



# YORK TRIATHLON

**17th August 2025**  
**Start from 08:15am**

**York Sport Village,**

**Lakeside Way**

**York**

**YO10 5FG**

**what3words: rental.fleet.spots**



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## ***Race Day Information 2025***

# Welcome

Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared for the York Triathlon.

## Race Day Checklist

- Race number (can be found on your race day email)
- 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 race number belt (optional but available to purchase next to registration for £10)
- Sunglasses (optional)
- 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
Sprint & Sprint Relay	400m 16 Lengths	20k 6 Laps	5k 4 Laps
Super Sprint, Fun & CRUK Wave	200m 8 Lengths	10k 3 Laps	2.5k 2 Laps

## Travel & Parking - Postcode YO10 5FG / what3words: rental.fleet.spots

Parking is at York Sport Village. Please follow the Triathlon Parking signs. If the York Sport Village centre car park appears full, please follow the straight on triathlon parking signs to the second car park. **The pay by phone car parks are free for the Triathlon.**

Once parked, please follow the "to the Triathlon" signs which will guide you to the registration marquee.

## Toilets & Changing Facilities

Individual toilets and changing room toilets are available inside the leisure centre. You may also use the leisure centre's changing and shower facilities before and after your race.



**From the car park follow the signs 'To the Triathlon'**

## ***Essential Information***

### ***Registration***

- Registration is located in the orange Mornflake marquee
- Please arrive at least 45 minutes before your start time.
- 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.
- Registration will be open on Saturday 4:30pm-5:30pm and from 07:15am on Sunday.

### ***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, Wristband x1.
- Safety pins will not be enclosed however they will be available if required.

### ***What to do with your Race Envelope Contents***

- Wristband, wear this on your right wrist.
- Attach the bike number sticker to the front handlebar stem.
- Attach your helmet sticker to the front of the helmet.



### ***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. Use an elastic race 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.
2. Pin each race number in all four corners, front and back onto your shirt.
3. It is good practice to write name, emergency contact number, blood group (if known) and any allergies on the back of the race number.
4. You must not re-size your race number in any way.



### ***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.



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.

### ***Important Cycle Care Information***

Make sure your bike brakes and gears are all in perfect working order for race day.

Available is a pre race check for only £10, payable on the day by cash or card and takes approximately 15 minutes. Booking a time slot is essential as there is no guarantee on the day. Contact Cycle Mechanic Craig on Whatsapp 07748 053009 with your name, race, preferred day and time for availability.

Mechanic availability Saturday 10am to 12:30pm and Sunday 7am to 8:30am

There will be a self-service cycle station at the event. It has track pumps, specific cycle tools, tyre levers and a bike stand.

Inner tubes will be on sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.

### ***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 5:30pm on Saturday. Full details on page 18.

***From Registration follow the signs to CYCLE TRANSITION***

## ***Cycle Transition Area***

### ***Before entering Cycle Transition Area***

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

- The Cycle Transition Area is open from 07:30am.
- You are responsible for checking your own cycle brakes, your bike must be in road worthy condition.
- Competitors should only bring into transition what is needed - a small bag can remain by your bike. Within transition there is an area for larger bags.
- Rack your cycle in an empty space in Cycle Transition Area, the white tape denotes a rack-ing position.

