



Shropshire Triathlon

Race Day Information

Sunday 16th September 2018

Start Times:

07.45am Middle Distance & Relay

08.30am Olympic & Relay

09.15am Sprint & Relay

09.30am Super Sprint & Fun

The Mere, Cremorne Gardens

Ellesmere SY12 0HD

Please make sure you are parked up and at the venue by 8am as the first cyclists are due on the road then.



★
**OFFICIAL
EVENT
CLOTHING**

★
**TECH TEES
£20**

**HOODIES
£30**

**CAPS
£10**

★
**All available
to buy at
the event**

2018 Event Calendar

Shropshire Triathlon	16th September 2018
North West Kids Duathlon	29th September 2018
North West Triathlon	30th September 2018
Warwickshire Triathlon	7th October 2018
Birmingham Half Marathon, 10k & 5K	14th April 2019
Stratford Triathlon	28th April 2019
Cheshire Kids Duathlon	11th May 2019
Cheshire Triathlon	12th May 2019
Ultimate Kids Triathlon	1st June 2019
Ultimate, Ultimate 1/2 & Ultimate 1/4	2nd June 2019
Henley Kids Triathlon	27th July 2019
Henley Triathlon	28th July 2019
Birmingham Kids Triathlon	15th June 2019
Birmingham Triathlon	16th June 2019
York Triathlon	14th June 2019
South Coast Triathlon	TBA
South Coast Run	TBA



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

Car Parking & Registration

Car Parking

There are numerous car parks around Ellesmere, all of them free on a Sunday. Allow plenty of time to park and walk to race registration. Some of the car parks are a 15 minute walk. Here are some postcodes for parking in Ellesmere -

SY12 0PA Mereside

SY12 0AW Cross Street

SY12 OHQ Talbot Street

SY12 OHG Cross Street

SY12 0PA The Moors

Registration

- Registration will be open on Sunday from 6:30am.
- 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 (please see page 5)
- Bike sticker x2 - *Before entering the Cycle Transition Area attach one bike number on the front of the handlebar stem and the other on the rear of the seat post. You must show your race number corresponds with your bike number when retrieving your bike after the event (please see page 5).*
- Helmet sticker x1 - *Attach your bike helmet sticker to the front of your helmet (please see page 5)*
- Electronic timing chip and strap x1 (which must be handed in at the finish line).
- Race number tattoo - *Must be applied to your upper left arm and lower right leg (please see page 5) (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 displayed on your front for the run
- Elastic number belts are permitted with only one number attached. It must be visible on your back for the cycle and on your front for the run 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
- You must not re-size your race number in anyway
- Please write your name, blood group (if known) and any allergies you may have on the back of your race number



Chip Timing:

- This event will be electronically chip 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.
- Do not cover your electronic timing chip with your wetsuit as it will stop the signal when you cross the timing mat.



Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your ANKLE with the soft side of the strap toward your skin. 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.

