



# TRI AND PARATRI FESTIVAL



## ATHLETE GUIDE

11<sup>th</sup> July 2026



# WELCOME

Welcome to the Arctic One Tri and Para Tri Festival. We are delighted to be celebrating our 12th edition of the event.

Alongside the British Para triathlon Championships, we are also hosting a the British and English Sprint distance championships, a world sprint distance qualifier, a super sprint and super duper sprint event to encourage all to take part. This is a fantastic opportunity to showcase every aspect of the sport from novices to elites with para races in every distance and relays in the Super Duper event.

The event is simply not possible without the volunteers who give up their time and a massive thanks goes to everyone who had helped put on the event!

The Arctic One Team



# PRE-EVENT

## Event queries

If you have any queries on your entry or race changes, please email [thearticonefoundation@gmail.com](mailto:thearticonefoundation@gmail.com)

## Race Day Checklist

### General

- ✓ Dry Clothes to put on after you finish
- ✓ Suncream
- ✓ Water

### Registration

- ✓ Photo ID *or*
- ✓ If you have one, your BTF home nation membership card

### Swim

- ✓ Wetsuit (recommended, but optional dependant on water temperature)
- ✓ Swimming Goggles
- ✓ Trisuit/swimwear

### Bike

- ✓ Bike, in a road worthy condition
- ✓ Bike Shoes/trainers
- ✓ Race belt if you use one
- ✓ Bike Helmet - you won't be allowed to cycle without one
- ✓ Trisuit/Clothing
- ✓ Drinks Bottle
- ✓ Any nutrition you might need
- ✓ Sunglasses if you want to wear them
- ✓ Bike tool/puncture repair kit

### Run

- ✓ Running Trainers (if not using on the bike)
- ✓ any nutrition you might need
- ✓ A cap/Sunglasses if you want to wear them

**Note:** If you have a towel it needs to be 30cm x 30cm and rolled up in your shoes. Bigger towels can be used, but these need to be placed in your bags

# EVENT DAY

## Location

The triathlon is being held at Dorney Lake, Off Court Lane, Windsor,  
Berkshire, SL4 6FJ

What 3 Words: else.fact.rushed

## Directions

### By Driving:

After coming off Junction 7, follow slip road to roundabout. Turn left onto A4  
towards maidenhead

Turn left at roundabout onto B3026, signposted Dorney and Eton. Pass back  
over the M4 entering the village of Dorney. On the sharp bend, follow the  
road round to the right onto Court Lane.

Enter the rowing lake through the large double white gates

You will be greeted by a staff member who will check to allow you to enter  
the venue.

Follow the road down towards the boathouse

### By Train:

Main Stations for Dorney Lake are Slough and Windsor & Eton Riverside.  
These stations are within a 15 minute drive of the venue



# EVENT DAY

## Parking

Once you have entered Dorney Lake, follow the road down to the Boathouse. You will be directed where to park by the parking marshals. There is a small section where the course joins the route where the cars enter. It will be barriered off, but please take extra care around this area and if you are asked to wait a few moments as athletes are going through, please follow the instructions and be patient.

## Registration

The time that you will be allowed to register on the day will depend on which event you are doing. In order to register, you will need your photo ID or a valid British Triathlon Home Nations membership card.

Failure to bring your BTF membership card (if you have one) will mean you have to purchase a race pass (£8). If you don't have a BTF membership, you do not have to do anything else – the race pass is included in the entry fee.

Registration times:

**Sprint distance (Open, Qualifier and Championships): 06:30am - 07:45 am**

**Hillingdon Races: 08:30am - 10:15 am**

**British Paratriathlon Championships and Open Para Sprint: 09:00am - 11:15am**

**Super Sprint and Super Duper Sprint waves: 10:30am - 13:15pm**

## British Paratriathlon Championships Registration

If you are taking part in the British Paratriathlon championships, there will uniform and Bike Checks at the registration when you receive your race packs in accordance with the World Triathlon rules.



# EVENT DAY

## Race Packages

At registration you will be given an envelope containing the following:

**Race Bib number:** (worn on the back for the cycling and the front for the running)

**Wristband:** This must be worn to access and exit transition. Please keep it on for the entire event as you will need to collect your bike at the end.

### Swim hat

**Timing Chip and strap:** Please wear this on your left ankle if possible. Please make sure you do not lose your chip as there is a charge of £80 for lost chips.

**2 x bike number stickers:** To be attached around your seatpost and on your handlebars

**Helmet number sticker:** This should be attached to your helmet

**Safety Pins:** Available on request

Registration staff will be on hand to advise how to attach any of these items.

All numbers, stickers and wristbands should be attached before you enter transition.

## Weather

Please make sure you have the right clothing for the weather including suncream/hats/sunglasses/umbrella/woolly mittens/snow boots etc as the weather can be very interchangeable. Please remember to bring plenty of water if it is hot, as well as warm/dry clothes to put on after.



