

Super Series Bristol Sprint

6th July 2025



Welcome

The British Triathlon Federation and ATW events would like to extend a warm welcome to all competitors and spectators to the Bristol Triathlon on Sunday July 6th, 2025.

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.

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](#) website within minutes of you crossing the finish line. Results will become final no later than July 8th.

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 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

ATW employ paid Marshals to ensure that you have an excellent and safe race experience. If you are unable to race or know of anyone who would like to join the ATW event delivery team, please ask them to email eventmakers@atwevents.co.uk

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

Partners

ATW would like to thank event partners:

- Bristol Council
- Skechers Performance
- Alzheimers Research
- Lovicorn
- ReviveActive

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.

Event Format, Bike Familiarisation & Transition

Race Format

There will be an Open Sprint race followed by a Female Sprint race.

Bike Familiarisation

There is no official Bike Familiarisation.

Timing Chips and Numbers

Your timing chip and race number will be allocated to you at registration.

Hand Number

Please write your race number on the back of your left hand using the black markers at registration.

Transition

Transition check-in will take place on race day only

once the Sprint Race athletes from the morning's Age Group races have vacated.

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

There will be a window to un-rack bikes and clear your belongings from Transition at the discretion of the transition officials. This will be announced over the loud speaker. Access to transition and/or the removal of bikes outside of these discretionary periods will not be permitted.

The Entry / Exit point will be clearly signposted for you. Do not enter Transition Area through any other location.

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 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

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)

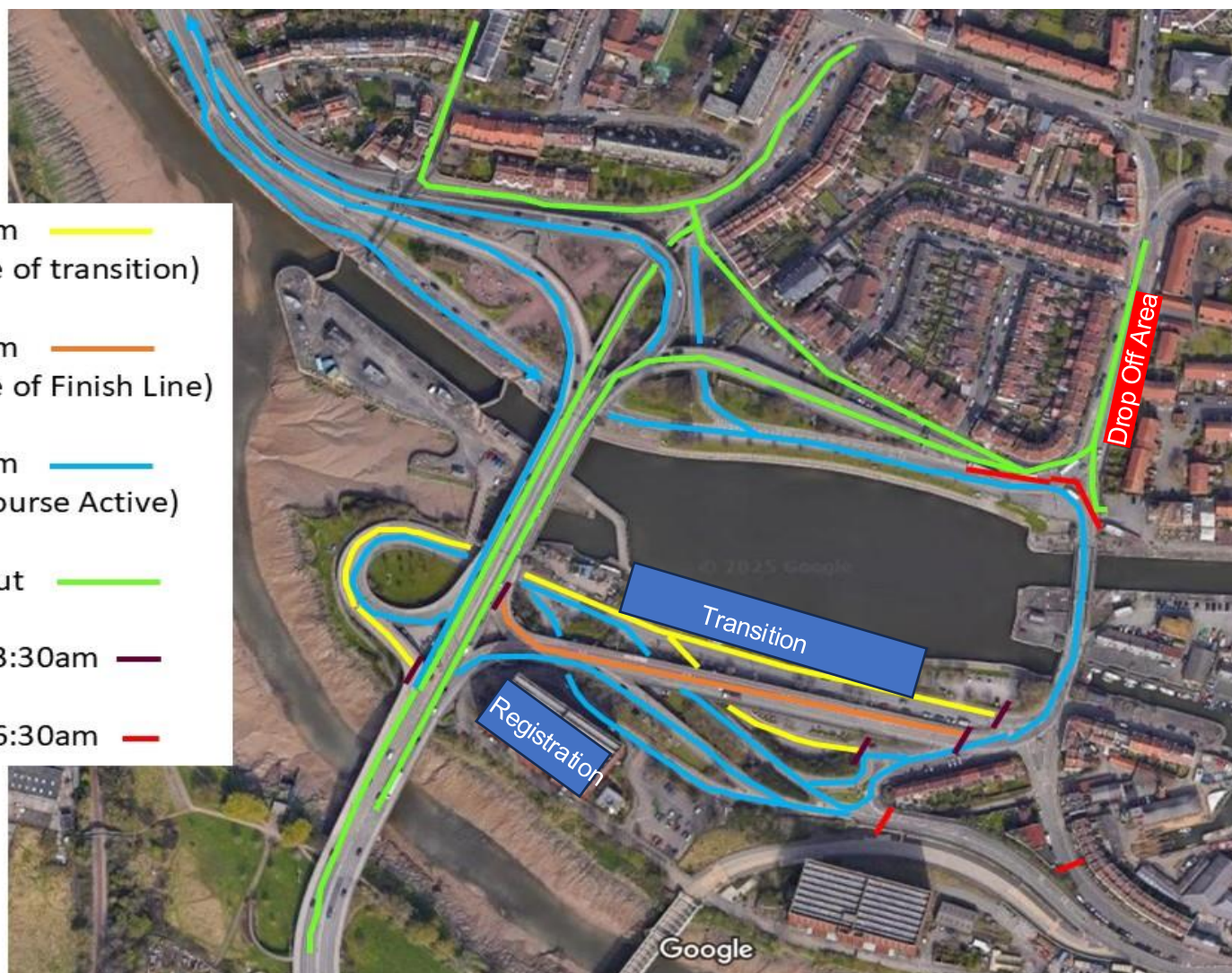
3:30am – 3:30pm ——— (Build-Dismantle of Finish Line)

