



# York Triathlon Race Day Information

**Sunday 31st July 2022**

**Start Time From 08:15am**

(Please see your individual start time on your competitor race email)

**York Sport Village, Lakeside Way, YO19 5LA**

York Triathlon 			
Distance	Swim	Cycle	Run
Sprint	400m - 16 Lengths	18k - 6 Laps	5k - 4 Laps
Sprint Relay	400m - 16 Lengths	18k - 6 Laps	5k - 4 Laps
Super Sprint	200m - 8 Lengths	9k - 3 Laps	2.5k - 2 Laps
GoTri Fun Wave	200m - 8 Lengths	9k - 3 Laps	2.5k - 2 Laps
CRUK Wave	200m - 8 Lengths	9k - 3 Laps	2.5k - 2 Laps

**PARKING** As you approach York sport village please follow the triathlon parking signs on to Grimston Bar park and ride which is open from 7am.

Parking is free unless you wish to use the Park and Ride service after the event to visit York.

Full details of the service can be found at <https://www.itravellyork.info/grimston-bar>

If your start time is between 8:30am and 10:45am please park in Bay C.

If your start time is later than 10:45 please park in Bays A & B.

Check your vehicle and load height for any obstructions before you enter the car parks. There is a 2.1m height restriction. There is campervan parking which doesn't have height restrictions.

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# Essential Information

## Race Brief

There will be a rolling race brief just outside the pool. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start. Please have your wrist band that is given to you at registration on your right wrist and visible as you queue for the swim start.

**The race brief will take place outside at the side of the leisure centre on the steps before you enter the pool.**

## Registration

Open on Saturday from 3:00pm - 4:30pm and from 7:15am on Sunday.

Registration is located in the orange Mornflake marquee. Please know your race number ready for registration and arrive at least 60 minutes before your start time.

If this is your first triathlon, or you just want to know more about the race and gain some tips to help you around the course, why not come along to Barry Craven's Triathlon Masterclass at 4:30pm at the finish line. It's free of charge and last about 45 minutes.

## British Triathlon Members

To verify your membership please have your current British Triathlon licence confirmation ready to show registration staff or you will be required to pay the £5 difference.

## Race Envelope

At registration you will receive a race envelope containing: Race Number x2, Bike Sticker x2, Helmet Sticker x1, Wristband x1, Electronic Timing Chip & Strap x1.

## Swim Caps

It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own personal swim cap. If you don't have one and wish to wear one, please ask at registration and we will provide you with one.

## Chip Timing

**Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your LEFT ANKLE with the soft side of the strap against your skin.**

**Please follow these simple steps to wear your chip correctly -**

1. Thread the loose strap through the timing chip and securely fasten the velcro
2. The chip should be secure on the strap and the number visible
3. Place the strap around your LEFT ankle with the chip on the outside of your ankle
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and securely



**Please hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.**

## Cycle Brakes and Helmets

You are responsible for checking your own cycle brakes. Before entering the transition area to rack your cycle, please put on your helmet and fasten the strap to show the marshal on entry. This is a British Triathlon requirement.

# Know your Official British Triathlon Rules

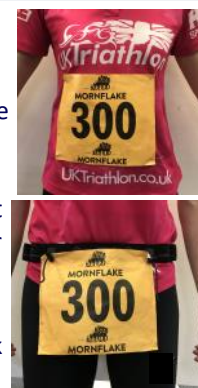
## Race Numbers x2

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. You have two options:

1. Pin each race number in all four corners, front and back on your shirt.
2. Use an elastic number belt (available to buy next to registration for £10) with one or both numbers pinned to it in the top left and right hand corners (as shown in picture). Don't forget your number must be visible on your back for the cycle and on your front for the run.

You must not re-size your race number in any way.

Please write your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number.



## What do I wear?

You can wear swimsuit/trunks or a triathlon specific trisuit for the swim. For both the cycle and run leg you can wear cycling or running gear that you're able to both cycle and run in, or a mixture of both. You can also wear a T shirt and shorts. The UK Triathlon 2022 technical series shirt is also a good option and can be purchased at the event (subject to availability). You can also wear a triathlon specific trisuit. If it is cooler, you can wear long sleeves or long pants or add layers like a windproof jacket.

