

Cheshire Triathlon Race Day Information

Sunday 22nd May 2022



Cheshire Triathlon



Distance	Swim	Cycle	Run
Sprint	500m - 16 Lengths	21k - 1 Lap	5k - 4 Laps
Sprint Relay	500m - 16 Lengths	21k - 1 Lap	5k - 4 Laps
Super Sprint	200m - 6 Lengths	21k - 1 Lap	2.5k - 2 Laps
GoTri Fun Wave	200m - 6 Lengths	21k - 1 Lap	2.5k - 2 Laps
CRUK Wave	200m - 6 Lengths	21k - 1 Lap	2.5k - 2 Laps

Start Time: From 08:00am

(Please see your individual start time on your competitor race email)

Venue: Snowhill Swimming Pool & Barony Park, Nantwich

Sat Nav: CW5 5QY

Event parking is available on Barony Park (registration & arena).

Follow the Triathlon parking signs.

ALL DAY TRIATHLON PARKING IS £3.00 CASH ONLY

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Essential Information

Race Brief

There will be a rolling race brief at the swimming pool. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start. Please have your wrist band that is given to you at registration on your left wrist and visible as you queue for the swim start.

Registration

Open on Saturday from 2:00-4:00pm and from 7:00am on Sunday.

Please know your race number ready for registration and arrive at least 60 minutes before your start time.

Registration is located in the orange Mornflake marquee.

British Triathlon Members

To verify your membership please have your current British Triathlon licence confirmation ready to show registration staff or you will be required to pay the £5 difference.

Race Envelope

At registration you will receive a race envelope containing:

Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip and strap x1, Numbered Wristband x1, Numbered Band for transition bag x1.

Swim Caps

It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own personal swim cap. If you don't have one and wish to wear one, please ask at registration and we will provide you with one.

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 -

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 chip on the outside of your ankle
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and securely



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.

Cycle Brakes and Helmets

It is your responsibility for checking your own cycle brakes and helmet before entering transition and taking part in the event.

Know your Official British Triathlon Rules

Race Numbers x2

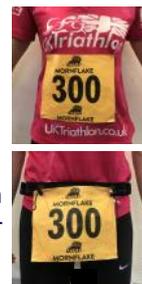
Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run.

You have two options:

1. Pin each race number in all four corners, front and back on your shirt.
2. Use an elastic 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.

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?

You can wear swimsuit/trunks or a triathlon specific trisuit 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 2022 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 bike 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

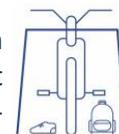
Any type of bike can be used as long as it is road worthy.

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 and in transition. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), 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.



Littering

Do not discard empty water bottles, gel or bar wrappers anywhere on the course. Use the feed stations or rubbish bins provided. If you can carry a gel full you can carry it empty!



Craven Complete

If this is your first triathlon, or if you would just like more information specific to this event, then why not attend the free triathlon masterclass at 3 p.m. on Saturday. Full details on page 15.

2022 Event Calendar

Birmingham Run	24th April 2022
Stratford Triathlon	8th May 2022
Cheshire Kids Duathlon	21st May 2022
Cheshire Triathlon	22nd May 2022
Ultimate, Ultimate 1/2 & Ultimate 1/4	12th June 2022
Triathlon @ Alderford	18th June 2022
Henley Kids Triathlon	9th July 2022
Henley Triathlon	10th July 2022
UK Ultimate Weekend	15-17th July 2022
UK Ultimate Swim	15th July 2022
UK Ultimate Cycle Sportive	16th July 2022
UK Ultimate Run	17th July 2022
York Kids Triathlon	30th July 2022
York Triathlon	31st July 2022
World Standard Distance Qualifier Event	3rd September 2022
Shropshire Triathlon	4th September 2022
North West Kids Duathlon	17th September 2022
North West Triathlon	18th September 2022
Warwickshire Triathlon	2nd October 2022



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

OFFICIAL UK TRIATHLON TRI WEAR



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£20**



**LADIES FIT
TECH SHIRTS
£20**

**HEAVY WEIGHT
HOODIES
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**EMBROIDERED
TECH CAPS
£10**



AVAILABLE TO BUY AT THE EVENT

Cycle Transition Area 1

Split Cycle Transition

There are two cycle transition area's at this triathlon. Once registered, leave anything you may require for the final run only in Cycle Transition Area 2 (such as running shoes), located opposite the registration marquee on Barony Park.

