

# Super Series Grand Final – Senior/Junior /Youth B Athlete Guide

29/30 August 2026



## Welcome

British Triathlon would like to extend a warm welcome to all competitors and spectators to the Super Series Grand Final on 29/30 August 2026.

### Venue

The event will be held at **Mallory Park Race Circuit, LE9 7QE**

### Car Parking

Event parking is available on-site. Pre-booking is recommended to reduce queues on the day.

- £3 per day. [Click here to pre-book](#).
- On-the-day parking is available with an additional £1 surcharge.
- Dedicated accessible parking is available on-site. We kindly ask all drivers to respect the designated accessible parking signage.

### Facilities

There will be no changing facilities available.

Camping is available at Mallory Park. This must be pre-booked. This is £15 per tent/camper per night. Full details and booking information can be found [here](#).

Catering will be available at the Lakeside Café at the venue. There is a drinking water tap on the outside of the toilet block.

## Registration & Race Packs

Registration will be located inside the Mallory Circuit building. Competitor information will also be available here together with course maps.

Please refer to the event schedule for Registration Times

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

### Race Pack:

- Body number decals, for your left arm - 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

Timing chips will be collected during transition check out, after Saturday's individual race. If you are competing in the relay, you will be allocated a new timing chip at swim start on the Sunday. If you drop out for any reason, please hand your chip directly to the timing tent which is located at the finish line.

**Competitors who fail to return their timing chip will be charged £60 as per the terms and conditions of entry.**

## General Information

### Results and Photos

Provisional results will be available on the event website from [Titanium Timing](#).

### 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 and Water Safety

There will be extensive medical and Water Safety 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.

### 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 around the HQ, transition area and water station on the run course. Anyone found littering during the event will be penalised.

### Site Rules

Please respect the live course throughout your movements across the event. There will be dedicated crossing points at busy areas. Please refer to the map below outlining the areas that should be used for any warm-ups.

### Prizegiving

As the last race in the Youth B & Junior Series , the overall Series awards will take at the end of the day on Saturday (17:45). British Elite Junior Championship medals will also be awarded to the top three Junior or Youth B athletes in the race.

There will be a prizegiving for the British Elite Youth & Junior Mixed Relay at 10:20am on the Sunday.

There is no prizegiving for seniors since it's their final race in the series at Bala the following weekend.

Please refer to the event schedule and listen out to the announcements by the MC team.

## Bike Swim Familiarisation & Transition

### Bike Familiarisation

There is no bike or swim familiarisation available due to the nature of the schedule and timings.

### Timing Chips and Numbers

Your timing chip for the weekend will be allocated to you on Saturdays registration. Please ensure that the ankle strap is done up securely. **Timing chips will be collected during your final transition check out**, either Saturdays individual, or Sundays relay. If there happens to be an incident where you do not finish the race, therefore will not check out of transition, please hand your chip directly to the timing tent which will be located at the finish line.

### Transition

Transition check-in will take place at the following times:

|              |                                    |
|--------------|------------------------------------|
| 13:20-13:40  | Youth B/Junior/ Senior Female      |
| 14:35-14:55  | Youth B/Junior/ Senior Open Tier 2 |
| 15:50- 16:10 | Youth B/Junior/ Senior Open Tier 1 |

Do not wear earbuds/headphones while in transition and listen out for marshal/official instructions. The use of mobile phones in transition is not permitted. There will be no marking permitted in transition, this includes the use of talc on the floor. There will be individual allocated spaces in transition, please allow sufficient space for your fellow athletes. No bags 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.

Transition will be open for you to collect your race equipment throughout the day. You must give priority to those who are racing, and permission must be sought by the Technical Officials . 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.