### ***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.

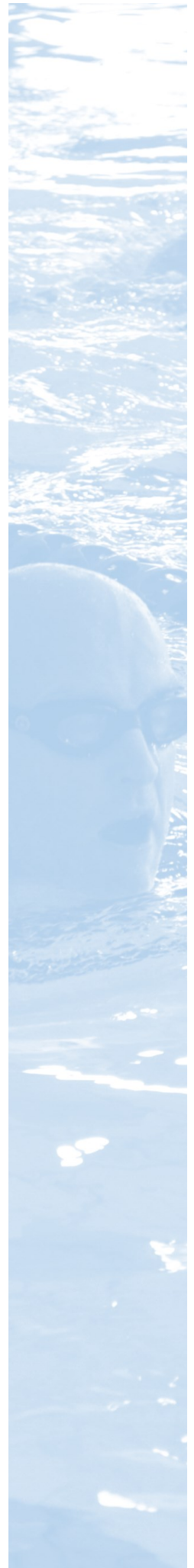




*From Cycle Transition Area follow signs 'To the Pool'.*

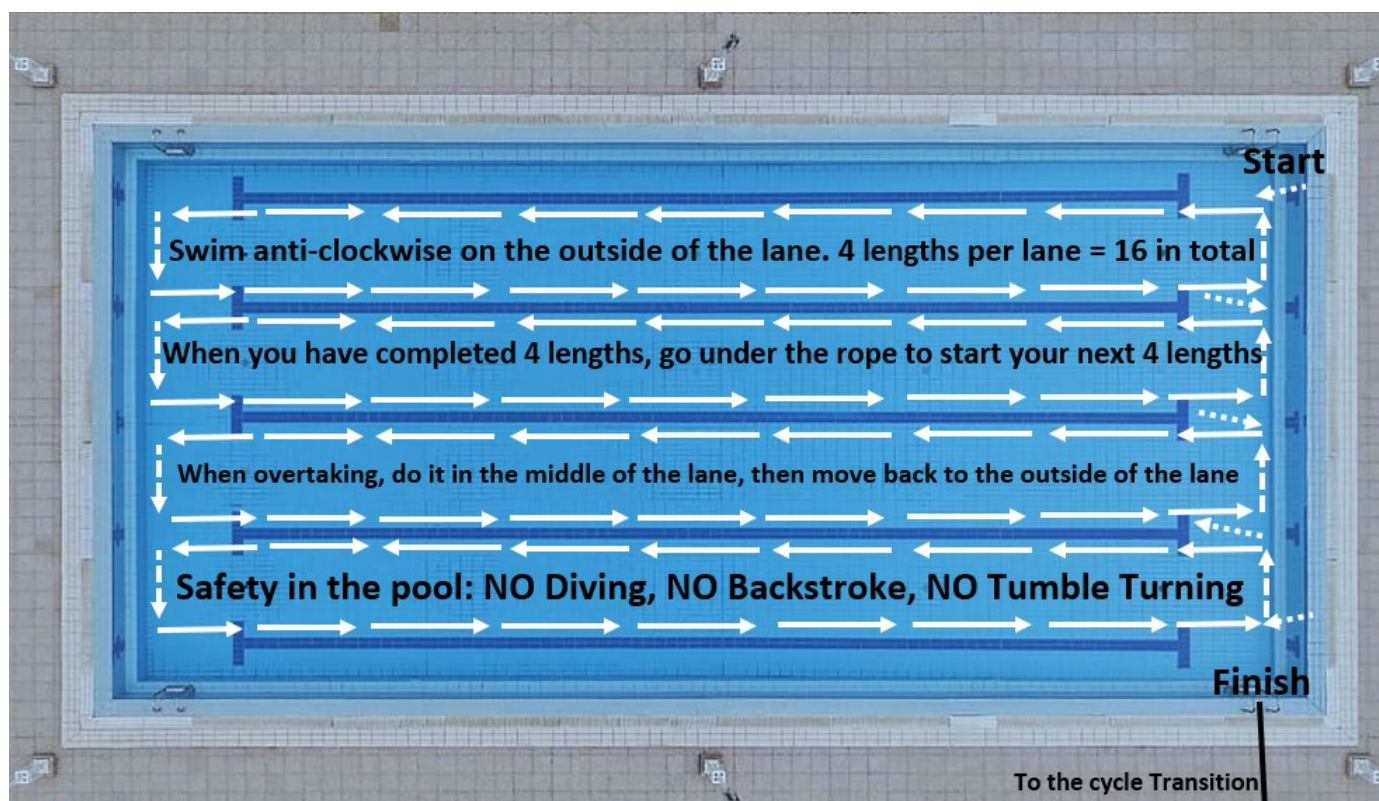
# *Swim*

- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at pool side 15 minutes prior to your start time to ensure you are positioned in number order and have time to listen to the compulsory race brief. All relay team members must attend the Race Brief.
- Please have the wristband that is given to you at registration on your right wrist and visible as you queue for the swim start.
- It is your responsibility to count the correct number of lengths.
- The swim course is very straightforward and will be explained to you during the Race Brief. There are signs and stewards to help if you get confused, don't worry, it's easy!
- The pool is 25 meters long.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!
- Swimmers will be started at 20 or 30 second intervals for the Sprint/ Sprint Relay, depending on your estimated swim time and 15 second intervals for the Super Sprint, Fun and CRUK Wave.
- It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own or you can purchase one at the UK Triathlon shop for just £5.00.
- You can enter the water once the previous competitor has started their swim. The starter will tell you when to start your swim.
- For your safety and the safety of other competitors back stroke, tumble turns and diving are not permitted.



