



Inter-Regional Championships Athlete Guide

29/30 August 2026

1. GENERAL INFORMATION

British Triathlon would like to extend a warm welcome to all competitors, coaches, team managers and spectators to Mallory Park.

1.1 Event Schedule

Saturday 29 August 2026		
Start Time	End Time	Activity
6:50		Venue Opens
7:00	7:40	TriStar Registration
7:10	7:45	TriStar 3 Rollouts
7:15	7:50	TriStar Transition Check In
7:30	7:45	TriStar 3 Bike Familiarisation
8:05		TriStar 2 to Swim Start - Briefing
8:15	8.48	TriStar 2 Heats RACE START - <u>AQUATHLON</u>
8.30		TriStar 3 to Swim Start - Briefing
8.40	9.38	TriStar 3 Heats RACE START - <u>TRIATHLON</u>
11:00	11.10	Tristar Transition Reset for Finals
11:50		TriStar 2 to Swim Start - Briefing
12:00	12:33	TriStar 2 FINALS RACE START - <u>AQUATHLON</u>
12:15		TriStar 3 to Swim Start - Briefing
12:24	13:24	TriStar 3 FINALS RACE START - <u>TRIATHLON</u>
13:30		Presentations - Individual TS

Sunday 30 August 2026		
Start Time	End Time	Activity
6:50		Venue Opens
7:00	7:40	IRC Registration
7:40	7:55	TriStar 2 Rollouts- TS3 spot checks
8:00	10:00	IRC Transition Challenge START
12:00	12:15	Tri Stars Mixed Relay Bike Familiarisation (TS2 ONLY)
12:20		Tri Stars Mixed Relay (Leg 1) to swim start
12:30	13:45	Tri Stars Mixed Relay 1 RACE START
13:50	15:12	Tri Stars Mixed Relay 2 RACE START
15:30		IRC Mixed Relay Team Presentation

2. VENUE

2.1 VENUE

The race venue is located at Mallory Park Circuit, Church Road, Kirkby Mallory, Leicestershire, LE9 7QE. Travel information can be found on the venue website [here](#).

Please note the venue does not permit dogs at the campsite or on the venue - except for guide and service dogs.

Please respect the opening times for the venue on Saturday and Sunday morning.

2.2 MAIN EVENT SITE

If you are bringing tents or gazebos, please make sure you bring the appropriate weights for them. Please also note there are limited grassy areas on the circuit, and it may be a good idea to bring seating such as camping chairs to sit on. Dedicated 'Team Zones' are shown on the venue map.

2.3 TOILETS AND CHANGING FACILITIES

There are public toilets available for use within the main venue. There will be no designated changing facilities on site.

2.4 CAMPING

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

2.5 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.

There is dedicated **accessible parking** available on-site. We kindly ask all drivers to respect the designated accessible parking signage. You will need show your Blue Badge to gain access to the disabled parking on event day.

REGIONAL TEAM PARKING

If you require coach or minibus parking, please email superseries@britishtriathlon.org with your request, indicating the vehicle(s) you require space for, before 5pm on Wednesday 26th August.

2.6 MEDICAL SERVICES & HOSPITALS

First Aid and Emergency Medical services will be available at the venue before and during competition hours. A medical tent will be provided on-site at the finish area. 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.

The nearest hospital to the venue is **Leicester Royal Infirmary, Infirmary Square, Leicester LE1 5WW**.

2.7 BIKE MECHANIC

There will not be a bike mechanic on site at this event.

2.8 CATERING SERVICES

Catering services will be available at the venue. The Lakeside Café will be serving drinks and a selection of hot and cold food.

2.9 SUSTAINABILITY & WASTE

Please help us reduce waste and litter around the site. Use the bins provided around the venue. If you see litter, please pick it up. Bring re-fillable water bottles to refill at the tap outside the toilet block. Please leave your team areas as you find them.

3. REGISTRATION

Registration will take place inside the Mallory Circuit building. This is shown on the venue map.

We ask **team managers only** to pick up all packs for their team. Athletes will keep the SAME number and timing chip across the weekend, so registration is only required on SATURDAY.

Team managers can also collect their accreditation at registration while collecting packs on Saturday.

Race	Registration Time
IRC Individual Races	Saturday 07:00 – 07:40

3.1 RACE PACKS

Race packs will include the following items:

Race	Items
TriStar 2	Race Number Tattoo, Swim Cap, Timing Chip, Bike & Helmet Sticker (for Sunday's Relay)
TriStar 3	Race Number Tattoo, Helmet Sticker, Bike Sticker, Swim Cap, Timing Chip

*Please make sure you bring a water and a towel/sponge to apply your tattoo transfer

The tattoo/decal can be placed on opposite arm and leg.

