

**ULTIMATE
TRIATHLON
50**
SWIM 1KM | BIKE 39KM | RUN 10KM

**ULTIMATE
TRIATHLON
100**
SWIM 2KM | BIKE 78KM | RUN 20KM

**ULTIMATE
TRIATHLON
150**
SWIM 3KM | BIKE 117KM | RUN 30KM

Sunday 14th June 2026

The Mere, Cremorne Gardens,

Ellesmere

SY12 0HD

What3words:

sweeter.encounter.hoops



Start Times:

Ultimate 150 – 07:30am

Ultimate 100 – 07:30am

Ultimate 50 – 07:30am

Welcome

Page 2

Main Arena

Page Essential

Information

Page 4

Cycle Transition

Area

Page 5

Swim

Page 6

Cycle

Page 8 & 9

Run

Page 10

Relay & Results

Page 11

Photography

Page 12

Other Information

Page 12

Event Calendar

Page 13

UK Triathlon League

Page 14

Event Merchandise

Page 15

Our Partners

Page 16

Race Day Information 2026

Welcome

Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared for the Ultimate 150, 100 & 50 Triathlons.

Race Day Checklist

- Race number (can be found on your race day email)
- 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 race number belt (optional but available to purchase next to registration for £10)
- Sunglasses (optional)
- Cycle tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Energy drinks, gels, bars
- Change of clothing for after your race

Distances

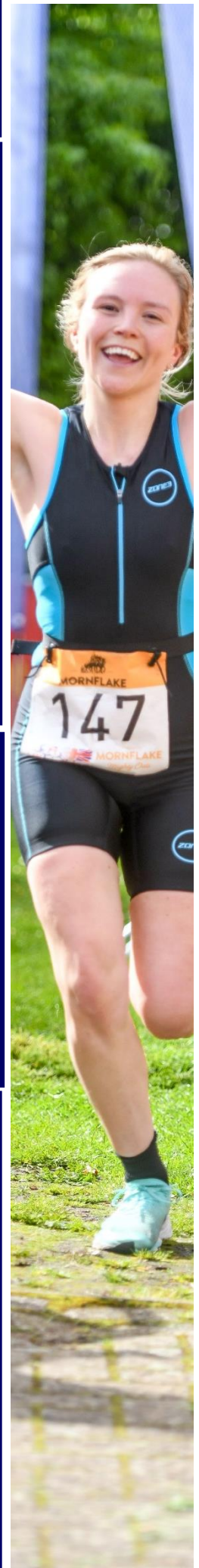
Race	Swim	Cycle	Run
Ultimate 150	3k 3 laps	117k 3 laps	30k 6 laps
Ultimate 100	2k 2 laps	78k 2 laps	20k 4 laps
Ultimate 50	1k 1 lap	39k 1 lap	10k 2 laps

Travel & Parking -

Sat nav postcode: SY12 0HD /what3words: sweeter.encounter.hoops

There are numerous car parks around Ellesmere, some are pay and display. Allow plenty of time to park and walk to race registration. Limited parking is available at Ellesmere Bowling Club, Church Hill, SY12 0HB (including some camper van places). Parking is £6 for cars and £8 for campers. These places must be pre-booked and paid for in advance. Please text Julie on 07736809074 or email thorbornj@gmail.com. Some of the car parks are a 15 minute walk. Here are some postcodes for parking in Ellesmere:

The Moors Car Park SY12 0PA	Cross Street Car Park SY12 0AW
Castlefields Car Park SY12 0PA	Spa Bridge Car Park SY12 0AS



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 2:00pm-3:00pm and Sunday from 06:15am.

Race Envelope

- At registration you will receive a race envelope containing:
- Race Number x2, cycle sticker x1, helmet sticker x1, electronic timing chip x1,
- Safety pins will not be enclosed however they will be available if required.

Cycle and Helmet Stickers

- Attach the cycle 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 cycle 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.

Timing Chip

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 both slots of 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. Make sure the chip is firmly around your ankle so it remains 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 cycle 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 available on Saturday 12:00pm – 5:00pm and Sunday 05:45am to 06:30am.

