



29th June 2025

**The Mere, Cremorne
Gardens, Ellesmere
SY12 0PA**

**What3words:
sweeter.encounter.hoops**



Start Times:

Ultimate Half— 08:30am

Ultimate Quarter— 09:15am



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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 Ultimate Half and Quarter Triathlons.

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)
- Energy drinks, gels, bars
- Change of clothing for after your race

Distances

Race	Swim	Cycle	Run
Ultimate Half & Ultimate Half Relay	1.2 Mile 2 Laps	56 miles 2 Laps	13.1 miles 3 Laps
Ultimate Quarter & Ultimate Quarter Relay	0.6 Mile 1 Lap	28 miles 1 lap	6.5 miles 2 laps

Travel & Parking -

Sat nav postcode: SY12 OPA /what3words: sweeter.encounter.hoops

There are numerous car parks around Ellesmere, some are pay and display. Allow plenty of time to park and walk to race registration. Limited parking is available at Ellesmere Bowling Club, Church Hill, SY12 OHB (including some camper van places). Parking is £6 for cars and £8 for campers. These places must be pre-booked and paid for in advance. Please text Julie on 07736809074 or email thorbornj@gmail.com. Some of the car parks are a 15 minute walk. Here are some postcodes for parking in Ellesmere:

The Moors Car Park SY12 OPA

Cross Street Car Park SY12 OAW

Castlefields Car Park SY12 OPA

Spa Bridge Car Park SY12 OAS



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 Saturday 12:00pm till 3pm and from 07:00am on Sunday.

Race Envelope

- At registration you will receive a race envelope containing:
- Race Number x2, bike sticker x1, helmet sticker x1, electronic timing chip and strap x1, bag number band x1 (Ultimate Half only).
- Safety pins will not be enclosed however they will be available if required.

What to do with your Race Envelope Contents

- Attach the bag number band to any bag you will be using in the Cycle Transition Area (Ultimate Half only).
- 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 your name, emergency contact number, 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. Cycle Mechanic Craig is only available Saturday afternoon, please Whatsapp Craig for availability and time on 07748 053009 with your name and race.

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 'Transition Entrance this way'

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 bike and helmet stickers are attached (see page 3).

- Cycle racking is only available on race day from 7:00am.
- Cycling is not permitted in the Cycle Transition Area.
- 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.
- 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.

Transition Changing Tent

There is a separate male and female change tent located in the Cycle Transition Area if you wish to use it. You may change at your cycle racking position but if you need to remove undergarments, you must use a towel to cover yourself.

After the Triathlon

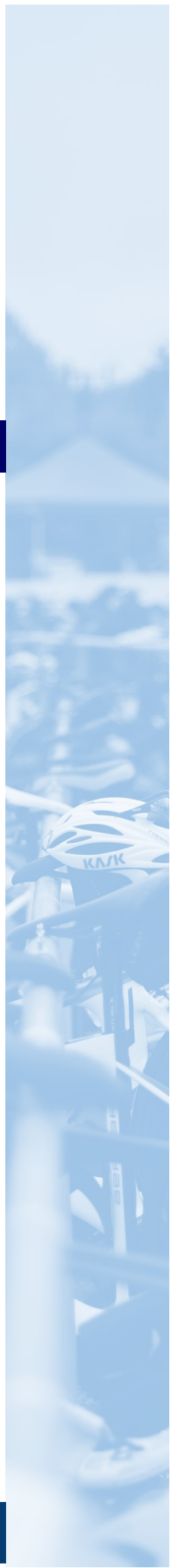
You cannot take your cycle out of the Cycle Transition Area without your race number and corresponding cycle sticker.

Race Brief

You are welcome to join the Ultimate race brief on Saturday 28th June at 3:00pm at the rear of the finish line. If you have a camping chair, please bring it with you.

Race Day: There will be a compulsory race brief at the mereside, starting 15 minutes before each start time.

