



# Birmingham Triathlon

**Saturday 5th August 2023**

**Boldmere Gate, Sutton Park, B73 6LH**

## Race Day Information

<b>Start Time</b>	<b>Race Distance</b>
<b>07:00</b>	<b>Sprint Open 39 &amp; under</b>
<b>07:30</b>	<b>Sprint Open 40+</b>
<b>08:00</b>	<b>Sprint Female and Sprint Relay</b>
<b>08:30</b>	<b>Olympic Open 39 and under</b>
<b>09:30</b>	<b>Olympic Open 40+</b>
<b>10:30</b>	<b>Olympic Female and Relay</b>
<b>11:30</b>	<b>All Fun and Super Sprint</b>

**(ages at 31/12/2023)**



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# Welcome

Welcome to the Birmingham Triathlon. Please take a moment to read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

## Parking Information

Parking is available on Sutton Park next to registration and the event arena.

Sat Nav postcode is B73 6LH and What3Words famous.loops.venues

There is a charity donation of £3 for parking by The Rotary Club of Erdington. Only cash is accepted.

Parking will be open from 05:45am. All cars must be off the event field by 4pm.

On arrival please follow the Triathlon parking signs.

## Race Day Checklist

- Race number (can be found on your race day email)
- A valid British Triathlon Membership Card (if you are a British Triathlon member)
- Wetsuit/Trisuit or swimwear
- Swimming goggles
- Towel
- Appropriate cycling/running kit if you're not wearing a trisuit
- Additional clothing for wet/cold weather
- Cycle
- Cycle Shoes (unless you're cycling in your running shoes)
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Energy drinks, gels, bars
- Change of clothing for after your race

## Distances

Race	Swim	Cycle	Run
Olympic & Olympic Relay	1500m 2 Laps	40k 8 Laps	10k 4 Laps
<a href="#">Sprint &amp; Sprint Relay</a>	<a href="#">750m</a> <a href="#">1 Lap</a>	<a href="#">20k</a> <a href="#">4 Laps</a>	<a href="#">5k</a> <a href="#">2 Laps</a>
Super Sprint & Fun	200m 1 Lap (short course)	10k 2 Laps	2.5k 1 Lap

# Essential Information

## Registration

Registration will be open on Friday from 2.00pm - 4.00pm & 6.00pm - 7.00pm and on Saturday morning from 05.45am.

Please know your race number for registration and arrive at least 45 minutes before your start time.

Registration is in the orange Mornflake marquee.

## British Triathlon Members

To verify your membership please have with you a valid British Triathlon licence ready to show the registration staff or you will be required to pay the £5 difference. Your current membership card or a screen shot of your licence from your British Triathlon membership page will be accepted (this must include your name and expiry date). It is recommended that you access your membership page prior to the event as there may be a poor phone signal.

## Race Envelope

At registration you will receive a race envelope containing:

Race Number x2, Bike Sticker x1, Helmet sticker x1, Electronic timing chip and strap x1, swim cap x1.

Safety pins will not be enclosed however they will be available if required.

## 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.



## Race Brief

Please be at the swim start at least 15 minutes before your start time for your compulsory race safety brief (late comers will miss important information about the course).

## Transition Check - Cycle Brakes and Helmet

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

## Pre-Race Masterclass by Craven Complete

If this is your first triathlon, or if you would just like more information specific to this event, then why not attend the free triathlon masterclass at 4:00pm on Friday. Full details on page 18.

# Official British Triathlon Rules

## Race Numbers

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). Please print your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number. You must not re-size your race number in any way.



## What do I wear?

A wetsuit is compulsory for the standard Olympic Triathlon. You can wear swimsuit/trunks or a triathlon specific trisuit for the swim. For both the cycle & 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 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.

## Helmet

Your helmet sticker must be attached to the front of the helmet. Helmets are compulsory for the cycle and must be fastened 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. The bike sticker must go on the front of the handlebars.