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

From Registration follow the signs to CYCLE

Cycle Transition Area

- The Cycle Transition Area is open from 6:15am.
- Only competitors are allowed in the Cycle Transition Area
- You are responsible for checking your own cycle brakes, your cycle must be in road worthy condition.
- Competitors should only bring into transition what is needed - a small bag can remain by your cycle. Within transition there is an area for larger bags.
- Rack your cycle in an empty space, the white tape denotes a racking position.
- Cycling is not permitted in either Cycle Transition

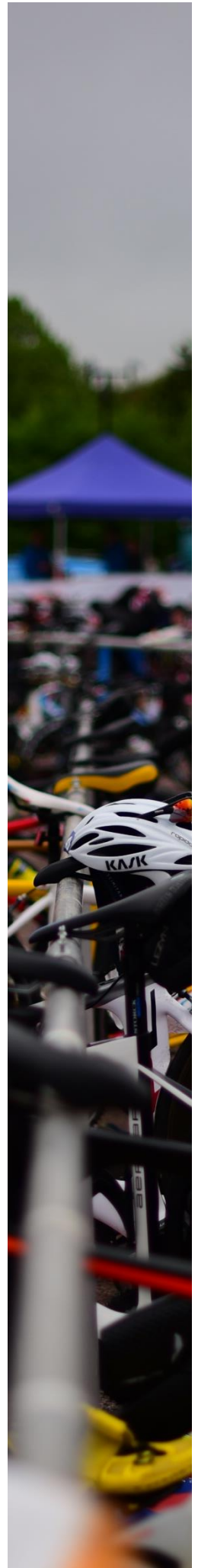
Security

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.

From Transition head to the swim start for your 07:15am Race Brief



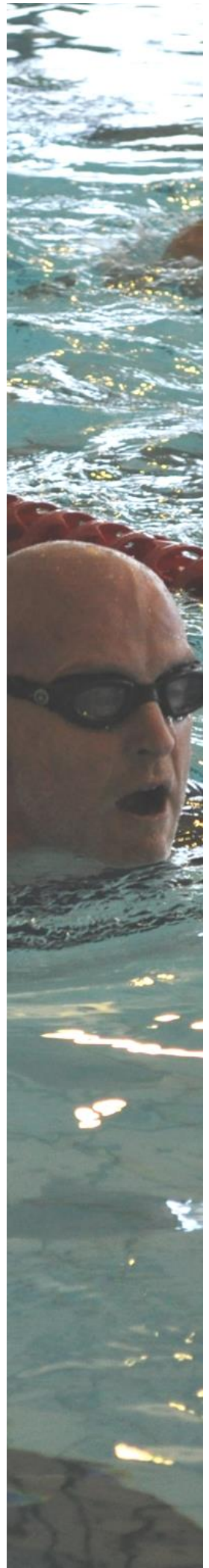
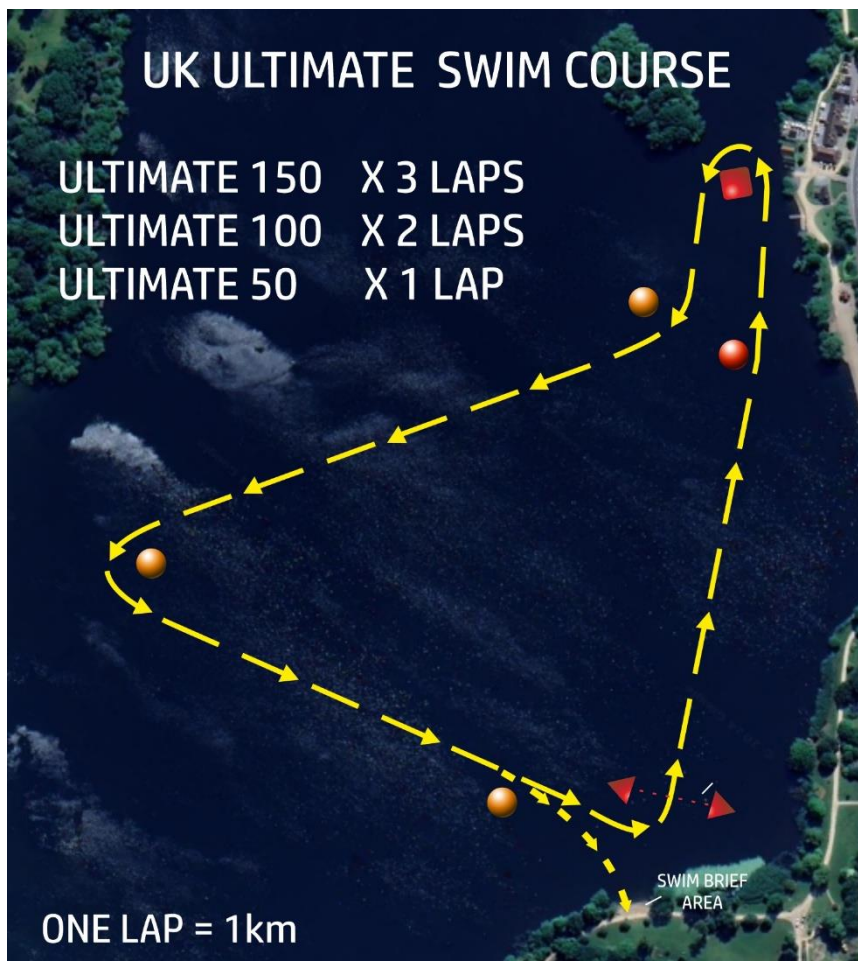
Swim