★
**ARE YOU
RACE
READY?**

★
HELMET STICKER

★
**BIKE STICKERS
FRONT CROSSBAR
& UNDER SEAT**

★
**RACE NUMBERS
PINNED FRONT
& BACK
PINNED IN
ALL 4 CORNERS**

★
**RACE TATTOOS
APPLIED
LEFT ARM
& RIGHT LEG**

★
**TIMING CHIP
ON ANKLE
NUMBER FACING
OUTWARD
SOFT SIDE OF
VELCRO AGAINST
SKIN**

Timing chip



Number facing outwards

Helmet sticker



Front centre

Race numbers



PINNED BACK

Race numbers



PINNED FRONT

Bike sticker



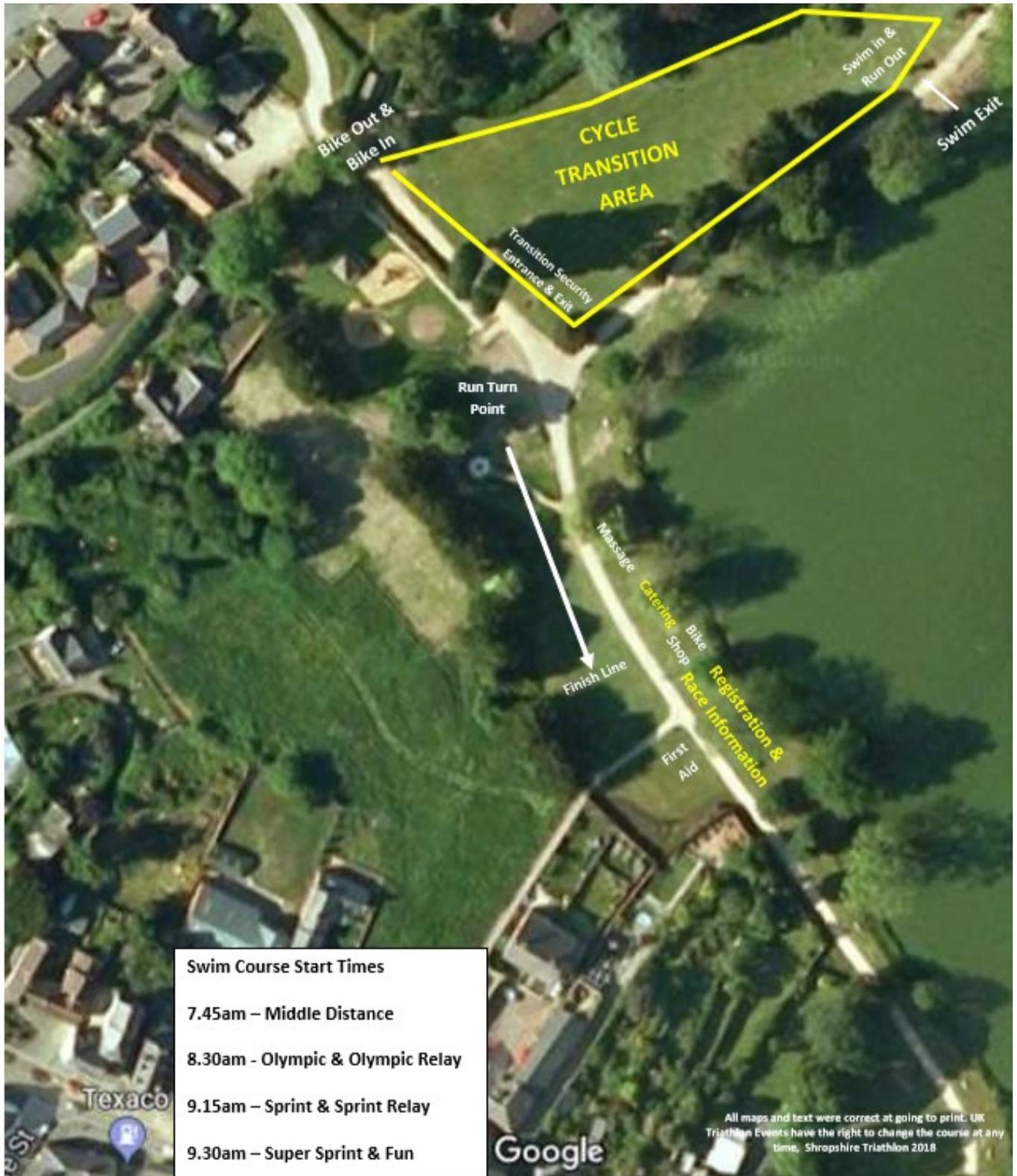
Under seat

Bike sticker



Front crossbar

Shropshire Arena



Cycle Transition Area

Cycle Transition Area - Open from 06:30am

- Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 5)
- Rack your bike in any position, each racking position is marked by white tape.
- Only take into transition what is needed, a small bag can remain but bulky boxes are to be taken out of transition whilst the race is live.
- 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.
- As a security precaution, you cannot take your cycle out of the transition area without your race number and corresponding cycle sticker.

