



Warwickshire Triathlon

Race Day Information

Sunday 7th October 2018

Event Start Time 08:00am

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

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

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!***

2018 Event Calendar

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	TBA
North West Kids Duathlon	TBA
North West Triathlon	TBA



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

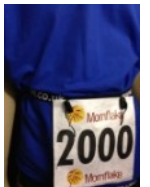
- Registration will be open on Saturday from 2:00pm-4:00pm and from 7:00am on Sunday
- Registration is located inside the orange Mornflake marquee
- Please know your race number ready for registration staff
- Arrive at least 60 minutes before the start time
- Please do not attempt to change your start time

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



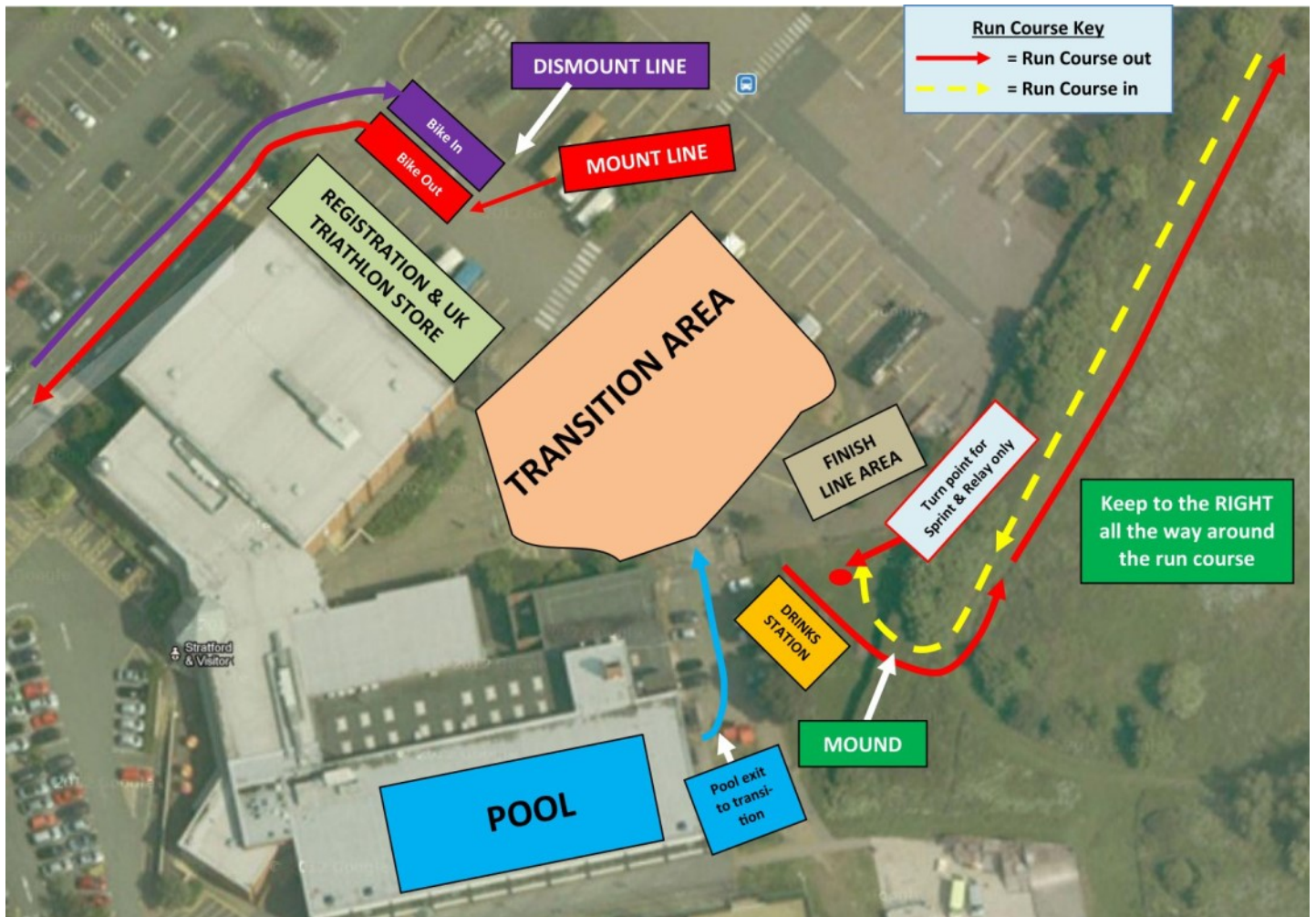
British Triathlon Federation (BTF)

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.

