



15 JUNE 2025

BRIXWORTH COUNTRY PARK, Northampton Rd, Brixworth, Northampton NN6 9DG

RACE INFORMATION

SPRINT DISTANCE

TRIATHLON: 750m swim | 20km bike | 5km run

DUATHLON: 5km run | 20km bike | 2.5km run

RELAY: 750m swim | 20km bike | 5km run

AQUABIKE: 750m swim | 20km bike

AQUATHON: 750m swim | 5km run

OLYMPIC DISTANCE

TRIATHLON: 1500m swim | 40km bike | 10km run

DUATHLON: 10km run | 40km bike | 5km run

RELAY: 1500m swim | 40km bike | 10km run

AQUABIKE: 1500m swim | 40km bike

AQUATHON: 1500m swim | 10km run

MIDDLE DISTANCE

TRIATHLON: 1900m swim | 90km bike | 21km run

RELAY: 1900m swim | 90km bike | 21km run

AQUABIKE: 1900m swim | 90km bike

enDuRo_team
swim|bike|run
bespoke performance coaching



Introduction

The UK's newest triathlon is set in one of the most beautiful countryside locations, right in the heart of Northamptonshire.

With one of the most impressive bodies of water as a start point, this event promises to be something special. Pitsford water, located within Brixworth country park boasts one of the largest sports waters in the country and one of the most tranquil nature reserves you'll swim in and will host the start line to a multi distance triathlon event catering for all abilities.

With a mass SWIM start in the water, you will feel the exciting camaraderie with your fellow athletes. This super lap-based swim route will ensure you are always in view of the support boats and lakeside supporters alike. Exiting the swim, you will start the uphill transition run through our fully supported woodland area making for a truly unique swim exit to transition.

On to the BIKE leg, you will head out to the stunning rural Northamptonshire rolling countryside roads which surround this area of natural beauty. The bike circuit will take in some of the shires most beautiful villages including Pitsford, Moulton, Holcot and Old before finally heading back to the historic Anglo-Saxon town of Brixworth. The final part of the bike leg is a clean 2-kilometre ribbon of flat and fast tarmac – A chance to get the head down and really enjoy some speed!

Once through the bike transition, you will enter the RUN circuit. This stunning hardstanding pathway circumnavigates the lake and totals 7 miles of signposted trail. The route takes you through woodlands, meadows, and grassland all located along the water's edge. The run circuit has full access along the whole run route for supporters to cheer you on.

The finish straight will see you returning home to at the park's welcoming main events area where there is ample parking, café and facilities for you and your supporters to enjoy at the finish line.

Registration

REGISTRATION will take place the day before: **Saturday 14th** 16h00 to 17h00 at Brixworth at transition. AND ON THE DAY from 06:00.

There you will receive your race pack. Please allow sufficient time to prepare for your race.

Your **RACE PACK**, will include: Swim Cap, 2 race numbers: to be worn on the front of your run top and the back of your cycling top. 2 numbered stickers: to be clearly displayed on your bike and helmet for identification purposes. You will also need the numbers to enter and collect equipment from transition.

For in case of an emergency: please write any medical conditions you have on the back of your race number and put a cross on the front.

All BTF members must produce their valid race licence at registration.

RACE BRIEFING AND RACE START

Sprint: 08:30 race briefing will be 7:30 near the marquee
Olympic: 08:00 race briefing will be 7:30 near the marquee
Middle distance: 07:00 race briefing will be 6:30 near the marquee

You **MUST** attend so you are aware of any last minute changes to the course and we can inform you of any safety / relevant issues which may affect your race.

WHAT HAPPENS on RACE DAY

On arrival you will find Car Parking through the main gate, once parked, go to the Registration Marquee which is open from 5:00am.

When you register you will receive your race pack, please apply the stickers to your helmet and bike before entering transition.

Clothing for the bike and run should be placed by the bike.

Transition will remain open during the race. Remember that competitors will be using the



Transition

TRANSITION will be open from 06:00 on Sunday.

