

**CURLY'S  
ATHLETES**

Sunday the 21st September 2025



## The Woodhall Spa Sprint Triathlon 2025 'Welcome Curly's Tri-Athletes!'





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## It's Triathlon time!

"Jubilee Park are delighted to be back with Curly's Athletes, their mantra of "Purpose before profit" fits perfectly with our event and organisational ethos. We are really looking forward to working with them to deliver the 2025 event!"

We look forward to welcoming Triathletes and supporters back to Jubilee Park and the start line."

The race is ran under British Triathlon Federation Rules, a copy of which can be found here: [www.britishtriathlon.org/competitionrules](http://www.britishtriathlon.org/competitionrules) we have also highlighted the main points in this information pack.



Curly's Athletes is a community and charity focused event management team, who believe everyone is an athlete. We're a super small team, with a non profit ethos and a drive to 'do good' (that takes many different forms... but all gets people moving!)

We're here to help you find your next challenge, give you a bit of support and plenty of encouragement!

Our goal is to promote physical activity by providing people with inspirational, fun, great value and professionally run physical challenges. We know the benefits of this to the individuals and community are huge (both in terms of physical and mental well-being.)

If you would like to look for your next challenge or find out more about Curly's Athletes then pop along to our website: <http://www.curlysathletes.co.uk> or Facebook page: <https://www.facebook.com/curlysathletes/>

Or take a look at some other community work we do here: <https://getactivelocally.co.uk/>





# Parking

We have a field with free parking for you all :) Allow time, car share and if you can park away from the main car park that's great but do not block residents.

Nb: This is a field... so for sports car then it may be a tad 'grassy' so take care and if in doubt please find space locally on some lovely smooth tarmac. **DO NOT PARK ON GREEN LANE OR USE THE HOUSES AT THE TOP END OF GREEN LANE NEAR THE PARK TO 'DROP OFF' ATHLETES OR A TURNING POINT.** We like to look after our lovely local residents, so please park up elsewhere and walk in, this is also a single track road and if you block emergency access, well we will move it :) When departing the main car park before 13:00 please turn right on exiting as Green Lane is closed at the other end.

Green Lane – This is the main car park access/exit via Mill Lane, off Witham Road. Postcode is LN10 6QY **\*\*NO ACCESS/EXIT VIA STIXWOULD ROAD 07:45-13:00\*\*** so that's from the north direction into Woodhall Spa please stick to the Mill Lane route. Especially for those in the later waves please plan ahead as we will not be able to let you through. You need to approach Woodhall Spa from the West, South or East not from the North as we have road closures in place.

**Jubilee Park Parking – NOT FOR Triathletes or Spectators.** This Car Park is open for disabled parking, site customers & residents. Please don't head for it as a triathlete as you will be turned away.



# Finding Jubilee Park

You'll find handy little yellow arrows directing you in to registration, it's around 500-750 metres from the main car park (depending in which spot you park in)

## Numbers, Timing chips, Stickers, Help, & T-shirts

All numbers, stickers and pre-ordered t-shirts are collected on event weekend from our registration tents next to the transition exit. We will also have a few spare t-shirts for purchase at the event.

Registration is open will be open Saturday 14:30-16:30

Sunday Registration part one: 06:15 to 07:40 for waves starting from 07:45 until 09:59

Sunday Registration part two: 07:45-10:00 for all waves starting from 10:05 until final wave

A reminder that all entries require you to purchase a day Race Pass directly from British Triathlon ahead of the race day, unless you are a British Triathlon member. We've tried to make our entry prices as low as possible to help with this extra cost :) \*\*please bring evidence of race pass\*\*

These are priced at £8 (for ages 25+ and £2 for 24 and under)

Don't worry we're making it as simple as poss, so once you've entered, [then click here to purchase your race pass](#). This is essential you do this ahead of the day and we will be having a checking system ... no race licence, no racing fun and no cake :(

We have a pre-packed envelope for you to collect at registration and inside you will find:

- 2 x race numbers, one to fasten to the rear of your top for the cycle part and one to fasten to the front of your top for the run (1 can be used if using a number belt, but ensure number is displayed rear for cycle and front for run) \*NB no race numbers need fastening to anything you're swimming in ... leave these on your clothes/number belt in transition.
- 1 x bike sticker, to be stuck to the left hand side of your seat post
- 1 x helmet sticker, to be stuck on the front or left hand side of your helmet
- Timing chip and ankle strap, for fastening on your LEFT ANKLE (it then avoids your bike gears ;) ) ahead of the swim. THIS MUST BE RETURNED AT THE END OF THE EVENT (failure to do so will result in a charge for a replacement) If it falls off and you don't pick it up then please flag to your closest



marshal, this will likely lead to no split times been available for you. If you pop a safety pin through the velcro strap this can help prevent it falling off :)