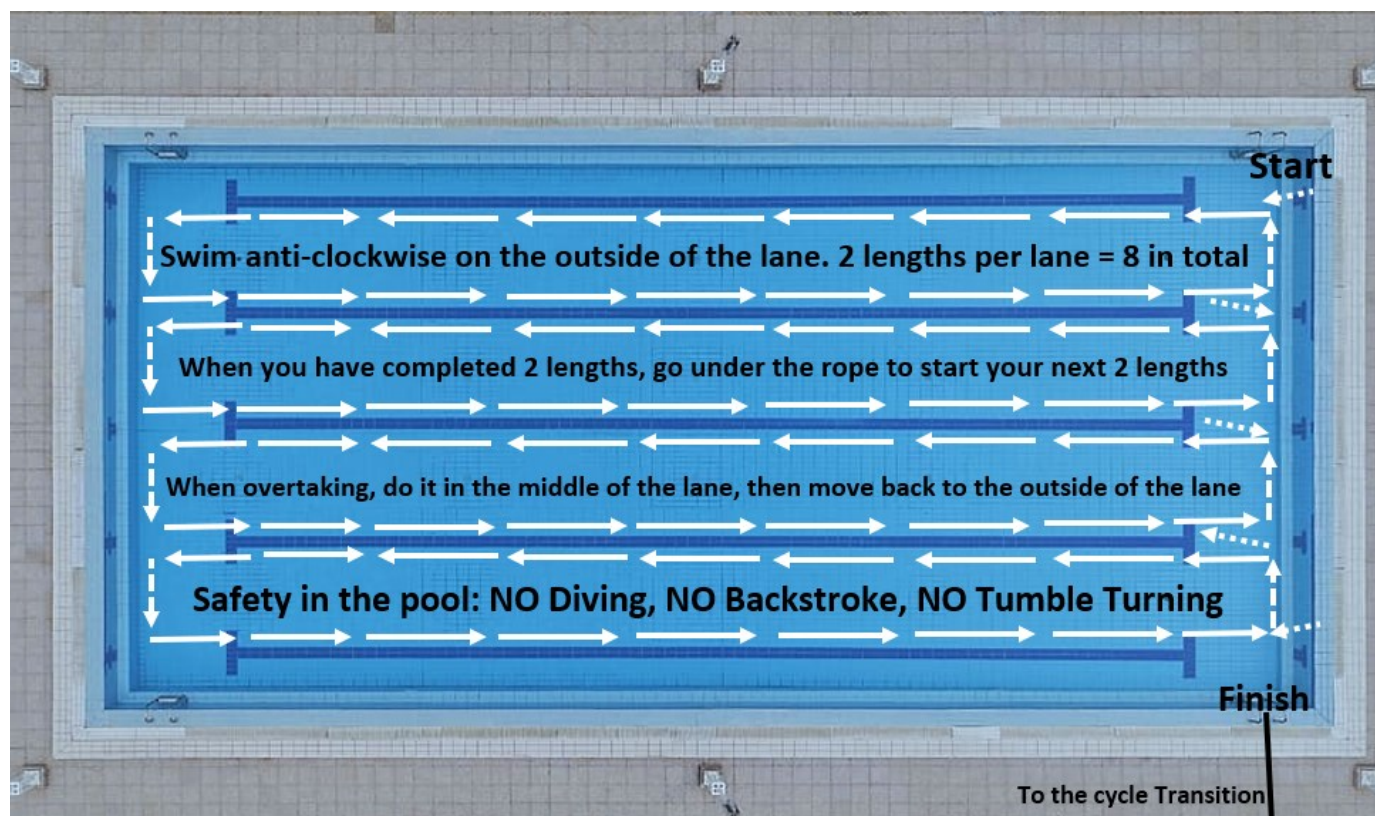
## ***Sprint & Relay Swim Map***

**400m - 16 Lengths**



## ***Super Sprint, Fun, CRUK Wave Swim Map***

**200m - 8 Lengths**





*After completing the swim head to the Cycle Transition Area*

# Cycle

**Sprint & Relay - 20k - 6 laps**  
**Super Sprint, Fun, CRUK Wave - 10k - 3 laps**

## *Getting ready for the cycle*

- When you finish your swim, head into 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.
- Any type of bike can be used as long as it is road worthy. Electric bikes can be used but the battery **must** be disengaged.
- 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.

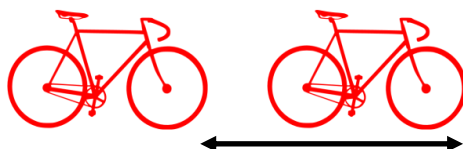
## *The Course*

- Although the road is closed to vehicular traffic, there could be an emergency vehicle on the course at any time. You must abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.
- The course is mainly flat with a tight turn at both ends of the 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 coned centre line of the cycle course.
- 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 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 in the Cycle Transition Area. Do not unbuckle your helmet until you have racked your cycle.



