



BIRMINGHAM TRIATHLON

19th July 2025

Boldmere Gate

Sutton Park

Sutton Coldfield

B73 6LH

What3words:

famous.loops.venues



Start Time	Race Category (ages at 31/12/2025)
07:00am	Olympic Open 39 and under
08:00am	Olympic Open 40+, Female & Relay
09:00am	West Midlands Fire Service
09:30am	Sprint Open Category
10:00am	Sprint Female and Relay
10:30am	All Fun and Super Sprint

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Race Day Information 2025

Welcome

Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared for the Birmingham Triathlon.

Race Day Checklist

- Race number (can be found on your race day email)
- Wetsuit / Trisuit or swimwear
- Swimming goggles
- Towel
- Appropriate cycling/running kit if you're not wearing a trisuit
- Additional clothing for wet/cold weather
- Cycle
- Cycle Shoes (unless you're cycling in your running shoes)
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration for £10)
- Sunglasses (optional)
- Cycle tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Energy drinks, gels, bars
- Change of clothing for after your race

Distances

Race	Swim	Cycle	Run
Olympic & Olympic Relay	1500m 2 Laps	40k 8 Laps	10k 4 Laps
Sprint & Sprint Relay	750m 1 Lap	20k 4 Laps	5k 2 Laps
Super Sprint & Fun	200m 1 Lap (short course)	10k 2 Laps	2.5k 1 Lap

Travel & Parking

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Parking is available on Sutton Park next to registration and the event arena.

There is a charity donation of £3 for parking by The Rotary Club of Erdington. Cash or card payment is accepted.

Parking will be open from 05:45am. All cars that are parked on the grass, must exit by 4pm.

On arrival please follow the Triathlon parking signs.

Toilets & Changing Facilities

Toilets are located on the event field and inside the Cycle Transition Area.



From the car park follow the signs 'To the Triathlon'

Essential Information

Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 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 from 12:00pm - 3:00pm and on Saturday morning from 06:00am.

Race Envelope

- At registration you will receive a race envelope containing:
- Race Number x2, Cycle 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.

Event Map



Important Cycle Care Information

Make sure your bike brakes and gears are all in perfect working order for race day.

Available is a pre race check for only £10, payable on the day by cash or card and takes approximately 15 minutes. Booking a time slot is essential as there is no guarantee on the day. Contact Cycle Mechanic Craig on Whatsapp 07748 053009 with your name, race, preferred day and time for availability.

Mechanic available on Friday 3pm to 7pm.

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

Before entering Cycle Transition Area

Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your cycle and helmet stickers are attached (see page 3).

- The Cycle Transition Area is open from 6:00am.
- You are responsible for checking your own cycle brakes, your bike must be in road worthy condition.
- Competitors should only bring into transition what is needed - a small bag can remain by your bike. Within transition there is an area for larger bags.
- Rack your bike in an empty space, the white tape denotes a racking position.