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

| Senior/Junior/Youth B FEMALE RACE |                                                 |
|-----------------------------------|-------------------------------------------------|
| 12:00-16:00                       | Snr/Jnr/Yth B Female <b>Registration</b>        |
| 13:20-13:40                       | Snr/Jnr/Yth B Female <b>Transition Check In</b> |
| 13:45                             | Snr/Jnr/Yth B Female <b>RACE BRIEFING</b>       |
| <b><u>14:00</u></b>               | Snr/Jnr/Yth B Female <b><u>RACE START</u></b>   |
| <b><u>17:45</u></b>               | Prizegiving Junior/Youth B                      |

| Senior/Junior/Youth B OPEN TIER 2 RACE |                                                      |
|----------------------------------------|------------------------------------------------------|
| 12:00-16:00                            | Snr/Jnr/Yth B Female <b>Registration</b>             |
| 14:35- 14:55                           | Snr/Jnr/Yth B Open Tier 2 <b>Transition Check In</b> |
| 15:00                                  | Snr/Jnr/Yth B Open Tier 2 <b>RACE BRIEFING</b>       |
| <b><u>15:15</u></b>                    | Snr/Jnr/Yth B Open Tier 2 <b><u>RACE START</u></b>   |
| <b><u>17:45</u></b>                    | Prizegiving Junior/ Youth B                          |

| Senior/Junior/Youth B OPEN TIER 1 RACE |                                                      |
|----------------------------------------|------------------------------------------------------|
| 12:00-16:00                            | Snr/Jnr/Yth B <b>Registration</b>                    |
| 15:50-16:10                            | Snr/Jnr/Yth B Open Tier 1 <b>Transition Check In</b> |
| 16:15                                  | Snr/Jnr/Yth B Open Tier 1 <b>RACE BREIFING</b>       |
| <b><u>16:30</u></b>                    | <b><u>Snr/Jnr/Yth B Open Tier 1 RACE START</u></b>   |
| <b><u>17:45</u></b>                    | <b>Prizegiving</b>                                   |

# Event Schedule - Sunday

| Youth & Junior Relay |                                                         |
|----------------------|---------------------------------------------------------|
| 7:50-8:10            | Youth & Junior Mixed Relay <b>Transition Check In</b>   |
| 8:15                 | Youth & Junior Mixed Relay <b>RACE BREIFING</b>         |
| <b><u>8:30</u></b>   | <b>Youth &amp; Junior Mixed Relay <u>RACE START</u></b> |
| <b><u>10:20</u></b>  | <b>Prizegiving</b>                                      |

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# Snr / Jnr / Yth B Course

## Swim Course– 750m

**Start Line & Selection:** The race will start between two swim buoys. Athletes will be ranked and called forward to select a start position according to the ranking list. Once you choose your starting position, you must remain in that spot.

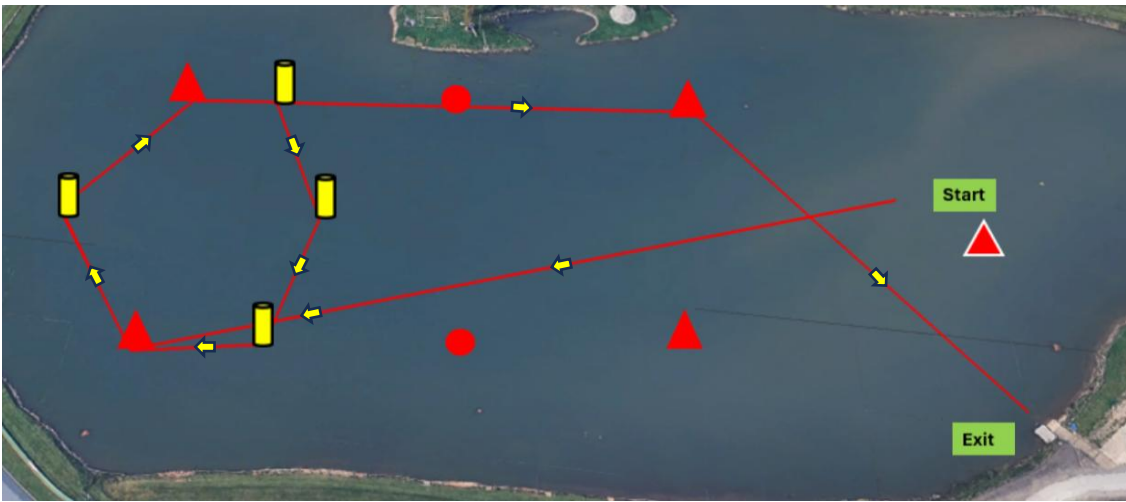
**Start Procedure:** Once you have chosen a starting position, please ensure you are in a straight line between the two buoys. Once the line is straight, a technical official will call: **“Athletes, you are now in the hands of the starter,”** which will be followed by a loud air horn.

