



ST NEOTS' TRIATHLON

**2024 WORLD
CHAMPIONSHIPS
STANDARD DISTANCE
TRIATHLON QUALIFIER**

Event Information

**ATW St Neots Standard
Triathlon**

Sunday 10th September 2023





Dear Competitor,

Thank you for entering the St Neots Standard Triathlon

ATW advises you read this information document carefully in advance of Sunday, 10th September (event day), so that you can enjoy the event to its fullest.

It is mandatory to have read this race briefing before you take part as there will be no briefing on the day.

Summary Event Info

Address:

St Neots Regatta Meadow
Croshall Road St Neots
PE19 7LA

**Registration opens at:
6:45am and will remain open until
all waves have started**

Start times are as follows:

8:30am – OPEN Under40 yrs
8:40am – OPEN 40–54 yrs
8:50am – FEMALE Under45 yrs
9:00am – OPEN 55+yrs
9:10am – FEMALE 45+yrs

We ask that after registering, you set up your transition area following the marshals instructions.

After racking please move away from the transition area to warm up and prepare for your race in the field.

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.

If you have any questions please email:

events@activetrainingworld.co.uk

@eventsatw





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

This event parking costs £3 per car, this is payable on exit of the car park.

The car park must be cleared by 2pm



@eventsatw





Changing and Toilets

There will be no changing facilities on site, but toilets will be provided, in the form of portable toilets.

Registration

Registration Opens: **6.45am** and will remain open until the start of each race

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
- 2 numbered labels (one for the front of your helmet and one for the top tube of your bike)
- a timing chip with an ankle strap. This must be strapped to your **LEFT** ankle
- a coloured 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 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.

Additional safety pins will be available at registration if required.

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.

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 dedicated photo website

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

If you wish for any of the published photos to be removed, just let us know.

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 this or other ATW events then ask them to email

racemakers@activetrainingworld.co.uk

Headphones

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



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 transition 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 no official baggage area for this event but you will be able to leave a small bag at the edge of the transition area. ATW will accept no responsibility for lost property so please do not bring any valuables.

You will be advised by marshals where to rack. 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 live, please take care to ensure that you do not get in the way of other athletes who may be racing while you are setting up/removing your bike from transition.

All bikes should be racked 15 minutes before your start time.

Race Rules

Normal Brit Tri (British Triathlon Federation) rules apply. Two of the most notable rules are:

- cycle helmets must be secure and done up (on their heads!) before removing a bike from the rack and must not be undone or removed before racking the bike at the end of the cycle section.
- Bikes must not be ridden in the transition area. You must mount the bike AFTER the mount line and dismount the bike BEFORE the dismount line.

The event is draft-illegal. This means that no drafting is allowed. 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. Race officials will be 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 on the links below:

[British Triathlon - Drafting Rules Explained](#)

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





Wetsuits

You will be told at registration on race morning if wetsuits are optional, compulsory or banned.

Section 4.2 of the Brit Tri rules provides the relevant water temperatures at which decisions are made.

[british-triathlon-competition-rules-2022](#)

Please do not email in advance of the event as the water temperature needs to be taken on the morning of the race to determine this and it can fluctuate significantly depending on weather conditions and the ambient air temperature the night before the race.

If you have a wetsuit, then it is recommended that you bring it with you and you will be prepared for any situation.

Race Briefing

There will be a race briefing for all age groups in the transition area at 8:15

Swim Start

Swimmers will be called to the pre-start area 10 mins before their start time.

You will start in the water. The water is shallower towards the bank.

Course distances and Start times are as follows:

8:30am – OPEN Under40 yrs

8:40am – OPEN 40–54 yrs

8:50am – FEMALE Under45 yrs

9:00am – OPEN 55+yrs

9:10am – FEMALE 45+yrs

1500m Swim, 40.8km Bike, 10km Run

Waves will start every 10 minutes, wave groupings will be confirmed on event day.



THE SWIM

The swim course is clearly marked by large inflatable buoys. It is a 1 lap 1500m swim

You will swim with the buoys on your right shoulder, there will be triangular sighting buoys along the river. When you reach the large orange cylindrical buoys you will turn around these and head back (again keeping the buoys on your right shoulder)

At the bend in the river, you must swim between the yellow and orange buoy.