## Helmets

Your bike sticker must be attached to the front of the helmet.

Helmets are compulsory for the cycle and must be clipped before the bike is touched, and remain fastened until the bike is racked after the cycle stage.



## Bike

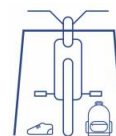
Any type of bike can be used as long as it is road worthy.

One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.



## 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.



## Illegal Equipment

Certain items are banned during the event and in transition. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. Leave these outside transition.



## Race Conduct

Everyone involved in the event 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, race crew, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

## Drafting

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

In standard distance and shorter events the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres—if overtaking a competitor, you have 20 seconds to pass through their draft zone.



## Littering

Do not discard empty water bottles, gel or bar wrappers anywhere on the course. Use the feed stations or rubbish bins provided. If you can carry a gel full you can carry it empty!



# 2022/23 Event Calendar

<b>York Kids Triathlon</b>	<b>30th July 2022</b>
<b>York Triathlon</b>	<b>31st July 2022</b>
<b>World Standard Distance Qualifier Event</b>	<b>3rd September 2022</b>
<b>Shropshire Triathlon</b>	<b>4th September 2022</b>
<b>North West Kids Duathlon</b>	<b>17th September 2022</b>
<b>North West Triathlon</b>	<b>18th September 2022</b>
<b>Warwickshire Triathlon</b>	<b>2nd October 2022</b>
<b>Stratford Triathlon</b>	<b>7th May 2023</b>
<b>Cheshire Kids Duathlon</b>	<b>20th May 2023</b>
<b>Cheshire Triathlon</b>	<b>21st May 2023</b>
<b>Ultimate, Ultimate 1/2 &amp; Ultimate 1/4</b>	<b>25th June 2023</b>
<b>Triathlon @Alderford</b>	<b>1st July 2023</b>
<b>Henley Kids Triathlon</b>	<b>22nd July 2023</b>
<b>Henley Triathlon</b>	<b>23rd July 2023</b>



**For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)**



# OFFICIAL UK TRIATHLON TRI WEAR



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£20**

**HEAVY WEIGHT  
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**EMBROIDERED  
TECH CAPS  
£10**



**AVAILABLE TO BUY AT THE EVENT**

# Main Arena Map



## Cycle Transition Area

### Before the Triathlon

**Cycle Transition Area is open from 07:45am.**

Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 3).

### Cycle Transition Area

Take your bike and everything you require for the triathlon and make your way over to the Cycle Transition Area entrance which is clearly marked. Rack your bike in any position, each racking position is marked by white tape.

**Please do not rack your bike in the Cycle Transition Area earlier than 30 minutes before your start time.**

### Security

Although we allocate security staff to specifically watch the Cycle Transition Area, please note that we cannot be responsible for any items lost or stolen.

### After the Triathlon

You cannot take your cycle out of the transition area without your race number and corresponding cycle sticker.

# Swim

## Sprint & Relay 400m - 16 lengths GoTri Fun, Super Sprint & CRUK Wave 200m - 8 lengths

### Pool Swim

The pool is 25 metres long.

Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

Swimmers will be started at 30 second intervals in the Sprint & Relay and 15 second intervals in the Super Sprint, Go Tri Fun and CRUK Wave.

### Swim Course

The swim course is very straightforward and there are signs and stewards to help if you get confused, don't worry, it's easy!

It is your responsibility to count the correct amount of lengths.

# Bike

## Sprint & Relay 18k - 6 laps Go Tri Fun, Super Sprint & CRUK Wave 9k - 3 laps

### Getting ready for the Bike Section

When you finish your swim, head into the Cycle Transition Area.

Your race number must be clearly displayed on your back for the cycle section of the event.

You must fasten your helmet before taking your cycle off the rack.

