



Ultimate Aquathlon Race Day Information

Sunday 6th June 2021

Start Time from 11:00am

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

Distance	Swim	Run
Ultimate	1.2 mile - 2 laps	6.5 mile - 4 laps
Half	0.6 mile - 1 lap	3.25 mile - 2 laps

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

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

Contents	Covid-19 Guidelines <i>Page 2</i>	Essential Information <i>Page 3</i>	Know the Rules <i>Page 4</i>	Event Calendar <i>Page 5</i>	Merchandise <i>Page 6</i>
	Course Map <i>Page 7</i>	Swim & Run <i>Page 8</i>	Relay, Prizes & Results <i>Page 9</i>	Photography <i>Page 10</i>	Sponsors <i>Page 11</i>

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.

Face Masks

It is advised by British Triathlon that a mask should be worn at events whilst not competing.

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.

Race Brief

There will be a short race brief shortly before each event starts from the finish line stage which will be announced over the PA system on the day. There will also be a socially distanced race brief covering all events at 3pm on Saturday 5th from the finish line.

Start Format

Competitors will each have their own individual start time at 10 second intervals.

Swim Course

You can only do your warm up on dry land. Maintain a 2 metre gap from other swimmers at all times.

Run Course

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

HiGH5 Recycling

HIGH5 Recycling bins have been purchased for the event. Please recycle HIGH5 plastic cups (these are an old stock but can now be recycled so are sensible to use), gel & bar wrappers, crisp packets and similar packaging (see bins for exact packaging).

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 Sunday 09:45am - 10:30am.

Registration is located inside the orange Mornflake marquee.

Please know your race number ready for registration staff.

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 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 & Bags

At registration you will receive a race envelope containing: Race Number x1, Electronic timing chip x1 and a Mornflake drawstring bag.

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.

Chip Timing

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 your Official British Triathlon Rules

Race Number x1

Your race number must be 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?

Wetsuits are compulsory for the Ultimate and Ultimate Relay Aquathlons. For the run leg you can wear your usual running gear. You can also wear a T shirt and shorts. The UK Triathlon 2021 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.

Illegal Equipment



Certain items are banned during the event and in transition.

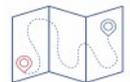
This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices. Leave these outside transition.

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.

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.



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!

2021 Event Calendar

Ultimate, Ultimate 1/2 & Ultimate 1/4	6th June
Ultimate Aquathlon	6th June
Triathlon @ Alderford	19th June
Birmingham Triathlon @ Alderford	27th June
Henley Kids Triathlon	10th July
Henley Triathlon	11th July
Cheshire Kids Duathlon	24th July
Cheshire Triathlon	25th July
York Kids Triathlon	31st July
York Triathlon	1st August
South Coast Triathlon	21st August
South Coast Run	22nd August
Shropshire Triathlon	5th September
North West Kids Duathlon	18th September
North West Triathlon	19th September
Ultimate Weekend	24-26th September
Warwickshire Triathlon	3rd October
Birmingham Autumn Half Marathon, 10k & 5K	17th October