For security reasons, you must rack and remove your own bike. Your race number must match your bike number. When racking your bike: your helmet and bike should have their stickers on **BEFORE** you enter transition, only you will be allowed in the transition area.

Please keep all transition equipment to a minimum and place directly under your bike rack position. Please be respectful of space and your competitors racking area.

Site Layout



The SWIM Layout

Please be WATERSIDE at least 10 minutes before your given start time, SWIM DIRECTOR Stuart Hacker will be on hand for any last minute briefing.

DISTANCES:		START TIME:
SPRINT:	1 lap - 750m	08:30
OLYMPIC:	2 Lap - 1500m	08:00
MIDDLE DISTANCE:	2 Lap - 1900m	07:00

The swim is a mass start, swimmers will enter the water, wait for the start horn and set off for a clockwise swim, upon exit, there is a short run along a footpath into transition.

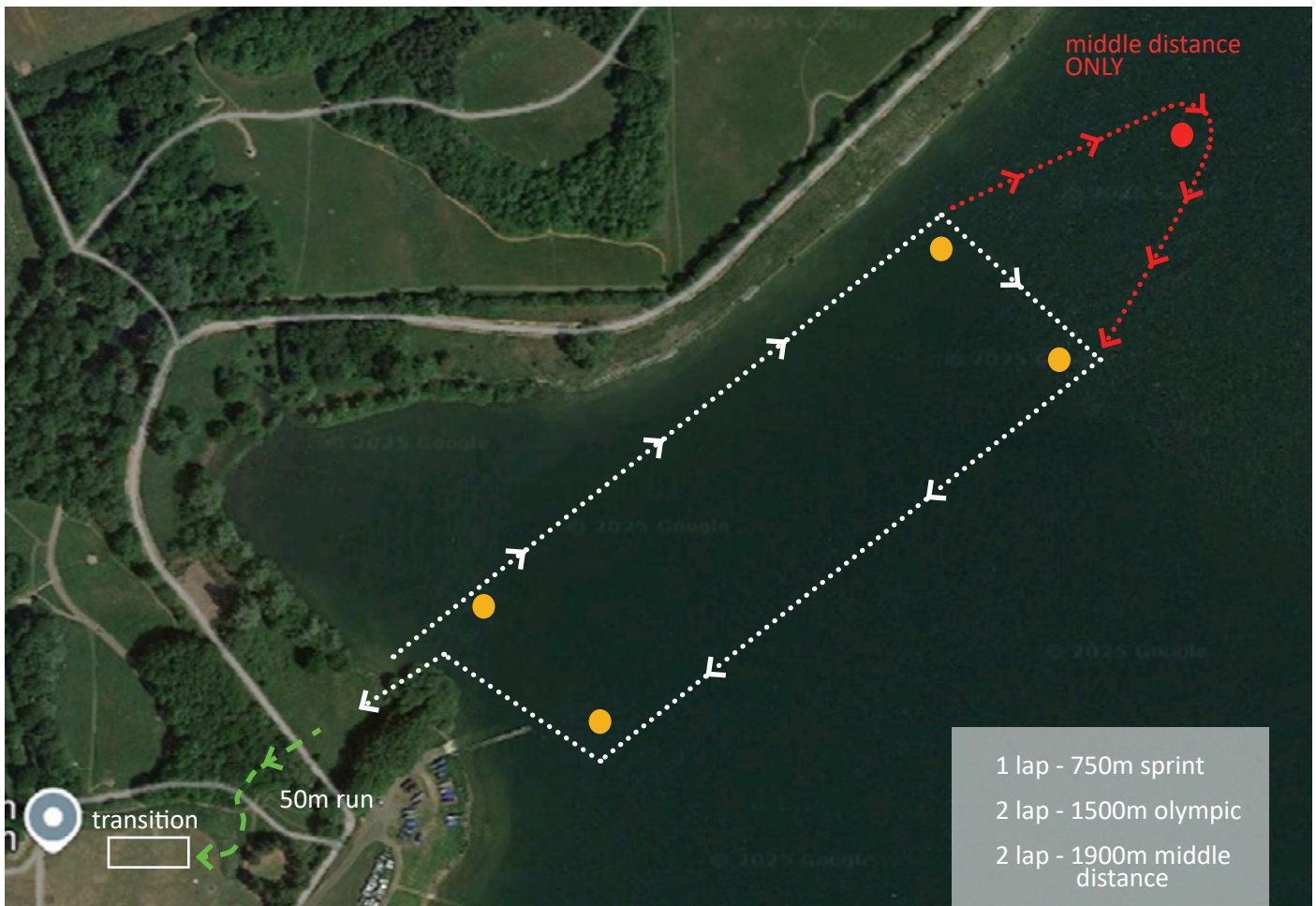
The highly trained swimcube safety crew will be at hand for your safety, if you get into difficulty please roll on your back and raise an arm for this reason, backstroke is not permitted.

