



ST NEOTS' AQUABIKE

Event Information

ATW St Neots Standard Distance
Aquabike (Incl. 2025 World
Champs Qualifier)

Sunday 5th May 2024





Dear Competitor,

Thank you for entering the St Neots Standard Distance Aquabike.

ATW advises you read this information document carefully in advance of Sunday, 5th May(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:

6am and will remain open until the start of your race.

**Standard Distance Aquabike
Open Wave – 7.30am**

**Standard Distance Aquabike
Female Wave – 7.40am**

Please note additional triathlon and duathlon events will be taking place starting from 9.15am

We ask that after registering, you set up your transition area following the marshals instructions. Transition may be live at the time you arrive so please be aware of others racing.

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

Event HQ can be found at What 3 words location [///empty.tech/severe](https://empty.tech/severe)

Parking

The usual event parking field is unavailable due to recent wet weather.

It is important that you **DO NOT** park on the main road next to the event HQ as this will create a hazard for the bike leg. The local residential area opposite the park is also not to be used for parking.

There are multiple public car parks in St Neots all within a 20 minute walk of the event HQ. Please leave yourself plenty of time to park and where possible car share.

Some suggested car parks can be found at [Car Park Locations, Charges and Information - Huntingdonshire.gov.uk](https://www.huntingdonshire.gov.uk/carparklocations). The below car parks could be good options

- Riverside Park – 276 spaces
- Tebbutts Road – 241 spaces
- Priory Lane – 33 spaces
- Priory Centre – 49 spaces



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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: **6.00am** 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:

- 1 race number
- 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 back during the bike. The numbers can be pinned to a top or via a race belt. Additional safety pins will be available at registration if required.

Baggage

No official baggage area will be provided. There will be room at the edge of transition for any excess baggage. 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 [2024 \(Active Training World\) \(atwevents.co.uk\)](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 bags 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.

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](#)





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-2024.pdf](#)
([britishtriathlon.org](#))

In summary, if the water temperature is below 14C then wetsuits will be mandatory.

If the water temperature is 12C or lower the swim may be shortened, in line with British Triathlon guidelines. This can only be advised on the morning.

Neoprene swim hats may be worn, but the race hat provided to you must be worn over the top.

Neoprene socks may be worn if the water temperature is below 14C.

Neoprene gloves are NOT allowed in any conditions.

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 wish to hire a ZONE3 wetsuit for this event we have partnered with [Nice1](#).

Alternatively, you can take advantage of a 20% discount on a ZONE3 wetsuit purchase, details on the final page.

Water Quality

Recent media reports regarding water quality in Britain's rivers may cause concern. The stretch of water used for this event has been tested in the last week and has received an **Excellent Pass** in line with both the EC Bathing Water Directive and the British Triathlon guidelines.

Swim Start

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

You will start in the water. The water is shallower towards the bank, so you are able to stand up if you wish.

Course distances and Start times are as follows:

Standard Open Aquabike – 7.30am (approx.) start

1500m Swim, 45km Bike

Standard Women's Aquabike: 7.40am (approx.) start

1500m Swim, 45km Bike,



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 second set of large yellow 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 2 buoys to ensure you do not cut the corner

[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.





Water Quality

Following the heavy rain fall in the last few months there has been concern raised in the media about river water quality in the UK.

We have received back our lab tests in the last week for the stretch of river used for this event and the they show excellent results, shown below, well within both the EC Bathing Water Directive and British Triathlon requirements.

