



# ***Birmingham Triathlon***

## ***Race Day Information***

**24th June 2018**

**Event Start Time From 07:30am**

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

**Boldmere Gate, Sutton Park**

**For satellite navigation directly to the car park use B73 6LN**

**£3 charity donation all day Race Parking**



★  
**OFFICIAL  
EVENT  
CLOTHING**

★  
**TECH TEES  
£20**

**HOODIES  
£30**

**CAPS  
£10**

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

# 2018 Event Calendar

Birmingham Kids Triathlon & Duathlon	23rd June 2018
Birmingham Triathlon	24th June 2018
York Triathlon	15th July 2018
South Coast Triathlon	28th July 2018
South Coast Run	29th July 2018
Shropshire Triathlon	16th September 2018
North West Kids Duathlon	29th September 2018
North West Triathlon	30th September 2018
Warwickshire Triathlon	7th October 2018
Birmingham Half Marathon, 10k & 5K	TBA
Stratford Triathlon	TBA
Cheshire Kids Duathlon	TBA
Cheshire Triathlon	TBA
Ultimate Kids Triathlon	TBA
Ultimate, Ultimate 1/2 & Ultimate 1/4	TBA
Henley Kids Triathlon	9th June 2018
Henley Triathlon	10th June 2018



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

# Registration

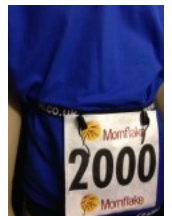
- Registration will be open on Sunday from 6:00am.
- Registration is located inside the orange Mornflake marquee
- Please know your race number ready for registration staff
- Arrive at least 60 minutes before your start time
- Please do not attempt to change your start time
- There is a £3 charity donation parking charge

## 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 tattoo - *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 attached. It must be visible on your back for the cycle and on your front for the run 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 anyway
- 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.
- Do not cover your electronic timing chip with your wetsuit as it will stop the signal when you cross the timing mat.



**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.



[illegible][illegible]



★  
**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**

Timing chip



Number facing outwards

Helmet sticker



Front centre

Race numbers



PINNED BACK

Race numbers



PINNED FRONT

Bike sticker



Under seat

Bike sticker



Front crossbar



# Cycle Transition Area

## Cycle Transition Area - Open from 06:30am

- 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.
- Please be at the swim start at least 15 minutes before your start time and listen to the race safety brief (late comers will miss important information about the course).
- 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

**Olympic & Olympic Relay - 1500m - 2 laps**  
**Sprint & Sprint Relay - 750m - 1 lap**  
**Super Sprint & Fun - 200m - 1 lap (short course)**

- You must wear your allocated swim cap, which will be given to you at registration.
- Wetsuits are compulsory for the 1500m swim
- You will enter Powell's Pool via the concrete jetty close to the Miller & Carter Steak House and the swim starts in the water.
- As an added precaution, as soon as you get into water that is deep enough to swim, then please swim and don't walk.
- If for any reason you have to stop swimming during the event and the water is shallow enough to stand (this is only in a few areas) then stand in the same position until you are content to continue swimming or if not then raise one arm and a safety craft will come to your assistance.

## Olympic & Olympic Relay - 40km - 8 laps Sprint & Sprint Relay - 20km - 4 laps Super Sprint & Fun - 10km - 2 laps

- Make sure your bike is working properly with our pre race service check. Please see page 17 for more information.
- You must fasten your helmet before taking your cycle off the rack.
- Your race number must be clearly displayed on your back for the cycle section of the event.
- After collecting your cycle, walk or run to the cycle mount line where you commence the cycle section of the race.
- Although the cycle course is closed to normal vehicular traffic, there may be pedestrians, dogs not on leads or wild animals (cattle) on the course at any point so take extra care, especially at sharp turns and blind bends.
- Keep to the right at all times except when overtaking. Overtake on the left.
- Follow the "Cycle Route" signs around the course and follow any instruction from any officials or marshals.
- Dismount your cycle at the end of the cycle course, do not unfasten your helmet until you have racked your cycle.
- Failure to ride safely will constitute an instant disqualification.



