



# BIRMINGHAM TRIATHLON

@AlderfordLake

19th July 2025

Alderford Lake

Whitchurch

SY13 3JQ

What3words:

yachting.pickle.bonkers



| Start Time | Race Category (ages at 31/12/2025) |
|------------|------------------------------------|
| 07:00am    | Olympic Open 39 and under          |
| 07:45am    | Olympic Open 40+, Female & Relay   |
| 08:30am    | Sprint Open Category               |
| 08:35am    | Sprint Female and Relay            |
| 08:45am    | All Fun and Super Sprint           |
| 08:50am    | West Midlands Fire Service         |

|                       |            |
|-----------------------|------------|
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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 Birmingham Triathlon @Alderford.

## Admission to Alderford Lake

What you can and cannot do at Alderford Lake during the Birmingham Triathlon @Alderford.

### Waiver:

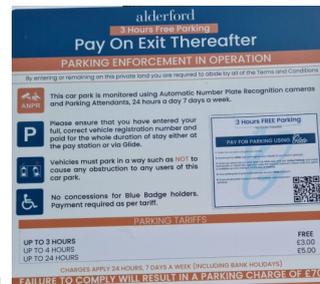
**IMPORTANT:** All competitors, family members, and friends must complete the Alderford Lake waiver **before race day**. You can find the waiver here: <https://waiver.roller.app/AlderfordLake/home> or [click here](#). This is a mandatory requirement set by Alderford Lake.

Failure to complete the waiver online in advance may result in you missing your race. Arriving without a signed waiver may cause delays to your entry and risk you being late for your event.

### Travel & Parking SY13 3JQ /what3words:

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Parking is free for up to 3 hours. If you go over the 3 hours, it is your responsibility to pay. UK Triathlon and Alderford Lake cannot be responsible for non-payment of parking. If you are not sure, go to a parking machine and type in your registration number, that will tell you if you have to pay to park or not. Payment for car parking is on exit.



### Discount codes from Alderford Lake:

If you're planning to stay after your event and enjoy the fantastic facilities at Alderford Lake, please book online at [www.alderford.com](http://www.alderford.com) and use the discount code **UKTRIATHLON10** when booking your activities.

When you arrive at admissions, let the team know you've booked a day pass, and they will provide you with a wristband.

### Accompanying Family Members

Upon proof of their entry number, competitors may bring in accompanying family members, provided they arrive together. Anyone arriving separately or not with a competitor will be required to pay from 9.00am  
Costs: from £8.50 adult £7.25 child



## ***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)
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)

## ***Distances***

| <b>Race Distance</b>    | <b>Swim</b>                  | <b>Cycle</b>  | <b>Run</b>    |
|-------------------------|------------------------------|---------------|---------------|
| Olympic / Olympic Relay | 1500m<br>2 laps              | 40k<br>2 laps | 10k<br>4 laps |
| Sprint / Sprint Relay   | 750m<br>1 lap                | 20k<br>1 lap  | 5k<br>2 laps  |
| Super Sprint / Fun      | 200m<br>1 lap (short course) | 20k<br>1 lap  | 2.5k<br>1 lap |

## ***Toilets & Changing Facilities***

Toilets are available on the event field.

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

## ***Essential Information***

### ***Registration***

- Please follow the registration signs .
- 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 Friday 2:00pm-4:00pm and Saturday from 5:45am.

### ***Race Envelope***

- At registration you will receive a swim cap and 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.



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

- 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***

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 6:00am.
- Only competitors are allowed in the Cycle Transition Areas.
- 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'***



