

Super Series Bristol Tri

July 12th 2026



Welcome

The British Triathlon Federation and ATW would like to extend a warm welcome to all competitors and spectators to the Bristol Triathlon on July 12th 2026

Venue

The event is based around the Cumberland Basin and Brunel Lock Road, Bristol BS1 6XS

Car Parking

There are no dedicated event car parks, but there is ample parking in the city.

<https://www.bristol.gov.uk/residents/parking/where-to-park-in-bristol>

There will be a drop-off area on Christina Terrace, to the North of the venue.

Facilities

Toilets are available in the Create Centre and additional portable toilets next to the transition area.

A baggage drop will be provided in the Create Centre.

There will be food and drink available in the HQ area.

There are no changing or shower facilities available.

Registration & Race Packs

Registration will be located in The Create Centre, Smeaton Rd, Bristol BS1 6XN.

Final competitor information will also be available together with course maps.

There will be an early registration on Saturday 14:00-17:00 and open again from 9:30 on Sunday.

A Mandatory Bike Check will be carried out by Chief Technical Official to ensure your bike conforms to rules associated with Draft Legal racing.

Race Pack:

At registration you will receive the following items:

- Timing Chip and Strap
- ATW Swim Cap
- Super Series Bike & Helmet Stickers
- Super Series Race Number Decal

Please also write your race number on the back of your left hand.

Please return your timing chip to the marshals in the finish area at the end of the race. If for any reason you withdraw from the race, please pass your timing chip to a member of the event crew. Competitors who fail to return their timing chip will be charged £50 as per the terms and conditions of entry.

General Information

Results

Provisional results will be available on the ATW HUB app straight after the finish. The ATW HUB is downloadable from the PlayStore or the AppStore. Results will become final no later than 29th June.

Home Nation Association Membership Cards

Please bring your British Triathlon membership card and ensure it is up to date and valid on race day. Athletes racing in the Series must have a British Triathlon membership that includes a race licence.

Withdrawing during the race

If at any point during the race you feel the need to stop and pull out of the race, please do not hesitate to do so. It is mandatory that if you withdraw from the race then you need to find the nearest marshal who will help you get back to the event headquarters. Marshals can also call for medical support should it be needed.

Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.

Medical

There will be extensive medical cover provided on all sections of the course. If at any point you require assistance, please find the nearest marshal who will be able to locate medical support for you. If for any reason you are feeling unwell on race day or have been unwell in the build-up to the race, please consider carefully whether you are fit to compete.

Marshals

Marshals are the people who really make an event work and make the experience for the athletes every bit more special. This event is organised by marshals who are triathletes, runners or simply individuals who are keen to help out. Any athlete who verbally insults any one of our marshals will be disqualified immediately.

Sustainability and waste

We would appreciate it if all competitors made every effort to keep the venue, and the surrounding area as clean as possible, there will be ample bins.

Partners

ATW would like to thank event partners:

- Bristol Council, Skechers Performance, Zone3, Alzheimers Research, Lovicorn, ReviveActive, Sigma Sports

Site Rules

The event utilises closed-roads and partial closed-roads on the dual-carriageway that passes over the Cumberland Basin. It is important that spectators do not cross lanes of live traffic to be able to watch the race.

The cycle route around the transition area will be barriered off. It is important that only designated crossing points are used when moving around the venue.

Bike/Swim Familiarisation & Transition

Bike / Swim Familiarisation

There is no Bike or Swim Familiarisation – there will be a chance for a short swim warmup prior to the race briefing at the start.

Transition

Transition check-in will take place as per the timetable on the following page.

Please allow sufficient space for your fellow athletes. No Bags/Boxes will be allowed to stay in the transition. A baggage drop will be provided in the Create Centre. Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place. Additionally, your bike and helmet stickers must be affixed, you must have your decals on and your number written on the back of your hand, to enter transition.

Transition boxes will be provided by British Triathlon. All discarded/used items must be left wholly inside the boxes.

After the race, you will need your decal to re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can. We would appreciate the Transition area being cleared as quickly as possible once permissions has been given by the Race Organiser. If the transition has not been cleared by the time in the timetable, the organisers may move equipment to make way for the next race.

SEE YOU ON RACE DAY!

