



# Ultimate Triathlon Race Day Information

**Sunday 2nd June 2019**

**Start Time 7:00am**

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**

Contents	Know the Rules	Essential Information	Event Calendar	Merchandise	Swim Course Map	Cycle Transition
	Page 2	Page 3	Page 4	Page 5	Page 6	Page 7
	Swim Page 7	Bike Page 8	Run Map Page 10	Run Page 11	Prizes & Results Page 12	Partners Page 13

# Know the Rules

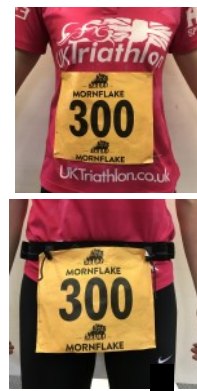
## Race Numbers

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 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 2019 technical series shirt is also a good option and can be purchased at an 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 bike sticker must be attached to the front of your helmet.

Helmets are compulsory for the cycle and must be clipped 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

The Transition Changing Tent is available to all Ultimate competitors, each competitor will have a designated area within the tent.

## 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.



## Racing 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

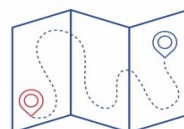


In the Ultimate 1/4 the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres—if overtaking a competitor, you have 20 seconds to pass through their draft zone.

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.



For more information regarding drafting [please click here](#)

# Essential Information

## Registration

Registration will be open on Saturday 1st June from 2:00pm until 4:30pm

**THERE WILL BE NO REGISTRATION FOR ULTIMATE COMPETITORS ON RACE DAY.** All Ultimate competitors must register on Saturday.

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

## Race Brief

**5:00pm - Saturday 1st June**

There will be one compulsory race brief for the Ultimate Triathlon.

The race director and race organiser will take you through the whole race step by step and if you have any questions please do not hesitate to ask. If you have camping chairs with you please bring them along.

Race brief will take place outside Alderford Café.

## 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, Race number tattoo x2, Swim Cap x1 and a Drawstring bags x 3 - one for swim to bike, one for bike to run and one for your personal clothing.

## Race Tattoos

Must be applied to your upper left arm and lower right leg. Water and sponges will be available outside of the registration tent.



## 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.

*If you require an extendable strap please ask at registration*

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
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and secure



**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.**

# Essential Information

## Bike Racking

It is compulsory to rack your bike on Saturday 1st June **BEFORE 4:50pm (opens at 3pm)**, once transition closes there will be full time security all night. Your race number and name will show you where to rack your bike. All Ultimate competitors will be allowed 30 minutes in transition to make any final preparations on race day morning, this will be from 6:00am until 6.30am.

## Athlete's Parade

All athletes will congregate in the transition at **6.40am on Sunday morning** before walking down together to the lake ready for the Ultimate start.

## 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 into the changing tent, 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 into the changing tent, 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.



# 2019 Event Calendar

Birmingham Half Marathon, 10k & 5K	14th April
<b>Cheshire Kids Duathlon</b>	<b>11th May</b>
Cheshire Triathlon	12th May
Stratford Triathlon	19th May
<b>Ultimate Kids Triathlon</b>	<b>1st June</b>
Ultimate, Ultimate 1/2 & Ultimate 1/4	2nd June
<b>Birmingham Kids Triathlon &amp; Duathlon</b>	<b>15th June</b>
Birmingham Triathlon	16th June
York Triathlon	14th July
<b>Henley Kids Triathlon</b>	<b>27th July</b>
Henley Triathlon	28th July
South Coast Triathlon	10th August
South Coast Run	11th August
Shropshire Triathlon	8th September
<b>North West Kids Duathlon</b>	<b>21st September</b>
North West Triathlon	22nd September
Warwickshire Triathlon	6th October



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



# **UKTriathlon**

## **2019 MERCHANDISE**

**AVAILABLE TO BUY  
AT THE EVENT**

**OFFICIAL EVENT TECH TEE £20.00**

**UK TRIATHLON HOODIES £30.00**

**UK TRIATHLON TECH CAPS £10:00**



# Main Arena Map





# Swim

## 2.4 Miles - 4 laps



### Wetsuits

Wetsuits are compulsory for the swim

You must wear your allocated swim cap, which will be given to you at 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

### Drinks Station

There will be a drinks station serving water as you exit the water after each lap

### Water Depth & Safety

Water depth is between 2 to 3 metres

There will be safety crafts on the water along with safety canoeists

### 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



# Bike

# 112 Miles - 4 laps

## 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 the Cycle Transition Area.

Your race number must be clearly displayed on your back for the cycle section of the event.

