



Ultimate Half Triathlon & Ultimate 1/4 Triathlon

Race Day Information

Sunday 16th August 2020

Event Start Times:

Ultimate 1/2	Start	Ultimate 1/4	Start
Male 17 to 29	08:45am	Male 17 to 29	10:00am
Male 30 to 34	08:48am	Male 30 to 34	10:03am
Male 35 to 39	08:51am	Male 35 to 39	10:06am
Male 40 to 44	08:54am	Male 40 to 44	10:09am
Male 45 to 49	08:57am	Male 45 to 49	10:12am
Male 50 to 54	09:00am	Male 50 to 54	10:15am
Male 55 + & all relay	09:03am	Male 55 + & all relay	10:18am
Female 17 to 39	09:06am	Female 17 to 39	10:21am
Female 40 +	09:09am	Female 40 +	10:24am

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

Ultimate Half Triathlon 			
Distance	Swim	Cycle	Run
Half	1.2 miles - 2 Laps	56 miles - 2 Laps	13.1 miles - 3 Laps
Half Relay	1.2 miles - 2 Laps	56 miles - 2 Laps	13.1 miles - 3 Laps

Ultimate Quarter Triathlon 			
Distance	Swim	Cycle	Run
Quarter	0.6 miles - 1 Lap	28 miles - 1 Lap	6.5 miles - 4 Laps <small>(Short Course)</small>
Quarter Relay	0.6 miles - 1 Lap	28 miles - 1 Lap	6.5 miles - 4 Laps <small>(Short Course)</small>

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

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

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Covid-19 Guidelines

Your Health before the Event

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

Social Distancing

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

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

Hand Sanitising

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

Please sanitise before and after toilet use.

Registration

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

Transition

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

Race Brief

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

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

Start Format

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

Swim Course

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

Bike Course

Normal drafting rules apply (see page 4).

Run Course

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

Feed Stations Bike, Run & Finish line

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

Spectators

Please do not bring unnecessary spectators if possible.

Your Covid Officer is Vic Bickerton

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

Essential Information

Registration

Registration will be open on Saturday 15th August from 1:00pm-4:00pm,

Sunday: **Ultimate Half: 06:30-08:30am, Ultimate Quarter: 08:15am-09:45am**

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

Race Brief

You are welcome to join the Ultimate race brief on Saturday 15th August at 4:00pm at the rear of the finish line (Weather permitting). If you have camping chairs please bring them along and social distance.

Race Day

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

British Triathlon Members

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

Race Envelope

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.

Swim Caps

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

Cycle Brakes and Helmets

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

Chip Timing

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

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

Please hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.

Please follow these simple steps to wear your chip correctly -

1. Thread the loose strap through the timing chip and securely fasten the velcro
2. The chip should be secure on the strap.
3. Place the strap around your LEFT ankle with the timing chip on the outside
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and securely



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

Know the Rules

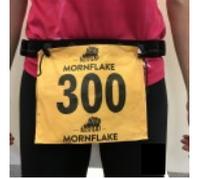
Race Number x2

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

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

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

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



What do I wear?

You can wear swimsuit/trunks or a triathlon specific trisuit for the swim (wetsuits are compulsory for the Ultimate Half). For both the cycle and run leg you can wear cycling or running gear that you're able to both cycle and run in, or a mixture of both. You can also wear a T shirt and shorts. The UK Triathlon 2020 technical series shirt is also a good option and can be purchased at the event (subject to availability). You can also wear a triathlon specific trisuit. If it is cooler, you can wear long sleeves or long pants or add layers like a windproof jacket.

Helmets

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

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



Bike

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



Transition

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 mobile phones and personal video recording devices. However, as the run course is closed to traffic, we are allowing personal music systems for the run only.



Race Conduct

Everyone involved in the event is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, Race Crew, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

Drafting

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



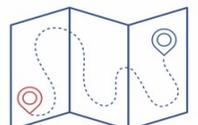
In the Ultimate 1/4 the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres—if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In the Ultimate and Ultimate Half events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

Know the Course

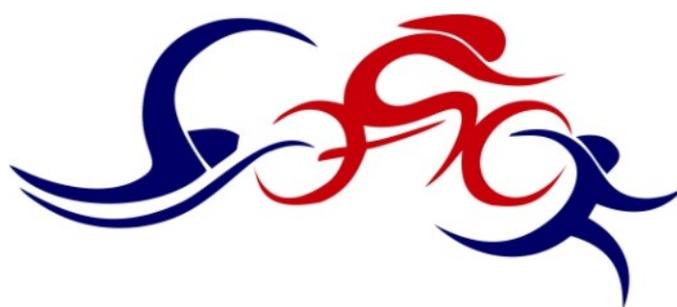
Make sure you know which route to take - check the course maps and attend the race brief on race day.