[St Neots 1.5km Swim Single Lap - 2km Route near Huntingdonshire \(ID: 2032025\) \(plotaroute.com\)](#)

Exiting the water will be via ladders, a marshal will be in position to assist, if required.





Bike Course (40.8km)

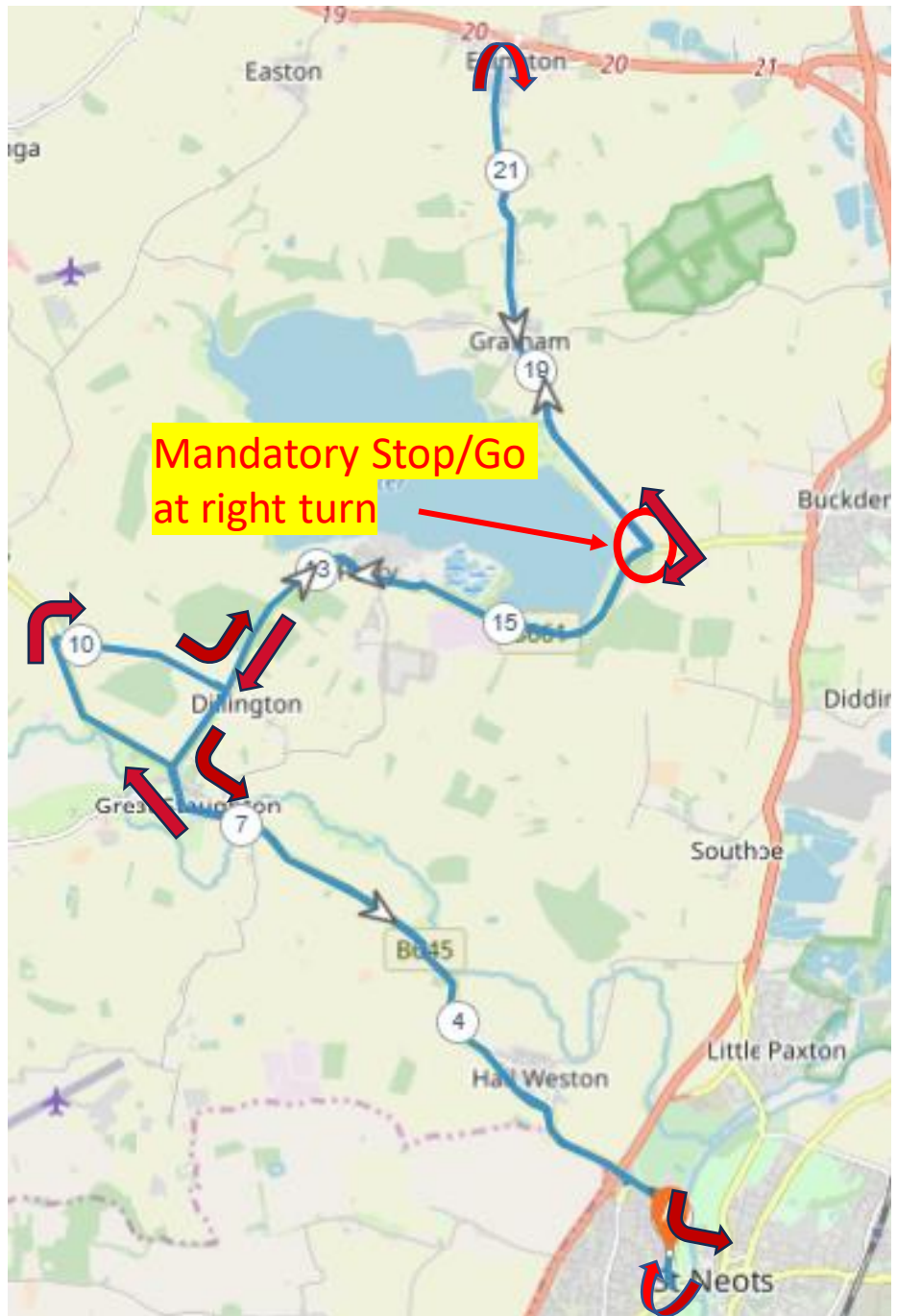
Exit the park and turn left before performing a u-turn at the roundabout and heading back past the park exit.