3.2 ACCREDITATION

Accreditation will be issued to IRC Team Managers as part of their region's registration pack. This will enable Team Managers to enter transition with any of the team members during the transition opening times and to accompany the team to swim start. Two accreditations per region will be issued.

4. TRANSITION CHECK IN

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

The transition area is in the main event site. Transition check-in is located at the top end of transition, opposite the toilet

Before entering the Transition Area, athletes must have the following items:

Tristar 2	• Race number
Tristar 3	• Bike – with correct bike sticker • Helmet – must be worn and fastened as you enter transition • Race number
Tristar Relay	• Bike – with correct bike sticker • Helmet – must be worn and fastened as you enter transition • Race number

4.1 ROLL OUTS & BIKE CHECKS

This race is Gear Restricted (both individual and relay). Bike checks are taking place at **07:10–07:45 for both Tri Star 3 categories on Saturday and on Sunday for all TS2 at 07:40 – 07:55, with spot checks for TS3**. Please proceed to bike checks as soon as possible prior to entering transition.

The bike rollout area is adjacent to the transition. Athletes **must** go straight from roll outs into transition for bike checks and transition check in.

As in previous years we ask that Roll Outs are performed by regions. Below are suggested groupings:

- East Midlands, West Midlands, and Scotland
- London, Eastern and South Central
- Yorkshire, North East, North West, and Jersey
- South East, South West and Wales

Bikes will be checked for draft-legal compliance at the transition check in. Please arrive at transition check-in as early as possible to allow time to make any modifications if bikes do not conform to World Triathlon rules.

Gear Restrictions:

From 2026 onwards ALL athletes, Tristar and Youth, will race on the same gear restriction of **7.00m**.

For more info, please visit: <https://www.britishtriathlon.org/gear-restrictions>

Wheel Regulations:

TriStars will ride on standard or traditional wheels ONLY. A traditional wheel for this age group is defined as:

- a rim made of aluminium (carbon rims are not permitted)
- a maximum rim depth of 40mm
- a minimum of 16 spokes which can be round, flattened or oval
- spokes which do not exceed 3mm in width¹

For more info, please visit <https://www.britishtriathlon.org/gb-teams/talent/wheel-regulations>

4.2 TRANSITION CHECK-IN

Transition check in is available at the start of the day (07:15-07:45 on Saturday) and there will be a small window prior to the start of the Finals for athletes reset their transition – this will be approximately 11:00-11:10am.

You will only be able to enter transition at the discretion of the Technical Officials during the times shown in the table below.

Tri Star athletes will have their helmets, bike, and race numbers checked by a Technical Official on entering the transition area. We therefore ask all competitors to be wearing their helmets and have their race number tattoos on as they enter the transition area. All helmets must be stickered up with the correct stickers distributed in the race packs during

registration. **Tri Star2 on Saturday** athletes will just need to have their race numbers visible when entering transition.

Transition Check in and Out Times – Saturday 29th August

Age Group	Transition Check- In	Transition Reset (approximate times)	Transition Check Out
Tristar 2 and 3 – Individual Saturday	07:15-07:45	11:00-11:10	13:20-13:40
Tristar Relay Sunday	11:55-12:15	N/A	Post Final Race

A-frame racking will be used for transition. Athletes are asked to set up their transition space so that it does not infringe on any other competitor's space.

It is not permitted to mark your space with an object or identifying mark. This includes talcum powder and towels.

5. BIKE FAMILIARISATION

A Bike familiarisation will take place for TS3 only on Saturday and TS2 only on Sunday for the relay. Please make sure you also study the routes using the course guides and maps provided, especially the bike course due to its technical nature. Bikes need to be checked in to transition prior to familiarisation. It starts from and returns to transition,

AGE GROUP	BIKE FAMILIARISATION
TriStar 3	Saturday 07:30-07:45
TriStar 2 only for Relay	Sunday 12:00- 12:15

6. COMPETITION

6.1 COMPETITION SCHEDULE

Saturday 29 August

Heats:

TS2 Open Heat 1	08:15:00
TS2 Open Heat 2	08:21:00
TS2 Girls Heat 1	08:27:00
TS2 Girls Heat 2	08:33:00
TS3 Open Heat 1	08:40:00
TS3 Open Heat 2	08:52:00
TS3 Girls Heat 1	09:04:00
TS3 Girls Heat 2	09:16:00