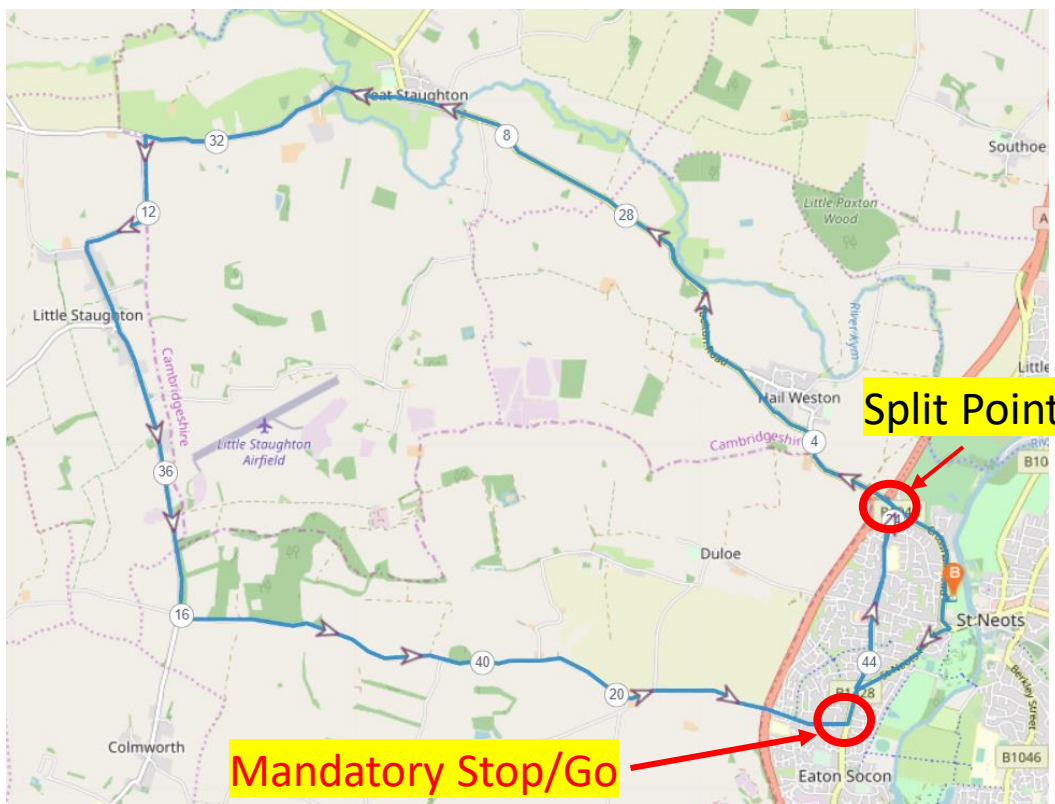
Sample 1 - St Neots		
Test/Unit	EC Bathing Water Directive	BTF Requirements
E. coli (no/100 ml)	Pass Excellent	Pass

Sample 2 - St Neots		
Test/Unit	EC Bathing Water Directive	BTF Requirements
E. coli (no/100 ml)	Pass Excellent	Pass





Bike Course - Standard (45km) – 2 x large laps



Exit the park and turn left on to the main road. Check for any traffic before pulling out and do not cross the centre line of the road.

At the Split Point roundabout, turn left to tackle the main lap twice and then when approaching the roundabout for the third time, turn right to head to the finish:

The GPX file can be downloaded via the link below:

[St Neots Tri - Standard Distance Bike - 46.5k](#)

Note: There is a mandatory Stop/Go at the bottom of the descent back in towards St Neots. See the next page for more information.

The bike is held on open roads, you must obey the highway code at all times.

Failure to do so will result in a penalty and possible disqualification.

Although all turns will be marshalled, it is your own responsibility to ensure it is safe to proceed.

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Mandatory Stop/Go

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. This point will have a race referee on it.





Aquabike Finish

Upon completion of the bike your official finish time will be logged after you have dismounted and then taken your bike the short-distance to cross the timing mats which officially enters you into transition.

Upon completion of your race please continue to abide by British Triathlon rules and be aware you are in a live transition (you can still receive a penalty or disqualification while in the 'field of play')

Once you are ready we'd love for you to walk over to our finish arch and collect your well-earned medal and goodies.

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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-2024.pdf \(britishtriathlon.org\)](#))
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.
- Neoprene swim hats may be worn, but the race hat provided to you must be worn over the top.
- Neoprene swim socks may be worn if the water temperature is below 14C.
- Neoprene swim gloves are NOT allowed in any conditions.
- 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.
- You must ensure that front zips on tri-suits are done up to the top whilst racing (unless wearing a top underneath) and up to the top irrespective of any base layers, in the final 200m of the race.

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 \(eventchiptiming.com\)](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

For some of you, this may be the first aquabike event of the season, or your first aquabike ever.

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 GB age-group team, results will be submitted to British Triathlon who will then contact you directly. ATW will not be able inform you of any qualification outcomes.



We would like to say a huge THANK YOU to our partners. Check out the websites below and use the discount codes to prepare yourself for the upcoming event:

ATW's RUN Sponsor

ATW's SWIM Sponsor



[Craft - 20% off here!](#)

[Zone 3 - 20% off here!](#)

(Discount will be automatically applied after clicking link.)

(Discount will be automatically applied after clicking link.)

Also, you'll receive samples from a selection of our finish line partners at the finish line gazebo when you finish your event:



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