



BRITISH SENIOR SUPER SERIES 2024

TRIATHLON *Technical Guidance for Athletes*

RACES

The below guidance applies for the following races:

Llanelli Multisport Festival	11 th May
Mallory Park Heats and Finals	29/30 th June
Mallory Park Sprint	13 th July
Eton Eliminator	26 th August
Grand Final	14/15 th September

WETSUITS

- World Triathlon Competition Rules pertaining to water temperature and wetsuit use will be enforced. The final decision on whether wetsuits are mandatory, optional or forbidden will be made on the day by the Technical Officials and communicated to all athletes.

HANDLEBARS

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed.
- Water bottles must not be placed behind the saddle.

SADDLE POSITION

- There will be a vertical line touching the front-most point of the saddle which will be no less than 5cm for men, and 2cm for women, behind a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition.

WHEEL REGULATIONS

Athletes may race using either:

<p>A wheel as defined below:</p> <ul style="list-style-type: none"> A diameter between 70cm maximum and 55cm minimum; Both wheels must be of equal diameter; Wheels shall have at least 20 metal spokes; The maximum rim dimension will be 25mm on each side; The rim must be alloy; All components must be identifiable and commercially available. 	<p>Or:</p> <ul style="list-style-type: none"> Wheels that are found on the UCI non-standard approved wheel lists. Both lists are applicable, the one containing wheels approved prior to 1 January 2016 and the other after this date. The UCI wheel lists can be found at https://www.uci.org/inside-uci/constitutionsregulations/equipment
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The above are in addition to The World Triathlon Competition Rules 5.2.e.)(i) to 5.2.e.)(iv).

ATHLETE RESPONSIBILITY

Competitors are reminded that it is their responsibility to know the rules of the race they are taking part in, and this extends to ensuring that bike setup conforms to the rules. Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race

UNIFORM

- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- For domestic Elite Senior events, athletes are asked to wear trisuits that meet the World Triathlon Competition Rules and Guidelines Regarding Authorised Identification, however if this is not possible, as a minimum your trisuit must have your surname printed on it.
- Should a competitor represent Great Britain in a World Triathlon event then full World Triathlon Competition Rules and Guidelines Regarding Authorised Identification will apply.

FRAMES

Frames must comply with World Triathlon Competition Rule 5.2.c.) (i)