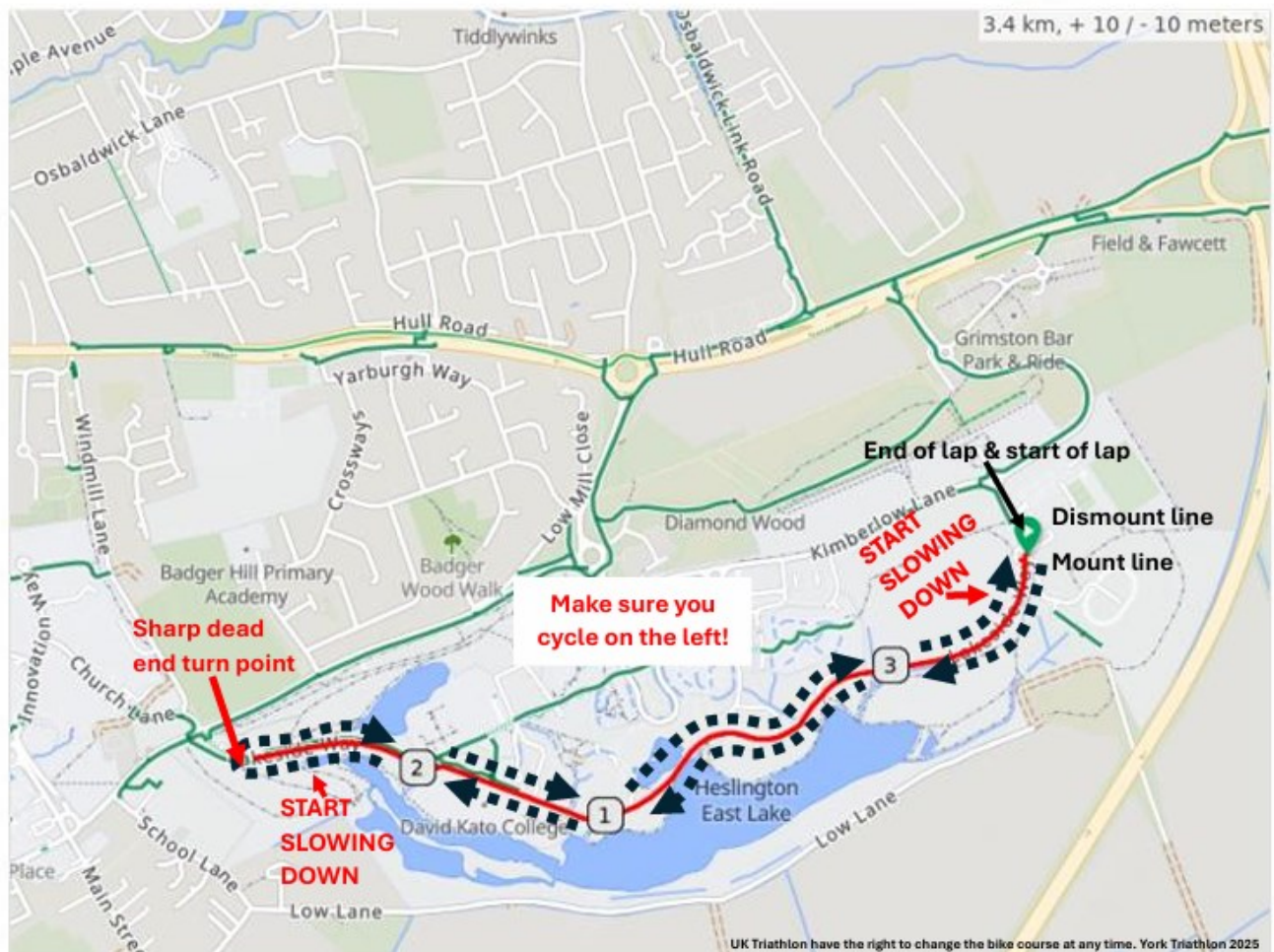
## *Drafting*

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In sprint distance and shorter events, the gap between the front wheel of the leading cycle, to the front wheel of the following cycle should be 10 metres - if overtaking a competitor, you have 20 seconds to pass through their draft zone.



# *Cycle Map*

**Sprint & Relay - 20k - 6 laps**  
**Super Sprint, Fun, CRUK Wave - 10k - 3 laps**



***Upon completion of the cycle, rack your bike and follow the 'Run Start' signs***



# Run

## Sprint & Relay - 5k - 4 laps Super Sprint, Fun, CRUK Wave - 2.5k - 2 laps

- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- 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.
- The run course is multi-lapped, flat and mostly on a tarmac running surface.
- 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.
- 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!



## After the Triathlon

You cannot take your cycle out of Cycle Transition Area without your race number and corresponding cycle sticker.

## Relay

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

- Each member of the relay team completes one or two of the three disciplines in the triathlon.
- At registration you will be given one electronic timing chip.
- After completing the swim, the swimmer passes the electronic chip to the cyclist inside 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 Cycle 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 member/s may join the runner before the finishing straight and cross the finish line as a team.
- You all receive a finishers medal!

## Results and Prizes

- Provisional results and times will be online by 7:00pm on race day.
- 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.
- Commemorative 2025 finisher medal.
- Prizes are awarded to the top 3 competitors in the 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 Sprint triathlon only.
- Prize presentations will take place shortly after the last competitor has finished in each respective race. The race commentator will announce the time on the day.

Code	Category	Age
A/B	Youth	16-18
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 & Filming***

UK Triathlon and our official event photographers, My Sport Photos, will be filming/ taking photos to capture your best sporting moments. Images may be used for promotional purposes so remember to smile and wave at the camera! Images taken by My Sport Photos will be available to purchase post event. An email will be sent to 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).

## ***Other Important Information***

### ***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.

### ***What do I wear***

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.

### ***Is there a bag drop area?***

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

### ***Are there lockers available?***

There are lockers inside the leisure centre however they are on a first come first serve basis.

### ***Illegal Equipment***

For your safety and the safety of other competitors, certain items are banned during the event as well as in Cycle Transition Area. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. You may however use your device for tracking your race i.e Strava/Garmin.

### ***Littering***

Do not discard water bottles, gel or bar wrappers. Littering is prohibited during the event. Please use the bins at the feed stations or at the venue. If you can carry a gel full, you can carry the wrapper empty.