# EVENT DAY

## Race Packages

All athlete will need to check into transition. Please make sure you have your numbers and wristbands on and your helmet on and done up before entering transition. Your numbers and wristband will need to remain on until you leave transition for the final time and you will need them to collect your bike/equipment

You will only be able to check into transition at the times below. Please do not arrive before you transition check-in time as you may not be allowed to access the transition. Please be aware of any athletes racing already when you are in the transition.

**Sprint distance (Open, Qualifier and Championships): 06:45am – 08:00 am**

**Hillingdon Races: 08:45am - 10:30 am**

**British Paratriathlon Championships and Open Para Sprint: 09:00am – 11:00am**

**Super Sprint waves: 11:00 – 12:45**

**Super Duper Sprint waves: 12:15pm - 13:30pm**

Transition will be live for most of the day so we will close the transition when athletes are coming through to ensure everyone's safety. Please be patient with the marshals if the transition is closed for a few minutes.

Each competitor is allocated a numbered transition space where you must place your equipment.

## Bag Drop

Competitors are allowed to bring in and store one small bag in their transition area so long as it's no bigger than 50cm x 40cm x 20cm. Please only bring what you need for racing and some warm clothes to change into after you finish.



# EVENT DAY

## Electronic Race Timing

Once you have been issued with your chip at registration, ensure that you don't get it mixed up with anyone else's. If you can, wear the chip on your left ankle. For para-athletes in wheelchairs, please place the chips on the handbike and chair you will use for the run.

You must return your chip to the volunteers at the finish area at the end of the race. Be aware that you will be charged for a missing chip. Please help the volunteers by removing your own timing chip once you have finished.

Place the chip in the buckets at the finish area.

## Withdrawal on race day

**Pre-race:** If you wish to withdraw prior to your race start, please let the marshals at registration know and return your timing chip. If you do not return the timing chip you will be charged for it's replacement.

**During the race:** if you feel the need to withdraw at any point during the race, please do so. It is vital that you inform the nearest marshal or Technical Official so that we know you are safe. Make sure that you hand your timing chip to them.

## Race Briefing

This guide acts as your main race briefing so please read it carefully. A "key points" reminder will be given at the swim start, before each wave.

If you have any questions, please email us at [thearcticonfoundation@gmail.com](mailto:thearcticonfoundation@gmail.com)



# SCHEDULE

08:00	Sprint and Aquabike wave 1 – Open U35
08:05	Sprint and Aquabike wave 2 – Open 35-44
08:10	Sprint and Aquabike wave 3 – Open 45-54
08:45	Sprint and Aquabike wave 4 – Open 55-59
08:50	Sprint and Aquabike wave 5 – Open 60-69
08:55	Sprint and Aquabike wave 6 – Open 70+
09:30	Sprint and Aquabike wave 7 – Women U40
09:35	Sprint and Aquabike wave 8 – Women 40-59
09:40	Sprint and Aquabike wave 9 – Women 60+
10:30	Hillingdon Sprint and Aquabike – Open and Female Category
11:30	British Paratriathlon Champs (PTWC H1, PTS2-5, PTVI B1)
11:32:51	British Paratriathlon Champs PTVI 2/3
11:33	British Paratriathlon Champs PTWC H2
12:45	Super Sprint & Para Super Sprint (Open and Female)
13:30	Super Duper Sprint and Para Super Duper Sprint (Individual and Relay)

**All Races up until 9:40 are DRAFT LEGAL**

**All Races from 10:30 are NON-DRAFTING**



# RACE DISTANCES

	SWIM	BIKE	RUN
Sprint	750m	20km	5km
British Paratriathlon Champs	750m	20km	5km
Paratriathlon Sprint	750m	20km	5km
Sprint Aquabike	750m	20km	-
Super Sprint	400m	10km	2.5km
Para Super Sprint	400m	10km	2.5km
Super Duper Sprint	200m	5km	1.5km
Para Super Duper Sprint	200m	5km	1.5km

# COURSE INFORMATION

## Swim Start

For the swim start, athletes will be put into waves based on age group/category/gender. The wave that you are in will be communicated in the week of the race based on the entries.

All of the waves will have a different colour swim cap which must be worn as this identifies your swim wave to our swim safety team. The hat colours are slightly different for para-athletes (see information below).

You will be asked to line up near the swim start by hat colour. When it is the turn of your wave, each athlete will enter the water and swim to the start line between the first pontoon and the buoy.

Athletes in the British Paratriathlon Championships will enter the water from the pontoon. All other athletes will enter the water from the grassy area to the left of the pontoon.

A horn will start the race. No diving is permitted. Please respect the instructions of the marshals/officials.

