



York Triathlon

Race Day Information

2nd July 2017

Event Start Time From 08:30am

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

**York Sport Village
Lakeside Way
York, YO10 5FG**

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2017 Event Calendar

Birmingham Half Marathon, 10k & 5K	2nd April
Stratford Triathlon	14th May
Cheshire Kids Duathlon	20th May
Cheshire Triathlon	21st May
Henley Kids Triathlon	3rd June
Henley Triathlon	4th June
Shropshire Kids Triathlon	10th June
Ultimate/ Ultimate Half/Ultimate One	11th June
York Triathlon	2nd July
Birmingham Kids Triathlon and Duathlon	15th July
Birmingham Triathlon	16th July
Club Championships	16th July
North West Kids Duathlon	12th August
North West Triathlon	13th August
South Coast Triathlon	2nd September
South Coast Run	3rd September
Stoke on Trent Kids Triathlon	9th September
Stoke on Trent Triathlon	10th September
Warwickshire Triathlon	24th September



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



UK Triathlon

Official 2017 Race Series

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ladies and men's fit

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Registration

- Registration will be open on Saturday from **1:30pm until 3:30pm** and from **07:30am** on Sunday.
- Registration is located inside the orange Mornflake marquee.
- Please know your race number ready for registration staff.
- Arrive 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)
- Race 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 visible on your back on the cycle and on your front on 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 toward the skin, the number on the chip should face out and be readable. You should be able to just slide your little finger between the strap and your ankle making sure 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.

Cycle Transition Area



Cycle Transition Area - Open from 7:45am

- You cannot enter the cycle transition area until your bike sticker is attached to the front of your handlebars facing forwards
- Only competitors are allowed in the Cycle Transition Area . Strictly no friends or family will be permitted entry at any time.
- Once registered you can rack your cycle and lay any equipment you require for the cycle and run. Any position is fine and each racking position is marked by white tape.
- Although we allocate security staff to specifically watch the transition area please note we cannot be responsible for any items lost or stolen.
- Please be on the poolside at least 15 minutes before your start time and please listen to the race safety brief (late comers will miss important information about the course).

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

Event Arena Map



Bike and Run Map





Sprint & Relay

400m - 16 lengths

Super Sprint Fun

200m - 8 lengths

- The pool is 25m in length.
- To ensure all competitors safety tumble turns, diving and back stroke is not permitted.
- Swimmers will be started at 30 second intervals.
- It is up to you to count your own lengths.
- The swim course is very straightforward and there are marshals to help if you get confused, don't worry, it's easy!
- 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.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

Sprint & Relay - 18k - 6 laps

Fun & Super Sprint - 9k - 3 laps

- When you finish your swim, change into your cycling gear in the Cycle Transition Area unless you are wearing a trisuit.
- Race number 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.
- Follow the cycle route signs around the course.
- Ride on the left hand side of the road and keep left, unless overtaking.
- Dismount your cycle at the end of the cycle course and before the dismount line, a marshal will also tell you to do so (**Cycling is not permitted inside the Cycle Transition Area at any time**).
- Ride your bike in a responsible manner and obey the Highway code, please consider other competitors and above all RIDE SAFELY! Irresponsible cycling will constitute an immediate disqualification.
- The course is flat.
- The route is out and back and the road is separated by cones. Do not cross the cones.



There is a narrow section on the cycle course due to building work and some uneven surface. This section will be highlighted from both directions with fluorescent signs. Please take extra care at this section and only overtake when there is sufficient room and it is safe to do so.

Irresponsible or dangerous cycling on any part of the cycle course 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.

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



Sprint & Relay - 5K - 4 laps
Super Sprint & Fun - 2.5k - 2 laps

- When you finish the bike course, rack your cycle before starting the run.
- Race number clearly visible on your front.
- 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 completed laps.
- There is a drinks station on each lap serving High5 sports drink and water.
- When you have finished the run, filter into the sign posted finish lane and continue through the finish line.



