




BRITISH TRIATHLON **GREAT BRITAIN AGE GROUP**
2025 TEAM QUALIFIER

Event Information

ATW Du Mallory Park (Including World Champs Sprint Qualifier)

Sunday 21st April 2024



Dear Competitor,



Thank you for entering the ATW Du Mallory Park (Including World Championship Sprint Qualifier.)

ATW advises you read this information document carefully in advance of Sunday, April 21st (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:
7:30am** and will remain open until
the final wave starts.

Course distances:

**Super Sprint Duathlon (Wave 7)
2.5k run – 10k bike – 1.25k run**

**Sprint Duathlon: (Waves 1-6)
5k run – 20k bike – 2.5k run**

**Standard Duathlon (Wave 7)
10k run – 40k bike – 5k run**

**See Wave categories & start times
on the next page.**

We ask that after registering, duathlon 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.

Site Specific Rules

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

1. Dogs must not leave the car park area.
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.
4. You must **not** get changed in the café. There are changing rooms in the centre of the paddock.





Wave Categories & Start Times

Wave 1 – 9:00am
Female 50+ Sprint Duathlon

Wave 2 – 9:30am
Female Under 50 Sprint Duathlon

Wave 3 – 10:00am
Open 60+ Sprint Duathlon

Wave 4 – 10:30am
Open 50–59 Sprint Duathlon

Wave 5 – 11:00am
Open 40–49 Sprint Duathlon

Wave 6 – 11:30am
Open Under 40's Sprint Duathlon

Wave 7 – 12:00pm
All Super Sprint & Standard Duathlon

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Venue

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

Follow ATW signage towards the Car Park and Race HQ.

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 vehicle. 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 changing and toilet facilities on site in the building in the centre of the paddock.

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 duathlon event. This includes when setting up/packing away in the transition area.





Registration

Registration Opens: **7:30am** and will close **after the last wave starts**. Registration will be located 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. Be careful as there may be races underway when you arrive/leave.

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.

Duathlon 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 (link below). If you wish for any of the published photos to be removed, just let us know.

[2024 ATW \(atwevents.co.uk\)](https://atwevents.co.uk)

Spectators

Spectators are encouraged to attend our events to give that extra support to friends and family taking part. Mallory Park is a superb venue for your cheer squad due to the multi-lap format.

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.

Bike racking will be numbered. 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 remain open throughout the day. Please be aware that other waves are likely to be racing while you are racking/unracking. Headphones are prohibited in transition at all times.

Race Rules

Normal Brit Tri (British Triathlon) rules apply. All these rules are important but the main ones have been highlighted on the following page.

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.

Race moto officials and draft-spotters 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:

[BTF Drafting Rules](#)

[British Triathlon Competition Rules](#)





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 not undo your helmet strap until the bike has been racked.
- 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 first run. There will be water available, at the finish line.
- Littering on the course is prohibited – there will be bins on the run course. Please ensure that you carry all litter with you to the next bin. Anyone seen littering will be penalised and potentially disqualified.
- 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 in transition before and after the race.
- 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.
- Ensure any front zips on your tri top are done fully up throughout the race in line with Brit Tri rule 2.8/c/viii
- Follow the advice of marshals and officials at all times. They are there to ensure that you have a safe and enjoyable event.



Bike Course

2.5km Lap

Super Sprint competitors will complete 4 laps of the 2.5km lap.

Sprint competitors will complete 8 laps of the 2.5km lap.

Standard competitors will complete 16 laps of the 2.5km lap.

Exiting transition you'll mount and shortly after, take a sharp left and left again to head up the pit lane and onto the track.

At the exit from the pit lane you'll turn right up the climb at Mallory Park to the hairpin. You will then head down the Devil's Elbow continuing along the Kirkby Straight and clockwise around Gerards Bend. After rounding Edwinas you'll turn right, back into the paddock to complete your laps. You will then either turn right towards the dismount line to head into transition or continue straight ahead alongside transition to start your next lap.

You are responsible for counting your own laps. (Tip – you climb the hill once per lap). If you miss the entrance back in to transition – **DO NOT** double back on yourself. Continue to the next entrance point to the paddock.

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

Run Course

1.25km Lap

Super Sprint

Competitors will complete 2 laps of a 1.25k course during the first run. After completing the cycle leg, you will then run another 1 lap of a different 1.25k run course.

Sprint competitors will complete 4 laps of a 1.25k course during the first run. After completing the cycle leg, you will then run another 2 laps of a different 1.25k run course.

Standard competitors will complete 8 laps of a 1.25k course during the first leg. After completing the cycle leg, you will run another 4 laps of a different 1.25k run course.

RUN 1 – Athletes will run towards the race track, exiting between the white central gates onto the tarmac. Here you will turn right towards a turnaround point before running onto Stebbe Straight towards another turnaround point. You will re-enter the track, pass transition and the start line before heading out onto another lap.