Swim

Middle & Relay - 2000m - 2 laps x 1000m
Olympic & Olympic Relay - 1500m - 2 laps x 750m
Sprint & Sprint Relay - 750m - 1 lap
Super Sprint & Fun - 200m - 1 lap (short course)

- Please be at the swim start at least 15 minutes before your start time and listen to the race safety brief (late comers will miss important information about the course).
- You must wear your allocated swim cap, which will be given to you at registration.
- Wetsuits are compulsory for the 2000m and 1500m swim
- As an added precaution, as soon as you get into water that is deep enough to swim, then please swim and don't walk.
- If for any reason you have to stop swimming during the event and the water is shallow enough to stand (this is only in a few areas) then stand in the same position until you are content to continue swimming or if not then raise one arm and a safety craft will come to your assistance.

Swim Map - Middle Distance



Swim Map - Olympic, Sprint, Super Sprint & Fun

Swim Course
750m = one lap of the triangular course

Olympic & Olympic Relay – 750m x 2 laps = 1500m
You must go through the start gate to start your 2nd lap.

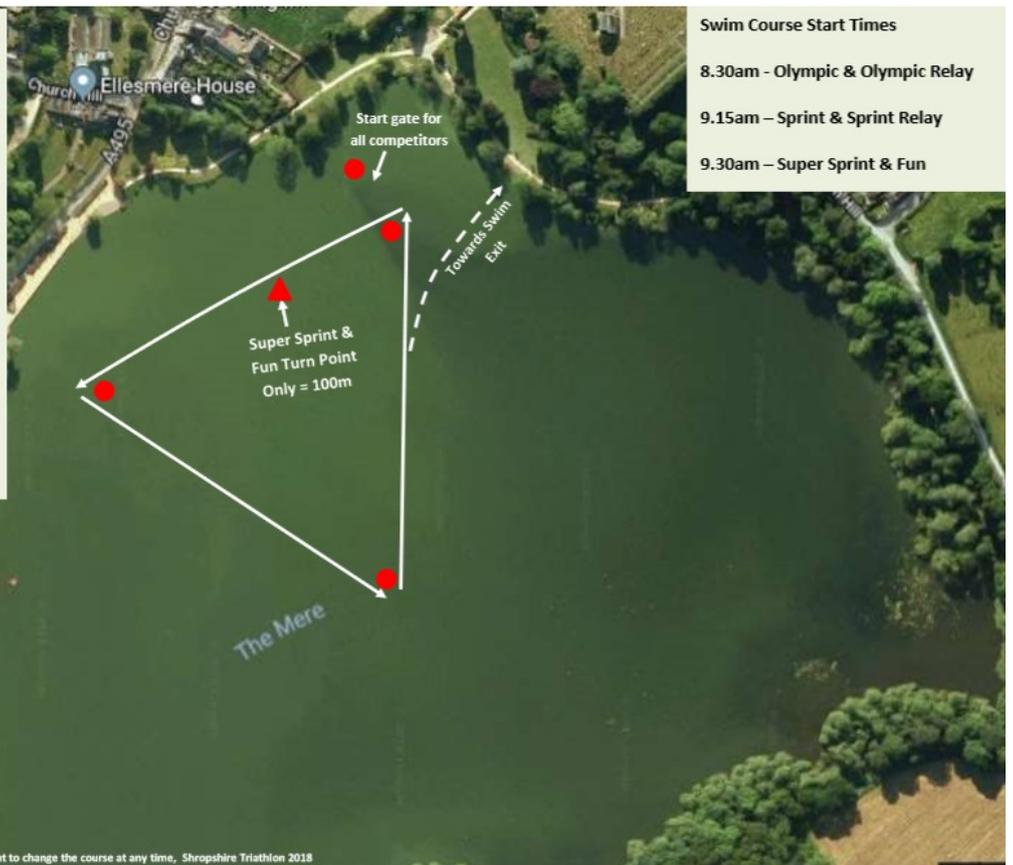
Sprint & Sprint Relay = 750m x 1 lap.

Super Sprint & Fun = 200m x 1 lap (Short Course, Triangular Buoy).

The Red Buoys are the turn points for the Olympic & Sprint only.