- T-shirts, if you ordered one when you signed up it will be available to collect next to registration. The sizing etc will be on the front of your race envelope :) nb: these have been included previously, but we dropped the entry price of the event to help more people access the event and these are now optional for you to add. All our t-shirt profits actually go to help support our charity partners or our work to get people active in our communities :) We will have a few spare on the day and these are priced at £11.
- Transition wrist band, please put this on before dropping your bike and kit off. It must then be worn at all times until you've collected your bike and you toddle off home triumphantly.

Top tips:

- NUMBER BELTS, buy one :) it's an easy way of having your number in the right place for the bike (rear) and run (front). We also recommend purchasing a small hole punch ... to help get the number on and in the right spot.
- KNOW YOUR RACE NUMBER before you turn up, we will publish these on the website. Registration is laid out by race number vs surname name, as it's in order of swim time. Our steadiest swimmers head off first. And our speedier peeps set off last.

We will have a help point set up (signposted registration) where you can come and see us with any problems. However unless it's an 'on the day thing' then please email in beforehand to help us ... help you ! Email: [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk)

**\*Entry amends / cancellations** If you wish to amend or transfer your entry this must be done **14 days** ahead of the event. Log into [etchrock.com](http://etchrock.com) to update any details. If you're unable to attend the race, then you can transfer to another event up to 14 days before. Partial refunds are available until 28 days before (50%), full refunds are at 90 days ahead of the event. **DO NOT USE SOMEONE ELSE'S NUMBER** without transferring officially, this is dangerous for athletes involved in a medical emergency and puts our team at risk.

# Event timings

Saturday: Registration open 14:30-16:30

Sunday:

06:00 Car park open

06:15-07:40 Registration part one: for waves starting from 07:45 until 09:59

06:15-07:40 Transition opens part one for waves starting from 07:45 until 09:59

07:45-10:00 Registration part two: for all waves starting from 10:05 until final wave

07:45-10:00 Transition opens part two for waves starting from 10:05 until final wave

07:25 & 09:45- Athlete briefing in transition/next to transition **if required**, this is primarily held virtually or provided in the information pack, but we will highlight any urgent changes or updates if needed.

07:40-13:00 **Road closure** in place on Stixwould Road

07:45 Race start

07:45-12:21 Swim waves underway! **\*Athletes to arrive poolside 10 minutes ahead of wave start\***

08:05 First Bike underway (est)

08:55 First Run underway (est)

09:15 First Overall finisher! (est)

12:26 Final Bike underway (est)

13:45 Final Overall finisher & presentations commence (est)



# Transition

Opens:

06:15-07:40 Transition opens part one for waves starting from 07:45 until 09:59

07:45-10:00 Transition opens part two for waves starting from 10:05 until final wave

Reopens for bike & kit collection: 11:00 onwards

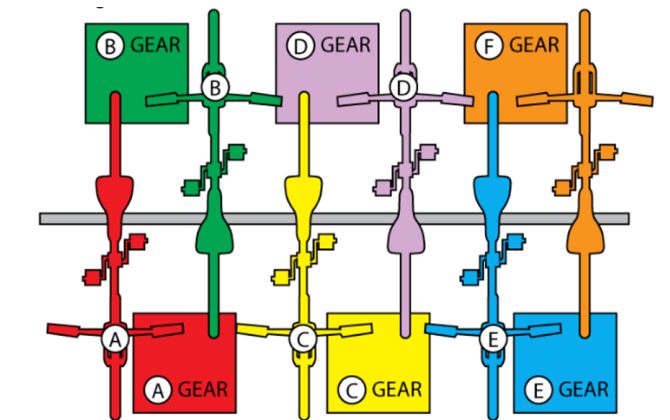
Standard bike checks will be carried out. It is the athlete's responsibility to ensure that,

- A) Their bike is road worthy.
- B) They have two working brakes.
- C) Both end stops are in the handlebars.

Transition is manned by a Marshal to ensure the security of kit. This area is strictly for athletes.

The area will become sterile once the race is underway and no athlete may enter. This will remain so until the last rider is back in. Then athletes be allowed to remove kit from the area. To do so you MUST produce your race number that corresponds to your bike and have your transition wrist band on.