The swim will be the SwimCube, Pitsford open water swimming course.



SwimCube, offer regular open water swim sessions at the venue, giving you the opportunity to practice and perfect your skills in a natural environment. Join us and take your swimming to the next level

Swim Layout



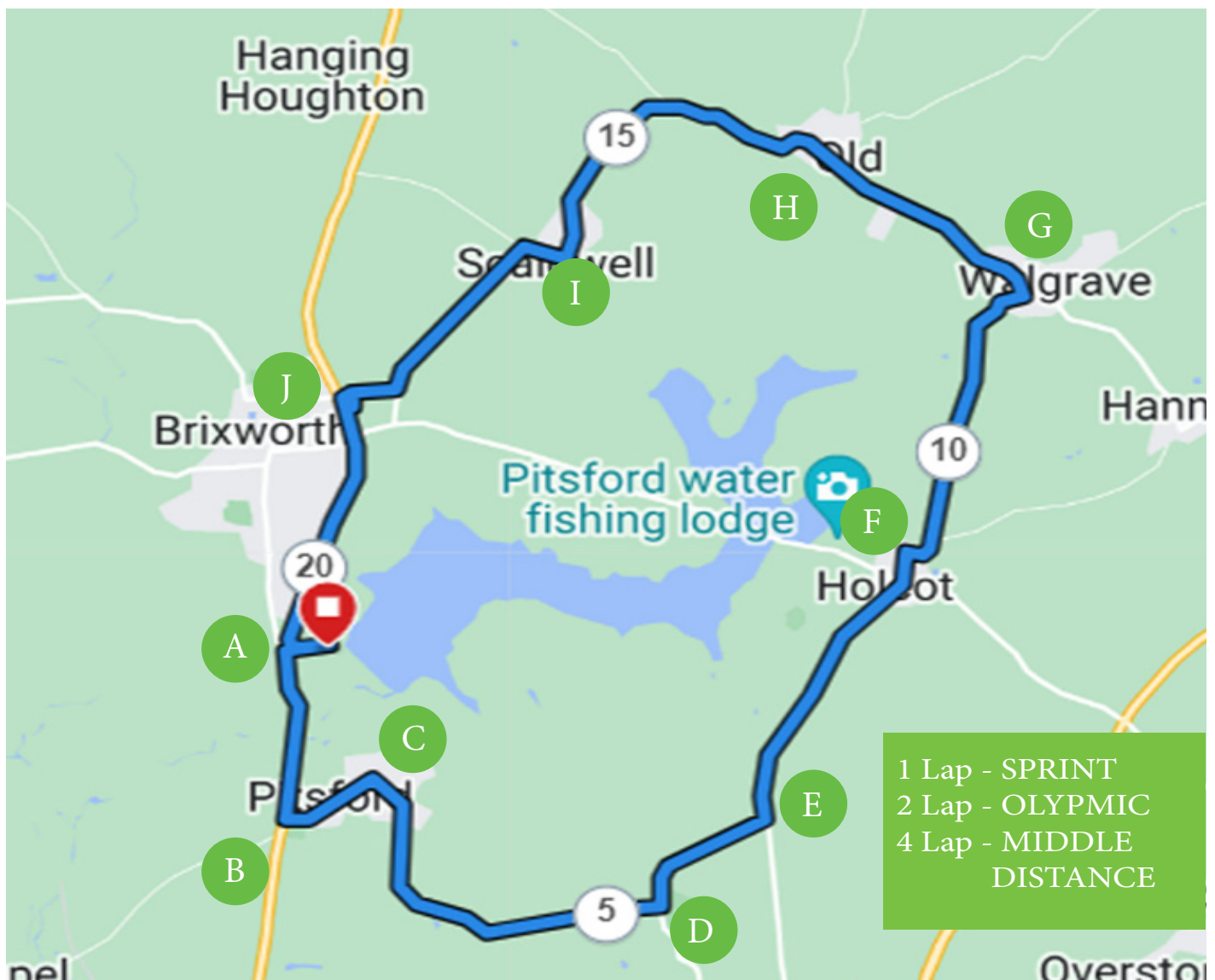
The BIKE Course

DISTANCES

SPRINT:	1-lap course, totalling 20k
OLYMPIC:	2-lap course, totalling 40k
MIDDLE DISTANCES:	4-lap course, totalling 80k

Immediately after transition, you will exit the venue following the route to the left, you will then reach the traffic circle junction and turn left onto Harborough road (A) then follow the road, up a short steep hill and at the top of the helii take your fist left (B) onto Pitsford high street, through the village and a sharp right (C) onto moulton