

Bedford Harriers

Bedford Triathlon

Sunday 17th August 2025

Competitor Guide

Thank you for joining us at the Bedford Triathlon. We hope you all have a great day. If you have any questions or suggestions please do contact us bedfordtriathlon@bedfordharriers.co.uk.

Our Home page is <https://bedfordharriersac.wildapricot.org/Bedford-Triathlon>

We have two race distances 'Olympic' and 'Sprint'. The two races will be happening at the same time so please do read below so you understand the important details for the distance that you have entered. Note that the swim and run distances are close to the nominal distances but the cycle routes do vary a little as we have chosen the best routes for each distance to enjoy the Bedfordshire countryside.

The Men's Tour of Britain Cycle Route 2025 will be on a good part of both our cycle routes so we really hope you enjoy doing it before the pros 😊. If you are interested see [Tour of Britain stage 3](#)

Location

Race HQ & transition is between Russell Park and the Great Ouse River MK40 3PF.

If you are travelling down the A1 from the North or from Cambridge, please note that the Black Cat roundabout on the junction of the A421 and the A1 is closed for the weekend and allow time for diversions.

We have had terrible problem with car parking this year as our normal parking venue is not available and neither is our backup, or even our next option which does mean a bit of a walk/ride.

If you are in a car without bike on the roof then we recommend free parking at Lurke Street car park MK40 3HZ which is 0.7 miles from HQ but this is a multistorey car park and there is a height restriction of 6'3".

If you need more height then there is St Peters Street car park MK40 2PR which is also 0.7 mile from HQ and is an open area. This is also free but there are only 80 places.

Medical

First Aid is being provided by Medical Water Safety. If you need assistance please ask a marshal who will contact them for you. In the event of an emergency phone 999.

Environmental Impact

Bedford Harriers is working to reduce our environmental impact and particularly unnecessary plastic waste. Where possible we will recycle all rubbish collected.

We no longer provide mementos but there will be some collapsible cups left over from previous races which you are welcome to take.

After a successful introduction in 2023 we are repeating our 'No swim hat policy'. Unfortunately that does not mean you do not need to wear a swim hat! If you are a regular triathlete then probably you have many swim hats stuffed in the drawer. We are asking you to BRING YOUR OWN BRIGHTLY COLOURED SWIM HAT. We will have some pre-used swim hats available at registration for those who have not done a triathlon before and have no stock, but otherwise do please bring your own.

Withdrawal

If you need to withdraw after registration then please do return your timing chip at Race HQ and inform a marshal that you are withdrawing. It is important that we can account for everyone.

Rules

The Triathlon is being run according to the British Triathlon Competition rules, which can be at the following link on the British Triathlon website [BTF rules](#).

Please note that you are not permitted to use earphones (Including bone conductors) at any time during the event since this could prevent you from hearing instructions from the marshals or hearing traffic around you. Cameras are also not allowed on you or your bike. Failure to comply will result in disqualification.

We value the countryside in which we are racing. Please do not drop litter anywhere on the course. There will be a bin by the feed station on the run route. Littering will result in disqualification.

Schedule

Saturday 16th August – Setup

Registration open	3:00PM – 5:00PM
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Sunday 17th August

Registration open	6:00AM to 7:40AM
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Transition open	6:00AM
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Transition closes	7:15AM Olympic distance
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	7:50AM Sprint distance
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Swim practice	7:00AM to 7:10AM
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Race briefing	7:15AM Olympic distance
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	7:55AM Sprint distance
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First wave	7:30AM Olympic and Aquabike
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First wave	8:10AM Sprint
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First Aquabike finisher	9:15AM
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First Sprint finisher	9:25AM
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First Olympic finisher	9:30AM
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Last finisher	12:00PM
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Registration

Registration is open Saturday afternoon and Sunday morning: see above for times

If you have stated that you are a BTF member please bring a copy of your BTF licence (paper or on phone) with photo ID; otherwise you will need to purchase a day licence for £8.00 (£2 Aged 24 and below)

You will receive:

2 race numbers, one needs to be on your back for the bike and one on your front during the run

Label for your bike

Label for your helmet

Timing chip, which needs to be worn on your left ankle

Your race number will be written on the back of one of your hands

Swim hat – first time triathletes only (see note above under ‘Environmental Impact’)

The race numbers are printed on different backgrounds as below so you know who you are competing against:

Triathlon	Red
Aquabike	Blue
Olympic	Orange

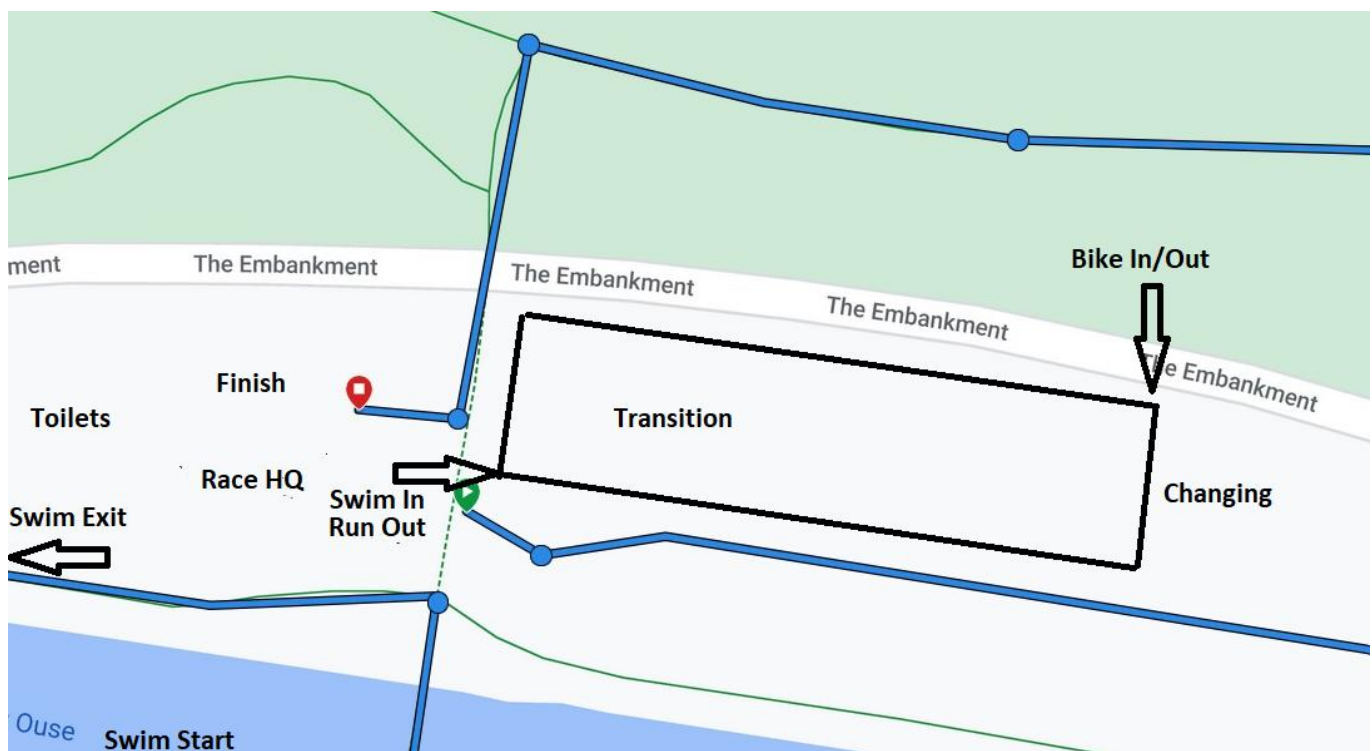
Racking your bike and transition

Transition will be open from 6:00AM on Sunday. Your bike must be racked and you must be out of transition by 7:15AM (Olympic) and 7:45AM (Sprint).

To enter transition you will need to have the number stickers on your bike and helmet and have your helmet properly secured on your head. The South East section will be reserved for teams and disabled athletes.

There will be a change tent but no baggage store. Please come ready to race and just bring what you need for the race which should be placed to the side of your bike.

No boxes are allowed in transition, nor are you allowed to place bright bags or towels to mark your place.



The Swim

The river is open for a practice swim from 7:00AM to 7:10AM. Please enter and exit by the Exit steps.

Swim entry is from the opposite river bank accessible by the 'Butterfly bridge'. We will be starting in groups of 15, organised according to your predicted swim time people so that there is plenty of space at the start. It is really important that you are ready to start in your wave as there will not be individual chip timing at the start. Once you are called forward please get in the river and make your way quickly to the start line as typically there is less than one minute between each wave and the starter will get you off as quickly as possible. The Aquabike athletes start along with the Olympic Triathlon athletes to give you the best race experience. You will be advised of your Swim wave at registration.

Olympic distance

7:30am start

The swim is a 750m swim up the left side of the river to the town centre. Turn right around the end buoy and then keep left on the way back so as not to hit swimmers coming up behind you.