**False Start Procedure:** Any athlete who false starts will receive a 10-second penalty in T1.

**Course Route (750m):** Once the race has begun, athletes will swim out to the furthest left red triangular swim buoy, keeping it on their right shoulder. Athletes will follow the swim course route marked in red, completing **one full clockwise lap**. They will then continue along the red course path directly to the swim exit.

**Wetsuit Rules:** World Triathlon rules are strictly adhered to for wetsuit usage.

**Water Safety:** A dedicated water safety team will be on the water to support competitors. Should you require assistance or wish to withdraw during the swim, roll onto your back and raise your arm in the air—a safety kayak will come directly to assist you.



## Bike Course – 21km (7 Laps)

### Bike Information

#### [Bike course preview](#)

The bike route will be around the racing circuit. You will do seven bike laps (3km per lap). When leaving the transition area, you will head out via the pit lane and then head up the hill. You will come into the paddock area at the end of every lap where there will be a channel for more laps and a channel for the transition. It is your responsibility to know the course route and to count your own laps.

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 World Triathlon 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.



## Run Course – 5km (2 Laps)

### Run Information

#### [Run course preview](#)

You will do two run laps (2.5km per lap).

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

There will be one aid station on the run course, approximately 150m into the lap, this will consist of water only.

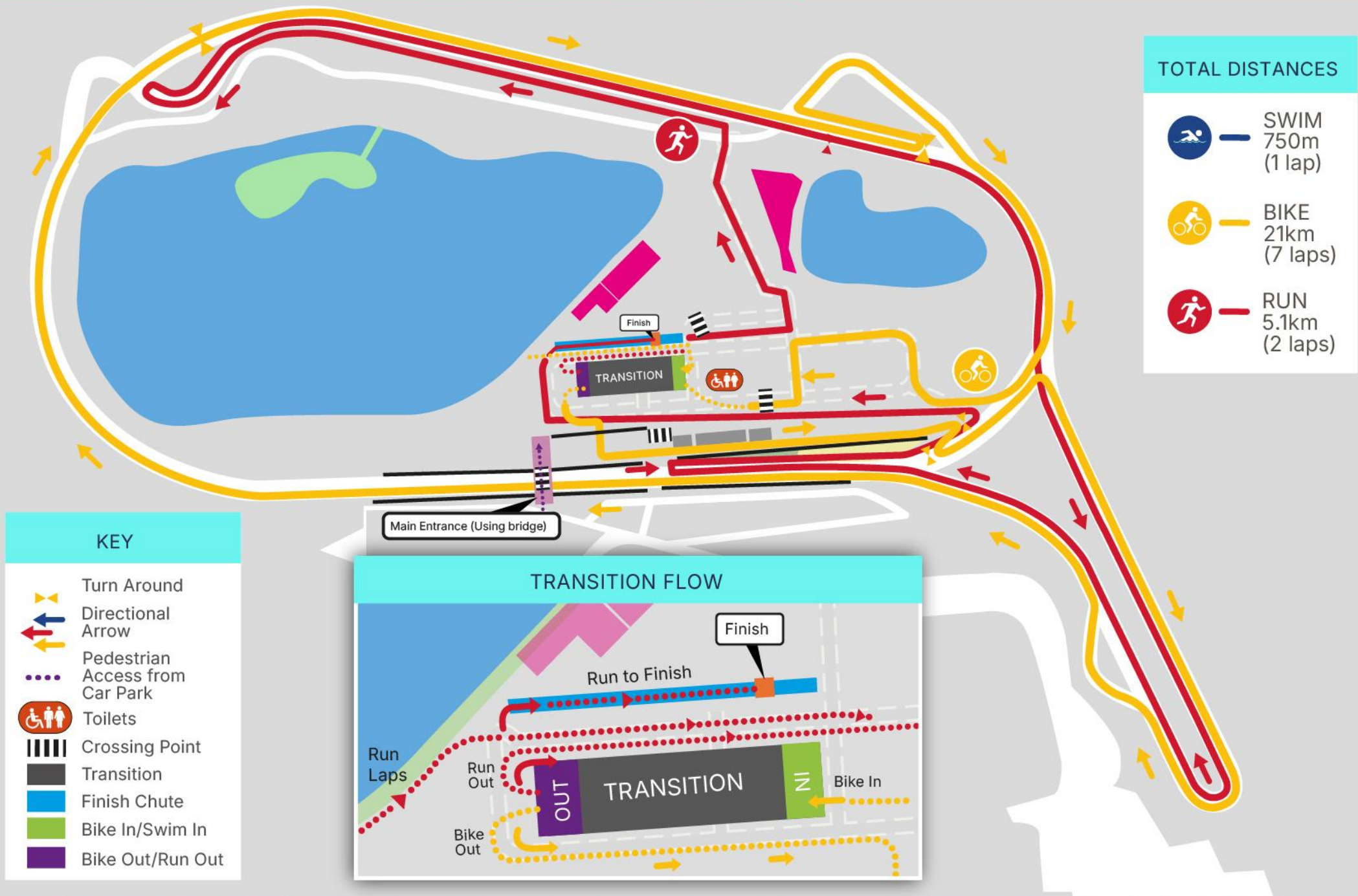
A designated litter zone will be in place. Anyone failing to discard their cups or additional litter within this zone will be subject to a penalty.



