



Warwickshire Triathlon Race Day Information

Sunday 6th October 2019

Start Time From 08:00am

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

Distance	Swim	Cycle	Run
Sprint	400m - 12 Lengths	18k - 1 Lap	5k - 2 Laps
Sprint Relay	400m - 12 Lengths	18k - 1 Lap	5k - 2 Laps
Super Sprint	200m - 6 Lengths	18k - 1 Lap	2.5k - 1 Lap
Fun	200m - 6 Lengths	18k - 1 Lap	2.5k - 1 Lap
Pink Wave	200m - 6 Lengths	18k - 1 Lap	2.5k - 1 Lap

Stratford Leisure & Visitor Centre

Sat Nav: CV37 6YX

Parking: Available at the leisure centre pay and display

*Midway through the morning the leisure centre car park will fill up, please 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!***

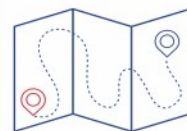
Contents	Know the Rules	Essential Information	Event Calendar	Merchandise	Swim Course Map	Cycle Transition
	<i>Page 2</i>	<i>Page 3</i>	<i>Page 4</i>	<i>Page 5</i>	<i>Page 6</i>	<i>Page 6</i>
	Swim	Bike	Run Map	Run	Prizes & Results	Partners
	<i>Page 7</i>	<i>Page 8</i>	<i>Page 9</i>	<i>Page 10</i>	<i>Page 11</i>	<i>Page 12</i>

Essential Information

Race Brief

Please be on poolside 10 minutes before your start time for your compulsory race safety brief (late comers will miss important information about the course)

Know the Course



Make sure you know which route to take - check the course maps and attend the race brief on race day. Marshals are there to ensure the safety of the event, not to point you in the right direction or stop traffic.

Registration

Open on Saturday from 2:00-4:00pm and from 7:00am on Sunday.

Please know your race number ready for registration staff and arrive at least 60 minutes before your start time.

Registration is located in the orange Mornflake marquee.

Please do not attempt to change your start time.

British Triathlon Members

We support British Triathlon membership. In order to verify your membership please show your current British Triathlon licence at registration or you will be required to pay the £5.00 difference.

Race Envelope

At registration you will receive a Mornflake draw-string bag and a race envelope containing: Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1, Race number tattoo x2.

Race Tattoos

Must be applied to your upper left arm and lower right leg. Water and sponges will be available in the numbering area next to registration. Please go to the numbering zone next to registration and follow instructions on the banner.



Chip Timing

You will receive instructions at registration on how to wear your chip.

Check your electronic timing chip number corresponds with your race number.

Please 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.

If you require an extendable strap please ask at registration

Please follow these simple steps to wear your chip correctly -

1. Thread the loose strap through the timing chip and securely fasten the velcro
2. The chip should be secure on the strap.
3. Place the strap around your LEFT ankle
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and secure



Know the Rules

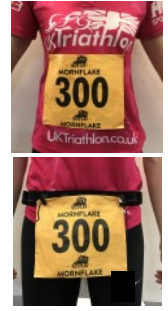
Race Numbers x2

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. Pin the race number in all four corners.

If using an elastic number belt pin the number in the top left and right hand corners.

You must not re-size your race number in any way.

Please write your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number.



What do I wear?

You can wear swimsuit/trunks or a triathlon specific trisuit for the swim. For both the cycle and run leg you can wear cycling or running gear that you're able to both cycle and run in, or a mixture of both. You can also wear a T shirt and shorts. The UK Triathlon 2019 technical series shirt is also a good option and can be purchased at an event (subject to availability). You can also wear a triathlon specific trisuit. If it is cooler, you can wear long sleeves or long pants or add layers like a windproof jacket.

Helmets

Your helmet sticker must be attached to the front of the helmet.

Helmets are compulsory for the cycle and must be clipped before the bike is touched, and remain fastened until the bike is racked after the cycle stage.



Bike

Any type of bike can be used as long as it is road worthy.



One bike sticker must go on the front of the handlebars and the other bike sticker must go on the seat stem.

