



Shropshire Triathlon Race Day Information

Sunday 8th September 2019

Start Times:

07.45am Middle Distance & Relay

08.30am Olympic Men

08:50 Olympic Women and Relay

09.20am Sprint & Relay

Distance	Swim	Cycle	Run
Middle	2000m - 2 Laps <small>(1000m Course)</small>	78k - 2 Laps	20k - 4 Laps
Middle Relay	2000m - 2 Laps <small>(1000m Course)</small>	78k - 2 Laps	20k - 4 Laps
Olympic	1500m - 2 Laps <small>(750m Course)</small>	39k - 1 Lap	10k - 2 Laps
Olympic Relay	1500m - 2 Laps <small>(750m Course)</small>	39k - 1 Lap	10k - 2 Laps
Sprint	750m - 1 Lap <small>(750m Course)</small>	22.1k - 1 Lap <small>(Short Lap)</small>	5k - 1 Lap
Sprint Relay	750m - 1 Lap <small>(750m Course)</small>	22.1k - 1 Lap <small>(Short Lap)</small>	5k - 1 Lap

The Mere, Cremorne Gardens, Ellesmere, SY12 0HD

PLEASE MAKE SURE YOU ARE PARKED UP AND AT THE VENUE BY 8AM AS THE FIRST CYCLISTS ARE DUE ON THE ROAD THEN.

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Essential Information

Car Parking

There are numerous car parks around Ellesmere, all of them are pay and display. Allow plenty of time to park and walk to race registration. Some of the car parks are a 15 minute walk. Here are some postcodes for parking in Ellesmere -

SY12 0PA Mereside

SY12 0AW Cross Street

SY12 0HQ Talbot Street

SY12 0HG Cross Street

SY12 0PA The Moors

Race Brief

Please be at the swim start at least 15 minutes before your start time for your compulsory race safety brief (late comers will miss important information about the course).

Registration

Open on Saturday from 1pm-3pm and on Sunday from 6:30am.

Please know your race number ready for registration staff and arrive at least 60 minutes before your start time. Registration is located in the orange Mornflake marquee.

Please do not attempt to change your start time.

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

At registration you will receive a Mornflake draw-string bag and a race envelope containing: Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1, Race number tattoo x2, Swim cap x1.

Race Tattoos

Must be applied to your upper left arm and lower right leg. Water and sponges will be available in the numbering area next to registration. Please go to the numbering zone next registration and follow instructions on the banner.



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



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 or medical conditions you may have on the back of your race number.



What do I wear?

A wetsuit is compulsory for the Middle and Olympic triathlons only. You can wear swimsuit/trunks or a triathlon specific trisuit for the swim (wetsuits are compulsory for the 2000m & 1500m 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 wind-proof jacket.

Helmets

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

Helmets are compulsory for the cycle and must be clipped before the bike is touched, and remain fastened 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 the handlebars and the other bike sticker must go on the seat stem.



Transition

Competitors should only bring into transition what is needed - a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



Illegal Equipment

Certain items are banned during the event. This includes MP3 players, mobile phones and personal video recording devices.

Leave these outside transition.



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 standard 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.

In middle 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.

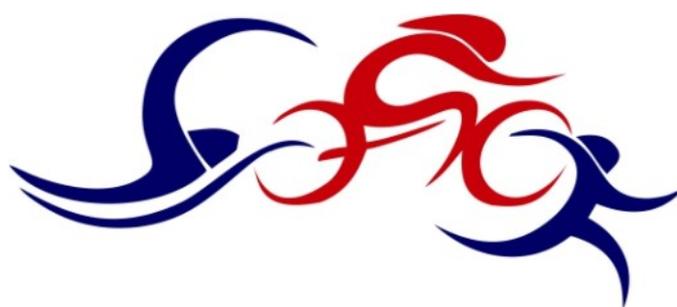
Marshals are there to ensure the safety of the event, not to point you in the right direction or stop traffic.