Cycle Transition Area 1

Both Transition Areas open from 07:15am.

Take your bike and everything you require for the swim and cycle section of the event and follow the signs to Cycle Transition Area 1 at the rear of the swimming pool. Only competitors are allowed in the Cycle Transition Areas. You cannot enter the Cycle Transition Areas until your bike stickers are attached (see page 3).

Rack your bike in any position, each racking position is marked by white tape.

Please do not rack your bike in Cycle Transition Area 1 earlier than 20 minutes before your start time.



Security

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

After the Triathlon

You cannot take your cycle out of Cycle Transition Area 2 without your race number and corresponding cycle sticker.

Race Brief

There will be a rolling race brief at the swimming pool. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start. Please have your wrist band that is given to you at registration on your left wrist and visible as you queue for the swim start.

Swimming Pool

The pool is 30.5 metres long.

Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

Swim Intervals

Swimmers will be started at 20 second intervals for the Sprint and Sprint Relay and 15 second intervals for the Super Sprint, Go Tri and CRUK Wave.

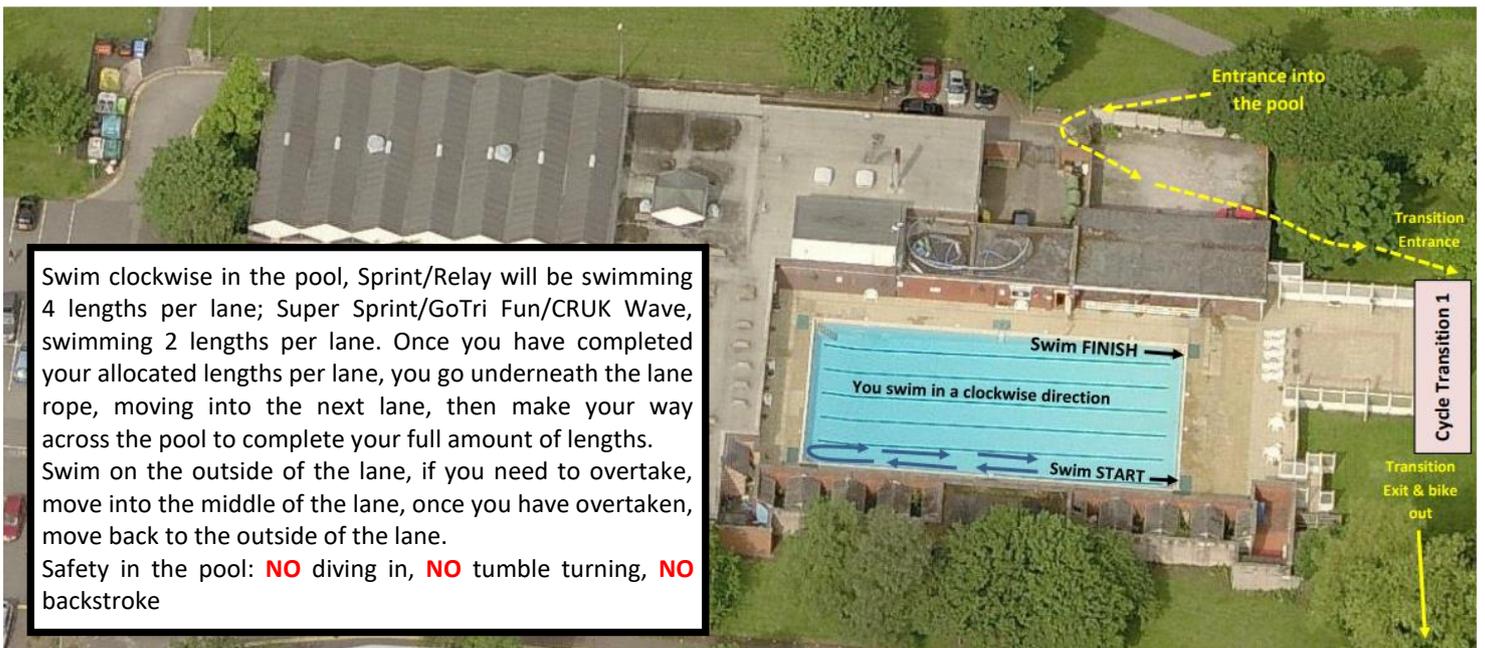
Swim Cap

It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own personal swim cap. If you don't have one and wish to wear one, please ask at registration and we will provide you with one.