## Wetsuit Rules

Wetsuit rules are as per British Triathlon Competition rules and are dependent on water temperature:

<15.9°C – Wetsuits are mandatory

15.9°C - 21.9°C – Wetsuits are optional for athletes up to and including the age of 59

15.9°C - 24.6°C – Wetsuits are optional for athletes age 60 and above

>22°C – Wetsuits are banned for athletes up to and including the age of 59

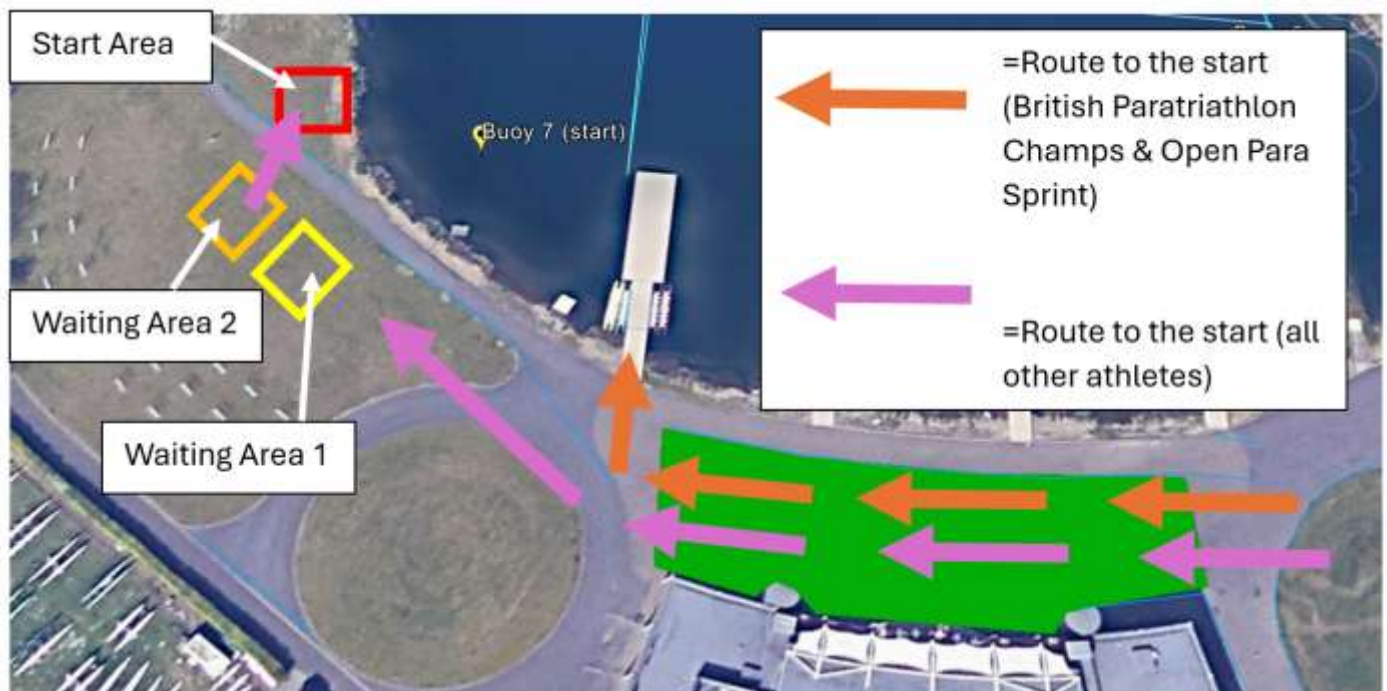
>24.6°C - Wetsuits are banned for athletes age 60 and above



The water temperature will be taken based on the BTF rules, 1 hour before the start of the races. The decision as to whether wetsuits will be allowed will be announced as soon as the decision has been made.

With the forecasted weather, please be prepared for either the wetsuit or non-wetsuit swim

Gloves and booties are not allowed to be worn during the swim. Calf guards are banned in the swim if wetsuits are banned. Buoyancy shorts are not allowed. Please note that we do not have wetsuits available to hire on the day. If you need a wetsuit you can hire them from [www.wetsuithire.co.uk](http://www.wetsuithire.co.uk) or similar sites



