



# Ultimate Triathlon Race Day Information

Sunday 16th August 2020

Start Times:

Ultimate	Start times
Male 17 to 39	7.00am
Male 40 to 49	7.03am
Male 50 + all female & all relay	7.06am

*(Please check your race email for your individual start time)*

Distance	Swim	Cycle	Run
Ultimate	2.4 miles - 4 Laps	112 miles - 4 Laps	26.2 miles - 6 Laps
Ultimate Relay	2.4 miles - 4 Laps	112 miles - 4 Laps	26.2 miles - 6 Laps

**Alderford Lake, Tilstock Road,  
Shropshire, SY13 3JQ**

**All Day Parking £5 per car, includes entry to Alderford**

<b>Contents</b>	COVID-19 Guidelines Page 2	Essential Information Page 3	Know the Rules Page 4	Merchandise Page 7	Arena Map Page 8	Swim Page 9
	Bike Page 10	Run Map Page 12	Run Page 13	Relay, Prizes & Results Page 14	Partners Page 16	

# Covid-19 Guidelines

## **Your Health before the Event**

If you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, please contact UK Triathlon immediately.

## **Social Distancing**

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event.

Please make sure your spectators are aware of and abide by the 2 metre distance rule.

## **Hand Sanitising**

There will be 10 hand sanitiser stations around the venue, please hand sanitise before registration, entering transition, finish line and whenever you have the opportunity to do so before and after the event.

**Please sanitise before and after toilet use.**

## **Registration**

Please allow more time than normal to register. You must register yourself. You cannot have anyone register for you. Only one competitor will be allowed to register at a time (except relay teams who must register together). Please queue at a 2 metre separation. Hand sanitise before entering. Every competitor will be temperature checked with a digital thermometer before registering.

## **Transition**

Each competitor has their own numbered racking position. Rack only there and with your race number facing you.

## **Race Brief**

On the way to the swim start at the rear of the finish line, there will be a short race brief before each wave start for each small wave of competitors.

There will also be a socially distanced race brief at 4pm on Saturday from the PA system at the rear of the finish line.

## **Start Format**

The lake swim will have small 2 metre socially distanced group starts, based on sex & age group, allowing each competitor plenty of space to swim the course in.

## **Swim Course**

Do your warm up distanced from others. When called swim to the start line. Strong swimmers to the front, not so strong swimmers to the rear, maintain a 2metre gap where possible when overtaking

## **Bike Course**

Normal drafting rules apply (see page 4).

## **Run Course**

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

## **Feed Stations Bike, Run & Finish line**

Drinks will be dispensed for you at feed stations, High5 Energy Source & Water will be identified clearly with signs. If you require food, request what you want from the marshal. All feed station foods are individually wrapped. Move away as quickly as possible allowing for other competitors. Bin your litter.

## **Spectators**

Please do not bring unnecessary spectators if possible.

## **Your Covid Officer is Vic Bickerton**

If you wish to report anything regarding Covid safety, please report it to Vic located at the finish line.

# Essential Information

## Registration

Registration will be open on Saturday 15th August from 1:00pm till 4:00pm.

Registration will be open Sunday from 5:30am-6:30am.

Registration is located inside the orange Mornflake marquee. Please know your race number ready for registration staff.

## Race Brief

Weather permitting there will be a non-compulsory race brief at 4:00pm from the rear of the finish line. If you have camping chairs please bring them along and social distance.

## Race Day

On the way to the swim start at the rear of the finish line, there will be a short race brief before each wave start on the day of the race.

## British Triathlon Members

We support British Triathlon membership. In order to verify your membership please show your current British Triathlon licence at registration or you will be required to pay the £5.00 difference.

## Race Envelope & Bags

At registration you will receive a race envelope containing: Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1 and a Draw-string bag x 3 - one for swim to bike, one for bike to run and one for your personal clothing.

## Swim Caps

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

## Chip Timing

You will receive instructions at registration on how to wear your chip.

Check your electronic timing chip number corresponds with your race number.