Swim Course

It is your responsibility to count the correct amount of lengths.

The swim course is very straightforward and there are signs and stewards to help if you get confused, don't worry, it's easy!



Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 13 for more information.

Transition Bag

If you wish to take a small bag or small rucksack down to transition area 1 to use to store items after your swim e.g. a towel, swimming goggles, swim cap or clothing, please attach the numbered band you were given at registration clearly on the bag and leave it next to your cycle transition position. We will transport your bag to the bag collection point at the rear of the finish line for you to collect after you have completed the triathlon. Please do not leave valuable items in your bag.

Getting ready for the Bike

When you finish your swim, head into Cycle Transition Area 1.

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, follow the British Triathlon rules regarding drafting and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.

The Course

Take special care when exiting the car park. The course is mainly flat with some undulations. 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.

Take extra special care in the first kilometre of the bike course as there are speed ramps and parked cars along the route

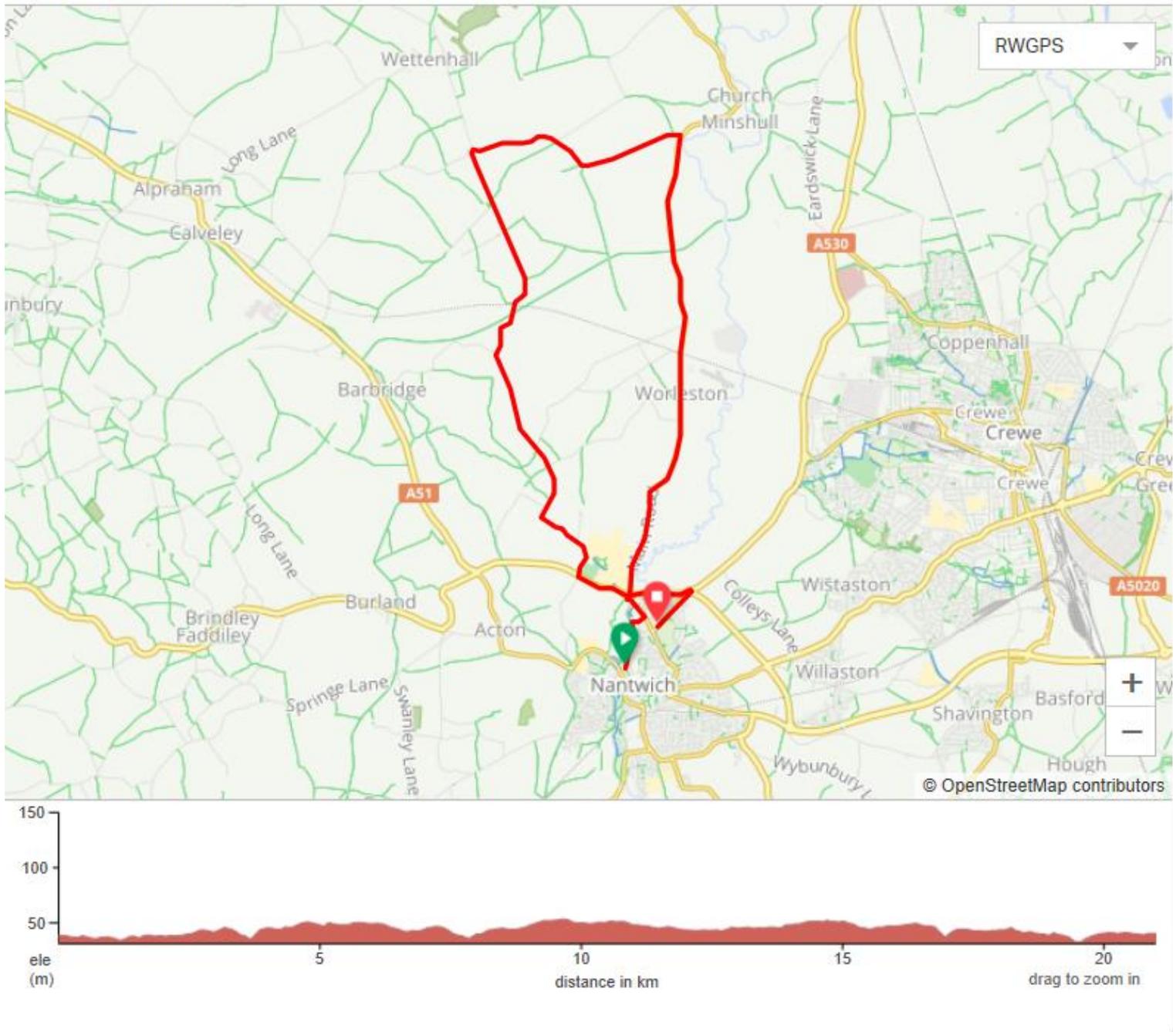


Dismount

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**).

Do not unbuckle your helmet until you have racked your cycle.