## Swim Safety

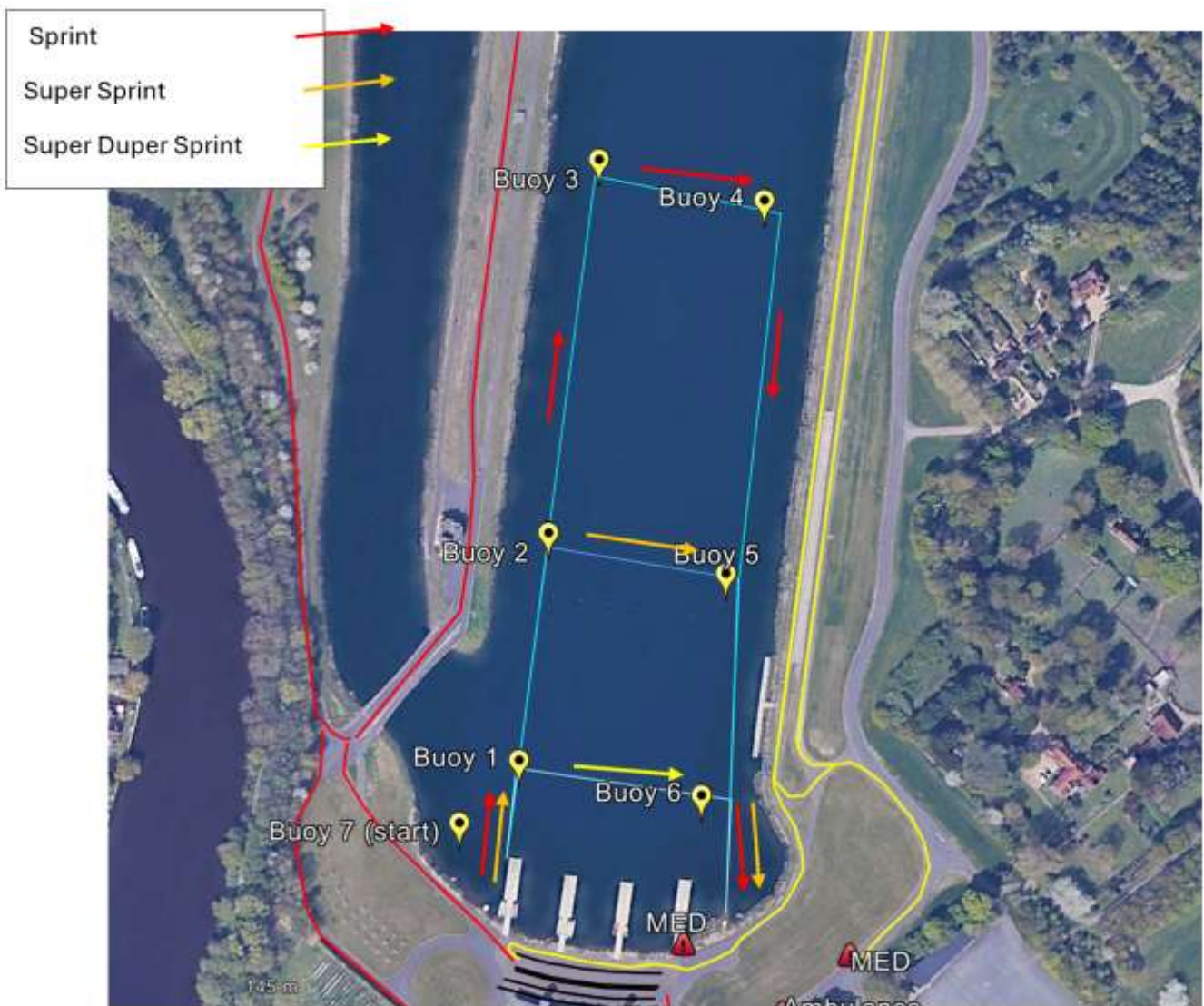
There will be a large number of very experienced swim safety team to support competitors. If you need assistance or want to withdraw, lie on your back and raise your arm in the air and a kayak will come and assist you.

## Swim Course

The swim will go clockwise around the lake. It will consist of 1 lap for the all distances & races. The routes are shown in the maps below. The swim course will be marked by large inflatable buoys. There will be people to help you both in and out of the lake after the swim.

The swim exit is marked by a large inflatable gantry.

If you withdraw during the swim, please inform a marshal to let us know you are safe.