If you have any questions, please email the team at SuperSeries@britishtriathlon.org



Event Schedule

Saturday July 11 th	
14:00 -17:00	Early Race Registration Open
Sunday July 12 th	
09:30	Race Registration Open
10:30	Transition Opens
11:15	Female Race Transition Closes
11:15	Female Race Swim Warm-up
11:30	Female Race briefing – swim start
11:45	Female Race Sprint – Start
12:15	Open Race Tier 1 Transition Closes
12:15	Open Race Tier 1 Swim Warm-up
12:30	Open Race Tier 1 briefing – swim start
12:45	Open Race Tier 1 Sprint – Start
13:15	Open Race Tier 2 Transition Closes
13:15	Open Race Tier 2 Swim Warm-up
13:30	Open Race Tier 2 briefing – swim start
13:45	Open Race Tier 2 Sprint – Start
14:00	Female Prizegiving
15:00	Open Prizegiving

Note:

- Please leave plenty of time for Bike check at the transition entrance;
- Athletes must be racked in transition and at the briefing area, ready to swim, at the correct time for their wave.

Swim Warm Up

Athletes will be allowed in to the water for an optional swim warm up 15 mins before the briefing, but must exit the water in time for the briefing. The area to be used for the swim warm up will be made clear by the water safety team.

Race Distances

Swim – 750m

Bike – 20km (5 laps)

Run – 5km (2 laps)

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Arriving and Spectating Guide

Extensive road closures will be in place on the morning of the event. The area to the South of the Cumberland Basin will be closed to traffic and it is best to avoid this area if possible.

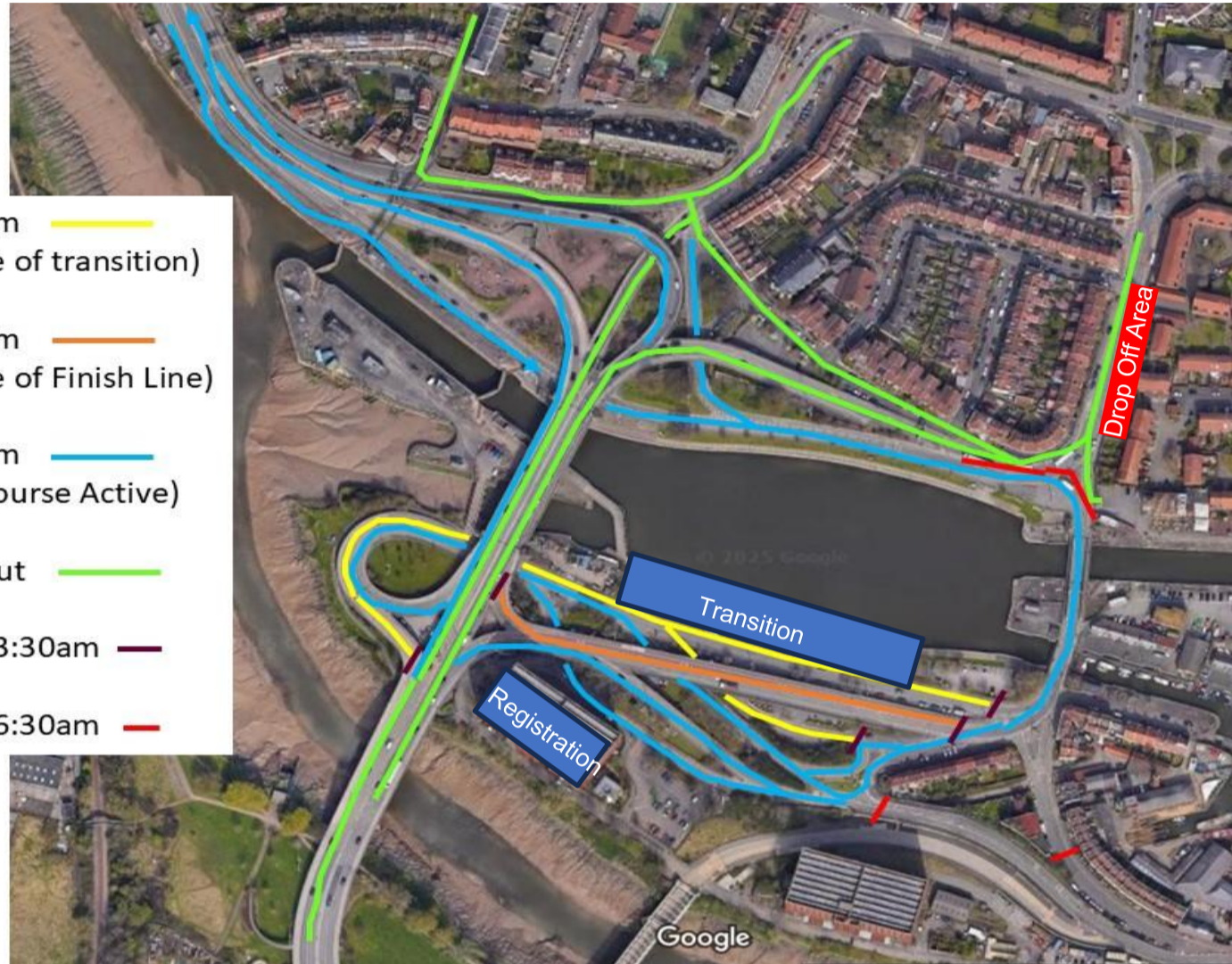
We recommend that you leave plenty of time for your travel and find car parking in the city centre.