Before you enter the transition area the following must be applied



Main Arena Map



Event Arena Information

The pool is approximately 50m from the cycle transition area

BE CAREFUL when exiting the pool, the stairs will be wet and slippery

The mount line & dismount line are approximately 30m from the exit of cycle transition

BE CAREFUL of traffic at all times, especially exiting and returning to the leisure centre

There is one drinks station on the run course, you pass it as you start the run and you pass it again (*Sprint & Relay competitors only*) after your first lap

Swim course: Sprint & Relay = 12 lengths, 4 lengths in each lane

Swim course: Super Sprint & Fun = 6 lengths, 2 lengths in each lane

Swim rules: **NO** Diving, **NO** tumble turns, **NO** back stroke

Bike course: One lap of the bike course only for all competitors = 18k

Run course: One lap of the run course is 2.5k

Sprint & Relay competitors x 2 laps = 5k

Super Sprint & Fun competitors x 1 lap = 2.5k

Cycle Transition

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 5)
- Please do not rack your bike in the Cycle Transition Area earlier than 20 minutes before your start time
- Rack your bike in any position, each racking position is marked by white tape
- 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

Sprint & Relay 400M - 12 lengths Fun & Super Sprint 200M - 6 lengths

- Please be on poolside 10 minutes before your start time and attend the race safety brief (late comers will miss important information about the course).
- The pool is 33.3 metres long
- Do not miss your start time
- 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.
- Please take extra care on the poolside floor and steps with wet feet, as they will be slippery!

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 16 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 for the cycle section of the event.
- **It is compulsory to wear a cycle helmet**
- **Take extra special care when exiting and returning to 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 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**

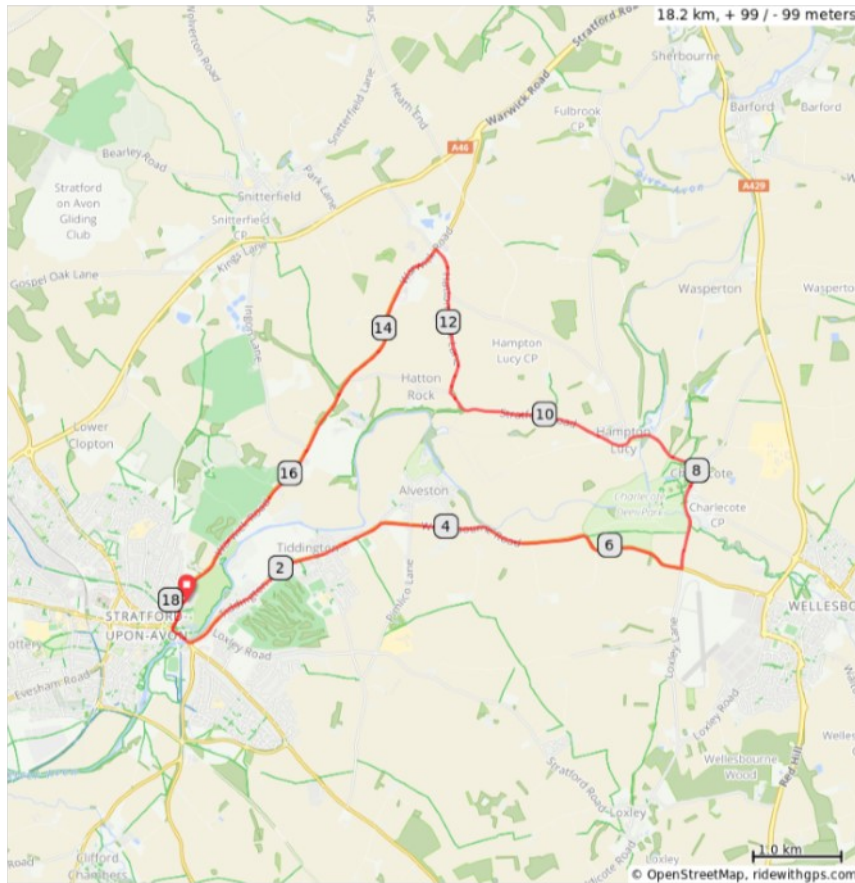


Drafting Rule

- Cyclists must maintain a forward distance of 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

Bike Map

Due to the road closure on our usual bike route please note we have a temporary bike route for the Warwickshire Triathlon 2018