## Course Safety

Abide by the highway code, 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.

## Feed Station & Toilets

**Please make sure you have drinks on your bike before starting the cycle as the feed station outside Alderford will not be operational until the end of your first lap.**

There are 2 feed stations per lap approximately 14 miles apart. Each feed station will carry food, High 5 gels, energy drinks and water (in bottles). There is a toilet situated on both feed stations.

## 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 tell you where to go.**



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

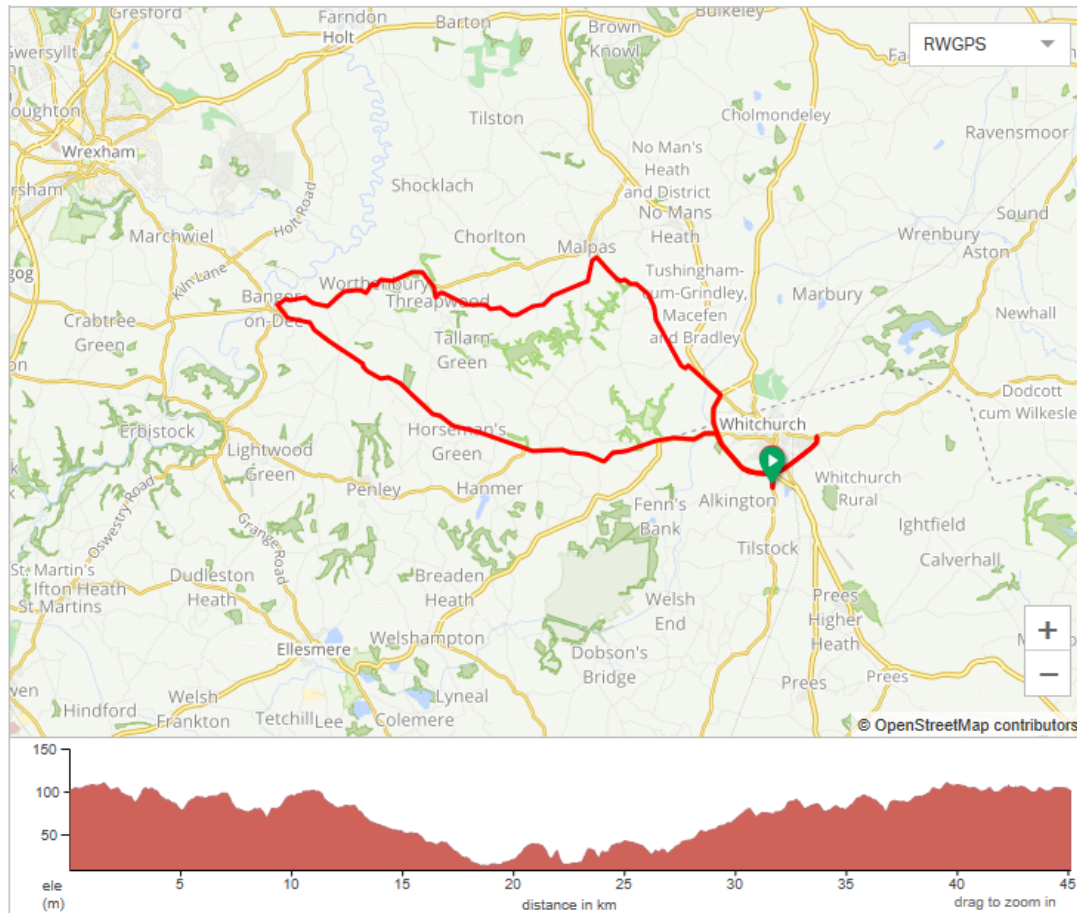
The mount line and dismount line are just outside the cycle transition inside Alderford Lake.

## Cut off Time

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

Should you need help whilst on the cycle course call our bike manager Chris 07810 698686