road, stay on soem fast bits of this road, taking you past the motlon college, shortly after at the T junction take a left onto Pitsford road (D) proceed up to the T junction onto Moulton Road (E) and proceed to Holcot (F) where you go through and join wall grave road out to the village of Walgrave where you take a left on Old road (G) towards Old (H), pass through Old and follow the road to wards Scaldwell (I) Pass through Scaldwell and take a left on Scaldwell road up to the Harborough road (J), where you have a fast return back to transition or carry on for your laps.

Bike Course



The RUN Course

Distance:

SPRINT DISTANCES: 5km out and back and 5k and 2.5k out and back for duathletes

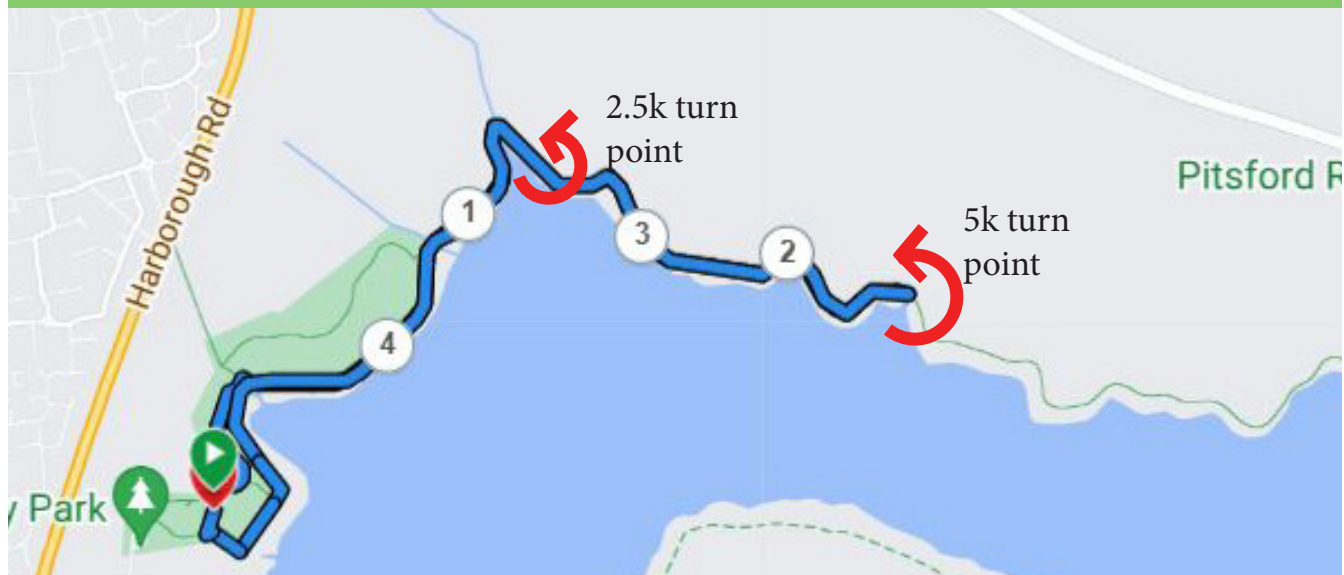
OLYMPIC DISTANCES: 10km as 1 Lap of the reservoir and 5km out and back for duathletes