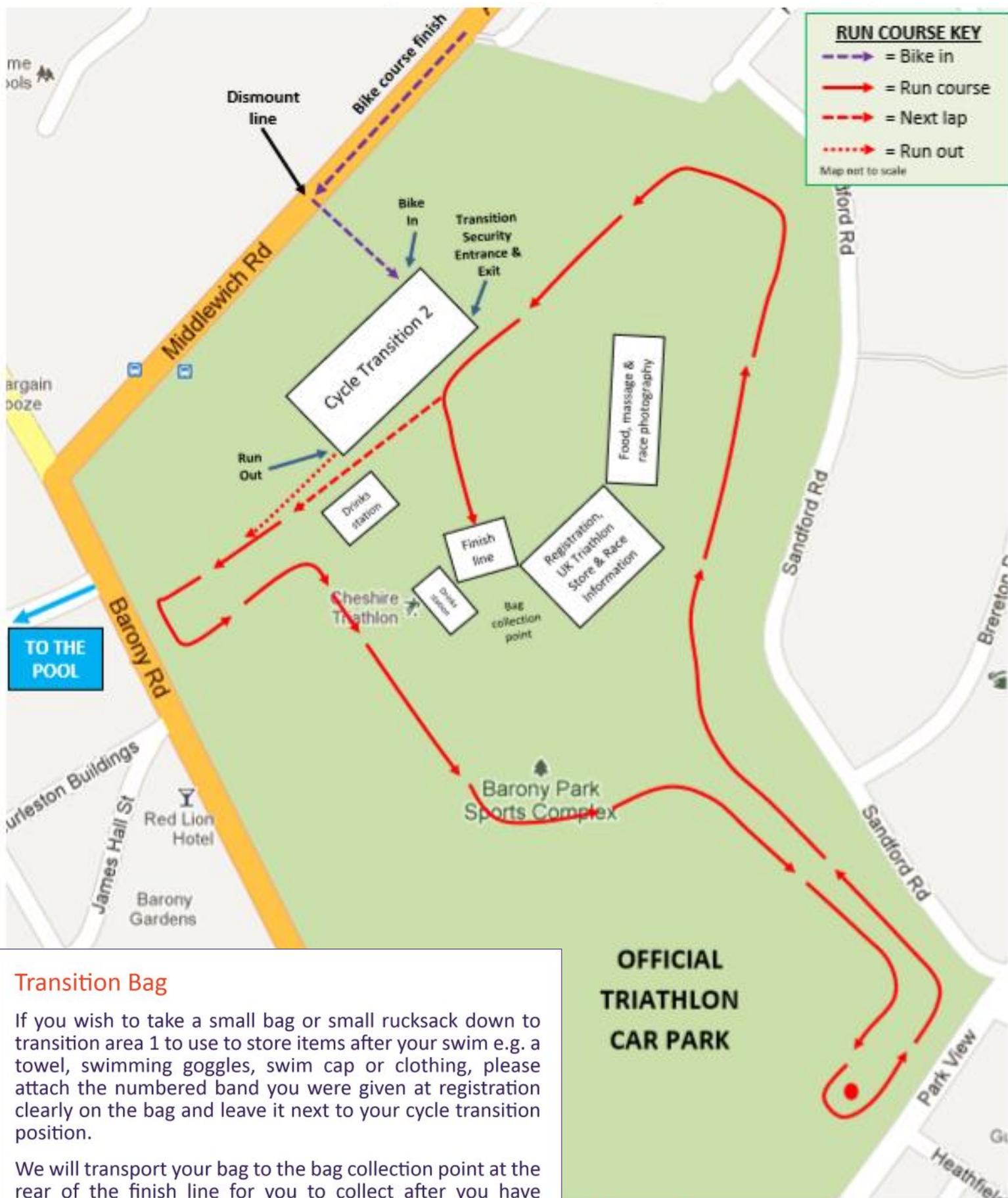
Bike Map



[To view the full map and to zoom in on the bike map please click here](#)



Run Map



Run

Sprint & Relay 5k - 4 laps
Super Sprint, GoTri & CRUK Wave 2.5k - 2 laps

Getting ready for the Run

When you finish the bike course, enter Cycle Transition Area 2 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 on every lap, and one at the finish line which will be serving High5 energy drink and water. On approach tell the marshal which drink you require.

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.

There must be no littering on the course.

Relay

If your all female relay team changes to a mixed relay team, please inform us at customercare@uktriathlon.co.uk

Preparation

Each member of the relay team completes one or two of the three disciplines in the triathlon.

At registration the relay team will be given one electronic timing chip.

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 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

Overall results and times will be online on Monday 23rd May . Should you have any problems with your results please email results@uktriathlon.co.uk

Photography

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event. [My Sport Photos](#)

Prizes

Commemorative 2022 medal for all finishers.

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

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

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+

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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 2022 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. Bookings are also taken on Saturdays prior to Sunday Race Day.

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. £20.00

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 - 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.

POST RACE SERVICING – NEW FOR 2022 ... £55.00

Treat your bike to a Service and Spruce up after your race !!

This service includes Bike Wash, Silver Level Service and New Bar Tape with a choice of 10 Colours to give your bike that new feel when you hit the next training ride!





