



***Ultimate Half and  
Ultimate One Triathlon  
11th June 2017  
Race Day Information***

**Event start time 9:00am**

**Dearnford Lake,  
Tilstock Road  
Whitchurch,  
Shropshire  
SY13 3JQ**

*Car Park Charges - £3.00 for a day pass or £5.00 for a weekend pass*

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# ***2017 Event Calendar***

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



***For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)***

# Registration

- Registration will be open on Saturday 10th June from 1:00pm until 5:00pm and from 6:30am-8:00am 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.

## Race Envelope

- At registration you will receive your race envelope which will contain the following items:
- Race numbers x2
- Safety pins x8
- 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).
- Swim cap x1

## 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.
- Do not cover your timing chip with your wetsuit as it will stop the signal when you cross the timing mat.
- 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.*

## 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.



# ***Important Information***

## ***Race Brief - 08:40am Sunday 11th June***

### **Near the finish line (listen out for announcements) - Ultimate Half and Ultimate One**

- The race director and race organiser will take you through the whole race step by step and if you have any questions please do not hesitate to ask
- You are welcome to join the Ultimate race brief on Saturday 11th June at 6:00pm at Dearnford Lake Café.

## ***Bike Racking***

- You are welcome to rack your bike on Saturday 10th June from 3:00pm until 5:30pm, once transition closes there will be full time security all night.
- Alternatively you can enter transition from 6:15am on Sunday 11th June.

## ***Cycle Transition Area***

- Only competitors are allowed in the Cycle Transition Area.
- You cannot enter the cycle transition area until your bike sticker is attached to the front of your handlebars facing forwards and under the seat.
- Any racking position is fine and each racking position is marked by white tape.

## ***Chip Timing***

- Please make sure you **do not** cross any of the chip timing mats before you start the race, if you do it will register a time. To avoid this problem **do not** climb over barriers, or post and tape, they are put in place for a reason. Please make sure when entering and exiting transition you only use the security entrance.
- Once you have been issued with your timing chip and strap at registration it is your responsibility to make sure you securely fasten your chip timing strap to your ankle before the start of the race, making sure it is very secure at all times. **NO CHIP, NO RESULTS!**

