



North West Triathlon

Race Day Information

Sunday 30th September 2018

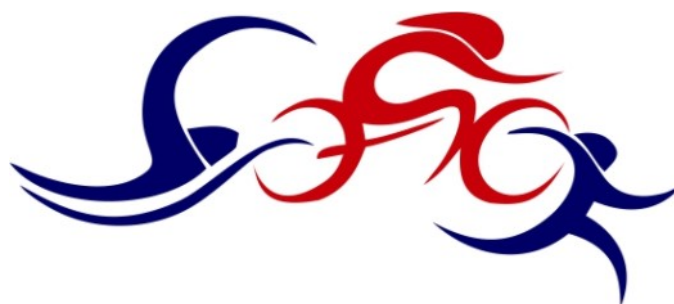
Event Start Time From 08:00am

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

**£3 all day race parking is located on the Barony Park close to registration
Snowhill Swimming Pool and Barony Park Pavilion
Barony Road, Nantwich, CW5 5QY**

2018 Event Calendar

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
Shropshire Triathlon	16th September 2018



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



★
**OFFICIAL
EVENT
CLOTHING**

★
TECH TEES
£20

HOODIES
£30

CAPS
£10

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

Registration

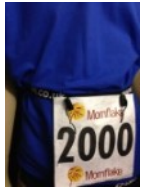
- Registration will be open on Saturday from 2:00pm-4:00pm and from 7:00am on Sunday
- Registration is located inside the orange Mornflake marquee
- Please know your race number ready for registration staff
- Arrive at least 60 minutes before the start time
- Please do not attempt to change your start time
- Proceeds from car parking will go towards Bentley Rotary Club and the local scout groups for their jamboree

Race Envelope

- At registration you will receive your race envelope which will contain the following items:
- Race numbers x2 (please see page 6)
- 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 6).
- Helmet sticker x1 - *Attach your bike helmet sticker to the front of your helmet* (please see page 6)
- Electronic timing chip and strap x1 (which must be handed in at the finish line).
- Race number tattoos - *Must be applied to your upper left arm and lower right leg* (please see page 6) (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 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 any way
- 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.