Transition

Competitors should only bring into transition what is needed - a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



Illegal Equipment

Certain items are banned during the event. This includes MP3 players, mobile phones and personal video recording devices.

Leave these outside transition.



Race Conduct

Everyone involved in the event is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, Race Crew, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.

Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage

In standard distance and shorter events the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres—if overtaking a competitor, you have 20 seconds to pass through their draft zone.



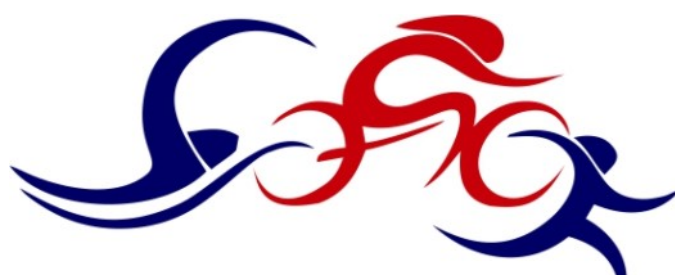
Littering

All litter must be placed in bins or keep hold of it until you can dispose of properly.



2019/2020 Event Calendar

Warwickshire Triathlon	6th October 2019
Birmingham Half Marathon, 10k & 5K	19th April 2020
Stratford Triathlon	3rd May 2020
Cheshire Kids Duathlon	16th May 2020
Cheshire Triathlon	17th May 2020
Ultimate, Ultimate 1/2 & Ultimate 1/4	14th June 2020
Birmingham Kids Duathlon	27th June 2020
Birmingham Triathlon	28th June 2020
Henley Kids Triathlon	11th July 2020
Henley Triathlon	12th July 2020
York Kids Triathlon	8th August 2020
York Triathlon	9th August 2020
South Coast Triathlon	TBC
South Coast Run	TBC
Shropshire Triathlon	TBC
North West Kids Duathlon	TBC
North West Triathlon	TBC