## Transition

Competitors should only bring into transition what is needed - a small bag can remain, but large bags or 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 (including bone conduction headphones), headsets, technical earplugs, mobile phones and personal video recording devices. You may however use your device for tracking your race i.e Strava/Garmin.

## 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. For more information regarding drafting [please click here](#).



For all British Triathlon rules [please click here](#)

## 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!

## 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 and as a result you may be disqualified.

# Frequently Asked Questions

## What should I do when I arrive?

- Once you've parked your car and paid any parking fees, follow the signs to Registration (inside the orange marquee).
- At registration, you will be asked for your race number (which can be found on your email), once your details have been checked you will be handed your race envelope and an instruction sheet, please read this carefully (see page 3).
- After your bike and helmet stickers are attached (see page 4) follow the signs to the Cycle Transition Area.
- Rack your bike in an empty space – the racking is not numbered but there is marker tape to indicate where to position your bike. Prepare your kit ready for the cycle.
- When ready, follow the signs to the swim start, taking with you everything you need for the swim, don't forget your timing chip and strap!
- You should be at the swim 15 minutes prior to your start time to ensure you have time to listen to the compulsory race brief.
- You can enter the water before the start and get into position where you feel most comfortable. You will start on the sound of the airhorn.

## Where are the toilets?

Toilets are located inside the Cycle Transition Area.

## Are there lockers available?

Unfortunately there are no lockers available at this triathlon.

## Is there a bag drop area?

There is no bag drop area, but you can leave a bag in the Cycle Transition Area.

## Can I use any stroke for the swim?

For your safety and the safety of other competitors back stroke is not permitted.

## Can my friends and family spectate?

Yes! There is plenty of space around Sutton Park for spectators. Friends and family can also marshal for us to earn a free race place, please contact [keith@uktriathlon.co.uk](mailto:keith@uktriathlon.co.uk).



# Main Arena Map



## Cycle Transition Area

### Cycle Transition Area

The Cycle Transition is open from 6:00am.

Rack your bike with the race number facing you.