# Bike Map



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



# Run

# 26.2 Miles - 6 laps

## Race Number

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

## Feed Station and Toilets

There will be 4 feed stations on the run course

There will be a toilet approximately every 2 miles

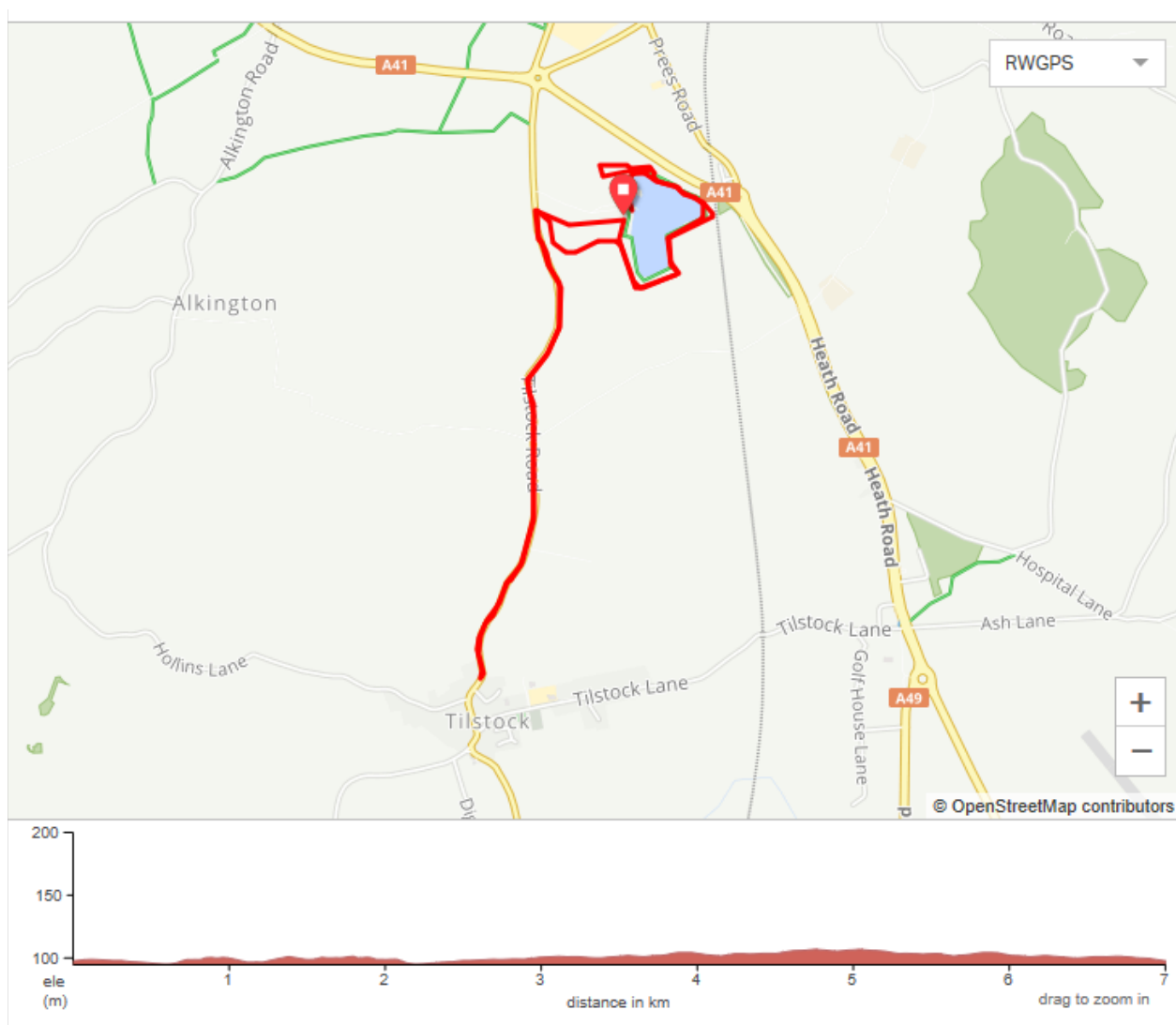
## Head Torch

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.

If you do not have a head torch you can purchase one on EBay or Amazon for a small cost or visit [www.petzl.com](http://www.petzl.com)

## Cut off Times

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



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



# 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 you 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 teams. All male teams can consist of three men, two men and one woman or one man and two women.

## The Triathlon

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 electronic chip 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 TV screen which is located at the finish line. Overall results and times will be online on Monday 3rd June 2019. Should you have any problems with your results please email [karl@orangeboxtiming.co.uk](mailto:karl@orangeboxtiming.co.uk) or [kate@orangeboxtiming.co.uk](mailto:kate@orangeboxtiming.co.uk)

## Prizes

Commemorative 2019 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	15-18
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.

## Filming

There will be filmmakers recording for a promotional video of the event with the use of ground cameras and a drone. A remotely operated aircraft will be in operation throughout the day. The aircraft may be overhead at a safe distance at any stage or area of the triathlon. For your safety, please locate and observe. Please be aware that landing/take off areas will be restricted areas. Please do not approach or communicate with staff members within these areas, as they may be in control of the aircraft. If you do not want your image (moving or still) to be used in the making of any film or promotional material please advise in writing to [zoe@uktriathlon.co.uk](mailto:zoe@uktriathlon.co.uk)



## Massage

Race event massage is available at the Triathlon from B.E. Sports Massage located next to registration. Indulge in a much deserved professional Sports Massage to help rid the build up of lactic acid and reduce the chance of injury.