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



2020 Event Calendar

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



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

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**UNISEX FIT
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**LADIES FIT
TECH SHIRTS
£20**



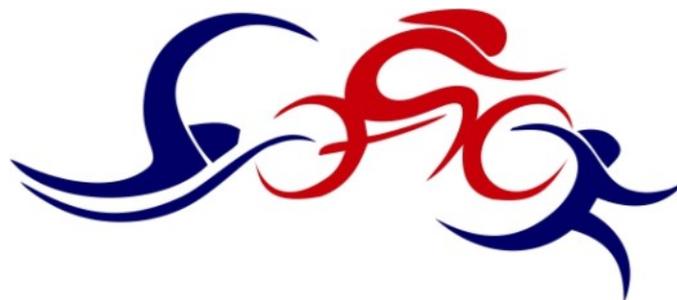
**HEAVY WEIGHT
HOODIES
£30**



**EMBROIDERED
TECH CAPS
£10**

AVAILABLE TO BUY AT THE EVENT

Arena



Cycle Transition Area

Cycle Transition Area

You can only rack your cycle on the day of the race.

Take your bike and everything you require for the triathlon and make your way over to Cycle Transition Area entrance which is clearly marked.

Your Race number and name will show you where to rack your bike. Rack your bike with the race number facing you.

Only competitors are allowed in the Cycle Transition Area. You cannot enter Cycle Transition Area until your bike stickers are attached (see page 4).

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 Cycle Transition Area without your race number and corresponding cycle sticker.

Swim

Half - 1.2 miles - 2 laps
Quarter - 0.6 miles - 1 lap



Wetsuits & Swim Caps

Wetsuits are compulsory for the Ultimate Half
You may use your own swim cap for the race. If not please request one from registration.

Swim Lap (Ultimate Half Only)

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

Water Depth & Safety

Water depth is between 2 to 3 metres.
There will be safety canoeists on the course.

Transition

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

Cut off Time

The cut off time is 1 hour 15 minutes from the start of the race

Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 14 for more information.

Getting ready for the Bike Section

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

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

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.

We have support vehicles patrolling the course. If you have to stop due to injury or mechanical failure please wait to be picked up.

The Course

Keep to the left at all times except when overtaking.

Follow the cycle route signs around the course and do not turn until you see a sign. **Please take extra care at all junctions, although there are safety marshals present, they are not there to give direction.**

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

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

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

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

There must be no littering on the bike course.



Feed Station, Toilets and Personal Needs Table

There are 2 feed stations per lap approximately 14 miles apart. There is a toilet situated on both feed stations.

Each feed station will carry food, High 5 gels, energy drinks and water (in bottles). Please carry as much nutrition as possible with you to reduce interaction with the feed stations. You will receive 4 High5 energy gels and 2 High5 energy bars at registration. Please take these with you on the cycle course to help reduce the amount of stops at the feed stations.

We recommend everyone takes their own small hand sanitiser on the bike and the run.

Due to Covid, there won't be a personal needs table.

If you have specific drinks, food, equipment that you want during the race, you may do one or all of the following.

1. Have family or friends from your Covid group safely hand them to you on the course*

* Cycle Course; Must only be done from the public footpath at the cycle turn on the closed road section at the entrance/exit of Alderford (opposite from the actual bike feed station).

