



SHROPSHIRE TRIATHLON

31st August 2025

**The Mere
Cremome Gardens
Ellesmere
SY12 0HD
What3words:
sweeter.encounter.hoops**



Start Times:

07:30am - Middle Distance

08:30am - Olympic

09:10am - Sprint

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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 Shropshire Triathlon.

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 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
Middle & Middle Relay	2000m 2 Laps (1000m course)	78k 2 Laps	20k 4 Laps
Olympic & Olympic Relay	1500m 2 Laps (750m course)	39k 1 Lap	10k 2 Laps
Sprint & Sprint Relay	750m 1 Lap (750m course)	25k 1 Lap (short course)	5k 1 Lap

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 **only** 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 OPA

Castlefields Car Park SY12 OPA

Cross Street Car Park SY12 OAW

Spa Bridge Car Park SY12 OAS



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 60 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 from 1:00pm-3:00pm and from 06:30am 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
- Safety pins will not be enclosed however they will be available if required.

Cycle and Helmet Stickers

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



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 3:00pm on Saturday. Full details on page 19.

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 available on Saturday from 1pm.

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.

From Registration follow the signs to CYCLE TRANSITION

Cycle Transition Area

- The Cycle Transition Area is open from 6:30am.
- Only competitors are allowed in the Cycle Transition Area
- 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 bike in an empty space, the white tape denotes a racking position.

Security

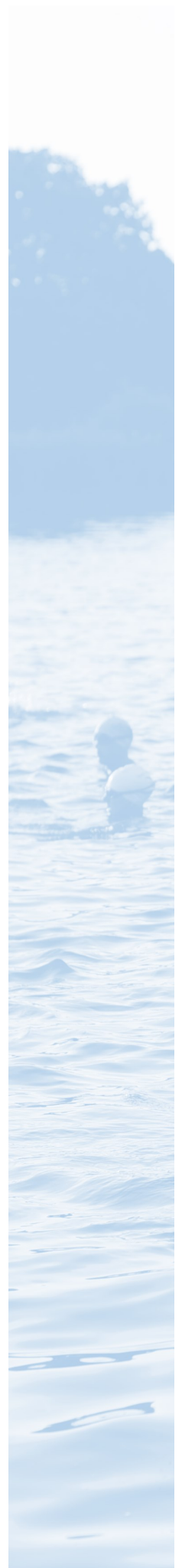
Although we allocate security staff to specifically watch the Cycle Transition Area, please note that we cannot be responsible for any items lost or stolen.

From Transition follow signs 'Swim Start'



Swim

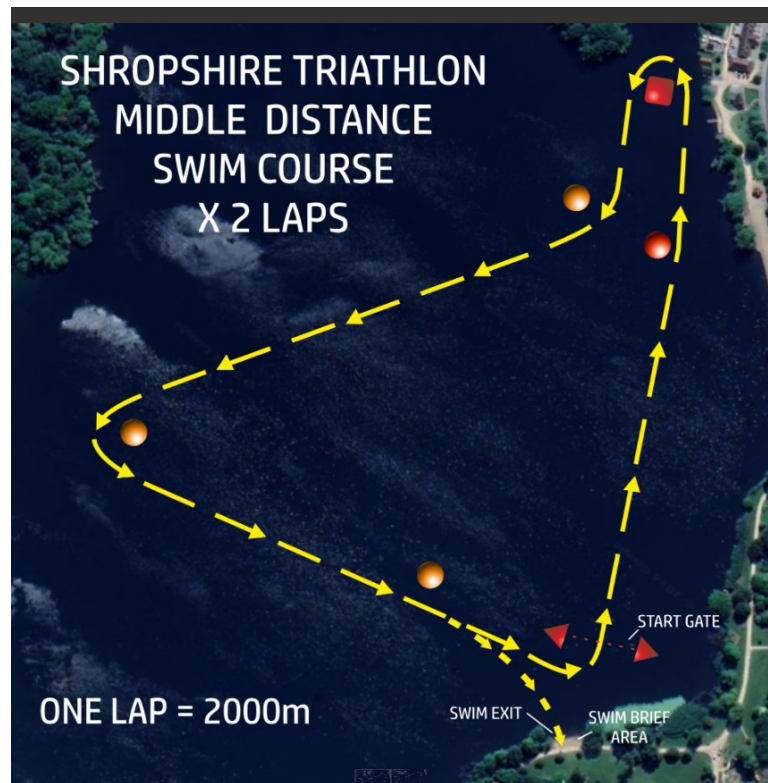
- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at the swim start 15 minutes prior to your start time to listen to the compulsory race brief.
- Wetsuits are compulsory for the Middle Distance, Middle Distance Relay, Olympic and Olympic Relay Triathlon. Although not compulsory we recommend wearing a wetsuit for the Sprint distance.
- **If you wear a wetsuit for the swim, make sure when you take it off at your transition point 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.**
- Do not cover your electronic timing chip with your wetsuit as it will interfere with the signal at the swim exit timing point.
- All relay team members must attend the Race Brief.
- There will be safety kayaks on the course.
- 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 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.
- If you require assistance during the swim, raise one arm high out of the water and a safety craft will come to your assistance.