6:30am – 2:30pm ——— (Bike and Run Course Active)

OPEN Throughout ———

RoadClosure at 3:30am ———

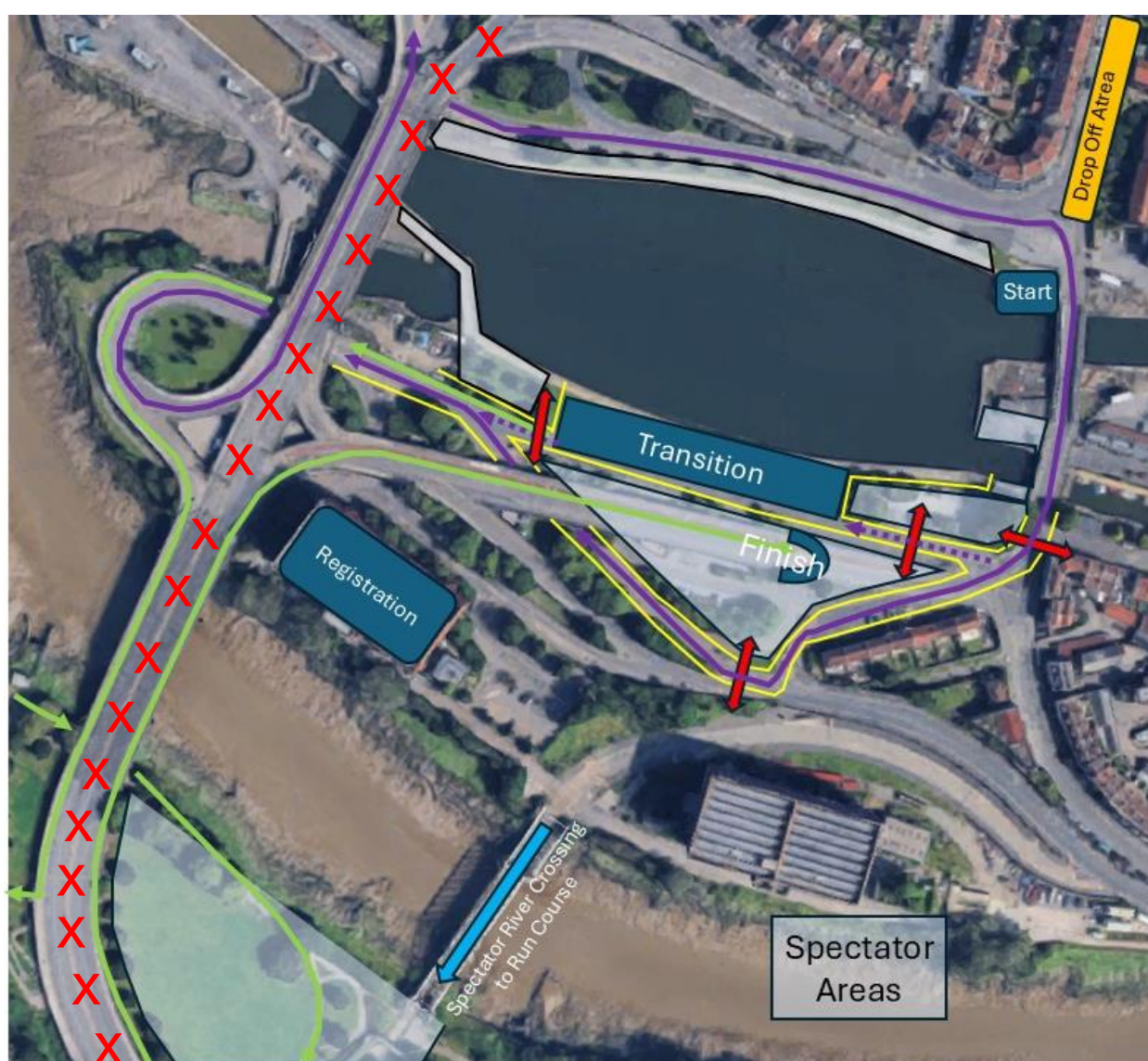
RoadClosure at 6:30am ———



From 6:30am, the bike course 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 circumnavigates the basin three times and if you move quickly you can cross the river on the Ashton Ave Bridge to watch the run lap before heading back to catch the finish 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 Schedule

	Open Sprint		Female Sprint
	Saturday June 5 th		Saturday June 5 th
14:00 - 17:00	Early Race Registration Open	14:00 - 17:00	Early Race Registration Open
	Sunday June 6 th		Sunday June 6 th
09:30	Race Registration Open	09:30	Race Registration Open
10:30	Transition Opens	10:30	Transition Opens
11:30	Transition Closes	12:00	Transition Closes
11:30	Open Swim Warm-up	12:45	Female Swim Warm-up
11:45	Open Sprint briefing – swim start	13:00	Female Sprint briefing – swim start
12:00	Open Sprint Start	13:15	Female Sprint Start

Note:

