



Knutsford Triathlon Guide for Participants

Introduction

Welcome to Knutsford Triathlon, a small event run by local triathletes; Knutsford Tri Club (KTC). The event is first-timer friendly and all levels of ability are welcomed. If you need help, please just ask anyone in hi-vis or in KTC kit.

The event takes place under British Triathlon Federation (BTF) rules (<https://www.britishtriathlon.org/competitionrules>) and is non-drafting.

Participation is at your own risk. The organisers also cannot be held responsible for competitors' property lost, stolen or damaged before, during or after this event.

Pre-race

Please familiarize yourself with the BTF rules and the event routes. We would encourage you, if you can, to ride and run these routes before the day. Knowing landmarks as you go round can be very helpful in gauging your efforts.

What to Wear

It's part of the rules that numbers are displayed on your back for the bike phase and your front for the run. **You can choose to use** a race belt for your race number, **and spin this around in transition**. These are inexpensive and readily available from sports shops or online retailers, per the example below.

https://www.decathlon.co.uk/p/short-distance-triathlon-number-belt-one-size/_/R-p-345800?mc=8796120&c=black



Alternatively, you will need to pin **one of your race numbers** on the back of your bike top and **the other** to the front of the top you are running in (safety pins will be available at registration). **If using the same top, both numbers must be worn.**

Swimwear needs to be close-fitting both for efficiency in the water and to be able to fit cycling and running clothes over the top of it. Transition is done in the open and nudity is not allowed. A tri-suit is ideal if you own one as these are quick-drying and are worn for the whole race. If you wish to change out of a soggy bottom then a changing robe or towel could be used, however this could be quite time-consuming and your space in transition is limited. For women new to triathlon, we can advise that it is commonplace to wear a well-fitting sports bra under a tri-suit or swimming costume and then leave it on for the entire race.

Otherwise, bike and run in what feels comfortable for you.

Note that the rules don't allow headphones of any kind or any device which can take photographs.

On the day, if you can, please arrive with your swimkit/tri-suit under your day clothes. This is so you can get race-ready in the sports hall – otherwise you'll need to change in the (small) loos as there will be no other indoor changing areas available. There is no need to bring a swim-cap – you'll be issued with an event one which you can keep.

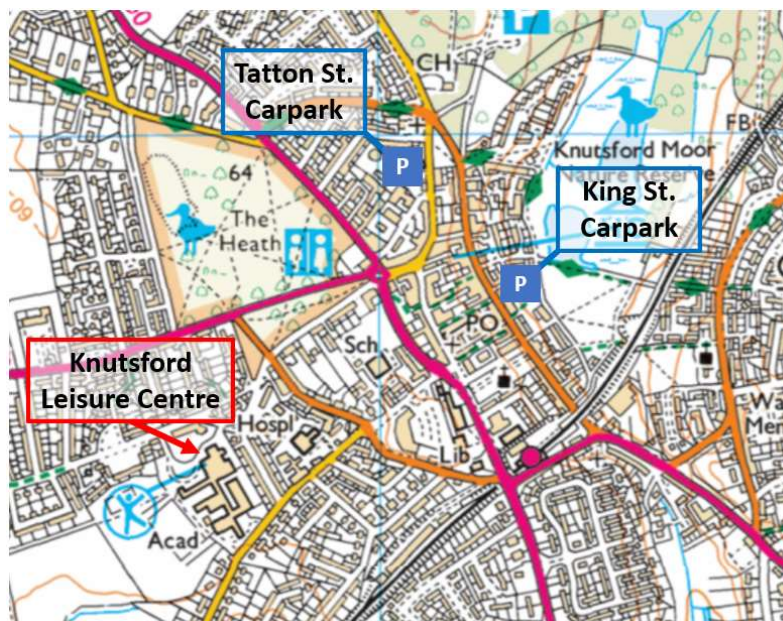
Parking

Car parking at Knutsford Leisure Centre (KLC) is limited and these are spaces expected to be quickly taken. If you live locally, we suggest you come by bike – also useful as a gentle warm-up.

