



Birmingham

1/2 MARATHON

10K & 5K FAMILY FUN RUN

Race Day Information

09:30am Start for all distances
2nd April 2017

**Sutton Park, Streetly Gate Entrance, Thornhill Road,
Sutton Coldfield, B74 3EW**

Charity parking is available on the event field next to the venue. All day parking is only £2 and is donated to our official local charities.

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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

Registration

- Registration will be open Saturday 2pm-4pm and Sunday 8am until 9:15am
- Registration is located inside the orange Mornflake marquee.
- Please know your race number ready for registration staff.
- Arrive 60 minutes before your start time.

Race Envelope

At registration you will receive your race envelope which will contain the following items:

- Race number
- Safety pins x4
- Electronic timing chip and strap x1 (which must be handed in at the finish line)

Race Number

- Your race number must be visible on your front.
- 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.

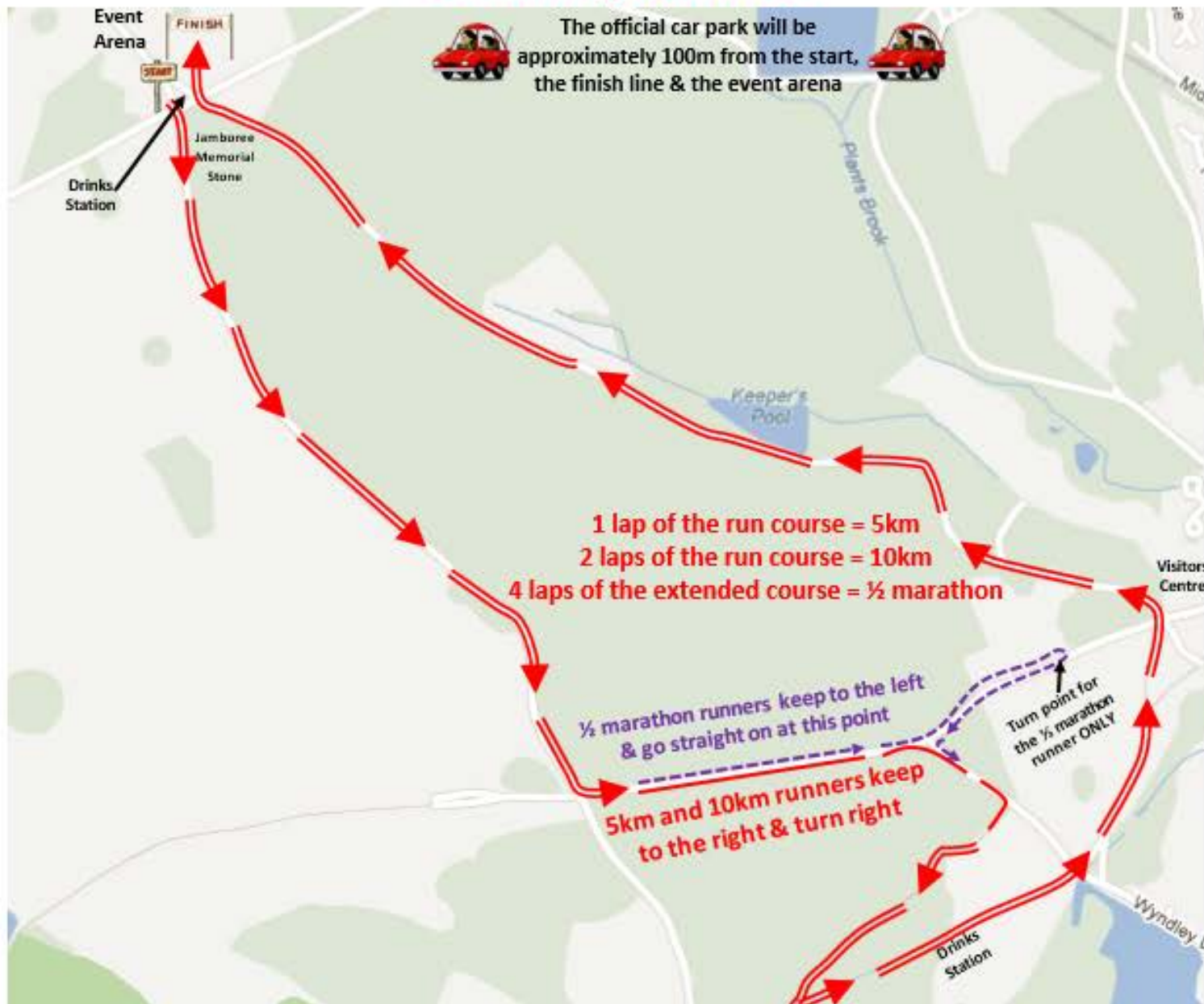
Chip Timing

- 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, if you can just slide your little finger between the strap and your ankle, it's not too tight or not too loose.