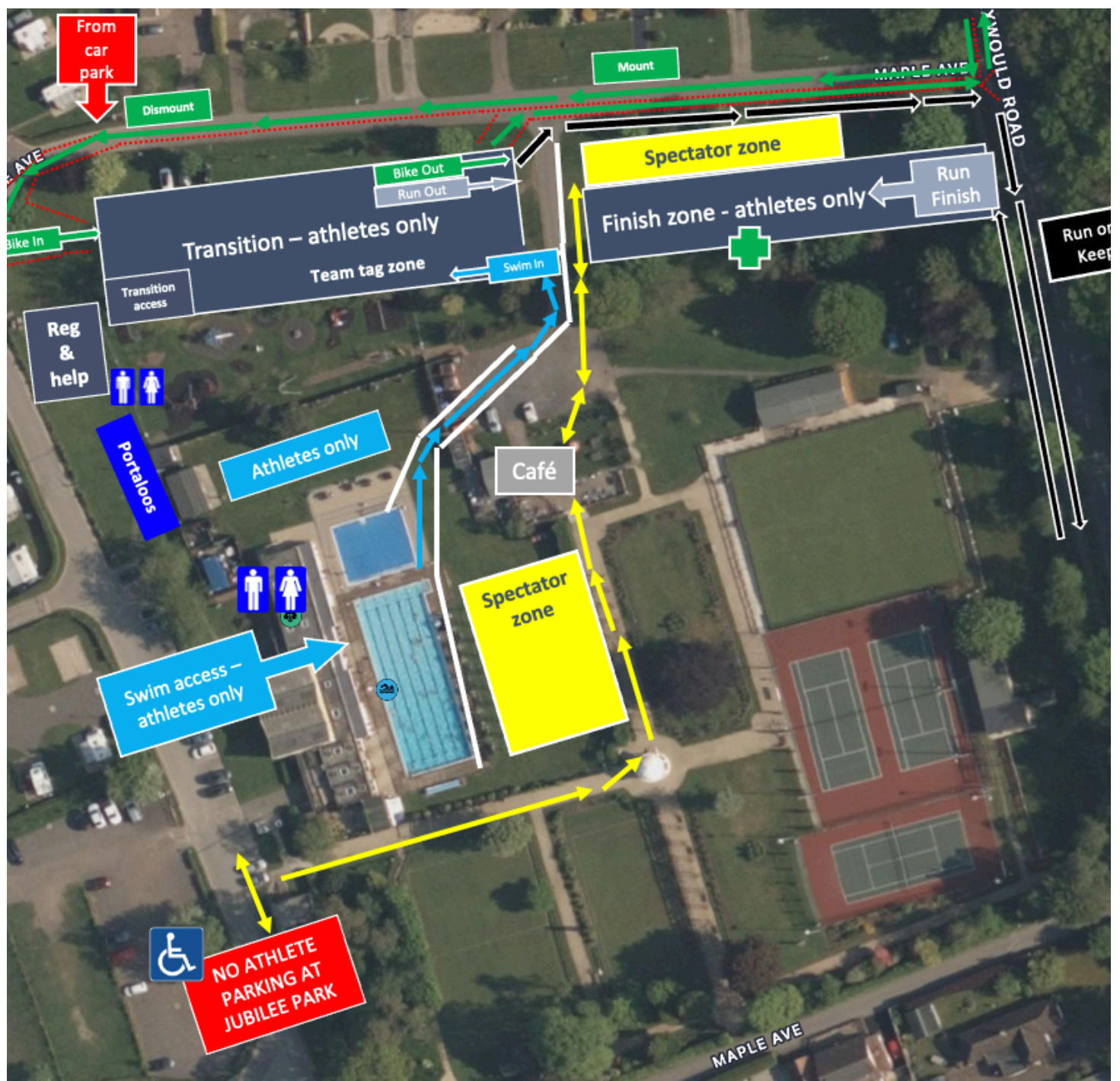
**Racking your Bike:** We have 600 athletes with bikes taking part (that's a lot of bikes!) so please keep a minimal amount of kit neatly to the left hand side of your bike (as shown below). Please hang the nose of the saddle in alternating directions. Each racking space has a numbered sticker, please find your number and rack the nose of your saddle on the sticker. Your transition gear should be placed on the left side of the bike (as shown below) Do not overlap into your fellow athletes spot or obstruct other bikes. Bring the minimal amount of kit into transition. No additional bag drop is available at the event.