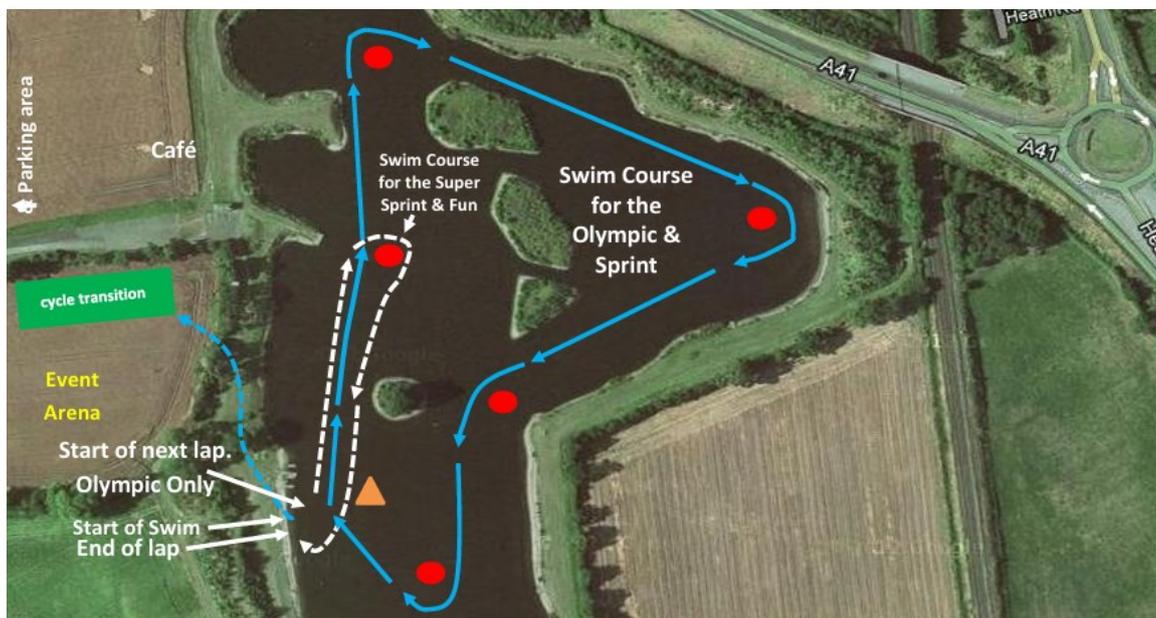
# Swim

Olympic / Olympic Relay - 1500m - 2 laps

Sprint / Sprint Relay - 750m - 1 lap

Super Sprint and Fun 200m - 1 lap (short course)

- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at the swim start 20 minutes prior to your start time to listen to the compulsory race brief.
- Wetsuits are compulsory for the Olympic Triathlon. We recommend wearing a wetsuit for all distances.
- **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.
- Water depth is between 2 to 3 metres.
- 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.



*After completing the swim head to the Cycle Transition Area (approximately 100 metres)*



# Cycle

Olympic/ Olympic Relay - 40k - 2 laps  
Sprint / Sprint Relay - 20k - 1 lap  
Super Sprint and Fun -20k - 1 lap

## 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.
- 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. Cycling is not permitted in the Cycle Transition Area.

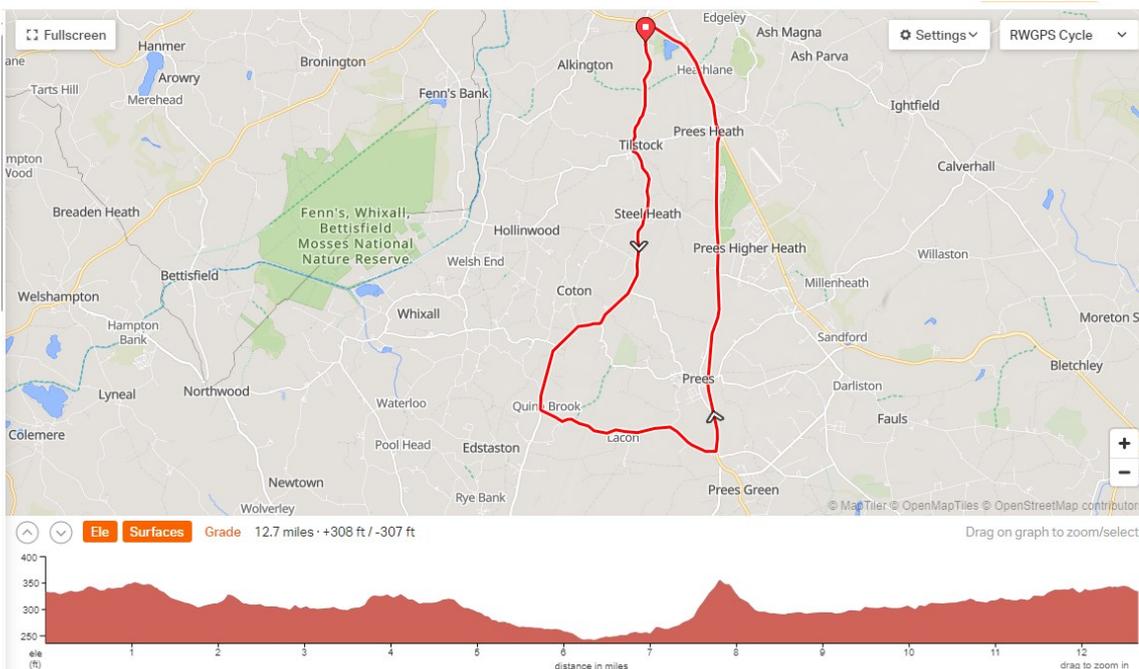
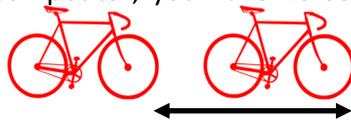
## The Course

- You must abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.
- 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, although there are safety marshals present, they are not there to give direction.**