If you need to come by car, please plan to use the town's municipal carparks – which are free on Sundays. The most convenient is Tatton Street [WA16 6AG] which is approx. ½ mile from KLC. There's a further carpark on King Street [WA16 6DX].

Please don't use the Booth's supermarket car park as this is limited to shoppers and a two-hour maximum (and is monitored by camera).

Please don't cause a nuisance to our residents by parking on residential streets.



Timetable

Timings may vary once we get going, but are provided for guidance:

07:00 Registration opens. Transition opens
07:45 First race briefing
08:00 First swimmers start
08:30 Registration closes
08:45 Forecast first [Supersprint] finisher
09:45 Forecast last swimmers out, changing rooms open
11:00 Podium presentations
12:30 Forecast last finisher
13:00 Transition closes

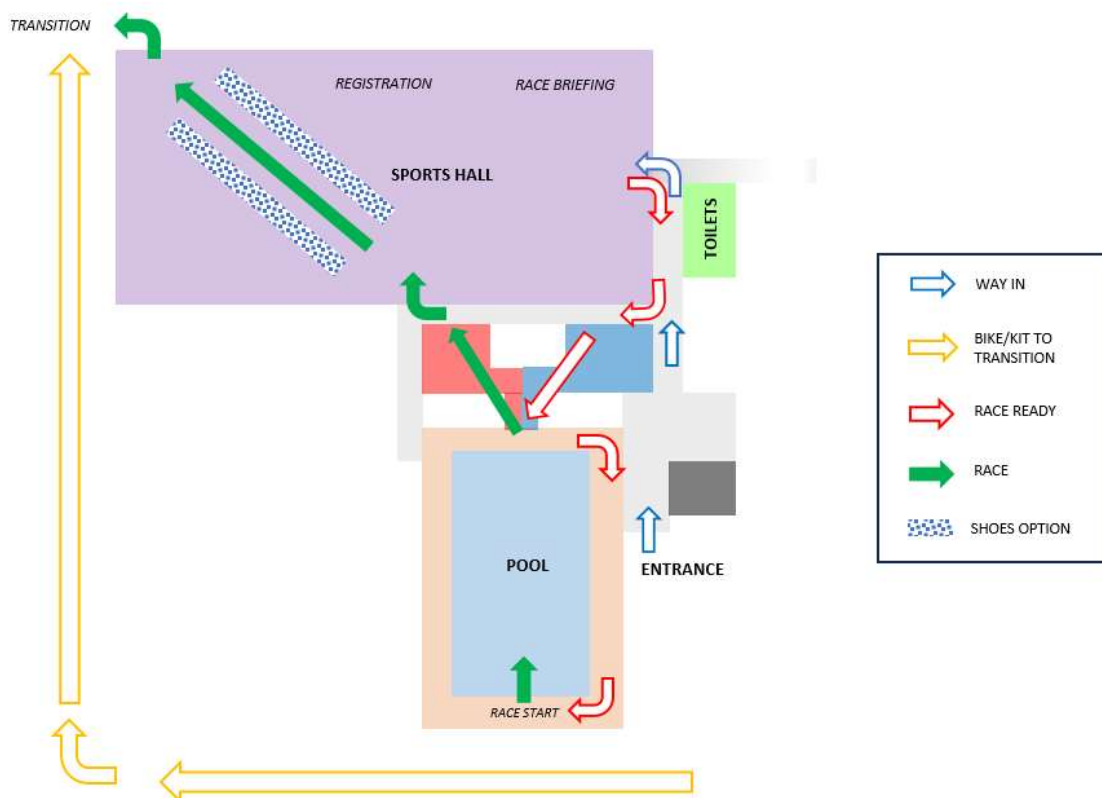
Registration

Please bring a driving license or other photo ID.

Registration will open at 7:00am, in the sports hall at the Leisure Centre. Access is through the main entrance (there will be separate entrance operating for gym users).

If you are coming on your own you may want to lock your bike up temporarily - there are racks outside the entrance.

Once you've shown ID and been ticked off the list, you will be issued with a race pack which includes a timing tag, a race number for you and a sticker for your bike. If you have not taken out a Race Pass (done through StuWeb as you entered for the event) you will need to show your BTF membership card.