### Transition rules & tips:

- Do not touch your bike until you have secured your helmet
- Keep aware of your surroundings at fellow athletes, they'll be lots of movement in this area.
- Familiarise yourself with you bikes position and which row to head down out of the swim, this will make for a much smoother and faster exit

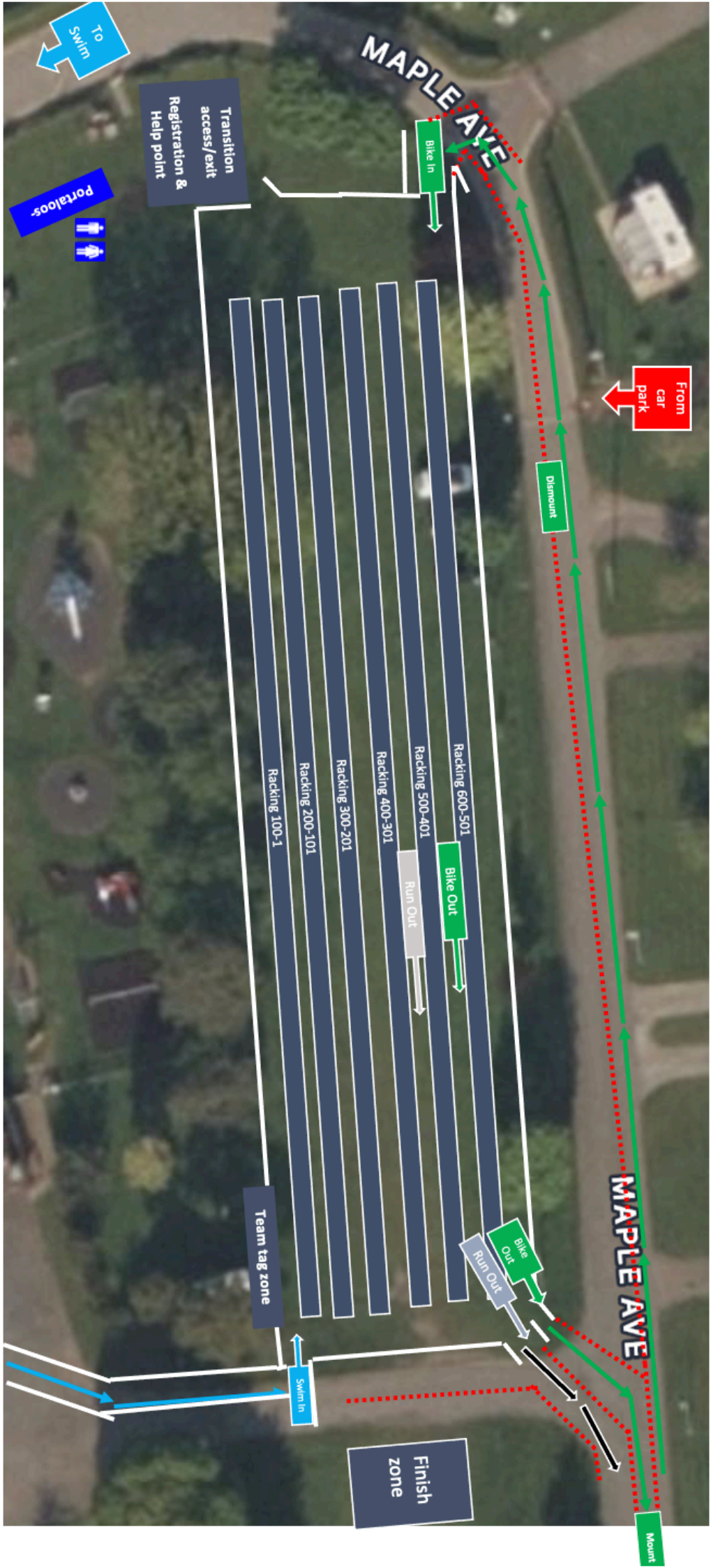
Nb: We will have a slight tweak to transition entrances/exits on the weekend as we've implemented a new layout, but don't worry it will all be very well signed!