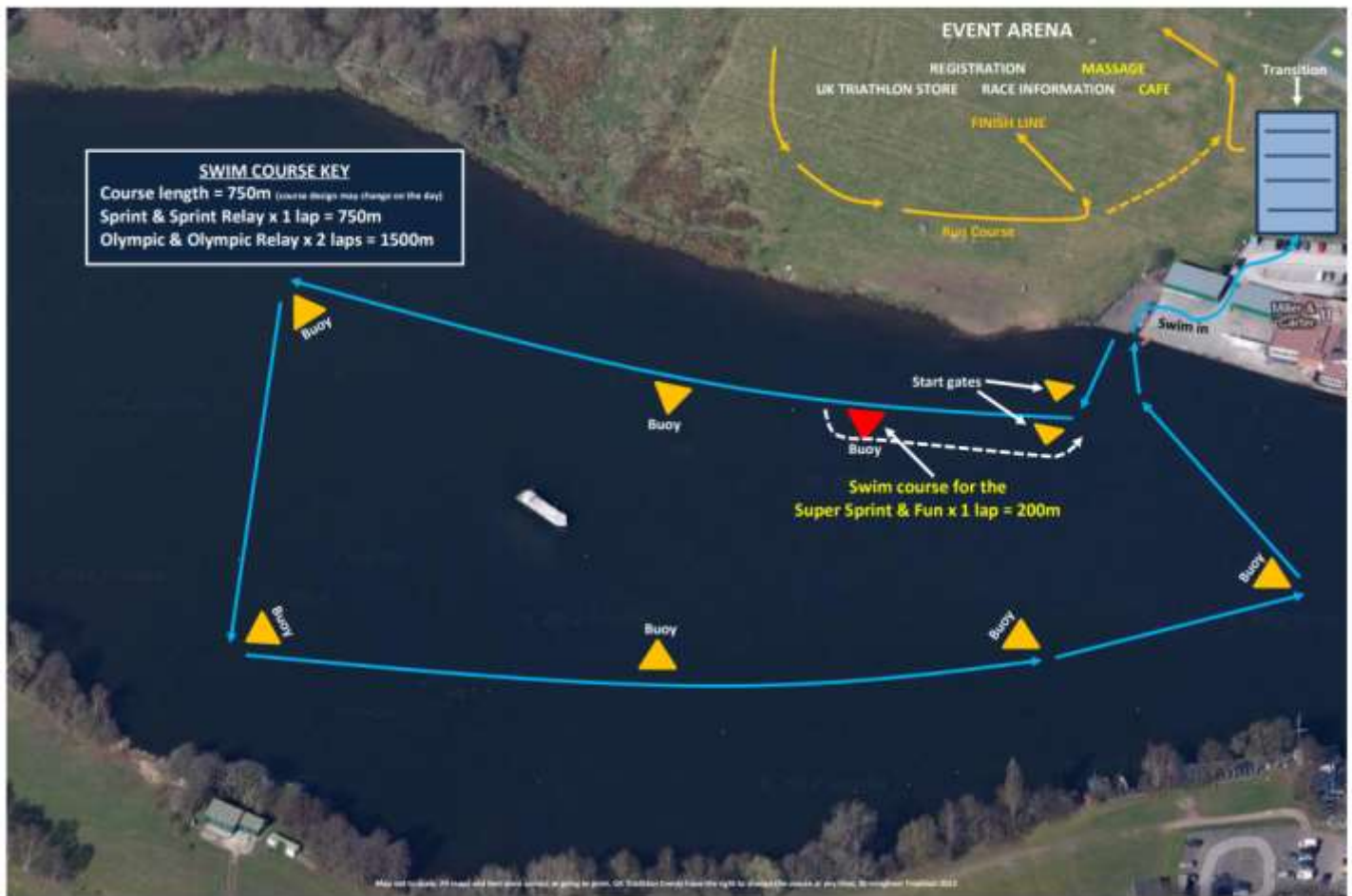
Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike and helmet stickers are attached (see page 4). Only take into transition what is needed, a small bag can remain, but large bags or bulky boxes are to be taken out of transition whilst the race is live.

### 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 Cycle Transition Area without your race number and corresponding cycle sticker.



## Wetsuits and Swim Cap

Wetsuits are compulsory for the 1500m, Olympic and Olympic Relay swim. Although not compulsory we recommend wearing a wetsuit for the 750m swim.

Please use the swim cap you'll be given at registration for the swim.

## Swim Start

Position yourself at the start of the swim according to your swim ability and experience. If you haven't any experience of a mass start or you are not a strong swimmer, consider starting further back or to the side of the main pack.

## During the Swim

There will be safety canoeists on the course.

You will enter Powell's Pool via the concrete jetty close to the Miller & Carter Steak House and the swim starts in the water.

As an added precaution, as soon as you get into water that is deep enough to swim, then please swim and don't walk. If for any reason you have to stop swimming during the event and the water is shallow enough to stand (this is only in a few areas) then stand in the same position until you are content to continue swimming or if not then raise one arm and a safety craft will come to your assistance.

## Pre-Race Cycle Service

Your bike must be in a road worthy condition. For more information on a pre-race service please see page 20.

## Getting ready for the cycle

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

You must abide by the highway code, follow the British Triathlon rules regarding drafting and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.

## The Course

The cycle is a technical course. Therefore road cycles opposed to time trial cycles are best suited to this course.

Although the cycle course is closed to normal vehicular traffic, there may be pedestrians, dogs not on leads or wild animals (cattle) on the course at any point so take extra care, especially at sharp turns and blind bends.

Keep to the right at all times except when overtaking. Overtake on the left.

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

Please take extra care at all junctions although there are safety marshals present, they are not there to tell you where to go.



