

# Mallory Park

**Mallory Park Racing Circuit**  
**Church Rd, Kirkby Mallory, LE9 7QE**

Saturday 29<sup>th</sup> June - Sunday 30<sup>th</sup> June 2024



# General Information

## Welcome

The British Triathlon Federation and ATW would like to extend a warm welcome to all competitors and spectators to the Mallory Park Super Series on Saturday 29<sup>th</sup> June & Sunday 30<sup>th</sup> June.

## Venue

Mallory Park Racing Circuit, Church Rd, Kirkby Mallory, LE9 7QE  
W3W:///releasing.grove.occupy

## Car Parking

There is plenty of parking at the venue.  
A daily parking charge of £3 for cars, £5 for campervans and minibuses and £10 for coaches is payable on departure. Please bring cash if possible.

## Facilities

Multiple toilet blocks and showers are available on site.  
Camping is available on site for both campervans and tents.  
Snacks and hot drinks will be being sold on site throughout the event from a coffee van. The on-site café will be open serving a hot food option on Saturday evening and on Sunday throughout the day.



# General Information

## Results

Timing is provided by EventChipTiming.

Provisional results will be available on <http://results.eventchiptiming.com/> as soon as the race is completed.

## Home Nation Association Membership Cards

Please bring your British Triathlon membership card and ensure it is up to date and valid on race day. If you fail to bring your membership card, you will be required to pay £8.00/ £2.00 (Aged 25+ / 24 and under) for a Race Pass.

## 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 so. It is mandatory that if you withdraw from the race, you need to find the nearest marshal who will help you get back to the event headquarters. Please inform the timing team of your number and hand in your timing chip. Marshals can also call for medical support should it be needed.

## Medical and Water Safety

Cover is being provided by Medical and Water Safety Limited, long-term partners with ATW. A mobile facility as well as a medical tent in the finish area will be present at the event.

## Photos

Official event photos will be loaded on to the [ATW photo gallery](#)

If you wish for any photos to be removed, please email [events@activetrainingworld.co.uk](mailto:events@activetrainingworld.co.uk)

## Training

The venue is open for training on Wednesday evenings 6-8pm, for anyone wishing to familiarise themselves with the course. Bookings can be made [online](#).

## 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 provided.

## Safeguarding

Our safeguarding officer on the day will be:

Holly Bath – 07513591857 – [Holly@activetrainingworld.co.uk](mailto:Holly@activetrainingworld.co.uk)

She can be found on the day at registration or in the finish area. Please submit any concerns to her on the day or via phone/email.

## Partners

ZONE3 – official swim partner of ATW

Craft – official run partner of ATW

ReviveActive – official nutrition sponsor of ATW

## Site Rules

ATW and British Triathlon would like to thank Mallory Park for their ongoing support of British Triathlon events

Please take note of these important rules to ensure our ongoing access to this premium venue:

1. **No dogs** are allowed outside the car park area
2. Official event vehicles only allowed on the track and paddock area
3. The gravel traps must not be disturbed. These are prepared in a specialist way to slow down fast-moving vehicles. Walking on the gravel detracts from their effectiveness and requires them to be reset at significant cost.

## Other races

On Sunday afternoon there is a draft legal Tristar 2, Tristar 3 and Youth (for athletes not competing in the Super Series) race. [Event Page](#).





# Registration & Race Packs

Upon arrival, please access the event HQ via the bridge over the track. Be aware that there may be a race taking place on the circuit.

Registration will be located at the café in the centre of the track (Please do not get changed in here). Competitor information will also be available here together with course maps.

Registration opening times can be found on the following page.

A Mandatory Bike Check will be carried out by the Chief Technical Official to ensure your bike conforms to rules associated with Draft Legal racing, including any gear-restrictions applicable to the Youth age group.

If your wheels are on the UCI non-standard approved list, please do know the page number or bring a screenshot to speed up queuing at wheel checks.

## **Race Pack:**

Your race pack will include the following items – which will be used for all the races over both days:

- Body number decals (ensure you follow the instructions clearly)
- Swim hat
- Stickers for your helmet and bike
- Timing chip and strap to be worn on the left ankle (do not cover with wetsuit)

Please also write your race number boldly on the back of your hand. This is required for the swim start.

