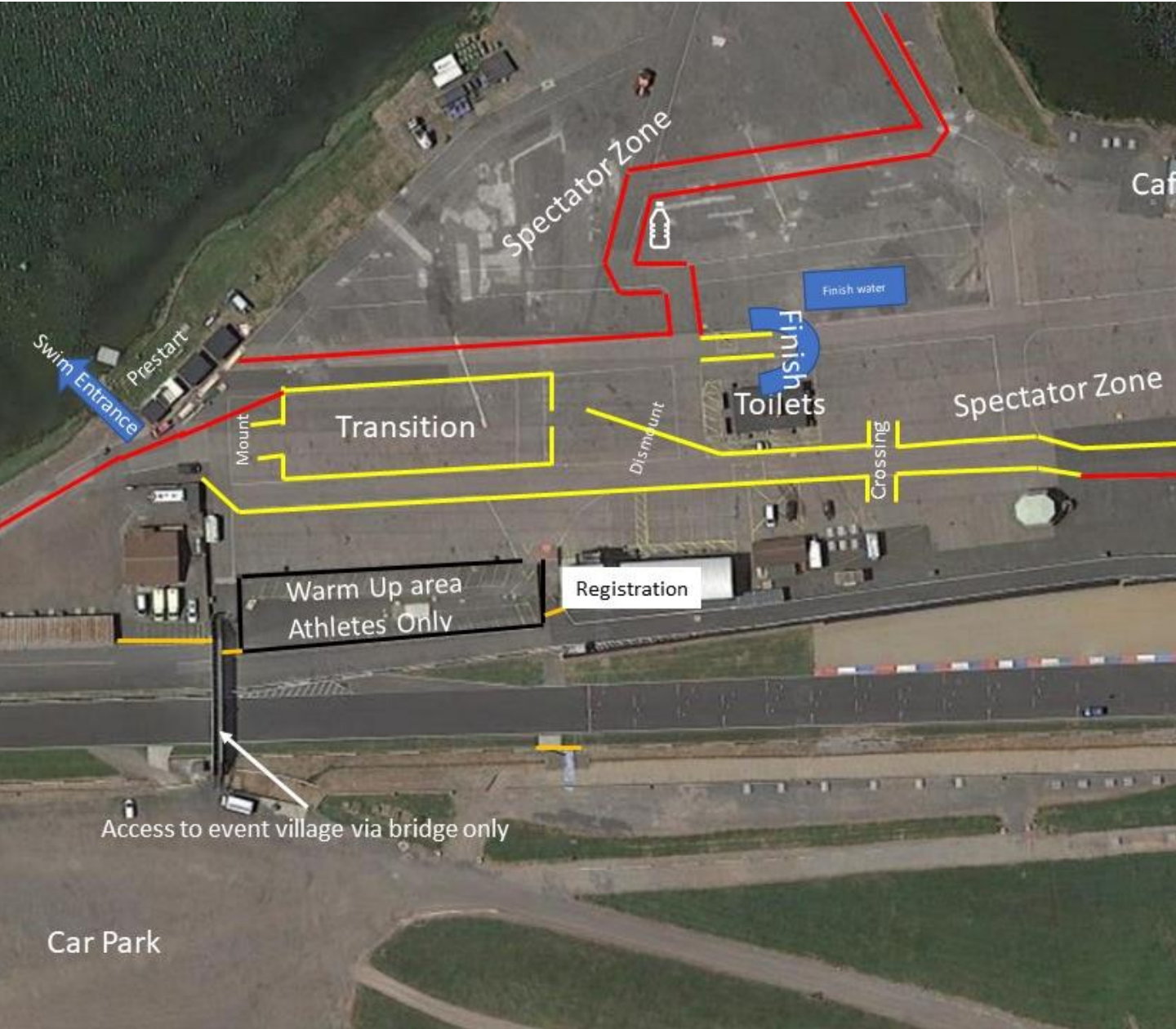
Supersprint competitors will complete 2 laps and Sprint competitors will complete 4 laps of the 1.25km lap. You are responsible for counting your own laps. You will head out of transition taking a sharp right and turn left just before the finish line to start your lap running in a anti-clockwise direction around the lake. Each lap you will re-enter the centre of the track, passing the swim exit and transition. Either turning left for more laps or carrying straight on to the finish. This will all be clearly signed on the day.

*Please view the maps on the following pages to see the course in more details.