Sunday the 21st September 2025

# Transition layout example







## Transition 1 'Swim to Bike'

Running in from the swim, things to note:

- Pop on your additional clothing (top / socks / gloves / glasses etc) ahead of going out on the bike
- **Public nudity is not allowed** so as a good rule of thumb... put clothes on and don't take any off!
- Ensure your helmet is on and fastened before you touch your bike and bike is racked before you touch or remove our helmet. A general rule for helmets going on / off is 'no bikey we likey'
- Make sure you are displaying a race number to your rear
- Run/walk to the exit and keep moving with your bike until you reach the mount line. Only after passing this mount line may you mount your bicycle. Please keep an eye out for cyclist coming from behind at this point and move to one side if you need more time to mount your bike.

# Bike - 24km

The cycle is a very flat great ride out around the fantastic local countryside.

Highway Code: While this may be a race, all cyclists are required to adhere to the highway code and at all times to ensure their own and the safety of other road users. The event is held on mainly open roads without road closures. **Stay left - be observant when overtaking - ensure the road is clear before making and turns into or out of junctions - look out for road hazards and uneven surfaces - do not cut corners**

We have response medical and safety vehicles patrolling the cycle course, any concerns or issues please make contact with the nearest event team member **or call 07947 023 143 for our safety team which includes medical and mechanical recovery**. In the event where a life is at risk please call 999 if you cant quickly contact our team. Please where possible contact us firstly, we have a medical team on standby and will provide a faster response time in an emergency.

- No drafting, we've put a handy guide on the next page to explain but this is a NON DRAFTING event and rider must maintain a 12m distance from other bikes / 35 metres from vehicles, unless overtaking (you have 25 seconds to make a pass)

**Athlete and traffic control at the start and finish \*please read and obey the traffic team instructions if required, this may also include a Stop/Go board\*** We have fully closed the junction area outside of the grounds to support a safer bike exit / access however we may be moving vehicles for emergency access etc so if we give an instruction please obey.



# DRAFTING RULES EXPLAINED

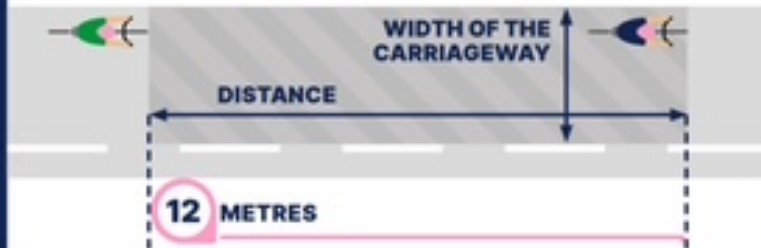
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

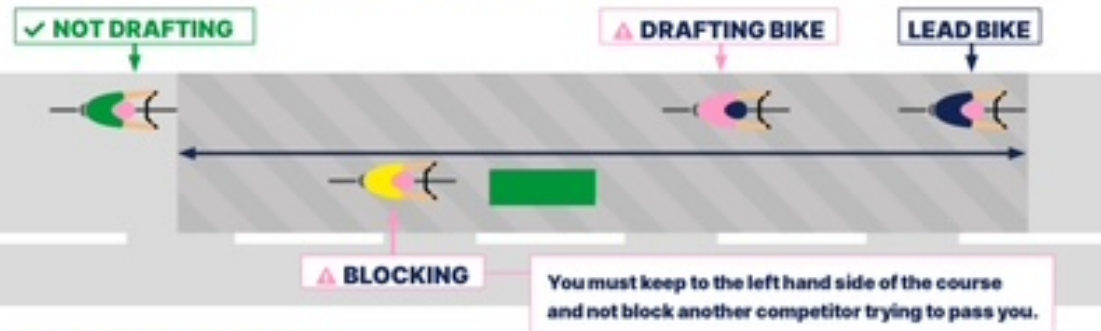
### IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE



## DRAFTING & NOT DRAFTING



## MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



## OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

## PENALTIES

	1st Offence	2nd Offence	3rd Offence
<b>SPRINT (OR SHORTER)</b>	30 SECS PENALTY	DISQUALIFICATION	N/A
<b>STANDARD</b>	1 MIN PENALTY	DISQUALIFICATION	N/A
<b>MIDDLE / LONG</b>	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION



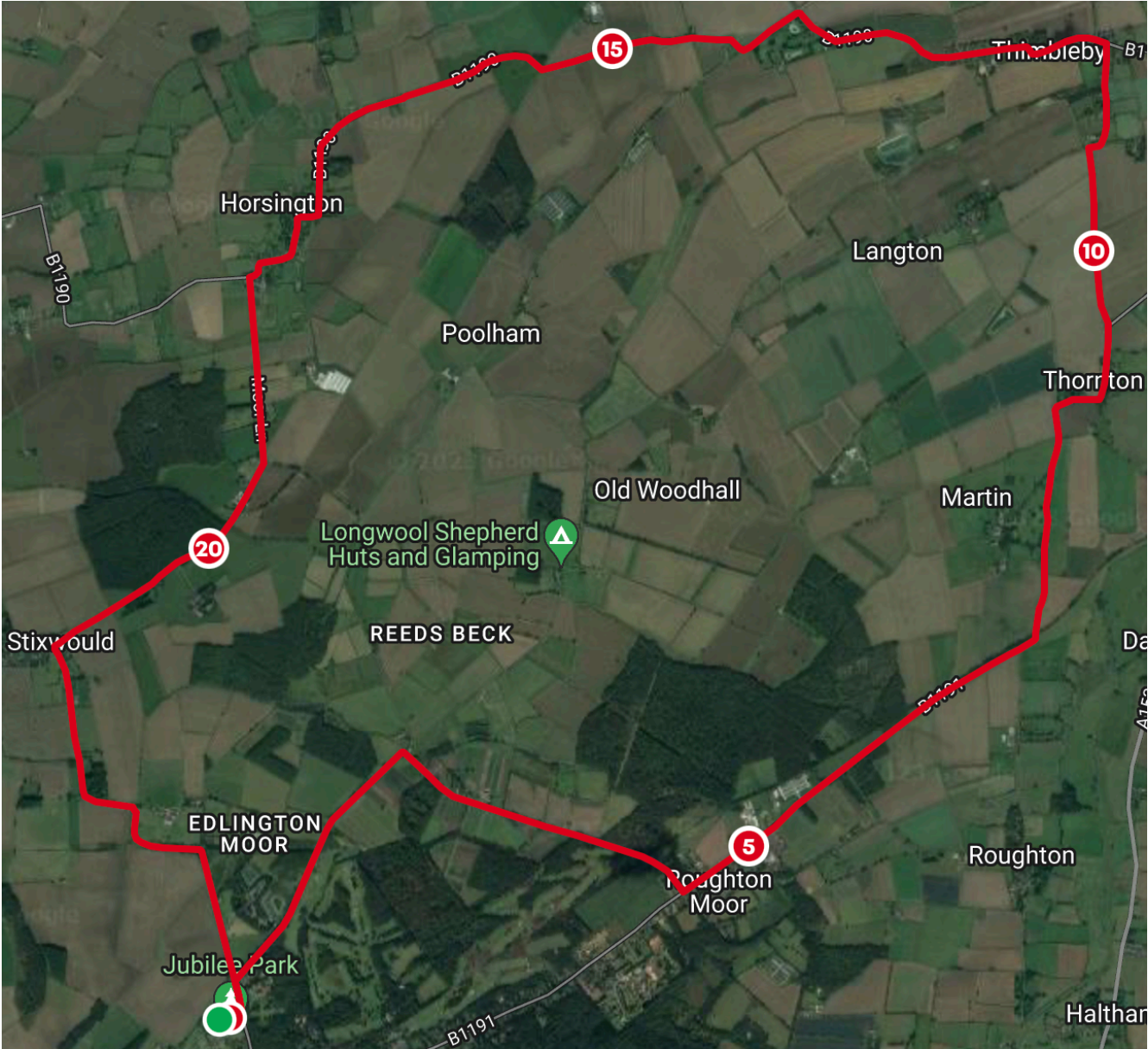
Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting. A full set of rules can be found at [www.britishtriathlon.org](http://www.britishtriathlon.org)  
- This document is for guidance purposes only.





# Bike - 24km



## Transition 2 ' Bike to Run'

Ensure you dismount your bike before the dismount line and don't get distracted by the crowds.

You then have a run into transition before returning your bike heading out on your run leg!

Please ensure you have racked your bike before touching your helmet strap and removing your helmet. Please also be considerate in your racking and ensure your bike is placed back in the craft space and not impeding another athlete.

Be aware of faster riders coming from behind and stay clear, keep left and be courteous when overtaking a simple 'keep left' allow individuals to know what you want to happen when you overtake

Please note, you cannot return to transition until the final person is out on the run leg. This is for the safety of our athletes and the security of your kit!