Please return your timing chip to the marshals in the finish area at the end of the Mixed Relay race on Sunday, or if you withdraw for any reason, to a member of the event crew. Competitors who fail to return their timing chip will be charged £20.



# Event Format

This exciting Super Series event weekend will comprise of three events.

## 1) Saturday evening Individual Heats – starting from 3pm

**Youth A/B – 350m swim-6k bike-1.5k run**

**Junior/Senior – 350m swim-8k bike-2k run**

These will take the format of an **individual, non-drafting, Time Trial** with athletes starting at 20 second intervals.

The draft-zone on the bike will be 10m from the front wheel of the bike in front. You will have 20 seconds to undertake a passing manoeuvre within that space or drop back. Once overtaken (their front wheel is in front of yours) you must drop back out of the draft zone before attempting to re-overtake an athlete.

There will be several moto officials patrolling the course looking for drafting infringements – you have been warned!

**Equipment – the bike, helmet and wheels used for the Saturday evening heats must be the same as that used for the draft-legal Sunday races**

The results of the heats will rank the athletes for the Finals on the Sunday morning. There will be no Super Series points allocated for the results of the heats.

## 2) Sunday draft-legal Finals – starting from 8am

**Youth A/B – 400m swim-8k bike-2k run**

**Junior/Senior – 400m swim-10k bike-2.5k run**

These will take the format of mass start, draft-legal races. The start list for the finals will be published online at [eventchiptiming.com](http://eventchiptiming.com) as soon as they are available and will be on display at the information point on Sunday morning.

## 3) Sunday Mixed Team Relay – starting at 13:30pm

**All - 200m swim-1.6k bike-600m run**

This exciting race format will see teams of 4 go head-to-head in a short, draft-legal race. The bike course follows the flat bottom loop around the lake – no hill!

# Event Schedule – TT Heats – Saturday 29<sup>th</sup> June

Female Youth A/Youth B	
13:30	Race Registration Opens
13:30	Transition Opens
14:40	Race Registration Closes
14:55	Transition Closes Race briefing (prestart area)
15:00	<b>First Starter (20 sec intervals)</b> <b>Athletes called in to the water in small batches</b>

Open Youth A/Youth B	
13:30	Race Registration Opens
13:30	Transition Opens
15:10	Race Registration Closes
15:25	Transition Closes Race briefing (prestart area)
15:30	<b>First Starter (20 sec intervals)</b> <b>Athletes called in to the water in small batches</b>

Female Junior/Senior	
13:30	Race Registration Opens
13:30	Transition Opens
16:10	Race Registration Closes
16:25	Transition Closes Race briefing (prestart area)
16:30	<b>First Starter (20 sec intervals)</b> <b>Athletes called in to the water in small batches</b>

Open Junior/Senior	
13:30	Race Registration Opens
13:30	Transition Opens
16:30	Race Registration Closes
16:55	Transition Closes Race briefing (prestart)
17:00	<b>First Starter (20 sec intervals)</b> <b>Athletes called in to the water in small batches</b>

Note - Subject to change

# Event Schedule – Finals – Sunday 30<sup>th</sup> June

(NB: no registration required – use chip, number and swim hat from Saturday)

	Female Youth A/Youth B
6:30	Transition Opens
7:50	Transition closes Race briefing (prestart area)
8:00	<b>Final 2 start</b>
8:30	<b>Final 1 start</b>
13:30	<b>Mixed Team Relays Start</b>

	Open Youth A/Youth B
6:30	Transition Opens
8:50	Transition closes Race briefing (prestart area)
9:00	<b>Final 3 start</b>
9:30	<b>Final 2 start</b>
10:00	<b>Final 1 start</b>
13:30	<b>Mixed Team Relays Start</b>

	Female Junior/Senior
6:30	Transition Opens
9:50	Transition closes Race briefing (prestart area)
10:30	<b>Final 2 Start</b>
11:00	<b>Final 1 Start</b>
13:30	<b>Mixed Team Relay Start</b>

	Open Junior/Senior
6:30	Transition Opens
10:50	Transition closes Race briefing (prestart)
11:30	<b>Final 3 Start</b>
12:00	<b>Final 2 Start</b>
12:30	<b>Final 1 Start</b>
13:30	<b>Mixed Team Relay Start</b>

Note - Subject to change

# Bike Familiarisation

There will not be a Bike Familiarisation – the bike leg is using an anti-clockwise lap of the circuit. Please familiarise yourself with the bike map on the following pages.