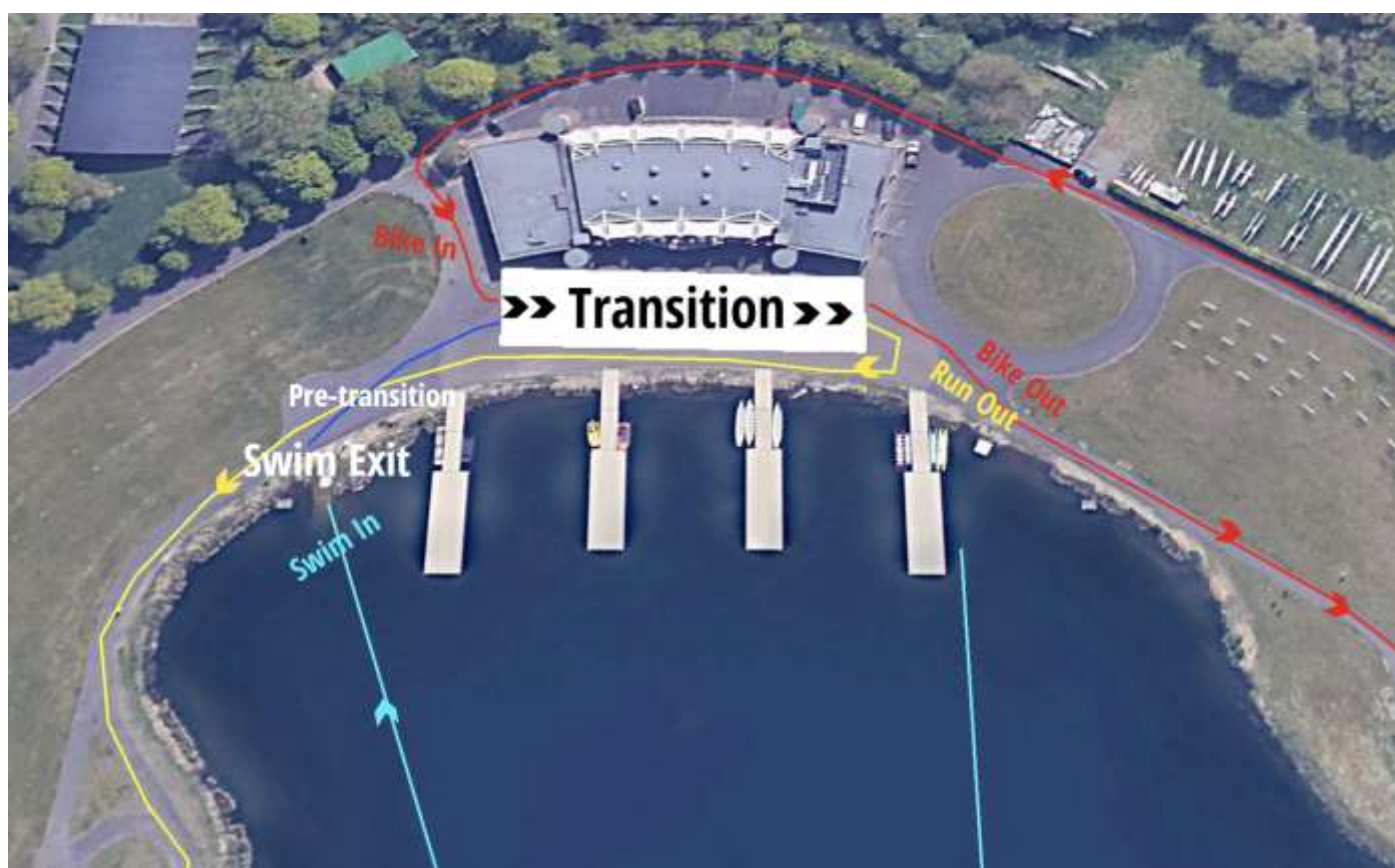


## Transition

You will need to place all the equipment you are using for the race in the space allocated to you. Bike out and run out are in the same location. Swim in and Bike in are at the opposite end of transition to keep the flow of athletes going in the same direction.

When you come back in off the bike section, you will need to ride along the back of the boathouse until you get to the dismount line and then you will dismount and run/walk with your bike back into transition.

Those athletes competing on handcycles will need to stop completely at the mount and dismount line and then continue once the official has said go.



## Bike Course - 20km, 10km or 5km

The Bike course starts from transition and heads up to the bridge.

**Participants will then complete 4 laps for the Sprint distances, 2 laps for the Super Sprint Distances, and 1 lap for the Super Duper Sprint distance.**

The bike courses goes in a ANTI-CLOCKWISE direction, up the island, around a sharp left turn at the top of the course and back down the Drove Road. To start the next lap, athletes will turn at the bridge. To come back to transition, athletes will stay on the right hand side and follow the road down to the dismount line.

Athletes are responsible for counting their own laps.