For more information regarding drafting [please click here](#). For all BTF rules [please click here](#)

2019/2020 Event Calendar

South Coast Triathlon	10th August 2019
South Coast Run	11th August 2019
Shropshire Triathlon	8th September 2019
North West Kids Duathlon	21st September 2019
North West Triathlon	22nd September 2019
Warwickshire Triathlon	6th October 2019
Birmingham Half Marathon, 10k & 5K	19th April 2020
Stratford Triathlon	3rd May 2020
Cheshire Kids Duathlon	16th May 2020
Cheshire Triathlon	17th May 2020
Ultimate, Ultimate 1/2 & Ultimate 1/4	14th June 2020
Birmingham Kids Duathlon	27th June 2020
Birmingham Triathlon	28th June 2020
Henley Kids Triathlon	11th July 2020
Henley Triathlon	12th July 2020
York Kids Triathlon	8th August 2020
York Triathlon	9th August 2020



For more information or for online entry visit uktriathlon.co.uk



UK Triathlon

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



Shropshire Arena



Littering

Please do not discard empty gel rappers, gel tear tabs or empty bottles along the bike or run routes. Please keep hold of your rubbish until you can dispose of it properly.



Cycle Transition Area

Before the Triathlon

Cycle Transition Area is open from 06:30am.

Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 2).

Only take into transition what is needed, a small bag can remain but bulky boxes are to be taken out of transition whilst the race is live.

Cycle Transition Area

Take your bike and everything you require for the triathlon and make your way over to the Cycle Transition Area entrance which is clearly marked. Rack your bike in any position, each racking position is marked by white tape.

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.

Swim

Middle & Relay - 2000m - 2 laps x 1000m
Olympic & Olympic Relay – 1500m - 2 laps x 750m
Sprint & Sprint Relay - 750m - 1 lap

Wetsuits

Wetsuits are compulsory for the 2000m and 1500m swim. Although not compulsory we recommend wearing a wetsuit for the 750m swim as it will help buoyancy.