# Cycle Area Transition

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



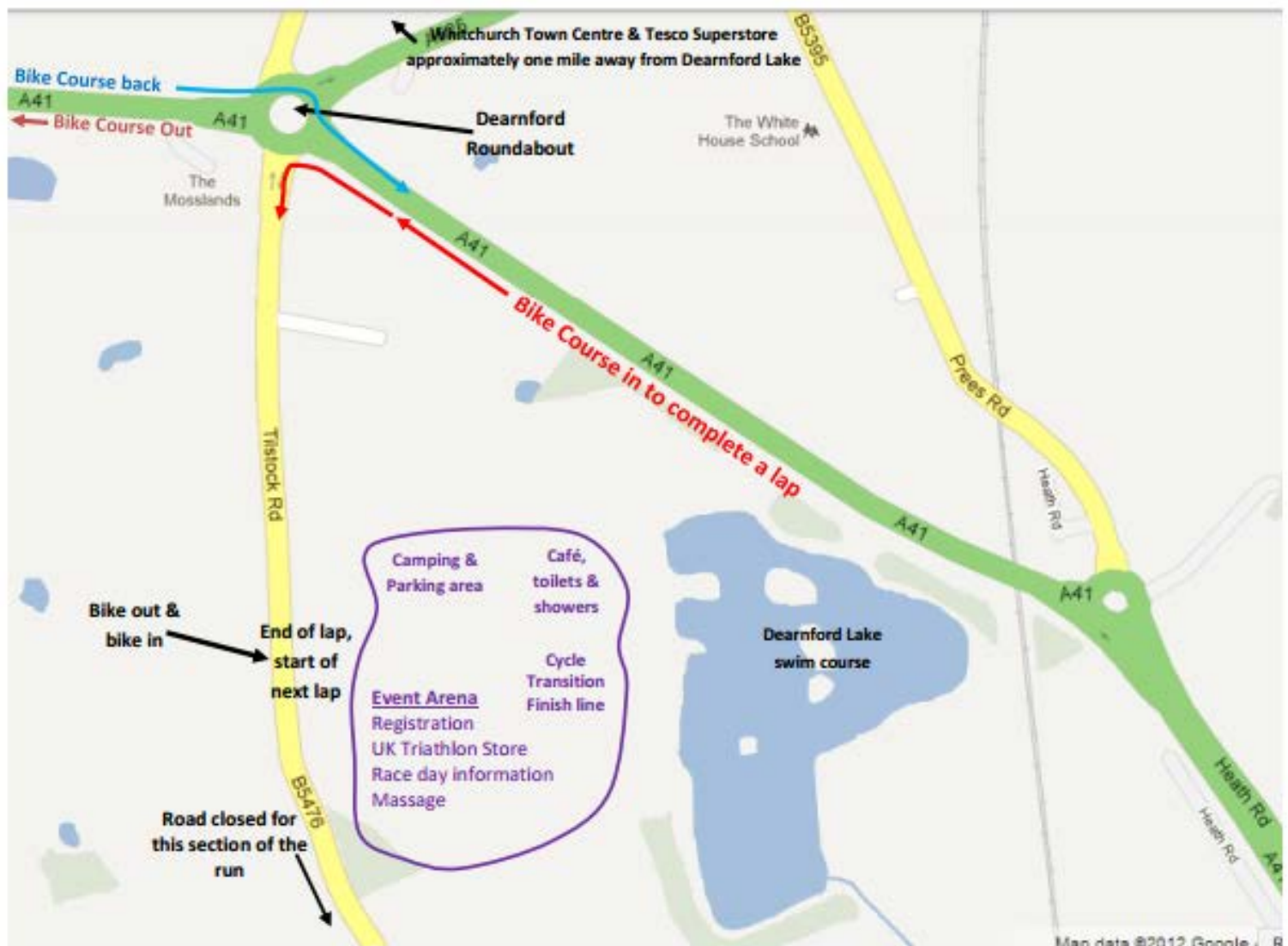
Under seat

Timing chip



Number facing outwards

# Main Arena Map





# Swim

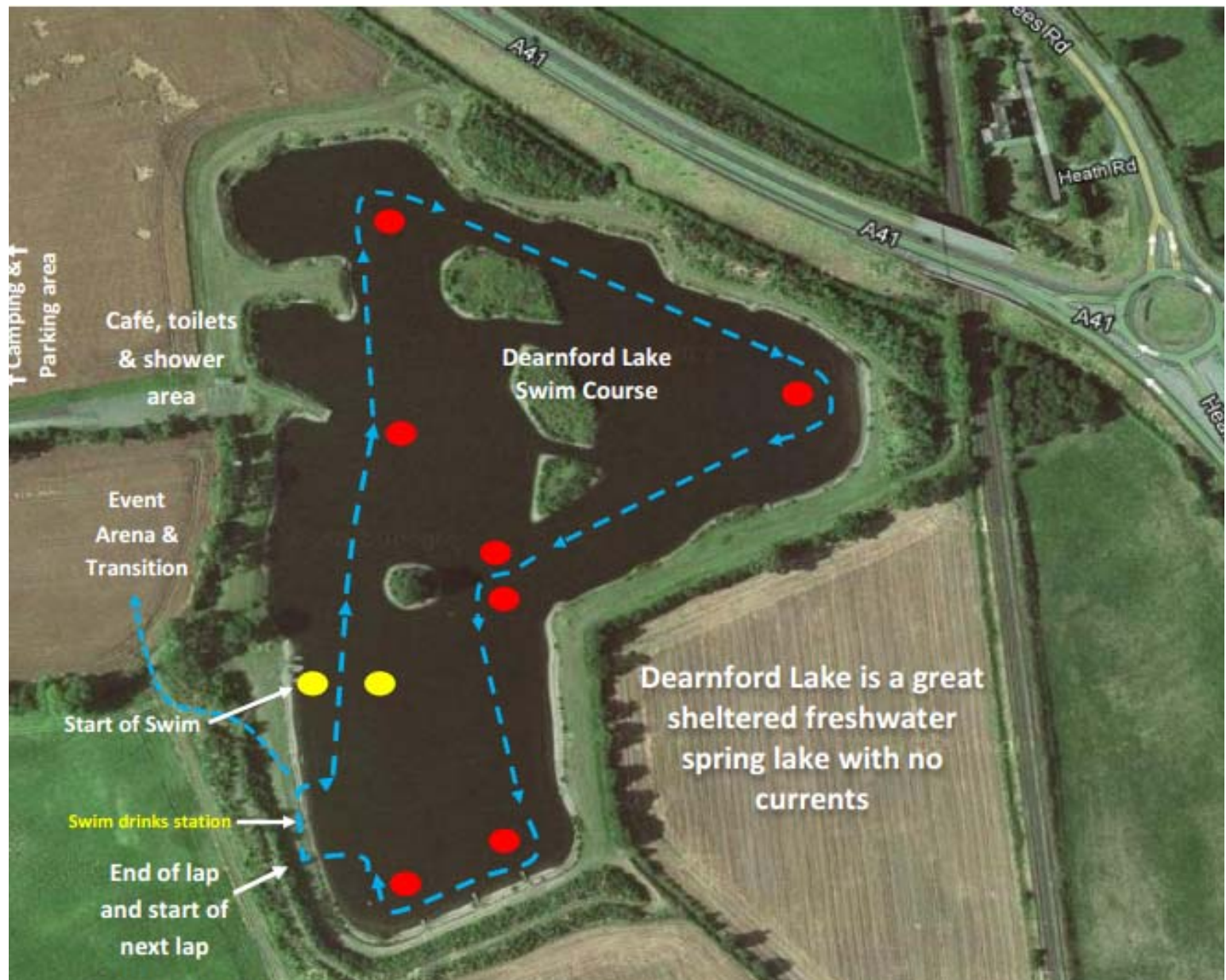
*Half - 1.2 miles - 2 laps*  
*One - 0.6 - 1 lap*



- Start time 9:00am
- At the completion of each lap, leave the water for approximately 20m, run/walk across the matting and get back into the water to start your next lap
- There will be a drinks station serving water & High 5 as you exit the water after each lap
- There will be safety crafts on the water along with a minimum of 10 canoeists
- Water depth is between 2 to 3 metres
- The distance from swim exit to cycle transition is approximately 100 metres
- Wetsuits are compulsory
- The cut off time is 1 hour 15 minutes from the start of the race (Ultimate Half)



# Swim Map



# ***Bike***

## ***Half - 56 miles - 2 laps***

## ***One - 28 miles - 1 lap***

- One complete lap of the bike course starts and finishes at the turn point outside the Dearnford Lake entrance.
- There are 2 feed stations per lap approximately 14 miles apart.
- Each feed station will carry food, gels, energy drinks and water.
- There will a toilet situated on every feed station.
- Make sure you study the end part of your lap and the Dearnford roundabout area.
- Please take extra care when you have to go around any roundabout, safety is IMPORTANT!
- The mount line and dismount line are situated near the cycle transition inside Dearnford Lake.
- When completing a lap you must keep inside the coned filter lane at the Dearnford Lake roundabout.
- The cut off time is 6 hours from the start time.

