



Ultimate Triathlon

3rd June 2018

Race Day Information

Event start time 7:00am

Alderford Lake,

Tilstock Road

Whitchurch,

Shropshire

SY13 3JQ

Car Park Charges - £5 per day

2018 Event Calendar

Ultimate, Ultimate 1/2 & Ultimate 1/4	3rd June 2018
Henley Kids Triathlon	9th June 2018
Henley Triathlon	10th June 2018
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



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 2nd June from 2:00pm until 5:00pm

THERE WILL BE NO REGISTRATION FOR ULTIMATE COMPETITORS ON RACE DAY. All Ultimate competitors must register on Saturday

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

Race Envelope

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

Race numbers x2

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.*

Helmet sticker x1 - *Attach your bike helmet sticker to the front of your helmet.*

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* (instructions will be included on how to apply your tattoo. Water and sponges will be available outside of the registration tent).

Drawstring bags x 3 - one for swim to bike, one for bike to run and one for your personal clothing

Swim cap x1

Race Numbers

Your race number must be clearly displayed on your back for the bike and clearly visible 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

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

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.

Important Information

Race Brief - 6.00pm Saturday 2nd June 2018

There will be one compulsory race brief for the Ultimate Triathlon.

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.

If you have camping chairs with you please bring them along.

Race brief will take place outside Alderford Café.

Bike Racking

It is compulsory to rack your bike on Saturday 2nd June **BEFORE 5:30pm (opens at 3pm)**, once transition closes there will be full time security all night. Your race number and name will show you where to rack your bike. All Ultimate competitors will be allowed 30 minutes in transition to set up their bike etc on race day morning, this will take place from 6:00am until 6.30am.

Athletes Parade

All athletes will congregate in the transition at **6.40am on Sunday morning** before walking down together to the lake ready for the Ultimate start.

Drawstring Bags

You will be given 3 bags at registration, these bags are for the following

Bag 1 Swim to bike

Bag 2 Bike to run

Bag 3 Personal clothing & items

Bag 1 All your cycle items must be placed inside bag 1, for example, helmet, gloves, sunglasses, cycling shoes etc (if you want to, you can attach your cycling shoes to the peddles on your bike before you leave transition before the start of your race). Once you have finished your swim, make your way into the changing tent, empty the items you require for the cycle section of the event out of bag 1, place all items used from the swim into bag 1. **Failure to bag all swim items in to bag 1 will constitute a 2 minute penalty.**

Bag 2 All your running items must be placed inside bag 2, for example, running shoes, cap, etc. Once you have finished your cycle, make your way into the changing tent, empty the items you require for the run section of the event out of bag 2, place all items used from the bike into bag 2. **Failure to bag all bike items in to bag 2 will constitute a 2 minute penalty.**

Bag 3 All your personal clothing & items must be in bag 3 ready to use when you have finished your race, please make sure there are no items of clothing hanging out of this bag. Bag 3 with personal items in may be looked after by a supporter if you wish, **Failure to bag all personal clothing & items in to bag 3 will constitute a 2 minute penalty.**

Transition Changing Tent

The Transition Changing Tent is available to all Ultimate competitors, each competitor will have a designated area within the tent.

