

WELCOME

to the  
**SAXON TRIATHLON**  
2026  
ATHLETE GUIDE

**OLYMPIC DISTANCE**

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

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

**AQUABIKE:** 1500m swim | 40km bike

**MIDDLE DISTANCE**

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

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

**AQUABIKE:** 1900m swim | 90km bike

**VENUE**

Brixworth Country Park, Harborough Road,  
Brixworth  
Northamptonshire.  
NN6 9DG

THE SAXON  
TRIATHLON



28JUNE 2026

# 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 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 flat and FAST—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 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 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.

We look forward to welcoming you to the Saxon Triathlon. If you have questions prior to the event, please contact us by email to: [kirk@enduro-team.co.uk](mailto:kirk@enduro-team.co.uk)



# REGISTRATION

**REGISTRATION** will take place the **DAY BEFORE**: 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.

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

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.

2 x race numbers: One for the back when cycling, One for the front when running

helmet sticker



## 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 6:00am.

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 area continuously from 07:45 onwards.



# 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.



# THE SWIM LAOUT

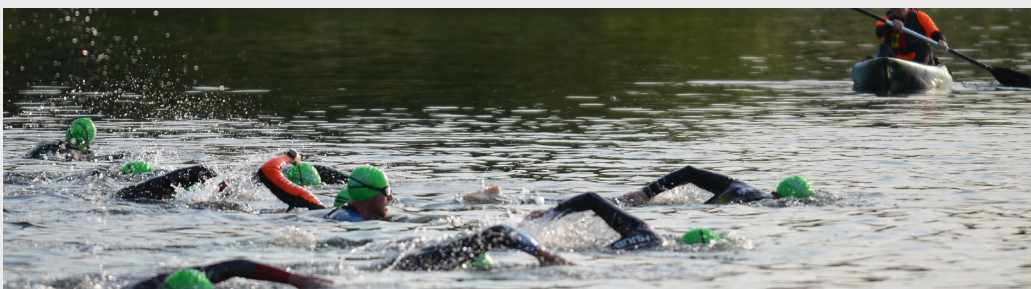
Please be WATERSIDE at least 10 minutes before your given start time, SWIM DIRECTOR Stuart Hacker will be on had for any last minute briefing.

| DISTANCES:                       | START TIME: |
|----------------------------------|-------------|
| OLYMPIC: 2 Lap - 1500m           | 08:00       |
| MIDDLE DISTANCE: 2.5 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 difficilty please roll on your back and raise an arm: for this reason, backstroke is not permitted.  
The swim will be the regular SwimCube, Pitsford open water swimming course.



2 lap - 1500m olympic  
2.5 lap - 1900m middle



# TRANSITION

## DISTANCES

OLYMPIC: 2-lap course, totalling 41k  
MIDDLE DISTANCES: 4-lap course, totalling 81k

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 hill take your first left (B) onto Pitsford high street, through the village and a sharp right (C) onto moulton road, some fast bits of this road, taking you past the motion 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 onto Old road (G) towards Old (H), pass through Old and follow the road towards 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.