There is a suggested drop-off point for athletes on Christina Terrace highlighted in red on the map below.

Please be aware that the course will be live from 7am and there may be bikes on the course when you arrive.

Road Closure Times

- 3:30am – 4:30pm (Build-Dismantle of transition) —
- 3:30am – 3:30pm (Build-Dismantle of Finish Line) —
- 6:30am – 2:30pm (Bike and Run Course Active) —
- OPEN Throughout —
- RoadClosure at 3:30am —
- RoadClosure at 6:30am —

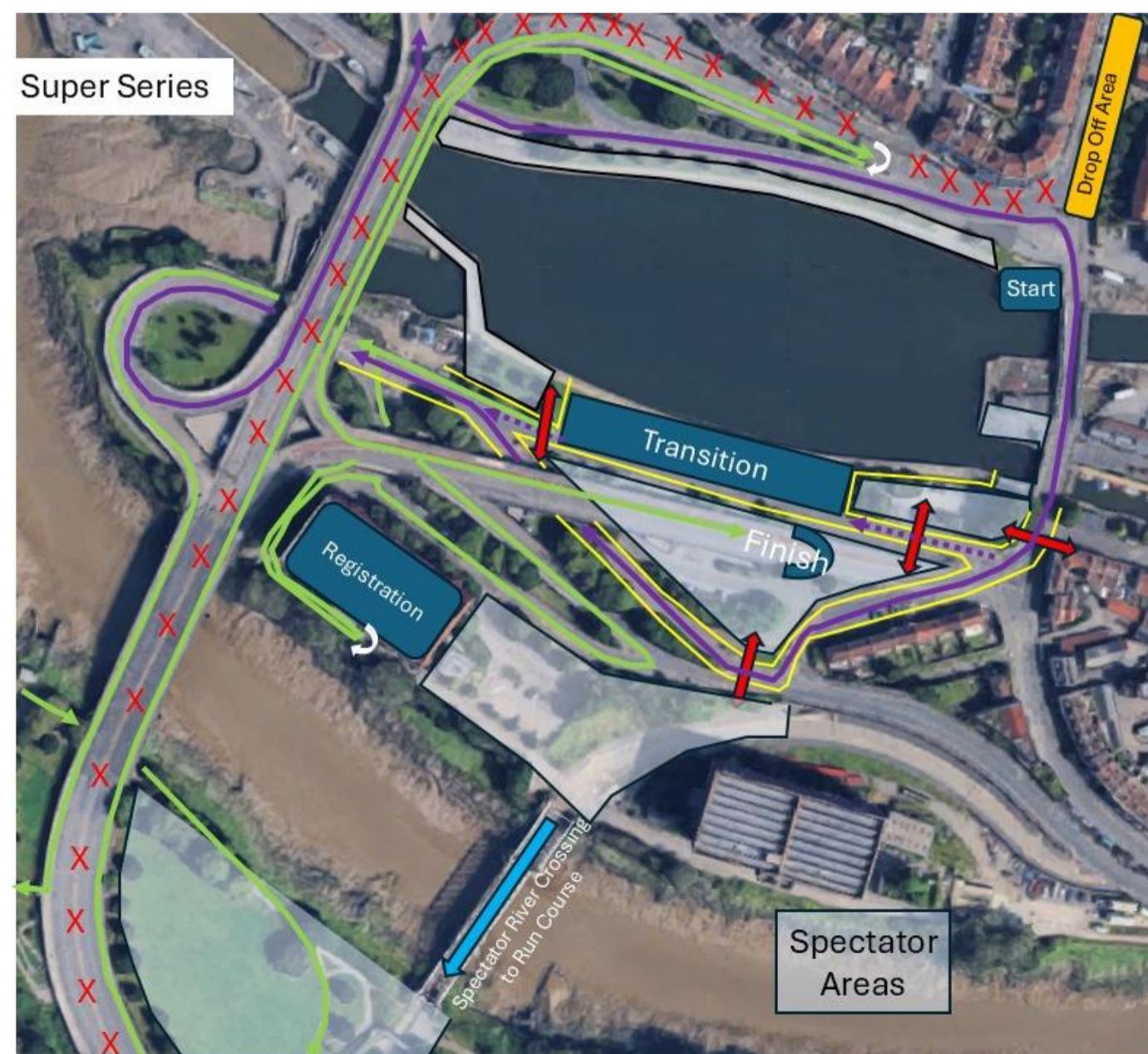


From 6:30am, the bike course (purple) will be barriered off around the transition area (marked in yellow) and mandatory crossing points (marked with red arrows) will be in place.