Ultimate 150 – 3k Swim – 3 laps

Ultimate 100 – 2k Swim – 2 laps

Ultimate 50 – 1k Swim – 1 lap

- Wetsuits are compulsory.
- Do not cover your electronic timing chip with your wetsuit as it will interfere with the signal at the swim exit timing point.
- Please use the swim cap you'll be given at registration for the swim.
- If you are a first time open water swimmer, don't have much experience, or would just like to let other swimmers know you are not an experienced open water swimmer, you can request at registration for a white swim cap to wear for your swim. This indicates to other experienced swimmers, your swim status.
- Position yourself at the start of the swim according to your swim ability and triathlon swim experience. If you haven't any experience of a mass start or you aren't a strong swimmer, consider starting further back or to the side of the main pack.
- There will be safety kayaks on the course
- It is possible to temporarily exit the swim course after each lap if you wish to leave a drink at the waters edge.
- The cut off time is 2 hours from the start of your race (Ultimate 150 only).
- **When taking off your wetsuit at your transition point please ensure that it is either bagged or neatly placed under the racking pole. Wetsuits that cause a tripping hazard will incur a 2 minute transition time penalty.**



Cycle

Ultimate 150 – 117k – 3 laps

Ultimate 100 – 78k – 2 laps

Ultimate 50 – 39k - 1 lap

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 cycle can be used as long as it is road worthy. Electric cycles can be used but the battery must be completely disengaged during the triathlon.
- 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. Cycling is not permitted in the Cycle Transition Area.

Important Information - Cycle Course

Keep to the left at all times except when overtaking.

Follow the cycle route signs around the course and do not turn until you see a sign. Please take extra care at all junctions and although there are safety marshals present, they are not there to give direction.

Make sure you have plenty of drinks on your cycle before you start the event.



Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification. We have support vehicles patrolling the course. If you have to stop due to injury or mechanical failure please wait to be picked up. Alternatively, if you carry a mobile phone on your cycle, you can call the cycle course manager Chris Davies on 07810 698686 and he will come to your assistance.

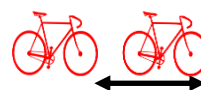
Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so (**Cycling is not permitted inside the Cycle Transition Area**).

Do not unbuckle your helmet until you have racked your cycle.

The cut off time is 8 hours from the start of your race (Ultimate 150 only).