You will follow the course out to a turn around point at the top end of the course.

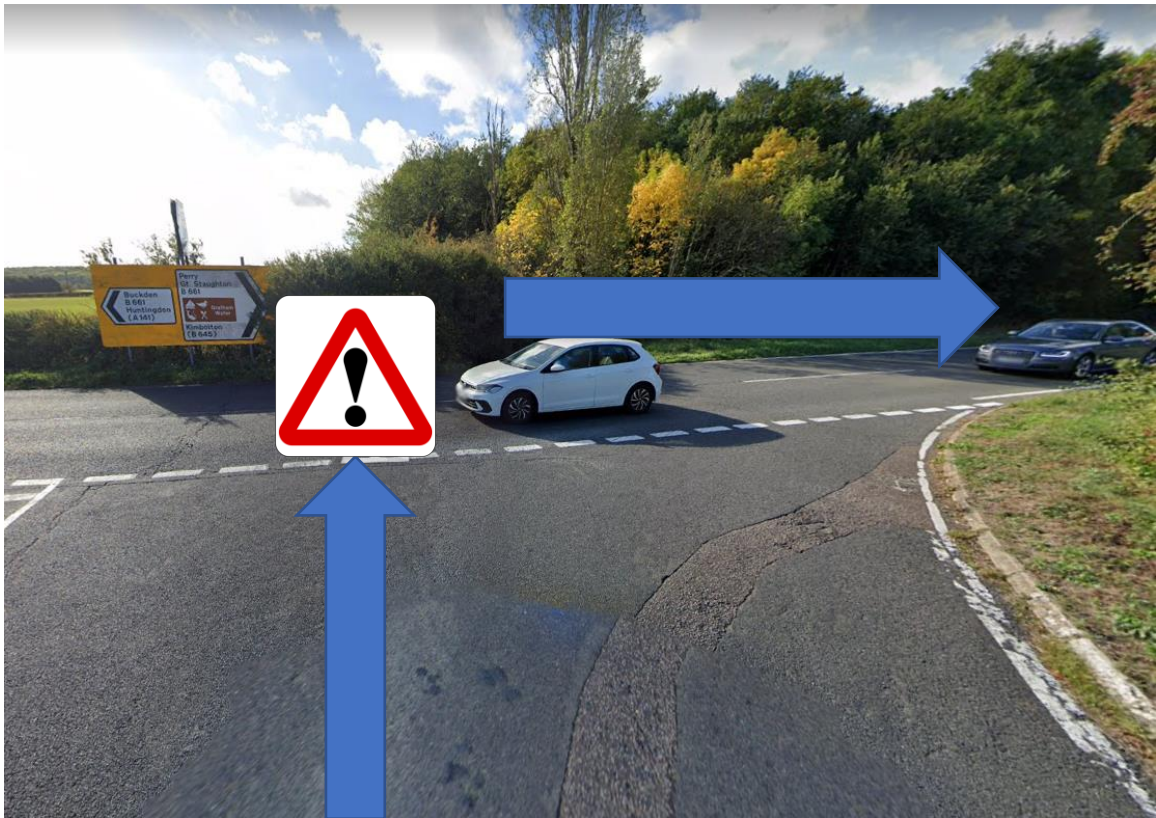
On the right turn shown on the map at approx. 27km there is a mandatory Stop-Go point. Your bike must come to a complete stand still before continuing when it is safe to do so. See following slide.

GPX files can be downloaded on this link:

[StNeots Standard Single Lap](#)



Mandatory Stop – Go



At approximately 27km into the lap you will approach this junction. You will be turning right on to a road with fast moving traffic – it will be well-signposted and marshalled.

All cyclists must come to a complete STOP (wheels stop turning) before proceeding when it is safe to do so. It is your responsibility to decide when it is safe to proceed – not the marshals.