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

★
**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**

Helmet sticker



Front centre

Race numbers



PINNED BACK

Race numbers



PINNED FRONT

Bike sticker



Under seat

Bike sticker



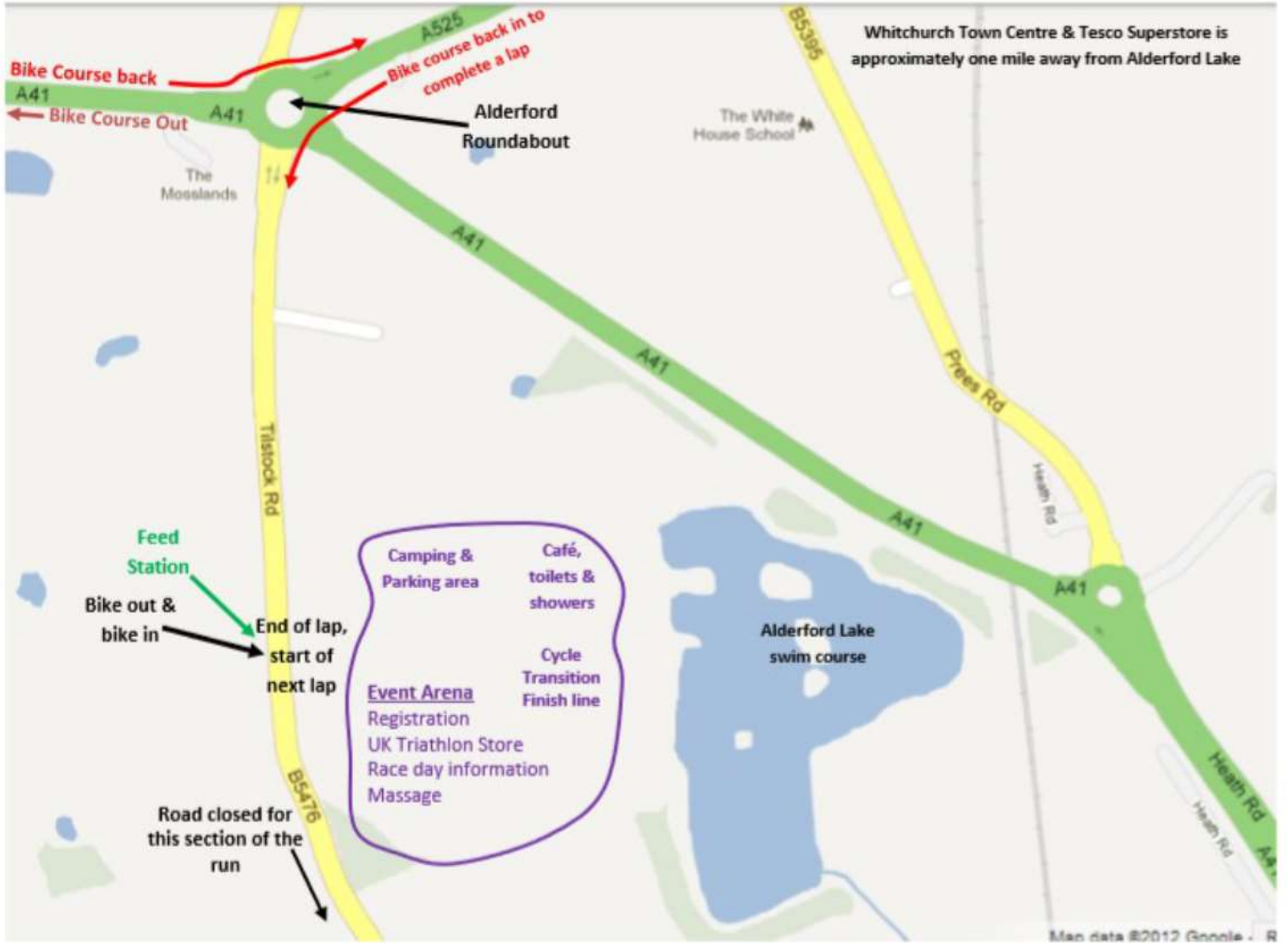
Front crossbar

Timing chip

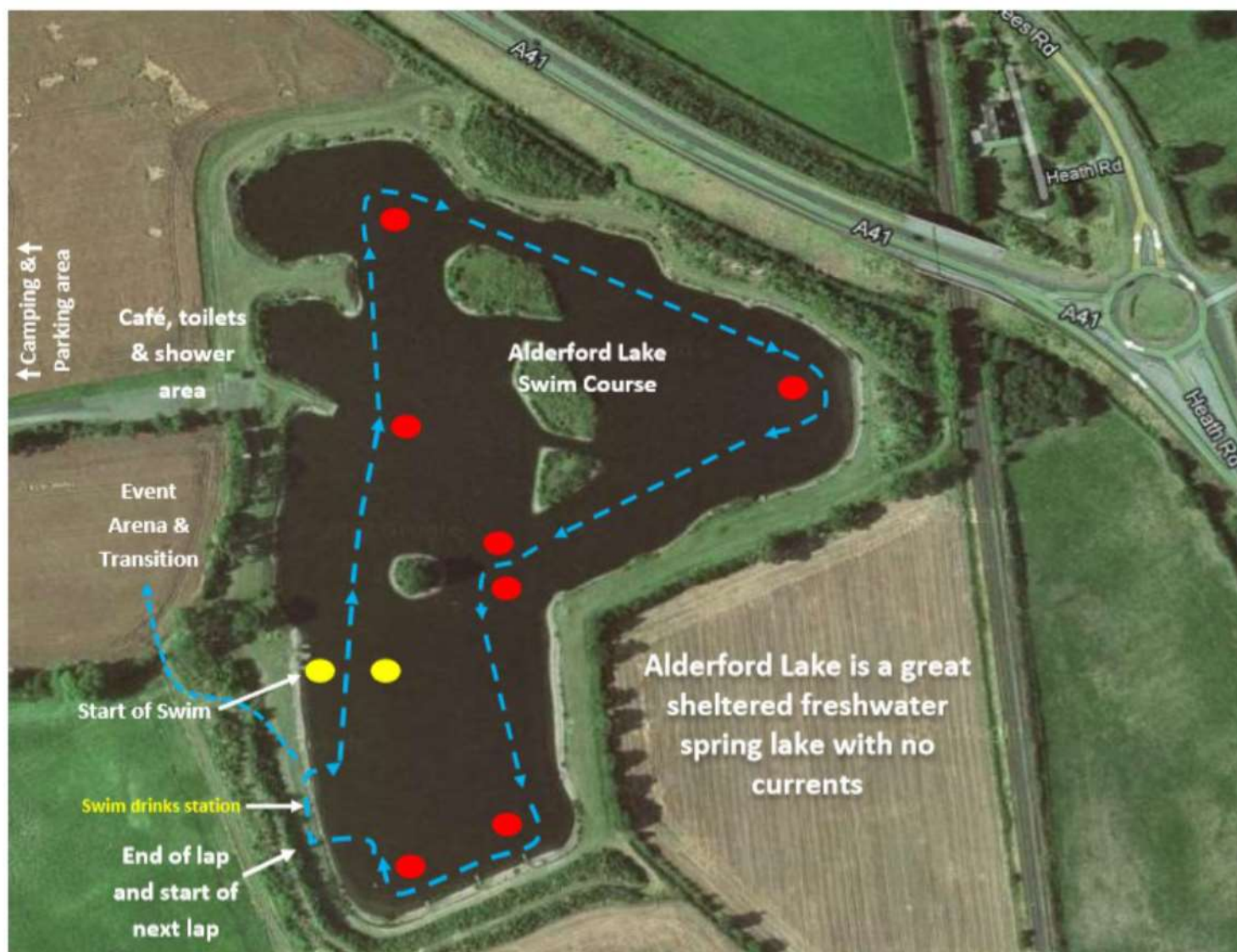


Number facing outwards

Main Arena Map



Swim 2.4 miles - 4 laps



Start time 7:00am

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 safety canoeists

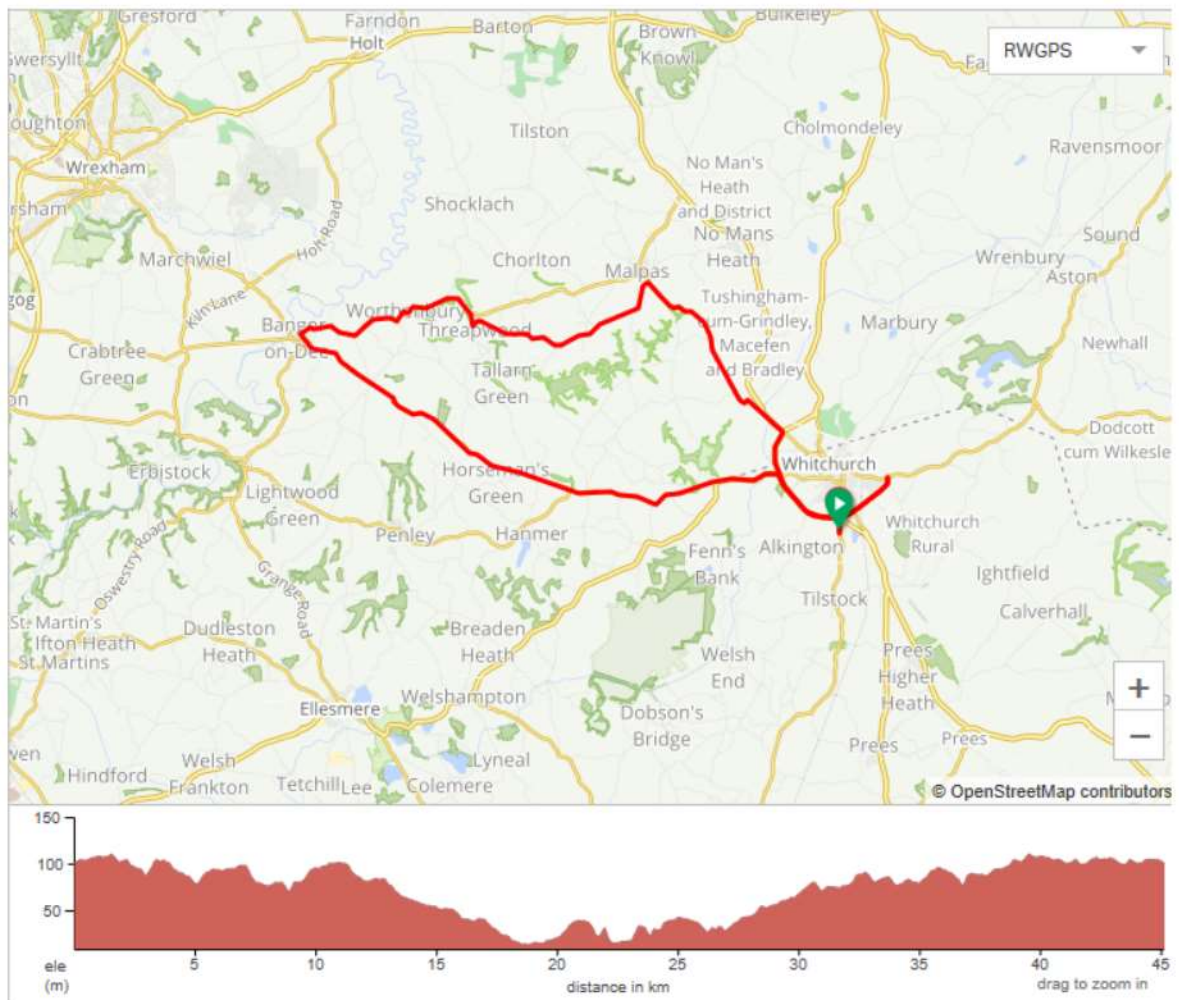
Water depth is between 2 to 3 metres

The distance from swim exit to cycle transition is approximately 100 metres

Wetsuits are compulsory

The cut off time is 2 hour 30 minutes from the start of the race

Bike -112 miles - 4 laps



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/22576793>

One complete lap of the bike course starts and finishes at the turn point outside Alderford 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 is a toilet situated on every feed station.

Make sure you study the end part of your lap and the Alderford roundabout area.

Please take extra care when you have to go around any roundabout, safety is IMPORTANT!

The mount line and dismount line are just outside the cycle transition inside Alderford Lake.

When completing a lap you must keep inside the coned filter lane at the Alderford Lake roundabout.

The cut off time is 10 hours 30 minutes from the start of the race.

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

Drafting Rule

Cyclists must maintain a forward distance of 5 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.