# Transition

Transition check-in will take place on race day only. Be aware that this will be a Live transition and there may be other races taking place while you are racking/unracking. Do not wear earbuds/headphones while in transition and listen out for marshal/official instructions.

There will be no marking permitted in transition, this includes the use of talc on the floor.

Listen out for announcements to un-rack bikes and clear your belongings from Transition. This opportunity will arise once all athletes from your wave/category have finished. The Entry / Exit point will be clearly signposted for you. Do not cross or enter the Transition Area through the main swim entrance or any other location.

There will be individual allocated spaces in Transition. Please allow sufficient space for your fellow athletes. No Bags/Boxes will be allowed to stay in the transition. Please wear and fasten your helmet before entering transition. You will not be allowed in with your bike unless this is in place. Additionally, you must have your decals on to enter transition.

After the race, you will need to show 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.

## Transition Area Opening Times:

Saturday: from 1:30pm

Sunday: from 6:30am

# Warm-up Area

There will be an area identified for any pre-race bike preparation/turbo warm up (see attached map)

# Course Maps – HQ Layout

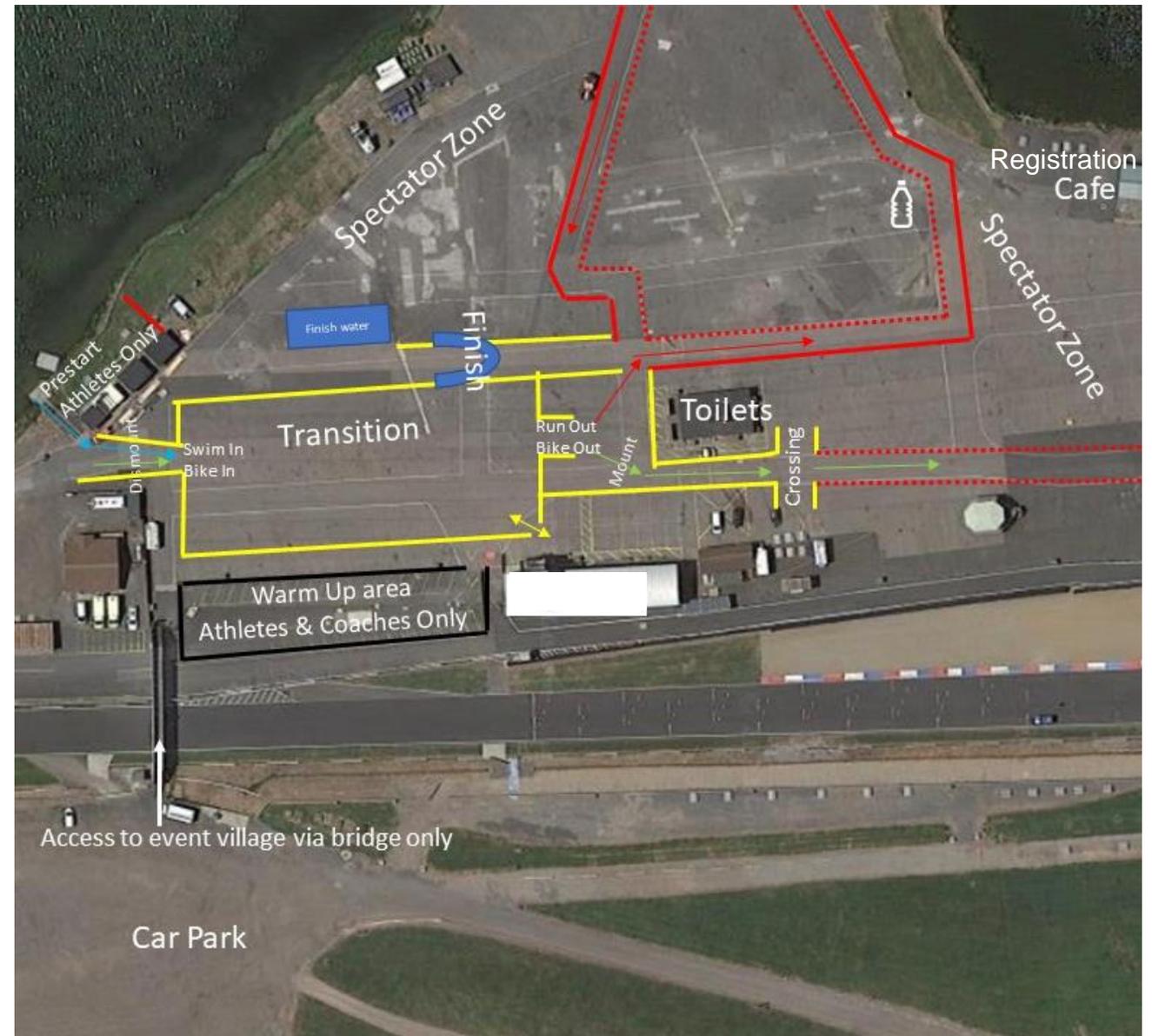
Access to the event HQ from the car park is via the bridge only.