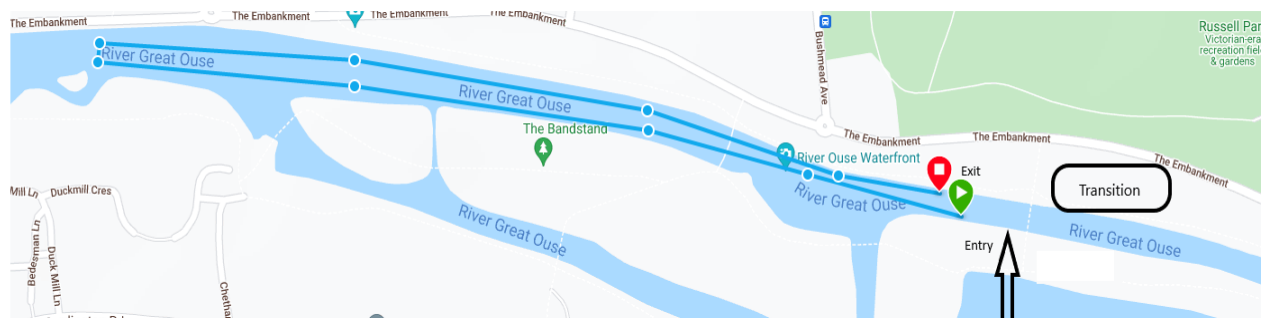
Sprint distance

8:10am start

The swim is a 375m swim up the left side of the river to the town centre. Turn right around the TBA buoy half way up the Olympic course and then keep left on the way back so as not to hit swimmers coming up behind you.

We have a set of steps for exiting the river which are wide enough for two abreast. Should you arrive in a big bunch and that not be enough then please be patient with the people in front; I'm sure they will be going as fast as they can.

If you need help then either ask a support kayak or paddle boarder if you can see one close by or lie on your back with one arm raised in the air and a kayak will be directed to help you. If you are new to open water swimming and just need to compose yourself then you may hold on to a stationary kayak and then continue the swim when you are ready; it is better to take your time, especially if your breathing is out of control.



The bike

Do not remove your bike from the rack until you have your helmet on and fastened.

The exit from transition is on the opposite side to the entry from the swim. Make your way onto the road and turn right. **Do not get on your bike until after the start line** which will be clearly marshalled on this road (The Embankment). At the end of the road there is a left turn followed by 360 turn at the roundabout.

Please look at the route before the race; although we will make every effort to make navigation easy it is your responsibility to take the correct route. The routes are both one lap.

Except for the Embankment all of the roads are open to traffic. The Highway Code must be obeyed.

Failure to stop where necessary to give way or crossing of double white lines etc will result in disqualification.

Going the wrong side of direction bollards will result in disqualification.

There are a number of pelican crossings before leaving Bedford town which will be attended by a marshal; if you do have to stop 30 seconds will be deducted from your time.

There is a short dual carriageway at the end of which you will need to select the right lane to carry straight on.

At 3½ miles there is a right turn at a T junction in the village of Cardington with a **mandatory STOP and foot down**. There is an additional **mandatory Stop** at a right turn after 7.5 miles. Although technically this is a right turn you will actually be going in a straight line as the road that you are joining is on a corner. The mandatory

stops are there for your safety; please make sure to STOP at these two junctions as sadly we have had to disqualify some competitors every year.

The bike routes diverge at 8.5 miles just after an old railway bridge with the Olympic route taking a sharp left and the Sprint route continuing straight on.

On the Olympic route please keep to the 20MPH speed limit at 10 miles in the town of Shefford and take care overtaking parked cars.

Marshals will be present on the route to help and guide you but do not have authority to direct the traffic. Please do follow any instructions they give you, but at all times ensure it is safe to do so.

There will be a sweep van to pick you up if you are struggling or have mechanical problems. If you need technical support please ask a fellow competitor to tell the next marshal and we will come to your assistance.

Please familiarise yourself with the BTF drafting rules and if this is your first triathlon and anything is not clear then ask one of the officials before the race. The minimum drafting distance for this race is 10 metres.

At the end of the bike you will return onto the Embankment and must dismount from your bike with both feet on the ground before the dismount line. Then turn sharply left into transition, using the same route that you came out of.

Do not take your helmet off or undo the fastening until after you have racked your bike.

Olympic bike route is 24.7 miles. [Bike Route](#)

Sprint bike route is 17 miles [Sprint bike route](#)

Aquabike Finish

After completing the bike course rack your bike and exit transition with a run or hobble. Turn right as you leave transition (all triathletes turn left) and head straight over to the finish tunnel opposite. Well done 😊.

The Run

Exit transition on the opposite corner from the bike entry and turn left onto the run route.