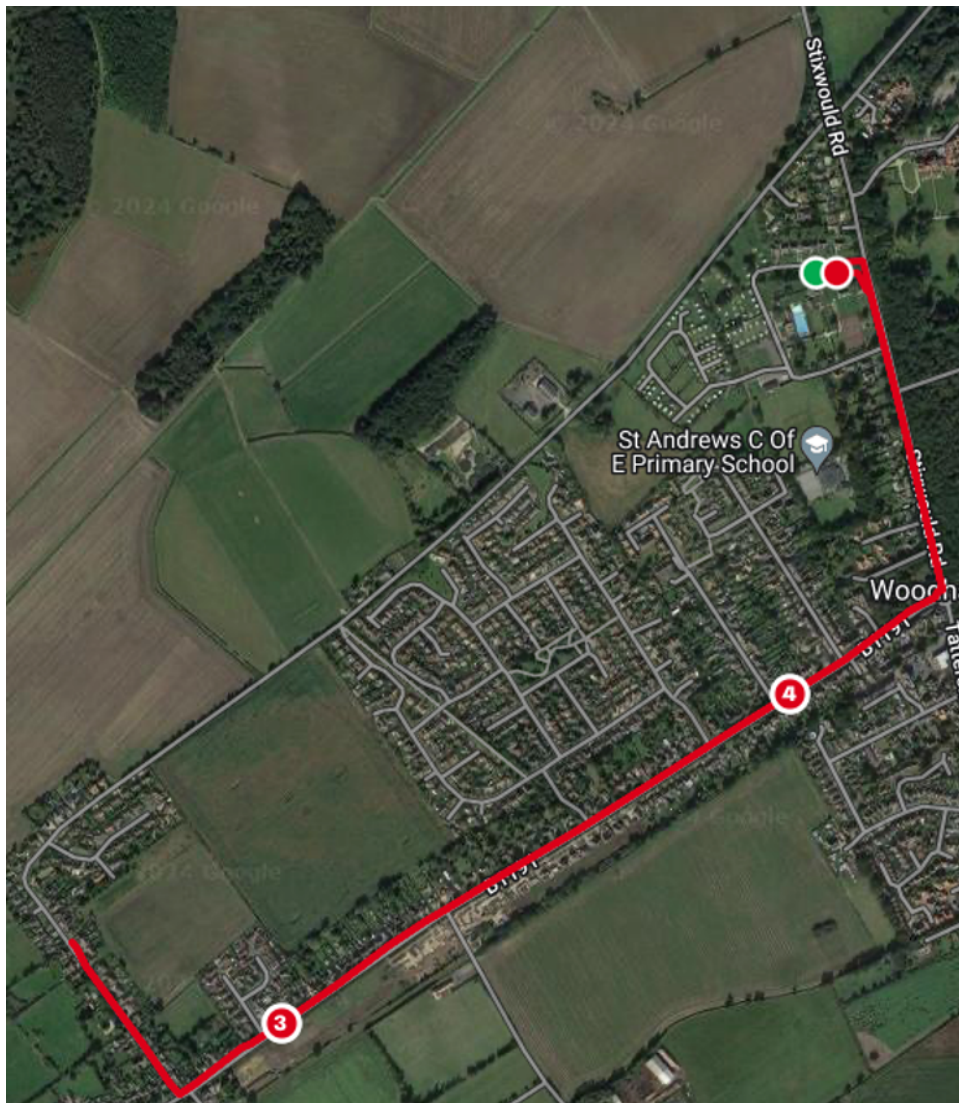
# Run - 5km

The run is a lovely flat run thing place on residential paths in Woodhall Spa.

Things to note:

- This was a new route last year and were returning with it this year :) It's an out and back and supports us having better access for the car park and provides the option for a split arrival time and it's great for checking out the competition! **Please stay left on the paths run at all times**
- The run takes place on paths and does involve crossing roads junctions along the route. We will have signage and / or team members out on the route but **it is your responsibility to check the road is free from traffic before crossing.**

We have response medical and safety vehicles on standby, any concerns or issues please make contact with the nearest event team member or call 07947 023 143 our safety team. In the event where a life is at risk please call 999 if you cannot quickly contact our team. Please where possible contact us firstly, we have a medical team on standby and will provide a faster response time.





## Team guide - for those racing as a team!

Each team member will be issued with a race number (for bike & for run) and a medal at the finish, but just one timing chip.

The single timing chip is 'your velcro strapped baton' and this is what is handed over from swim to bike and then from bike to run . . . this ensure no timing misreads and ensures your team mate has been properly tagged.