Swim

Middle & Middle Relay - 2000m - 2 laps x 1000m
Olympic & Olympic Relay - 1500m - 2 Laps x 750m
Sprint & Sprint Relay - 750m - 1 Lap

Swim Map - Middle Distance



Swim Map - Olympic and Sprint



Cycle

Middle & Middle Relay - 78km - 2 Laps
Olympic & Olympic Relay - 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.

Do not use the feed station at the start of the cycle lap unless you are taking part in the middle distance.

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.



Sprint Competitors Only

You must complete 1 x lap of the short cycle course.

There are 2 x specific turns you must look for and turn at.



Middle Distance Competitors Only - Cycle Feed Station

There will be a feed station at the start of the second lap (halfway point). There will be 750ml bottles with High5 energy source and water, High5 gels and bars. You will be given 2 gels and 2 gummy packs at registration. Please carry what you require if possible to reduce interaction with the feed station.

Drafting

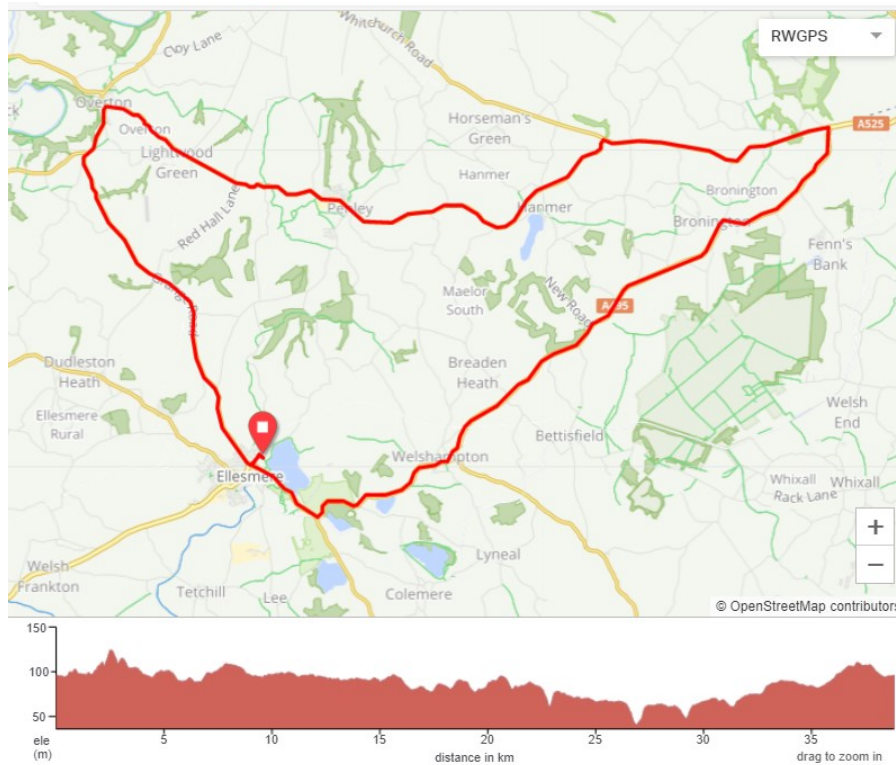
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In the standard distances and shorter events, the gap between the front wheel of the leading cycle, to the front wheel of the following cycle should be 10 metres - if overtaking a competitor, you have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