Drafting

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



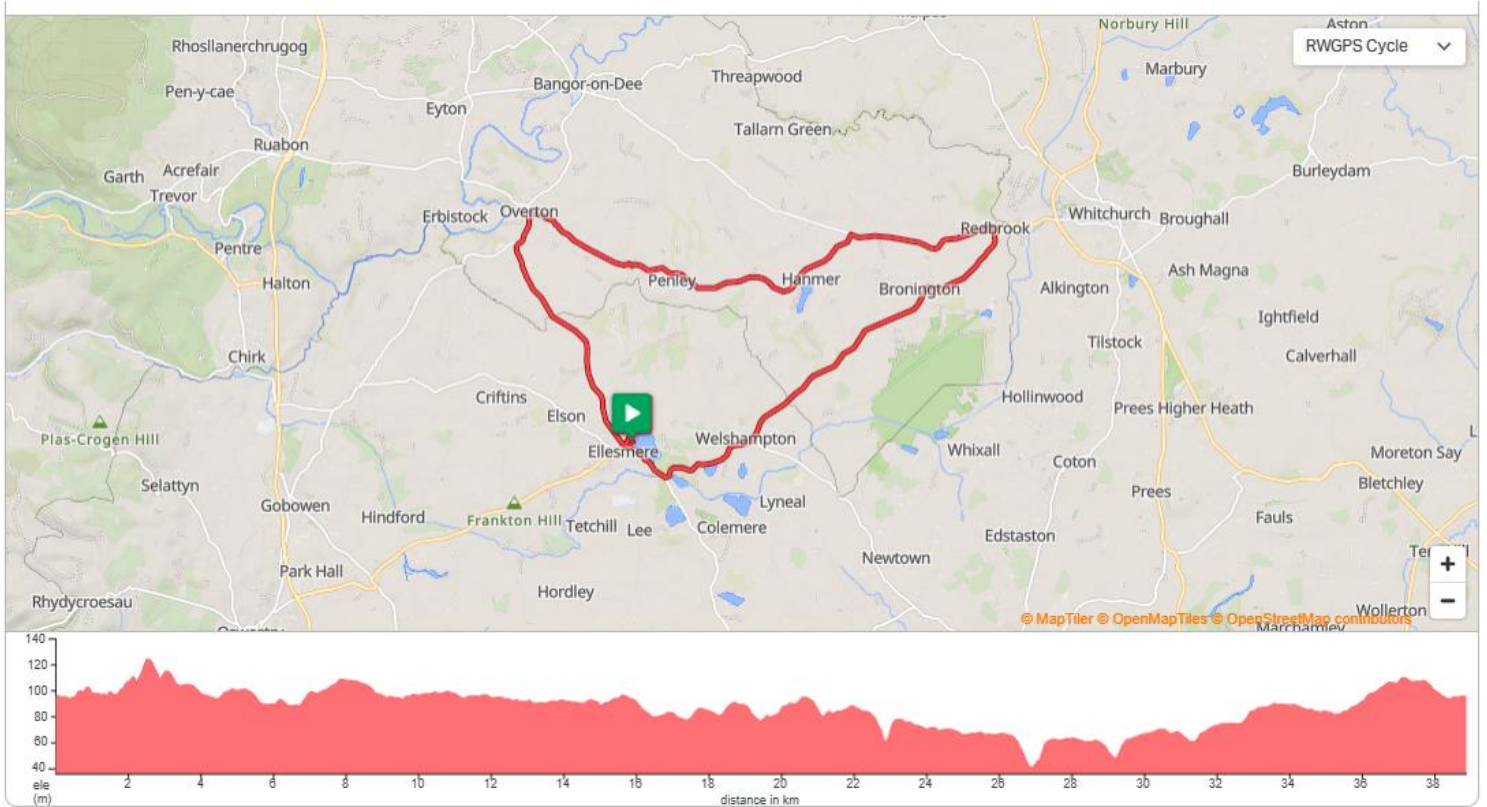
Feed Station— Ultimate 100 and 150 only

There is one feed station at the beginning of the lap. This feed station will have High 5 gels, High 5 bars, High 5 energy drink and water (in 750 ml bottles), salted crisps, Haribo's chewy sweets. Make sure your water bottles are full, ready for the start of your cycle.