2. Carry it with you (within reason!).

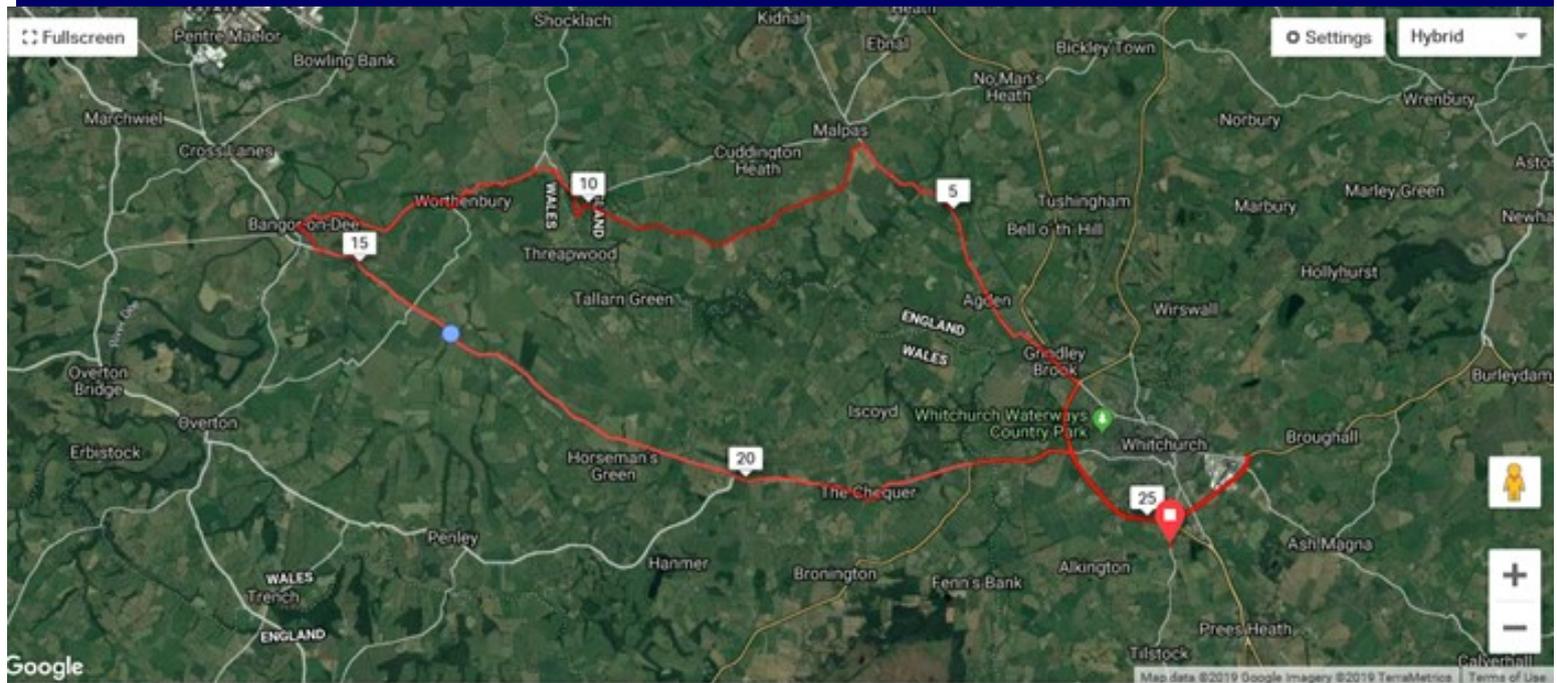
Mount and Dismount Line