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

Helmet sticker



Front centre

Race numbers



PINNED BACK

Race numbers



PINNED FRONT

Bike sticker



Under seat

Bike sticker



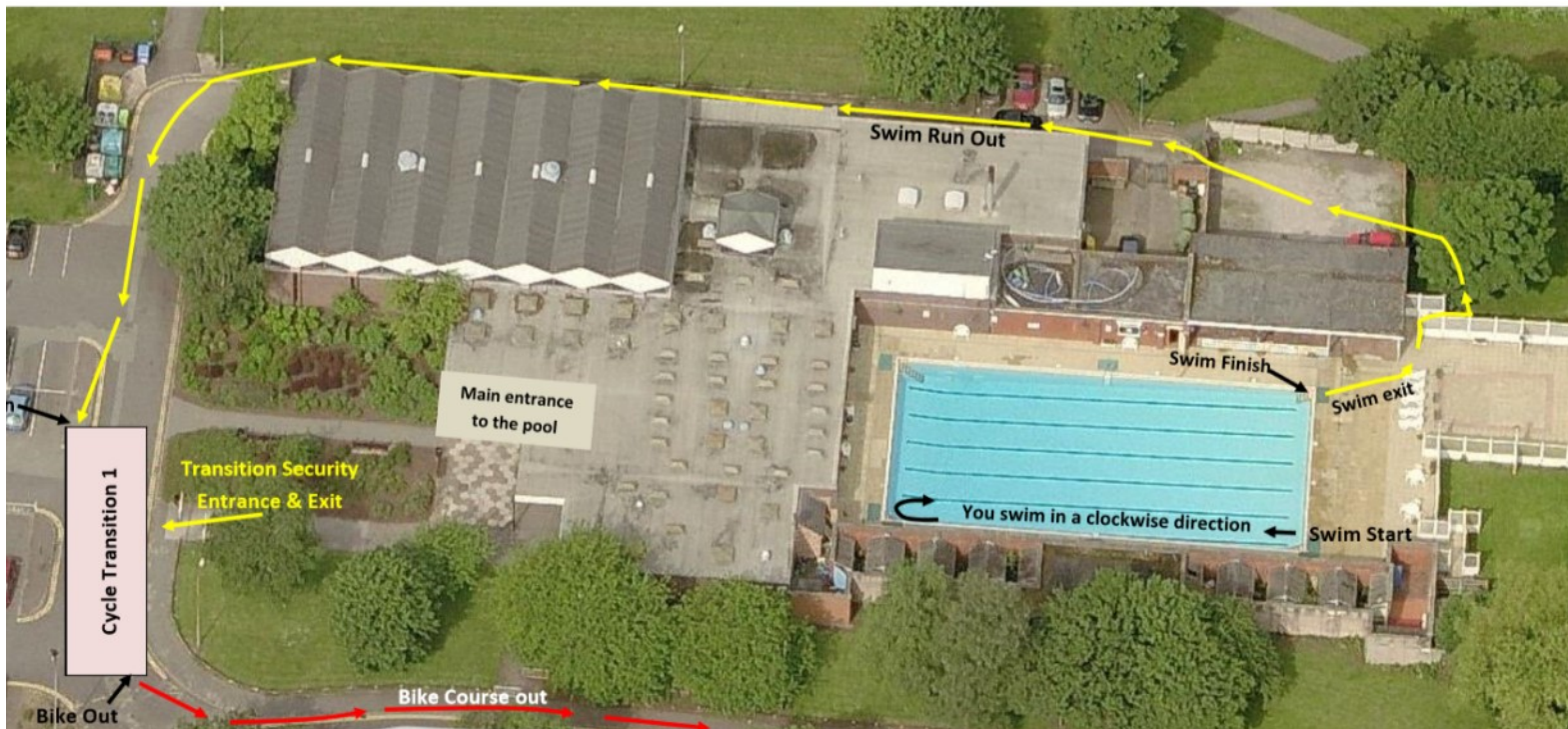
Front crossbar

Timing chip



Number facing outwards

Swim Course and Cycle Transition 1 Map



Cycle Transition Area

Cycle Transition Area - Open from 07:30am

- Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 6).
- Rack your bike in any position, each racking position is marked by white tape.
- There is a split cycle transition at this triathlon. Once registered, leave anything you require for the final run of the triathlon in Cycle Transition Area 2, located opposite the registration marquee on Barony Park, such as running shoes.
- Take your bike and everything required for the swim and cycle section of the event and make your way over to Cycle Transition Area 1 at the swimming pool which is approximately 500 metres away and is sign posted.
- Please do not rack your bike in Cycle Transition Area 1 earlier than 20 minutes before your start time.
- Although we allocate security staff to specifically watch both Cycle Transition Areas, 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.

Sprint & Relay 500M - 16 lengths

Super Sprint Fun 200M - 6 lengths

- The pool is 30.5 metres long
- Swimmers will be started at 20 second intervals in the Sprint & Relay and 15 second intervals in the Super Sprint, Fun and Cancer Research UK Pink Wave.
- The swim course is very straightforward and there are signs and stewards 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.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!
- **Please be on poolside 10 minutes before your start time for your compulsory race safety brief (late comers miss important information about the course).**



Sprint & Relay 20k - 1 lap

Fun & Super Sprint 20k - 1 lap

- Make sure your bike is working properly with our pre race service/check. Please see page 15 for more information.
- When you finish your swim, change into your cycling gear in Cycle Transition Area 1 unless you are wearing a trisuit.
- Your race number must be clearly displayed on your back for the cycle section of the event.
- Use the bag you received at registration to put any items in from the swim (such as goggles or a towel), leave the bag next to where your cycle was in the transition. It will be returned to bag collection on the Barony Park near the registration marquee for you to collect after finishing the triathlon (you must show your race number to retrieve your bag).
- **Take extra special care when exiting the car park.**
- 1 lap of the course completes the distance.
- The course is mainly flat with some undulations.
- 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 stop traffic or tell you where to go.**
- Please do not drive around the cycle course (especially 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 before the dismount line, a marshal will also tell you to do so (**Cycling is not permitted inside the Cycle Transition Area**).
- Abide by the highway code, failure to ride safely will constitute an instant disqualification.