Swim Cap

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

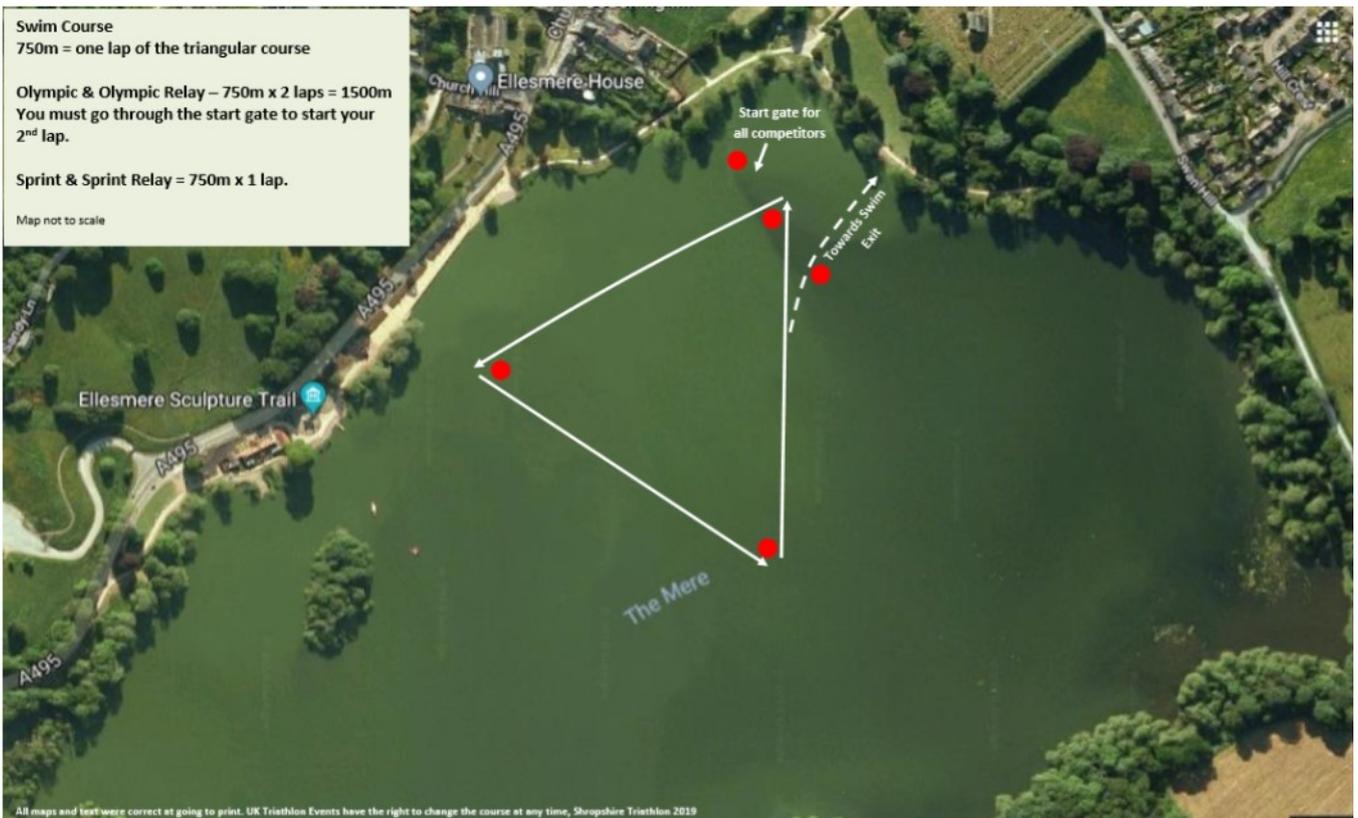
During the Swim

As an added precaution, as soon as you get into water that is deep enough to swim, then please swim and don't walk. If for any reason you have to stop swimming during the event and the water is shallow enough to stand (this is only in a few areas) then stand in the same position until you are content to continue swimming or if not then raise one arm and a safety craft will come to your assistance.

Swim Map— Middle Distance



Swim Map—Olympic and Sprint



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

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.

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.

Course Safety

Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.

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.

Keep hold of spent gel bar wrappers until you can dispose of them properly.

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.



Middle Distance Competitors Only

There will be a feed station at the start of the second cycle lap (half way point)

There will be;

- HighFive Energy Source in 750ml bottles
- Water in 750ml bottles
- Highfive Isogels
- Highfive Energy bars

Drop your empty bottles into the wheelie bin at the feed station at the side of the road. You can retrieve your bottles if you wish after the event next to the finish line.

Sprint Competitors Only

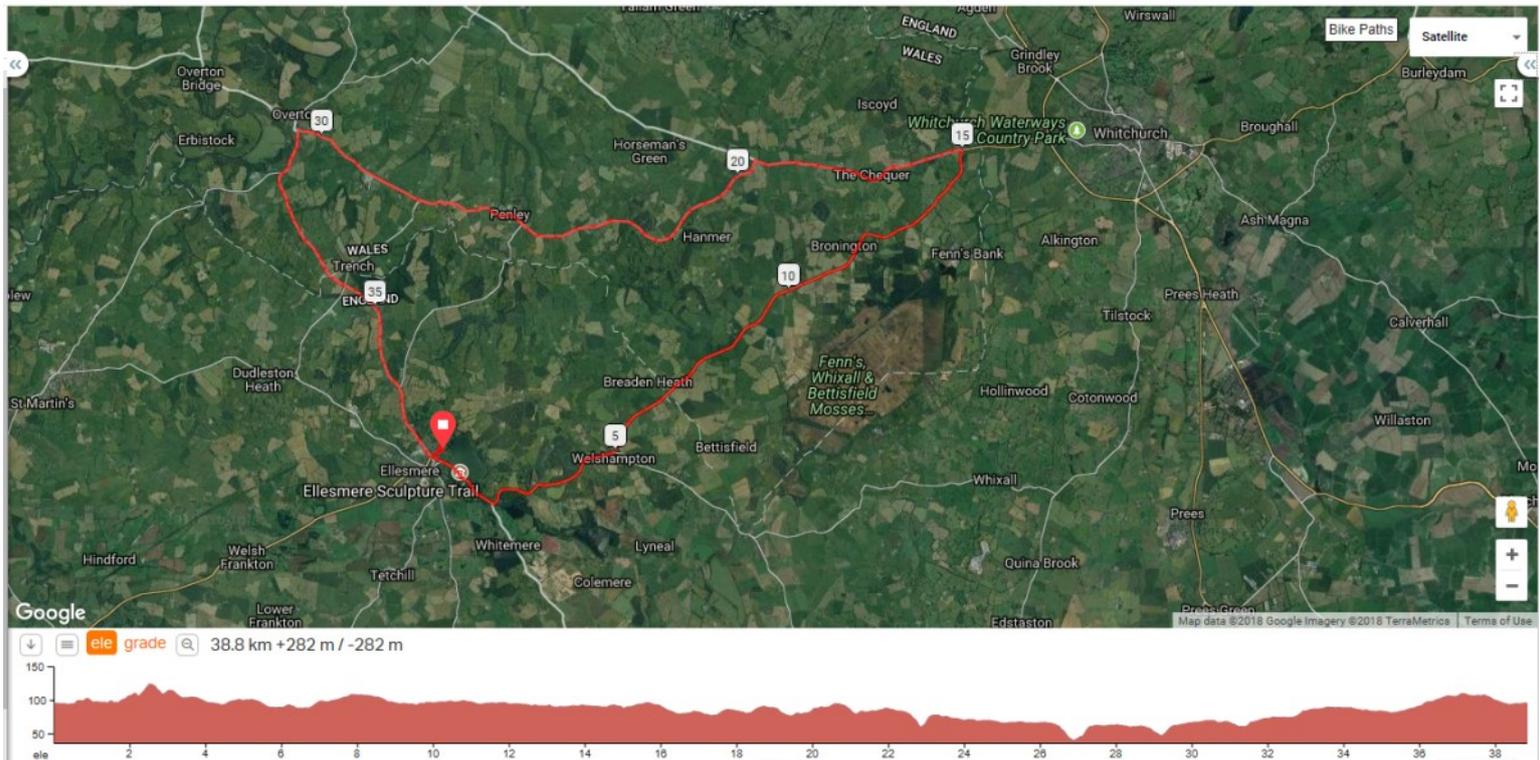
- You must complete 1 x lap of the cycle short course.
- There are 2 x specific turns you must look for and turn at.