### ***Race Format***

UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.



## ***UK Triathlon 2025/26 Event Calendar***

<b>York Kids Triathlon</b>	<b>16th August 2025</b>
<b>York Triathlon</b>	<b>17th August 2025</b>
<b>Shropshire Triathlon</b>	<b>31st August 2025</b>
<b>North West Kids Duathlon</b>	<b>13th September 2025</b>
<b>North West Triathlon</b>	<b>14th September 2025</b>
<b>Warwickshire Triathlon</b>	<b>28th September 2025</b>
<b>Stratford Triathlon</b>	<b>19th April 2026</b>
<b>Cheshire Kids Duathlon</b>	<b>9th May 2026</b>
<b>Cheshire Triathlon</b>	<b>10th May 2026</b>
<b>Henley Kids Triathlon</b>	<b>30th May 2026</b>
<b>Henley Triathlon</b>	<b>31st May 2026</b>
<b>Ultimate 150 Triathlon</b>	<b>14th June 2026</b>
<b>Ultimate 100 Triathlon</b>	<b>14th June 2026</b>
<b>Ultimate 50 Triathlon</b>	<b>14th June 2026</b>
<b>Alderford Kids Triathlon</b>	<b>5th September 2026</b>
<b>Alderford Triathlon</b>	<b>6th September 2026</b>
<b>Birmingham Triathlon</b>	<b>TBA</b>

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



# **2025 RACE LEAGUE**

Take part in 3 or more qualifying UK Triathlon Events in 2025. 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 season.

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



## **2025 RACE LEAGUE**



Take part in 3 or more individual Sprint or Olympic UK Triathlon Events in 2025 to qualify.

Your 3 highest scoring events will automatically count as your total score.

Prizes are awarded to the top 3 competitors & 1st place in every 5 year age group in both Open & Female categories.

## **2025 TEAM TROPHY**



Awarded to the highest scoring teams or clubs taking part in Sprint or Olympic UK Triathlon events this year.

To qualify for the 2025 Team Trophy, teams or clubs must score in a minimum of 2 different events.

First, second and third place in the Open and Female categories will each receive trophies.

## **ENDURANCE AWARD 2025**



Take on the challenge of completing five or more UK Triathlon events this year and earn the prestigious Endurance Award 2025 for your mantelpiece!

All events count! Fun, Tri Together, Super Sprint, Sprint, Olympic, Middle Distance or Any Ultimate event.

SCAN THE QR CODES FOR MORE INFORMATION OR VISIT

# **UKTriathlon.co.uk**



# **OFFICIAL RACE UK Triathlon MERCHANDISE**



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### **POST RACE MASSAGE**

**£20**

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Ease those aches so you don't walk like a duck. with Muscle Mend Recovery Oil

### **ASK THE PHYSIO & COACH**

**£20**

Do you have any niggling injuries or training issues which may be slowing you down. Book in and our triathlon expert will give you some professional advice.

[www.cravencomplete.co.uk](http://www.cravencomplete.co.uk)

**IMPROVE YOUR RACE WITH US!**





# RACE DAY MASTERCLASS

**A FREE RACE SPECIFIC  
GUIDE TO MAXIMISE YOUR  
TRIATHLON EXPERIENCE**

## **AIMS**

- Course Specific Tips
- Cycle Transition Advice
- Q&A Opportunity
- Novice Friendly
- Relaxed Session
- Everyone Welcome



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\*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.8g of beta glucans from oats, which is 60% of 3g the suggested daily amount.  
\*\*Protein contributes to a growth in muscle mass and the maintenance of normal bones.



Thank  
you

# You're amazing!

**Progress is only made possible by the extraordinary efforts of people like you.**

Thank you to all our supporters – you're powering research!

It's not too late to join our team and help beat cancer.

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



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041656), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024

**Together we are  
beating cancer**



# SEARCH MY SPORT PHOTOS



## SEARCH

Making it easy to search  
for your photos by  
Bib Number & Selfie!



## PROFESSIONAL

You can concentrate on  
your race and we'll take  
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## ONLINE

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