The Triangular Buoy is the turn point for the Super Sprint & Fun only.

Map not to scale



Middle - 78k - 2 x lap Olympic & Olympic Relay - 39k - 1 x lap Sprint & Sprint Relay - 22.1k - 1 x short lap Super Sprint & Fun - 22.1k - 1 x short lap

- Make sure your bike is working properly with our pre race service check. Please see page 17 for more information.
- You must fasten your helmet before taking your cycle off the rack.
- Your race number must be clearly displayed on your back for the cycle section of the event.
- After collecting your cycle, walk or run to the cycle mount line where you commence the cycle section of the race.
- Keep to the left at all times except when overtaking.
- Follow the "Cycle Route" signs around the course and follow any instruction from any officials or marshals.
- Dismount your cycle at the end of the cycle course, do not unfasten your helmet until you have racked your cycle.
- Abide by the highway code, failure to ride safely will constitute an instant disqualification.
- Keep hold of spent gel bar wrappers until you can dispose of them properly.
- Make sure you have plenty of drinks on your cycle before you start the event.
- Do not use the feed station at the start of the cycle lap unless you are taking part in the middle distance.



Middle Distance Competitors only

There will be a feed station at the start of the second cycle lap (half way point)

There will be;

- HighFive Energy Source in 750ml bottles
- Water in 750ml bottles
- Highfive Isogels
- Highfive Energy bars
- Staxx protein bars

Drop your empty bottles into the wheelie bin at the feed station at the side of the road. You can retrieve your bottles if you wish after the event next to the finish line.

Sprint, Super Sprint and Fun Competitors Only

- You must complete 1 x lap of the cycle short course.
- There are 2 x specific turns you must look for and turn at.