**SEE YOU ON RACE DAY!**

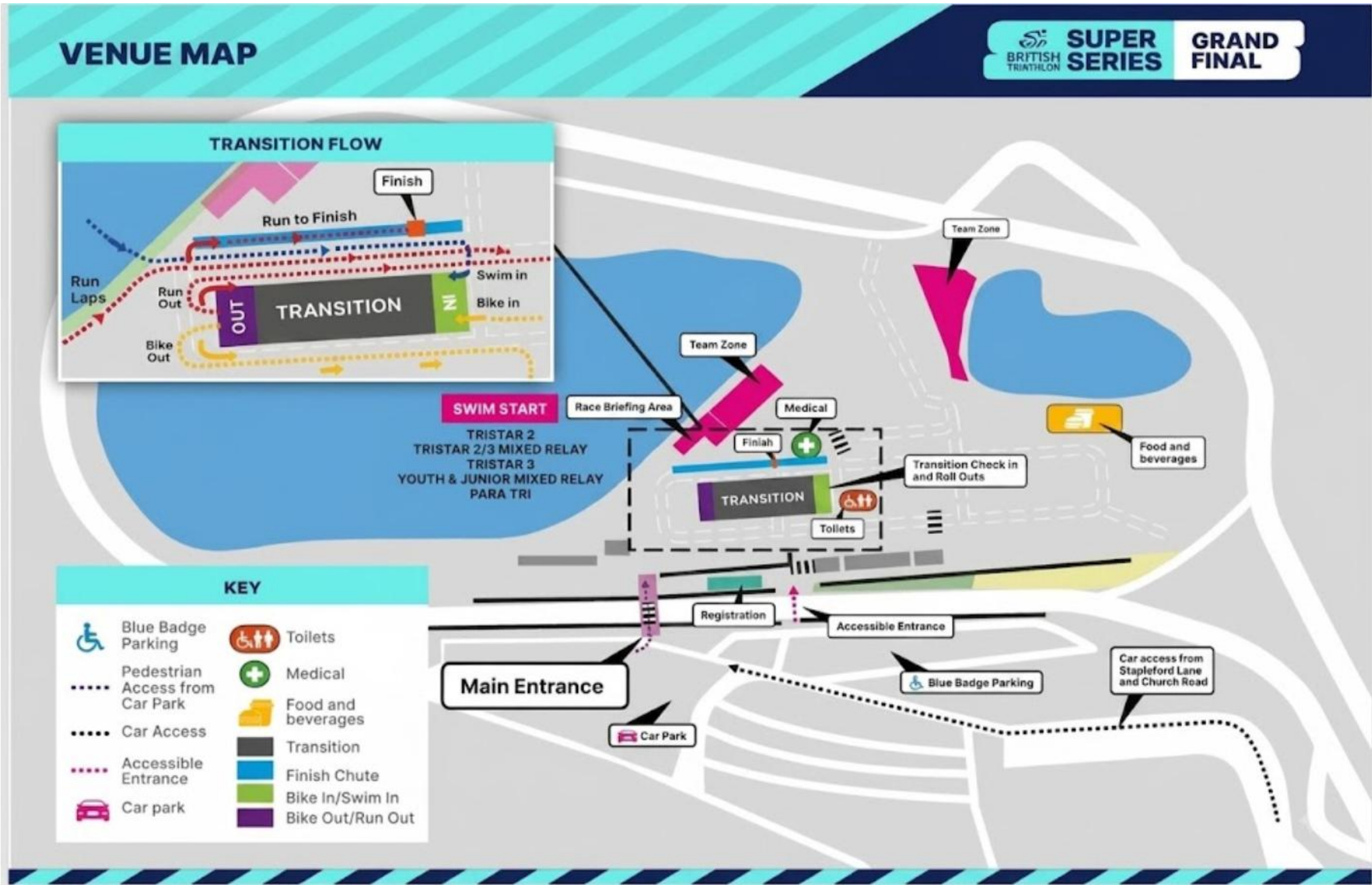
If you have any questions, please email the team at [SuperSeries@britishtriathlon.org](mailto:SuperSeries@britishtriathlon.org)