After collecting your cycle, walk or run to the cycle mount line where you commence the cycle section of the race, you cannot mount your cycle until you have crossed the mount line.

### Course Safety

Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.

### The Course

The course is mainly flat but is quite technical with many turns per lap. Keep over to the left unless overtaking. Take extra care where there are dropped kerbs and speed ramps and where the road is separated into two-way traffic by the use of road cones.

Do not cross the cones.

Follow the cycle route signs around the course and do not turn until you see a sign.

**There are safety marshals present, they are not there to give direction.**

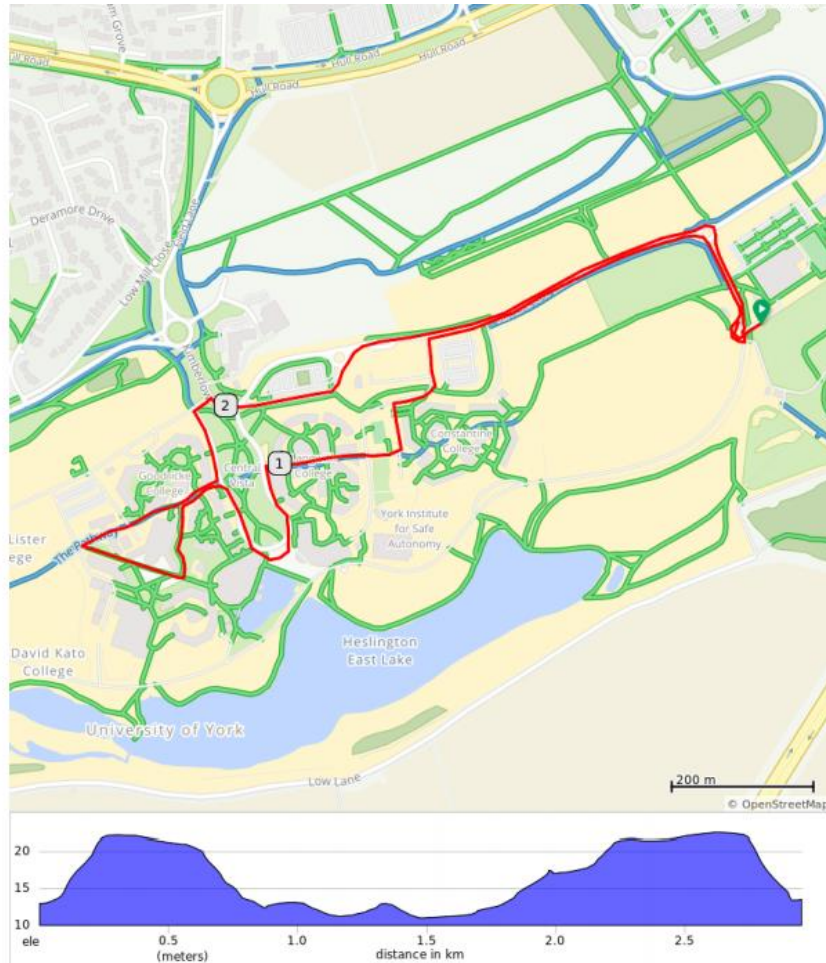


### Dismount

Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so (Cycling is not permitted inside the Cycle Transition Area).



# Bike Map



# Run Map





# Run

## Sprint & Relay - 5K - 4 laps

## Go Tri Fun, Super Sprint & CRUK Wave - 2.5k - 2 laps

### Getting ready for the Run

When you finish the bike course, enter Cycle Transition Area and rack your bike.

Your race number must be clearly visible on your front before leaving the Cycle Transition Area.

### Feed Station

There is one feed station on the run course which you will pass on every lap, and one at the finish line which will be serving High5 energy drink and water.

There must be no littering on the run course.

### The Course

Please keep to the right at all times except when overtaking and keep other runners in mind.

Follow the run route signs around the course. It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient laps completed.

When you have finished the run, turn onto the finish alley and continue through the Mornflake finish gantry.