It is not a mandatory foot down, however, if you do not unclip, and then fall in to the path of another athlete , then you will incur a penalty.

FAILURE TO STOP WILL INCUR A PENALTY AND THE POSSIBILITY OF DISQUALIFICATION – TECHNICAL OFFICIALS WILL BE PRESENT AT THIS POINT - YOU HAVE BEEN WARNED!



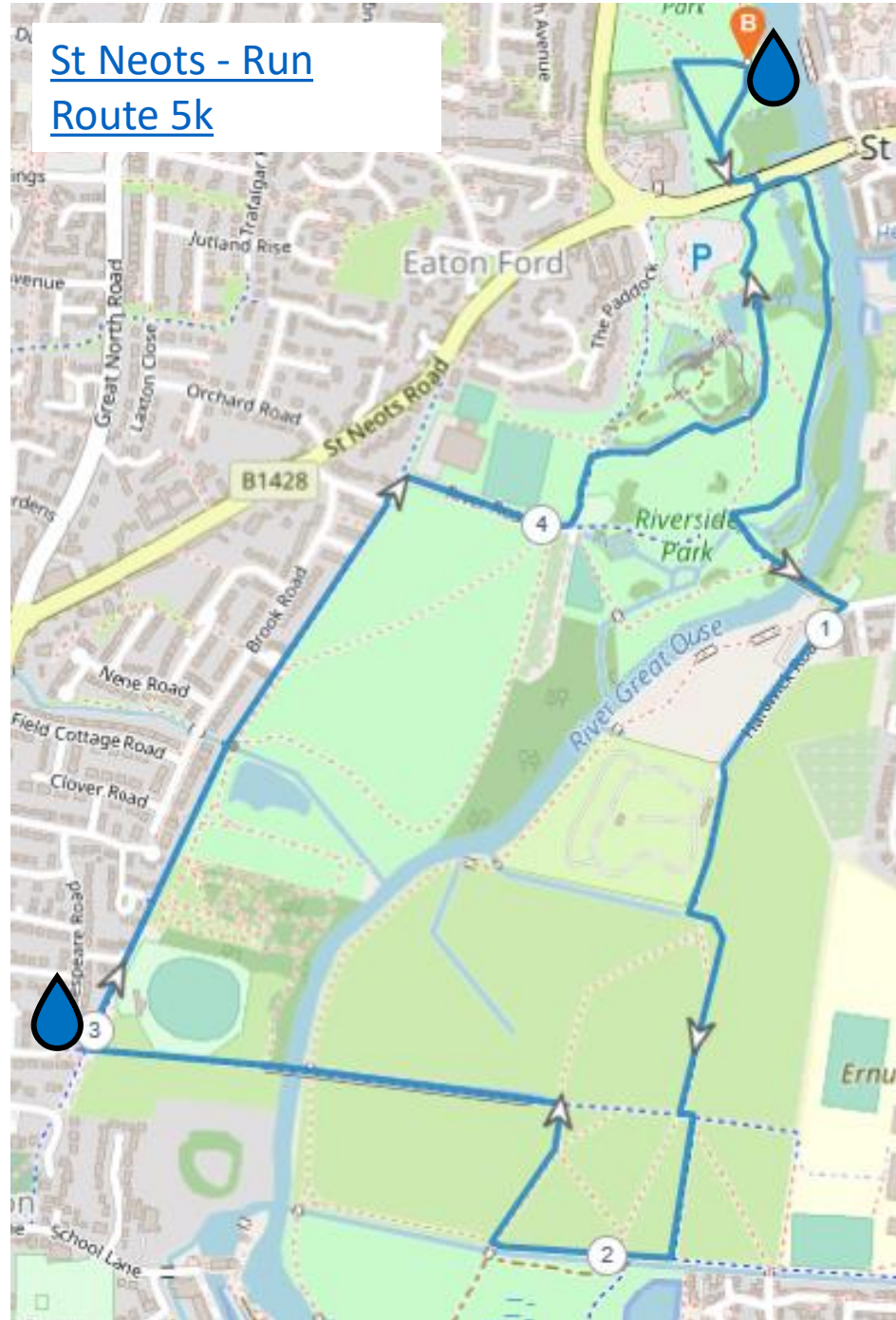
10km Run (2 x 5k Lap)

Please remember to turn your number on your race belt around so it is facing to the front as you exit transition for the run.