## Counting Laps

A tip we recommend to lap counting is:

- Strap a watch on your handlebars with lap counting on and every time you pass the point on the course where you started (mount and dismount line) press the lap button, your watch will tell you the split time per lap and which lap you are on.

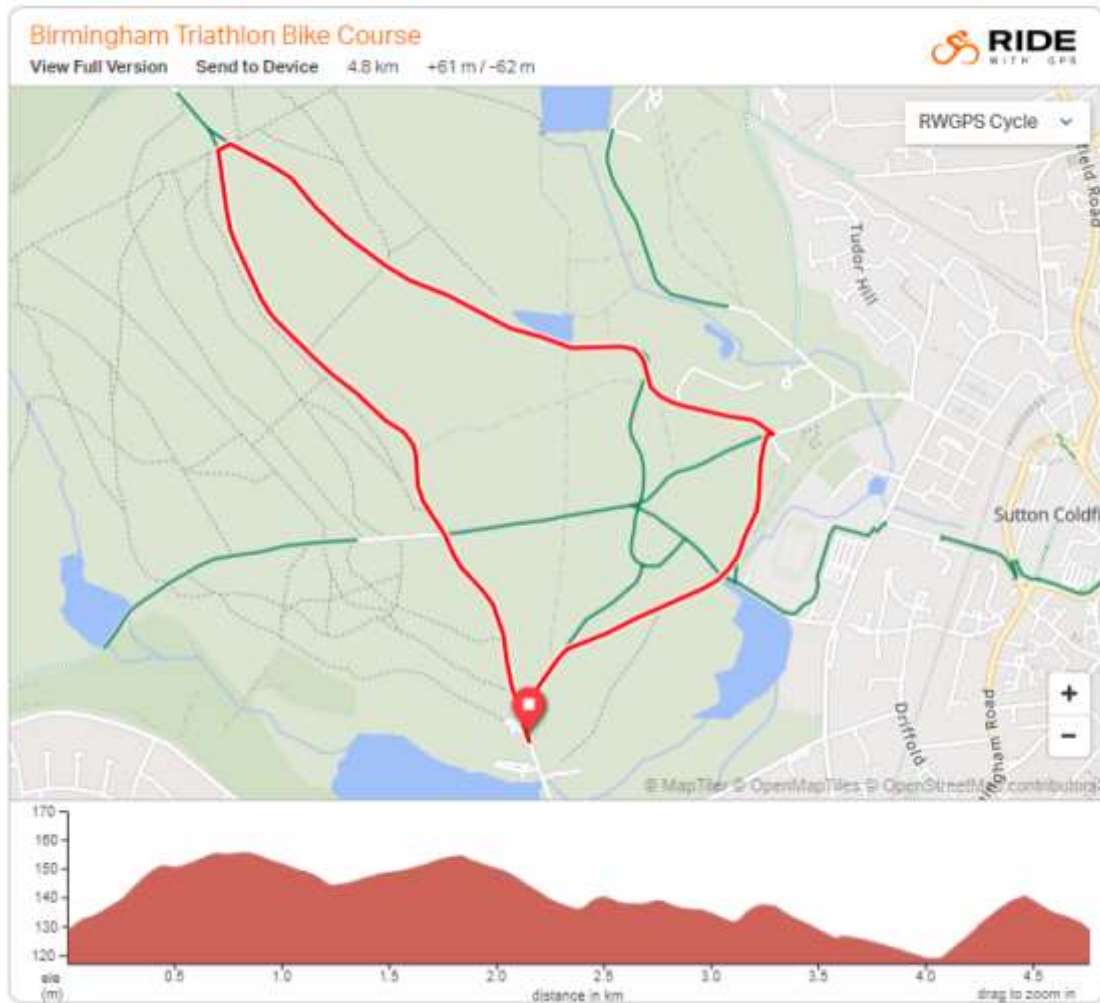
It is solely your responsibility to count your laps, race marshals cannot advise you. Insufficient laps will result in a disqualification.