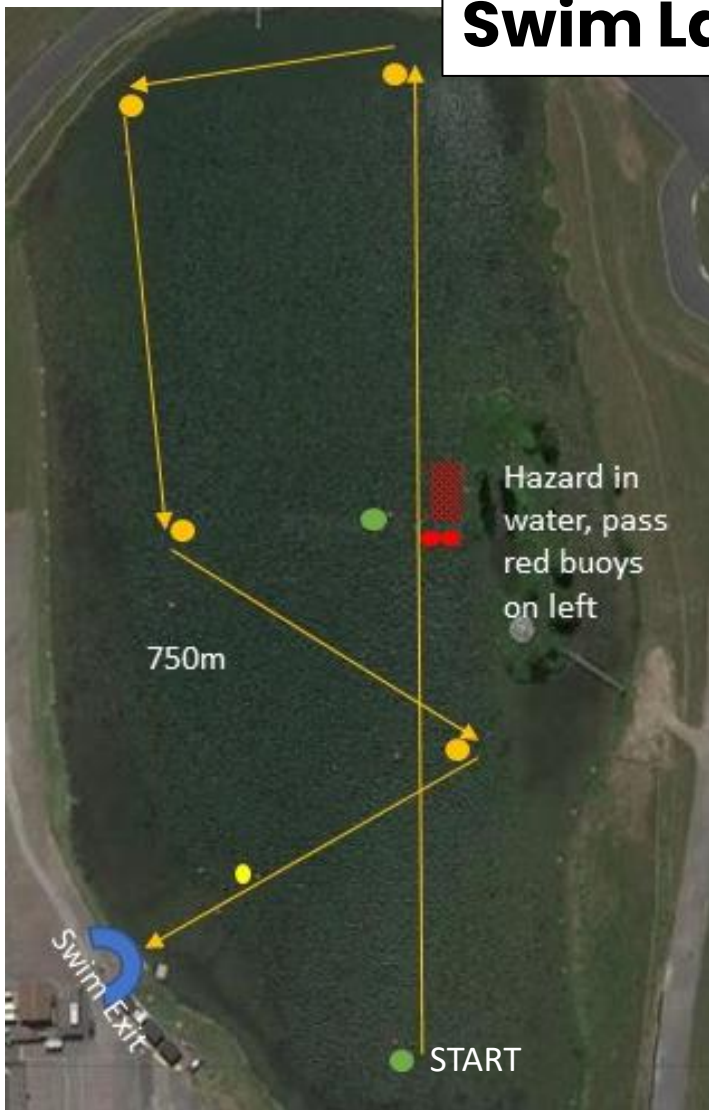


Event Layout





Sprint 750m Swim Lap



Super Sprint 400m Swim Lap



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3.2km Bike Lap



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1.25km Run Lap



Super Sprint – 2 Laps
Sprint – 4 Laps

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Key Race Rules / Info

- 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.
- There is **no** water/feed station on the bike, ensure that you carry any drink/food that you require.
- There will be a water station on the run at the start of each lap. There will be water available, at the finish line.
- Littering on the course is prohibited – please ensure that you carry all litter with you to the next bin. Anyone seen littering will be penalised.
- Refrain from spitting on the course.
- This is an individual effort. Outside assistance is strictly prohibited
- Headphones are strictly prohibited during all legs of the race, and when setting up in the transition area.
- Please keep the transition area clear throughout the race. Store any excess baggage at the side of the transition area.
- If you DNF please head to the Finish line and inform the timing team you have withdrawn.
- We want you to have fun while racing, so officials will stop and educate when athletes are seen breaking rules, and penalties will only be issued when athletes blatantly ignore officials' requests.



Timing

The event will be chip-timed. Your registration pack will include your race number and a chip, this chip must be worn visibly on the outside of your left ankle. Start time will be based off the gun time.

After the race

After finishing, please collect your bike and belongings promptly from transition once it is declared 'open' by the technical official. Be aware that the elite race may be underway when you leave, so please be attentive when in transition and crossing the racing line.

Please take off your worn timing chip and place these in the collection boxes provided at the finish line.

Results

Results are calculated by ATW's timing partner, EventChipTiming. Your time will be uploaded to their website within seconds of you crossing the finish line. You can find your

result immediately at: [All Races \(eventchiptiming.com\)](https://eventchiptiming.com)

The chip data requires WIFI access and occasionally we have to load this data in manually after the event if the connection is lost. If you have a query on your chip time, please wait until the evening of the event before raising the query.

A full set of results will be available on the results page after the event.

Elite Race

There is a World Junior Elite Triathlon Championships Selection race taking place later in the afternoon, using exactly the same course that you have competed over. We encourage you to stay on and support the next generation of Brownlees and Taylor-Browns.

Final word

We hope you are excited to be a part of our ATW event at Mallory Park. Have fun and race well!