The course is a made up of 2 laps of 5k. You will be responsible for counting your own laps.

Please be courteous of other park users.

Water stations will be available at 3k, 5k and 8k.





Key Race Rules

- Swim hats are compulsory and will be provided
- British Triathlon Rules on wetsuits are followed. (Section 4.2 [british-triathlon-competition-rules-2023.](#))
Water temperature will be taken on the morning of the race and advised at registration. We will not be able to provide ANY information on water temperatures until the morning of the race.
- Correctly fitted and structurally sound helmets are mandatory on the bike and must be worn with the chin strap done up all the time when touching your 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.
- Please respect all other road users, in particular vulnerable road users.
For guidance on how to pass horses safely, follow this link: [Horses on the road \(britishcycling.org.uk\)](#)
- Headphones are strictly prohibited during all legs of the race
- This is an individual effort. Outside assistance is strictly prohibited
- You must come to a complete Stop at the mandatory Stop/Go junction. Failure to do so will result in disqualification.
- Event clothing – front zips must be fastened to the top completely (unless wearing a top underneath) whilst racing, and in all cases done up to the top in the final 200m.



Relay Teams

- Relay teams will share a timing chip. This will act as a relay baton for the team.
- All competitors must have their race number written on the back of their hand in order to access transition.
- Each team will be given two race numbers. The cyclist must wear a race number on their back, and the runner must wear a race number on their front.
- All handovers will take place at the team's racking point. The swim competitor will transfer the timing chip to the bike competitor at their racking point in transition. The bike competitor must put the timing chip on before un-racking their bike.
- The run competitor will wait for the returning cyclist at the racking point. The bike competitor must rack their bike before transferring the timing chip to the run competitor.
- All team members can meet at the start of the finish funnel and run across the finish line together to collect their well-deserved race medals.

Reducing Our Environmental Impact



We take our environmental responsibilities seriously.

We've taken the following actions to reduce the impact of our event:

- Course marking fixed with reusable garden wire instead of single use cable ties;
- Branding fixed with bungee toggles instead of single use cable ties;
- Working with suppliers to reduce packaging;
- Providing bike racking at events to enable competitors to arrive on zero-emission transport ;
- Use of recycled bottles for finish-line water;
- Labelled bins in race HQ for recyclable materials;
- Reuse course marking materials wherever possible;
- Use of recycled paper cups on the drink station.

In addition, we provide water butts at the drinks station for you to refill a water bottle, if you wish to carry your own on the run.

If you would like to do more to offset the carbon cost of your travel to the event, please visit [Trees Not Tees](#) to make an individual donation to plant your very own tree.





Timing

The event will be chip-timed. Your registration pack will include your race number and a timing chip. This chip must be worn on your left ankle for the whole race. Avoid covering your chip (especially with your wetsuit), as this may inhibit it being read by the timing equipment.

After the race

After finishing, please collect your bike and belongings promptly from transition, once advised by the marshals and commentator.

Please take off your timing chip and place it 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. There will be no ticket printer for times at the event, but you can find your result immediately at:

[All Races \(eventchiptiming.com\)](http://eventchiptiming.com)

Prizegiving

Prizegivings will take place once the results are ratified.

Prizes will be awarded as follows:

- Top 3 Overall Open and Female Race Winners
- Overall Relay Team winners
- Age Group Open and Female winners (1st place only)
 - Under 40yrs
 - 40-50 yrs
 - 50-60 yrs
 - 60-70 yrs
 - 70+ yrs

Qualification

The event team on the day will not be able to advise you of any qualification status for the GB Age Group team. You will be contacted by British Triathlon in due course.

Final word

No matter what your experience or ability, we hope you are excited to be a part of this occasion, and have a great day!

For those hoping to qualify for the World Championships, Good Luck!!