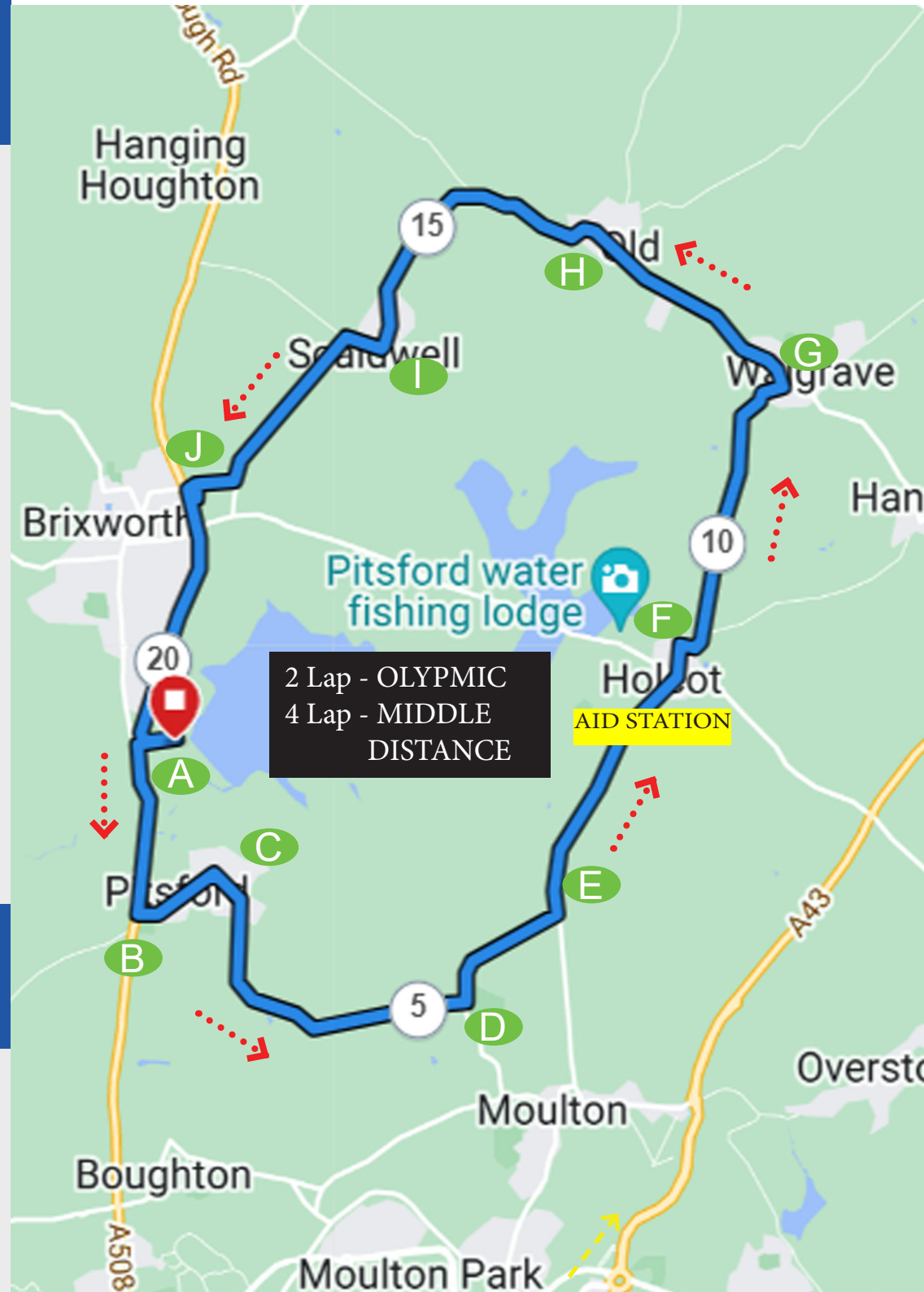
## LAP COUNTING

IT IS YOUR RESPONSIBILITY TO COUNT YOUR LAPS



GARMIN ROUTES: click to open:

[STANDARD](#) | [MIDDLE](#)



# DRAFTING

## Drafting explained:

Drafting (taking shelter behind or beside another competitor) during the cycling leg of the race is not allowed. The **cycle draft zone will be 12 metres long** measured from the leading edge of the front wheel. You may not enter the draft zone of another competitor except for the purpose of overtaking. When overtaking you must be seen to be progressing through that zone. A maximum of **20 seconds is allowed to pass** through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 20 seconds, the overtaking cyclist must drop back. When a competitor is passed by other competitors, it is his/her responsibility to drop back to move out of the draft zone of the overtaking competitor. Failure to do so may result in an official caution or time penalty. A competitor is passed when another competitor's front wheel is ahead of his/her front wheel. Motorcycle and static BTF referees will patrol the course to enforce the no drafting rule. Competitors must keep to the left hand side of the course and not create a blocking incident. Blocking is where a competitor who is behind cannot pass due to the leading competitor being poorly placed on the course.