Dismount

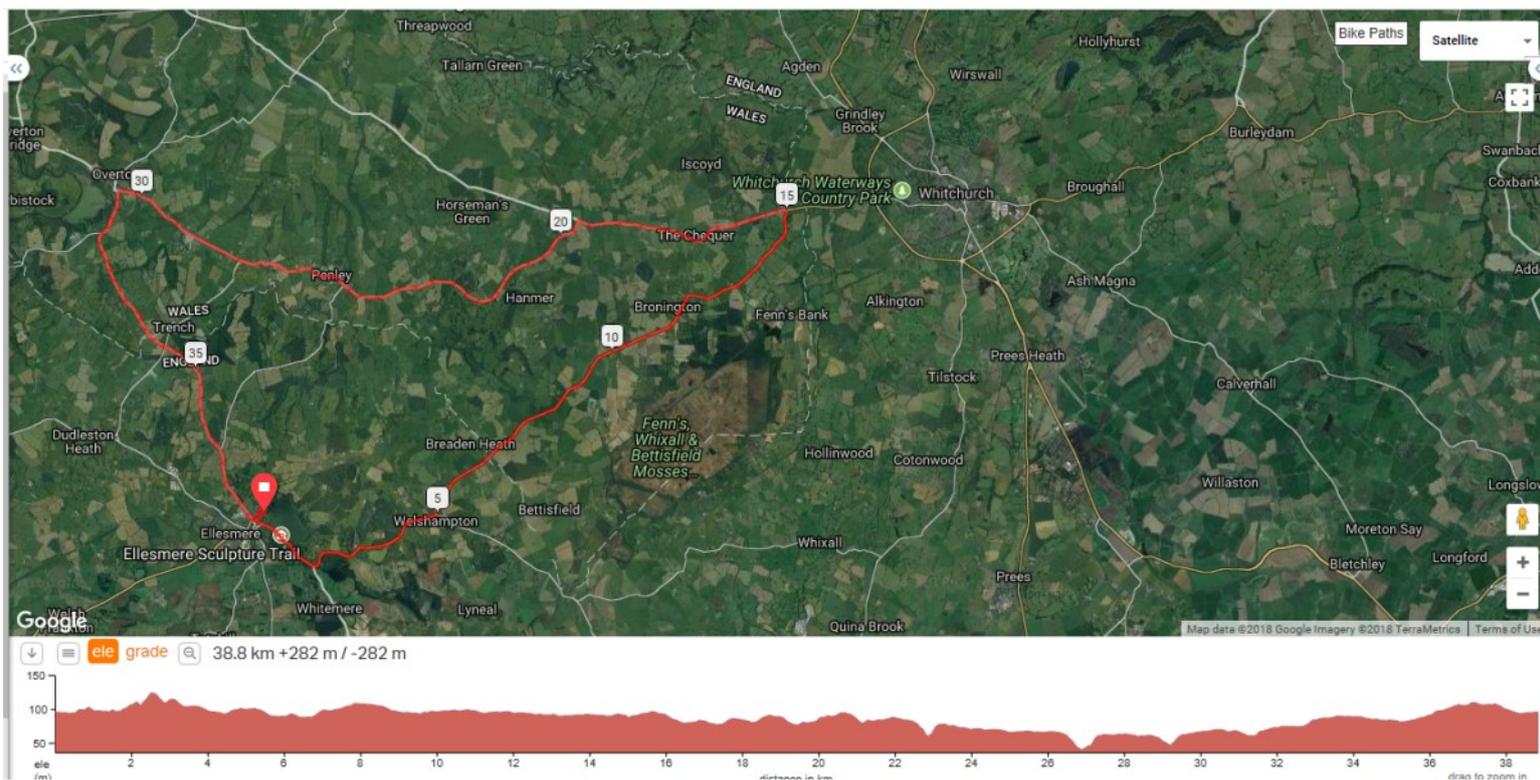
Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so (Cycling is not permitted inside the Cycle Transition Area).