Security

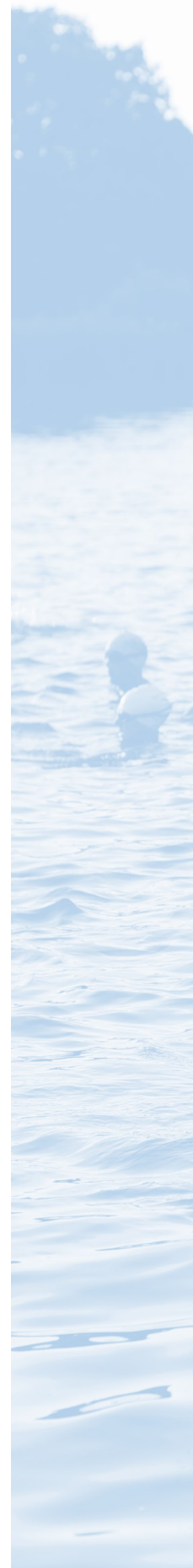
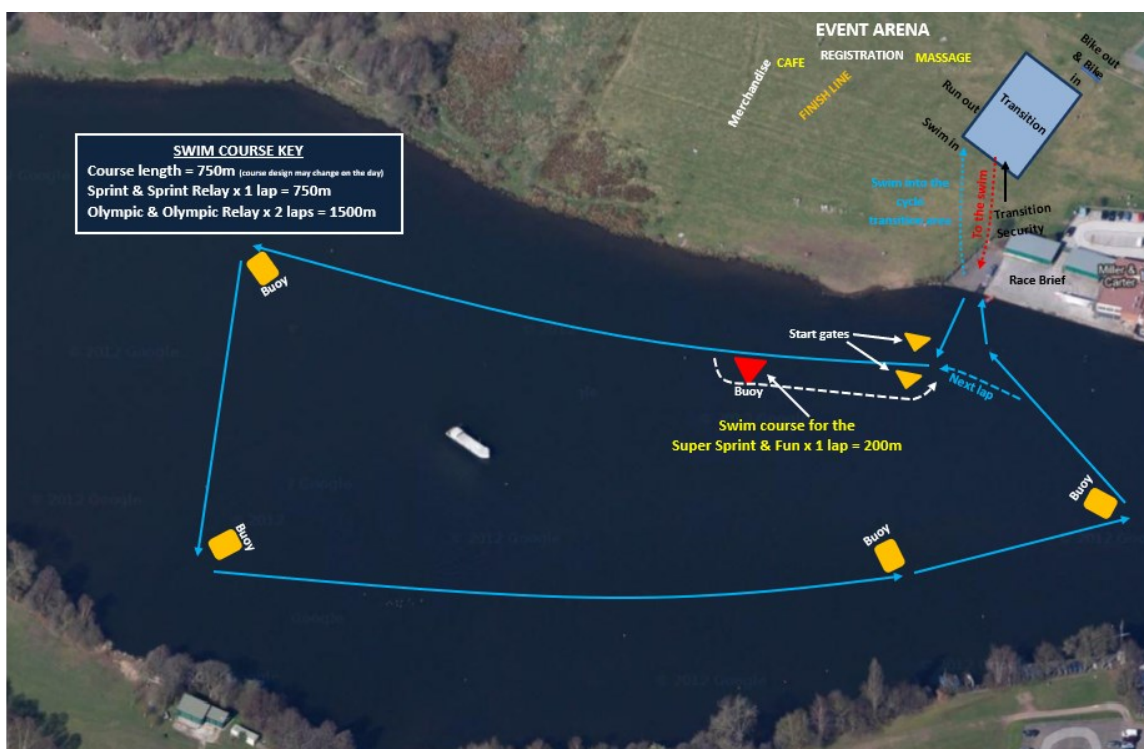
Although we allocate security staff to specifically watch the Cycle Transition Area, please note that we cannot be responsible for any items lost or stolen.

From Transition follow signs 'Swim Start'



Swim

- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at the swim start 20 minutes prior to your start time to listen to the compulsory race brief.
- Wetsuits are compulsory for the Olympic and Olympic Relay Triathlon. Although not compulsory we recommend wearing a wetsuit for the Sprint distance.
- 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.
- There will be safety kayakers on the course
- You will enter Powell's Pool via the concrete jetty close to the Miller & Carter Steak House and the swim starts in the water.
- 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.
- 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.



Olympic/ Olympic Relay - 40k - 8 laps Sprint / Sprint Relay - 20k - 4 laps Super Sprint and Fun –10k - 2 laps

Getting ready for the cycle

- When you finish your swim, head into Cycle Transition Area.
- Your race number must be clearly displayed on your back for the cycle section of the event. You must fasten your helmet before taking your cycle off the rack.
- Any type of cycle can be used as long as it is road worthy. Electric cycles can be used but the battery must be completely disengaged during the triathlon.
- After collecting your cycle, walk or run to the cycle mount line where you commence the cycle section of the race, you cannot mount your cycle until you have crossed the mount line. Cycling is not permitted in the Cycle Transition Area.