From Transition head to the swim start for your Race Brief

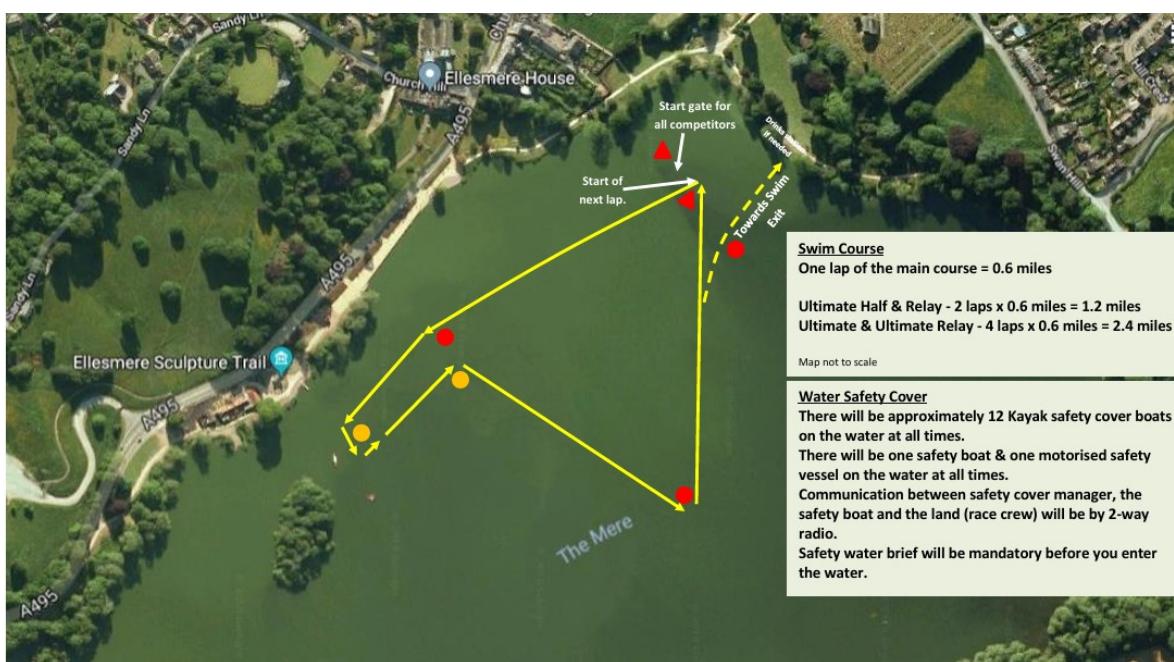


From Transition follow signs 'Swim Start'

Swim

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

- Wetsuits are compulsory.
- Do not cover your electronic timing chip with your wetsuit as it will interfere with the signal at the swim exit timing point.
- Please use the swim cap you'll be given at registration for the swim.
- 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 triathlon swim experience. If you haven't any experience of a mass start or you aren't a strong swimmer, consider starting further back or to the side of the main pack.
- There will be safety kayakers on the course
- The Ultimate Half cut off time is 1 hour 30 minutes from the start of the race.
- There will be a water station at the exit of the swim. It is also possible to temporarily exit the swim course at the end/start of each lap If you require water.
- **When taking off your wetsuit at your transition point please ensure 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.**



After completing the swim head into the Cycle Transition Area

Cycle

Half - 56 miles - 2 laps

Quarter - 28 miles - 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.

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.

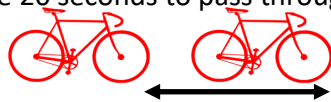
Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification. We have support vehicles patrolling the course. If you have to stop due to injury or mechanical failure please wait to be picked up. Alternatively, if you carry a mobile phone on your bike, you can call the cycle course manager Chris Davies on 07810 698686 and he will come to your assistance.

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**).

The cut off time is 6 hours from the start of your race (Ultimate Half only).