## Dismount

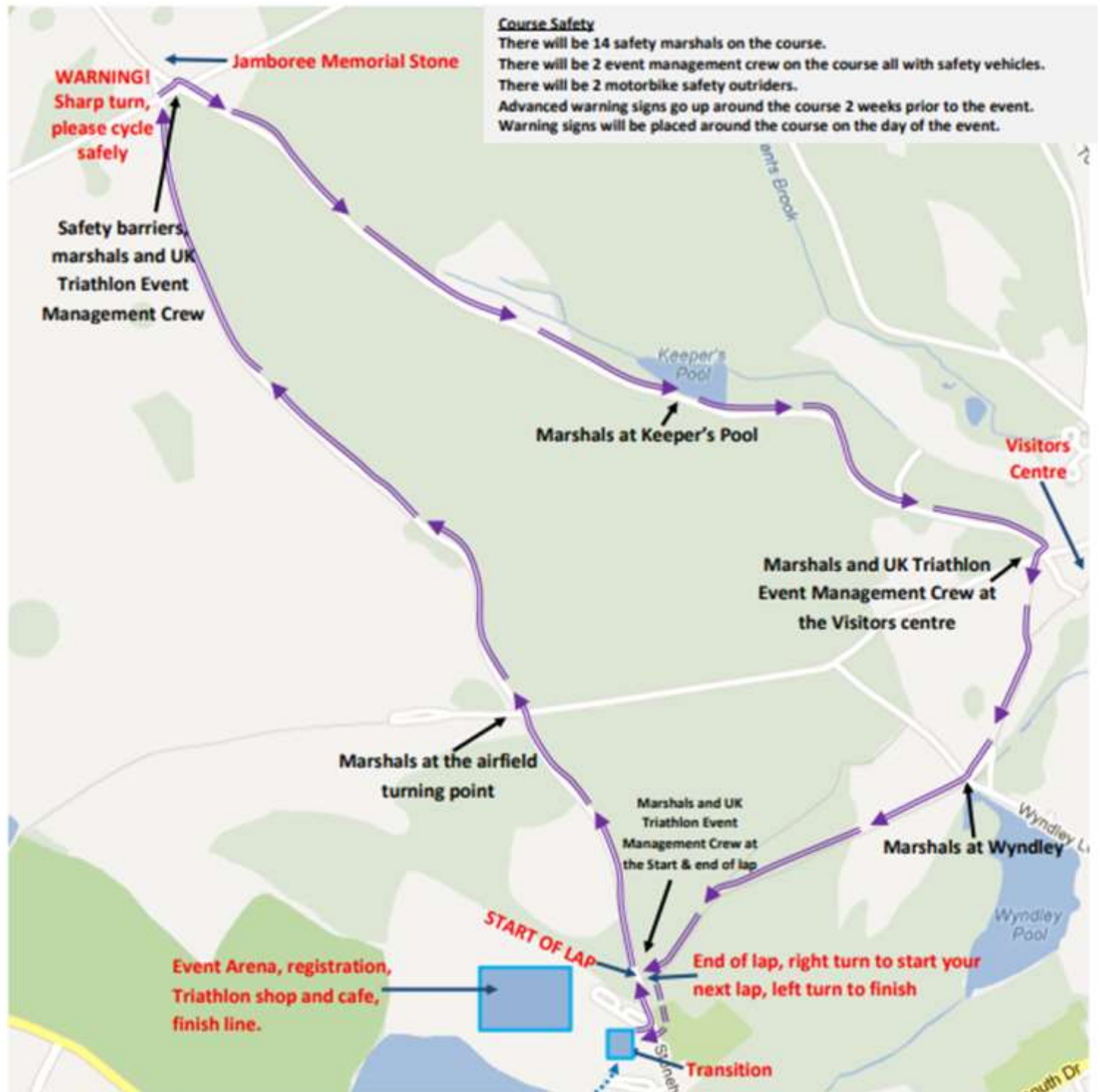
Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so, Cycling is not permitted inside the Cycle Transition Area. Do not unbuckle your helmet until you have racked your cycle.