All participants should complete the medical and emergency contact data on the back of the number, and then attach it/**them to your top or race belt as previously discussed**. Safety pins will be available. A marshal will also write the number on your **arms** in marker pen. Please put the timing tag securely around your left ankle.

Then go to your bike and attach the race number sticker to the seat post.

As is normal for triathlons of this distance, participants provide their own in-race fueling and/or hydration. It's usual to have drinks ready mounted on your bike and some choose to tape an energy bar or some gels to the handlebars.

Once you have your helmet on (properly tightened) and are wearing your number you can go to Transition.

Transition Area & Racking

There is a common area used for both T1 (swim-to-bike) and T2 (bike-to-run) transitions. The area is located in the academy carpark directly to the south-east of the Leisure Centre building.

Only participants are allowed access to the racking area of Transition. Race numbers must be displayed, both on your person and on the bike. Marshals will cross-check numbers on both entry to the transition racking area and on bike/kit collection at the end of the event. They will ask you to demonstrate functioning brakes and that handlebar bar-end plugs are fitted when entering transition to rack your back and that you are wearing your bike helmet, which must be properly fastened. Helmets must also be worn and properly fastened whenever touching or moving your bike in transition – this applies when setting up and anytime during the race (BTF rule).

Transition will be open as soon as you can register, number-up and come round the building. Once the first swimmers start coming out into T1 (at about 8:10am) marshals will ensure they take priority - and you may need to wait for them to pass. Before bikes start coming into T2 as part of the race (expected at about 8:30am) we'll also close the north (Leisure Centre entrance) end for all racking and you'll need to walk alongside transition and enter at the south (Bexton Road) end.

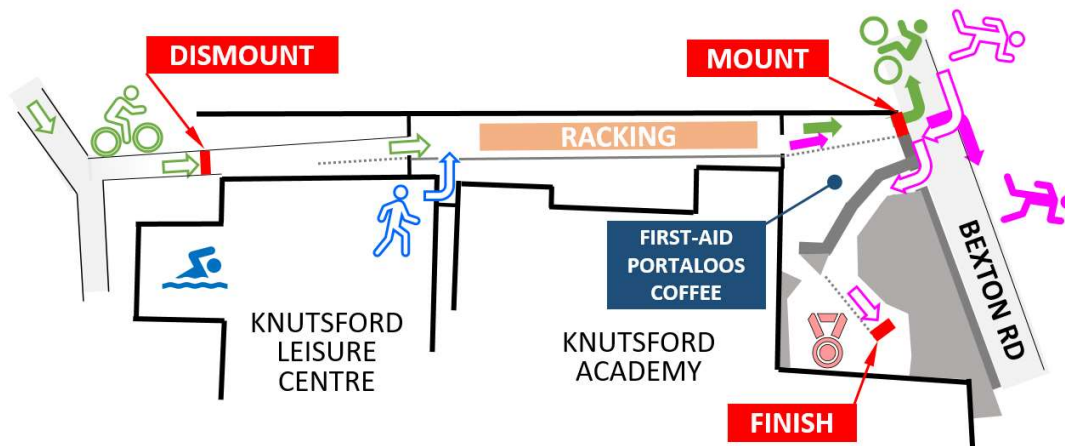
The racking is not numbered, so please pick a position and hang your bike on the rail. You may wish to check that you've left your bike in the correct gear ready to start the bike section of the event after the mount line.

Place your kit in a compact area next to your bike. Hard boxes are not allowed, nor is any marking of the location – you'll need to take a mental note of where it is. Note that transition is all on a hard surface and you have the option of putting on shoes in the sports hall as you pass from the swim to T1. Please ensure nothing will hinder other participants.

There are toilets in the leisure centre, but for your convenience there are also portaloos positioned towards the exit of transition near the mount line.

Please return to the sports hall in time for your race briefing. If you've chosen this option, leave shoes by the side of the matting running across the hall.

Marshal attendance and access controls to transition will continue to 1:00pm unless the bikes and kit are cleared by participants earlier. Barriers segregating the area, and racking, may be removed at any time from this.