Only event vehicles are allowed across the track in to the paddock area.

Registration will be in the signing on room in the main track building.

Please only cross the bike course using the identified crossing point.

Take care when crossing the run course.



# Course Maps – Swim

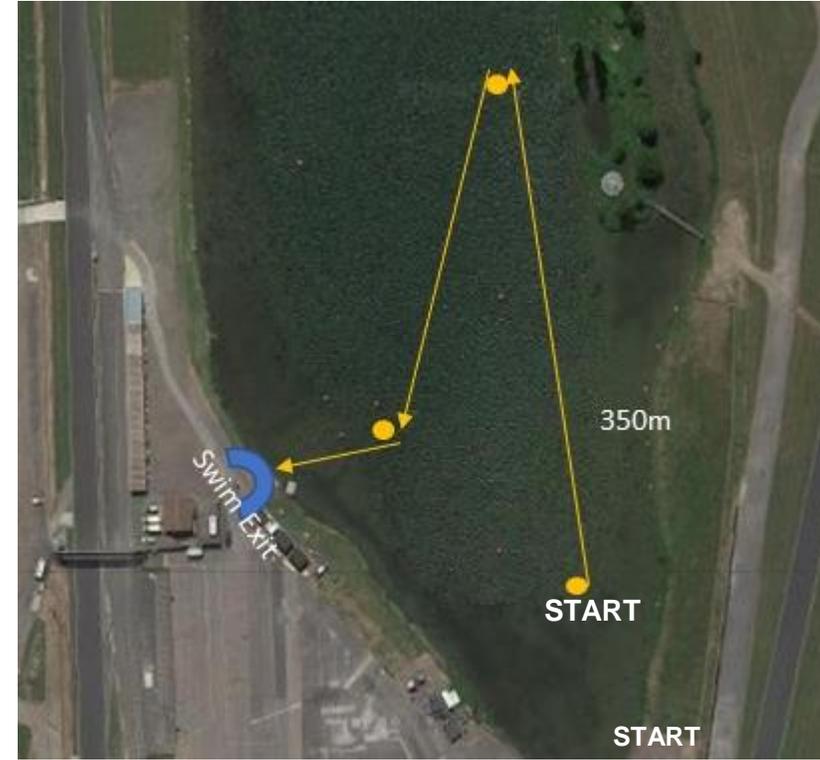
## Saturday - Time Trial Heats 350m Swim Lap

You will be called to the pre-start area 5 minutes before the first starter in your category for a final race briefing.

You will then be called to swim out to the start line in small groups. Make sure that you stay around the prestart area so you don't miss your call up.

You'll swim out to the start line and queue up, keeping in start order.

You will be called forward to the start buoy and asked to show your race number (on the back of your hand) and to confirm it to the timekeeper. You will then be started by the timekeeper approximately 20 seconds after the previous starter. Your chip time will not start until the timekeeper activates it.



# Course Maps – Swim

## Sunday Finals - 400m Swim Lap

Your race category will receive a final race brief in the prestart area 10 minutes before the first final in your category. Athletes in the first final will head out to the start line immediately following the brief.