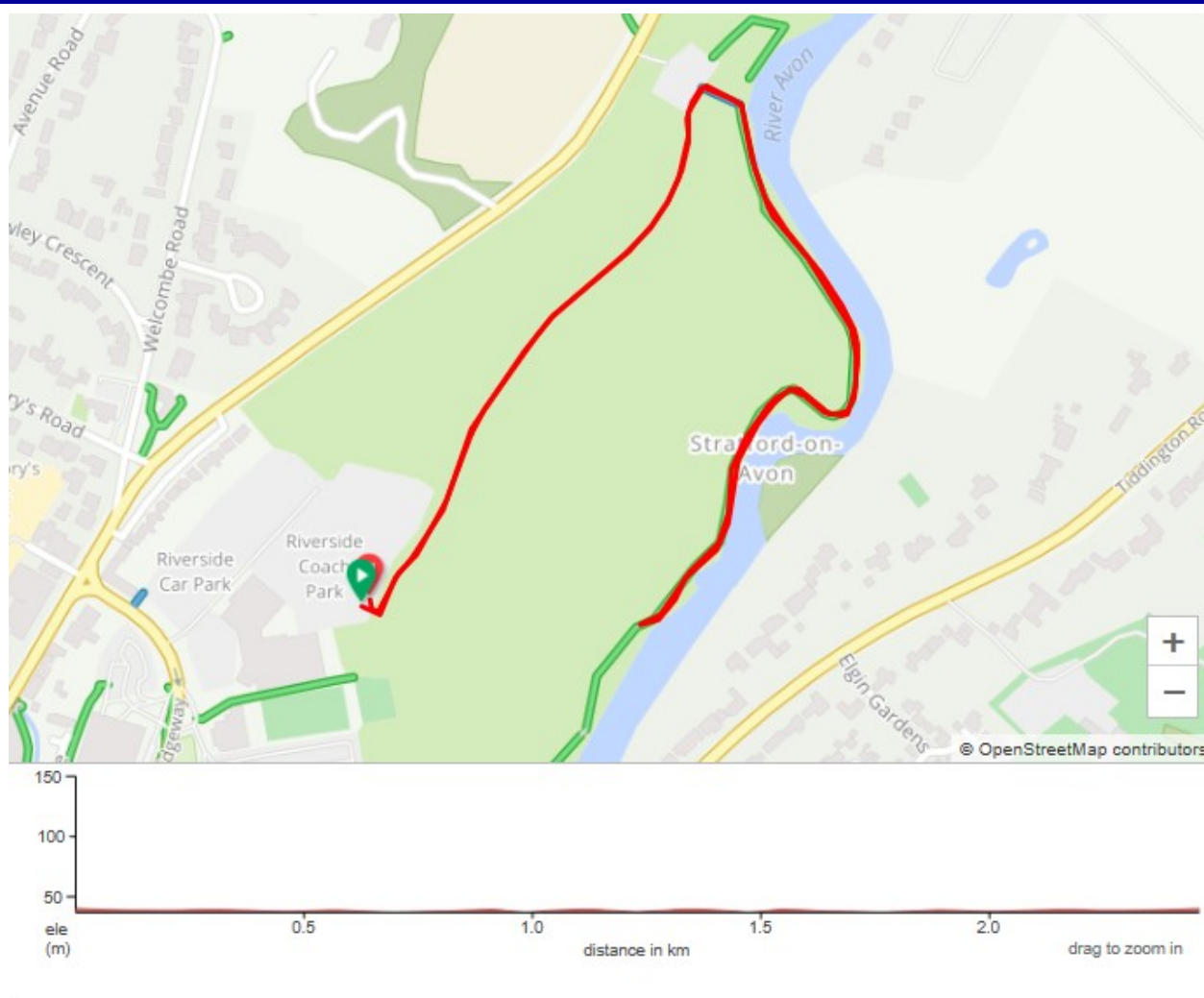
To view a full interactive map please see <https://ridewithgps.com/routes/12144173>

Start and Finish of the Bike Course



Sprint & Relay - 5K - 2 laps

Super Sprint & Fun - 2.5K - 1 laps



To view a full interactive map please see <https://ridewithgps.com/routes/26787409>

- 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 before leaving the Cycle Transition Area.
- There is a drinks station on the run course serving High5 energy 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

Relay, Results and Prizes

If your relay changes from an 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

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 8th 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+

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

Quick flush out—£10

Tinman cure- Post race massage for full body- £15

The "back to training" treatment- £20

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.

Photography

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.

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 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?

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.



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

**JOIN US
ON THE
ROAD TO
PROGRESS**

Request a sponsorship pack
and join our team today

JOIN OUR TEAM:
Visit cruk.org/our-team
Call **0300 123 5461**



**CANCER
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 £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.

BADGER SPORT SPECIAL OFFERS ON ALL PRODUCTS

Only available at the Warwickshire Triathlon

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 RUNNER IS IN ALL OF US





MORNFLAKE
Mighty Oats.

PORRIDGE DONE PROPERLY

A bowl of oats is never just a bowl of oats.
It's a recipe - a meticulous combination of hundreds of millers'
techniques that we've been honing and perfecting for over 300 years.

**MILLERS OF
MIGHTY OATS**
SINCE
1675





NEWPIXELS

SPORT PHOTOGRAPHY



PROFESSIONAL, AFFORDABLE
RACE PHOTOGRAPHY

ALWAYS DISPLAY YOUR
BIB NUMBERS CLEARLY

WWW.NEWPIXELSEVENTS.CO.UK

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



USE CODE: **uktri18z3**

ZONE3

20% off Swimwear, Accessories, Triwear and Wetsuits



WWW.ZONE3.COM

IT NEVER
GETS EASIER,
YOU JUST GET
STRONGER!

HIGH IN PROTEIN

LOW SUGAR

LOW CARBS



STAXXBAR.COM

   /staxxbar

PROUD PARTNERS OF 