### ***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.

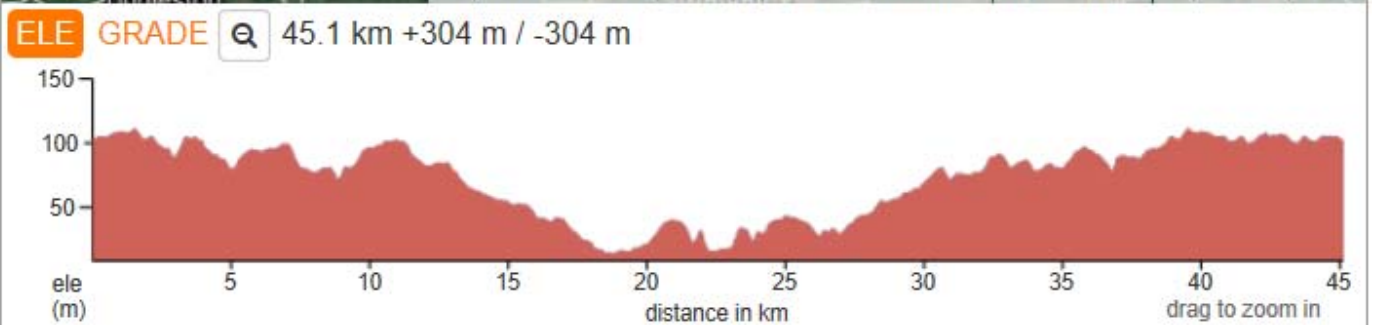


**Should you need help whilst on the cycle course call our bike manager Chris**

**07810 698686**



# Bike Map



To view the full map and to zoom in on the bike course please visit <http://www.uktriathlon.co.uk/events/ultimate-triathlon/#race-maps>