There are excellent spectator areas for the swim around the edge of the Cumberland Basin.

The bike (purple) circumnavigates the basin 5 times and the 2026 run route (green) runs across the swing bridge over the basin on each lap, and loops around the Create Centre at half way, before finishing on the flyover.

Note that Brunel Way will still have one lane open in each direction and it is important that you don't try to cross the live traffic (marked with red crosses).

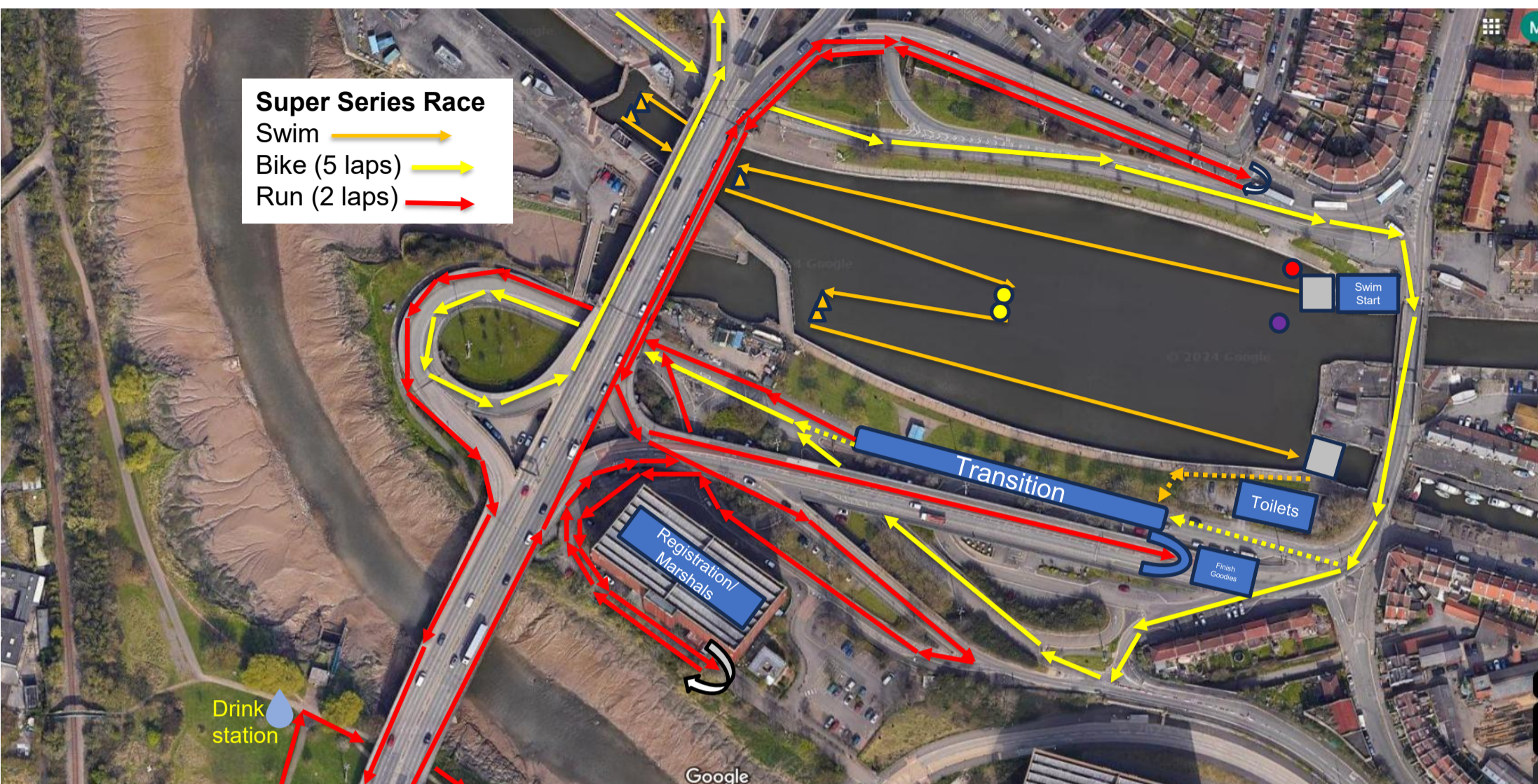


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Event Layout



Swim – 750m

Swim Information

All races will receive a final briefing at the swim entrance and then athletes will be called in to the water one at a time to position themselves for a deep-water start.

The swim course is 750m consisting of 4 straights with turns around two buoys at the end of each straight.