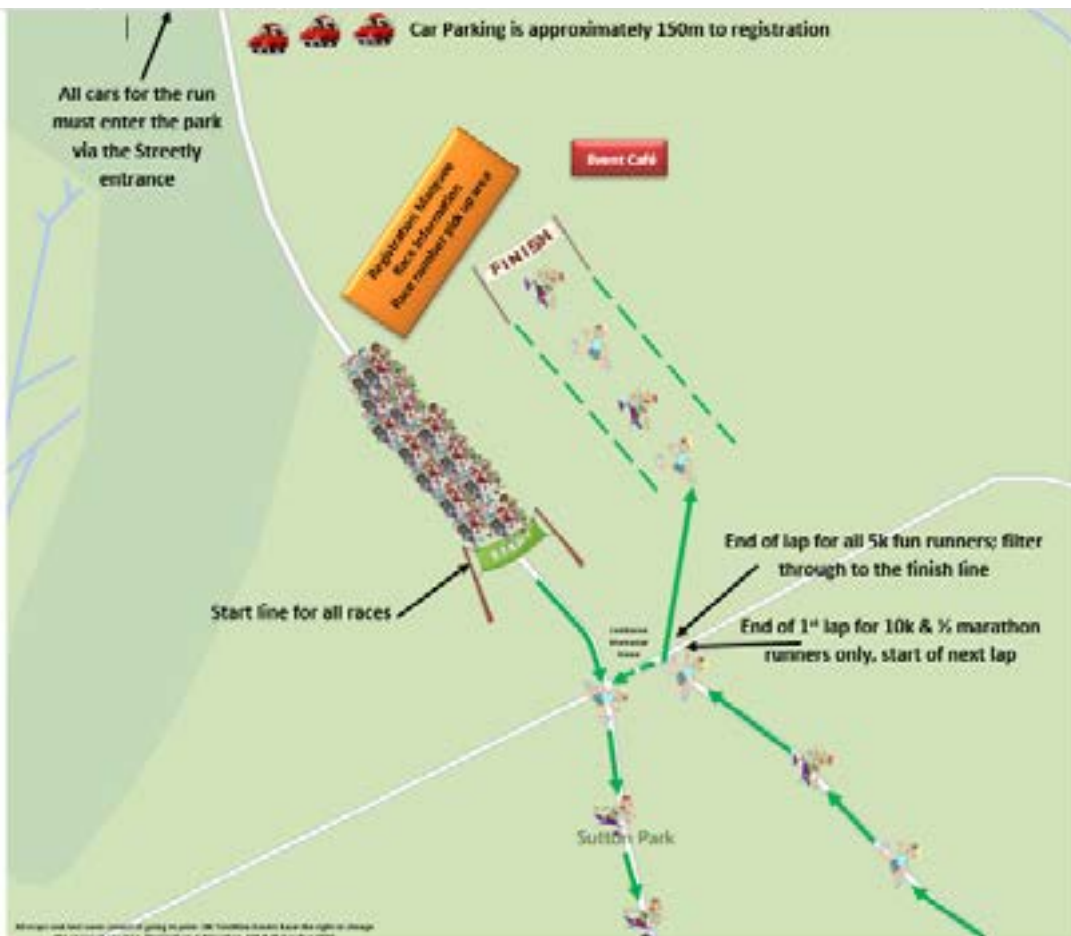
If you require an extendable strap please ask at registration.

