

# Super Series Mallory Park Heats & Finals

June 27<sup>th</sup> & 28<sup>th</sup>



## Welcome

The British Triathlon Federation and ATW would like to extend a warm welcome to all competitors and spectators to the Mallory Park Heats & Finals on June 27<sup>th</sup> and 28<sup>th</sup>

### Venue

Mallory Park Race Circuit  
Church Rd,  
Kirkby Mallory  
LE9 7QE

### Car Parking

Parking is available on site.

You will have to pay for Parking, £3 per car, £5 for campervans/minibus.

### Facilities

There are toilets, changing and showers available on site, along with a café.

Overnight camping is available on the Friday and Saturday.

**IMPORTANT: ABSOLUTELY NO DOGS ARE ALLOWED ON SITE. YOU WILL BE TURNED AWAY IF YOU ARRIVE WITH ONE.**

## Registration & Race Packs

Registration will be located in the paddock area in the centre of the track.

Registration opening times can be found on the below table.

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

### Race Pack:

Race Packs will include the following items:

- Swim cap
- Timing chip
- Decals
- Bike & Helmet stickers

Please also write your race number on the back of your hand using the marker pens provided.

Please retain your timing chip from Saturday's Heats to race on the Sunday.

On Sunday please ensure you hand in your timing chip to the marshals in the finish area at the end of your race, or if you drop out for any reason to a member of the event team or Technical Official

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 29<sup>th</sup> 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.

### Gravel Traps

The gravel traps on the circuit are specially prepared to stop high-speed motor vehicles. They are strictly out-of-bounds to competitors and spectators.

## Bike/Swim Familiarisation & Transition

### Bike / Swim Familiarisation

There is no Bike or Swim Familiarisation.

### 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. 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](mailto:SuperSeries@britishtriathlon.org)



# Event schedule

## Saturday

Female Junior	
13:00	Race Registration Opens
13:30	Transition Opens
13:30	Registration Closes
14:15	Transition Closes
14:15	Heat 1 briefing
<b>14:30</b>	<b>Heat 1 Start</b>
14:45	Heat 2 briefing
<b>15:00</b>	<b>Heat 2 Start</b>

Open Junior	
13:00	Race Registration Opens
13:30	Transition Opens
15:05	Registration Closes
15:15	Transition Closes
15:15	Heat 1 briefing
<b>15:30</b>	<b>Heat 1 Start</b>
15:45	Heat 2 briefing
<b>16:00</b>	<b>Heat 2 Start</b>

Female Youth A/Youth B	
13:00	Race Registration Opens
16:00	Roll Out - Gear Check
16:00	Transition Opens
16:35	Registration Closes
16:45	Transition Closes
16:45	Heat 1 briefing
<b>17:00</b>	<b>Heat 1 Start</b>
17:15	Heat 2 briefing
<b>17:30</b>	<b>Heat 2 Start</b>

Open Youth A/Youth B	
13:00	Race Registration Opens
16:15	Roll Out – Gear Check
16:15	Transition Opens
17:35	Registration Closes
17:45	Transition Closes
17:45	Heat 1 briefing
<b>18:00</b>	<b>Heat 1 Start</b>
18:15	Heat 2 briefing
<b>18:30</b>	<b>Heat 2 Start</b>
18:45	Heat 3 briefing
<b>19:00</b>	<b>Heat 3 Start</b>

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

### Race Distances Heats

**Junior** – 350m swim – 7.5k bike - 2k run

**Youth A/B** – 350m swim – 5.5k bike - 1.5k run

## Sunday

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

Female Junior	
9:45	Transition Opens
10:15	Transition Closes
10:15	B Final – briefing
<b>10:30</b>	<b>B Final start</b>
10:45	A Final – briefing
<b>11:00</b>	<b>A Final start</b>

Open Junior	
9:45	Transition Opens
11:15	Transition Closes
11:15	B Final – briefing
<b>11:30</b>	<b>B Final start</b>
11:45	A Final – briefing
<b>12:00</b>	<b>A Final start</b>