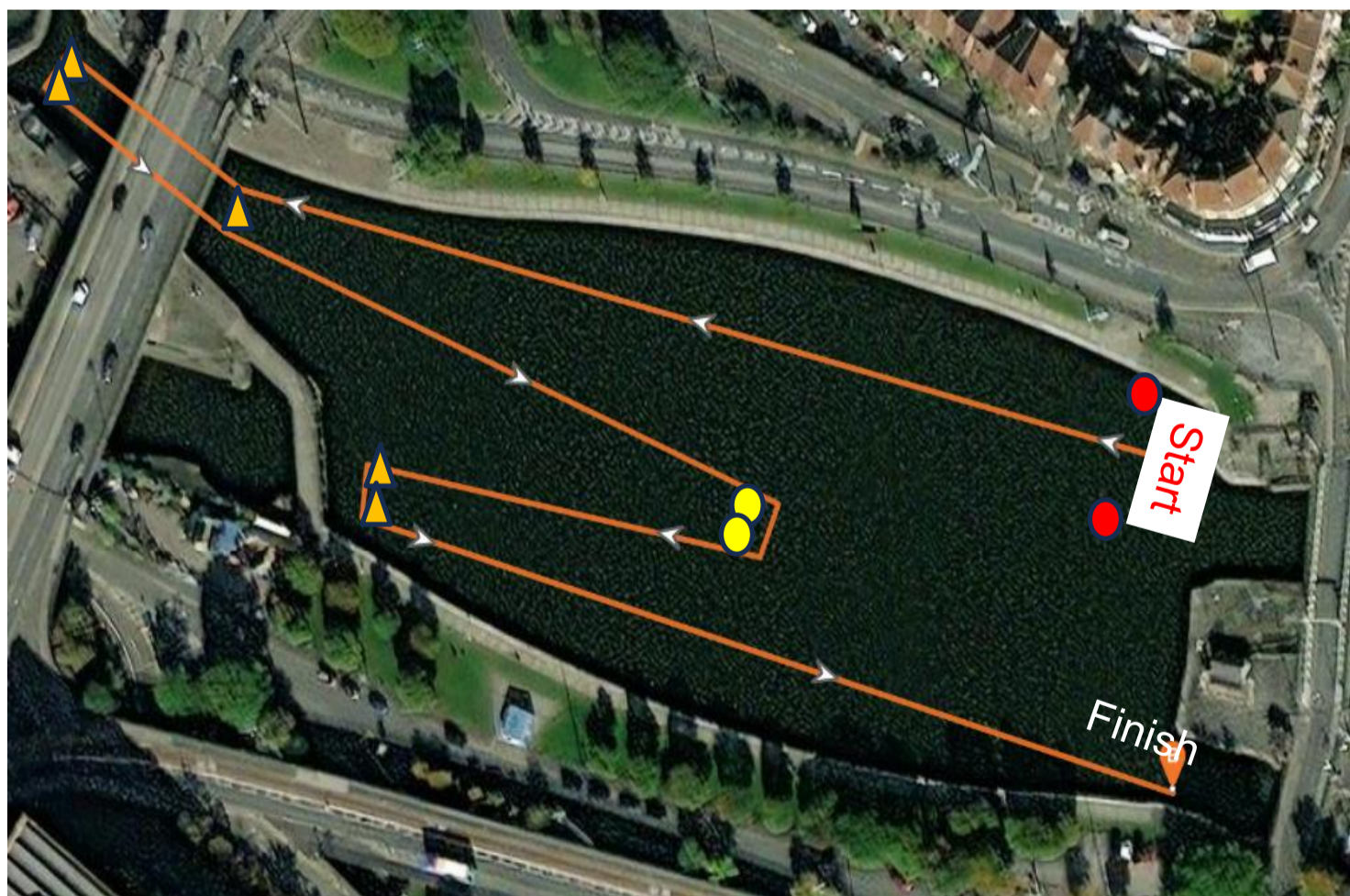
It is compulsory to wear a wetsuit for the swim if Technical Officials announce so.

Any athletes who false start will receive a 10 second penalty in T1

Water safety - There will be a large water safety team to support competitors. Should you require any assistance or want to pull out of the race during the swim please roll onto your back and raise your arm in the air, a kayak will come to assist you.

You will be allowed in the water for a swim warm up 15 mins before the briefing, at the discretion of the water safety team, but must exit when told to do so for the briefing. Only warm up in the area designated by the swim safety team.

The entrance and exits to and from the water will be via floating pontoons. Please be careful on these structures as they may become slippery when wet.



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Bike 20km (5 x 4k laps)

Bike Information 5 x 4km laps

Exiting transition, you'll mount after the mount line, and head up the spiral slip road to join the dual-carriageway over the Plimsoll Swingbridge. After crossing the bridge you'll drop down on to the Portway and ride approx. up the valley on the right-hand side of the road, under the famous Clifton Suspension Bridge. You'll turn and return back down the valley to the Cumberland Basin which you will circumnavigate in a clockwise direction. You'll loop around the transition area and head back up the spiral slip way.