Quick flush out—£10

Post race massage for full body- £15

The "back to training" treatment- £20

To book your slot for when you finish contact Ben by texting your name and time required to 07857881511 or just turn up and book on the day.



**lake** café **walks** plants **events**

**UK Ultimate Pasta Party  
Alderford Lake, Whitchurch  
Saturday 1<sup>st</sup> June 2019**

**Menu**

**A choice of three homemade pastas:**

Salmon and Asparagus in a White Wine sauce,  
Sun Dried Tomatoes and Goats Cheese in a Pesto sauce or  
Mixed Red Mediterranean Vegetable in a Tomato and Basil sauce

Served with dressed green salad and French bread

followed by

A selection of ice creams

And choice of drink: Tea, coffee or soft drink can

**£15 per head**

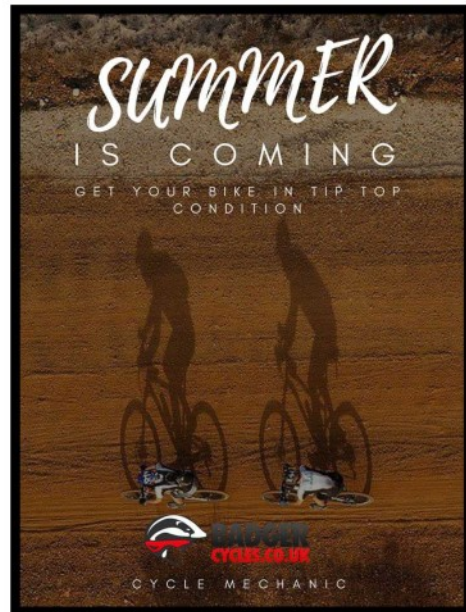
**BOOKING ESSENTIAL on 01948 665914**



## 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



PRE RACE BIKE CHECK £12.00

GEAR AND BRAKE SERVICE £20.00

INTERMEDIATE SERVICE £40.00

Badger Cycles can also offer a full service and individual repair options including -

Tyre Supply and free fitting

Chain replacement

Head set replacement

Cassette upgrade and fitting

Brake pads supply and free fitting.

## SAVE MONEY ON YOUR BIKE SERVICE OR REPAIR

Make sure your bike is in race shape for your event. Missing gears, inefficient brakes and various other cycle maintenance issues can spoil your event, or worse could retire you from the race!

Badger Cycles offer a full comprehensive Service and Repair Menu and have been working in association with UK Triathlon for 5 years servicing over 800 bikes during that time! There will be slots available each day of the weekend, so why not save the hassle of booking repairs or service with a bike shop and save up to 30%. Simply text or call Carl to book on 07950735737 or discuss with him on the day! If additional work or replacement parts are required cost will be agreed with you prior to work taking place.

## RACE DAY SHOP – RACE ESSENTIALS – RACE ACCESSORIES.....

A Triathlon Race store will be on site at all events offering those essential race day products as well as accessories for you to treat yourselves too after your race! So check out the latest products for sale from the top brands.

# BADGER CYCLES.CO.UK

**PROGRESS** WHEELS

Available from  
**BADGER**  
CYCLES.CO.UK

On site Mechanical services at all events

UK Triathlon



## Nutrition Tips



The ultimate test of endurance calls for optimum levels of energy. Whether you're an elite athlete or an enthusiastic amateur, this multiple-stage competition is gruelling – but nothing matches the sense of achievement as you cross the line. Check out these top five tips:

### 01 ■ Have a plan

Have a race nutrition plan and stick with it. If you want some inspiration for your race day plan then check out the HIGH5 triathlon nutrition guide – see bubble on the right. It's always a good idea to practise your race day nutrition plan in training at least twice. Prepare your nutrition before race day so there is less to go wrong in the morning.

### 02 ■ Carb's your #1 Fuel

Carbohydrate is our main source of energy during a triathlon. The more you have available for fuel, the faster and further you can go. If you're racing for more than 90 minutes, aim for 60-90g of carbohydrate per hour. This can be from sports drinks, energy gels and bars. For shorter distances, take something when you can.

### 03 ■ Caffeine Boost

Would you like to benefit from more focus, increased concentration and improved endurance performance? It's well established that caffeine can supercharge your race day performance. You should aim for 3mg per kg bodyweight (that's 180mg if you weigh 60kg) but as little as 75mg caffeine has been shown to give you an edge. Alternatively simply follow the HIGH5 triathlon nutrition guide for a dose of caffeine based on your bodyweight.