# ***Run***

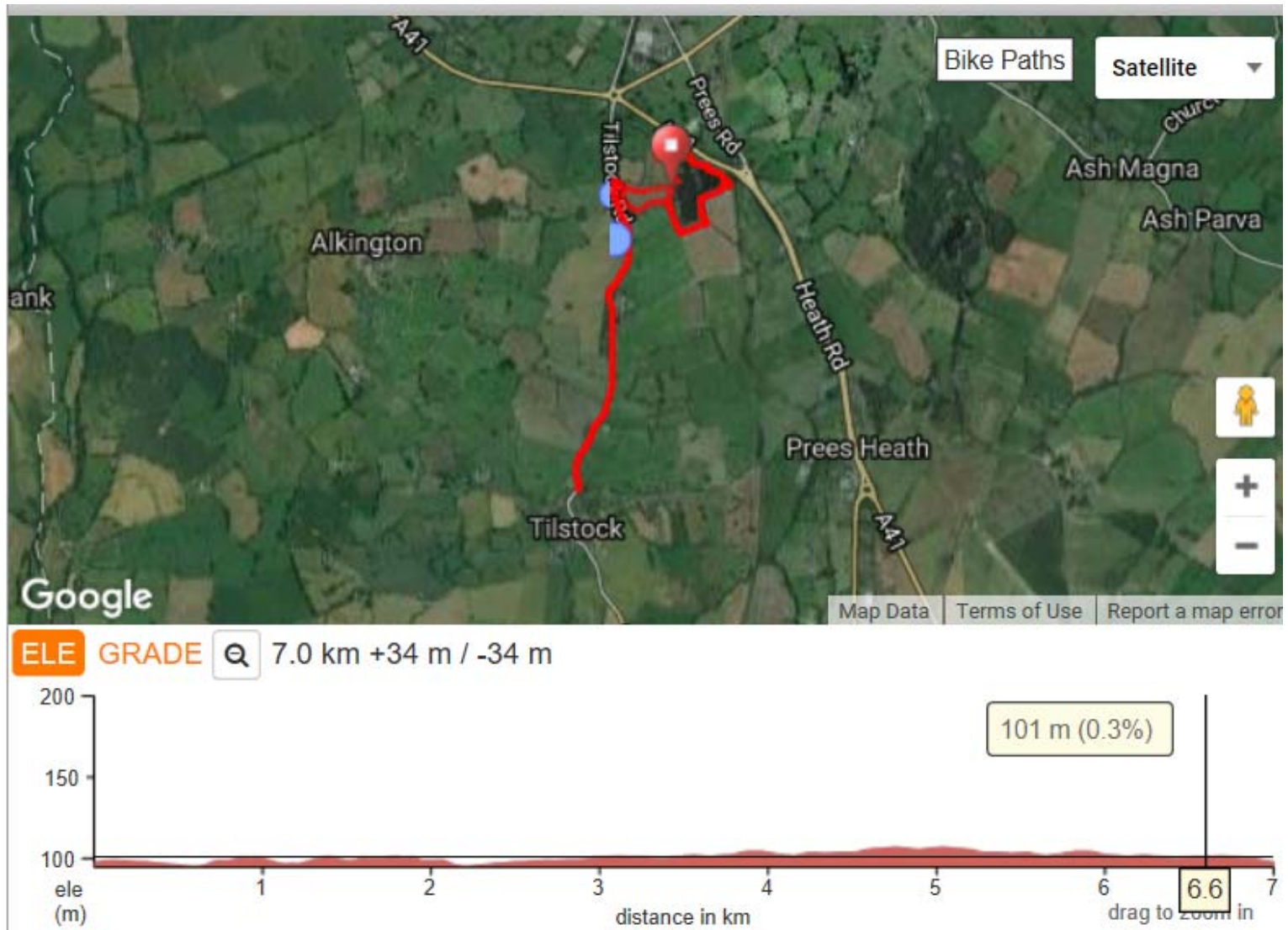
***Half - 13.1 miles - 2 laps***

***One - 6.5 miles - 1 lap***



- If you feel you will not be finished before dusk on the run course, it is recommended to wear a head torch to aid navigation as it goes dark.
- There will be some glow sticks around the course for guidance.
- If you do not have a head torch you can purchase one on EBay or Amazon for a small cost or visit [www.petzl.com](http://www.petzl.com).
- There will be 4 feed stations on the run course.
- The cut off time is 9 hours from the start time (Ultimate Half).

# Run Map



To view the full map and to zoom in on the run course please visit <http://www.uktriathlon.co.uk/events/ultimate-triathlon/#race-maps>





If your relay changes from a mixed, all male or all female team you must email [info@uktriathlon.co.uk](mailto:info@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 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.
- All team members must attend the race brief.



# 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 12th



## Prizes

- Commemorative 2017 medal for all finishers.
- Presentations will take place throughout the day as and when the results are in and have been verified.
- There will be awards for the top 3 female and male overall winners.
- Prizes for first place in all five year age groups (see table opposite).
- For the Relay there will be awards for first place in the all male and all female teams.

Code	Category	Age
B	Youths	14-16
C	Juniors	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?**

**(satellite navigation SY13 3JQ)**

When you get close to the venue you will see the brown Dearnford Lake signs and at the entrance of the lake please follow the triathlon parking signs.

Dearnford is just off the A49/A41/A525 Whitchurch, Shropshire.

Whitchurch railway station is 1 mile away.

## **3. What time should I arrive on race day?**

*We suggest at least an hour before your start time.*

## **4. Where will the race brief be held?**

Near the finish line, listen out for announcements throughout the morning.

## **5. How many feed stations will there be?**

On the cycle course there are two feed stations every lap, approximately 14 miles apart. On the run course there are 4 feed stations. On every feed station there will be High5 or water (in bottles on the cycle course), High5 gels, High5 bars, bananas, jelly beans plus other food items.

## **6. Do I have to wear a wetsuit during the swim?**

Yes, it is compulsory to wear a wetsuit for the Ultimate Half.

## **7.. Do I need to wear a helmet?**

*Yes, it is compulsory to wear a helmet.*

## **8. Can I use any bike?**

*Yes, you can use of any type of bike as long as it is road worthy.*

## **9. Is there anyone who can check my bike before the triathlon?**

*Yes, go to the UK Triathlon Store and ask for Carl from Badger Cycles, please see page 18 for more information*

## **10. Are non competitors allowed in the Cycle Transition Area?**

*Unfortunately no, only competitors are allowed in the Cycle Transition Area.*

## **11. Where can I look for accommodation for the triathlon?**

There is camping and caravanning at Dearnford Lake. For more information please visit: [www.dearnford.net/lake/camping.html](http://www.dearnford.net/lake/camping.html)

For B&B and hotel accommodation please visit Tourist Information at [www.shropshiretourism.co.uk/whitchurch](http://www.shropshiretourism.co.uk/whitchurch)

## **12. 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](mailto:keith@uktriathlon.co.uk).*



# UK Triathlon THE PINK WAVE



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**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.