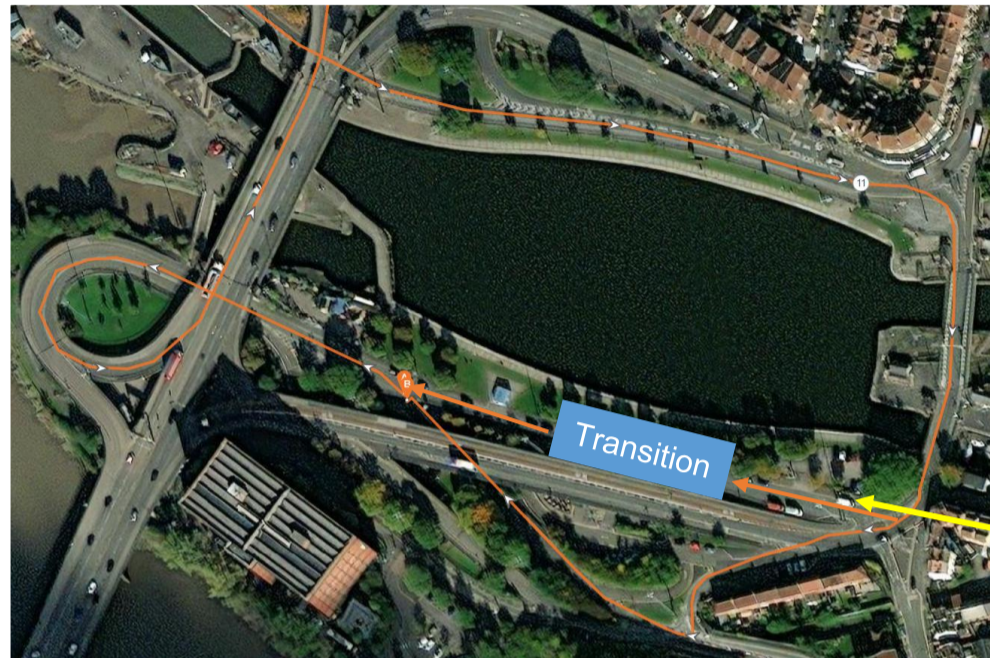
After completing the fifth lap you will take a right into Brunel Lock Road where the transition area will be.

Please note athletes are responsible for counting their own laps and ensuring they enter the transition area at the correct time.

Upon completing the bike stage, on your return to transition you must dismount your bike before the "Dismount" line, which again will be marshalled by technical officials.

The race is draft legal. Lapped athletes in the Female race will not be pulled out of the race. Lapped athletes in the Open race will be removed.

Helmets are mandatory, and must be worn fastened up at all times during the bike stage.



Run – 5k (2 laps)

Run Information – 2 laps

<https://www.plotaroute.com/route/3214989>

The run for the SuperSeries will consist of two laps. Any uneven tarmac or trip hazards on the path will be visibly marked with chalk.

Leaving transition, athletes will run up the spiral slipway before turning off the flyover down a ramp in to the park. Turning right you'll take the flyover over the busway and rejoin the dual carriageway on the other side and head back towards the Cumberland Basin. After crossing the bridge you'll drop down to the water side before doing a u-turn and heading back over the bridge.

