



# ***Warwickshire Triathlon***

## ***Race Day Information***

**Sunday 24th September 2017**

**Event Start Time 08:00am**

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

**Stratford Leisure & Visitor Centre,  
Bridgefoot, Warwickshire-upon-Avon,  
Warwickshire, Sat Nav: CV37 6YY**

***Parking is pay & display***

# Contents

***2017 Calendar*** ***3***

***Registration*** ***4***

***Arena Map*** ***5***

***Cycle Transition*** ***8***

***Swim*** ***9***

***Bike*** ***10***

***Run*** ***12***

***Relay*** ***14***

***Results and Prizes*** ***15***

***FAQs*** ***16***

***Partners*** ***17***





# ***2017 Event Calendar***

|                                       |                     |
|---------------------------------------|---------------------|
| Birmingham Half Marathon, 10k & 5K    | 8th April 2018      |
| Stratford Triathlon                   | 29th April 2018     |
| Cheshire Kids Duathlon                | Sat 19th May 2018   |
| Cheshire Triathlon                    | Sun 20th May 2018   |
| Shropshire Kids Triathlon             | Sat 2nd June 2018   |
| Ultimate, Ultimate 1/2 & Ultimate 1/4 | Sun 3rd June 2018   |
| Henley Kids Triathlon                 | Sat 9th June 2018   |
| Henley Triathlon                      | Sun 10th June 2018  |
| Birmingham Kids Triathlon & Duathlon  | 30th June 2018      |
| Birmingham Triathlon                  | 1st July 2018       |
| York Triathlon                        | 15th July 2018      |
| South Coast Triathlon                 | 28th July 2018      |
| South Coast Run                       | 29th July 2018      |
| Warwickshire Triathlon                | 9th September 2018  |
| North West Kids Duathlon              | 29th September 2018 |
| North West Triathlon                  | 30th September 2018 |
| With 3 new races to be added for 2018 |                     |



***For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)***



# UK Triathlon

## Official 2017 Race Series

### Tech T-Shirts



**Only  
£18**

Available in  
ladies and men's fit

Available to buy at the Warwickshire Triathlon

# Registration

## **IMPORTANT INFORMATION** for travelling to the venue

The Stratford Town Centre Food Festival is on Saturday 23 and Sunday 24 September so when travelling to the event please allow sufficient time to get to the venue.

- Registration will be open on Saturday from 1:00pm-4:00pm and from 7:00am on Sunday.
- Registration is located inside the orange Mornflake marquee.
- Please know your race number ready for registration staff.
- Arrive at least 60 minutes before your start time.
- Please do not attempt to change your start time

## **Race Envelope**

- At registration you will receive your race envelope which will contain the following items:
- Race numbers x2
- Bike sticker x2 (front of your handlebars facing forwards & under seat)
- Helmet sticker x1 (front)
- Electronic timing chip and strap x1 (which must be handed in at the finish line)
- Body number tattoo (instructions will be included on how to apply your tattoo. Water and sponges will be available outside of the registration tent).

## **Race Numbers**

- Your race number must be clearly displayed on your back for the bike and clearly visible on your front for the run.
- Elastic number belts are permitted. You must not re-size your race number in anyway.
- Race Numbers must be pinned on the top left and right hand corners.
- Pinning the number in the middle will allow the number to fold over making it impossible to see. We must be able to see your number at all times.
- It is good practice to write your name, blood group and any allergies you may have on the back of your race number in the unfortunate case of an accident.

## **Chip Timing:**

- This event will be electronically timed, you will collect your numbered chip at registration.
- Please ensure you 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.

The electronic timing chip number corresponds with your race number. When fixing the strap around your ankle please keep the soft side of the strap against your skin, the number on the chip should face out and be readable, if you can just slide your little finger between the strap and your ankle, it's not too tight or not too loose.