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

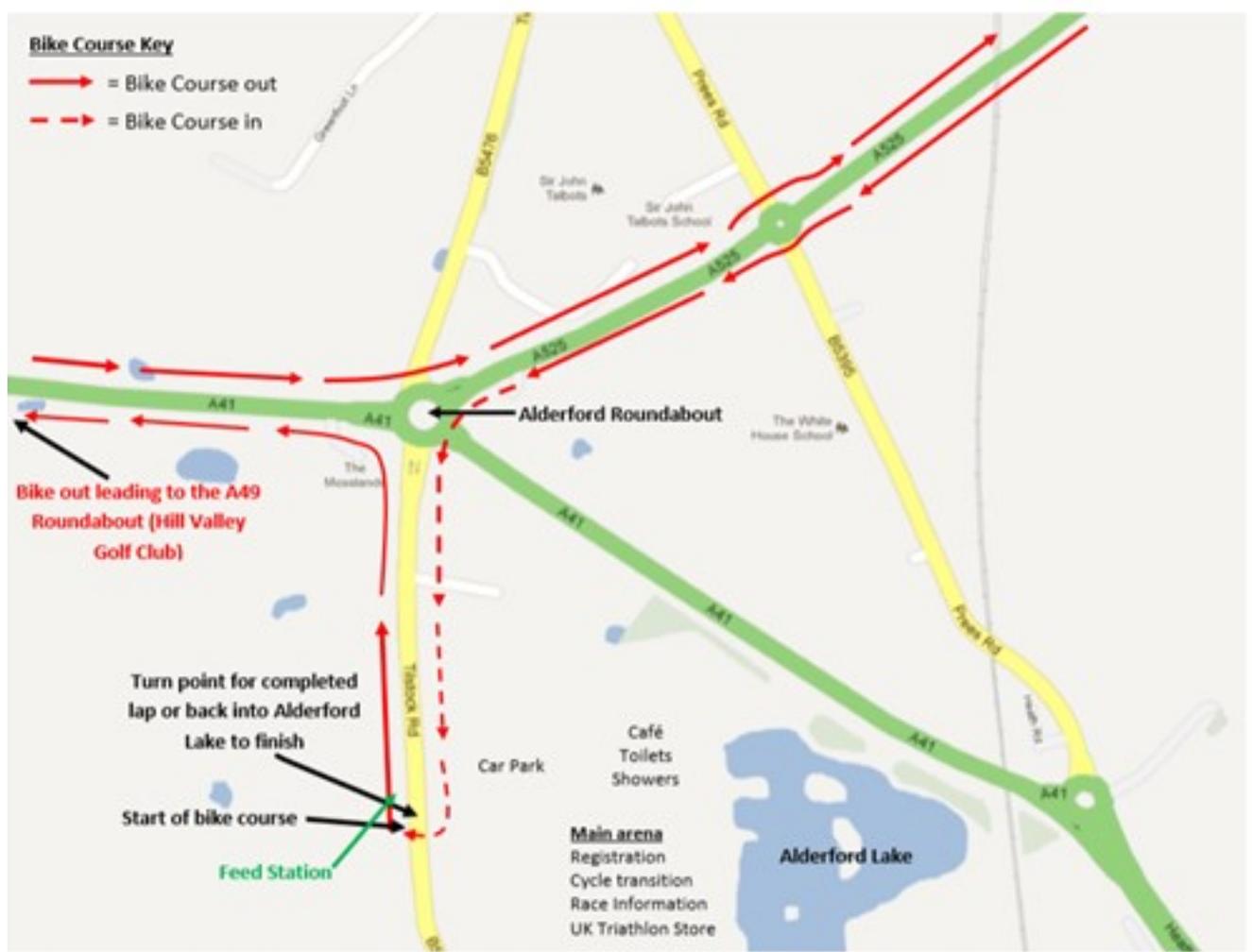
Cut off Time (Ultimate Half Only)