Bike Map - Middle - 2x laps



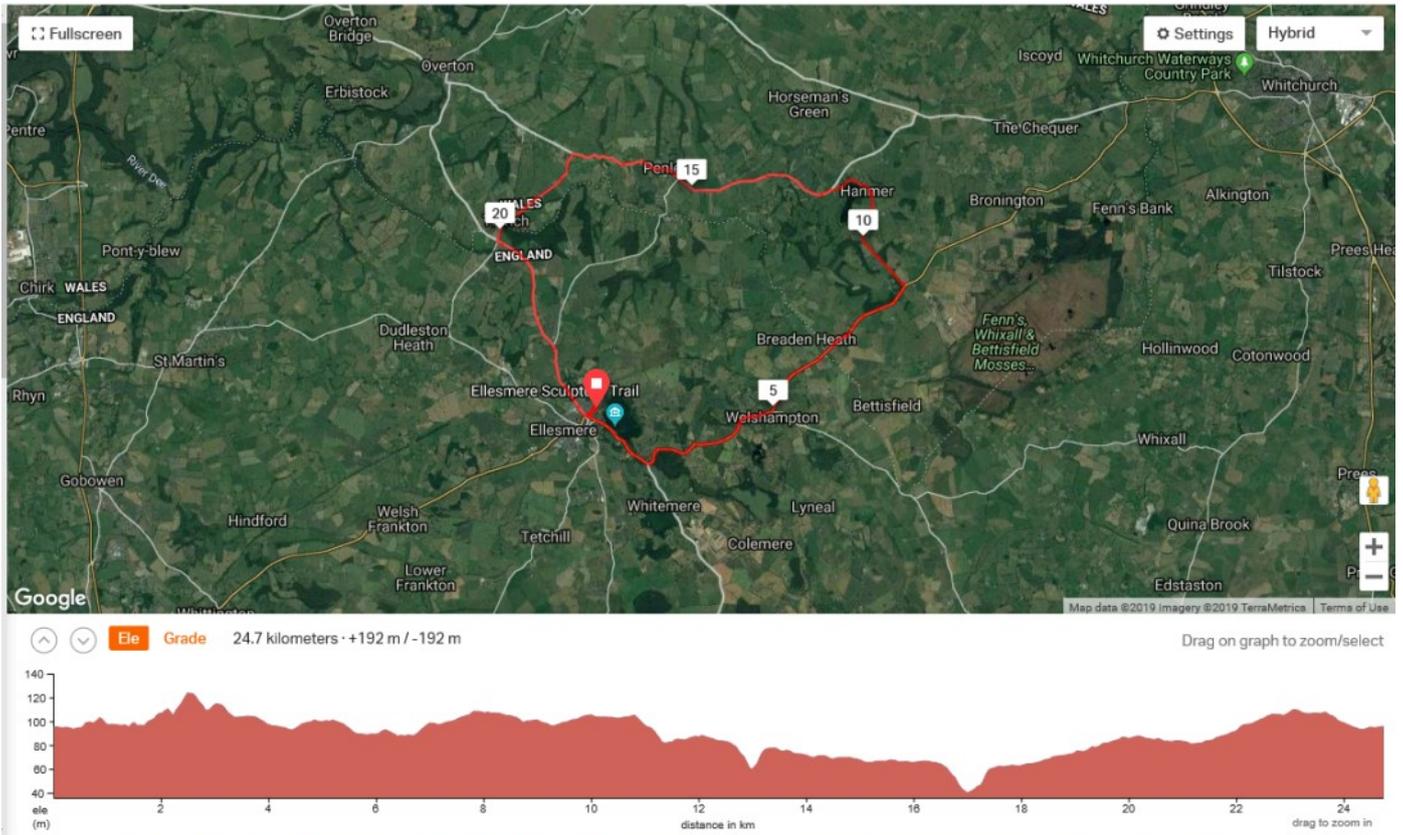
To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/25859976>