Please Note: Refer to previously page for the swim course.

VENUE MAP



# Youth & Junior Mixed Team Relay

## Mixed relay Information

There is a mixed team relay on Sunday for Youth, A, B and Junior Athletes. The order follows the Olympic format of Female, Open, Female, Open. There is no bike familiarisation so please make yourself familiar with the course maps provided and on-site. You will be issued with a new timing chip at the swim start for the relay. This chip must be returned at the transition exit at the end of your race.

All athletes must be at the start area 15 minutes prior to race start time for a short race briefing and timing chip collection. First leg (A) relay athletes will then go into the water ready for the race start. All other legs (B/C/D) will stay at swim assembly until a staff member asks you to move into the changeover zone.



## Swim Information – 300m

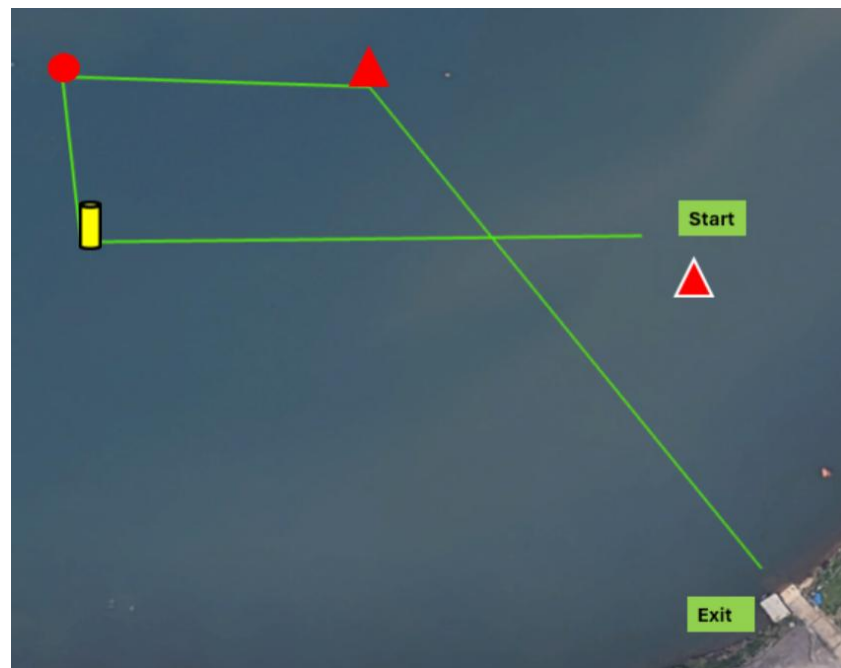
The race will start between the two swim buoys with Athlete A.