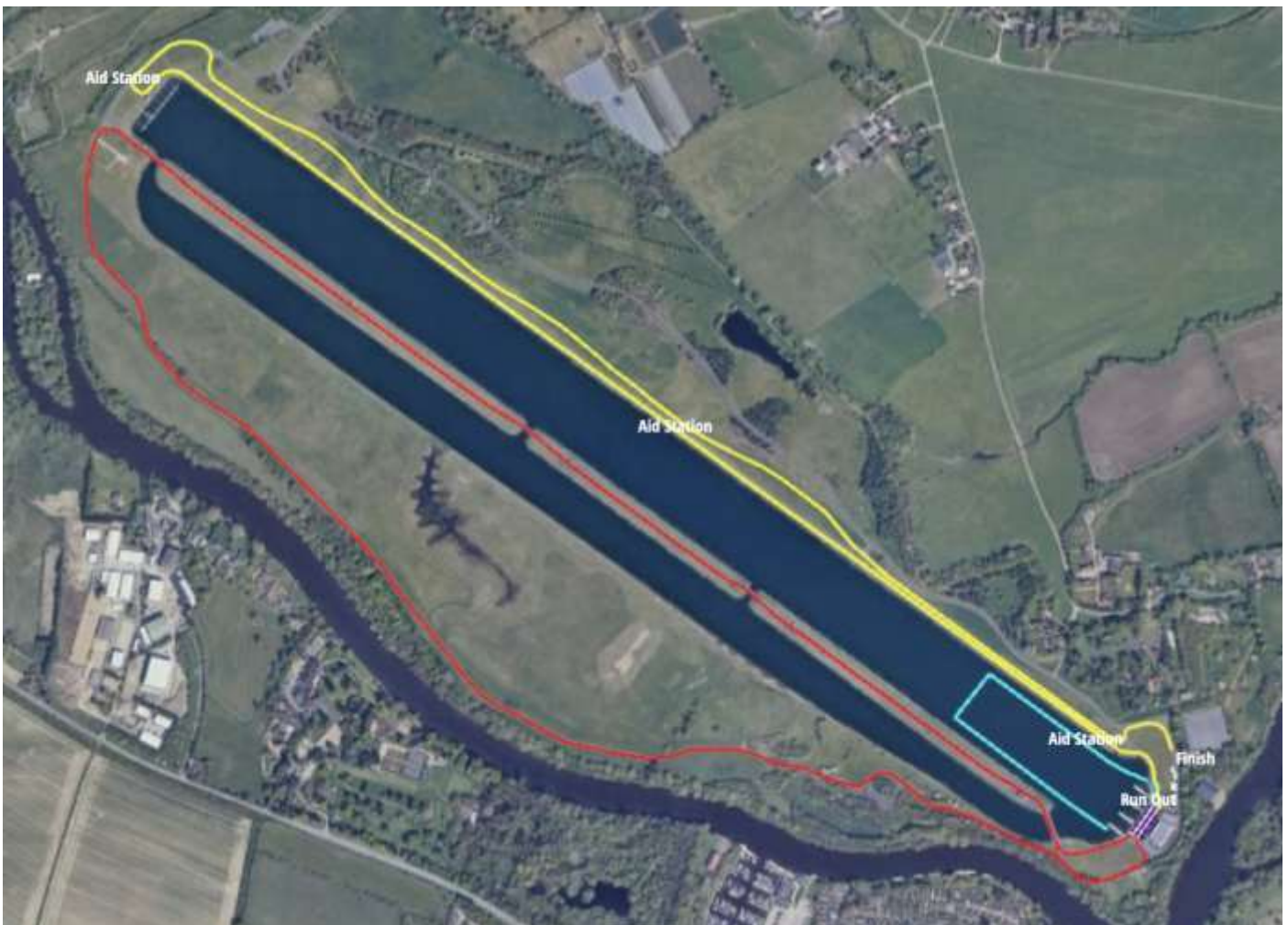


## Run Courses

Once you have dismounted your bike, head to your numbered spot in transition to get ready for the run. Run out is the same end as transition as the Bike Out. You will do a u-turn before heading out along the right-hand side of the lake.

### Run Course - 5km

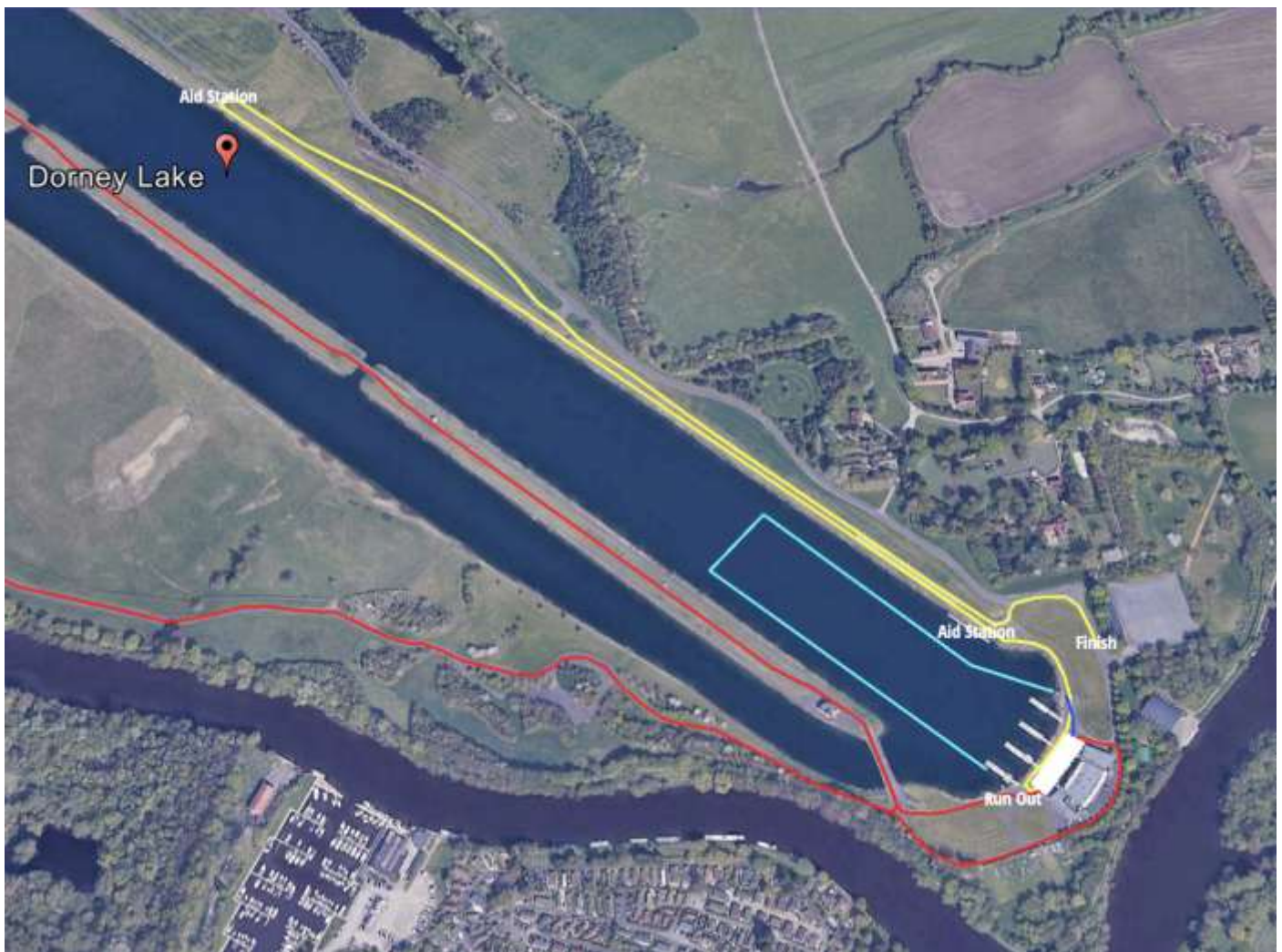
For the Sprint distance events, you will run 2.5km to the turn point and be guided onto a path that will bring you back along the lake towards the finish. You will then head to the finish. The run is 1 lap.