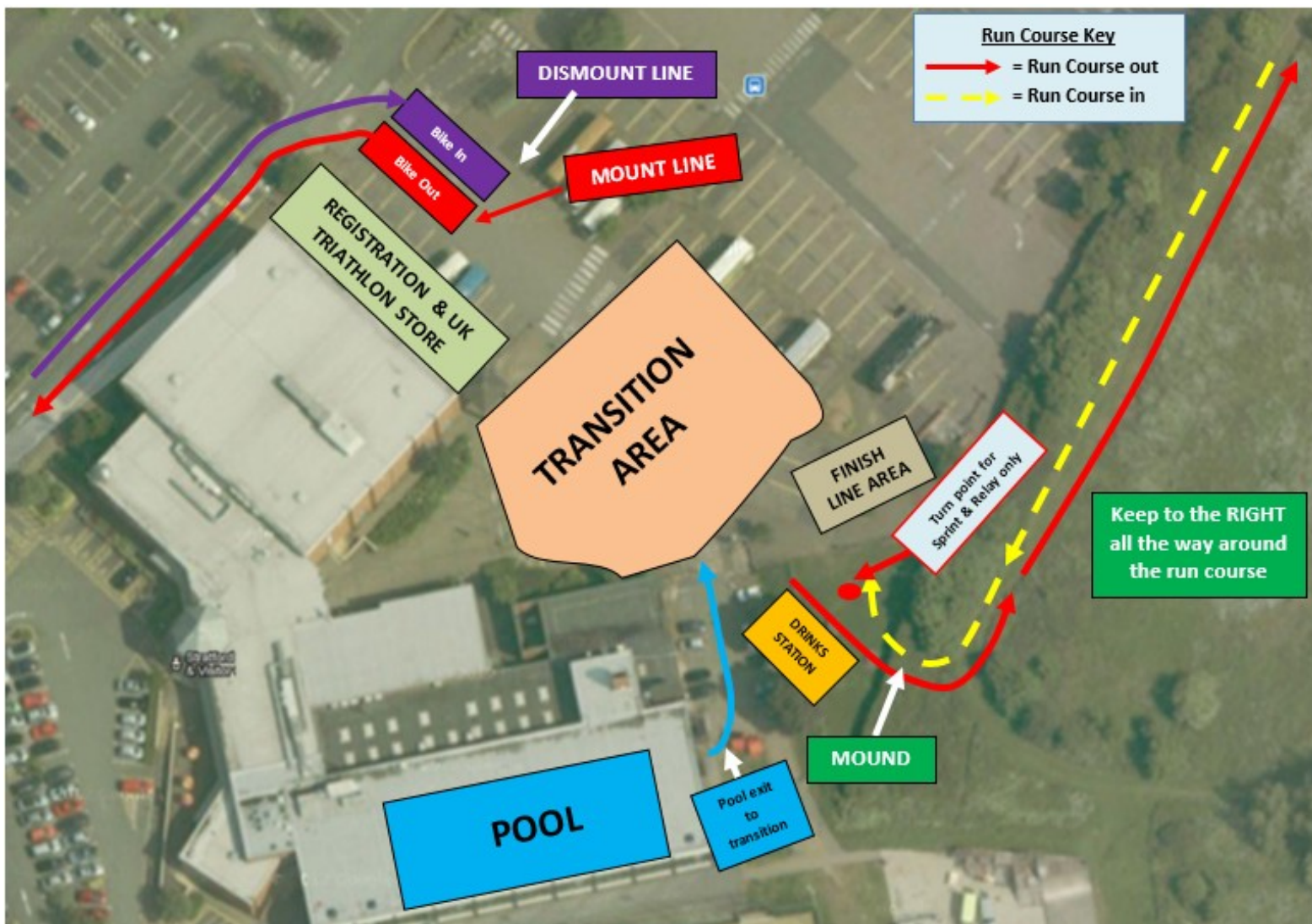
***If you require an extendable strap please ask at registration.***

## **British Triathlon Federation (BTF)**

We support membership of the BTF and therefore we recognise BTF members. In order to verify your BTF membership please show your current BTF licence at registration or you will be required to pay the £5.00 difference.



# Main Arena Map





Before you enter the transition area the following must be applied



Helmet stickers



Front centre

Race number Tattoo



Applied to front of left arm

Race numbers



Pinned back

Race numbers



Pinned front

Bike sticker



Front crossbar

Bike sticker



Under seat

Timing chip



Number facing outwards



# Cycle Transition



## Cycle Transition Area - Open from 7:15am

- Only competitors are allowed in the Cycle Transition Area. You cannot enter the cycle transition area until your bike stickers are attached to the front of your handlebars facing forwards and under your seat.
- Any position is fine and each racking position is marked by white tape.
- Please do not rack your bike in the Cycle Transition Area earlier than 20 minutes before your start time.
- 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.
- Please be on the poolside at least 10 minutes before your start time and listen to the race safety brief (late comers will miss important information about the course).
- As a security precaution, you cannot take your cycle out of the transition area without your race number and corresponding cycle sticker.