## Drafting

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



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

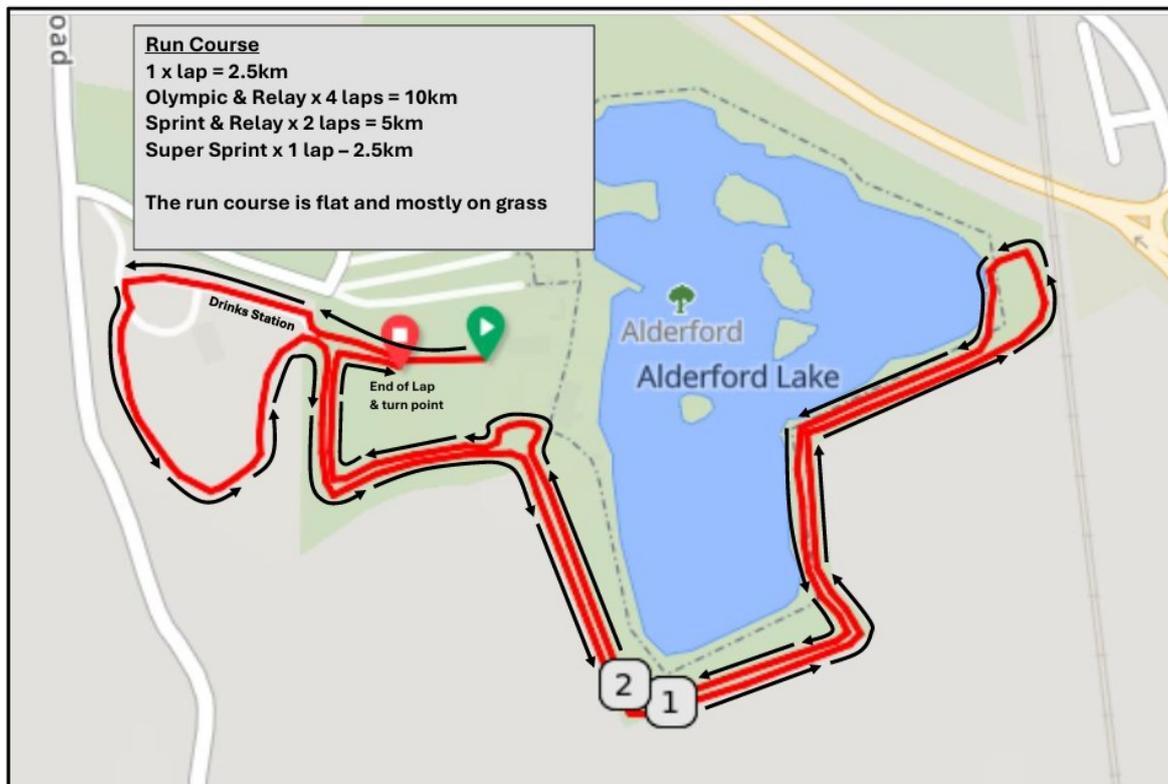
# Run

Olympic /Olympic Relay - 10k - 4 laps

Sprint / Sprint Relay - 5k - 2 laps

Super Sprint and Fun - 2.5k - 1 lap

- Your race number must be clearly visible on your front before leaving the 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.
- 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 the Cycle Transition Area without your race number and corresponding cycle sticker.

## Relay

- 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 finishers medal!
- Relay awards are based on all female and 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 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 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 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 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 Olympic/Olympic Relay distances. For the Sprint/Sprint Relay/Super Sprint/Fun distances 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.

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

There are no lockers at this triathlon.

## ***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.

## ***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***

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|                                 |                            |
|---------------------------------|----------------------------|
| <b>Birmingham Triathlon</b>     | <b>19th July 2025</b>      |
| <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>10th May 2026</b>       |
| <b>Cheshire Triathlon</b>       | <b>11th May 2026</b>       |
| <b>Henley Kids Triathlon</b>    | <b>30th May 2026</b>       |
| <b>Henley Triathlon</b>         | <b>31st May 2026</b>       |
| <b>Ultimate Triathlon 50</b>    | <b>14th June</b>           |
| <b>Ultimate Triathlon 100</b>   | <b>14th June</b>           |
| <b>Ultimate Triathlon 150</b>   | <b>14th June</b>           |
| <b>Alderford Kids Triathlon</b> | <b>5th September</b>       |
| <b>Alderford Triathlon</b>      | <b>6th September</b>       |

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# **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



**TECH TEE  
SHIRTS  
£20**



**OFFICAL  
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**VINTAGE STYLE CAPS £12**



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

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.

**£20**

## **CONTACT**

***US NOW***



07539660422  
Text or call to book



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

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# MIGHTY OATS

## PROUD SPONSORS OF UK TRIATHLON



[mightyoats.com](https://mightyoats.com)



\*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 (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!



## ONLINE

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



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