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.

**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.
3. Place the strap around your LEFT ankle with the timing chip on the outside
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and securely

**Please make sure you do not cross any of the chip timing mats before you start the race, if you do it will register a time. To avoid this problem do not climb over barriers, or post and tape, they are put in place for a reason. Please make sure when entering and exiting transition you only use the security entrance.**



# Know the Rules

## Race Number x2

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. Pin the race number in all four corners.

If using an elastic number belt pin the number in the top left and right hand corners.

You must not re-size your race number in any way.

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



## What do I wear?

A wetsuit is compulsory for the swim. For both the cycle and 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 2020 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.

## Helmets

Your helmet sticker must be attached to the front of your helmet.

Helmets are compulsory for the cycle and must be fastened before the bike is touched, and remain clipped until the bike is racked after the cycle stage.



## Bike

Any type of bike can be used as long as it is road worthy. One bike sticker must go on the front of your handlebars and the other bike sticker must go on your seat stem.



## Transition Changing Tent

Due to Covid-19 there will be no changing tent within transition. Please do all you're changing at your cycle transition position. If you need to remove undergarments then you must use a towel to cover yourself. There will be a small marquee with no sides on that you may use to temporarily shelter from rain or the sun.

## Illegal Equipment

Certain items are banned during the event. This includes mobile phones and personal video recording devices. As the run course is closed to traffic, we are allowing personal music systems for the run only.



## 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.

## Drafting

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

In the Ultimate 1/4 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.

In Ultimate and Ultimate 1/2 distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.



## Know the Course

Make sure you know which route to take - check the course maps and attend the race brief on race day. Marshals are there to ensure the safety of the event, not to point you in the right direction or stop traffic.



# Essential Information

## Bike Racking

Cycle racking is only available on race day between 5:00am and 6:45am. Your race number and name will show you where to rack your bike. Rack your bike with the race number facing you.

## Cycle Brakes and Helmets

There will be no cycle or helmet check on entry to the transition area. You are responsible for checking your own cycle brakes and helmet before taking part in the event.

## Drawstring Bag

You will be given 3 bags at registration, these bags are for the following...

Bag 1 Swim to bike

Bag 2 Bike to run

Bag 3 Personal clothing & items

**Bag 1** All your cycle items must be placed inside bag 1, for example, helmet, gloves, sunglasses, cycling shoes etc (if you want to, you can attach your cycling shoes to the peddles on your bike before you leave transition before the start of your race). Once you have finished your swim, make your way to your bike, empty the items you require for the cycle section of the event out of bag 1, place all items used from the swim into bag 1. **Failure to bag all swim items in to bag 1 will constitute a 2 minute penalty.**

**Bag 2** All your running items must be placed inside bag 2, for example, running shoes, cap, etc. Once you have finished your cycle, make your way to your bike, empty the items you require for the run section of the event out of bag 2, place all items used from the bike into bag 2. **Failure to bag all bike items in to bag 2 will constitute a 2 minute penalty.**

**Bag 3** All your personal clothing & items must be in bag 3 ready to use when you have finished your race, please make sure there are no items of clothing hanging out of this bag. Bag 3 with personal items in may be looked after by a supporter if you wish, **Failure to bag all personal clothing & items in to bag 3 will constitute a 2 minute penalty.**

## Security

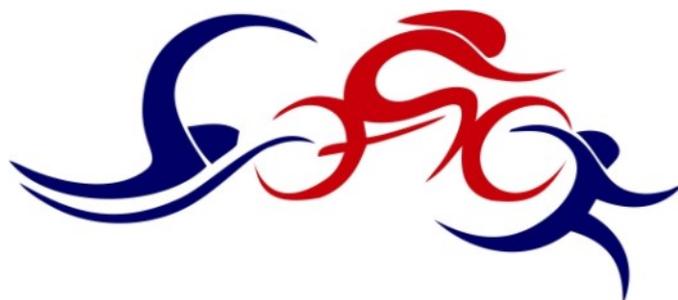
Although we allocate security staff to specifically watch the Cycle Transition Area, please note that we cannot be responsible for any items lost or stolen.

