

# Super Series Mallory Heats & Finals

28 & 29<sup>th</sup> June 2025



## Welcome

The British Triathlon Federation and ATW events would like to extend a warm welcome to all competitors and spectators to the Mallory Heats & Finals on June 28<sup>th</sup> and 29<sup>th</sup>, 2025.

### Venue

The event headquarters are based at Mallory Park Racing Circuit, Kirkby Mallory, LE9 7QE

### Car Parking

Ample parking is available at the venue. Car Parking fees (£3 for cars) will be collected at the exit. Please bring cash if possible.

### Facilities

Toilets are available in the paddock area and the centre of the car park.

Showers and changing rooms are available in the centre of the paddock

Camping is available on site and can be booked through the ATWevents website.

There is a café serving hot food and an espresso coffee bar in the glass rotunda that overlooks the circuit.

## Registration & Race Packs

Registration will be located in the paddock area. Final competitor information will also be available here together with course maps.

Registration opening times can be found on the below table. You will only be allowed to register in your allotted time slot.

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 return your timing chip to the marshals in the finish area at the end of the Mixed Team Relay, or if you drop out for any reason 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 EventChipTiming website within minutes of you crossing the finish line. Results will become final no later than July 1<sup>st</sup>.

### 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](mailto: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.

Anyone found littering during the event will be penalised.

### Partners

ATW would like to thank the event partners:

- Skechers Performance
- Alzheimers Research
- Lovecom
- ReviveActive

### Site Rules

Mallory Park is an active motor racing circuit and has some specific site rules that must be followed:

- **NO DOGS** – anyone bringing a dog on site will be turned away at the entrance gate (guide dogs with official documentation excepted)
- **No disturbing the gravel traps** – the gravel traps are specially prepared to decelerate fast moving motor vehicles. If they are disturbed, they have to be reset at high cost.

## Event Format, Bike Familiarisation & Transition

### Heats & Finals Event Format

All athletes will compete in a draft-legal, Super-Sprint heat on the Saturday, and the results will define which final they progress to on the Sunday. The qualification criteria for the finals will be announced once all athletes have registered. The final results will position all A-final athletes who finish, in front of all B-final athletes, etc... The start list for the Finals will be published on Saturday evening on the ATW HUB, results page.

### Bike Familiarisation

There is no official Bike Familiarisation.

### Timing Chips and Numbers

Your timing chip and race number will remain the same throughout the weekend. Keep hold of your timing chip after the Heats and bring it back for the

final on Sunday. If you are taking part in the Mixed Team Relays, keep hold of it until after the relays have finished.

### Transition

Transition check-in will take place on race day only.

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

There will be windows provided to un-rack bikes and clear your belongings from Transition at the discretion of the transition officials.

This opportunity will arise once all athletes have exited the water and Transition area of a particular Wave. The Entry / Exit point will be clearly signposted for you. Do not cross any timing mats or 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.

For the Senior A Final, competitors will use elite-style transition pods, rather than racking poles. These will be individually numbered prior to each A-final and A Final athletes will be given an opportunity to practice using them prior to their race. All other finals will use the racking positions from Saturday.

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/Senior
12:30	Race Registration Opens
13:15	Transition Opens
13:45	Transition Closes
13:45	Heat 1 briefing
<b>14:00</b>	<b>Heat 1 Start</b>
14:15	Heat 2 briefing
<b>14:30</b>	<b>Heat 2 Start</b>

	Open YouthA/YouthB
12:30	Race Registration Opens
16:00	Roll Out – Gear Check
16:15	Transition Opens
17:15	Transition Closes
17:15	Heat 8 briefing
<b>17:30</b>	<b>Heat 8 Start</b>
17:45	Heat 9 briefing
<b>18:00</b>	<b>Heat 9 Start</b>
18:15	Heat 10 briefing
<b>18:30</b>	<b>Heat 10 Start</b>

	Open Junior/Senior
12:30	Race Registration Opens
13:15	Transition Opens
14:45	Transition Closes
14:45	Heat 3 briefing
<b>15:00</b>	<b>Heat 3 Start</b>
15:15	Heat 4 briefing
<b>15:30</b>	<b>Heat 4 Start</b>
15:45	Heat 5 briefing
<b>16:00</b>	<b>Heat 5 Start</b>

	Female YouthA/YouthB
12:30	Race Registration Opens
15:00	Roll Out - Gear Check
15:15	Transition Opens
16:15	Transition Closes
16:15	Heat 6 briefing
<b>16:30</b>	<b>Heat 6 Start</b>
16:45	Heat 7 briefing
<b>17:00</b>	<b>Heat 7 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/Senior** – 350m swim-8k bike-2k run  
**Youth A/B** – 350m swim-6k bike-1.5k run

## Sunday

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

	Female Youth A/Youth B
6:30	Gear Check – Roll Out
6:45	Transition Opens
7:45	Transition Closes
7:45	B Final – briefing
<b>8:00</b>	<b>B Final start</b>
8:15	A Final – briefing
<b>8:30</b>	<b>A Final start</b>
13:30	<b>Mixed Team Relays Start</b>

	Open Junior/Senior
6:45	Transition Opens
11:15	Transition Closes
11:15	C Final – briefing
<b>11:30</b>	<b>C Final Start</b>
11:45	B Final – briefing
<b>12:00</b>	<b>B Final Start</b>
12:15	A Final – briefing
<b>12:30</b>	<b>A Final Start</b>
13:30	<b>Mixed Team Relay Start</b>