## Run Course - 2.5km

For the Super Sprint events, you will start in the same way as the Sprint but you will run 1.25km to the turn point and be guided onto a path that will bring you back along the lake towards the finish. You will then head to the finish.

The run is 1 lap.



## Run Course - 1.5km

You will head out along the left hand side of the lake in the same way as the Sprint and Super Sprint. You will run 750m to a turn around point and then do a U-turn and run back along the same road towards the finish. The run is 1 lap.



# ADDITIONAL INFORMATION

## Aid Stations

There are 3 aid stations on the run course for the 5km, 2 aid stations for the 2.5km and 1 aid station for the 1.5km course. Aid Stations are located just after the start of the run, 1.25km and 2.5km.

## Finish

You will be able to collect your medal and a drink of water at the finish and this will be self-service. Please remove your chip and place it in the buckets and leave the finish area as soon as you can.

## Aquabike Finish

The aquabike finish time will be calculated at the dismount line. Athletes doing an Aquabike will be required to dismount prior to the dismount line (the same as those doing the triathlon). Anyone riding through the dismount line will be disqualified.

Participants must then rack their bike in their allocated spot before heading to the finish area to collect finisher medals.

## Penalties

Any penalties will be added onto the athletes time at the end of the race. There is no penalty box located on the course.



## Results

Results will be available on [Active Training World](https://www.activetrainingworld.com) and <http://www.arctic1.co.uk> after the event. The results will be provisional until they are signed off by the Head Referee

## Photos

There will be a couple of photographers out on the course, capturing your experience! The photos will be available to download for free a couple of days after the event. If you are using these on social media, please credit the photographers too (Details will be in the email with the photo link).

## Ceremonies

The medal ceremony for the British Sprint Distance Champs & English Sprint distance champs will take place at 11:45.

The medal ceremony for the British Paratriathlon champs will take place at 13:00.

## Relay Teams

A relay team can consist of 2 or 3 participants. Only two participants can be in the transition area at any one time. Relay team members should wait for their team mate at the bike position. The timing chip is the relay baton and will need to be swapped between team mates. Once you have finished your leg, please leave transition immediately and hand your chip in to the transition team.



## Medical

If you need medical assistance, this will be available on site, located near to the boat house/Finish area.

## Transition Check out

Once you have finished the race, please head straight to the transition area to check your bike out as the transitions need to be cleared for the next races. You will need your race numbers and wristbands to re-enter transition and re-claim your equipment.

Please be aware that the transition may still be live and other people may still be racing.

## Rules & Bikes

All of the British Triathlon rules can be found [here](#). Below are some key rules:

- When cycling your bib number should be on your back and whilst running on the front.
- For **Draft legal events**, only traditional drop handlebars are permitted. Clip ons and tri bars are not allowed. Wheels need to have 12 spokes, Disc wheels are not allowed.
- For **Draft illegal events**: The bike drafting zone is 12m long and you have 25 seconds to make a pass.
- No Personal music and communication devices, including bone conduction headphones, are permitted at any stage of the race.
- You must have your helmet on before you touch your bike and it has to stay on and fastened until your bike is racked (including for aquabike).