Finals:

TS2 Open Final A	12:00:00
TS2 Open Final B	12:06:00
TS2 Girls Final A	12:12:00
TS2 Girls Final B	12:18:00
TS3 Open Final A	12:24:00
TS3 Open Final B	12:36:00
TS3 Girls Final A	12:48:00
TS3 Girls Final B	13:00:00

Sunday 30 August

TS2 & TS3 Mixed Relay 1	12:30:00
TS2 & TS3 Mixed Relay 2	13:50:00

6.2 COMPETITION RULES

All races operate 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.

6.3 UNIFORM

Uniform rules will be in place as a guide for all races but not enforced. However, any athlete with a front fastening tri suit **must** secure the zip with a safety pin to ensure it does not come undone during the race.

Race swim caps and bike helmet stickers will be issued.

6.4 RACE DISTANCES

Heats and Finals will race the same course for both age groups

Race	Swim	Bike	Run
Tristar 2	300m (1 lap)		1.25km (1 lap)
Tristar 3	300m (1 lap)	2.9km (1 lap)	1.25km (1 lap)
Tristar Relay	225m (1 lap)	2.9km (1 lap)	1.25km (1 lap)

NB: Distances may be subject to change.

6.5 RESULTS

Titanium Timing will be providing live timing during the event, available online. A link will be provided closer to the event

Once you have received your timing chip during registration on Saturday, this is the timing chip you will use for the remainder of the weekend. **Timing chips will be collected during your final transition check out.** If you are a reserve athlete, please collect your chip on Sunday morning prior to the IRC transition challenge from the registration desk. If you are

not racing the relay, please find the timing tent and hand your chip directly back to them. If there happens to be an incident where you do not finish the bike section of the race, therefore will not check out of transition, please hand your chip into the timing tent directly.

Unreturned timing chips will incur a fee of £60 each.

6.6 PROTESTS AND APPEALS

Standard procedures will be followed according to the World Triathlon Rules. The race referee will post penalties at the timing area. For either a protest or an appeal, World Triathlon rules will be followed, the appeal or protest must be submitted to the Race Referee. Full World Triathlon protest and appeal rules can be found in the World Triathlon rules at www.triathlon.org

7. COURSE DETAILS

7.1 Start

The swim start area can be accessed at the bottom of the transition. Please follow the instructions of the marshals and Officials. Please ensure you have enough time to get across in time for your start as this crossing point will be used by all athletes and spectators, and you may have to wait to cross the course.

All athletes must be at the start area 15 minutes prior to their start time for a short race briefing.

All race starts will be a deep water start and there is no access to the water before the race.

Athletes will swim from the shore to the PRE-START line marked by two swim buoys parallel with the start gate (1m -1.5 m behind). Athletes will wait here for a command of 'athletes you are now in the hands of the starter, AIR HORN' by the Chief Swim Technical Official/Swim Start Manager.

False Start Procedure

False start – several athletes moving forward before the start whistle.

All athletes must come back and the race will re-start.

Valid start with early starters – few athletes move forward before the start whistle.

Athletes will be shown a yellow card in Transition 1 and receive a 10 second penalty – do not touch any race equipment in Transition 1

7.2 SWIM COURSE

The swim course for each race is clearly outlined on the course maps at the end of the document. Please take the time to study the course maps.

The swim exit is the ramp you will enter the water via and will be clearly marked. Athletes will then run all the way along the channel into transition.

An official water temperature will be taken by the Chief Swim Official on the day one hour prior to race start, and placed on the event notice board outside the registration area. Where water temperature may affect wetsuit use, the final decision will be taken one hour before each race start. Athletes will be updated of any changes to the use of wetsuits throughout the day, and this will be announced as well as displayed in the registration area.

Race	Distance	Laps
Tristar 2	300m	1
Tristar 3	300m	1
Tristar Relay	225m	1

7.3 BIKE COURSE

Please see course maps at the end of the document for detailed bike routes. Each lap is technical and contains undulating sections

Athletes will leave transition and head towards the mount line, marked with **green tape** and manned by Officials with red flags. Please note that the initial section of the bike course is technical.

Please study the map carefully to get acquainted with the course

Race	Distance	Laps
Tristar 3	2.9km	1
Tristar relay	2.9km	1

The dismount line will be marked with **red tape** and managed by Technical Officials.