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



2019 EVENT MERCHANDISE

AVAILABLE TO BUY AT ALL UK TRIATHLON EVENTS



Discounted 2019 T Shirts Available at the Warwickshire Triathlon

ADULT OFFICIAL UK TRIATHLON EVENT TECH TEE £20

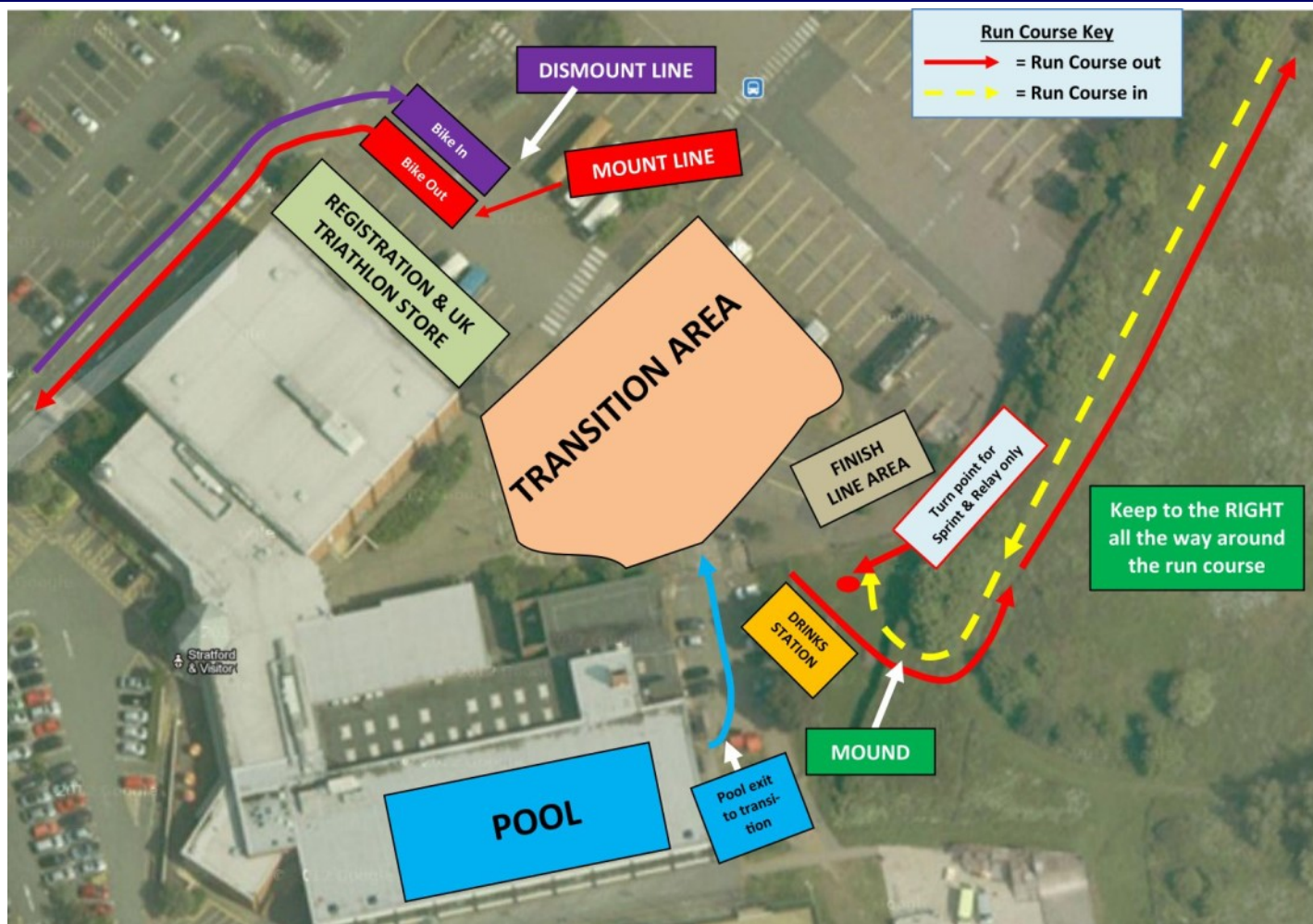


ADULTS OFFICIAL UK TRIATHLON EVENT HOODIE £30



**ADULTS UK TRIATHLON
TECH CAP £10**

Main Arena Map



Cycle Transition Area

Before the Triathlon

Cycle Transition Area is 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 2).

Security

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.

Cycle Transition Area

Take your bike and everything you require for the triathlon and make your way over to the Cycle Transition Area entrance which is clearly marked. Rack your bike in any position, 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.

After the Triathlon

You cannot take your cycle out of the transition area without your race number and corresponding cycle sticker.

Pool Swim

The pool is 33.5 metres long.

Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

Swim Intervals

Swimmers will be started at 15 second intervals in the Sprint & Relay and 15 second intervals in the Super Sprint, Fun and Cancer Research UK Pink Wave.

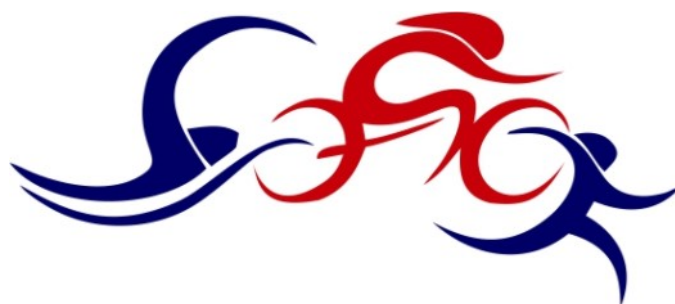
Swim Cap

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.

Swim Course

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 your responsibility to count the correct amount of lengths.



Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 13 for more information.

Course Safety

Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant 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!

Getting ready for the Bike

When you finish your swim, head into the Cycle Transition Area.

Your race number must be clearly displayed on your back for the cycle section of the event.

You must fasten your helmet before taking your cycle off the rack.

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 cycle until you have crossed the mount line.