# Cycle Map



# Cycle Map



### Course Safety

There will be 14 safety marshals on the course.  
 There will be 2 event management crew on the course all with safety vehicles.  
 There will be 2 motorbike safety outriders.  
 Advanced warning signs go up around the course 2 weeks prior to the event.  
 Warning signs will be placed around the course on the day of the event.

### Bike Course Information

Lap Distance		= 5km
Olympic & Olympic Relay	x 8 laps	= 40km
Sprint & Sprint Relay	x 4 laps	= 20km
Super Sprint & Fun	x 2 laps	= 10km

The bike route is a slightly undulated technical course, fully closed road to traffic & is all on a tarmac road surface.

**ALWAYS CYCLE SAFELY!**



# Run

Olympic & Olympic Relay - 10k - 4 Laps  
Sprint & Sprint Relay - 5k - 2 Laps  
Super Sprint & Fun - 2.5k - 1 Lap

## Getting ready for the Run

When you finish the cycle course, enter the Cycle Transition Area and rack your bike.  
Your race number must be clearly visible on your front before leaving the Cycle Transition Area.

## The Course

The run is around Sutton Park on grass, trail, tarmac road and gravel track.  
Wearing running shoes with good grips is preferable on this course.  
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. Don't forget to collect your finishers medal and hand in your timing chip!



## 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. Please use the bins provided, there must be no littering on the course.



# Relay

If you are an all female relay team and you change to a mixed team, please inform us at [customercare@uktriathlon.co.uk](mailto:customercare@uktriathlon.co.uk) or on the day at registration.

## Preparation

Each member of the relay team completes one or two of the three disciplines in the triathlon. All team members must attend the race brief.

## How to Relay

- At registration the relay team will be given one electronic timing chip.
- 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 timing chip at the finish line.
- The other team members may join the runner before the finishing straight and cross the finish line as a team.
- Don't forget, you all receive a finishers medal!

## Awards

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

# Results

## Results

Provisional results and times will be online on Monday 7<sup>th</sup> August 2023.

Should you have any problems with your results please email [results@uktriathlon.co.uk](mailto:results@uktriathlon.co.uk) once the results have been finalised.

# Prizes

## Prizes

Commemorative 2023 medal for all finishers.

Prizes are awarded to the top 3 competitors in the Olympic, Sprint and Super Sprint competitions. 1st place is awarded to all female and open category/mixed teams in the Relay.

Prizes for the first place in all five year age groups (see table below) in the Olympic and Sprint triathlons.

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

Code	Category	Age
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+

# Photography

## My Sport Photos

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. We will email you once the photos are available. For any photography inquiries please contact [info@mysportphotos.co.uk](mailto:info@mysportphotos.co.uk) or [www.mysportphotos.co.uk](http://www.mysportphotos.co.uk).



# UK Triathlon 2023/24

## Event Calendar

<b>Birmingham Triathlon</b>	<b>5th August 2023</b>
<b>Birmingham Run</b>	<b>6th August 2023</b>
<b>York Kids Triathlon</b>	<b>19th August 2023</b>
<b>York Triathlon</b>	<b>20th August 2023</b>
<b>British Sprint Championships</b>	<b>2nd September 2023</b>
<b>Shropshire Triathlon</b>	<b>3rd September 2023</b>
<b>North West Kids Duathlon</b>	<b>16th September 2023</b>
<b>North West Triathlon</b>	<b>17th September 2023</b>
<b>Warwickshire Triathlon</b>	<b>1st October 2023</b>
<b>Stratford Triathlon</b>	<b>28th April 2024</b>
<b>Cheshire Kids Duathlon</b>	<b>18th May 2024</b>
<b>Cheshire Triathlon</b>	<b>19th May 2024</b>
<b>Henley Kids Triathlon</b>	<b>1st June 2024</b>
<b>Henley Triathlon</b>	<b>2nd June 2024</b>
<b>Ultimate Triathlon</b>	<b>30th June 2024</b>
<b>Ultimate ½ Triathlon</b>	<b>30th June 2024</b>
<b>Ultimate Olympic &amp; Sprint Triathlon</b>	<b>30th June 2024</b>