MIDDLE DISTANCES: 21km as 2 Lap3 of the reservoir

The run is a fast flat route run sandy footpath and starts through a scenic run in the woods. which puts you on the footpath for either the out and back or the laps.

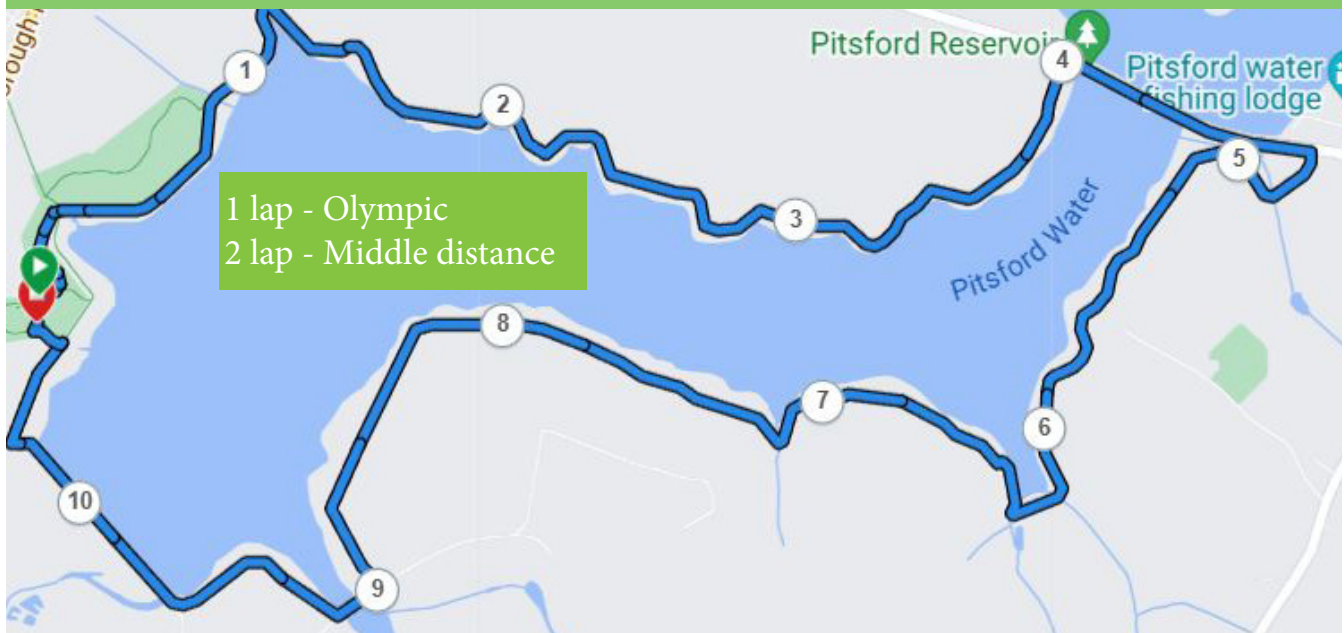
Sprint 5km

Sprint Duathlon 5km & 2.5km



Olympic 10km

Middle Distance 21km



TEAMS

Teams complete the same course as the triathlon distances.

Teams can be made of 2 or 3 participants in a combination of choice.

Team members are to swap the timing chip **INSIDE TRANSITION** where their bike is racked. Only the team member handing over the chip and the person receiving the chip may be in transition at the same time.