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

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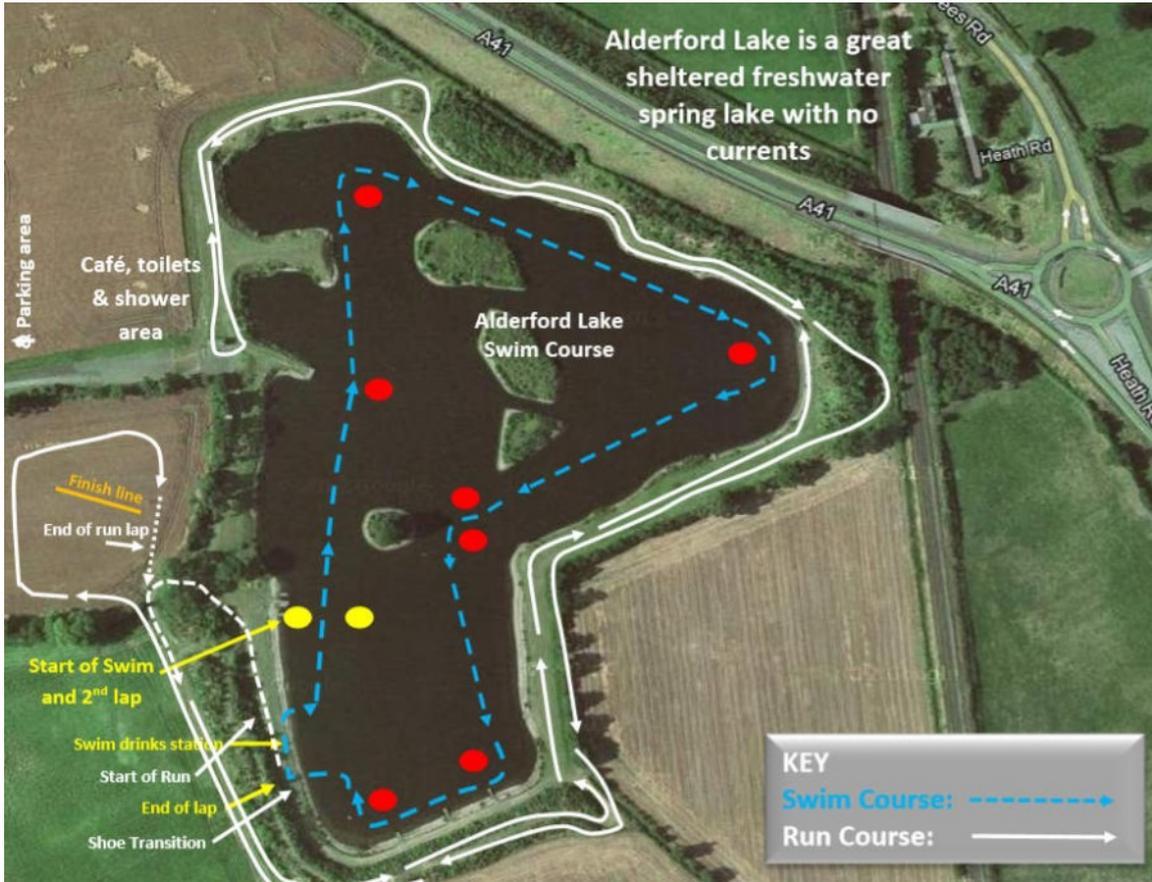


**EMBROIDERED
TECH CAPS
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AVAILABLE TO BUY AT THE EVENT

Course Map



Run Map



Swim

1.2 Miles - 2 laps

0.6 Miles - 1 lap

Wetsuits and Swim Caps

Wetsuits are compulsory for the Ultimate and Ultimate Relay Aquathlons. 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.

Swim Lap (Ultimate & Relay Aquathlons 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.

Shoe Transition

Your shoe transition will be at the waters edge as you complete your allocated number of laps. if wearing a wetsuit you must put that wetsuit fully into the Mornflake drawstring bag you were given at registration, along with swim cap and goggles if used. The drawstring must be fully closed and the bag placed directly in front off your race number, which will be pegged into the ground.

Run

6.5 Miles - 4 laps (short lap)

3.25 Miles - 2 laps (short lap)

The Course

Keep to the left at all times except when overtaking.

Maintain a distance off 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.



Race Number

Your race number must be clearly visible on your front.

Feed Station

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

Relay

Preparation

Each member of the relay team completes one of the two disciplines of the aquathlon.

Both team members must attend the race brief.

At registration each member of the relay team will be given an electronic timing chip that must be worn on the ankle.

Awards

Relay awards are based on all female and all male/mixed teams. All male teams can be a mixed team of one man and one woman.

How to Relay

After completing the swim, the swimmer must be within 4 meters but no closer than 2 meters to the runner at the numbered transition point. They may then start the run section of the event. Please make sure all electronic timing chips are handed in at the finish line.

Results and Prizes

Results

Your times will be available shortly after you have crossed the finish line and will be displayed on the website at www.UKtriathlon.co.uk. Overall results and times will be online on Monday 7th June 2021. Should you have any problems with your results please email sam@uktriathlon.co.uk

Prizes

Commemorative 2021 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

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

Photography

Photography

Our official event photographers, My Sports 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](#).

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Race Day Massage

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

Pre Race Stretch Stretch, improve flexibility and loosen up pre race	£15
Post Race Massage Let us help improve your recovery	£15
Taping of One Area	£10

Slots available from Sat 5th 1pm - 5pm & Sun 6th 6.30am till late

TO BOOK YOUR SLOT

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

Craven Complete are pleased to be attending all of the 2021 UK Triathlon Series Events and will be available the day before and on race day



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, wristband & timing chip, before heading to the transition area.