Bike Map - Olympic - 1x lap



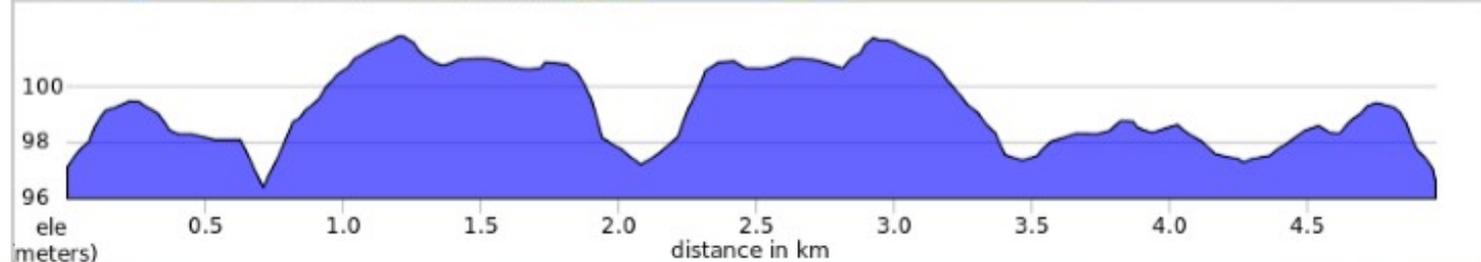
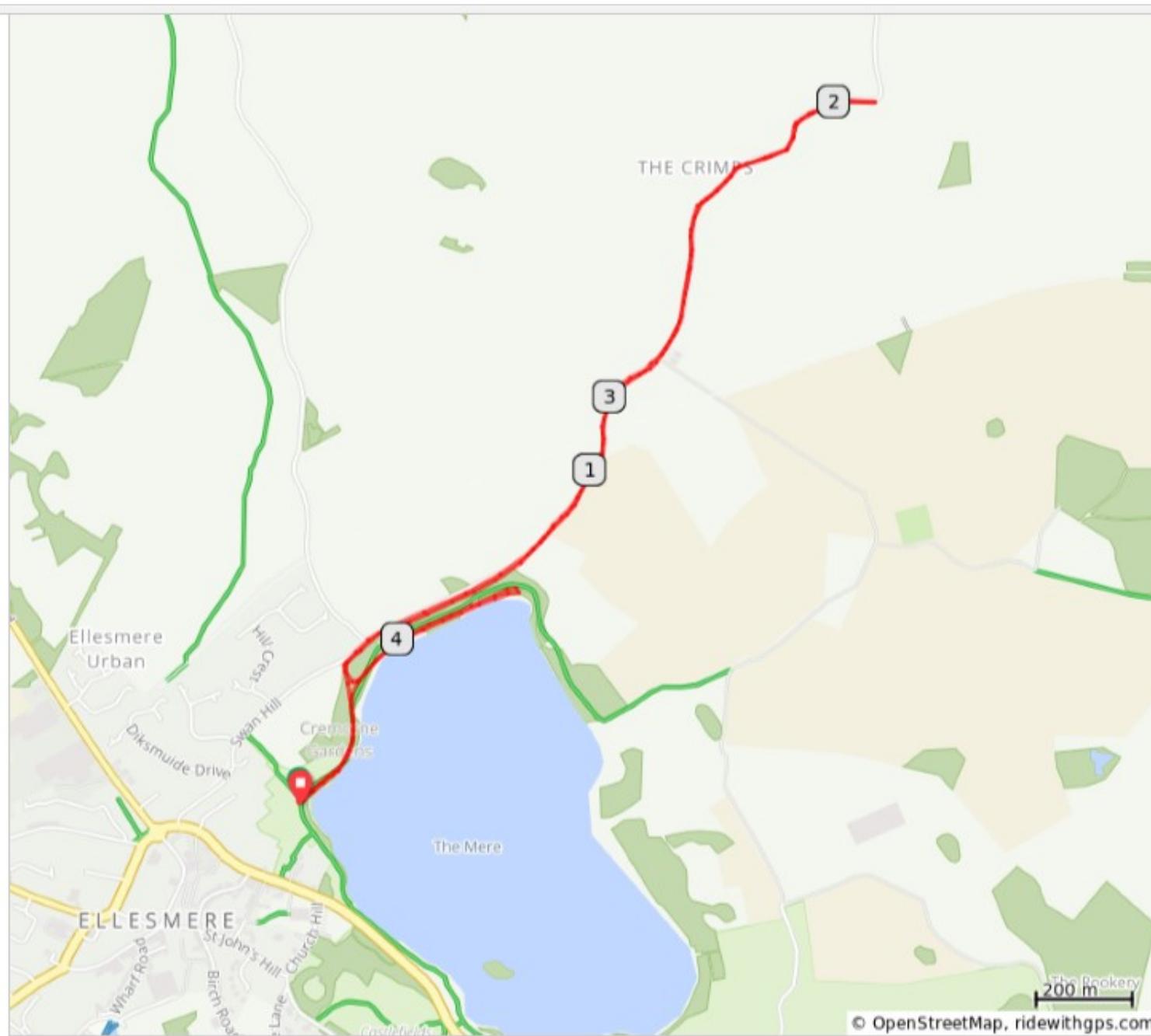
To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/25860223>