Race Briefing

You will be given both an estimated start time and a briefing group on the event website after we close for new entrants, a few days before the event. This will be set based on your stated swim speeds so that you'll swim along with people of a similar level of ability.

This group will be called together in the sports hall where you will be briefed on race safety and other key requirements. Whilst some of this is pre-published there may be extra issues added reflecting emergent information. We may include adjustments to your start times depending on how the event is going.

Ready to Race

When it's coming up to your start time take your outside layers off, ready to race. There's an area allocated in the sports hall where you can leave outerwear and/or baggage. Please note that this is uncontrolled and used at your own risk. We recommend not leaving valuables here, and that bags should ideally be distinctive so you can find them after the finish.

If needed, there are loos opposite the entrance to the sports hall.

At your start time please go the (unused) male change room, where you will be checked off the start list [if you are early, you may be directed back to the sports hall]. You will then be progressively released through to poolside to join a queue of starters leading to the far (deep) end of the pool.

Swim

As you reach the head of the queue you will be given a coloured swim cap and directed to a lane. All swimmers in a lane are to have a different colour in order to help length counting. These are good quality, silicone, and yours to take home. If you've chosen to wear your own cap, then the event one will need to go on top.

Please sit on the edge of the pool and slide in. Start only when directed by lane marshals. Individual start times will be recorded by the marshals into the StuWeb system for race duration timing.

There will be a maximum of 5 swimmers in a lane.

Overtaking (where necessary) is preferred at lane ends: the faster swimmer should tap the slower swimmer on the foot, and the slower swimmer must then give way at the next turn. Overtaking mid-length is only permitted on odd lengths (i.e. swimming towards the **shallow end**) to avoid clashes.

The faster swimmer must use the middle of the lane and check the way is clear before overtaking. Tumble turns and backstroke are not permitted.



Swim lengths are:

- Supersprint 225m (9 lengths)
- Sprint 425m (17 lengths)

When the marshals have counted that you are coming onto your last length they will show you a float.

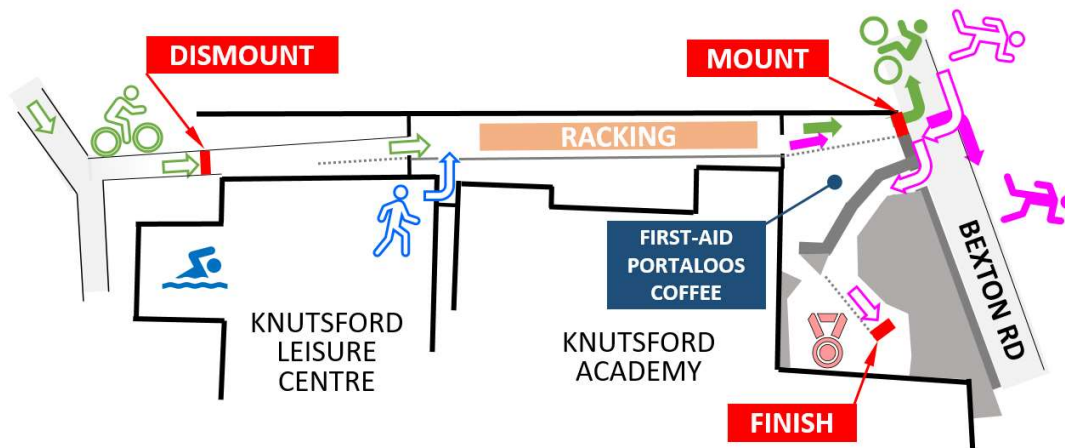
An odd number of lengths is chosen to give the pool exit away from the start. You will exit the pool at the shallow end and leave the area via the nearby (unused) female pool changing room.

Transition 1 (T1)

You will pass into a short section of corridor and then across the sports hall to a double-door fire exit. Please take care to avoid slips and falls, and make due allowance for things getting wetter as the event proceeds. Matting is provided to help minimise the risk of slips and falls on the sports hall flooring.

The double doors lead onto 3 concrete steps down to the racking area. These steps must be walked down on pain of disqualification. A timing mat will be positioned near the bottom of the steps as you pass through the fenceline into Transition. This marks the start of T1 for timing purposes. Please note that the swim times collected will include your getting from the pool to this timing mat.