Drafting

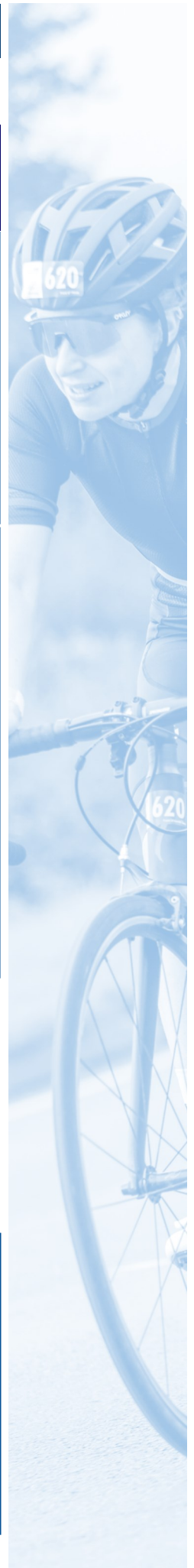
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres - if overtaking a competitor, you have 20 seconds to pass through their draft zone.



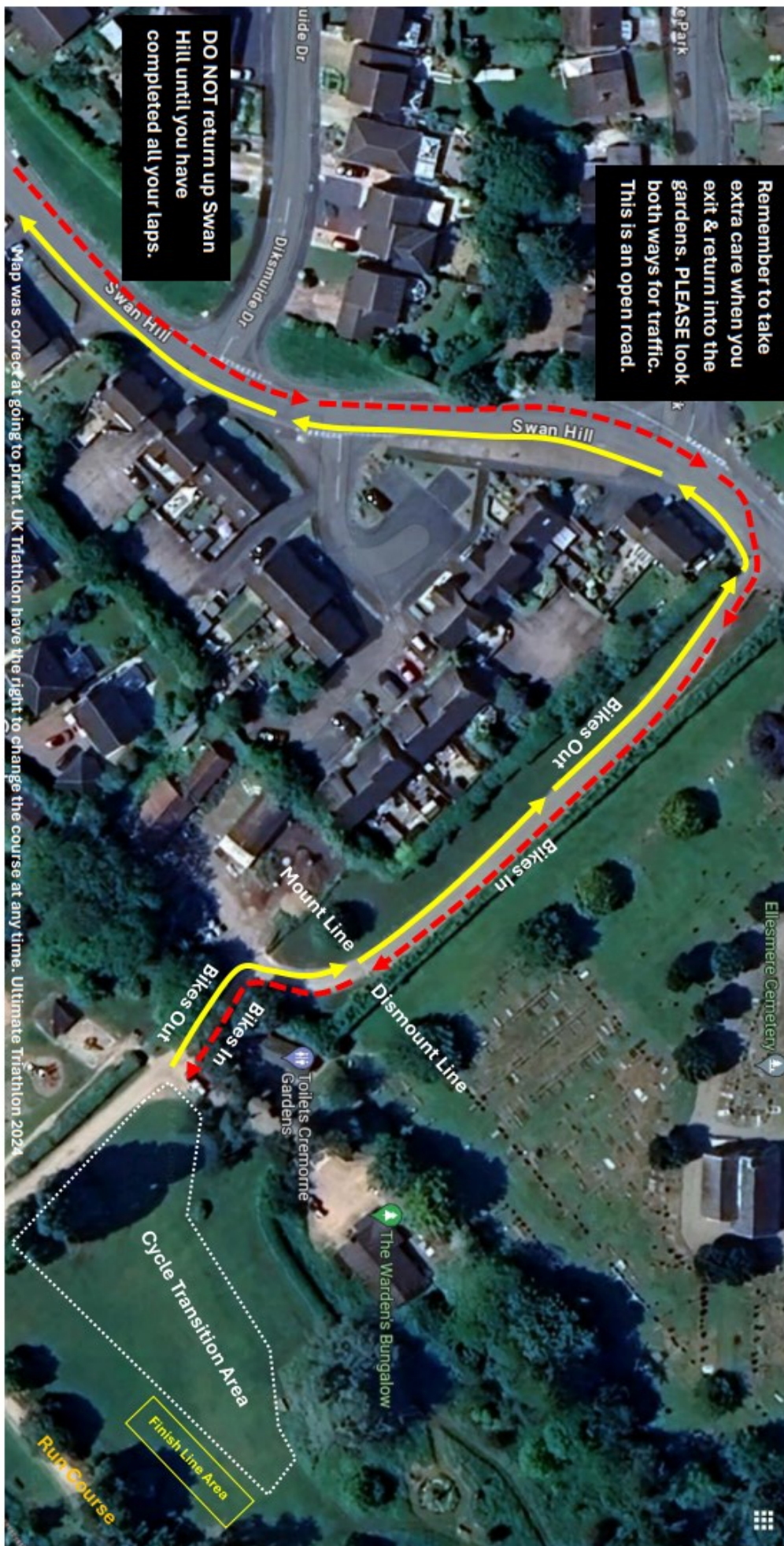
Feed Station— Ultimate Half only

There are two feed stations per lap, one at the beginning of the lap and one approximately half way. Each feed station will carry food, High 5 gels, energy drinks and water (in 750 ml bottles). You will receive 4 High5 energy gels and 2 High5 energy bars at registration. Ideally carry these with you on your cycle. Also make sure your water bottles are full, ready for the start of your cycle.

There is a toilet situated on both feed stations.



Bike Out & Bike In



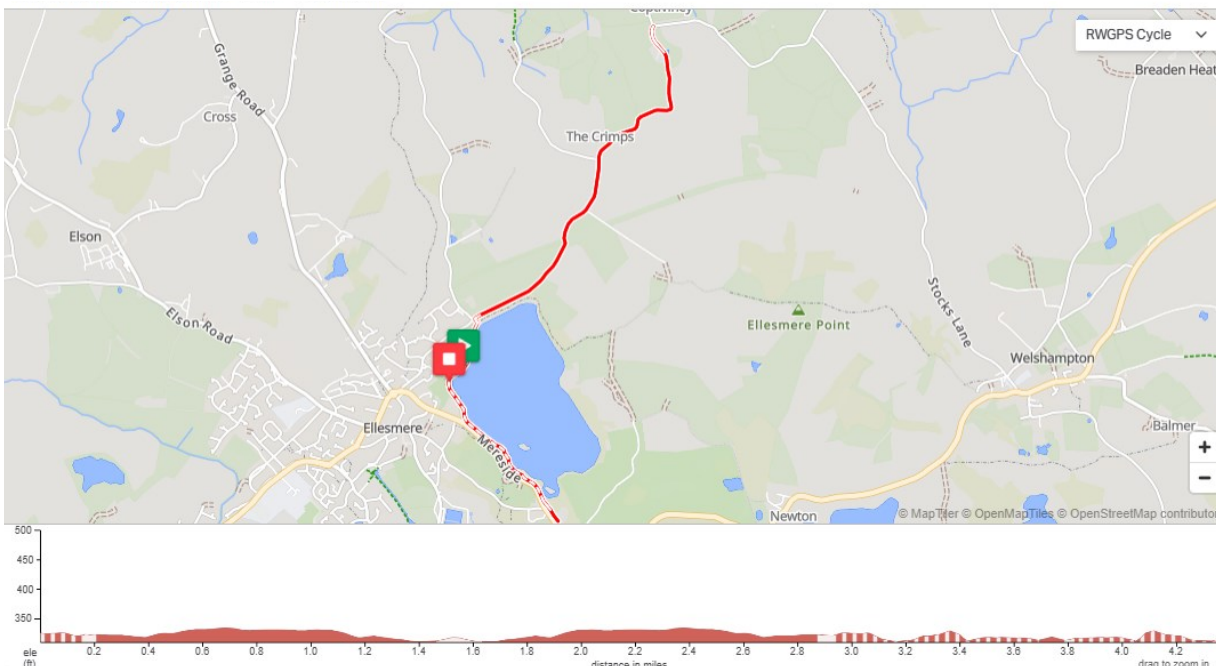
Upon completion of the cycle, rack your bike and follow the 'Run Out' signs

Run

Half - 13.1 Miles - 3 laps

Quarter - 6.5 Miles - 2 laps (short course)

- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- Keep to the left at all times except when overtaking.
- Follow the signs around the course.
- One complete lap of the run course starts and finishes at the entrance of the finish alley/ transition entrance. Look for the end of lap/ start of lap signs.
- There are three feed stations on every lap at a maximum of 1.5 miles between each station.
- There is a toilet at a maximum of every 1.5 miles.
- If you have specific drinks, food, equipment (like head torch) that you want during the race, you may do one or all of the following.
 1. Have family or friends safely hand them to you on the course
 2. Return to the Cycle Transition Area via the security gate next to the run finish alley and collect them from your transition point. Return back to the course via the security gate.
 3. Carry it with you (within reason!).
- The cut off time is 9 hours from the start of the race (Ultimate Half only)



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 customer care@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 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 30th 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.
- Prizes are awarded to the top 3 competitors in the Ultimate Half and Ultimate Quarter as well as first in every five year age group category.
- 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+



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.