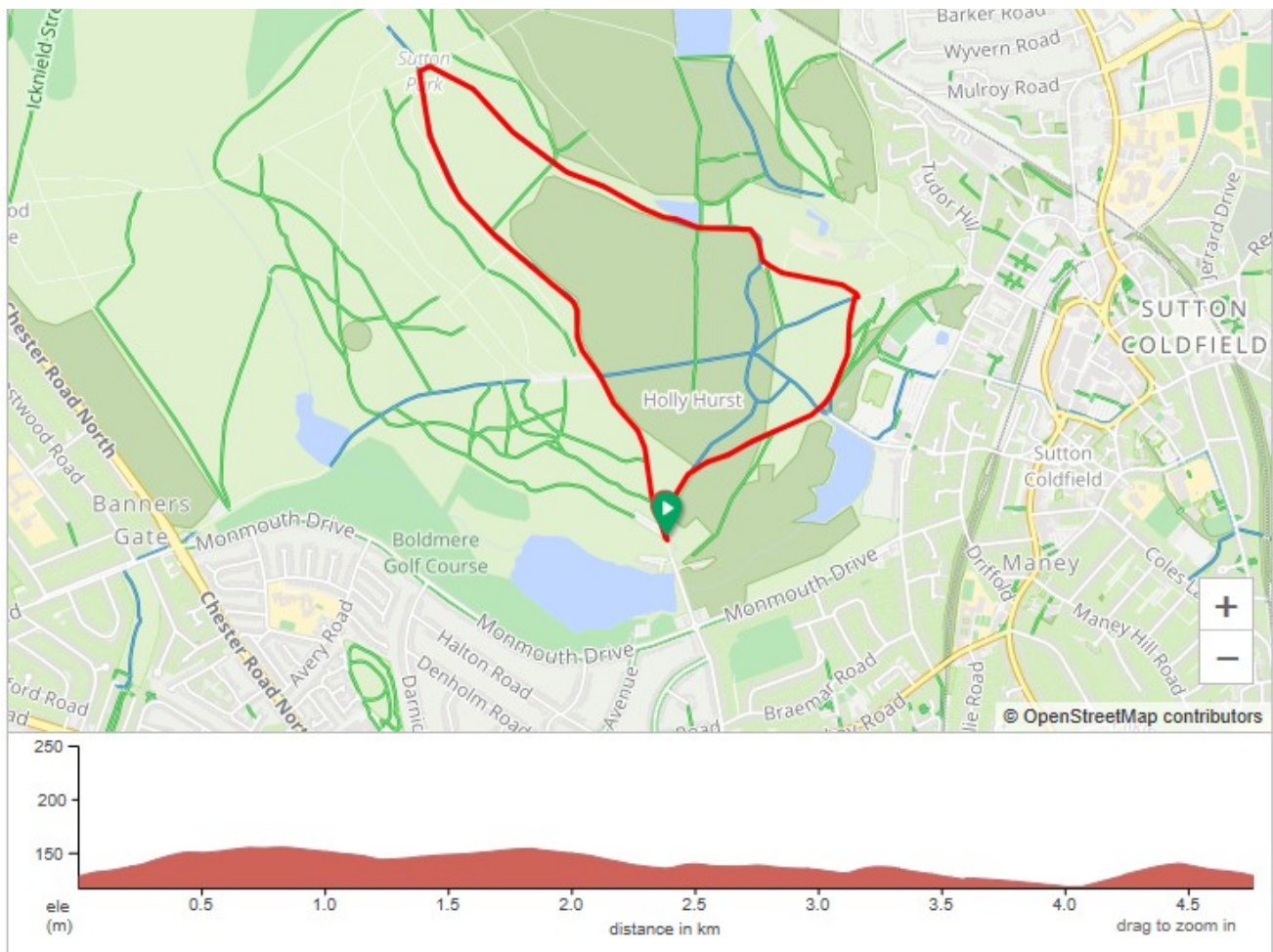
### *Counting the laps on your bike*

- 2 laps are easy to count but 4 and 8 laps can be confusing when you are competing.
- A couple of tips we recommend are:
  - Strap a watch (ideally Timex Ironman) with lap counting on and every time you pass the point on the course where you started (mount and dismount line) press the lap button, your watch will tell you the split time per lap and which lap you are on!
  - Cut 4 or 8 pieces of electrical tape (any colour you fancy!) into narrow short lengths and stick them to your handle bars leaving