RUN 2 – After leaving transition, you will turn left into the pit lanes before turning right towards the lake. You will reach a turnaround point before heading back into the centre of the track to start your next lap or through the finish arch.



We will have a timing point on both the bike and run courses to resolve any disputes about number of laps completed

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Duathlon Run Lap – 1st Run



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Duathlon – Non-Drafting Bike Lap



2.5km Bike Lap

- Super Sprint – 4 Laps
- Sprint – 8 Laps
- Standard – 16 Laps



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Duathlon Run Lap – 2nd Run



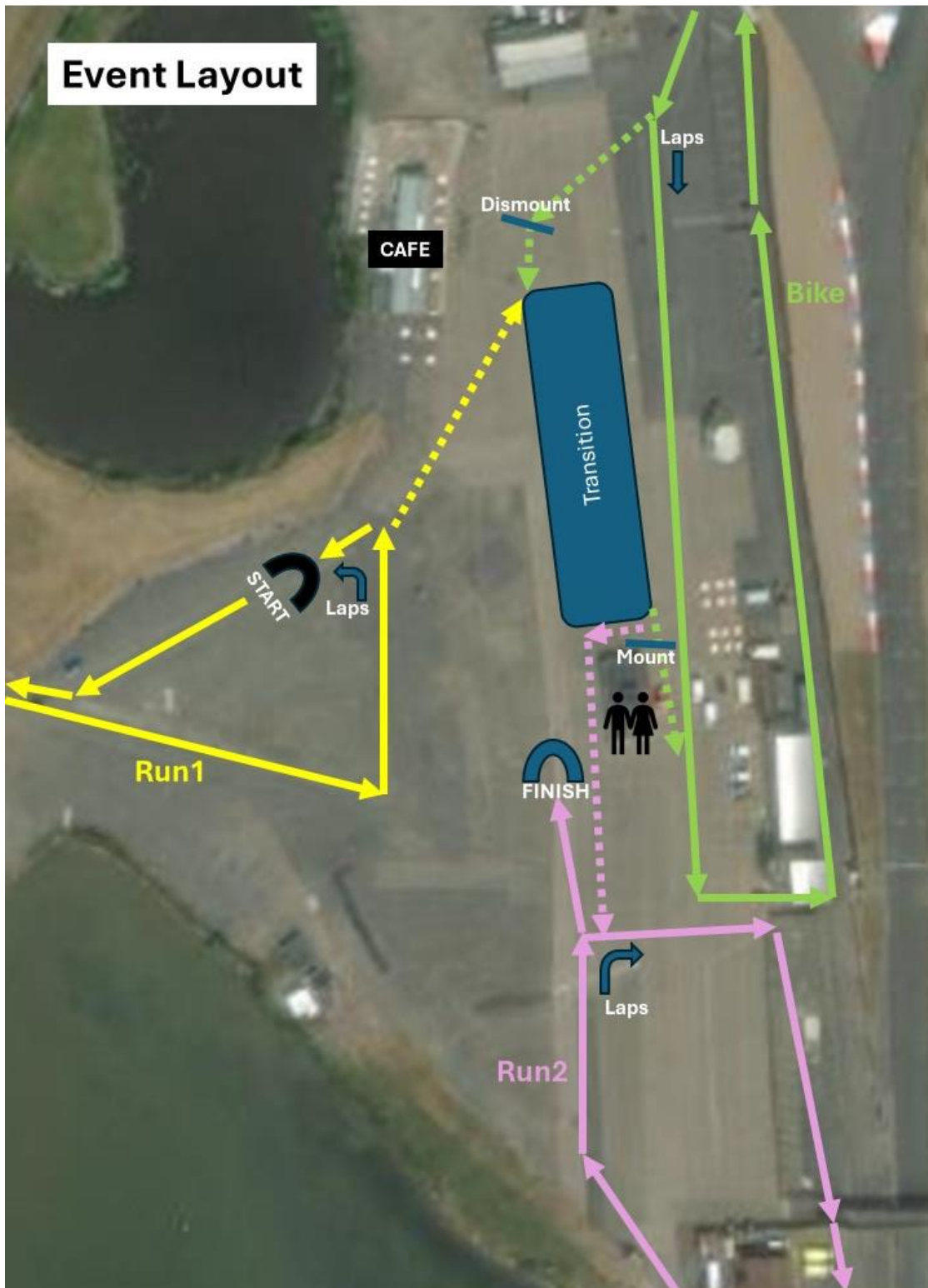
1.25km 2nd Run Lap

Super Sprint – 1 Lap
Sprint – 2 Laps
Standard – 4 Laps

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Event Layout



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Timing

The event will be chip-timed. Your registration pack will include your race number and a chip, this chip must be worn on 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.

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. There will be no ticket printer for times at the event, but you can find your result immediately at: [All Races \(eventchiptiming.com\)](https://www.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.

Final word

We hope you are excited to be a part of our non-drafting Duathlon ATW race at Mallory Park.

Have fun and race well!