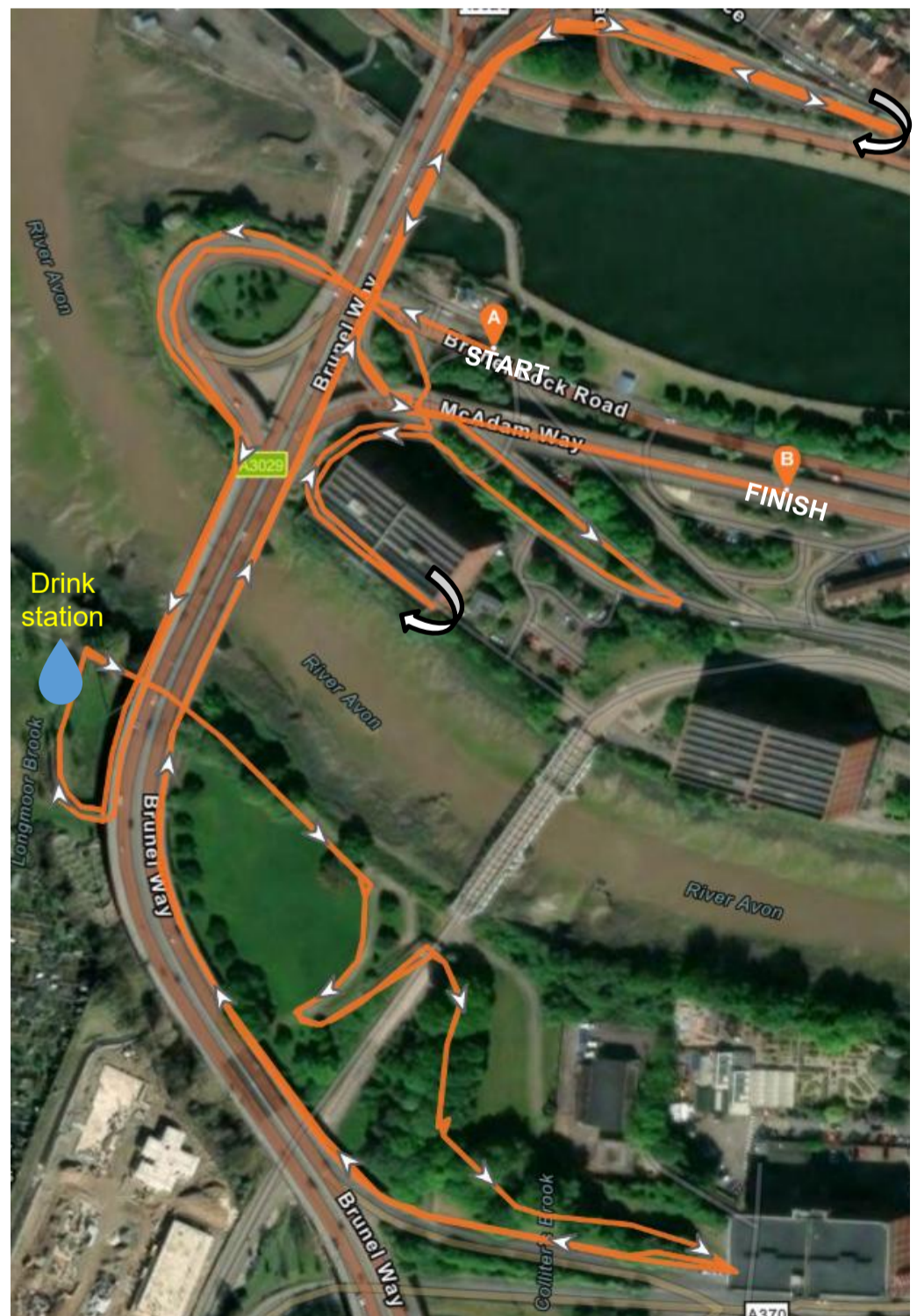
At the end of the first lap you'll divert away from the finishing straight and head down towards a short out-and-back around the Create Centre before rejoining the run lap at the exit from transition to repeat the lap, this time heading in to the dramatic finish on the flyover over-looking the Basin.

You will step off a raised kerb when joining the flyover. This will be marked and have warning signs in place. Please be careful.

It is your responsibility to ensure you follow the correct course.

There will be a water station in the park.

Large bins will be positioned alongside the run course after the water station for you to dispose of cups. Anyone failing to put their cups and or any additional litter in these bins will be subject to a littering penalty.



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BRITISH TRIATHLON SUPER SERIES

Super Series Athlete Guide

Race Categories

2026 Race Categories:

Category	Classification
Youth A	Born – 2010-11
Youth B	Born - 2009
Junior	Born – 2007-08
Senior	2000 or Before

Rules and Regulations

The British Triathlon Super Series operates within and utilises the [World Triathlon Competition Rules](#). For specific rules and regulations, including uniform, equipment, and wheel regulations, please see the relevant Technical Guidance document under the [Resources](#) tab of the Super Series Website.

Gear Restrictions

Gear restrictions are now an established part of youth and children's draft legal racing. All youth races this season will be gear restricted – this includes when Youth A and Youth B athletes are racing each other. For the full rationale on why we restrict gears and how this works at events please refer to the [British Triathlon gear restrictions booklet](#).

Bike Familiarisation

Bike familiarisations will not take place at any Super Series events unless clearly stated as occurring within the specific Event Guide.

Marking Transition

As per the British Triathlon Competition Rule 7.1q: Marking positions in the Transition Area is forbidden. Marks and objects (such as balloons, talcum powder, chalk, towels) used for marking purposes are not permitted and will be removed and the competitors will not be notified. Wetsuits or other items of clothing hung over racking is classed as marking.

Wheel Regulations

Any wheels used at a British Triathlon Super Series race must be defined as standard (described in the relevant Technical Guidance documents for each category found on the [Resources](#) page) or listed on the [UCI Non-Standard Approved Wheel List](#).