half of each one folded over so you can grab it. Every time you pass the point on the course where you started (mount and dismount line) pull off a piece of tape, leaving the remaining pieces of tape which represent the number of laps left for you to do.
- It is solely your responsibility to count your laps, race marshals cannot advise you. Insufficient laps will result in a disqualification.

**You will not be allowed to take part without a cycle helmet.**



# Bike Map



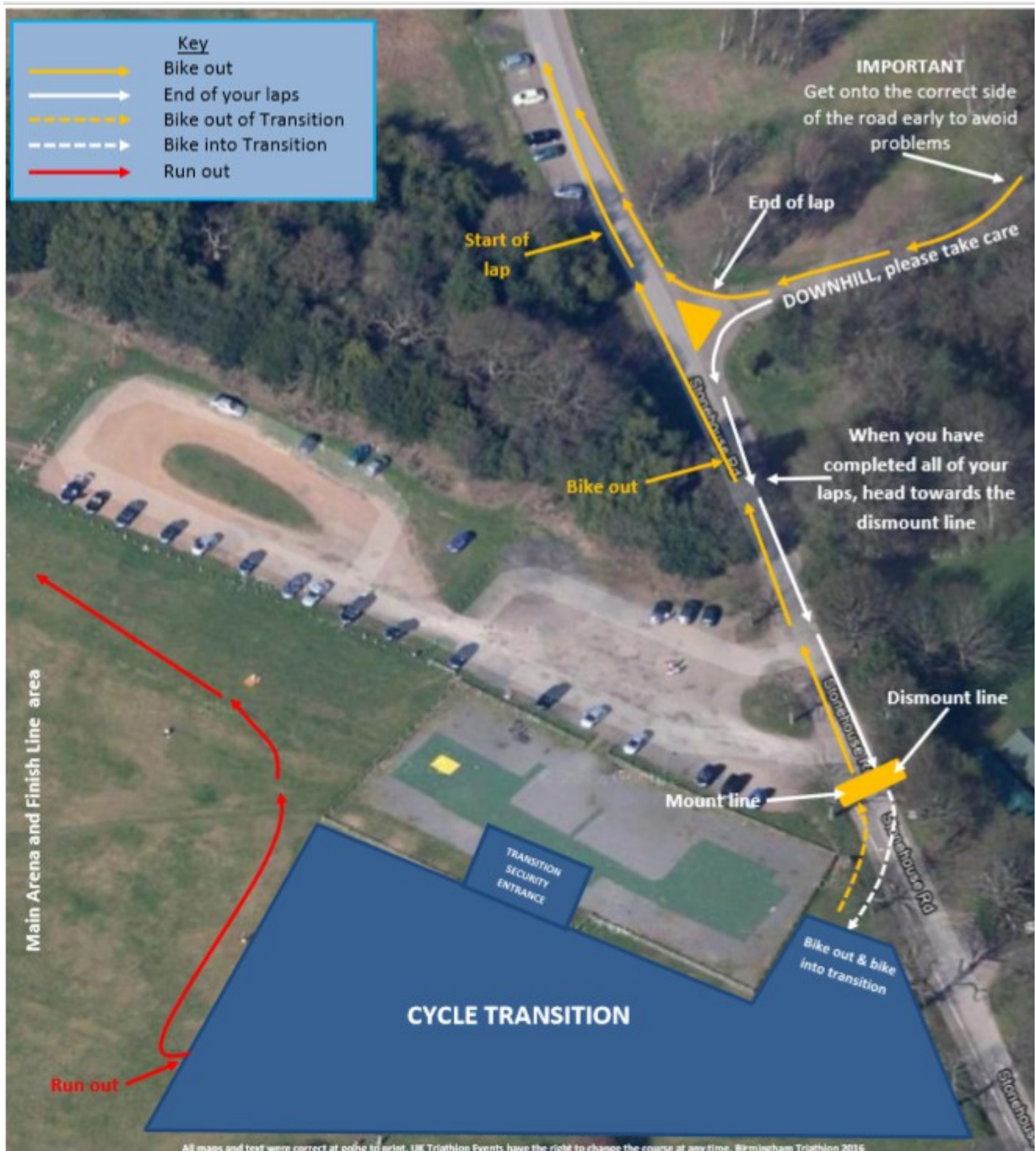
To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/11402115>