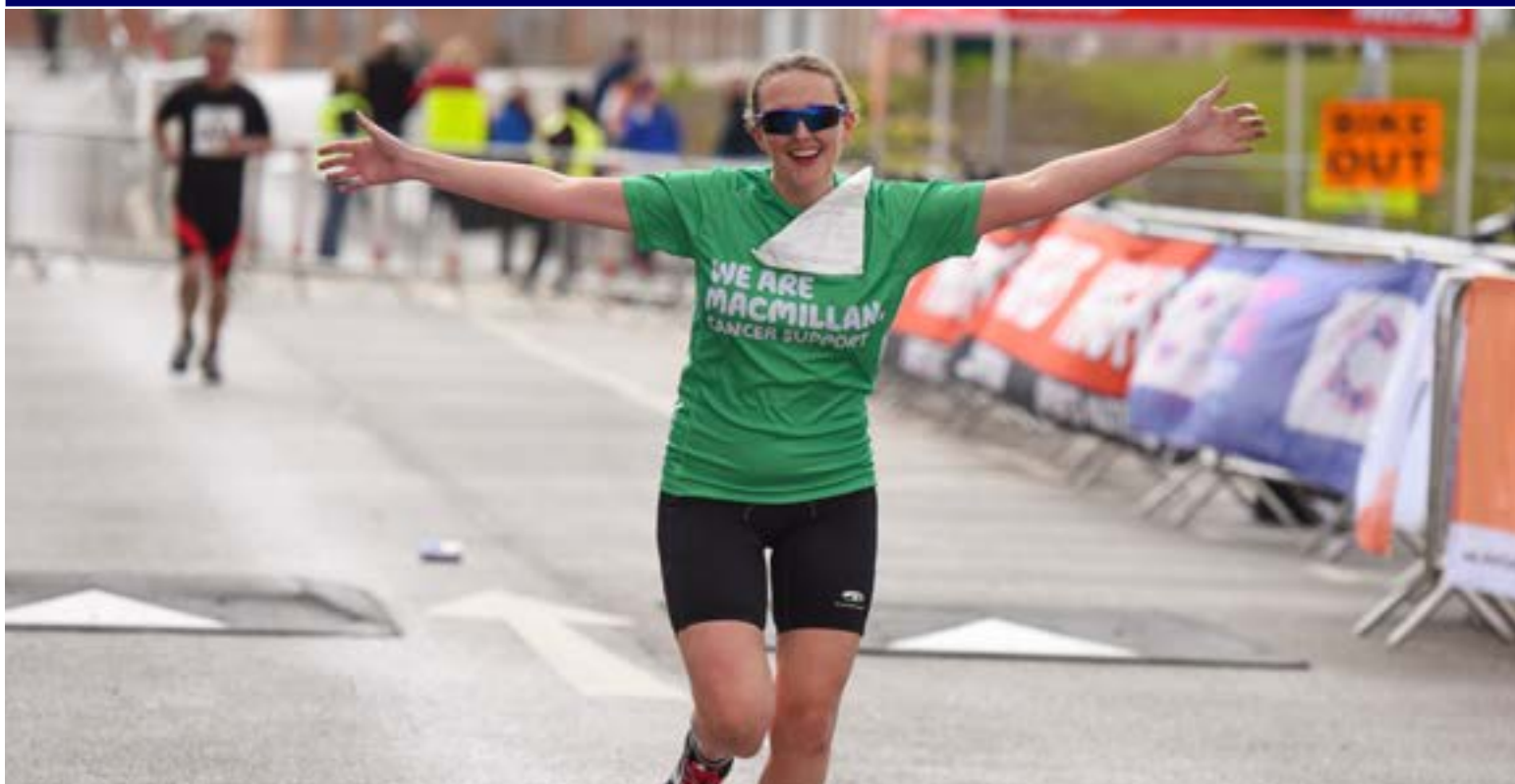
If your relay changes from a mixed, all male or all female team you must email customercare@uktriathlon.co.uk

- 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 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 timing chip. The cyclist completes the cycle course and passes the electronic timing 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 timing 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.

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 3rd July. Should you have a query with your results please email 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 & 1st 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. Where can I park?

When you approach York Sport Village, please follow the 'Triathlon Parking' signs to the official competitor parking.

*You **must not** park on the road, unless instructed to do so, otherwise a parking fine may be issued.*

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 of any type of bike as long as it is road worthy.

6. 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.

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 massages are available on race day.

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

For accommodation Information visit www.visityork.org.

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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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.

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



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Rims:	Clincher Aero AL7000 aluminium with CNC brake surface, Progress Tubeless ready design.
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Profile:	Profile: 30mm External width: 22mm
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Hubs:	Turbine Nitro Oversize hub body CNC made of AL7075 super lightweight, Straight pull for a stiffer wheel and better aerodynamic. High precision Japanese cartridge bearings with low friction. CNC alloy cassette body Shimano 10/11S
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Spokes:	SAPIM Aero CX-Ray Straight Pull, 18F and 2:1 rear wheel spoke ratio (18:6).
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Quick release:	PG-404
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2} HUUB " VARGA " GOGGLES

YORK TRIATHLON ATHLETE SPECIAL OFFER £20.00



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.

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



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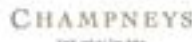
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