The person receiving the chip **MUST** be static when putting the chip on.

AQUABIKE & AQUATHON

Aquabike participants complete the same swim and bike as the triathlon distances.

Aquathon participants complete the swim, then the run.

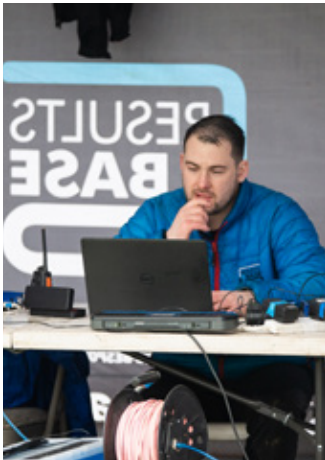
Results and Prizes

RESULTS will be on the web page <https://enduro-team.co.uk/events/> within 24hrs

ALL FINISHERS WILL RECIEVE AN EVENT MEDAL

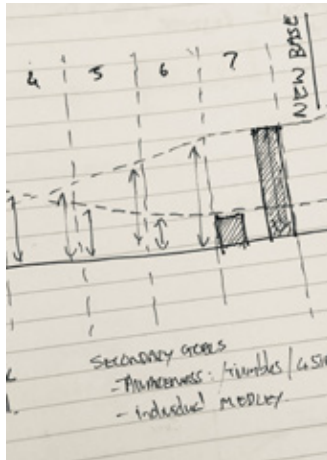
SPONSORS & PARTNERS

A big thank you to our sponsors and partners for your support to deliver a fabulous event. For anyone wishing to sponsor, partner or VOLUNTEER, please contact: events@enduro-team.co.uk



RESULTS & TIMING

Live race timing from results base for all activities, family and friends can track your results as you cross the timing stations.



COACHING

Training to finish or chase goals: prepare with enDuRo coaching packages which include race specific goals, bespoke to you.



PHOTOGRAPHY

Photographers positioned carefully around the course and at the village to catch your best moments.



MEDALS & PRIZES

Medals to all finishers, trophies will be awarded to the triathlon overall winners.



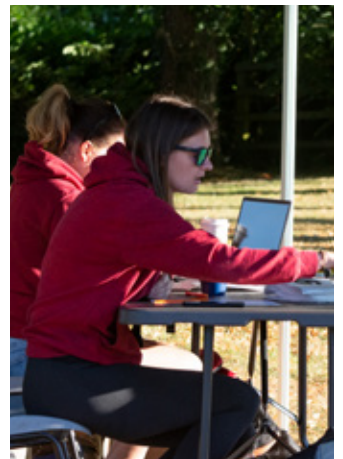
CUTTING-EDGE ENDLESS POOL ANALYSIS

Designed to transform your swimming experience. Beginner to professional athlete fine-tuning your technique and guide you every step of the way. Using state-of-the-art video analysis & personalized feedback to become more efficient, powerful, and confident in the water.



BIKE MECHANIC

For any minor on the day mechanicals, we have our team mechanic on hand to keep you moving



JOIN OUR CREW

Volunteers make the event - join our team for a fantastic event, you will receive an event t-shirt and free entry to any of the enDuRo events.

enDuRo_team
swim | bike | run
bespoke performance coaching



Littering & Event team

Littering

Please remember that littering on the courses (gels sachets etc) is not acceptable. Please return with it to the finish area and dispose of it in an appropriate place.

Event Team

Our event crew are volunteers who have given up their time to help, assist and make the event as enjoyable as possible. The crew will help set up the courses, signs, marshalling, racking and all the small detail in prep for a great day and then help pack it all away to leave the site as clean as it was before we arrived.

If there is anyone who is interested in getting involved with the events team for any of our events, either as an individual or as a club, please get in touch.

Final Contact in event of emergency on the day: Kirk Wilde 07857974219

Venue and Car Parking

The event is based at:
Brixworth Country Park
Harborough Road,
Brixworth
Northamptonshire.
NN6 9DG

The parking is on the grass near transition PLEASE BE AWARE: there might be other racing when you arrive, please give participants right of way.