## After the Triathlon

You cannot take your cycle out of the transition area without your race number and corresponding cycle sticker.

# 2020 Event Calendar

Ultimate, Ultimate 1/2 & Ultimate 1/4	16th August
<b>Ultimate Aquathlon</b>	<b>16th August</b>
Shropshire Triathlon	6th September
<b>Henley Kids Triathlon</b>	<b>12th September</b>
Henley Triathlon	13th September
<b>Cheshire Kids Duathlon</b>	<b>19th September</b>
Cheshire Triathlon	20th September
<b>North West Kids Duathlon</b>	<b>19th September</b>
North West Triathlon	20th September
Birmingham Triathlon	26th September
Warwickshire Triathlon	4th October
Stratford Triathlon	4th October
Birmingham Half Marathon, 10k & 5K	18th October



*For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)*

# OFFICIAL UK TRIATHLON 2020 TRI WEAR



**UNISEX FIT  
TECH SHIRTS  
£20**



**LADIES FIT  
TECH SHIRTS  
£20**



**HEAVY WEIGHT  
HOODIES  
£30**



**EMBROIDERED  
TECH CAPS  
£10**

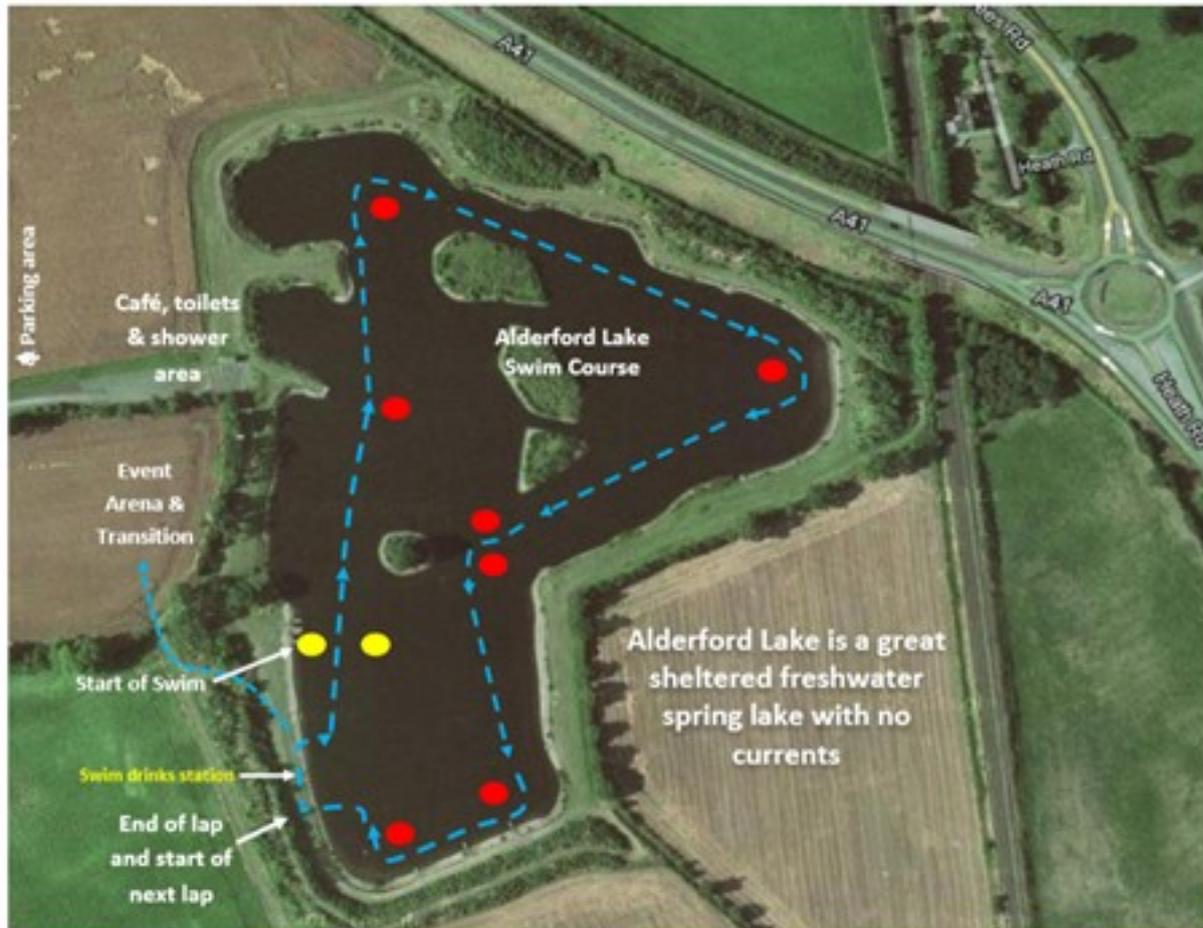
**AVAILABLE TO BUY AT THE EVENT**

# Main Arena Map



# Swim

2.4 Miles - 4 laps



## Wetsuits and Swim Caps

Wetsuits are compulsory for the swim

You may use your own swim cap for the race. If not please request one from registration.

## Swim Lap

At the completion of each lap, you will leave the water for approximately 20m, run/walk across the matting and get back into the water to start your next lap

## Water Depth & Safety

Water depth is between 2 to 3 metres

There will be safety canoeists on the course.

## Transition

The distance from swim exit to cycle transition is approximately 100 metres

## Cut off Time

The cut off time is 2 hour 30 minutes from the start of the race

## Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 15 for more information.

## Getting ready for the Bike Section

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. After collection your cycle, walk or run to the cycle mount line where you commence the cycle section of the race, you cannot mount your cycle until you have crossed the mount line.

## Course Safety

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.

## The 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, although there are safety marshals present, they are not there to give direction.**

One complete lap of the bike course starts and finishes at the turn point outside Alderford Lake entrance.

Make sure you study the end part of your lap and the Alderford roundabout area.

Please take extra care when you have to go around any roundabout, safety is IMPORTANT!

When completing a lap you must keep inside the coned filter lane at the Alderford Lake roundabout.