The racking area is set out on a carpark. The racking arrangement is close to the exit steps in order to minimise the distance participants will be barefoot on a road surface. As noted earlier, any competitors not wanting to go barefoot into T1 can put shoes on inside the sports hall.



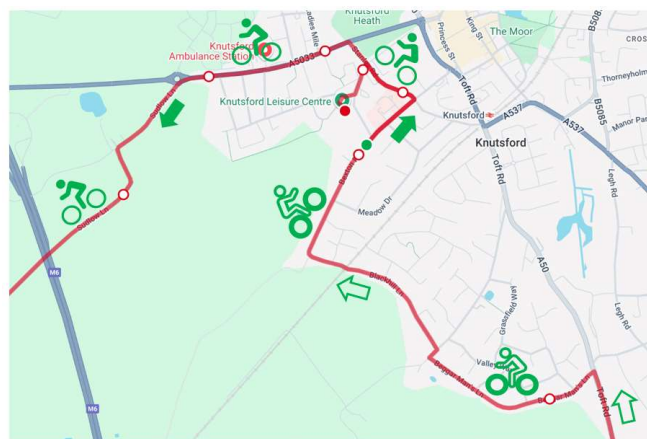
BTF rules apply, which include; helmet on and properly fastened before touching or moving your bike, and the race number visible on your back before leaving T1. Participants will run or walk with their bike to the mount line at the exit of the car park.

Bike

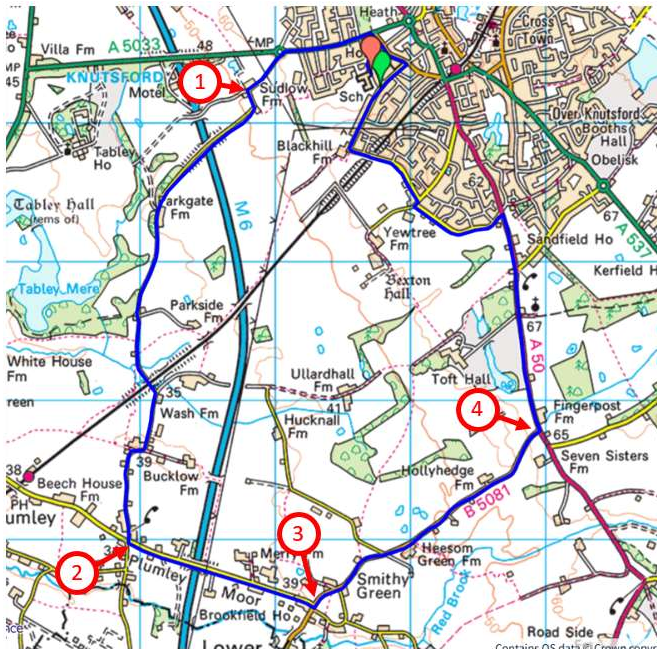
Participants exit T1 southbound through the academy car park and turn **left** onto Bexton Road. The mount line/release onto Bexton Road will be controlled by marshals.

The bike loop is anticlockwise and approx. 13km in length, of mixed rural minor roads and stretches of faster A and B-roads. Riders should familiarize themselves with the route beforehand. The route will be well signed, with marshals at key points. GPX files are available via the event website.

The route starts on Bexton Road at the point shown by a green dot (the mount line). Riders will turn left at the mini-roundabout onto Stanley Road and then turn left at the T-junction onto the A5033, bearing off left at the subsequent roundabout onto Sudlow Lane and the open countryside. Outbound is indicated by solid arrows and rider icons.