Female YouthA/YouthB	
11:30	Gear Check – Roll Out
11:30	Transition Opens
12:10	Transition Closes
12:15	B Final – briefing
<b>12:30</b>	<b>B Final Start</b>
12:40	A Final – briefing
<b>12:55</b>	<b>A Final Start</b>

Open YouthA/YouthB	
11:45	Gear Check – Roll Out
11:45	Transition Opens
13:00	Transition Closes
13:05	C Final – briefing
<b>13:20</b>	<b>C Final Start</b>
13:30	B Final – briefing
<b>13:45</b>	<b>B Final Start</b>
13:55	A Final – briefing
<b>14:10</b>	<b>A Final Start</b>

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

### Race Distances Finals

**Junior** – 400m swim – 9.5k bike - 2.5k run

**Youth A/B** – 400m swim – 7.5k bike - 2k run

**SEE YOU ON RACE DAY!**

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# Course Swim

## 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 make their way to the start line for a deep-water start.

The swim course is 350m for the Heats and 400m for the finals.

Wearing of wetsuits will be in line with World Triathlon competition rules and advised by the Technical Officials on the day after measuring the water temperature.

Start Procedure: "Athletes you are now in the hands of the starter" and started with a horn.

If a recall is required, it will be announced with repeated blasts of the air horn, blowing of whistles by the water safety team and intervention by the kayaks/SUPs.

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.



## Course Maps – Bike

<https://www.plotaroute.com/route/3131225?units=km>

Exiting transition, you'll mount and head out through the paddock to join the track. At the exit from the paddock, you'll join the track and head round the lake and onto the Stebbe Straight where your cheer squad will gather to provide encouragement. After climbing up to the hairpin, you'll charge down the hill towards the Devel's Elbow, the home straight and back to where you joined the track. On your last lap, you will take a right turn in to the paddock, missing out the climb up to the hairpin.

In the Heats, Youths will complete 3 Laps and Junior will complete 4 laps of the course.

In the Finals, Youths will complete 4 laps and Junior will complete 5 laps of the course.

It is the athlete's responsibility to know the course and to count your own laps.

All races take place on fully closed roads but athletes should still be aware that emergency vehicles may be required to access the track. Athletes are encouraged to ride safely and within their own limits based on the terrain and weather conditions

The race is draft legal, lapped athletes will be pulled out of the race with immediate effect as per WT rules. Lapping out in the Super Series does not apply to Junior Senior Female races.

Helmets are mandatory, and must be worn fastened up at all times during the bike stage. Helmets should be put on in transition before you touch your bike and only taken off again once your bike has been racked in transition.



**SEE YOU ON RACE DAY!**

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# Course Maps – Run

## Run Information

Every race, will run **TWO** laps of a flat 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 left down the back straight. The 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.

