



Incorporating the

UK Triathlon
National Olympic
Championship 2025

15th June 2025

Alderford Lake

Whitchurch

SY13 3JQ

What3words:

yachting.pickle.bonkers



Start from 7:00am

Race Day Information 2025

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Welcome

Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared for the Alderford Triathlon incorporating The UK Triathlon National Olympic Championship.

Admission to Alderford Lake

What you can and cannot do at Alderford Lake during the Alderford Triathlon

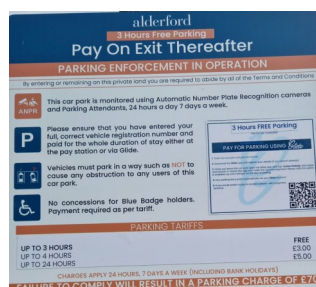
Waiver:

IMPORTANT: All competitors, family members, and friends must complete the Alderford Lake waiver **before race day**. You can find the waiver here: <https://waiver.roller.app/AlderfordLake/home> or [click here](#). This is a mandatory requirement set by Alderford Lake.

Failure to complete the waiver online in advance may result in you missing your race. Arriving without a signed waiver may cause delays to your entry and risk you being late for your event.

Travel & Parking SY13 3JQ /what3words:
yachting.pickle.bonkers

Parking is free for up to 3 hours. If you go over the 3 hours, it is your responsibility to pay. UK Triathlon and Alderford Lake cannot be responsible for non-payment of parking. If you are not sure, go to a parking machine and type in your registration number, that will tell you if you have to pay to park or not. Payment for car parking is on exit.



Discount codes from Alderford Lake:

If you're planning to stay after your event and enjoy the fantastic facilities at Alderford Lake, please book online at www.alderford.com and use the discount code **UKTRIATH-LON10** when booking your activities.

When you arrive at admissions, let the team know you've booked a day pass, and they will provide you with a wristband.

Accompanying Family Members

Upon proof of their entry number, competitors may bring in accompanying family members, provided they arrive together. Anyone arriving separately or not with a competitor will be required to pay from 9.00am
Costs: from £8.50 adult £7.25 child



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 race number belt (optional but available to purchase next to registration for £10)
- Sunglasses (optional)
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)

Distances

Race Distance	Swim	Cycle	Run
Olympic / Olympic Relay	1500m 2 laps	40k 2 laps	10k 4 laps
Sprint / Sprint Relay	750m 1 lap	20k 1 lap	5k 2 laps
Super Sprint / Fun	200m 1 lap (short course)	20k 1 lap	2.5k 1 lap

Toilets & Changing Facilities

Toilets are available on the event field.

From the car park follow the signs 'To Registration' / '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 Saturday 11am-12pm and from 6am on Sunday.

Race Envelope

- At registration you will receive a swim cap and a race envelope containing:
- Race Number x2, Bike 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.

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



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 availability Saturday afternoon only from 3:00pm to 5:00pm.

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 for 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 Areas. You cannot enter the Cycle Transition Areas until your cycle and helmet stickers are attached (see page 3).

- The Cycle Transition Area is open from 6:15am.
- Please put on your helmet and fasten the strap to show the marshal on entry. 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'



Olympic / Olympic Relay - 1500m - 2 laps Sprint / Sprint Relay - 750m - 1 lap Super Sprint and Fun 200m - 1 lap (short course)

- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at the swim start 15 minutes prior to your start time to listen to the compulsory race brief.
- Wetsuits are compulsory for the Olympic Triathlon. Wetsuits are not compulsory for the sprint, super sprint & fun triathlons.
- 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.
- Water depth is between 2 to 3 metres.
- There will be safety kayaks on the course.
- 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.



After completing the swim head to the Cycle Transition Area (approximately 100 metres)

Cycle

Olympic/ Olympic Relay - 40k - 2 laps Sprint / Sprint Relay - 20k - 1 lap Super Sprint and Fun -20k - 1 lap

Getting ready for the cycle

- 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.
- Any type of bike can be used as long as it is road worthy. Electric bikes can be used but the battery **must** be disengaged.
- 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.