## Sprint & Relay 400M - 12 lengths

## Fun & Super Sprint 200M - 6 lengths

- The pool is 33.3 metres long
- Do not miss your start time
- Please be on poolside 10 minutes before your start time for your compulsory race safety brief.
- Late comers will miss important safety information about the course.
- For the safety of other competitors, tumble turns, diving and back stroke is not permitted.
- The swim course is very straightforward and there are signs and marshals to help if you get confused, don't worry, it's easy!
- It is up to you to count your own lengths.
- A swim cap will be allocated to you at the poolside which you must wear, please take it off when you exit the pool.
- You may wear your own swim cap but it must be a bright colour so you are easily visible in the water to other competitors.

## Sprint & Relay 18k - 1 lap Fun & Super Sprint 18k - 1 lap

- Make sure your bike is working properly with our pre race service/check. Please see page 19 for more information.
- When you finish your swim, change into your cycling gear in the Cycle Transition Area unless you are wearing a trisuit.
- Your race number must be clearly displayed on your back.
- 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 bike until you have crossed the mount line.
- **It is compulsory to wear a cycle helmet.**
- **Take extra special care when exiting and entering the car park.**
- The course is mainly flat with some undulations.
- Follow the UK Triathlon cycle route signs around the course and do not turn until you see a marshal and/or a sign.
- **Please take extra care at all junctions; although there are safety marshals present, they are not there to stop traffic.**
- **Be extra aware of traffic around the leisure centre itself. Ride your bike in a responsible manner and obey the Highway Code, please consider other road users and above all RIDE SAFELY! Irresponsible cycling will constitute an immediate disqualification.**
- Please do not drive around the cycle course (especially not to follow competitors) whilst the race is underway to avoid unnecessary traffic congestion. Any competitor who is followed by a car will be disqualified!
- Dismount your cycle at the end of the cycle course at the dismount line, a marshal will also tell you to do so (**Cycling is not permitted inside the cycle transition area**).
- **There are three pelican crossings at the start of the cycle course, you must stop if the lights change to red (you will be awarded a time allowance). Cycling through a red light at a pelican crossing will constitute an immediate disqualification.**