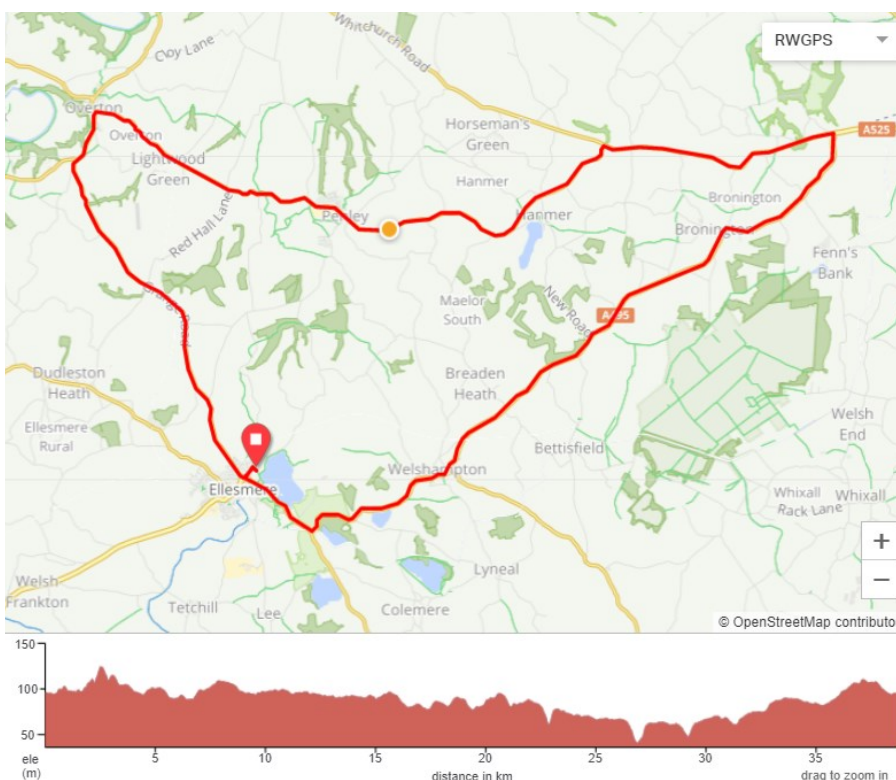
Cycle Map

Middle & Middle Relay - 78k - 2 Laps
Olympic & Olympic Relay - 39k - 1 Lap
Sprint & Sprint Relay—25k—1 lap (short course)