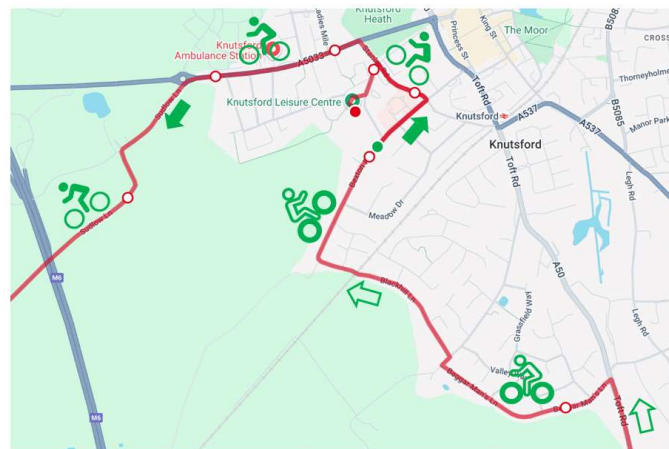
The full cycle loop is shown below along with selected hazard locations.



- 1 Downhill to sharp left turn uphill with poor road surface
- 2 Very limited visibility coming up to junction, give way
- 3 Very limited visibility coming up to junction, give way
- 4 Turn onto fast A-road, give way

The return route into Knutsford is shown using outline arrows and icons.

As riders approach the town there is a sharp left off the A50 onto Beggarman's Lane – please don't overshoot.

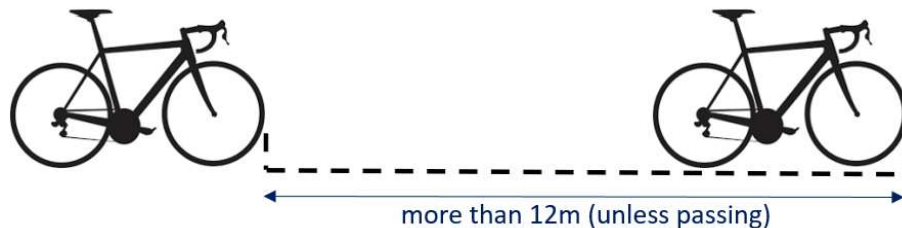


All riders, even if you're doing one lap, must carry on past the academy/mount line area. Please be particularly careful here of other competitors – both runners and riders.

After the chosen number of laps – you are responsible for counting - return to transition via the leisure centre (north) side. Turn left off Stanley Road and follow the route below. Please ensure your speed is moderated for the sharp turns and for the approach to the dismount line.



This is a non-drafting event, which means that riders must maintain a minimum distance of 12 metres from the rider in front, measured from the leading edge of the front wheel. You may enter this “Draft Zone” but must be seen to be progressing through the zone and a maximum of 25 seconds will be allowed to pass. Any rider who is seen regularly changing place with another competitor will be considered drafting and both competitors may be penalised. On non-closed roads, side-by-side riding is also an offense and could be penalised for blocking other competitors who want to pass. All competitors should familiarize themselves with the British Triathlon Competition Rules to ensure compliance.



Riders are responsible for their own safety and **MUST** comply with the Highway Code at all times. Any rider crossing the central white lines or otherwise discovered to be riding unsafely will be disqualified. A BTF Motorcycle Official will be out on the course to ensure compliance.

Marshals are there to help but do not have authority to control other traffic. Participants must however obey their instructions.

Bike phase lengths are:

- Supersprint 13.4km (1 lap)
- Sprint 26.0km (2 laps)

Please be aware that the bike course uses a mixture of rural roads (farm traffic and debris may be expected), busy A-roads (fast moving traffic may be expected) and narrow urban residential roads (parked cars may be expected). Please take extra care accordingly. We will attempt to mark any