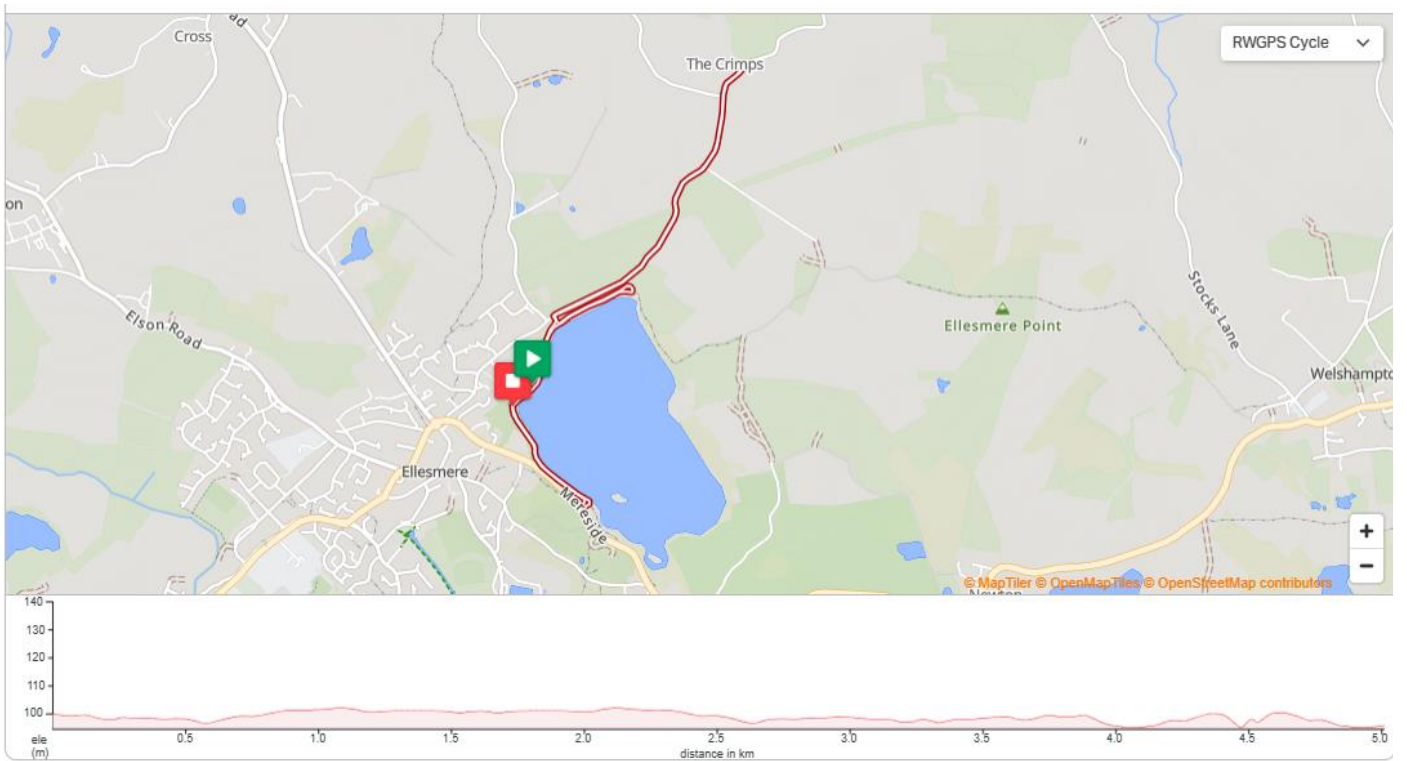
There is a toilet situated at the feed station.



Cycle Map



Run Map



Run

Ultimate 150 – 30k - 6 laps

Ultimate 100 – 20k – 4 laps

Ultimate 50 – 2 laps

- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- Keep to the left at all times except when overtaking.
- Follow the signs around the course.
- One complete lap of the run course starts and finishes at the entrance of the finish alley/transition entrance. Look for the end of lap/ start of lap signs.
- There are three feed stations on every lap at a maximum of 2.5k between each station.
- There is a toilet at a maximum of every 2.5k.
- If you have specific drinks, food or equipment, you may do one or all of the following.
 1. Have family or friends safely hand them to you on the course
 2. Return to the Cycle Transition Area via the security gate next to the run finish alley and collect them from your transition point. Return back to the course via the security gate.
 3. Carry it with you (within reason!).
- The cut off time is 12 hours from the start of the race (Ultimate 150 only)

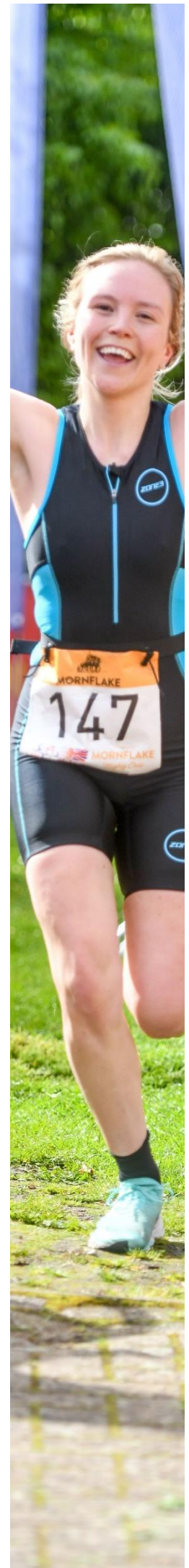
After the Triathlon

You cannot take your cycle out of the 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@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 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 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.
- All team members receive a medal.
- Relay awards are based on all female or all male/open category /mixed teams. Open category/mixed teams can consist of three men, two men and one woman or one man and two women.