**Always cycle on the left-hand side and beware of competitors overtaking you on the right**



## LAP COUNTING

**IT IS YOUR RESPONSIBILITY TO COUNT YOUR LAPS**



# DRAFTING RULES EXPLAINED

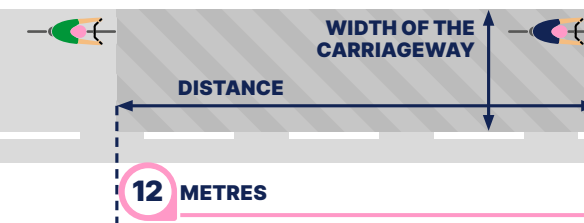
All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

## WHAT IS DRAFTING?

### IT'S AGAINST THE RULES

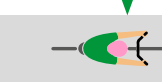
Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

## THE DRAFTING ZONE



## DRAFTING & NOT DRAFTING

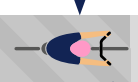
### ✓ NOT DRAFTING



### ⚠ DRAFTING BIKE



### LEAD BIKE



### ⚠ BLOCKING

You must keep to the left hand side of the course and not block another competitor trying to pass you.

## 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.

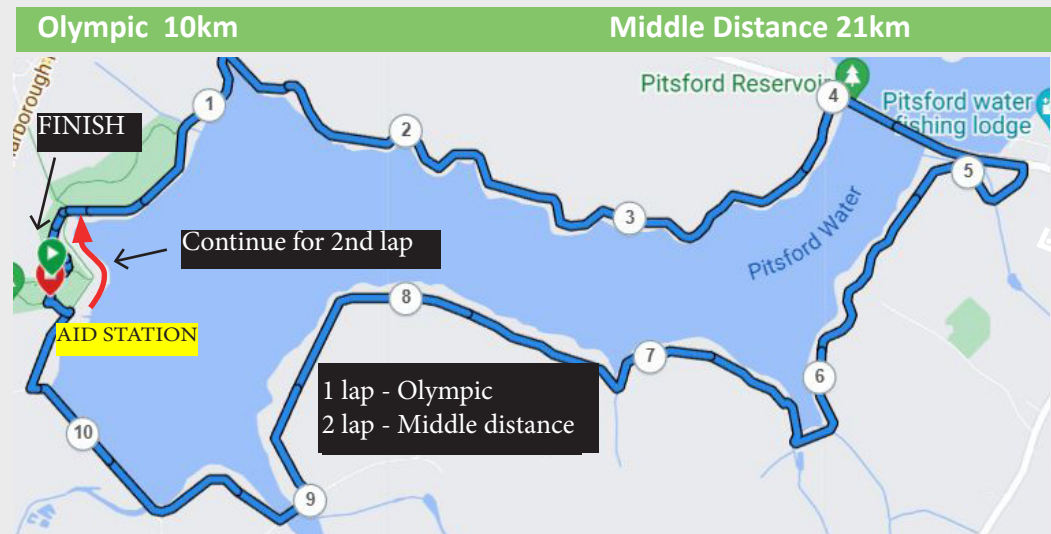
# THE RUN COURSE

Distance:

OLYMPIC DISTANCES: 10km as 1 Laps of the resevoir

MIDDLE DISTANCES: 21km as 2 Laps of the resevoir

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.



## LAP COUNTING

IT IS YOUR RESPONSIBILITY TO COUNT YOUR LAPS



## TEAMS

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 the 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

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

**YOUR FINISH TIME** is when you cross into transition, rack your bike, get your trainers on and make your way around to the finishers chute for the photo finish.



**BRITISH  
TRIATHLON**

## KNOW THE RULES

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

**RULE  
2.1**

### Littering



All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

**RULE  
2.1**

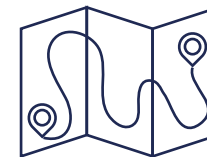
### Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



**RULE  
2.1**

### Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

**RULE  
2.9**

### Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



**RULES  
4.11|5.2|6.4**

### Illegal Equipment

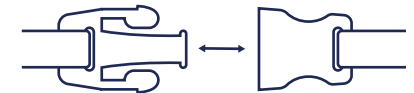
Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



**RULE  
5.2**

### Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



**RULE  
5.4**

### Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.