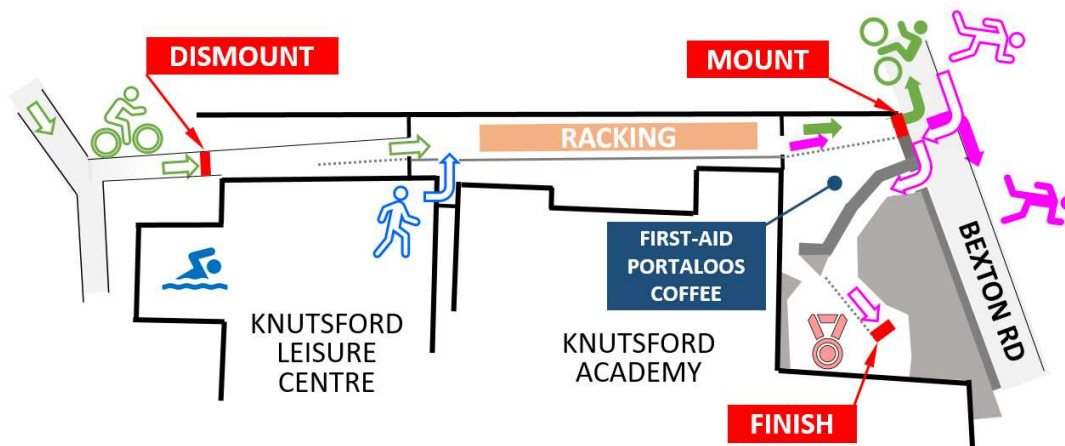
obvious potholes with spray paint but cannot guarantee that any or all road defects will be marked so please take extra care accordingly.

Transition 2 (T2)

You must get off your bike before the dismount line and run or walk with it to your racking position, where you change into your running kit/shoes if applicable.

BTF rules require your helmet to remain on and fastened until your bike is racked – it can then be removed. Numbers must be on your front before leaving T2.

On leaving T2 you must cross Bexton Road and turn **right** (the solid runner icon below). The crossing is controlled by marshals and runners must stop and wait if so instructed.

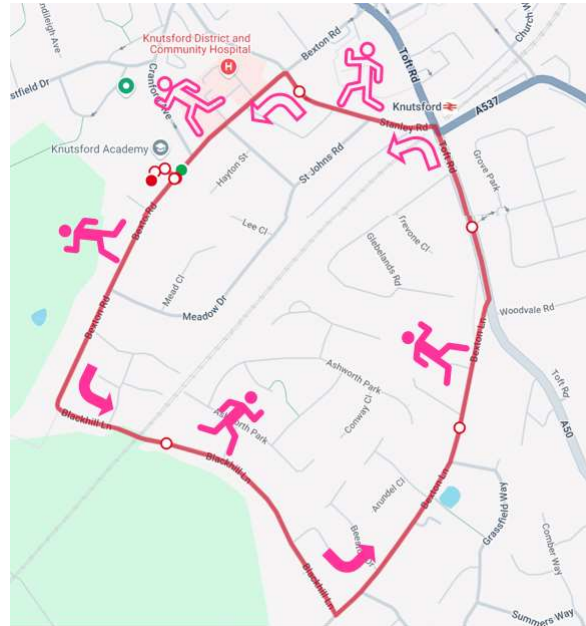


Run

The run is an anti-clockwise loop of approx. 3km, all on pavements. The route first skirts the edge of Knutsford and then returns towards the town centre before turning back towards the Leisure Centre and the academy. Whilst traffic levels on side (estate) roads are low, care will nevertheless be required when crossing them. Marshals will assist where they are present on the potentially busier side roads but it is participants' responsibility to check they are clear before crossing all roads safely.

Note that the run takes place on predominantly urban residential roads and streets (pedestrians, prams and pets may be present, along with parked cars). Please take extra care accordingly. The route includes a short length on the busy A50 but there is a wide pavement along the road. Please take extra care at the railway bridge about 1km into the run lap as the pavement is narrow here and visibility restricted over the hump-backed bridge.

Towards the end of the run there is another crossing of Bexton Road, again runners must stop and wait if marshals consider it necessary for your safety.



Run lengths are:

- Supersprint 2.8km (1 lap)
- Sprint 5.5km (2 laps)

Again, you'll need to do the counting.

Finish

The finish will be on the main entrance car park at Knutsford Academy. Following the road crossing there is a short run-in where those minded to do a final sprint can do so. Supporters can watch from the school steps. A coffee van will be nearby, selling ethically sourced barista coffee and handmade cakes & pastries.

After finishing participants will be awarded with a finisher's medal, a bottle of water courtesy of Booths and a goodie from Gail's Bakery.



Please return your timing chip to the marshal at the finish line. These are expensive items and must be accounted for. You will not be allowed to remove your bike without returning your chip and ankle strap.