Results & Prizes

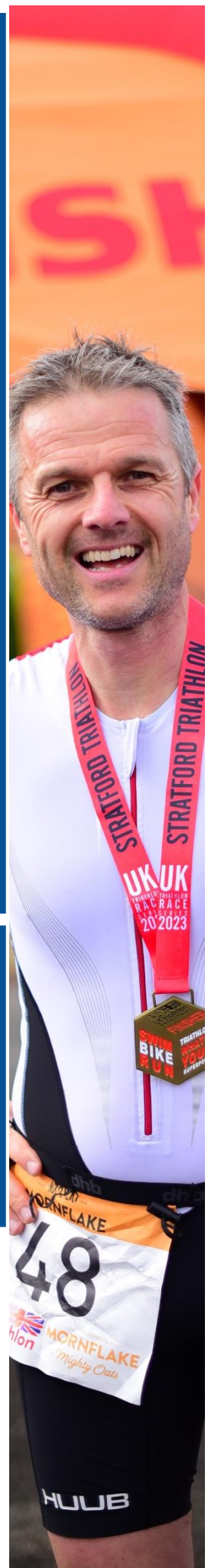
- Provisional results and times will be online by 7:30pm on race day.
- Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.
- All finishers receive the commemorative 2026 finisher medal.
- Prizes are awarded to the top 3 male and female in the Ultimate 50, 100 and 150.
- 1st place is awarded to all female and open finisher category/mixed teams in the 50, 100, 150 Relays.
- Prizes are awarded to first place in male and female in all five year age groups in the 50, 100, 150 events (see table below).
- Prize presentations will take place throughout each event.

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 or 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.

Illegal Equipment

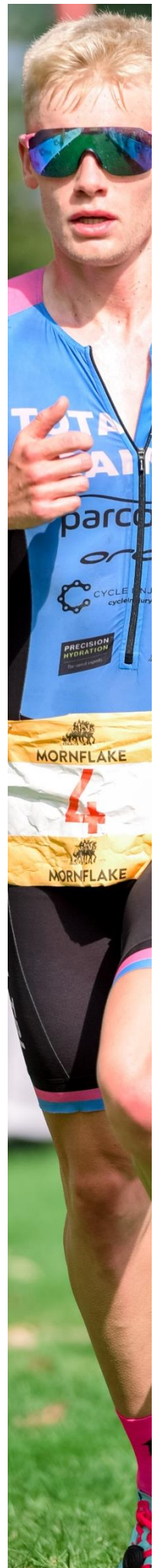
For your safety and the safety of other competitors, certain items are banned during the event as well as in the Cycle Transition Area. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. You may however use your device for tracking your race i.e Strava/Garmin. You may listen to music on the run course only at a volume level which allows you to clearly hear instructions from the marshals or warning sirens from the emergency services. Bone conductor headphones or just using one earphone is also suitable.

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. In our open water triathlons, although we provide safety cover at the event and test water quality prior to each event, you swim at your own risk.





CALENDAR 2026

APRIL

19 STRATFORD TRIATHLON

2 distances, pool based
Stratford Upon Avon,
Warwickshire.

MAY

09 CHESHIRE KIDS DUATHLON

6 distances, for 5 to 16yrs
Barony Park, Nantwich

10 CHESHIRE TRIATHLON

2 distances, outdoor pool
Barony Park & Nantwich
Leisure Centre, Cheshire

16 GLASGOW TRIATHLON

+ Kids Triathlon
3 distances, pool based
Bellahouston Park

30 HENLEY KIDS TRIATHLON

6 distances, for 5 to 16yrs
Henley Leisure Centre,
Henley-on-Thames,
Oxfordshire

31 HENLEY TRIATHLON

2 distances, pool based
Henley Leisure Centre,
Henley-on-Thames,
Oxfordshire



JUNE

13 SHROPSHIRE TRIATHLON

2 distances, lake swim
The Mere, Cremorne
Gardens, Ellesmere,
Shropshire

14 ULTIMATE 150 TRIATHLON

3km S - 117km B - 30km R
Lake swim
The Mere, Cremorne
Gardens, Ellesmere,
Shropshire