#### Triathlon Nutrition Guides

HIGH5 Advanced Nutrition Guides have been designed to help you race faster and to finish a challenge feeling strong and with a smile on your face. We work exceptionally hard to ensure that you can perform at your best. HIGH5 nutrition undergoes rigorous testing in both the lab and with athletes in the real world. It won't let you down when it matters most. [CLICK ON YOUR RACE DISTANCE HERE](#) for a step-by-step nutrition guide:



#### Sprint Triathlon



#### Olympic Triathlon

### 04 ■ Don't leave it too late

Start fuelling as soon as you get out of the water. If you wait until you are hungry or your energy drops, it's normally too late. Little but often is the best fuelling strategy. It will provide you with a steady flow of energy.

### 05 ■ Don't forget hydration

Hydration shouldn't be underestimated: dehydration is often associated with a drop in performance. But we don't just lose water. Important minerals (electrolytes) like sodium and potassium are lost through sweating and should be replaced during exercise. Little but often is the best strategy for drinking but try to aim for around 500ml per hour – more when it's hot! Sport drinks like HIGH5 EnergySource contain sufficient electrolytes for UK weather conditions.





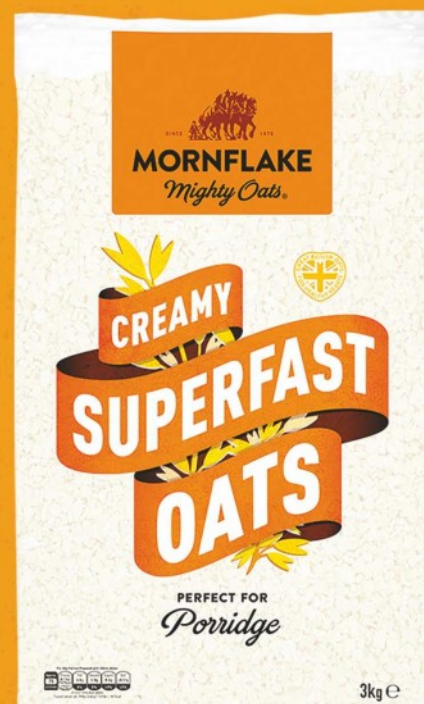
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UK's leading oat brand for health and enjoyment  
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UK's leading and fastest growing porridge  
brand in the UK (volume) total market.\*

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\*Kantar Worldpanel 2018



# THE RUNNERS IS IN ALL OF US







# NEWPIXELS

EVENT PHOTOGRAPHY



PROFESSIONAL, AFFORDABLE  
RACE PHOTOGRAPHY

SEARCH FOR PHOTOS VIA YOUR BIB NUMBER

ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

[WWW.NEWPIXELSEVENTS.CO.UK](http://WWW.NEWPIXELSEVENTS.CO.UK)



**ZONE3** 

# REACH NEW LIMITS




Triathlon  
**BEST  
BUY**

220  
TRIATHLON  
BEST ON  
TEST

Triathlon  
**TOP  
VALUE**

## EXCLUSIVE ZONE3 OFFER

Congratulations on registering and welcome to the world of triathlon! We've partnered with Zone3, the authority in performance triathlon apparel who have won many awards over the years including the prestigious Queens Award in 2018! For a limited time only, enjoy 25% off your new Zone3 wetsuit. 

Discover more online  
**WWW.ZONE3.COM**

**USE CODE: MK-UKTRI2019**

 Coupon available until 31/12/19 and can only be used once per user. For full T's & C's, see website.





Women, swimming, cycling & running to beat cancer



**Take part individually or as part of a team!**  
Distances from just 200m swim - 9k bike - 2.5k run

Pool based triathlons for women-only, working in partnership with Cancer Research UK to raise money for research into all 200 types of cancer.



UK Triathlon will donate £10 to from every Pink Wave entry to Cancer Research UK

6 fun pool based events to choose from  
Yorkshire, Oxfordshire, Cheshire, Warwickshire

**Fight the fight, whilst trying the TRI!**  
Sign up today, join The Pink Wave

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



**JOIN US  
ON THE  
ROAD TO  
PROGRESS**

Request a sponsorship pack  
and join our team today

**JOIN OUR TEAM:**  
Visit [cruk.org/our-team](http://cruk.org/our-team)  
Call **0300 123 5461**



**CANCER  
RESEARCH  
UK**



Registered with  
**FUNDRAISING  
REGULATOR**

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