We ask that you please either keep the approval decal, memorise the page number that your wheels appear on within the wheel list, or have a screenshot of your wheels on the wheel list. This allows Officials managing wheel checks to find your wheels more easily on the list and speed up wheel checks.

Uniform within the Field of Play

As per the World Triathlon Competition Rule 2.8ix: The uniform must be worn over both shoulders while the athlete is on the Field of Play. Nudity of any kind will not be permitted. The Super Series features minors racing and spectating and so this ruling must be respected by all.

The Field of Play is defined as "The course on which the competition will take place, the start and pre start areas, the finish and post finish areas, the aid stations, the wheel stops, the penalty boxes, the ceremony area and the briefing area. Usually, the field of play is separated from the public by a clear boundary".

Approved Running Shoe Guidance

Any running shoe used at a British Triathlon Super Series race must be listed on the World Athletics Approved Shoe List. Shoes listed in blue on the Approved list are 'Development' shoes and will not be accepted as World Athletics only has approved their use in specific circumstances. If an athlete can provide proof from World Triathlon or World Athletics that they have been approved to wear the shoe during a specific period, they will be allowed to wear it. If a shoe was manufactured prior to 2016 and the manufacturer is listed in the Approved Shoe List, the shoe will be automatically approved. Any shoe manufactured after 2016, that isn't on the Approved Shoe List will NOT be approved. Bespoke shoes are not allowed under any circumstances. Please note, this is different to customised.

Any shoe that is suspected to be in breach of the above, or is protested, will be sent to British Triathlon for further analysis to assure they conform with the World Athletics guidelines. <https://www.worldathletics.org/about-iaaf/documents/technical-information> (Manuals and Guidelines > World Athletics Approved Shoe List) Please note that not all shoes are present on the list. In almost all cases that the shoes have been purchased from a manufacturer or sports store and are readily available to all, the shoe is legal.

Conduct

Code of Conduct

British Triathlon is committed to upholding and protecting the organisation's vision and values, and maintaining the highest possible standards of sporting integrity, through our four core values.

BE PEOPLE CENTRED

Nurture environments to promote great experiences in swim, bike, run.

BE INCLUSIVE

Promote and help make a more equal, diverse, and inclusive triathlon community and culture.

DO WHAT'S RIGHT

Behave with honesty, kindness, respect, and integrity.

BE AMBITIOUS

Be passionate about doing your best.

Parental Conduct

Parents, guardians or accompanying adults must conduct themselves in a proper manner; failure to do so may result in disqualification of the competitor. As per rule 23.6 of the British Triathlon Rules misconduct by parents, guardians or accompanying adults may include, but is not limited to:

- Threatening or abusive language
- Failure to obey marshals/Official's instruction
- Tampering with equipment of others
- Unsporting impedance

All individuals have a responsibility to act with integrity, in accordance with the standards set by British Triathlon. Any discriminatory, offensive and violent behaviour is unacceptable, and complaints will be acted upon under the procedures of our Safeguarding and Protecting Children Policy.

Safeguarding and Welfare

Staying safe in Triathlon

Your wellbeing and enjoyment of triathlon is paramount, and you should always feel safe when training and competing. If you're worried, upset or something concerns you like the behaviour of someone, it's important to talk to someone that you trust.

Follow these four simple steps:

Recognise – if you have a concern, notice a problem or if you're worried or upset

Respond – Know what you need to do, identify someone you trust

Record – as many details as possible - who, what, when, where – capture details in writing

Refer – the information to appropriate people. **Do not ignore it – always tell someone!**

Who to talk to

Please contact the Event Safeguarding Officer or the British Triathlon Safeguarding Team:

- Marc Scott 07384214726,
- Daisy Ratcliff 07501045231

British Triathlon :01509 837137 Option 1 or email concern@britishtriathlon.org

You can also ring the NSPCC helpline on 0800 800 5000 or by emailing help@nspcc.org.uk. Following reporting the matter to the emergency services or NSPCC you must inform British Triathlon.

Staying safe online

The internet is fantastic! You chat to your friends, meet new people, keep up to date with everything that is going on and share photos and videos, even play games and talk to people all over the world without even needing to leave your room. We've created a simple guide to staying safe on the internet. Why not download [here](#) – it's full of handy tips.

Photography Policy

As per the event terms and conditions British Triathlon has the right to use images, photographs and footage taken by their contracted photographers and employees at the Event. These images will be used for the purposes of promoting, reporting and broadcasting the Event, and any other promotion related to the business activities of the Organiser.

Event Photography Opt Out

If a parent wishes to NOT have their child photographed at the event, they will need to fill out and sign the photography non-permission/opt out form. They will then be given an **orange** wristband so they can be identified by event photographers. The form will be made available at registration.

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