Athletes will be ranked and called forward to select a starting position based on the ranking list. Once a starting position has been chosen, athletes must remain in that position until the start of the race.

The swim course consists of one 300 m lap.

Athlete A will complete the swim course as shown below.

Athletes B, C and D will enter the water at the location marked "EXIT" (green box) and swim directly to the yellow cylindrical swim buoy. They will then follow the same course as Athlete A.

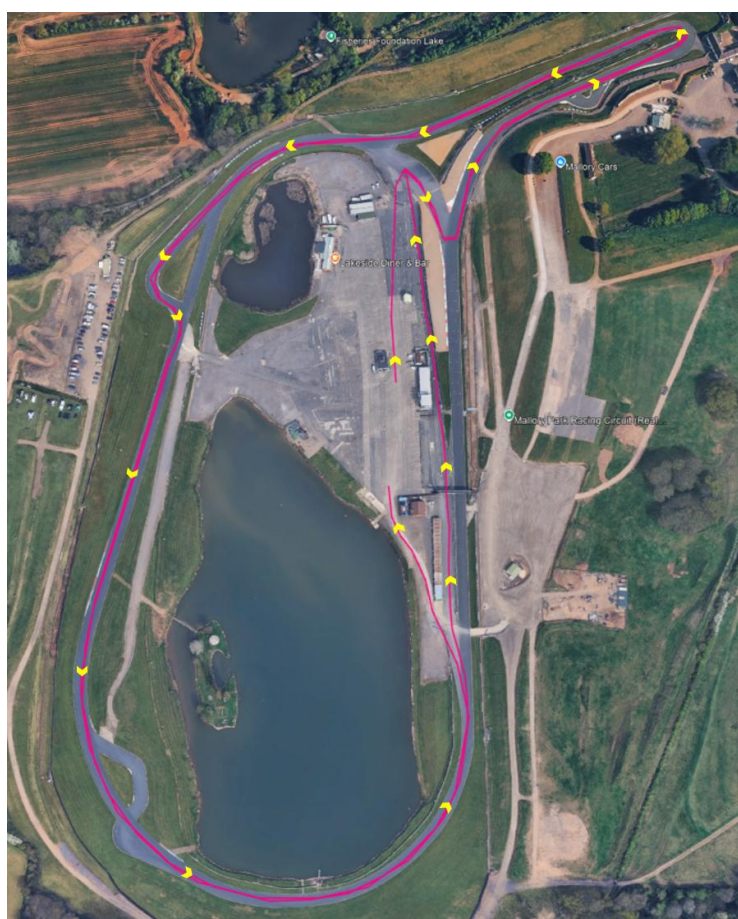


## Bike Information – 4.5km

The flow of Transition changes for the relay from the previous days racing, this is to avoid the IRC transition challenge which takes place at the same time.

This means the mount and dismount lines have swapped, please familiarise yourself with this in the morning. The course is two anti-clockwise laps which use the pit lane to connect them.

Athletes will complete bike two laps = 4.5km



## Run Information – 1.45km

Again, the transition flow for bike-run is **OPPOSITE** to the previous day, and the run course is 1 lap.

The route is anti-clockwise around the circuit as seen in the image below.

Athletes will complete one run lap = 1.45km.



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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      |
| Paratri  | All classifications |

## 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.

### 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.

### Handlebars:

The brakes shall consist of two supports with levers. It must be possible to operate the brakes by pulling on the levers with the hands on the lever supports in accordance with the maximum inclination of 10°. Athletes who do not comply with this rule will not be permitted to race under any circumstances. This will be measured using the UCI approved tool on the day.

### 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.

### Athlete Conduct

Athletes are expected to familiarise themselves with Rule 2 related to conduct and in particular 2.1(i) Practice good sportsmanship at all times; (ii) Be responsible for their own safety and the safety of others; (vi) Avoid the use of abusive language;

### 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:

1. **Recognise** – if you have a concern, notice a problem or if you're worried or upset
2. **Respond** – Know what you need to do, identify someone you trust
3. **Record** – as many details as possible - who, what, when, where – capture details in writing
4. **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 0808 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 it [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 upon request.

SEE YOU ON RACE DAY!

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