Cycle Map - Middle Distance

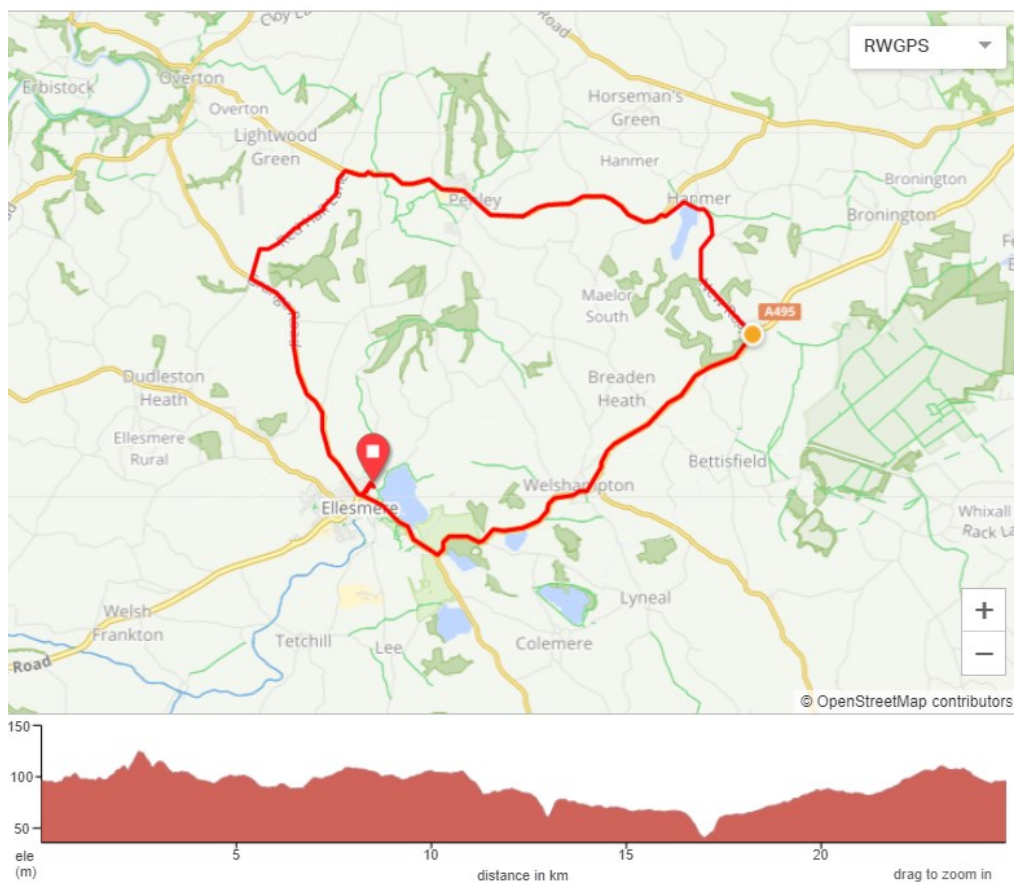


Cycle Map - Olympic Distance



Cycle Map

Cycle Map - Sprint Distance



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

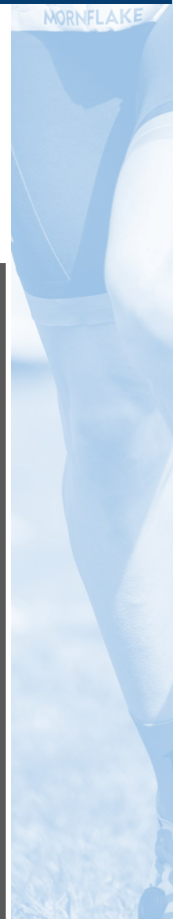
Run

Middle & Middle Relay - 20k - 4 Laps

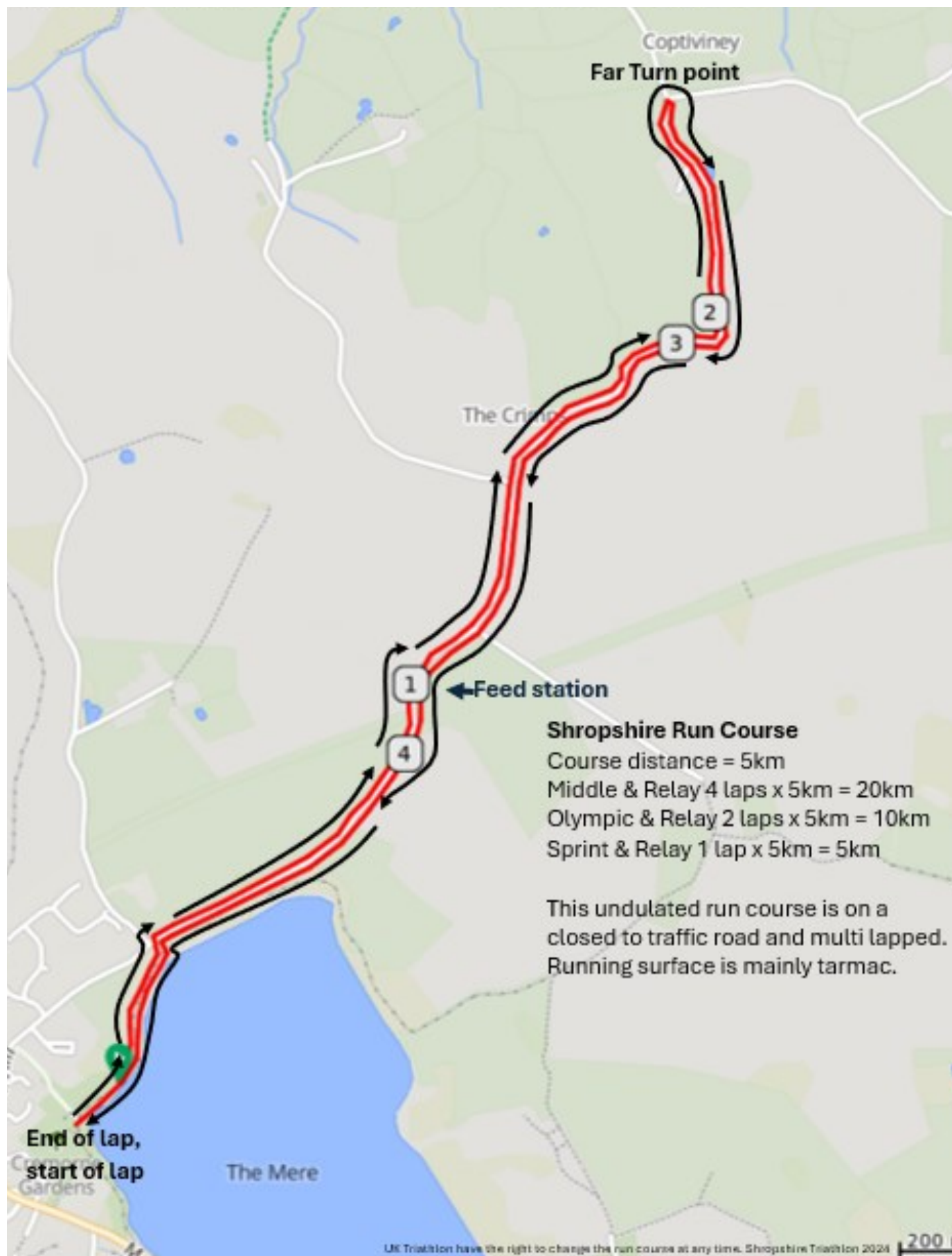
Olympic & Olympic Relay - 10k - 2 Laps

Sprint & Sprint Relay - 5k - 1 Lap

- 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 on a closed road, however residents or emergency vehicles may need to drive onto the course so please be mindful of potential hazards.
- There is one feed station that you pass twice on each lap. The first available feed stop is at 800 metres. There is also a feed station at the finish line. Feed stations will be serving High5 energy drink and water as well as High5 energy gels and bars.
- 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!



Run



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 customercare@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 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 2025 finisher 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 7:00pm on race day.
- Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.
- Commemorative 2025 finisher medal.
- Prizes are awarded to the top 3 competitors in the Middle, Olympic and 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 Middle, Olympic and Sprint triathlons.
- 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 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.

What do I wear

Wetsuits are compulsory for the Middle/Middle Relay and Olympic/Olympic Relay distances. For the Sprint/Sprint Relay distance you can wear a wetsuit/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 the Cycle Transition Area.

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

Birmingham Triathlon	19th July 2025
York Kids Triathlon	16th August 2025
York Triathlon	17th August 2025
Shropshire Triathlon	31st August 2025