In transition we have a 'team zone' which you will see on the transition layout map. This is a small enclosed area of barriers :)

So the cyclist waits in here ready for the swimmer and runners waits for the cyclist (you are allowed access to transition during its closure). Just ask one of our team based at the transition entry / exit points 'AND DON'T BE LATE!'

## Spectators, Volunteers & Local Community

**Spectators** are welcome to attend the event with you, but please encourage them to arrive in the same vehicle as the athlete, as mentioned parking is limited!

We have created spectator zones as shown on the map earlier on in this pack. They cannot access transition or our finish line zone. But they can spectate the finish / transition. It's very important to note we will have athletes in multiple directions and do not drift onto the course, jump barriers or move cones / tape. Things are in place for a reason and to support our emergency plans, so we may get a tad grumpy at you.

**Volunteers** we would love everyone who can to come and volunteer with us on the day. It's going to be busy and lots of fun! We've got snacks! So if you fancy getting involved, then please email [contact@curlysathletes.co.uk](mailto:contact@curlysathletes.co.uk). Volunteers should plan to arrive for 07:15 unless otherwise told (see locations are a later arrival time) the day its all done around 12:30-13:00.

**Local Community** we know an event like this causes local disruption and we're sorry for any inconvenience. We have a very small road closure in place and if you are a resident in the impacted area we are of course on hand to help you access you property. If a diversion is an option then we will send you on that firstly. Leaflets for directly impacted residents will be out around two weeks from the event along with big yellow warning signs 7-10 days out from the event.

You can find more information on the event page at the following link: <https://curlysathletes.co.uk/woodhall-spa-triathlon#54c285b2-2b2c-4c28-9aad-3ed852d567bd>

# Athlete well-being

- Medics-our expert medical team will be on hand throughout the event, on the course and at the finish.
- Dress for the weather-please ensure you dress appropriately for the weather conditions and always bring a change of clothes for after the event. **WE DO NOT HAVE A DESIGNATED BAG DROP** as sadly the space isn't available at the site, so anything you need must be store in your transition spot (very very limited space) or elsewhere. Do not leave bags laying around or we may have to evacuate / destroy.
- Hydration and nutrition - Given the distance of the event athletes are expected to be self sufficient for their nutritional and hydration needs so please plan accordingly.
- Water at the finish! We have removed plastic bottles from all of our events up to 2000 athletes :) So at the finish we have water pre-filled for you in compostable cups. Please take this cup out of the finish with you and then you will see we have a re-fill station. This you can then visit as many times as you like ... we're saving 600 bottles of water and you get to enjoy the finest Woodhall Spa drinking water (it's from a tap so you know it's fancy!)
- Rubbish, if you decide to race with a water bottle or gel, that great but please ensure you bring everything away with you that you take onto the course. We will disqualify anyone for intentional littering, we get really mardy about that sort of thing ... our hedgehog friends don't need rubbish in their hedgerows :)
- No headphones, we are on live public roads and streets. We do operate emergency vehicles on the course, so you need to be aware of what's going on around you!
- **Please do not cut corners or cross onto the opposite side of the road.** Keep left especially on right hand bends, but sticking to the left throughout the event also support overtaking .

# Presentations, Photos & Results

Race winners, category winners (five year groups as per the live results) and any spot prizes will be given out as the final finisher crosses the line. Checking the results before you leave is a really good idea as our trophies mirror the result categories. Also if you are second in your age group its worth a double check for if any of the 1,2,3 positions are in your age. . . if they are, then the trophy rolls down

Photographers will be down on the day and the photos will be shared on Facebook firstly. We also encourage you to share your photos throughout the day on our main Facebook page.

As the event is chip timed, we will have the results ready straight after the event

The week following the event we will also e-mail out a summary including a link to the results, any photos and anything else we think you might be interested in from the day, so don't worry- you wont miss anything !

All photos and results can also be found here: <https://curlysathletes.co.uk/athlete-zone> and you can Find us on Facebook here: <https://www.facebook.com/curlysathletes/>

So whether you're here to race (remember it's a British Triathlon Licensed event) or your just have a bit of fun, then our courses are always designed that they can be raced or enjoyed, and of course, we will support you all the way round with our amazing support crew x

HAVE A GREAT EVENT!

From all of the team at Curly's Athletes & Jubilee Park we wish you the very best of luck and we will see you on the day :)

Go check out all our events currently open for entry here: <https://curlysathletes.co.uk/running-events>

Find all our Terms and Conditions and our Frequently Asked Questions here:

<https://curlysathletes.co.uk/questions%3F>