Is there a bag drop area?

Ultimate Half competitors will be given a numbered self-adhesive band to attach to the bag you will be using in the Cycle Transition Area. This is in case you wish to use the changing tent and leave your bag inside afterward.

Ultimate Half and Ultimate Quarter competitors, there will be an outdoor bag area within the Cycle Transition Area where you may leave any larger bags or boxes. Smaller bags can remain at your cycle transition point.

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. You may listen to music on the run course only at a volume level which allows you to clearly hear instructions from the marshals or warning sirens from the emergency services. Bone conductor headphones or just using one earphone is also suitable.

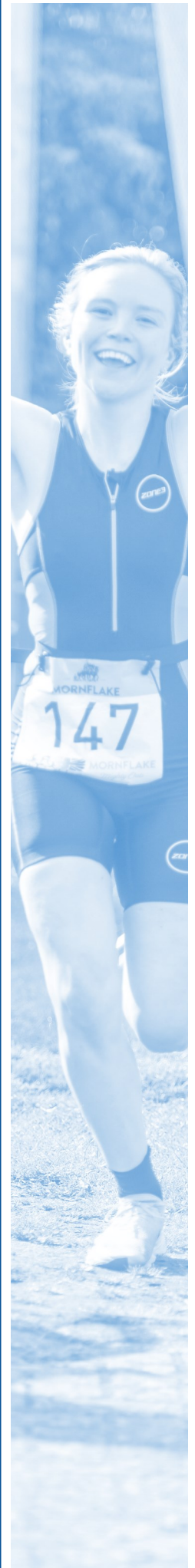
Littering

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.

In our open water triathlons, although we provide safety cover at the event and test water quality prior to each event, you swim at your own risk.



UK Triathlon 2025/26 Event Calendar

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 **19th April 2026**

Cheshire Kids Duathlon **9th May 2026**

Cheshire Triathlon **10th May 2026**

Henley Kids Triathlon **30th May 2026**

Henley Triathlon **31st May 2026**

Alderford Kids Triathlon **TBA**

Alderford Triathlon **TBA**

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



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](https://www.uktriathlon.co.uk)

OFFICIAL RACE UK Triathlon MERCHANDISE



**TECH TEE
SHIRTS
£20**



**OFFICAL
HOODIES
£35**

VINTAGE STYLE CAPS £12



AVAILABLE TO BUY AT THE EVENT



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coaching@
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walk in welcomes

£20

PRE RACE MASSAGE

To ease those aches, loosen joints and prepare you for the big day.

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

£20

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

£20

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.

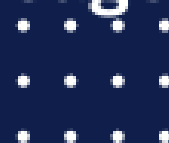
www.cravencomplete.co.uk

IMPROVE YOUR RACE WITH US!

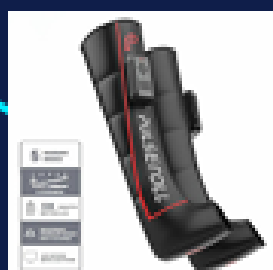
SPECIAL OFFER **Ultimate Triathlon Event**

Saturday Special Pre-Race Massage

£15 ~~RRP£20~~



Pre & Post Massage Bundle £35

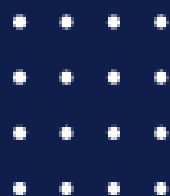


Boots & Post Race Massage

£25

Compression boots can be Pre Race saturday or Sunday

To Book



Or text 07539440622

www.cravencomplete.co.uk

These offers are valid if booked before race day



MIGHTY OATS

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mightyoats.com



*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 80% 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 (1003) 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!



SCAN ME



ONLINE

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

HIGH 5

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Propulsive speed for race-day performance.
Move your body, move your mind.

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