14 ULTIMATE 100 TRIATHLON

2km S - 78km B - 20km R
Lake swim
The Mere, Cremorne
Gardens, Ellesmere,
Shropshire

**CLUB DISCOUNTS
AVAILABLE SAVE
UP TO 15% OFF**

14 ULTIMATE 50 TRIATHLON

1km S - 39km B - 10km R
The Mere, Cremorne
Gardens, Ellesmere,
Shropshire

27 CALDICOT TRIATHLON

+ Kids Triathlon
3 distances, pool based
Caldicot Leisure Centre,

AUGUST

01 BIRMINGHAM TRIATHLON

+ Kids Triathlon
3 distances, pool based
King Edward's School,
Birmingham

15 YORK KIDS TRIATHLON

6 distances, for 5 to 16yrs
York Sport Village, York

16 YORK TRIATHLON

2 distances, pool based
York Sport Village, York

SEPTEMBER

05 ALDERFORD KIDS TRIATHLON

5 distances, for 7 to 16yrs
Alderford Lake, Whitchurch

06 ALDERFORD TRIATHLON

3 distances, lake swim
Alderford Lake, Whitchurch

19 NORTH WEST KIDS DUATHLON

6 distances, for 5 to 16yrs
Barony Park, Nantwich

20 NORTH WEST TRIATHLON

2 distances, outdoor pool
Barony Park & Nantwich
Leisure Centre, Cheshire

OCTOBER

04 WARWICKSHIRE TRIATHLON

2 distances, pool based
Stratford Upon Avon,
Warwickshire.



2026 RACE LEAGUE

Take part in 3 or more qualifying UK Triathlon Events in 2026. 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 50) 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



 **2026 RACE
UKTriathlon LEAGUE**



Take part in 3 or more individual Sprint or Olympic UK Triathlon Events in 2026 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.

 **2026 TEAM
UKTriathlon TROPHY**



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

To qualify for the 2026 Team Trophy, teams or clubs must score in a minimum of 2 different events.

 **ENDURANCE
UKTriathlon AWARD 2026**



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 MERCHANDISE



**TECH TEE
SHIRTS**
£20

**HEAVY
WEIGHT
HOODIES**
£40



**VINTAGE
STYLE CAPS**
£15

Craven Complete Professional Massage Service

We are your experts in providing pre-& post-race massage services



Pre-Race Massage

"To ease those aches, loosen joints and prepare you for the big day.

You will leave us feeling refreshed and ready to go!

£20



Post-Race Massage

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

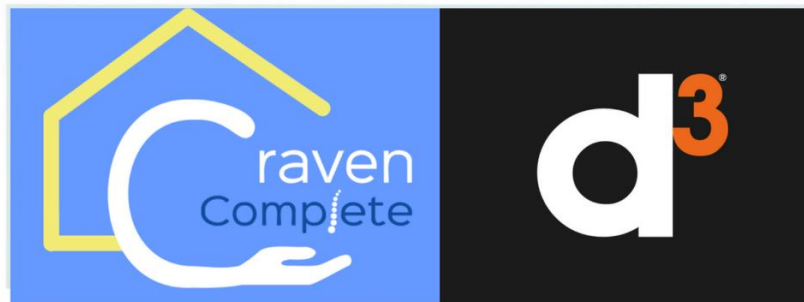
£20



Junior Massage

"Leave feeling refreshed. Massage helps children recover faster, enjoy rest, sport, and build good habits."

£12



Walk ins Welcome



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Text or call to book



info@cravencomplete.co.uk

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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



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041656), the Isle of Man (103) 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 care of your photos!



ONLINE

Your Photos will be online within 24 - 48 hours after each race



SCAN ME



www.mysportphotos.co.uk



[mysportphotos](https://www.instagram.com/mysportphotos)

HIGH 5

**FUEL THAT
HIGH 5
FEELING**





ZONE3 

USE CODE

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More speed
to move
body and
mind



METASPEED™ SKY TOKYO

asics
sound mind, sound body