ENERGY | HYDRATION | RECOVERY

PUNISH LUNGS

NOT TONGUES

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REAL PERFORMANCE, REAL TASTE

Click the links below for further tips and advice-

[Triathlon Nutrition](#)



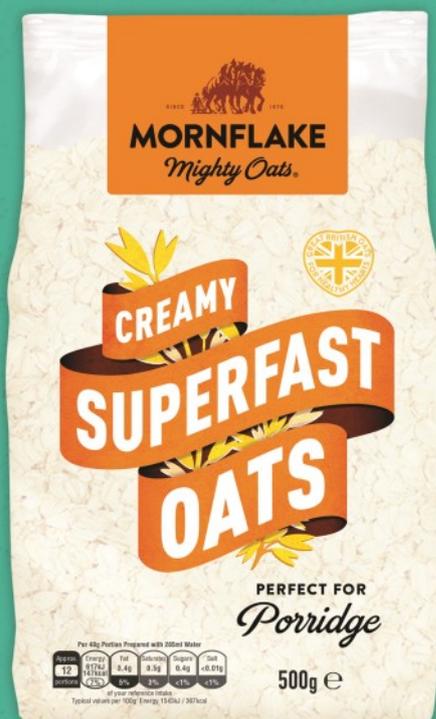
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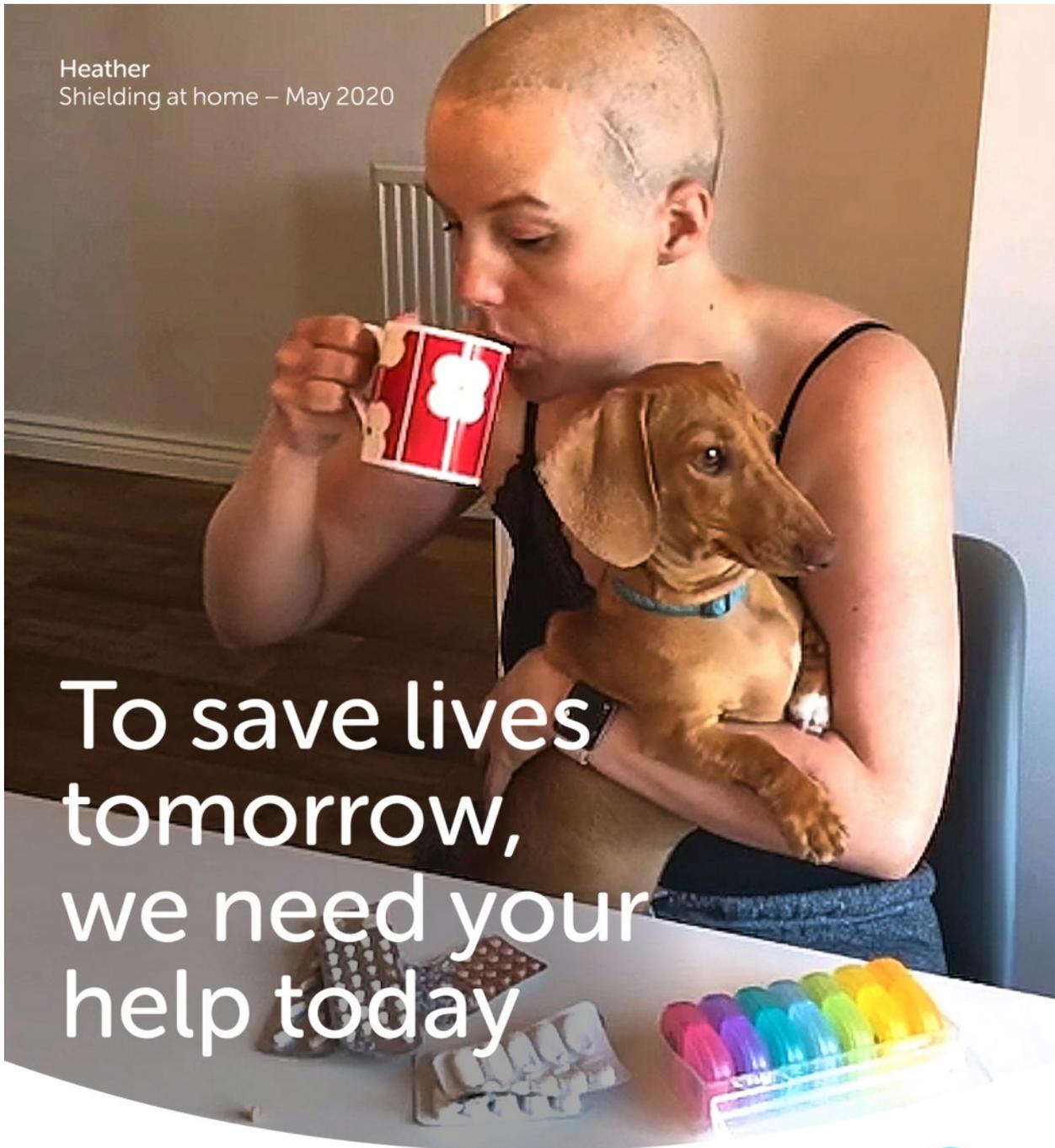
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