This area is open to the public so if you need to pass members of the public, please do give plenty of space (minimum 1 metre but aim for 2 metres) as some of them will unfortunately not appreciate sweaty runners breathing heavily near them. In particular there is one narrow bridge 2.2 miles into the route so please do be courteous to walkers.

There will be a feed station just after the start of each lap with water and very limited energy supplies so please bring your own if possible.

Olympic route is 3 laps on paved-surface paths alongside the river and around Russell Park. There are quite a few turns and you will pass by race HQ/transition on each lap so look out for marshals directing you through. On the last lap you will turn right into the finishing arch before crossing the road to transition. [Run route](#).

Sprint route has two similar laps. On the first lap there is a right turn as you cross the Butterfly bridge and approach Race HQ (note Olympic runners all turn left). On the second lap when you cross the Butterfly bridge turn left with the Olympic runners for a short loop that brings you back to the Race HQ and the finish. [Lap 1](#) [Lap 2](#)

Relay teams

If you are in a Relay team there will be a race number for the bike and for the run.

Please see Team Relay rules below. Please rack your bike in the SE corner of Transition. Only the athlete waiting for handover should be in the transition area. Please wait at the edge of the area away from the bikes (NE corner) so as to give other athletes plenty of space as they pass through.

Disabled competitors

We welcome athletes with disabilities and as much as we can ensure that they have a good race with us.

Competitors who are blind/partially sighted or use a wheelchair should rack their bikes in the SE corner of Transition where we can make a little more space.

Please be aware that any Blind/partially sighted competitors will be tethered to their guide in the water and on the run course and allow space for them both.

For 2025 we are expecting at least one wheelchair athlete. On the run course wheelchair users must respect the runners on the course but please do let them by when there is space to do so.

Finishing

Well done, you've made it!

If you ordered a medal to remember your achievement please pick this up immediately after finishing from the registration tent. If you didn't order a medal then we will have some available at £5 Each (cash only).

Results will be available live on eventchiptiming.com. A direct link will be added on the Bedford Triathlon home page as soon as available.

Prizes

If you would like a medal but have not ordered one then some will be available on the day at £5 each, cash only.

For each of the Open and Female triathlon categories there are prizes for the for the first finisher and age group prizes in 10 year age bands. For Aquabike there is one prize each for the top Open and Female finishers.

Prize giving will be approximately 11:00AM.

Please note that prizes will not be posted to those who leave early.

Marshals

We think that the Bedford Harrier marshals are the best and they will do what they can to make sure that you really enjoy the race regardless of whether you are fast or slow. They get nothing from the triathlon apart from your thanks (and mine). Please be courteous at all times and show your appreciation for the early start and the time they have given to make this race such a success.

Photographs

Photographs will be taken on the course and at the finish. They will be available through our facebook page after the event; please do be patient as it sometimes takes us a bit of time to upload them all. You are welcome to download them for free. A copy of our Photography Terms and Conditions is available on at [Bedford Triathlon Photography T&C](#).

Safeguarding

We make every effort for this event to be safe for all competitors and spectators alike. If you see anything of concern please report it to our Safeguarding Officer or to the Race Director. A copy of our Safeguarding and Event Welfare Policy and Plan is available at [Bedford Triathlon Safeguarding policy](#).

Last minute information

For last minute information please see our Facebook page 'Bedfordtriathlon'.

You may contact me at bedfordtriathlon@bedfordharriers.co.uk or in case of an emergency on 07968 157556.

Simon King, Race Director.

TEAM RELAY RULES

Registration

The named person (leg 1, swimmer) should register and collect the chip (leg band) and team numbers etc. If possible please register as a team with a copy of the BTF licence & photo ID for each competitor. There is a charge for a BTF day licence for each team member without a licence.

Timing Chip

The timing chip acts like a relay baton and must be transferred to the next person after each leg. Please be sure to fully complete all the parts of your transition before passing the chip over as described below.

Swim

The swimmer must wear the timing chip on their left ankle. When they exit the water they make their way to where the bike is racked in transition and pass their timing chip on to the cyclist in the team. Note that the rules are changed from 2023 in that the swimmer does not need to remove their wetsuit before passing the chip over, in line with BTF standard rules.

Bike

The cyclist must wait at the side of transition close to their bike, which must remain racked with the helmet on the bike or ground. The swimmer will hand over the timing chip which is to be fastened to their left ankle. Once tagged they must securely fasten their helmet and only then should they remove their bike from the rack. Upon returning to transition, cyclists must first rack their bike, then remove their helmet and only then pass the timing chip over to their teammate.

Run

The runner must attach the chip to their left ankle and only then begin the run section.

Finish

Team members may join their runner to cross the finishing line together.