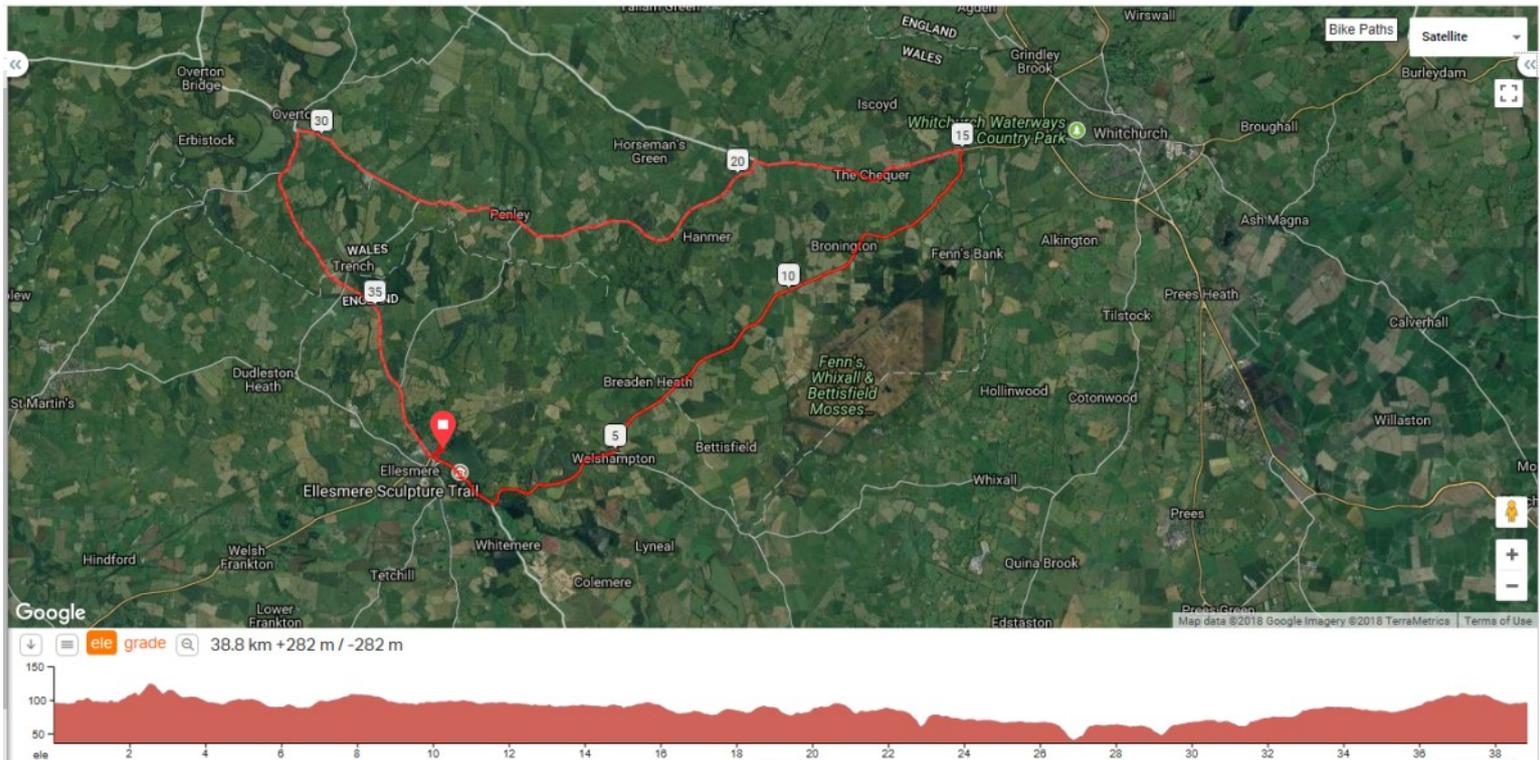


Drafting Rule

- Cyclists must maintain a forward distance of 10 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.

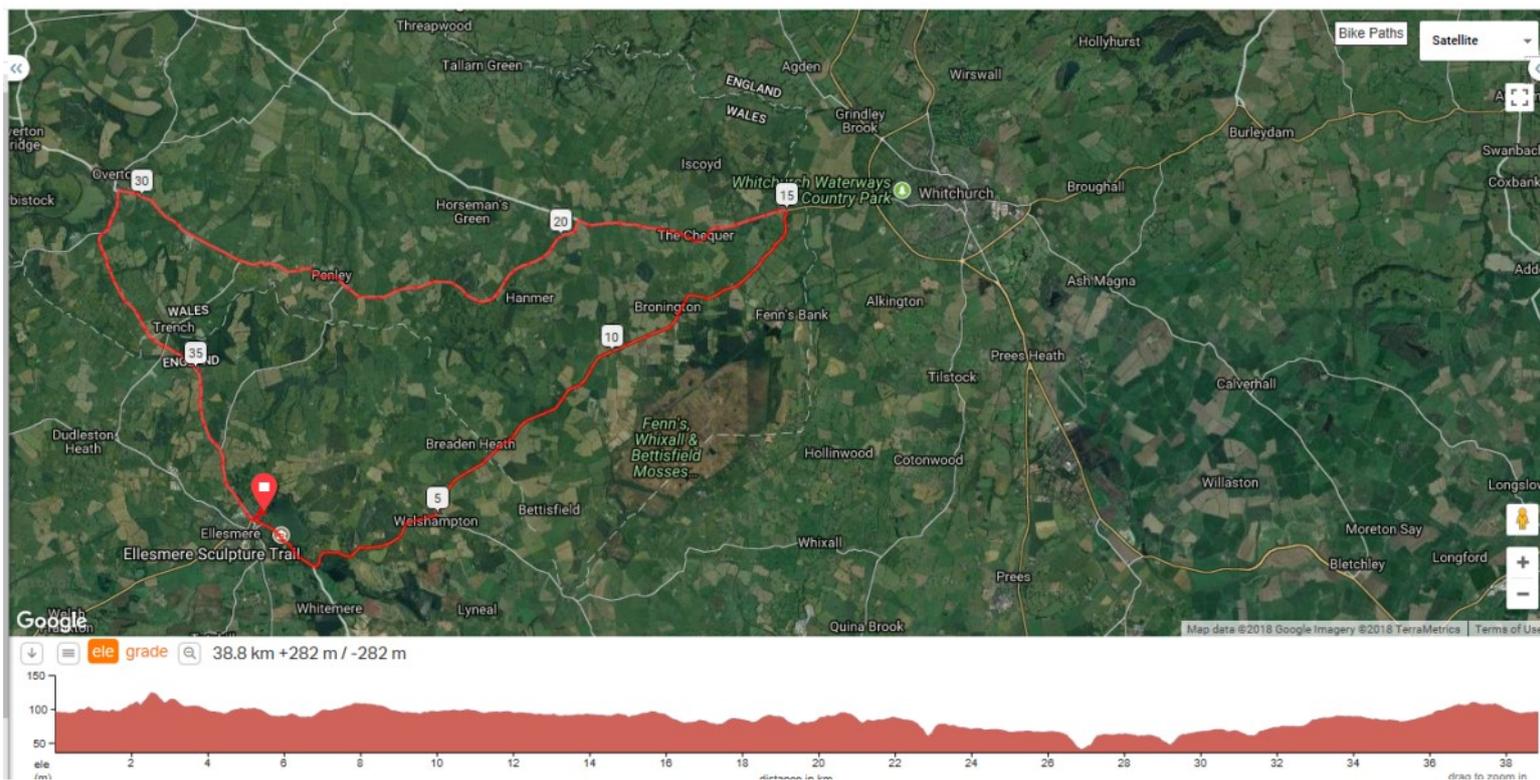
You will not be allowed to take part without a cycle helmet.