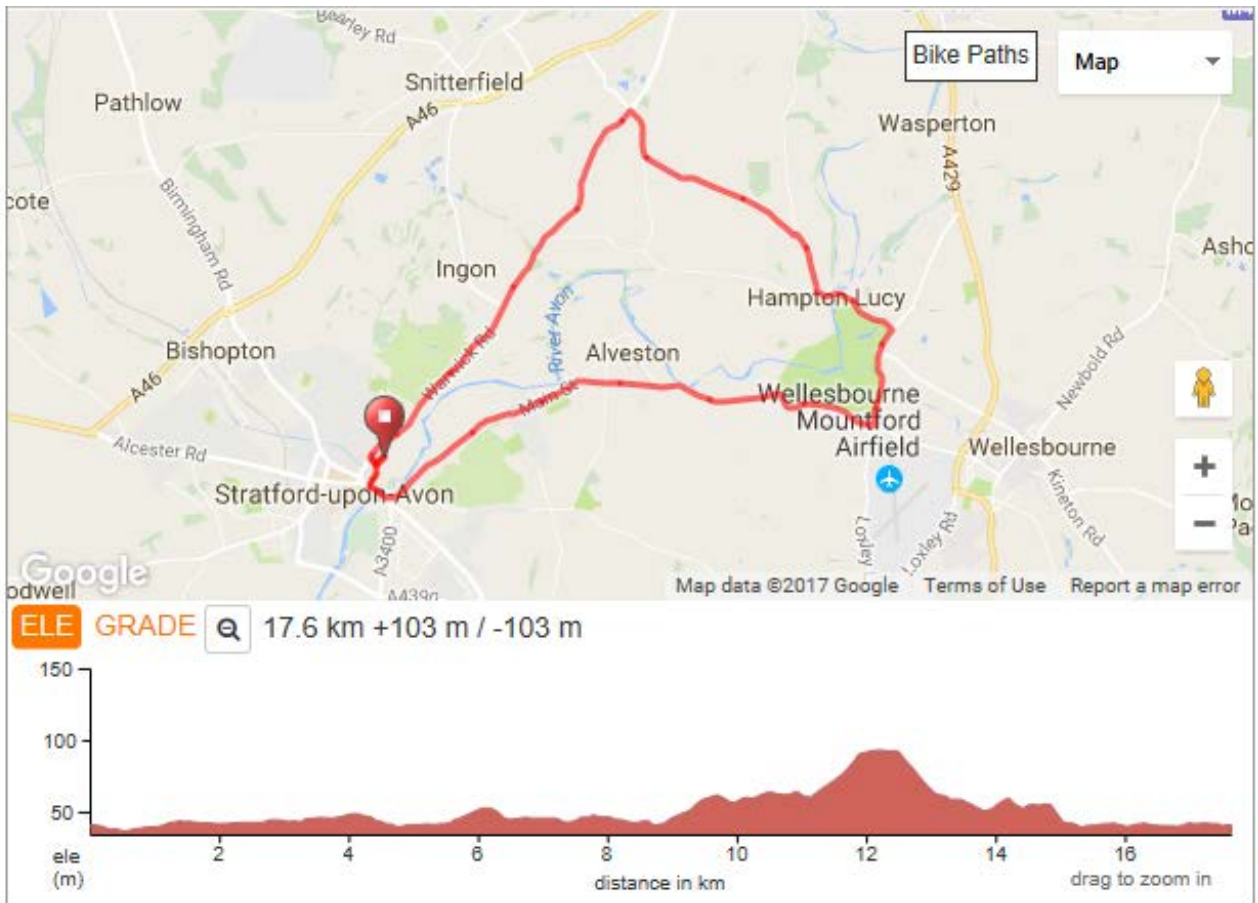


### **Drafting Rule**

- Cyclists must maintain a forward distance of 5 metres between each other at all times except when overtaking.
- It is the responsibility of the overtaken rider to drop back to maintain this gap.
- Drafting marshals will strictly enforce this rule and offending cyclists will receive a time penalty for the first offence and disqualification on the second.



# Bike Map



## *Start and Finish of the Bike Course*



**Sprint & Relay**

**- 5K - 2 laps**

**Super Sprint & Fun**

**- 2.5K - 1 laps**



- When you finish the bike course, re-rack your cycle before starting the run. Re-rack at the same position you took it from.
- Your race number must be clearly visible on your front.
- There is a drinks station on the run course serving High5 sports drink and water.
- Please keep to the right at all times except when overtaking and keep other runners in mind.
- When you have finished the run, filter into the finish area and run through the inflatable finish gantry.



# Run Map



If your relay changes from a mixed, all male or all female team you must email [customer care@uktriathlon.co.uk](mailto:customer care@uktriathlon.co.uk)



- Each member of the relay team completes one of the three disciplines in the triathlon.
- At registration you will be given an electronic timing chip that you relay to the finish line. 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 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.
- The runner completes the run and hands in the electronic chip at the finish line.
- Relay awards are based on all female and all male teams. All male teams can consist of three men, two men and one woman or one man and two women.
- All team members must attend the race brief.



# Results and Prizes

## Results

Your times will be available shortly after you have crossed the finish line and will be displayed on the TV screen which is located at the finish line. Overall results and times will be online on Monday 25th September 2017. Should you have a query with your results please email [jenny@uktriathlon.co.uk](mailto:jenny@uktriathlon.co.uk).



## Prizes

- Commemorative 2017 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Sprint and Super Sprint races & 1<sup>st</sup> place for all male and female relay teams.
- Prizes for first place in all five year age groups (see table opposite) in the Sprint triathlon only.
- Prize giving will take place toward the end of the event.

| Code | Category  | Age   |
|------|-----------|-------|
| B    | Youth     | 14-16 |
| C    | Junior    | 17-19 |
| 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+   |

## 1. Will I receive my race numbers and chip by post?

*No, you will pick them up when you register at the event.*

## 2. How do I get to the Venue?

*The venue is just 5 miles off the M40 at junction 15, follow the signs for Stratford-upon-Avon and look for the Leisure and Visitor Centre as you approach the town on the left hand side.*

**Sat Nav's postcode CV37 6YY.**

## 3. Where can I park?

*Parking is available at the leisure centre pay and display (also ideal for shopping and sight seeing!)*