Athletes must dismount their bike before the dismount line. If an athlete incurs a time penalty it must be taken on the run course.

There will be no wheel station on the course.

There will be no penalty box. Penalties will be added to an athlete's overall time.

7.4 RUN COURSE

Please see course maps at the end of the document for detailed run routes.

Athletes will exit transition and then follow the run course which is marked by cones as it partly runs parallel to the bike course.

The run is a flat course that uses the lakeside path and is a looped run route. At the end of the lap, there will be signs straight ahead to the finish.

All Tristar Racing is a one lap run course.

Race	Distance	Laps
Tristar 2	1.25km	1
Tristar 3	1.25km	1
Tristar Relay	1.25km	1

If you withdraw from the race during this stage, you must tell a marshal or Technical Official your race number and hand in your timing chip to the marshal or Technical Official.

7.5 Aid Station

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

7.6 FINISH AREA

There will be water available at the finish line.

Please Keep your SWIM HAT and TIMING CHIP for your HEAT and FINAL

7.7 CAUTION

If you hear 3 sharp whistles and red flags waved this indicates to take caution and you should pay extra care and slow down.

7.8 POST RACE PROCEDURES

There is a gazebo placed at the finish area for immediate post-race recovery (water available). There will be medical provision at the finish if required.

First Aid is available throughout the event.

8. 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.

9. EVENT 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.

9.1 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.