Bike Map - Middle - 2x laps



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/25859976>

Bike Map - Olympic - 1xlap



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/25860223>



Middle - 20k - x 4 laps
Olympic & Olympic Relay - 10km - x 2 laps
Sprint & Sprint Relay - 5km - x 1 lap
Super Sprint & Fun 2.5km - 1 short lap

- When you finish the bike course enter the Cycle Transition Area and rack your cycle.
- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- 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 completed laps.
- There is one feed station on the run course that you pass twice on each lap and one at the finish line which will be serving High5 energy drink and water.
- When you have finished the run filter into the sign posted 'finish lane' and continue through the finish line.

If your relay changes from a mixed, all male or all female team you must email customercare@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 must be worn on the ankle and is relayed 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 women or one man and two women.
- All team members must attend the race brief.

Results

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 17th September 2018. Should you have a query with your results please email jenny@uktriathlon.co.uk.

Massage, Photos and Prizes

Race event massage is available at the Triathlon from B.E. Sports Massage located next to registration. Indulge in a much deserved professional Sports Massage to help rid the build up of lactic acid and reduce the chance of injury.

How satisfying would it be if you can just go straight from the finish line into a relaxing and flush out massage?

B.E. Sports Massage will be there for you on the day, so treat yourself to a relaxing massage after a tough race

The prices for after the event are:

£7.50 for just legs/shoulders

£10 for 10 minutes

£15 for 15 minutes

To book your slot for when you finish contact Ben by texting your name and time required to 07857881511 or just turn up and book on the day.

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.

Prizes

- Commemorative 2018 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Middle, Olympic, Sprint and Super Sprint races & 1st place for all male and female relay teams.
- Prizes for first place in all five year age groups (see table opposite) in the Middle, Olympic and 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. Where can I park?

Please see the car park page for postcodes or look for Triathlon Parking signs when you arrive in Ellesmere.

3. What time should I arrive on race day?

We suggest at least an hour before your start time.

4. Do I need to wear a helmet?

Yes, it is compulsory to wear a helmet.

5. Can I use any bike?

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

6. I have competed in lots of triathlons do I have to attend the race brief?

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

7. 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.

8. Is there massage available during the triathlon?

Yes, pre and post race massage is available on race day.

9. Where can I look for accommodation for the triathlon?

For accommodation information visit www.shropshiretourism.co.uk

10. 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.



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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 before it is carried out.

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.



**Sprint
Triathlon**



**Olympic
Triathlon**

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:

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.

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