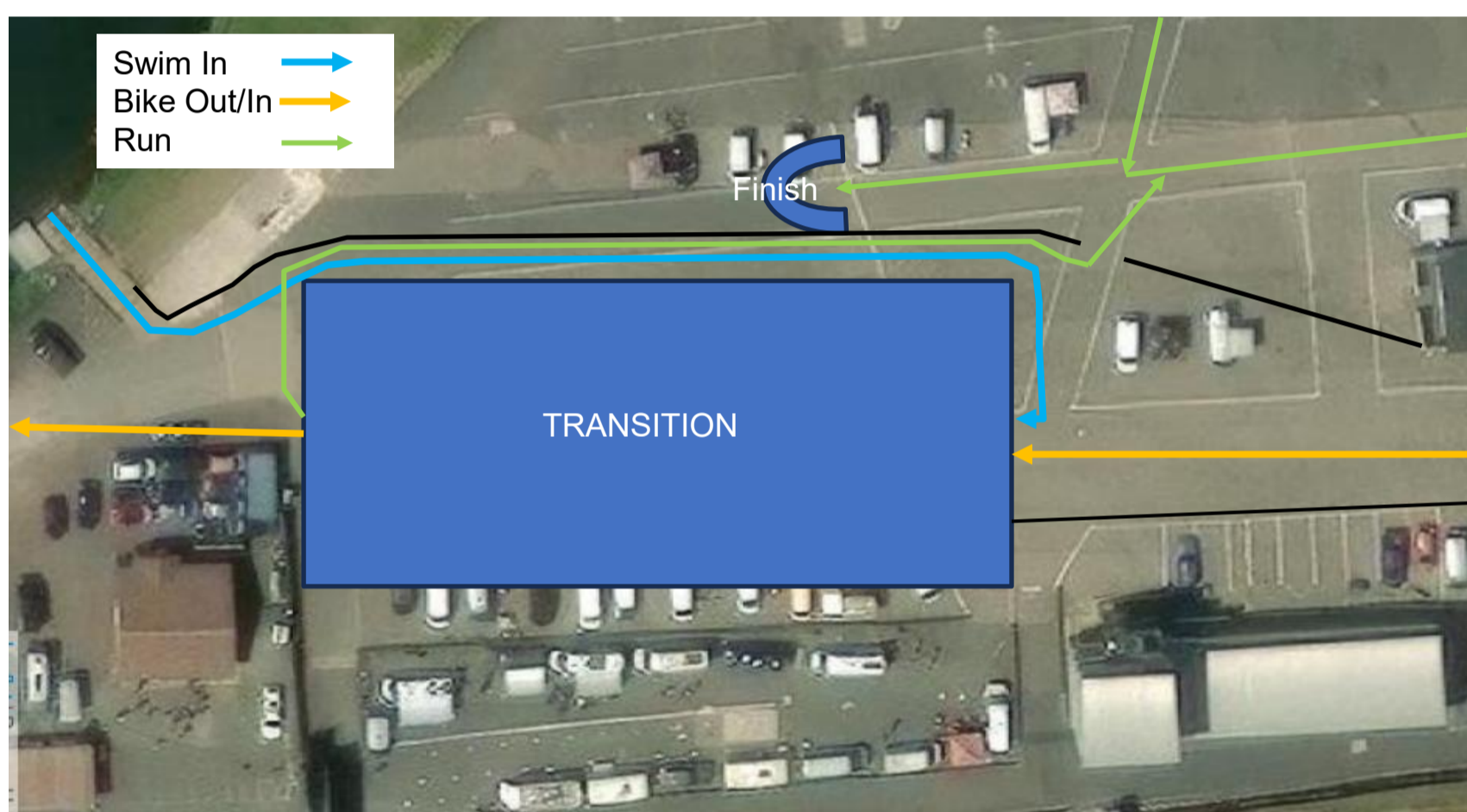
After completing two laps, athletes will take a right turn alongside transition to the finish line.

It is your responsibility to know the run course and complete the correct number of laps.

There will be a water station at the start of each lap. Large bins will be positioned alongside the run course for you to dispose of cups. Anyone failing to put their cups in the bins provided will receive a littering penalty.



## Transition Layout



## Heats to Finals Qualification (will be updated once entries close)

	<u>A Final</u>	<u>B Final</u>	<u>C Final</u>
Junior Female	Top XX in each Heat + XX Fastest Losers	Remaining Athletes	
Junior Open	Top XX in each Heat + XX Fastest Losers	Remaining Athletes	
Youth Female	Top XX in each Heat + XX Fastest Losers	Remaining Athletes	
Youth Open	Top XX in each Heat + XX Fastest Losers	Next Fastest XX Athletes	Remaining Athletes

N.B. Qualification criteria are subject to change on the day depending on final registration numbers. Qualification details will be announced over the PA system and displayed on the noticeboard in the registration area approximately 10 minutes after registration closes.

**SEE YOU ON RACE DAY!**

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# 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	2006 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 only 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](mailto:concern@britishtriathlon.org)

You can also ring the NSPCC helpline on 0800 800 5000 or by emailing [help@nspcc.org.uk](mailto: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.

SEE YOU ON RACE DAY!

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

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