For more information please visit [uktriathlon.co.uk](http://uktriathlon.co.uk)

# **LEAGUE 2023**

**Take part in 3 or more qualifying UK Triathlon Events in 2023. Compete against your rivals, see if you can win your age group or even the entire league!**

**Complete a minimum of 3 Sprint or Standard Olympic distance (includes Ultimate 1/4) events to automatically enter the league.**

**Track your progress against your friends, team mates or rivals.**

**Take part in the league as a challenge or incentive to improve your swimming, cycling and running.**

**Every event earns you points as a percentage of the winners time, so your points earned are always comparable to other events, whichever one you do.**

**If you do more than 3 events, your best 3 results will count for your overall standing.**

**Overall winners and 1st in every age group awarded at the end of the series.**

**[UKTriathlon.co.uk](http://UKTriathlon.co.uk)**





# OFFICIAL UK TRIATHLON TRI WEAR



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TECH SHIRTS  
£20**



**LADIES FIT  
TECH SHIRTS  
£20**

**HEAVY WEIGHT  
HOODIES  
£30**



**EMBROIDERED  
TECH CAPS  
£10**



**AVAILABLE TO BUY AT THE EVENT**



# You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our supporters taking part in this triathlon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: [cruk.org/team](https://cruk.org/team)



CANCER  
RESEARCH  
UK

Together we will beat cancer





# RACE DAY MASTER CLASS

**A RACE SPECIFIC GUIDE  
TO MAXIMISE YOUR  
TRIATHLON  
EXPERIENCES**

## **AIMS**

- Course Specific Tips
- Transition advice
- Q&A
- Novice Friendly



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Improve your recovery, remove the lactic acid, get back to training faster

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GET YOUR BIKE READY FOR RACE DAY!

Badger Cycles Workshop is based in Whitchurch, Shropshire. For more information, or to book your service just contact Carl on **07950 735737**

Discounted service rates will apply.

New for this year are the following Service packages -

**BRONZE SERVICE** - Safety Check, Brakes, Gears, Drivetrain, Headset  
Tyres/Valves. **£20.00**

**SILVER SERVICE** - As Bronze plus - Chain Lubrication and Wear Check  
Headset Lubrication and adjustment.  
Brake Shoes Cleaned and re set.  
Gears Adjusted and re indexed.  
Bike Fit Check and adjustments. **£45.00**

**GOLD SERVICE** - as Silver plus -  
Bottom Bracket Lubrication / Replacement  
Rear Cassette removal / Clean and Lubricated.  
Anti Puncture Sealant to Tyres.  
Cables replaced Gears and Brakes. **£75.00**



**BIKE HIRE** - Badger Cycles have Race Cycles available for hire on a first come first served basis. Ideal for athletes travelling from abroad. POA

**RACE WHEELS HIRE** - Badger Cycles can offer UK Triathlon athletes the opportunity to Hire a set of Race Wheels giving YOU the chance to sample the benefit of having an Aero and lightweight set of wheels to shave some time off your race result.

**POST RACE SERVICING – £55.00**

This service includes Bike Wash, Silver Level Service and New Bar Tape with a choice of 10 colours to give your bike that new feel when you hit the next training ride!



# DABBERS DINER

## Classic Diner

Food Served All Weekend

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Wide Selection of Breakfast Baps, Hot & Cold Beverages





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