The start will be an 'in-water' start from between two buoys.

There will be a 'sighting' buoy on the way down the lake, before turning at the far end and heading to the swim exit.



# Course Maps – Bike – 2km bike lap

Exiting transition, you'll mount and head up through the paddock to join the track. At the exit from the paddock, you'll take a 180-degree turn to the right and then turn 90 degrees left to merge with the lap at the bottom of the Devil's Elbow and ride up to Shaw's hairpin via the Bus Stop chicane. Turning at the hairpin, you'll charge down the hill towards the John Cooper Esses and Edwina's. The Stebbe Straight is where your cheer squad will gather to provide encouragement and set you up for the zig zag through Stapletons and Charlies. You'll carry on round the lake to the Gerard's Bend and start the climb up the Kirkby Straight, under the bridge and back up to the Devil's Elbow to start your next lap.

After completing your last lap, you will take a left into the paddock area and the transition.

You are responsible for counting your own laps. (Tip – you climb the hill once per lap)

Note that in a change from other races held at Mallory Park, you do not pass through the paddock area each lap.



# Course Maps – Run

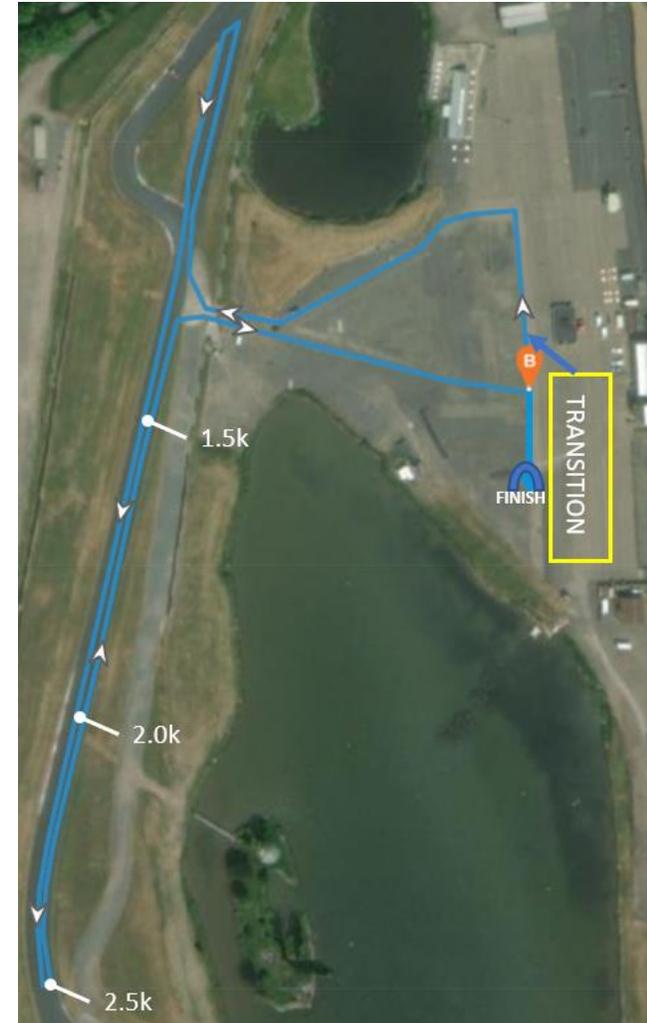
Every category, will run **two** laps of an out-and-back course along the back straight.

Leaving transition, athletes will run two sides of a triangle in the paddock before heading out on to the track and turning right to a turnaround point that will send you down the back straight.

The second turn around point will move depending on the distance being covered, as per the map.

Timing points will be placed to ensure that athletes complete the correct course.

After completing two laps, athletes will take a right turn alongside transition to the finish line.



# Spectators

We hope that spectators will attend and enjoy this weekend of high-calibre racing.

Family/club tents are most welcome to be erected, but please ensure they are securely weighted & pegged, Mallory is renowned as a windy venue.

There are superb opportunities to cheer on both the bike and run leg on the back straight and you are welcome to line the inside of the circuit to cheer on the athletes (please don't cross to the outside).