Race Day Massage

Book your massage with our team of qualified physios & masseurs and we can help improve your race experience



Pre race treatment	£18
Post race treatment	£18
Taping of one area	£10
If you book pre and post race together	£30



Craven Complete are pleased to be attending all of the 2022 UK Triathlon Series Events and will be available the day before and on race day

TO BOOK YOUR SLOT

Visit - cravencomplete.co.uk
Text - 07539 440622 with your name, event & race number
Email - coaching@cravencomplete.co.uk





FREE Race-day Masterclass with Craven Complete

New to triathlon?

Wanting to improve your race day experience?

Keen to unlock the mysteries of the sport?

Looking to gain some speed and get that PB?

This friendly & relaxed workshop can help reduce race day nerves, & provide some tricks of the trade & best of all, it's FREE!

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

No need to book, just turn up, or for more information visit cravencomplete.co.uk

All Masterclasses will start at 3pm on the Saturday before each event, or Friday if the event is on a Saturday. Meet at the "Finish Line" next to the event stage.

Starting with the basics, on where & how to attach your race numbers, stickers, whistband & timing chip, before heading to the transition area.



DABBERS DINER

Classic Diner

Food Served All Weekend

Burgers ★ Hot Dogs ★ Chicken Wraps

Wide Selection of Breakfast baps, Hot & Cold Beverages





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TRANSITION

FINISH LINE

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1 in 2 of us will get it.



All of us can help beat it.

In the last 40 years our research has helped double cancer survival in the UK. Donate now to help us discover more ways to prevent, diagnose and treat cancer.

Donate now at cruk.org/donate



Registered with
Annual AG set at, British Journal of Cancer, 2015
Registered charity numbers 1069464, SC040996, 1393 and 247



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Together we will beat cancer