

Super Series Mallory Park Senior Tri

June 28th



Welcome

The British Triathlon Federation and ATW would like to extend a warm welcome to all competitors and spectators to the Mallory Park Senior Triathlon on June 28th

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 Saturday night.

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Please notify a Technical Official, Timing or the Event Organiser to hand back your chip and confirm you have withdrawn.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

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 will be a Swim Familiarisation 10 minutes before Race Start for Seniors only.

There is no Bike 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



Event schedule

Sunday 28th June

	Female
13:00	Registration Open
13:45	Female Transition Opens
14:30	Female Transition Closes
14:30	Female briefing
14:35	Swim Familiarisation
14:45	Female start
16:45	Female Prizegiving

	Open
13:00	Registration Open
15:00	Open Transition Opens
15:45	Open Transition Closes
15:45	Open briefing
15:50	Swim Familiarisation
16:00	Open start
18:00	Open Prizegiving

Race Distance

1000m swim – 30k bike - 7.5k run

Course Map – Swim 1km

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 a 1000m, anti-clockwise course, around triangular orange buoys. After completing two laps around the orange buoys, athletes will round two yellow buoys on the way to the exit.

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 an airhorn.

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.



SEE YOU ON RACE DAY!

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

BRITISH TRIATHLON SUPER SERIES

Course Map – Bike 30k (10 laps)

<https://www.plotaroute.com/route/3313325?units=km>

Exiting transition, mount and head out of the paddock to join the track. You'll head around the lake and down the Stebbe Straight where your cheer squad will gather to provide encouragement and set you up for the climb up to Shaw's hairpin. After negotiating the hairpin you'll dive down through the Devil's Elbow and down the home straight under the footbridge to a 180-degree dead turn. Climbing back up the home straight before tackling another hairpin heading down the full length of the pit lane to rejoin the track.

You will complete 10-laps of this course.

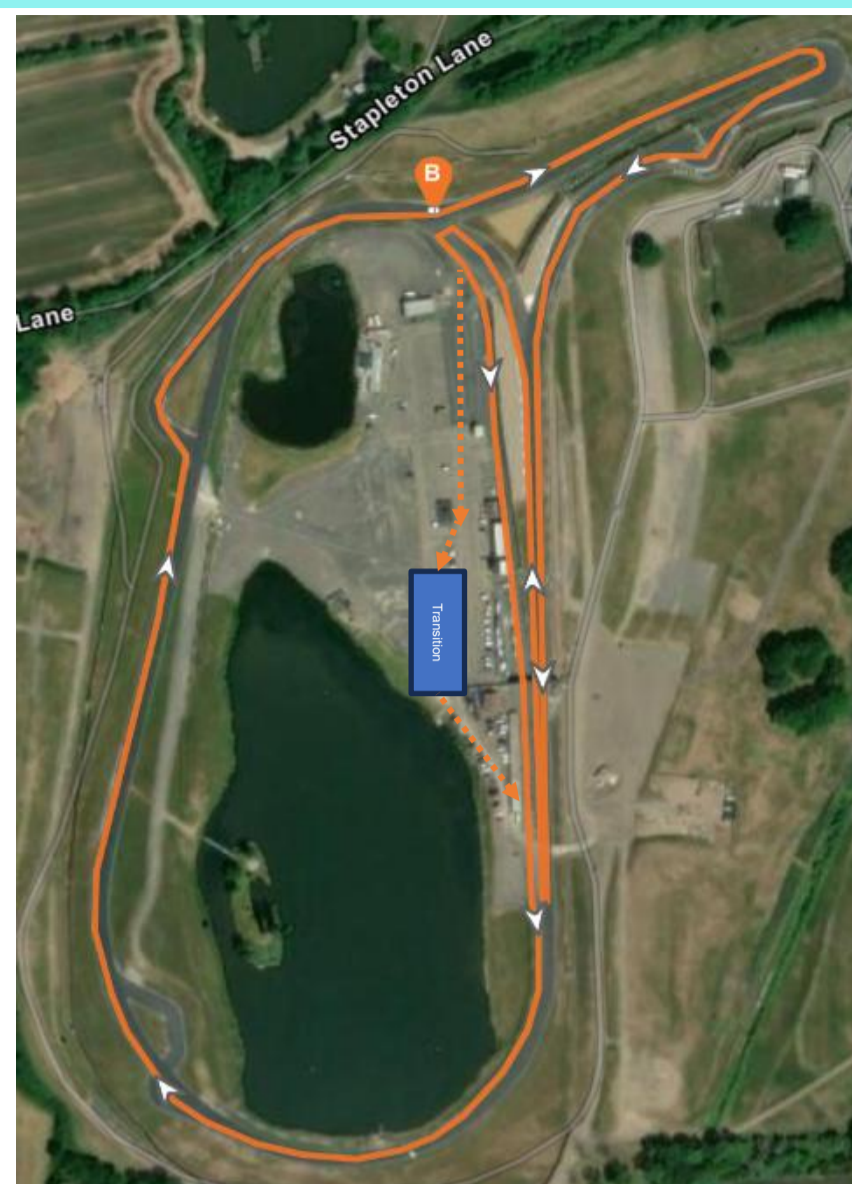
After completing your last lap, you will turn into the paddock area and the transition area instead of heading down the pit lane.

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

All races take place on a fully-closed track, 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. There is a rule exemption in place for both the Female and Open race for lapping. Lapped athletes may not impede the race or join any groups/athletes on a different lap.

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.



Course Map – Run 7.5k (1.25k lap x 6)

The race will finish with a 6-lap 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.

After completing six 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.

Timing points will be placed to ensure that athletes 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



SEE YOU ON RACE DAY!

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

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	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.

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.

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.

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

SEE YOU ON RACE DAY!

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

 **BRITISH TRIATHLON SUPER SERIES**