Bike Map - Sprint —2x laps



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/26026772>

Run Map



Run

Middle - 20k - x 4 laps
Olympic & Olympic Relay - 10km - x 2 laps
Sprint & Sprint Relay - 5km - x 1 lap

Getting ready for the Run

When you finish the bike course, enter Cycle Transition Area and rack your bike.

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

Feed Station

There is one feed station on the run course which you will pass twice on every lap, and one at the finish line which will be serving High5 energy drink and water.

The Course

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.

When you have finished the run, turn onto the finish alley and continue through the Mornflake finish gantry.

Relay

If your relay changes from an all female team you must email customercare@uktriathlon.co.uk

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 left ankle and 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 women or one man and two women.

How to Relay

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. You can get a print out on the day of your results at the finish line. Overall results and times will be online on Monday 9th September 2019. Should you have any problems with your results please email karl@orangeboxtiming.co.uk or kate@orangeboxtiming.co.uk

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.

Massage

Sports massage at the Shropshire Triathlon. Suffering with any injuries leading up to the triathlon? Want to get back into training sooner? And feel better, whilst also looking after your wellbeing? Ben our resident therapist offers pre and post event treatment, so any niggles you have that need ironing out, he can sort them for your big day. He also has his Dry Cupping set, what is it? You'll have to find out!

£10 Quick flush out

Quick 10 minute massage on the legs to get you feeling back to normal

£15 Full Body

Legs plus more focus on the upper body

£20 Back to Training

A combination of all the above with added stretches. Perfect for those that need to be back in training. Physio appointments from £40. Don't let it get to that stage. Get your slot booked now and invest in your wellbeing! Contact Ben on 07857881511 for more information.

Prizes

Commemorative 2019 medal for all finishers.

Prizes are awarded to the top 3 male & female competitors in the Middle, Olympic and Sprint & 1st place for all female and overall relay teams.

Prizes for first place in all five year age groups (see table opposite) in the Middle, Olympic and Sprint triathlon only.

Prize giving will take place toward the end of the event.

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+



IMPROVE YOUR RACE EXPERIENCES WITH CRAVEN COMPLETE

Are you new to triathlon?

Wanting to improve your race day experience?

Keen to unlock the mysteries of transition?

Looking to gain some speed and get that PB?

The Craven Complete Race-day Master Class can help you do this and more...



Being completely ready at the start—warmed up and 'raring to go'

Your transition area set out so you can be in-out-away ahead of all of the rest

Avoid those concrete-jelly legs to move smoothly from one discipline to the next

Have energy at the end to smile and enjoy that 'finishing' moment

This friendly & relaxed workshop can help to reduce race day nerves and learn the tricks of the trade.

So come along and let us help you have your best race day .