Event Map

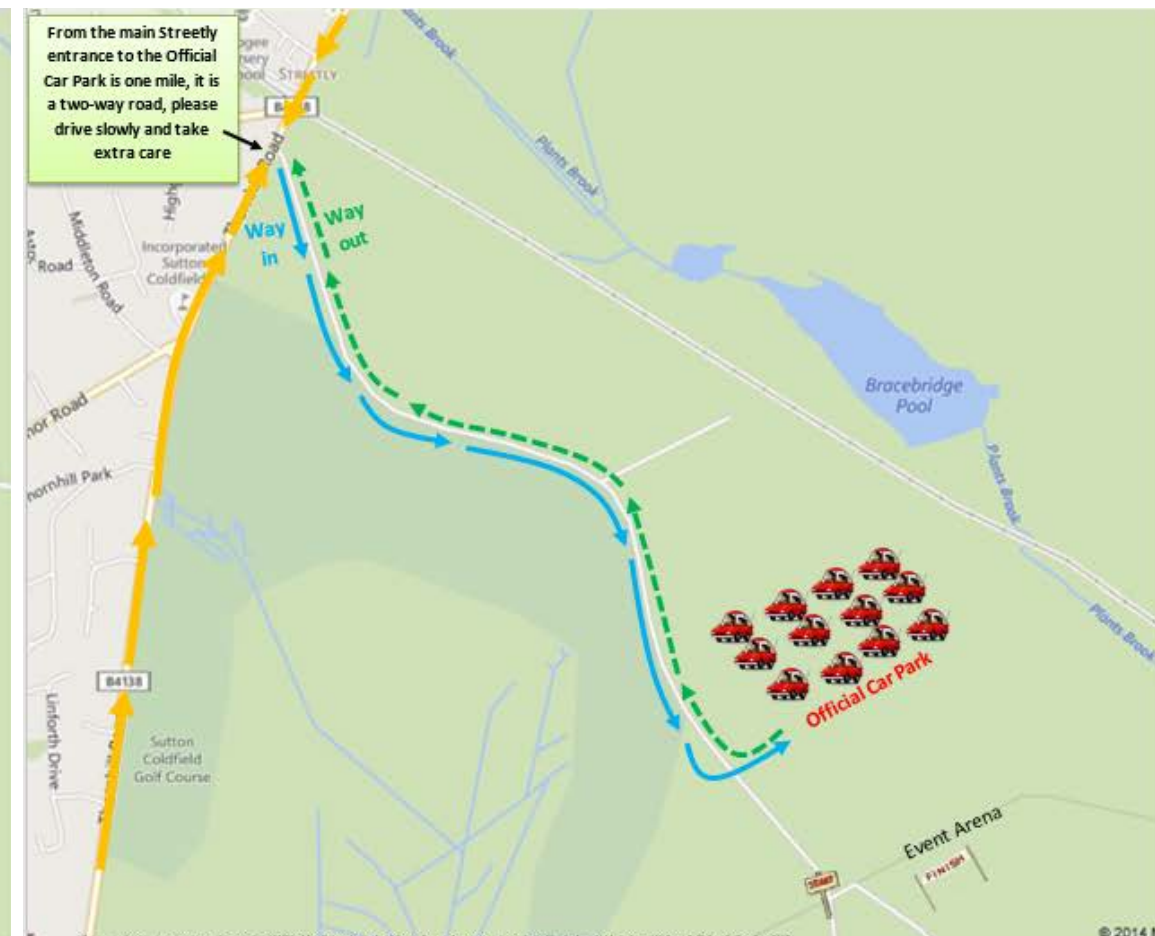


Arena Maps

Start, Finish and Event Arena Map



Car Park Map



Race Information

- The Birmingham Run takes place on a tarmac road surface and is fully closed to traffic
- **IMPORTANT!** If you would like to upgrade/downgrade your race distance before the race it is essential you let registration know.
- If you downgrade during the race please let our timing team know at the finish line.

Distance	Number of laps
5k & fun run	1 lap
10k	2 laps
Half Marathon	4 laps of an extended course

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 at www.uktriathlon.co.uk on Monday 3rd April, if you have any queries with your results please email jenny@uktriathlon.co.uk.

Prizes and Medals

There are prizes and medals for top 3 male & female in the ½ Marathon, 10K & 5K. There are first place prizes for 40-49 age group male & Female, 50-59 age group male & female and over 60 male and female in the ½ Marathon and 10K. Prize giving will take place soon after the end of the race.



Will I receive my race number and electronic timing chip by post?

No, you will pick them up when you register at the event.

Which entrance should I use for the Birmingham Run?

Please use the Streetly entrance, this is the only entrance and exit to the race and to the official car park. From the entrance to the car park it is approximately one mile.

Where can I park?

Charity parking is available on the event field next to the venue, approximately 150m to the event arena. All day parking is only £2 and is donated to our official local charities.

What time should I arrive on race day?

We suggest at least an hour before your start time.

Is the Birmingham Run a closed to traffic course?

Closed to traffic run course on tarmac roads within the park and rural run through heathland & ancient woodland.

Is there anywhere I can leave my things during the run?

Yes, UK Triathlon offers a bag collection service but please note any belongings are left at the owners own risk.

Can I listen to music during the run?

Yes, but please be aware of the other competitors during the run and set your volume so you can still hear any instructions from the course marshals.

Where can I look for accommodation for the run?

For B&B and hotel accommodation please visit Tourist Information at www.visitbirmingham.co.uk.

Can I change the distance of my run?

Where possible we ask to have the changes with us seven days prior to the run. However, if you need to upgrade/downgrade on the day it is essential you let registration know before the race.

What happens if I only complete 5k of the 10k race?

If you are unable to continue to complete the 10k please let the timing team know at the finish line.

I have a friend 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.

What toilets are available one the day?

Competitor toilets will be situated on the main event field.



UK Triathlon THE PINK WAVE



In aid of

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Women, swimming, cycling & running to beat cancer



Take part individually or as part of a team!

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UK Triathlon will donate £10 to from every Pink Wave entry to Cancer Research UK

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Sign up today, join The Pink Wave

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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Visit cruk.org/our-team

Call **0300 123 5461**



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

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.



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.

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.

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.

DON'T RUN, FLY

with **FlyteFoam**
TECHNOLOGY





Official Sponsors of the 2017 UK Triathlon Events Series

Simply made with Mornflake's finest rolled oats, skimmed milk and natural soya protein, Mornflake GO! Porridge is the perfect breakfast boost for anyone who wants to stay on top of their game – from busy mums to gym buffs! Why not try adding chopped fresh fruit for an extra health kick?

Hailed by nutritionists as one of the healthiest sources of protein, our High Protein Porridge is made with non GM soya which contains nine essential amino acids in the perfect ratio for maintaining everyday health and is naturally low in saturated fat.

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