*Midway through the morning the leisure centre car park will fill up. So to save you wasting time driving around and getting in the way of the competitors cycling, if you see the "car park full" signs at the entrance of the leisure centre, use the multi storey pay and display car park which is right opposite. **DO NOT PARK ON THE COACH OR LORRY PARK OR ON A KERB, AS YOU WILL RECEIVE A £60.00 FINE!***

## 4. What time should I arrive on race day?

*We suggest at least an hour before your start time.*

## 5. Do I need to wear a helmet?

*Yes, it is compulsory to wear a helmet.*

## 6. Can I use any bike?

*Yes, you can use of any type of bike as long as it is road worthy.*

## 7. I have competed in lots of triathlons do I have attend the race brief?

*Yes, the race brief is compulsory, it will contain important safety information for the event.*

## 8. Can I listen to music during the triathlons?

*Unfortunately no, for your own and other competitor safety you are not permitted to use any music system during the triathlon.*

## 9. Is there massage available during the triathlon?

*Yes, pre and post massages are available on race day.*

## 10. Where can I look for accommodation for the triathlon?

*Riverside Caravan Park, Tiddington 01789 292312 (1 mile from Warwickshire on the B4086).*

*Dodwell Park, Evesham Rd (on the B439) 01789 204 957 (2 miles S.W. of Stratford-upon-Avon).*

*For hotels, guesthouses & B&Bs visit <http://www.Stratford-upon-avon.co.uk/> or call 08701 607930.*

## 11. I know someone who would like to volunteer are they able to help out?

*Absolutely! We love extra volunteers to help out during the day. Please call Keith on 07887 780553 or email [keith@uktriathlon.co.uk](mailto:keith@uktriathlon.co.uk).*





Women, swimming, cycling & running to beat cancer



**Take part individually or as part of a team!**  
Distances from just 200m swim - 9k bike - 2.5k run

Pool based triathlons for women-only, working in partnership with Cancer Research UK to raise money for research into all 200 types of cancer.



UK Triathlon will donate £10 to from every Pink Wave entry to Cancer Research UK

6 fun pool based events to choose from  
Yorkshire, Oxfordshire, Cheshire, Warwickshire

**Fight the fight, whilst trying the TRI!**  
Sign up today, join The Pink Wave

[UKTriathlon.co.uk/pinkwave](http://UKTriathlon.co.uk/pinkwave)



In the 1970s, less than a quarter of people with cancer survived. Today half will survive.

Our ambition is to accelerate progress and see three-quarters of people surviving the disease within the next 20 years.

Join our team and we will beat cancer sooner.

**JOIN OUR TEAM:**  
Visit [cruk.org/our-team](http://cruk.org/our-team)  
Call **0300 123 5461**



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).

**PROGRESS**  
WHEELS

Available from  
**BADGER**  
CYCLES.CO.UK



On site Mechanical  
services at all events







**Pre race bike service/check just £10**

**Gear and Brake Service £20.00**

**Brake Block Replacement - Free Fitting**

**Tyre Replacement - Free Fitting**

Make sure your bike is in tip top condition for your event. Missing gears, rubbing brake blocks on the wheel rim, even worse less effective brakes can spoil your event, even retire you from the race miles away from the venue (don't worry our bike course manager Chris will pick you up and bring you back!). Make sure everything is working properly and well oiled with our pre race service/check. Located inside the registration tent during registration hours. Simply text Carl on 07950735737 with your name and start time and he will text back with an available time slot booking. There may be slots available on each day of the weekend subject to availability.

If you change your mind for any reason simply text Carl to cancel.

If additional work is recommended for your bike, there is a charge scale for any repair work over and above the service price. You will be notified of any additional work if recommended.

## Nutrition Tips



The ultimate test of endurance calls for optimum levels of energy. Whether you're an elite athlete or an enthusiastic amateur, this multiple-stage competition is gruelling – but nothing matches the sense of achievement as you cross the line. Check out these top five tips:

### 01

#### ■ Have a plan

Have a race nutrition plan and stick with it. If you want some inspiration for your race day plan then check out the HIGH5 triathlon nutrition guide – see bubble on the right. It's always a good idea to practise your race day nutrition plan in training at least twice. Prepare your nutrition before race day so there is less to go wrong in the morning.

### 02

#### ■ Carb's your #1 Fuel

Carbohydrate is our main source of energy during a triathlon. The more you have available for fuel, the faster and further you can go. If you're racing for more than 90 minutes, aim for 60-90g of carbohydrate per hour. This can be from sports drinks, energy gels and bars. For shorter distances, take something when you can.