IMPORTANT INFORMATION - CYCLE COURSE

- The course is within Sutton Park and has more bends than if it were on public highways. It is more suited to a road racing cycle, rather than a time trial cycle, although any type of cycle can be used.
- Be aware and take extra care at the new speed ramp at the very end of the cycle course, just before the cattle grid.
- Although the cycle course is closed to normal vehicular traffic, there may be pedestrians, dogs not on leads or wild animals (cattle) on the course at any point.
- There will be motorcycle marshals patrolling the course. In the case of an accident, there may be an ambulance or a safety vehicle on the course.
- As on all roads in the UK, there are some potholes and rough surfaces on parts of the course. Unfortunately due to council financial cuts, they cannot currently be repaired. Any potholes or rough surfaces will be marked with ground spray, have advance warning signs, or both.
- Keep to the right at all times except when overtaking. Overtake on the left.
- Please take extra care on all parts of the course, especially sharp turns and blind bends. Follow the cycle route signs around the course and do not turn until you see a sign.
- Although there are safety marshals present, they are not there to give direction.
- Ride your cycle in a safe and careful manner at all times. Careless or hazardous cycling will result in race disqualification.
- Follow the 'Cycle Finish' signs when you've completed the correct amount of laps. Dismount your cycle at the cycle dismount line, a marshal will also tell you to do so, cycling is not permitted in the Cycle Transition Area. Do not unbuckle your helmet until you have racked your cycle.



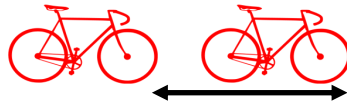
Counting Laps

- Use your cycle computer, attach a GPS device or a watch with lap counting capability and after each lap, press to start a new lap. This way, you will know which lap you are currently on. Look for the 'end of lap' and immediately after the 'start of lap' signs.
- Please note that GPS devices aren't always accurate. Please don't rely on them as totally accurate lap counters. Instead use the end of lap/start of lap signs as your guide to how many laps you've done and have yet to do.
- It is solely your responsibility to count your laps, race marshals cannot advise you. Insufficient laps will result in a disqualification.
- Once you have completed the correct amounts of laps, follow the cycle finish signs.



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 cycle, to the front wheel of the following cycle should be 10 metres - if overtaking a competitor, you have 20 seconds to pass through their draft zone.