VENUE MAP



**SUPER
SERIES**

**GRAND
FINAL**

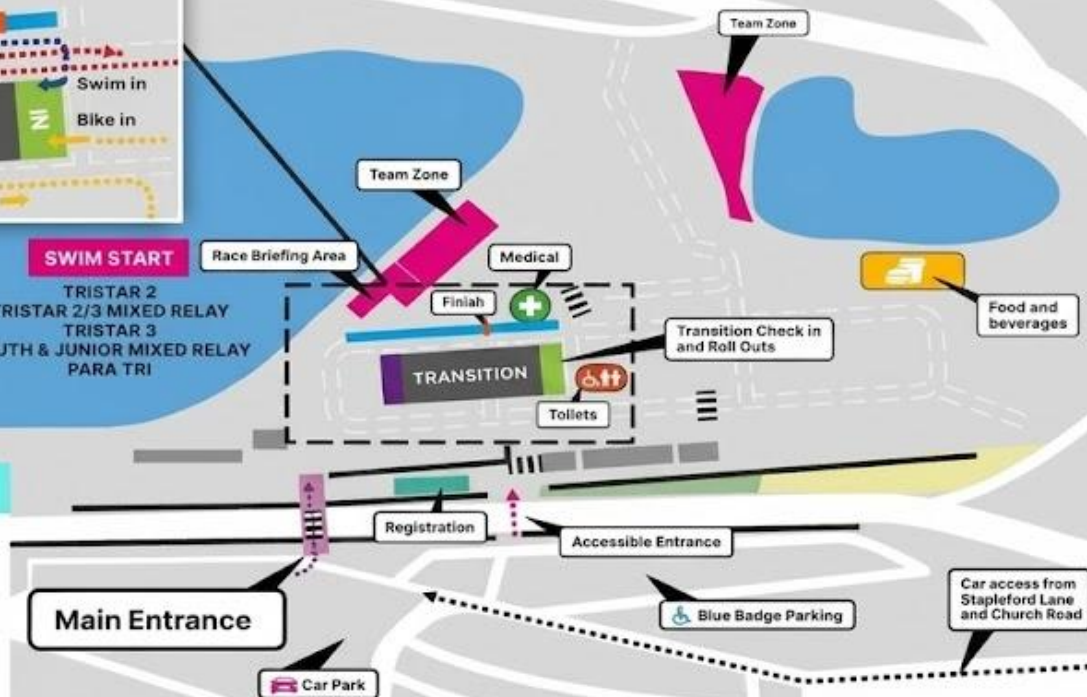


SWIM START

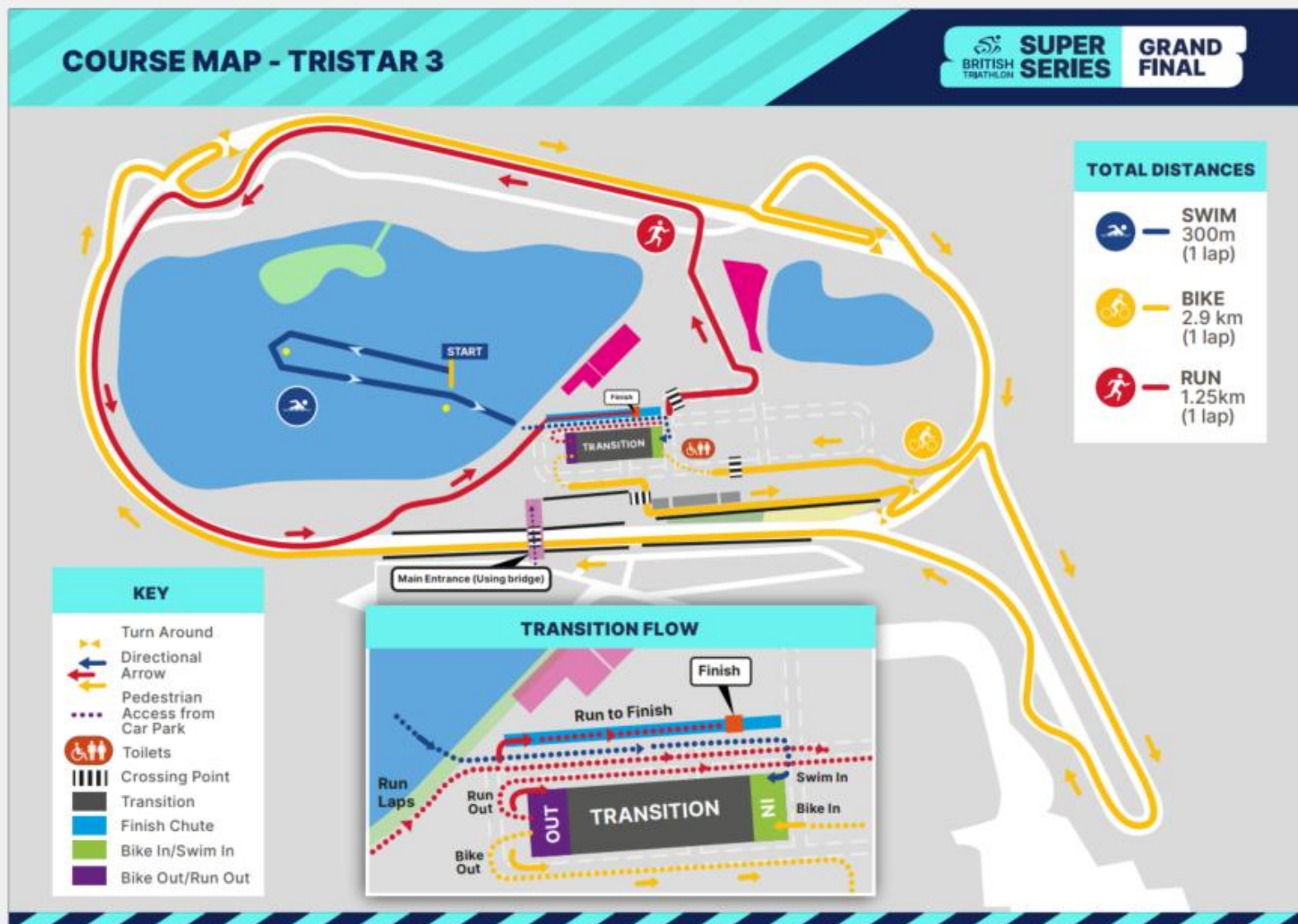
TRISTAR 2
TRISTAR 2/3 MIXED RELAY
TRISTAR 3
YOUTH & JUNIOR MIXED RELAY
PARA TRI

KEY

- | | | | |
|--|---------------------------------|--|--------------------|
| | Blue Badge Parking | | Toilets |
| | Pedestrian Access from Car Park | | Medical |
| | Car Access | | Food and beverages |
| | Accessible Entrance | | Transition |
| | Car park | | Finish Chute |
| | | | Bike In/Swim In |
| | | | Bike Out/Run Out |







COURSE MAP - TRISTAR 2/3 MIXED RELAY



**SUPER
SERIES**

**GRAND
FINAL**

TOTAL DISTANCES

-  **SWIM**
225m
(1 lap)
-  **BIKE**
2.9km
(1 lap)
-  **RUN**
1.25km
(1 lap)

KEY

-  Turn Around
-  Directional Arrow
-  Pedestrian Access from Car Park
-  Toilets
-  Crossing Point
-  Transition
-  Finish Chute
-  Bike In/Swim In
-  Bike Out/Run Out

TRANSITION FLOW