The Course

Take extra special care when exiting and returning to the car park. 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 give direction.**



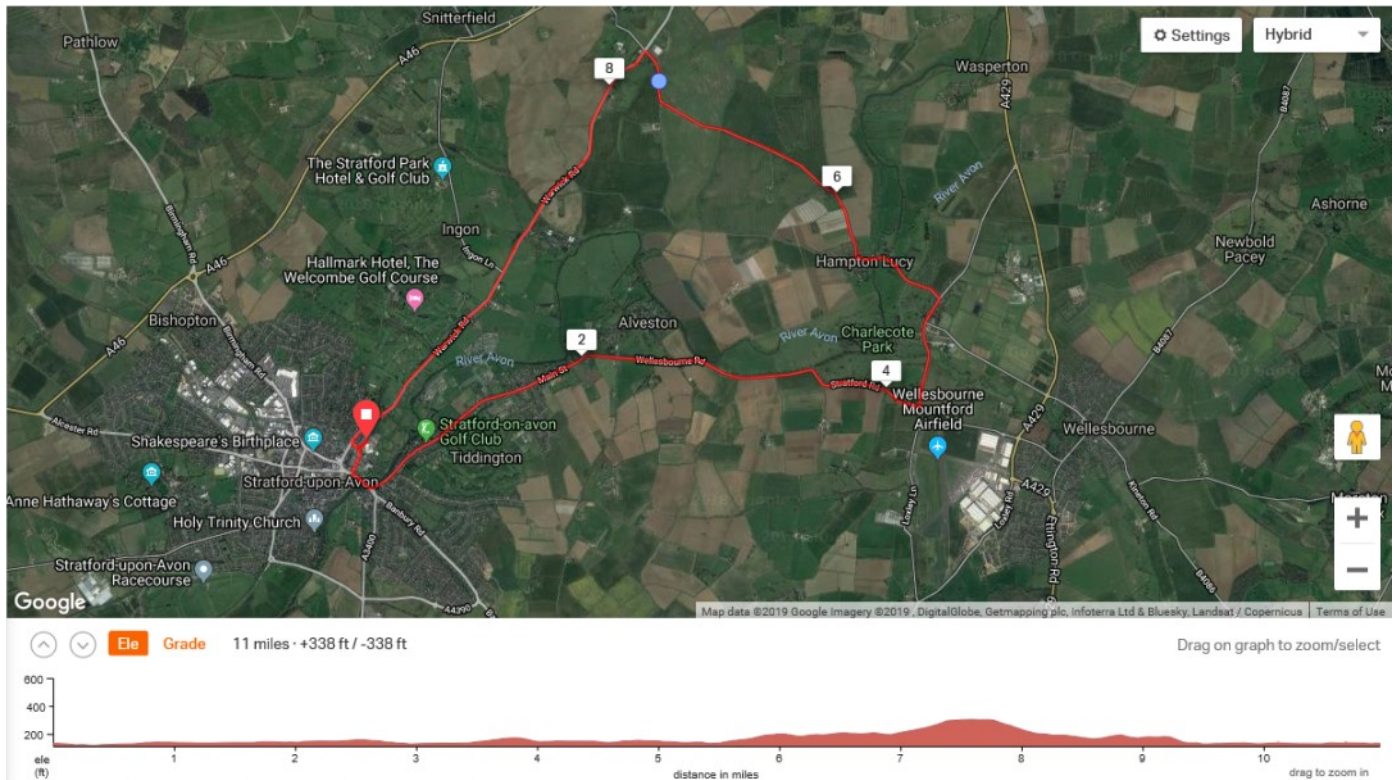
Pelican Crossings

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.

Dismount

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**).