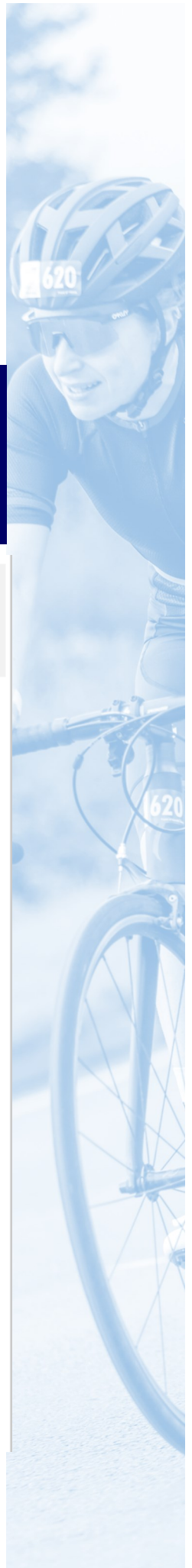
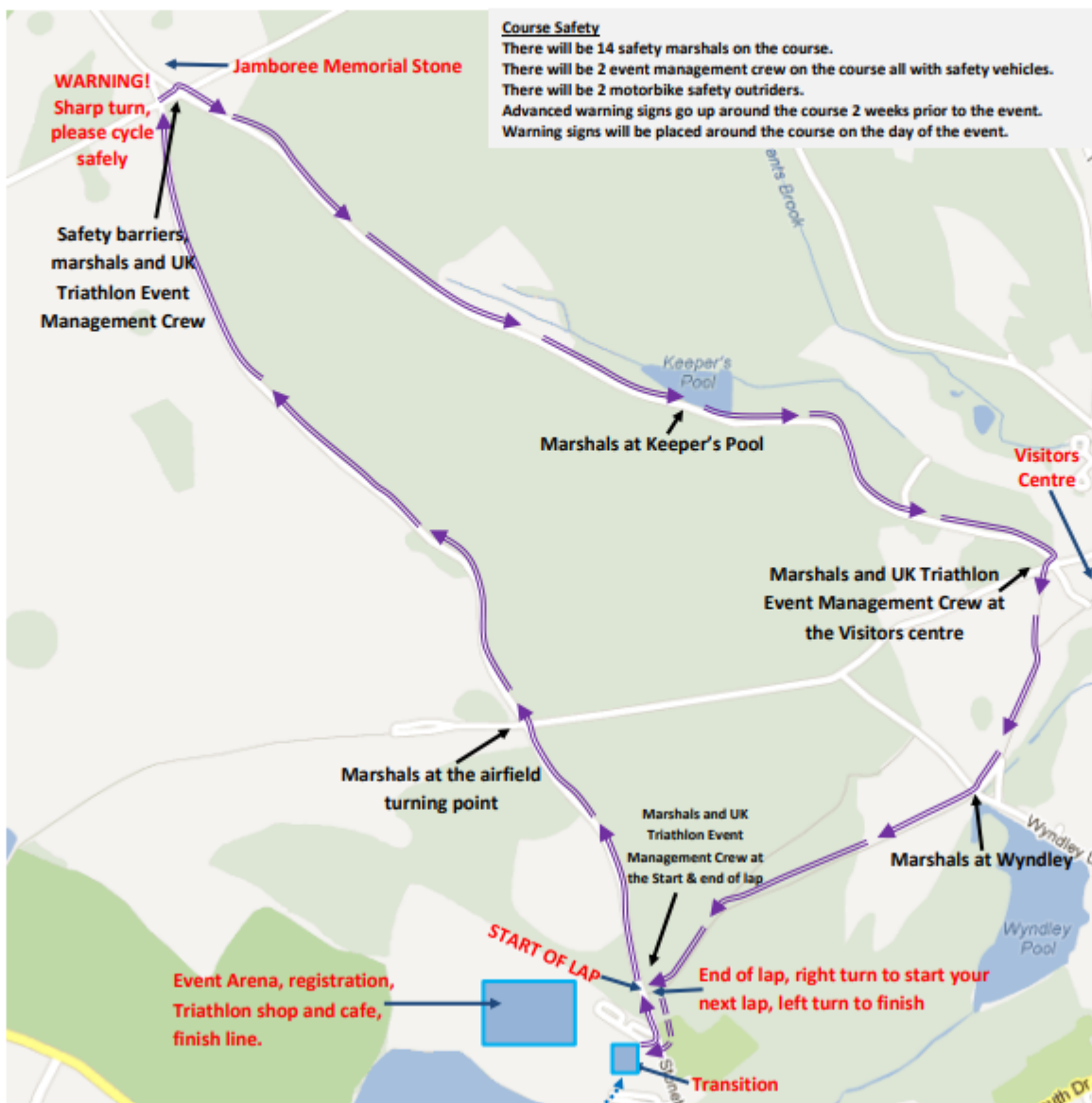