	Open Youth A/Youth B
6:30	Gear Check – Roll Out
6:45	Transition Opens
8:45	Transition Closes
8:45	C Final – briefing
<b>9:00</b>	<b>C Final start</b>
9:15	B Final – briefing
<b>9:30</b>	<b>B Final start</b>
9:45	A Final – briefing
<b>10:00</b>	<b>A Final start</b>
13:30	<b>Mixed Team Relays Start</b>

	Female Junior/Senior
6:45	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>
13:30	<b>Mixed Team Relay 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**  
**Youth A/B** – 400m swim-8k bike-2k run  
**Junior/Senior** – 400m swim-10k bike-2.5k run



## Course Maps – 350m Heats & 400m Finals Swim

### Swim Information

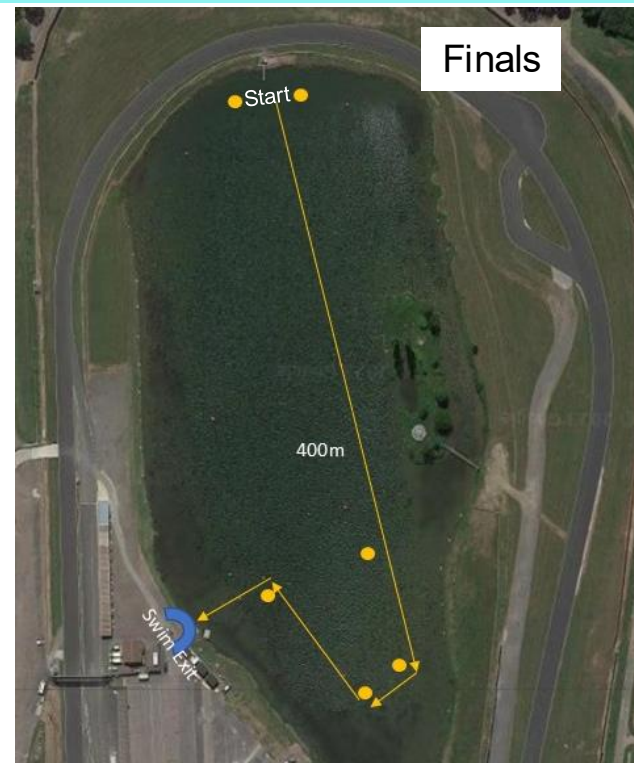
All races will receive a final briefing at the swim entrance and then athletes will be called in to the water one at a time to make their way to the far end of the lake for a deep-water start.

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

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.



## Course Maps – 2km Bike Lap

### Bike Information

Exiting transition, you'll mount and head up through the paddock to join the track. At the exit from the paddock, you'll take a 180-degree turn to the right and then turn 90 degrees left to merge with the lap at the bottom of the Devil's Elbow and ride up to Shaw's hairpin via the Bus Stop chicane. Turning at the hairpin, you'll charge down the hill towards the John Cooper Esses and Edwina's. The Stebbe Straight is where your cheer squad will gather to provide encouragement and set you up for the zig zag through Stapletons and Charlies. You'll carry on round the lake to the Gerard's Bend and start the climb up the Kirkby Straight, under the bridge and back up to the Devil's Elbow to start your next lap.

After completing your last lap, you will take a left into the paddock area and the transition.

Please note athletes are responsible for counting their own laps and ensuring they enter the transition area at the correct time. (Tip – you climb the hill once per lap)

In the Heats, Youths will complete 3 Laps and Junior/Seniors will complete 4 laps of the course. In the Finals, Youths will complete 4 laps and Junior/Seniors will complete 5 laps of the course.

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.

Athletes will be pulled out if lapped on the bike, except the Female Junior/Senior race that has an exemption in place.

Helmets are mandatory, and must be worn fastened up at all times during the bike stage.



## Course Maps – 1.5km, 2km or 2.5km Run

### Run Information

Every race, will run **TWO** laps of an 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 right to a turnaround point that will send you down the back straight. The second 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 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.



## Mixed Team Relay – 200m swim – 2km bike – 600m run

The mixed team relay at Mallory is an informal event held over a short course that provides a strong focus on fast transition skills and fast, furious racing. The team allocations will be decided by the Brit Tri teams on the day after the completion of the Finals.

**SEE YOU ON RACE DAY!**

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

**SUPER**  
BRITISH  
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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

## 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 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](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 upon request.

# SEE YOU ON RACE DAY!

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



# Heats to Finals Qualification

	<u>A Final</u>	<u>B Final</u>	<u>C Final</u>
Junior/Senior Female	Top 12 in each Heat + 6 Fastest Losers	Remaining Athletes	
Junior/Senior Open	Top 7 in each Heat + 7 Fastest Losers	Next Fastest 27 athletes	Remaining Athletes
Youth Female	Top 14 in each Heat + 6 Fastest Losers	Remaining Athletes	
Youth Open	Top 9 in each Heat + 6 Fastest Losers	Next Fastest 32 Athletes	Remaining Athletes

**Please note:**

**Junior Athletes in A Finals**

In the Junior/Senior A Finals, there must be a minimum of 8 juniors.

If fewer than 8 juniors qualify for the relevant A final, additional juniors (up to 8 maximum) will be added. These additional juniors will replace the slowest athletes from the fastest loser group ONLY—and not those who qualified through automatic positions i.e., top 12 or top 7.

**Finals Numbers & Withdrawals**

Finals numbers have been determined based on the start lists as they stand when entries closed. If there are withdrawals at registration, this may impact the number of athletes in the B or C Finals, but will not impact on the size of the A Final.

If athletes withdraw overnight ahead of finals, additional athletes will not be promoted into the A or B Finals to fill those spots.