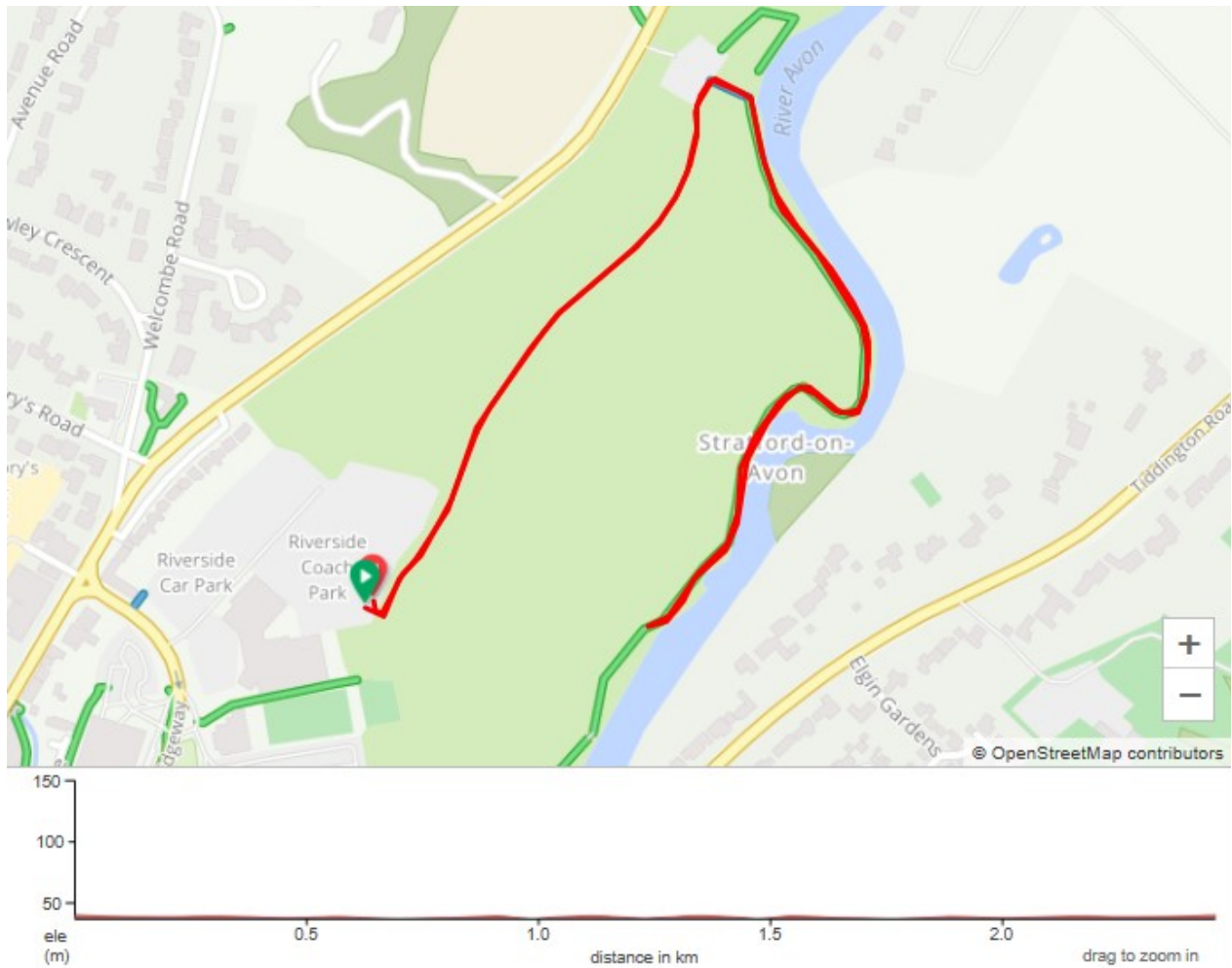
Bike Map



Start and Finish of the Bike Course



Run Map



To view a full interactive map please [click here](#)

Run

Sprint & Relay

- 5K - 2 laps

Super Sprint & Fun

- 2.5K - 1 laps

Getting ready for the Run

When you finish the bike course, enter Cycle Transition Area and rack your bike.

Your race number must be clearly visible on your front before leaving the Cycle Transition Area.

Feed Station

There is one feed station on the run course which you will pass on every lap, and one at the finish line which will be serving High5 energy drink and water.

The Course

Please keep to the right at all times except when overtaking and keep other runners in mind.

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.

When you have finished the run, turn onto the finish alley and continue through the Mornflake finish gantry.

Relay

If your relay changes from an all female team you must email customercare@uktriathlon.co.uk

Preparation

Each member of the relay team completes one or two of the three disciplines in the triathlon.

All team members must attend the race brief.