The cut off time is 6 hours from the start of your race

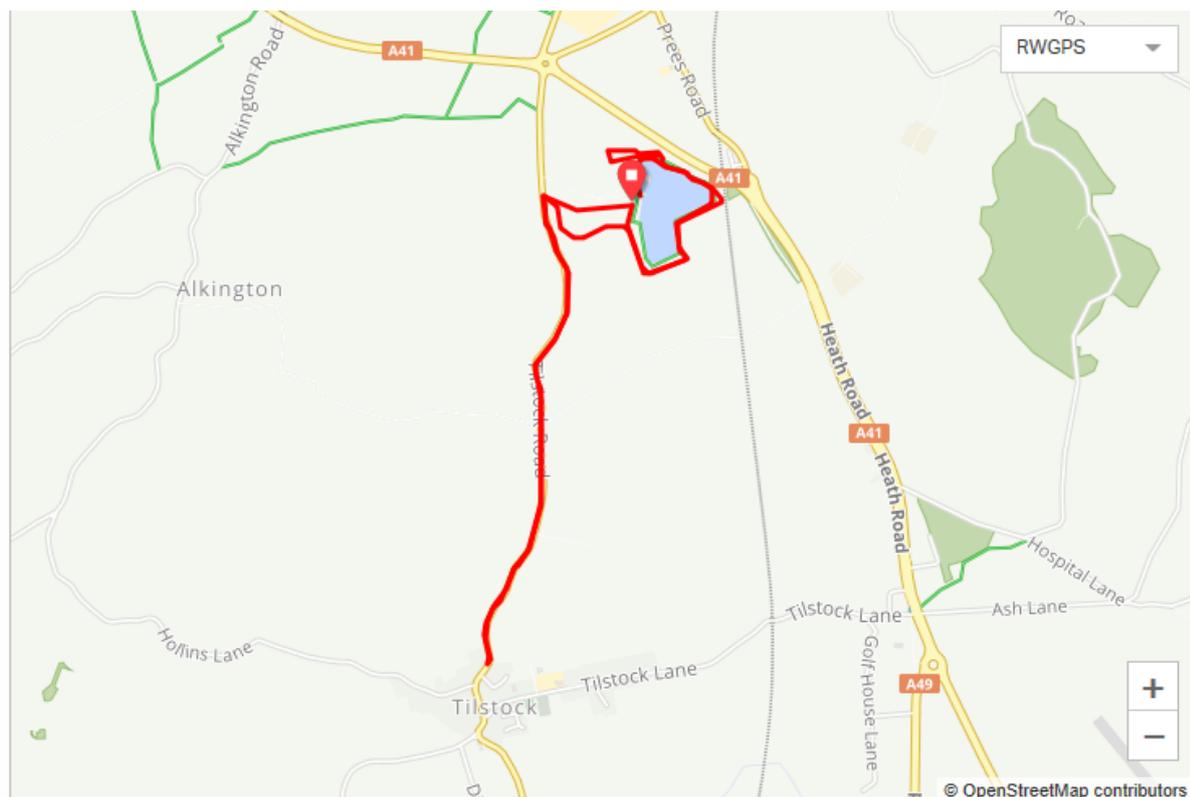
Bike Map



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



Run Map - Half



Run Map - Quarter



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.

The Course

Ultimate Half

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

Keep to the left at all times except when overtaking.

Ultimate Quarter

Each lap of the run course is entirely on grass around the lake. Keep to the left at all times except when overtaking.

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

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

Follow the post and tape and signs around the course.

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

There must be no littering on the run course.



Counting Laps

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

Feed Station (Ultimate Half only)

There will be four feed stations on the run course.

We recommend everyone takes their own small hand sanitiser on the bike and the run.

Due to Covid, there won't be a personal needs table.

If you have specific drinks, food, equipment that you want during the race, you may do one or all of the following.

1. Have family or friends from your Covid group safely hand them to you on the course*

* Run Course; Can be done almost anywhere within Alderford but not outside on the closed road section.

2. Return back into the transition area via the run-out exit and collect them from your transition position. Return back to the course via the run-out exit the same way you came in.

3. Carry it with you (within reason!).

Feed Station (Ultimate Quarter Only)

There will be one feed station on every lap of the run course. We recommend everyone takes their own small hand sanitizer on the bike and the run.

Cut off Time (Ultimate Half only)

The cut off time is 9 hours from the start of your race.

Relay

Preparation

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

All team members must attend the race brief.

At registration each member of the relay team will be given an electronic timing chip.

How to Relay

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

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.

Results and Prizes

Results

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

Photography

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

Massage

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

Prizes

Commemorative 2020 medal for all finishers.

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

There will be awards for the top 3 female and male overall winners.

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

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

Code	Category	Age
A/B	Youth	14-18
C	Junior 19	19
D	Senior 1	20-24
E	Senior 2	25-29
F	Senior 3	30-34
G	Senior 4	35-39
H	Veteran 1	40-44
I	Veteran 2	45-49
J	Veteran 3	50-54
K	Veteran 4	55-59
L	Veteran 5	60-64
M	Veteran 6	65-69
N	Veteran 7	70-74
P	Veteran 8	75-79
Q	Veterans 9	80+

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BADGER CYCLES- QUALITY BIKE SERVICING

Get YOUR bike in Race shape!

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

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

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

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

New for this year are the following Service packages -

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

Tyres/Valves. £15.00

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

Headset Lubrication and adjustment.

Brake Shoes Cleaned and re set.

Gears Adjusted and re indexed.

Bike Fit Check and adjustments. £35.00

GOLD SERVICE - as Silver plus -

Bottom Bracket Lubrication / Replacement

Rear Cassette removal / Clean and Lubricated.

Anti Puncture Sealant to Tyres.

Cables replaced Gears and Brakes. £75.00



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

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

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

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

Progress Phantom 30mm Lightweight - £30.00 per race

Progress Aprime 50mm Carbon - £50.00 per race



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**PUNISH LUNGS
NOT TONGUES**

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REAL PERFORMANCE, REAL TASTE

Click the links below for further tips and advice-

[Triathlon tips for beginners](#)

[Triathlon Nutrition](#)

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

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