Race times will be available from StuWeb from their van adjacent the finish line and on their website <https://www.stuweb.co.uk/results.html>

Podium presentations will take place from 11am, near the school steps.

Prize List

Sprint

- First Female and First Open Category = **£50 Running Bear Voucher + KTC Water Bottle**
- First in 10 Year Age Group (F/O) 20-29, 30-39, 40-49, 50-59, 60-69, 70 + = **KTC Water Bottle**

Super Sprint

- First Female and First Open Category = **£50 Running Bear Voucher + KTC Water Bottle**
- First in 10 Year Age Group (F/O) 20-29, 30-39, 40-49, 50-59, 60-69, 70 + = **KTC Water Bottle**

Afterwards

Please collect any bags/outerwear left in the sports hall. Until the swim phase finishes, entrance via the swim exit steps is only available at the marshal's discretion – otherwise use the KLC main entrance. Once everyone has completed the swim (estimated to be about 9:45am) the changing rooms will also be opened for use.

Anyone interested in building their triathlon ability and enjoying the company of like-minded individuals is invited to approach any of the marshals wearing KTC kit. Or visit our club website at <https://www.knutfordtriclub.co.uk>. People of any ability and fitness level are welcome in our club.

Please clear your bike and kit from transition. If transition is still being used for the race, this will need to be done from the south (Bexton Road) end of transition rather than against the flow.

After the event you and your supporters may like to explore our delightful town, well known locally for its wide range of cafes, hostelrys and restaurants – and direct access into Tatton Park. Early booking for Sunday lunch is recommended. See: <https://www.discoverknutford.com/>

Photography

Our event photographer Brian Tuohey will take shots of the race and these will be available free of charge for review and download. A link will be provided on the event website at <https://www.knutfordtriclub.co.uk/events/the-knutford-triathlon-2025/>

If you see a photographer, make sure that you wave/smile/show your race-face as appropriate!

By participating you have consented to the use of your images for publicity and other uses. Our policy is to not use any image that contravenes the competition rules, highlights accidents/ injury/ nudity or features other issues we consider sensitive.

Competitors, Spectator and Volunteer Behaviour

Competitors need to respect our local community and comply with BTF competition rules. Amongst a range of other issues these rules include the following:

- Good sportsmanship
- Look after your own safety and that of those around you
- Treat other road/pavement users with due respect
- Comply with the Highway Code
- Comply with instructions from Race Officials and Marshals

- No music, cameras or communication devices
- No swearing or littering.

There is residential accommodation near to the leisure centre and around the run course, so please avoid disturbing local residents early on a Sunday morning. We rely on the goodwill of local residents and road users so please respect them at all times.

Spectators/supporters must not provide assistance to competitors (for instance by handing them food or drink) or otherwise interfere with the smooth functioning of the event. They must comply with the instructions of marshals, e.g. when crossing the route.

Volunteers are there to assist in the safe and smooth functioning of the race, and to promote the enjoyment of all concerned. Marshals will intervene if they are aware of any dangerous conditions, for instance traffic at junctions or crossings. They have no authority to stop traffic, only those taking part in the race. Once an instruction to stop is withdrawn you may continue, always at your own risk.

Withdrawing Part-way Through

If you withdraw from the event at any stage before the finish, please inform a marshal. They will tell the race officials. This is for your own safety (and saves us spending hours searching for you out on the course!).

First aid

First aid is available at the Leisure Centre and as provided by MEDIC1, based near transition but also able to attend to casualties out on the course.

If you come across an injured athlete on the course please do stop and offer assistance and ask the next participant to contact the nearest marshal for help. By stopping you will win the gratitude of your fellow competitor and a boost to your own self-esteem.

Welfare & Safeguarding

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

Thank You

The event is based at the Knutsford Leisure Centre. We are grateful to the Leisure Centre staff, StuWeb Events crew, all our marshals and the BTF Officials for their help with staging this event, and all the others without whom this event would not be possible. We thank Knutsford Academy in particular for their generously allowing us the use of areas for transition and finish.

We appreciate the cooperation and patience of our local residents and hope that some enjoy spectating.

See Also

<https://www.knutsfordtriclub.co.uk/events/the-knutsford-triathlon-2025/>