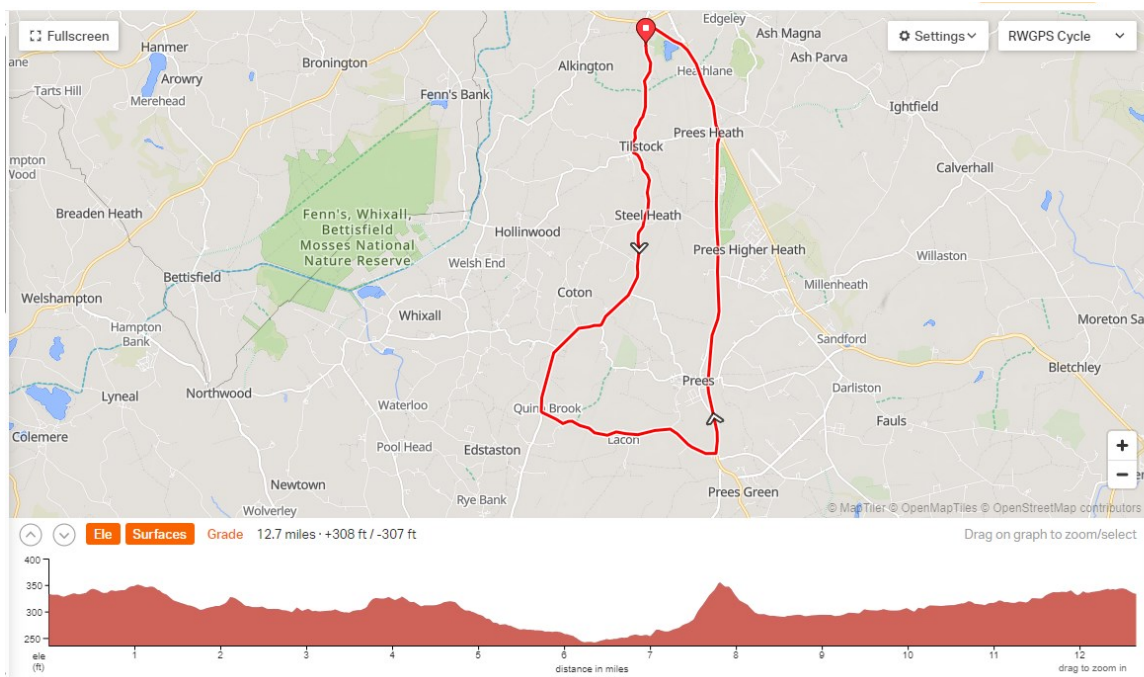
The Course

- You must abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification.
- 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.**



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.



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

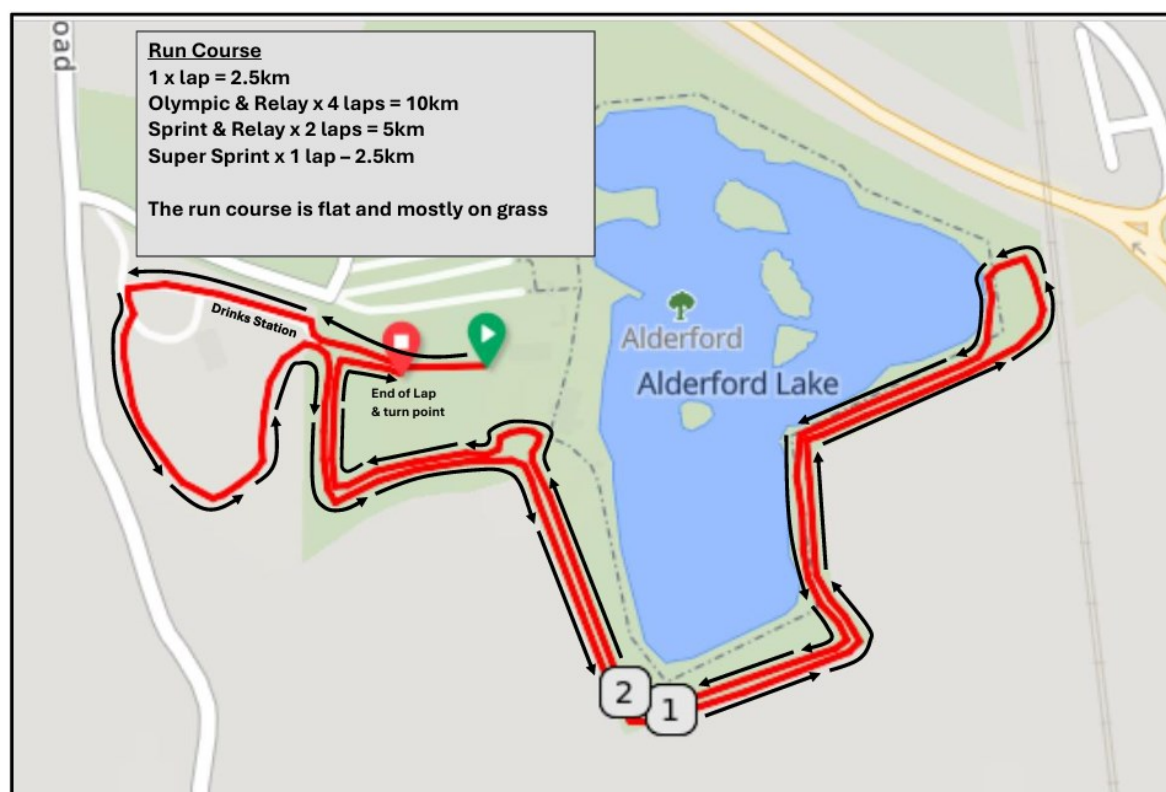
Run

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 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

- 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 finishers medal!
- Relay awards are based on all female and 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 and Prizes

- Provisional results and times will be online on Monday 16th June 2025.
- Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.
- Commemorative 2025 finisher medal.
- Trophies are awarded to overall top three open and female finishers and medals for first in every 5 year age group category for the UK Triathlon Olympic National Championship.
- Trophies are also awarded to the overall top three open and female finishers and medals for first in every 5 year age group category in both Alderford Sprint and Super Sprint Triathlon distance events.
- 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.

Are there lockers available?

There are no lockers at this triathlon.

Illegal Equipment

For your safety and the safety of other competitors, certain items are banned during the event as well as in the 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

Alderford Kids Triathlon	14th June 2025
Alderford Triathlon	15th June 2025
Ultimate Triathlon	29th June 2025
Ultimate ½ Triathlon	29th June 2025
Ultimate Quarter Triathlon	29th June 2025
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	13th April 2025
Cheshire Kids Duathlon	10th May 2025
Cheshire Triathlon	11th May 2025
Henley Kids Triathlon	31st May 2025
Henley Triathlon	1st June 2025

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 UKTriathlon MERCHANDISE



**TECH TEE
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VINTAGE STYLE CAPS £12



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ASK THE PHYSIO & COACH

£20

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.

CONTACT

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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

You can concentrate on
your race and we'll take
care of your photos!



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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