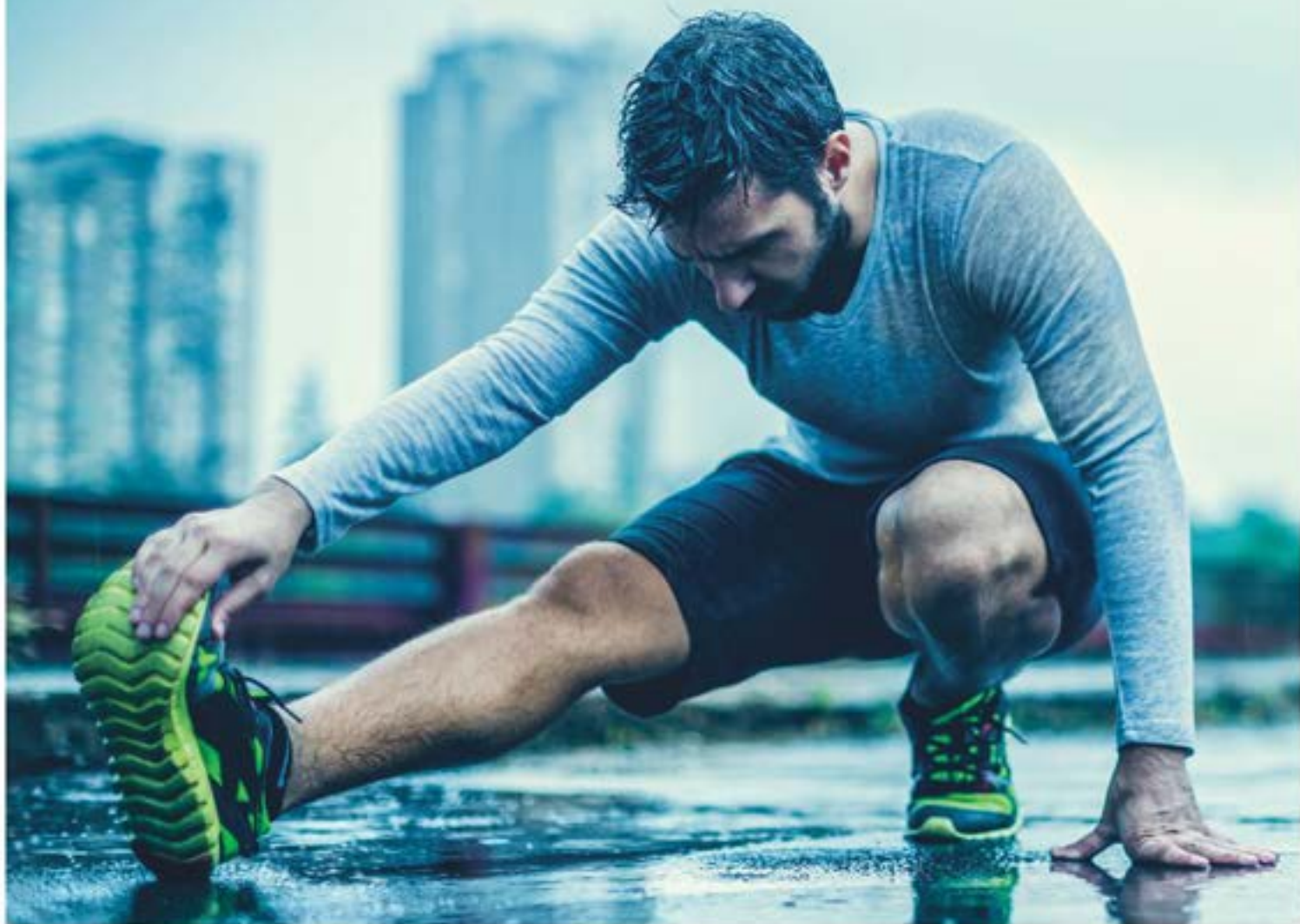
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