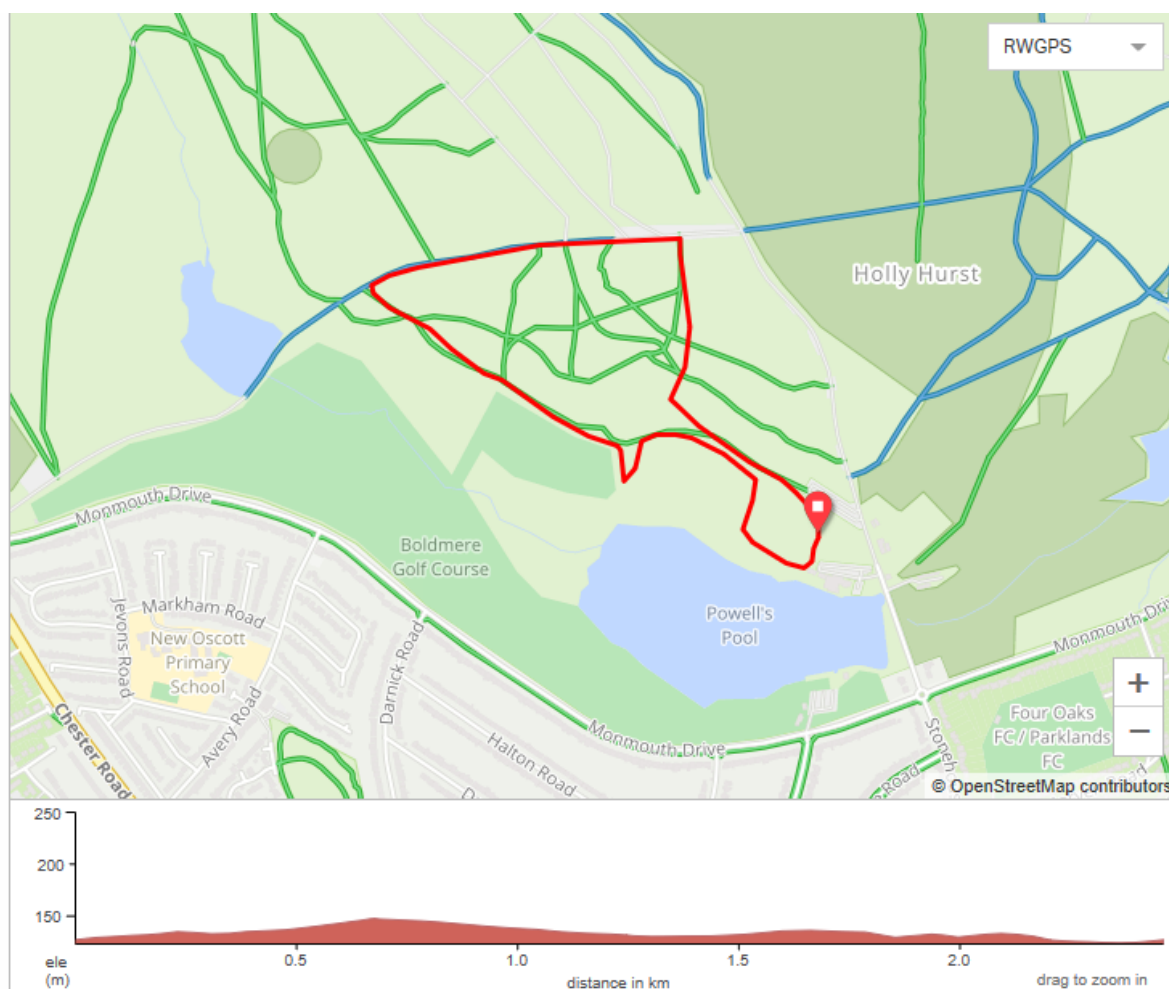
## Visitors Centre - Bike Course Map





# Start & End Bike Map





## **Olympic & Olympic Relay - 10km - 4 laps**

## **Sprint & Sprint Relay - 5km - 2 laps**

## **Super Sprint Fun 2.5km - 1 lap**

- When you finish the bike course enter the Cycle Transition Area and rack your cycle.
- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- The run is around Sutton Park on grass, trail, tarmac road and gravel track.
- 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 completed laps.
- There is one feed station on the run course and one at the finish line which will be serving High5 sports drink and water.
- When you have finished the run filter into the sign posted 'finish lane' and continue through the finish line.



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

## Results

### **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 25th June 2018. Should you have a query with your results please email [jenny@uktriathlon.co.uk](mailto:jenny@uktriathlon.co.uk).

# Massage and Prizes

Race event massage 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.

Prices are:

- £15 for the full body
- £10 for 10 minutes
- £7.50 for just legs

**Want to save time?** Contact our Massage Therapist Ben to book your pre and post event massage. This events Advance Booking offer includes:

£20 for a massage both before and after the event - book a slot early and guarantee your place. Please contact Ben on his Facebook page [www.facebook.com/BElliottmassage/](https://www.facebook.com/BElliottmassage/)

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.

In addition to this there will be filmmakers recording for a promotional video of the event with the use of ground cameras and a drone. A remotely operated aircraft will be in operation throughout the day. The aircraft may be overhead at a safe distance at any stage or area of the triathlon. For your safety, please locate and observe. Please be aware that landing/take off areas will be restricted areas. Please do not approach or communicate with staff members within these areas, as they may be in control of the aircraft.

If you do not want your image (moving or still) to be used in the making of any film or promotional material please advise in writing to [zoe@uktriathlon.co.uk](mailto:zoe@uktriathlon.co.uk)



## Prizes

- Commemorative 2018 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Olympic, Sprint and Super Sprint races & 1<sup>st</sup> place for all male and female relay teams.
- Prizes for first place in all five year age groups (see table opposite) in the Olympic and 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. Where can I park?

*When you approach York Sport Village, please follow the 'Triathlon Parking' signs to the official competitor parking. You **must not** park on the road, unless instructed to do so, otherwise a parking fine may be issued.*

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

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

## 4. Do I need to wear a helmet?

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

## 5. Can I use any bike?

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

## 6. I have competed in lots of triathlons do I have attend the race brief?

*Yes, the race brief is compulsory, it will contain important safety information for the event.*

## 7. 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.*

## 8. Is there massage available during the triathlon?

*Yes, pre and post massages are available on race day.*

## 9. Where can I look for accommodation for the triathlon?

*For accommodation Information visit [www.visityork.org](http://www.visityork.org).*

## 10. 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).*





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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 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 RUNNER IS IN ALL OF US







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





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