Cycle Map

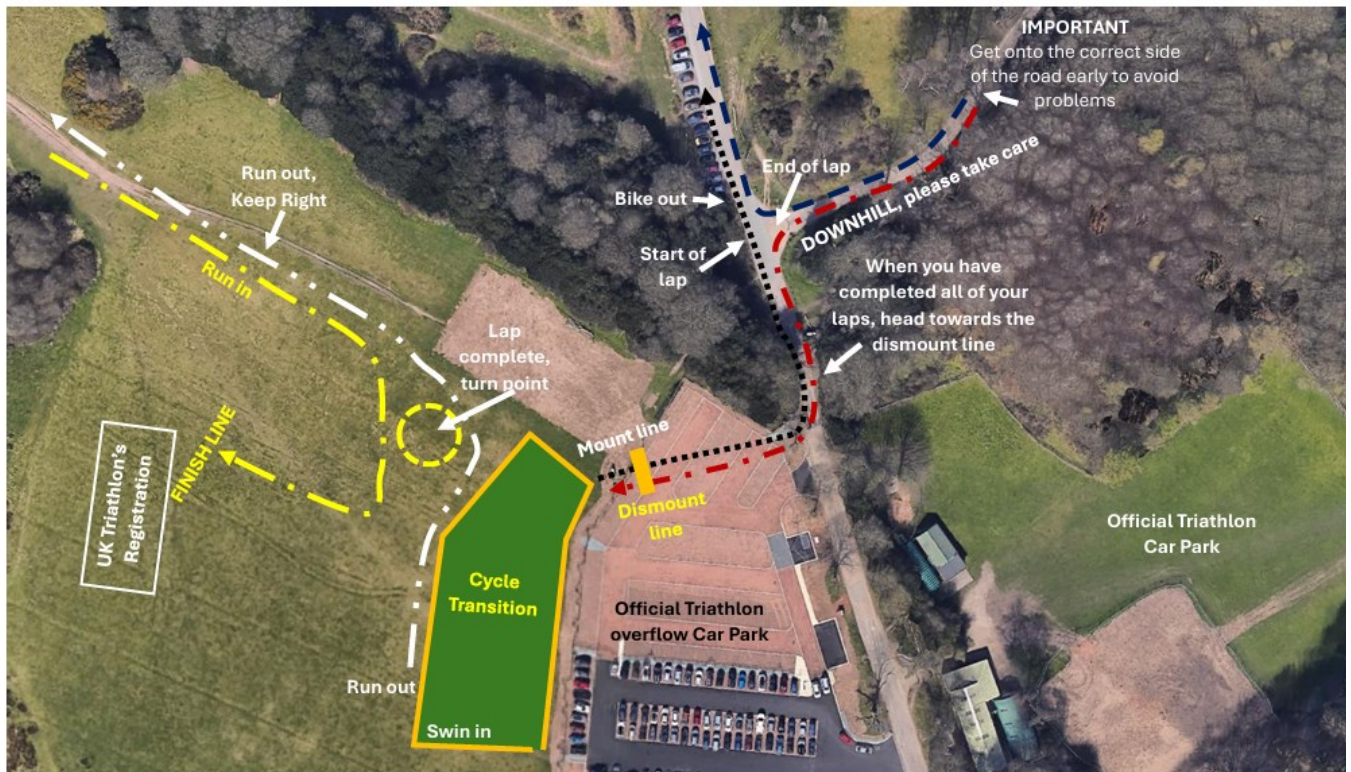
Olympic/ Olympic Relay - 40k - 8 laps

Sprint / Sprint Relay - 20k - 4 laps

Super Sprint and Fun –10k - 2 laps



Cycle Map - start & end of lap



Cycle Map - visitors centre



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

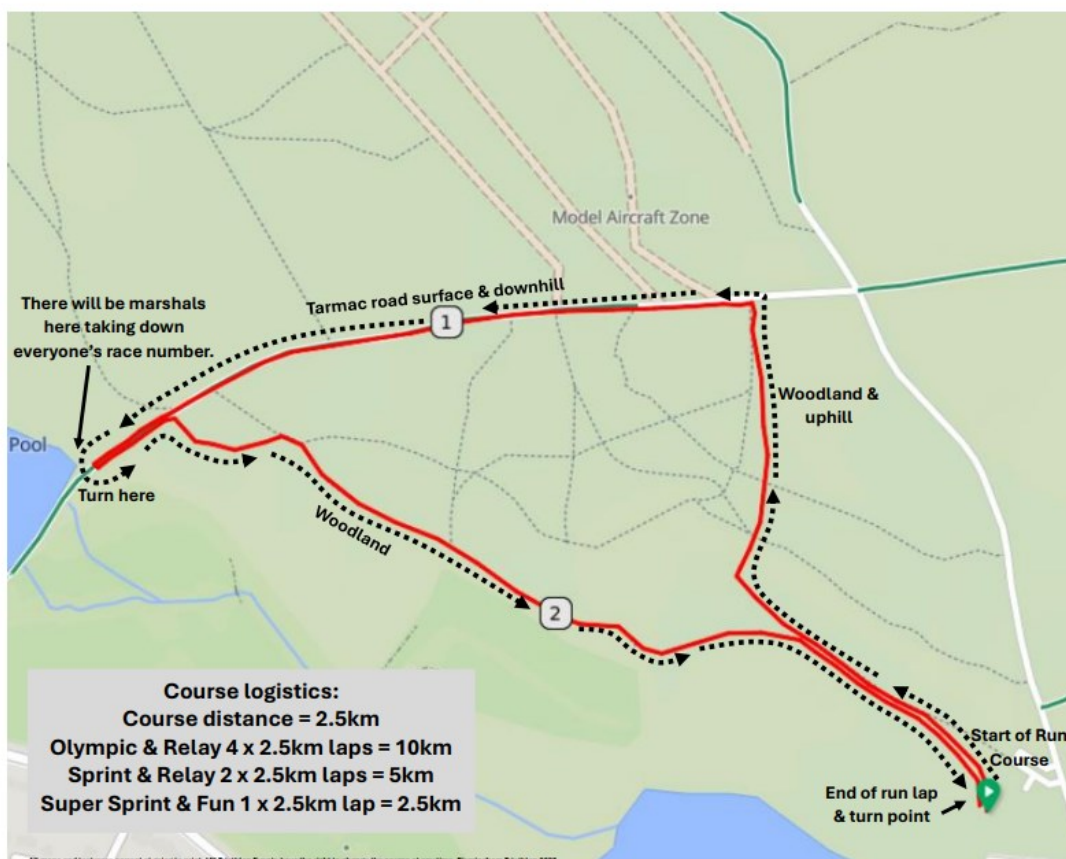
Run

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 Cycle Transition Area.
- Follow the run route signs around the course. It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient laps completed.
- 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

If you are an all female relay team & you change to a mixed team, please inform us at customercare@uktriathlon.co.uk or on the day at registration.

- Each member of the relay team completes one or two of the three disciplines in the triathlon.
- At registration you will be given one electronic timing chip.
- After completing the swim, the swimmer passes the electronic chip to the cyclist inside the Cycle Transition Area next to where the cycle is racked.
- The cyclist must not put their helmet on or take their cycle off the rack until receiving the electronic chip.
- The cyclist completes the cycle course and passes the electronic chip over to the runner in the transition area only when the cycle has been placed back on the rack and their helmet has been fully removed.
- The runner completes the run and hands in the timing chip at the finish line.
- The other team member/s may join the runner before the finishing straight and cross the finish line as a team.
- You all receive a 2025 finisher medal!
- Relay awards are based on all female or all male/open category /mixed teams. Open category/mixed teams can consist of three men, two men and one woman or one man and two women.

Results & Prizes

- Provisional results and times will be online by 7:00pm on race day.
- Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.
- Commemorative 2025 finisher medal.
- Prizes are awarded to the top 3 competitors in the 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.

Illegal Equipment

For your safety and the safety of other competitors, certain items are banned during the event as well as in Cycle Transition Area. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. You may however use your device for tracking your race i.e Strava/Garmin.

Littering