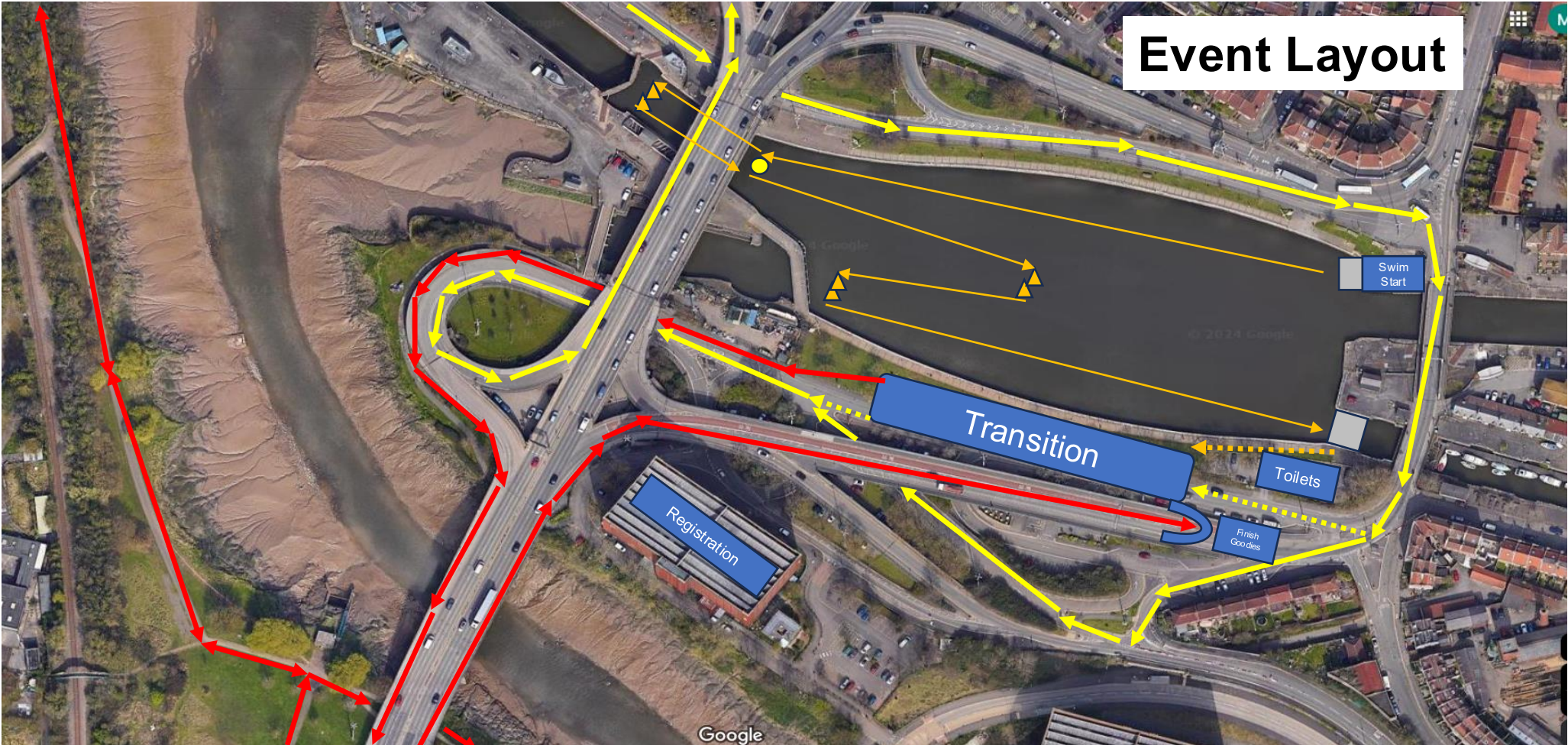
- Please leave plenty of time for Bike check at the transition entrance;
- Athletes must be racked in transition and at the briefing area, ready to swim, at the correct time for their wave.

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 – 21km (3 laps)
- Run – 5km (2 laps)



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Course Maps – 750m 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 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.



Course Maps – 21km Bike

Bike Information 3 x 7km 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. 3km 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 third 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.



Course Maps – 5km Run

Run Information – 2 laps

The 5km run for the SuperSeries will consist of two laps of an out-and-back course along a hard-standing path up the valley. 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 to join the hard-standing path that runs up the valley. Heading up the valley for just under 1km, you'll turn just before reaching the Suspension Bridge and return back to the flyover where you'll loop underneath and head out again for a second lap.

After completing two laps, you'll head left up a ramp to rejoin the dual carriageway and turn on 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, marshalled 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 on the out and back section. Large bins will be positioned alongside the run course 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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Super Series Athlete Guide

Race Categories

2025 Race Categories:

Category	Classification
Youth A	Born – 2009-10
Youth B	Born - 2008
Junior	Born – 2006-07
Senior	2005 or Before
Paratri	All classifications

All references to Race Categories across the Super Series website, documentation and events will refer to the above categories. Your race category may also include the race in which you are competing within, the Open or Female race i.e., Youth A Open, or, Senior Female.

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 will **not** apply to any categories in this race.

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 or chalk) 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.

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

You can also ring the NSPCC helpline on 0808 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 upon request.

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