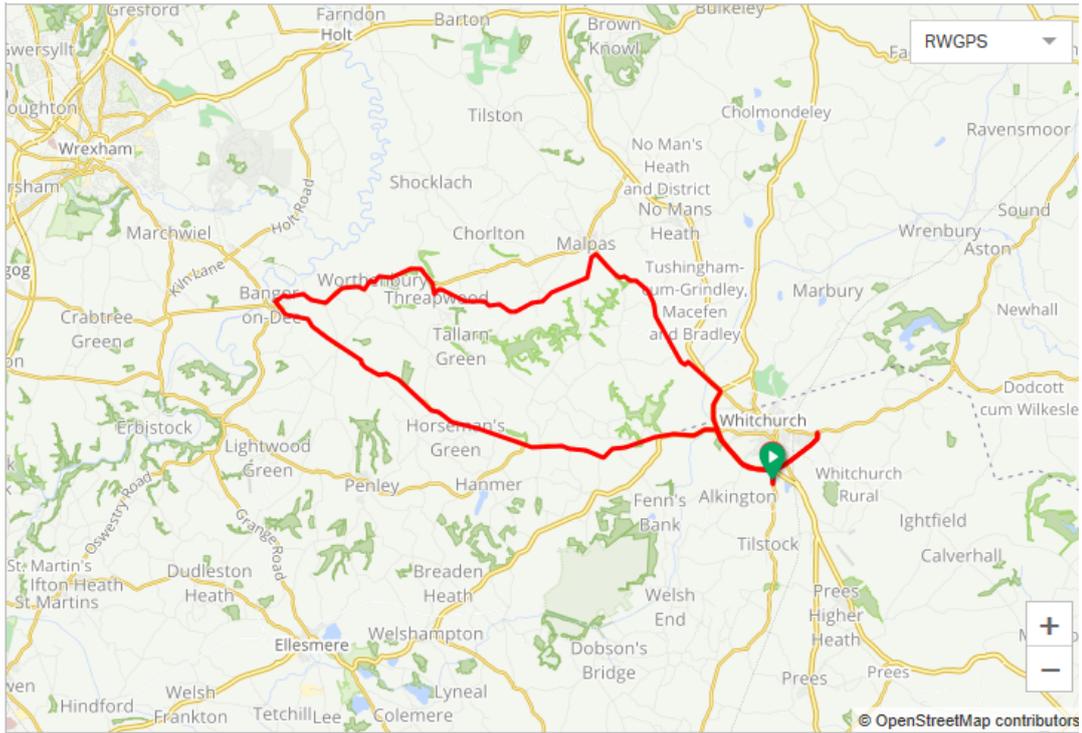
## Mount and Dismount Line

The mount line and dismount line are just outside the cycle transition inside Alderford Lake.

## Cut off Time

The cut off time is 10 hours 30 minutes from the start of your race.

# Bike Map



To view a fully interactive map [please click here](#)



# Run

# 26.2 Miles - 6 laps

## The Course

Each lap of the run course is about 60% on grass around the lake and within the grounds of Alderford and about 40% on tarmac closed to traffic road at the front of Alderford.

Keep to the left at all times except when overtaking.

Maintain a distance of at least two meters where possible when overtaking.

If running behind another competitor at the same pace, maintain a gap of at least 10 meters, unless overtaking.

Follow the post and tape and signs around the course.

One complete lap of the Run course starts outside of the transition area Run exit, and finishes in the same place.



## Race Number

Your race number must be clearly visible on your front before leaving the Cycle Transition Area

## Counting Laps

At the end of each run lap, your race number will be logged by a marshal. If you are unsure of the amount of laps you have completed you can ask the marshal from a safe distance, and they will tell you.

## Head Torch

If you feel you will not be finished before dusk on the run course, it is recommended to wear a head torch to aid navigation as it goes dark.

## Cut off Times

The cut off time is 17 hours from the start of the race



# Relay

## Preparation

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

At registration each member of the relay team will be given an electronic timing chip that must be worn on the ankle and is relayed to the finish line.

## Awards

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

## How to Relay

After completing the swim, the swimmer must be within 4 meters but no closer than 2 meters to the cyclist, who should be stood next to their cycle which should still be racked. Only then can the cyclist take the cycle off the rack and continue on to the cycle mount line to commence the cycle section of the event. Once the cyclist has finished, they must re-rack their cycle and at that point the runner, who should be within 4 meters but no closer than 2 meters to the racking position, may start the run section of the event. Please make sure all electronic timing chips are handed in at the finish line.

# Results and Prizes

## Results

Your times will be available shortly after you have crossed the finish line and will be displayed on the website at [www.UKtriathlon.co.uk](http://www.UKtriathlon.co.uk). Overall results and times will be online on Monday 17th August 2020. Should you have any problems with your results please email [sam@uktriathlon.co.uk](mailto:sam@uktriathlon.co.uk)

## Prizes

Commemorative 2020 medal for all finishers.

Presentations will take place throughout the day as and when the results are in and have been verified.

For the Ultimate there will be awards for the top 3 female and male overall winners

Prizes for first place in all five year age groups (see table opposite)

For the Relay there will be awards for first place for all female and overall relay teams.

Code	Category	Age
A/B	Youth	14-18
C	Junior 19	19
D	Senior 1	20-24
E	Senior 2	25-29
F	Senior 3	30-34
G	Senior 4	35-39
H	Veteran 1	40-44
I	Veteran 2	45-49
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

## Photography

Our official event photographers, New Pixels Photography, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event.