# Relay

If your all female relay team changes to a mixed relay team, please inform us at [customercare@uktriathlon.co.uk](mailto:customercare@uktriathlon.co.uk)

### Preparation

Each member of the relay team completes one or two of the three disciplines in the triathlon.

At registration the relay team will be given one electronic timing chip.

### Awards

Relay awards are based on all female and all male/mixed teams. All male teams can consist of three men, two men and one woman or one man and two women.

### How to Relay

After completing the swim, the swimmer passes the electronic chip to the cyclist inside the cycle transition area next to where the cycle is racked. The cyclist must not put their helmet on or take their cycle off the rack until receiving the electronic chip.

The cyclist completes the cycle course and passes the electronic chip over to the runner in the transition area only when the cycle has been placed back on the rack and their helmet has been fully removed.

The runner completes the run and hands in the electronic chip at the finish line.

# Results and Prizes

## Results

Overall results and times will be online on Monday 1st August 2022. Should you have any problems with your results please email [results@uktriathlon.co.uk](mailto:results@uktriathlon.co.uk).

## Photography

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event.

[My Sport Photos](#)

## Prizes

Commemorative 2022 medal for all finishers.

Prizes are awarded to the top 3 male & female competitors in the Sprint and Super Sprint races & 1<sup>st</sup> place for all female and overall relay teams.

Prizes for first place in all five year age groups (see table opposite) in the Sprint triathlon only.

Prize giving will take place toward the end of the event.

Code	Category	Age
A/B	Youth	14-18
C	Junior 19	19
D	Senior 1	20-24
E	Senior 2	25-29
F	Senior 3	30-34
G	Senior 4	35-39
H	Veteran 1	40-44
I	Veteran 2	45-49
J	Veteran 3	50-54
K	Veteran 4	55-59
L	Veteran 5	60-64
M	Veteran 6	65-69
N	Veteran 7	70-74
P	Veteran 8	75-79
Q	Veterans 9	80+



## Massage Service Price List

### **The Travel Buster £18**

Reduce travel stiffness before the race

### **The Race Ready £18**

Stretch, loosen up and improve flexibility pre-race

### **The Race Ready+ £23**

As above but more time to focus on a specific problem area

### **The Recovery £18**

Massage to tight muscles, helps speed up recovery

### **Swim Shoulders £18**

Perfect for swimmers with tight shoulders

### **Taping of 1 area £10**

### **Ask the expert £20**

Expert advice and guidance for whatever you need

**To book a treatment: Get in touch with your name,  
race, treatment choice, date and time preferred**

**Email: [coaching@cravencomplete.co.uk](mailto:coaching@cravencomplete.co.uk)**

**Text: 07539440622**





# FREE Race-day Masterclass

## with Craven Complete

**New to triathlon?**

**Wanting to improve your race day experience?**

**Keen to unlock the mysteries of the sport?**

**Looking to gain some speed and get that PB?**

This friendly & relaxed workshop can help reduce race day nerves, & provide some tricks of the trade & best of all, it's FREE!

So come along and let us help you have your best race day.

No need to book, just turn up, or for more information visit [cravencomplete.co.uk](http://cravencomplete.co.uk)

**All Masterclasses will start at 4:30pm on the Saturday before each event.**

**Meet at the "Finish Line" next to the event stage.**

Starting with the basics, on where & how to attach your race numbers, stickers, whristband & timing chip, before heading to the transition area.





**Triathlon Training made easier**

# UNLOCK

## The secrets

**Maximise your performance**

**Break down the jargon**

**Technique tips**

**Successful training programmes**

**Meet at the blue and yellow gazebo @ 3.30pm**

**Free Workshop**





## Classic Diner

Food Served All Weekend

Burgers ★ Hot Dogs ★ Chicken Wraps

Wide Selection of Breakfast Baps, Hot & Cold Beverages







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With thanks to My Sport Photos for providing images for the competitor race information

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Armit A S et al, British Journal of Cancer, 2015  
Registered charity numbers 1069464, SC043966, 1193 and 247



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