At registration you will be given an electronic timing chip that must be worn on the left ankle and relayed to the finish line.

Awards

Relay awards are based on all female and all male/mixed teams. All male teams can consist of three men, two men and one women or one man and two women.

How to Relay

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 put their helmet on or 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 and their helmet has been fully removed.

The runner completes the run and hands in the electronic chip at the finish line.

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. You can get a print out on the day of your results at the finish line. Overall results and times will be online on Monday 7th October 2019. Should you have any problems with your results please email karl@orangeboxtiming.co.uk or kate@orangeboxtiming.co.uk

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.

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.

Quick flush out—£10

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 on the day.

Prizes

Commemorative 2019 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.

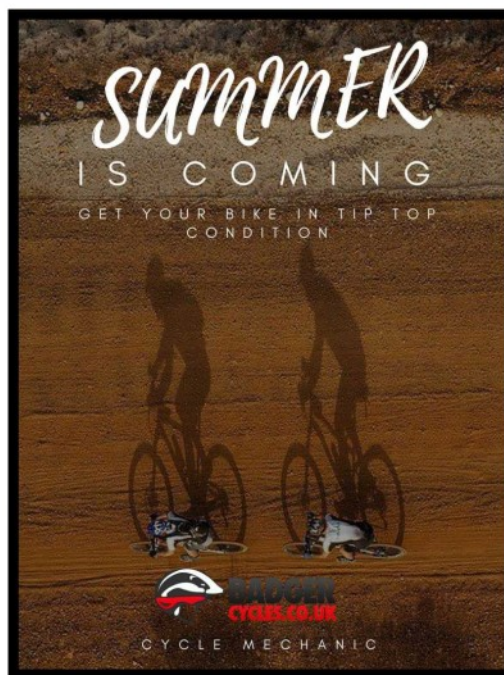
Prize giving will take place toward the end of the event.

Code	Category	Age
A/B	Youth	14-18
C	Junior 19	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	70-74
P	Veteran 8	75-79
Q	Veterans 9	80+

BADGER CYCLES- QUALITY BIKE SERVICING

Get YOUR bike in Race shape!

Pre book your Pre race check or Service with Carl by texting him your race number and start time. 07950 735737



PRE RACE BIKE CHECK £12.00

GEAR AND BRAKE SERVICE £20.00

INTERMEDIATE SERVICE £40.00

Badger Cycles can also offer a full service and individual repair options including -

Tyre Supply and free fitting

Chain replacement

Head set replacement

Cassette upgrade and fitting

Brake pads supply and free fitting.

SAVE MONEY ON YOUR BIKE SERVICE OR REPAIR

Make sure your bike is in race shape for your event. Missing gears, inefficient brakes and various other cycle maintenance issues can spoil your event, or worse could retire you from the race!

Badger Cycles offer a full comprehensive Service and Repair Menu and have been working in association with UK Triathlon for 5 years servicing over 800 bikes during that time! There will be slots available each day of the weekend, so why not save the hassle of booking repairs or service with a bike shop and save up to 30%. Simply text or call Carl to book on 07950735737 or discuss with him on the day! If additional work or replacement parts are required cost will be agreed with you prior to work taking place.

RACE DAY SHOP – RACE ESSENTIALS – RACE ACCESSORIES.....

A Triathlon Race store will be on site at all events offering those essential race day products as well as accessories for you to treat yourselves too after your race! So check out the latest products for sale from the top brands.

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UK 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.



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*Kantar Worldpanel 2018



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With a wealth of award-winning reviews under their belt, it's no wonder Zone3 are known for their commitment to enhancing athletic performance. 2019 sees Zone3 re-master a classic and have improved their vastly popular Vanquish wetsuit now featuring an innovative 0.3 SCS BRB neoprene on the arms to reduce arm fatigue and increase natural feel in the water. This is the go-to wetsuit for seasoned swimmers looking to shave seconds off their race times. For a limited time only, enjoy 25% off your new Zone3 wetsuit. 

Discover more online
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USE CODE: MK-UKTRI2019

 Coupon available until 31/12/19 and can only be used once per user. For full T's & C's, see website.



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



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PROGRESS**

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