## Massage

Unfortunately massage will not be available at the events due to Covid

# BADGER CYCLES.CO.UK



## BADGER CYCLES- QUALITY BIKE SERVICING

# Get YOUR bike in Race shape!

Pre book your Pre race check or Service with Carl by texting him your race number and start time. 07950 735737

Badger Cycles will again be attending all UK Triathlon Events in 2020 offering Athletes the opportunity to save money on Bike servicing and repairs during the race weekend. GET YOUR BIKE READY FOR RACE DAY !

To make your booking just text your Race Number, Name and Start time prior to Race day and Carl will allocate a slot for your selected work. All work will be carried out using anti bacterial spray to all components being worked on as well as fresh disposable gloves for each bike serviced.

Alternatively, for Athletes living in Cheshire or Shropshire bookings can be made at Badger Cycles Workshop based in Whitchurch in the weeks prior to the event. Discounted service rates will apply.

New for this year are the following Service packages -

BRONZE SERVICE - Safety Check, Brakes, Gears, Drivetrain, Headset

Tyres/Valves. £15.00

SILVER SERVICE - As Bronze plus - Chain Lubrication and Wear Check

Headset Lubrication and adjustment.

Brake Shoes Cleaned and re set.

Gears Adjusted and re indexed.

Bike Fit Check and adjustments. £35.00

GOLD SERVICE - as Silver plus -

Bottom Bracket Lubrication / Replacement

Rear Cassette removal / Clean and Lubricated.

Anti Puncture Sealant to Tyres.

Cables replaced Gears and Brakes. £75.00



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

RACE WHEELS HIRE - As UK Distributor for Progress Wheels, Badger Cycles are able to offer UK Triathlon Athletes the opportunity to Hire a set of Race Wheels giving YOU the chance to sample the benefit of having an Aero and lightweight set of wheels to shave some time off your race result.

Progress have recently won the cutting edge award from 220 Triathlon in the current edition.

Athletes entering a UK Triathlon race are also entitled to a 20% discount off any Wheelset purchase from Badger Cycles. Badger also GUARANTEE that these wheels offer performance gains.... or your money back!

Progress Phantom 30mm Lightweight - £30.00 per race



ENERGY | HYDRATION | RECOVERY

**PUNISH LUNGS**

**NOT TONGUES**

[HIGHFIVE.CO.UK](http://HIGHFIVE.CO.UK)



**REAL PERFORMANCE, REAL TASTE**

*Click the links below for further tips and advice-*

[Triathlon Nutrition](#)

# Meet fibreful<sup>®</sup>

The amazing oatbran porridge with  
double the fibre of rolled oats\*



Head to [fibreful.com](https://www.fibreful.com) for more information.  
Now available on Ocado and Waitrose.

\*Standard Porridge Oats typically contain 9.1g fibre per 100g vs fibreful at 25.6g fibre per 100g

GEL-NOOSA TRI™ 12  
**THE ICON**  
**IS BACK**  
FASTER. LIGHTER. BRIGHTER



**asics**  
I MOVE ME™



PROFESSIONAL, AFFORDABLE, RACE PHOTOGRAPHY



PRE-ORDER YOUR RACE PHOTOS NOW  
AND **SAVE 20% OFF OUR PACKAGE.**

[WWW.MYSPORTPHOTOS.CO.UK/PRE-ORDER](http://WWW.MYSPORTPHOTOS.CO.UK/PRE-ORDER)

ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

# 20% OFF ZONE3



RACE IN AN  
AWARD-WINNING  
WETSUIT FROM  
UKTRIATHLON  
SWIM PARTNER  
ZONE3.

AS UKTRIATHLON'S OFFICIAL  
PARTNER, WE'RE OFFERING  
**20% OFF** SITE WIDE\* FOR ALL  
EVENTS.

USE CODE: **UKTRIATHLON2020**



\*excludes wetsuit hires and sale items



Donations are helping more people like Angela get good news

Donate right now  
at [cruk.org/donate](https://cruk.org/donate)

Together we will beat cancer



CANCER  
RESEARCH  
UK



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103). © Cancer Research UK 2019.