- Please respect the venue and avoid littering.
- Outside assistance is not allowed.
- Athletes who abuse Marshals or Technical Officials will be disqualified.

The full rules can be found here: [British Triathlon Competition Rules 2026](#)

## Merchandise

We will have some merchandise to purchase on the day. Merchandise will be available near registration. Payments can be made by card or bank transfer.

## Refreshments

There will be refreshments available at the venue to purchase, selling teas/coffees as well as cakes and snacks. There will be no “lunch options” on site, but there is a supermarket less than 1km away. Payments can be made by card. Cash payments are limited.

## Volunteers

The event can simply not run without marshals and volunteers and we would always welcome more people to help.

In addition to the normal roles such as course marshals, transition, registration etc, we need quite a few people to be Water Assistants who the para-athletes out of the water. This role will suit anyone who doesn't mind getting wet!

If you would like to volunteer for a couple of hours in any role, please let us know! All training will be given for all the roles and any help is very much appreciated!



# ADDITIONAL INFORMATION FOR PARATRIATHLON RACES

There are some rules which differ slightly to the ones mentioned above that are applicable to Para-Triathlon:

## Categories

For the British Paratriathlon Championships, the athletes must be classified with a Triathlon Category (PTWC, PTS2-5, PTVI). For all other para races including the Open Para Sprint, we will be using the open Para-Triathlon categories for our event for ease of classification. These are as follows:

**Tri 1** – wheelchair based.

**Tri 2** – Severe leg impairments

**Tri 3** – Les autres including Multiple sclerosis, muscular dystrophy and cerebral Palsy

**Tri 4** – Arm Impairments

**Tri 5** – Moderate leg impairment

**Tri 6** – Visual Impairment – must compete with a guide

It does not matter if you have not been categorised before and these categories are just for guidance for equipment and support available. Please contact us if you have any queries regarding the categories.



## Para-Tri Handlers

Para-triathletes are allowed aides “handlers” to assist with transition and the responsibility of securing handlers is the responsibility of the paratriathletes. All handlers should be signed in at registration and will be given wristbands/bibs to allow access into transition. All Handlers are Optional!

Handlers are allowed to assist paratriathletes in transition with helping with prosthetic devices, lifting participants in and out of wheelchairs, removing wetsuits or clothing, helping with equipment.

Handlers must not propel the competitor forward

Handlers are allocated as follows:

Tri 1 – up to two handlers, Tri 2 – Tri 5 – Up to 1 handler, Tri 6 – No Handler, but a guide who can act as a handler.

For the British Triathlon Championships, PTWC athletes are allowed 1 handler. Other athletes who feel they need handlers or PTWC athletes who need 2 handlers should ensure that these are pre-approved by BTF/World Triathlon.

## Swim Exit Assistants

There will be swim exit assistants at the swim exit to help the athletes out of the water. These volunteers will help the athletes who need assistance to the pre-transition area so they can collect any equipment they need to get to transition.



## Swim Hats

The colour of swim hats given will be determined by the assistance required by each athlete as they enter and exit the water. Athletes will indicate their hat colour in the pre-race information sent out in the week of the race, but this can be changed at registration if needed:



**Red:** Athlete need to be lifted out of the water



**Yellow:** Athlete needs to be assisted out of the water, but not lifted



**Green:** Athlete does not need any assistance coming out of the water



**White:** Guide to a Visually Impaired athlete



**Orange:** B1 Visually impaired Athlete

## Pre-Transition

Pre transition will be located near to the swim exit. Athletes can leave equipment here that will help them get to transition. There will be numbered chairs and marshals to help in this area. Your equipment should be left on a chair corresponding to the last digit of your race number (eg. number 309 will place stuff of chair number 9)

## Wetsuits

Wetsuit rules are as per British Triathlon Competition rules and are dependent on water temperature. The Paratri rules are slightly different to other triathlon rules and areas follows:

<18°C – Wetsuits are mandatory

18°C – 24.6°C – Wetsuits are Optional

>24.6°C – Wetsuits are banned

Further rules and advice can be found in the British Triathlon rule book

It is the competitor's responsibility to know the rules.

There is a cut-off of 45 minutes for all para Competitors in the swim phase.

## Wheelchair Athletes

The full list of rules are available in the British Triathlon Rule book regarding Handcycles and chair sizes.

Athletes must stop completely at the mount and dismount lines. Once stopped, the Technical Official will say "Go" and the athlete can continue with the race. The wheelchair is considered correctly stopped if the front wheel stops immediately before the line. If the front wheel stops touching the line or beyond the line, a time penalty will be applied. Helmets must be worn for the Bike and Run phases.

Further rules and advice can be found in the [British Triathlon rule book](#)

If you have any queries regarding the event, please don't hesitate to contact us.