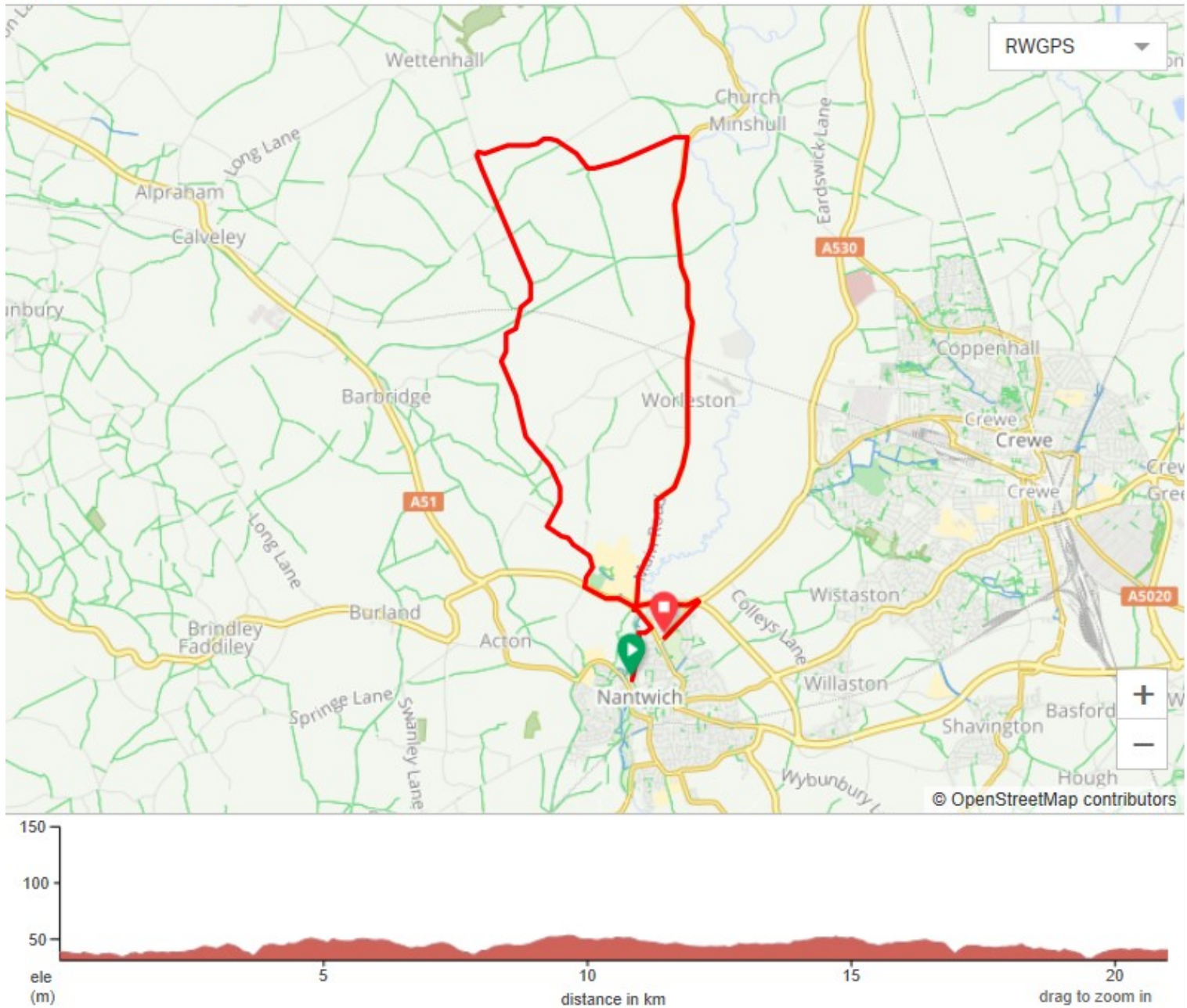


Drafting Rule

- 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



To view the full map and to zoom in on the bike map please visit <https://ridewithgps.com/routes/10911904>



Run Map



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

- When you finish the bike course, enter Cycle Transition Area 2 and rack your bike.
- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- 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 laps completed.
- There is one feed station on the run course 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.

Relay

**If your relay changes from a 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.

Results and Prizes

Massage

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.

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 1st October 2018. Should you have a query with your results please email jenny@uktriathlon.co.uk.

Prizes

- Commemorative 2018 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 female and overall 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?

Satnav postcode CW5 5QY

From north or south M6 J16, follow signs for Nantwich, follow Nantwich bypass heading for Chester, at the 6th roundabout from the motorway (not including the motorway roundabout) turn left heading toward Nantwich town centre (Sainsbury's supermarket will be on your right hand side at 100 metres).

The Barony Park is 300 metres on the left. Go past the park to the traffic lights and turn left, triathlon parking is 250 metres on the left (signed).

3. Where can I park?

Event parking is available on Barony Park (registration and main arena). Follow the Triathlon parking signs. All day parking is only £3.

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

7. 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.

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 race massage is available on race day.

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

For hotel, guesthouses, B&B & camping contact Nantwich Tourist Information on 01270 628633 or visit www.nantwichtowncouncil.gov.uk. There is free camping and caravanning on the Barony Park for Saturday night only. Just turn up and pitch!

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.



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!
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UKTriathlon.co.uk/pinkwave



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PROGRESS**

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and join our team today

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Call **0300 123 5461**



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RESEARCH
UK**



Registered with
**FUNDRAISING
REGULATOR**

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

BADGER **CYCLES.CO.UK**

Pre race bike service/check just £10

Gear and Brake Service £15.00

Brake Block Replacement - Free Fitting

Tyre Replacement - Free Fitting

Intermediate Service - £35.00

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. An Intermediate Service includes gears, brakes, headset adjustment, wheel Tru, chain check, full lubrication safety 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

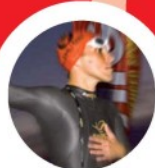
Would you like to benefit from more focus, increased concentration and improved endurance performance? It's well established that caffeine can supercharge your race day performance. You should aim for 3mg per kg bodyweight (that's 180mg if you weigh 60kg) but as little as 75mg caffeine has been shown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

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.

THE RUNNERS IS IN ALL OF US





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Mighty Oats.

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