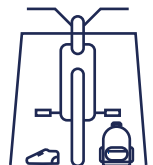


In all races, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

**RULE  
7.1**

### Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



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



## MEDALS & PRIZES

Medals to all finishers.

TROPHIES for overall winners of the Olympic triathlon and the Middle distance triathlon.

As the event grows trophies will eventually be distributed to all age groups. Please keep supporting and help this fabulous event GROW



## BIKE MECHANIC

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

## RESULTS & TIMING

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

<https://resultsbase.net/>



## JOIN OUR CREW

Volunteers make the event - join our team for a fantastic event, you will receive a free entry to any of the enDuRo events for you or person of your choice.



# enDuRo\_coaching

BESPOKE PERFORMANCE COACHING

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## 1-2-1 TRIATHLON COACHING or swim | bike | run or any combination thereof

Starting with a consultation, from there we carry out a lifestyle analysis, discuss abilities, goals and pull together a structured training plan bespoke to you, updated weekly and includes everything you need to hit your goals and succeed.

SAXON triathlon discounted 1-2-1 Coaching packages available

Contact:  
[kirk@enduro-team.co.uk](mailto:kirk@enduro-team.co.uk)  
07857974219



## SPONSORS AND PARTNERS



# SWIMCUBE

## SWIM COACHING & ANALYSIS

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

## SPONSORS AND 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: [kirk@enduro-team.co.uk](mailto:kirk@enduro-team.co.uk)

FROM ALL AT ENDURO:  
**HAVE A FABULOUS RACE**

# 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.

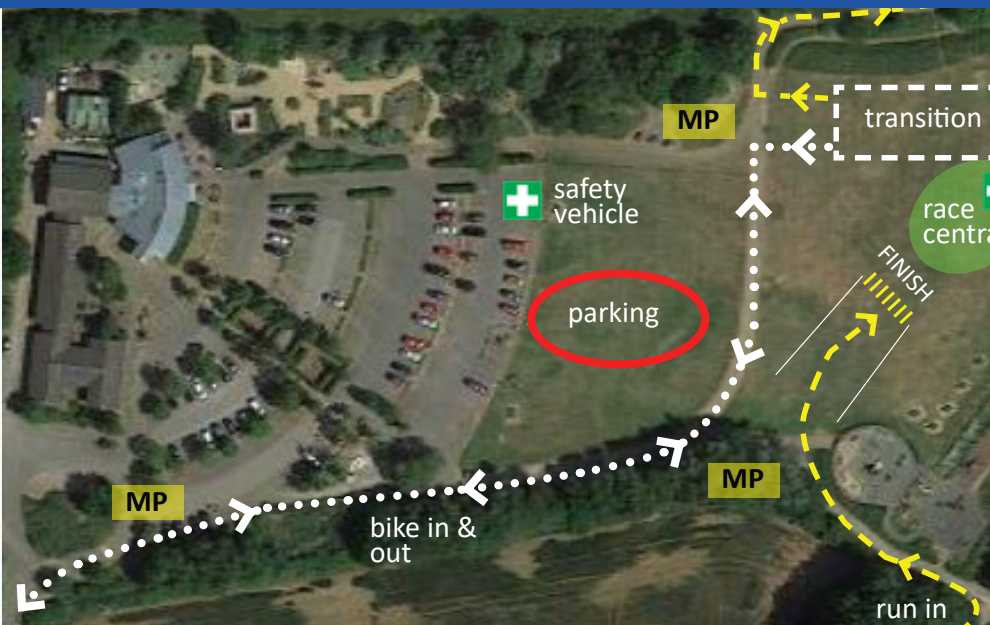
## Event Team

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 others racing when you arrive, please give participants right of way.