North West Kids Duathlon	13th September 2025
North West Triathlon	14th September 2025
Warwickshire Triathlon	28th September 2025
Stratford Triathlon	19th April 2026
Cheshire Kids Duathlon	10th May 2026
Cheshire Triathlon	11th May 2026
Henley Kids Triathlon	30th May 2026
Henley Triathlon	31st May 2026
Ultimate 150 100 50 Triathlon	14th June 2026
Birmingham Triathlon	11th July 2026
Alderford Kids Triathlon	5th September 2026
Alderford Triathlon	6th September 2026

For more information please visit uktriathlon.co.uk

2025 RACE UK Triathlon 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



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



**TECH TEE
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£20**



**OFFICAL
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VINTAGE STYLE CAPS £12



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You will leave us feeling refreshed and ready to go! with Muscle Mend recovery Oil

£20

POST RACE MASSAGE

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

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

£20

ASK THE PHYSIO & COACH

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

IMPROVE YOUR RACE WITH US!



RACE DAY MASTERCLASS



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

AIMS

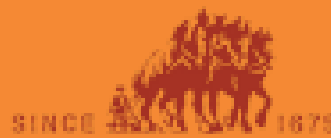
- Course Specific Tips
- Cycle Transition Advice
- Q&A Opportunity
- Novice Friendly
- Relaxed Session
- Everyone Welcome



**The day before your event at
the presentation stage**

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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 80% 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



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), 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
care of your photos!



SCAN ME



ONLINE

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



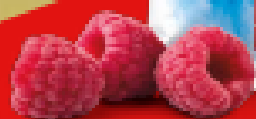
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