### 03

#### ■ Caffeine Boost

Would you like to benefit from more focus, increased concentration and improved endurance performance? It's well established that caffeine can supercharge your race day performance. You should aim for 3mg per kg bodyweight (that's 180mg if you weigh 60kg) but as little as 75mg caffeine has been shown to give you an edge. Alternatively simply follow the HIGH5 triathlon nutrition guide for a dose of caffeine based on your bodyweight.

#### Triathlon Nutrition Guides

HIGH5 Advanced Nutrition Guides have been designed to help you race faster and to finish a challenge feeling strong and with a smile on your face. We work exceptionally hard to ensure that you can perform at your best. HIGH5 nutrition undergoes rigorous testing in both the lab and with athletes in the real world. It won't let you down when it matters most.

**CLICK ON YOUR RACE DISTANCE HERE** for a step-by-step nutrition guide:



#### Sprint Triathlon



#### Olympic Triathlon

### 04

#### ■ Don't leave it too late

Start fuelling as soon as you get out of the water. If you wait until you are hungry or your energy drops, it's normally too late. Little but often is the best fuelling strategy. It will provide you with a steady flow of energy.

### 05

#### ■ Don't forget hydration

Hydration shouldn't be underestimated: dehydration is often associated with a drop in performance. But we don't just lose water. Important minerals (electrolytes) like sodium and potassium are lost through sweating and should be replaced during exercise. Little but often is the best strategy for drinking but try to aim for around 500ml per hour – more when it's hot! Sport drinks like HIGH5 EnergySource contain sufficient electrolytes for UK weather conditions.



# DON'T RUN, FLY

with **FlyteFoam®**  
TECHNOLOGY



**asics**

# GO! FOR AN EVEN BETTER PERFORMANCE WITH MORNFLAKE



## OFFICIAL SPONSORS OF THE 2017 UK TRIATHLON EVENTS SERIES

Simply made with Mornflake's finest rolled oats, skimmed milk and natural soya protein, Mornflake GO! Porridge is the perfect breakfast boost for anyone who wants to stay on top of their game – from busy mums to gym buffs! Why not try adding chopped fresh fruit for an extra health kick?

Hailed by nutritionists as one of the healthiest sources of protein, our High Protein Porridge is made with non GM soya which contains nine essential amino acids in the perfect ratio for maintaining everyday health and is naturally low in saturated fat.

[mornflake.com](http://mornflake.com)



HIGH PROTEIN  
PORRIDGE







# NEWPIXELS

SPORT PHOTOGRAPHY



PROFESSIONAL, AFFORDABLE  
RACE PHOTOGRAPHY

ALWAYS DISPLAY YOUR  
BIB NUMBERS CLEARLY

[WWW.NEWPIXELSEVENTS.CO.UK](http://WWW.NEWPIXELSEVENTS.CO.UK)

*With thanks to New Pixels for providing images for the competitor race information*





Contact us: 0800 542 0285



the  
insurance  
surgery

FREE  
RACE ENTRY  
to the value of £66 with every policy



## Vitality Life Insurance and Health Insurance through The Insurance Surgery

Earn amazing health rewards and benefits with Vitality Life & Health  
Protection for you and your family... save £'s on life insurance &  
health insurance

**Types of cover:** Life Insurance | Mortgage protection | Private medical insurance | Income protection

Life insurance & health insurance with rewards for  
healthy living. Some amazing benefits including:

- ♥ FREE cinema tickets EVERY week
- ♥ 50% OFF fitness devices
- ♥ Up to 50% cashback on bikes
- ♥ FREE crafted drink EVERY week
- ♥ Up to 40% OFF European flights
- ♥ 75% OFF Spa Breaks
- ♥ 50% OFF running shoes



the  
insurance  
surgery

**FREEPHONE 0800 542 0285**

[enquiry@theinsurancesurgery.co.uk](mailto:enquiry@theinsurancesurgery.co.uk)

The Insurance Surgery Limited is authorised and  
regulated by the Finance Conduct Authority

Registered in England and Wales No. 5137288

Registered office: Wood Street Mill,  
45 Pickford Street, Macclesfield, Cheshire SK11 6BB

Benefits listed only relate to Vitality insurance policies. The Insurance Surgery does have access to the whole of market, acts independently and offers a full advice service