No need to book—just turn up! For more info visit our Facebook event or email coaching.ccr@gmail.com



Date & time: 7th September 2019 at 2pm

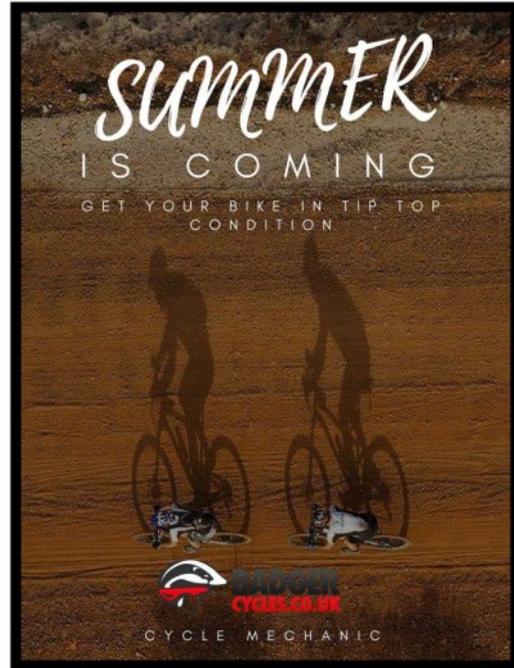
Venue: Transition area Shropshire Triathlon

Meet at the 'numbering zone' in the tent next to registration at 1.55pm and we'll start with how to attach and apply your race numbers, tattoos & stickers before heading to transition.

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.



MORNFLAKE
Mighty Oats.

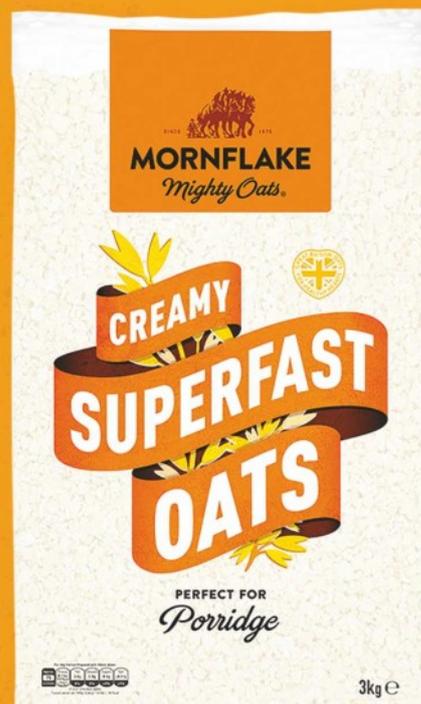
CHAMPIONS OF BREAKFAST

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in the Breakfast Cereals category.*

UK's leading and fastest growing porridge
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*Kantar Worldpanel 2018



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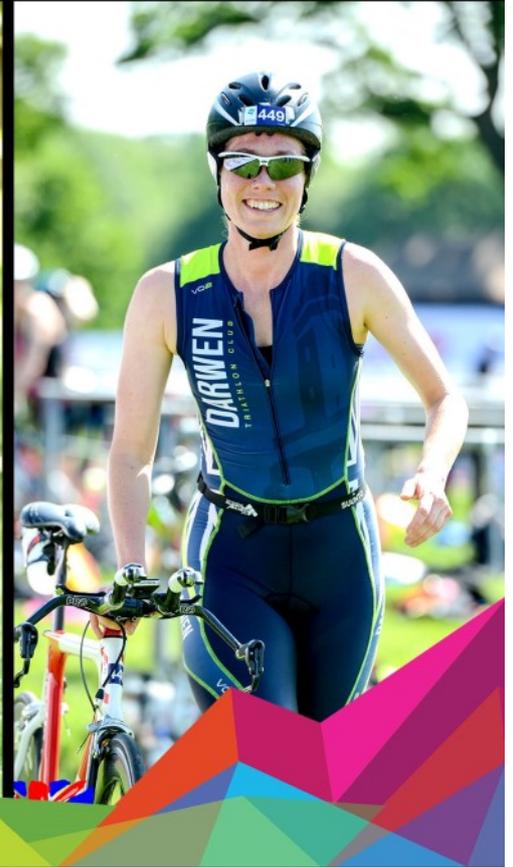


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Congratulations on registering and welcome to the world of triathlon! We've partnered with Zone3, the authority in performance triathlon apparel who have won many awards over the years including the prestigious Queens Award in 2018! For a limited time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



JOIN US
ON THE
ROAD TO
PROGRESS

Request a sponsorship pack
and join our team today

JOIN OUR TEAM:
Visit cruk.org/our-team
Call 0300 123 5461



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