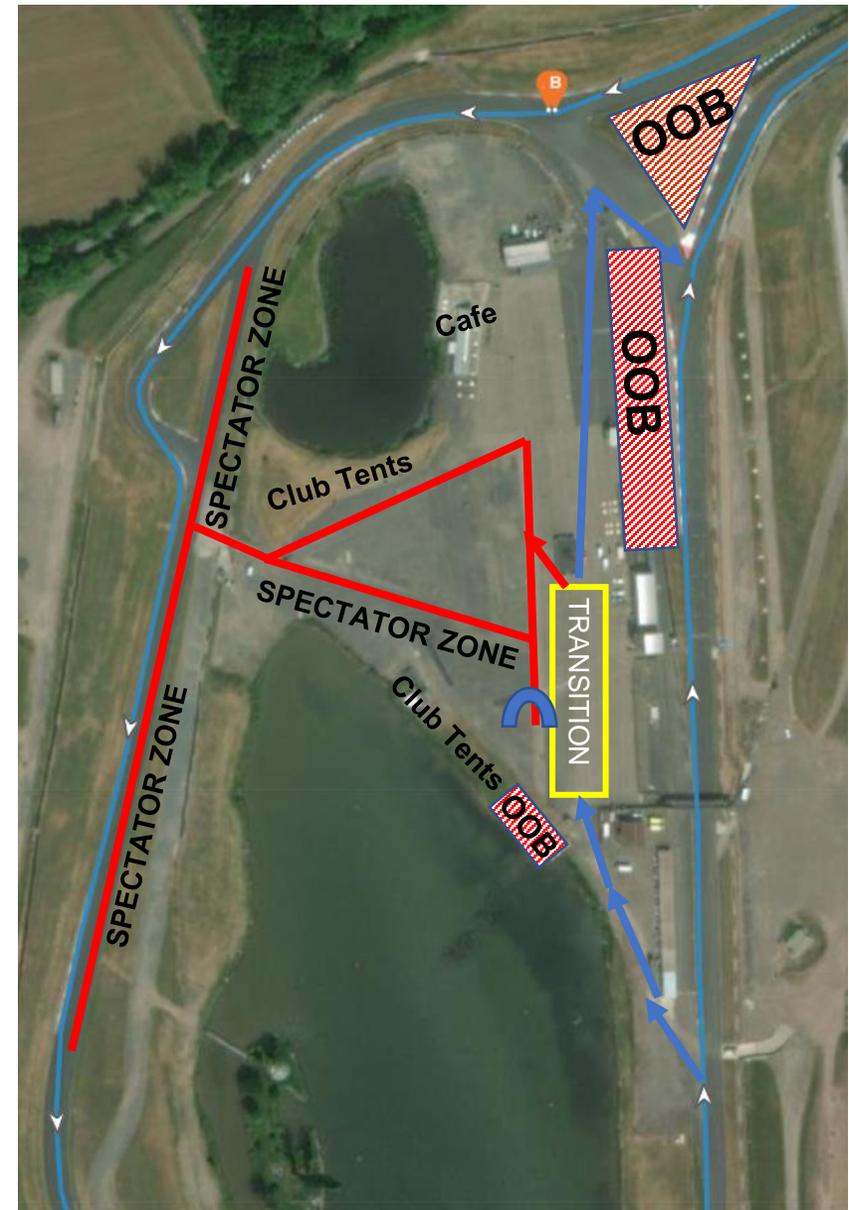
Note that the gravel traps, the swim pre-start and the cycle route are out of bounds to spectators.

Please stay behind the fencing and spectate from the grass - chicane Edwina's.

Please take care when crossing the run course in the paddock area.

The café will be serving food on Saturday evening, Sunday breakfast and lunch. There will also be a coffee van on site throughout the weekend.

We look forward to welcoming you – bring your best cheering, supportive voices!!!



# Course Maps – Mixed Team Relay

Maps and for the Mixed Team relay will be displayed on the weekend but will be using shortened versions of the heats and finals course.  
Relay teams will be registered on Sunday.

# See you on race day!

If you have any questions, please email the team at  
[SuperSeries@britishtriathlon.org](mailto:SuperSeries@britishtriathlon.org)