Do not discard water bottles, gel or bar wrappers. Littering is prohibited during the event. Please use the bins at the feed stations or at the venue. If you can carry a gel full, you can carry the wrapper empty.

Race Format

UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.



UK Triathlon 2025/26 Event Calendar

Birmingham Triathlon	19th July 2025
York Kids Triathlon	16th August 2025
York Triathlon	17th August 2025
Shropshire Triathlon	31st August 2025
North West Kids Duathlon	13th September 2025
North West Triathlon	14th September 2025
Warwickshire Triathlon	28th September 2025
Stratford Triathlon	19th April 2026
Cheshire Kids Duathlon	10th May 2026
Cheshire Triathlon	11th May 2026
Henley Kids Triathlon	TBA
Henley Triathlon	TBA
Alderford Kids Triathlon	TBA
Alderford Triathlon	TBA
Ultimate Triathlon	TBA
Ultimate ½ Triathlon	TBA
Ultimate Quarter Triathlon	TBA

For more information please visit uktriathlon.co.uk

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](https://www.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 MERCHANDISE



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

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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

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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.

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*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.8g of beta glucans from oats, which is 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



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

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ONLINE

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



www.mysportphotos.co.uk



[mysportphotos](https://www.instagram.com/mysportphotos)



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Those taking part in the Birmingham Triathlon event on Saturday 19th July we are running a special offer of 15% off your bill when you dine with us between Friday 18th to Sunday 20th July.

To receive this special offer all you need to do is book a table on our website making sure you put 'Triathlon' in the special requests section.

Offer is available on tables up to 6 and cannot be used in conjunction with any other offer. Offer is available when dining from our A-La Carte menu.

Offer available in Brown Sutton Park only.

Any questions regarding the above please feel free to call us on 0121 354 2458

BRASSERIE & BAR

· BROWNS ·

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