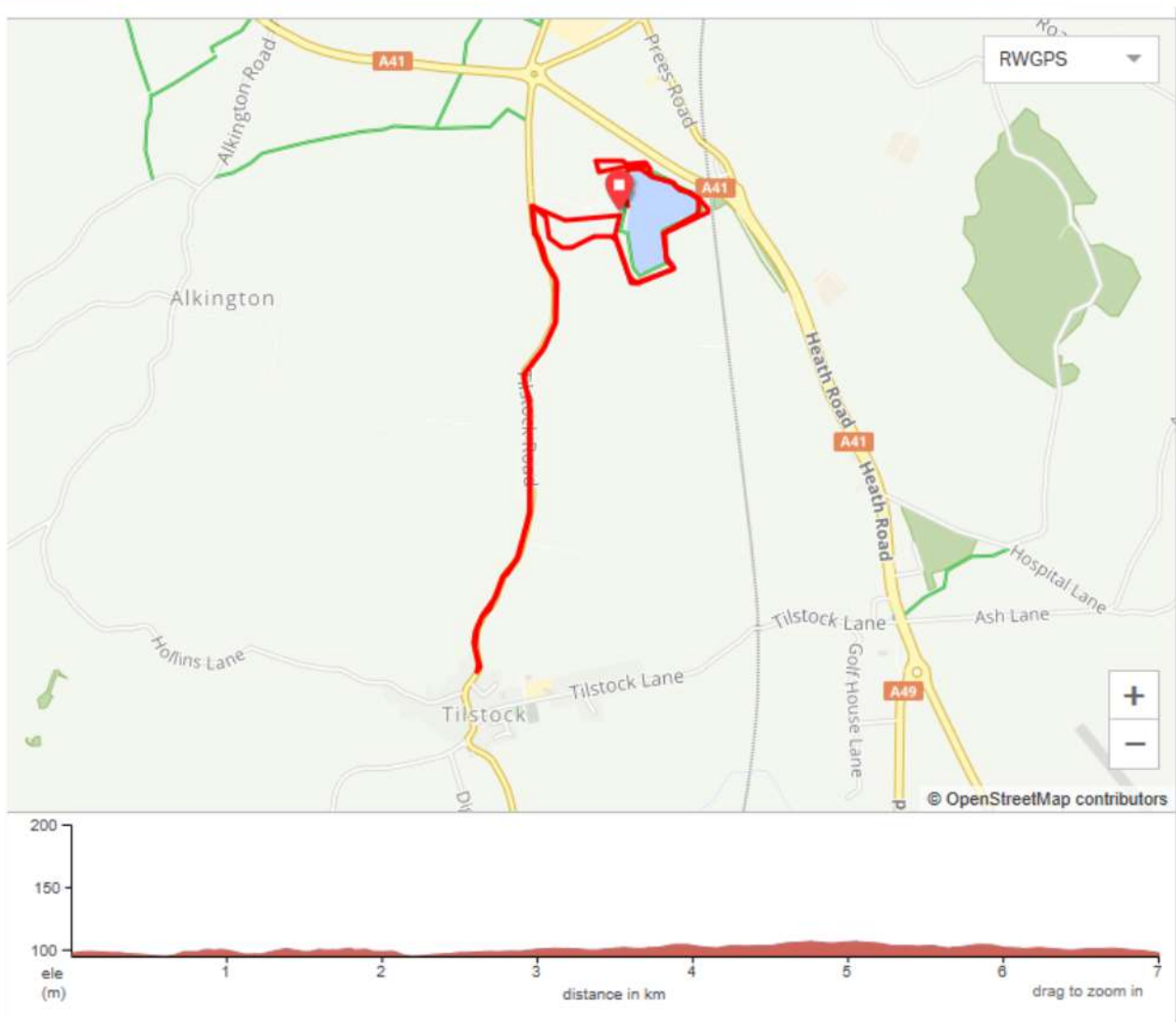
Drafting marshals will strictly enforce this rule and offending cyclists will receive a time penalty for the first offence and disqualification on the second.

Should you need help whilst on the cycle course call our bike manager Chris 07810 698686

Bike Map - Start and Finish



Run - 26.2 miles - 6 laps



To view the full map and to zoom in on the run course please visit <https://ridewithgps.com/routes/22576837>

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

There will be 4 feed stations on the run course

The cut off time is 17 hours from the start of the race

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.

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

If your relay changes from a mixed, all male or 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.

All team members must attend the race brief.

Massage

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/



Results, Prizes and Photography

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 4th June 2018. Should you have a query with your results please email jenny@uktriathlon.co.uk.

Prizes

Commemorative 2018 medal for all finishers.

Presentations will take place throughout the day as and when the results are in and have been verified.

For the Ultimate 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+

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



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 Alderford Lake signs and at the entrance of the lake please follow the triathlon parking signs.

Alderford 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. Can I register Sunday morning?

No, every competitor must register on Saturday before registration closes and then attend the compulsory race brief.

5. Where will the race brief be held?

The race brief will be held outside Alderford Lake café

6. When should I put my bike into the Cycle Transition Area?

It is compulsory to rack your bike on Saturday afternoon before 5:30pm, once transition closes there will be full time security all night.

7. 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, one every lap. 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.

8. Do I have to wear a wetsuit during the swim?

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

9. Do I need to wear a helmet?

Yes, it is compulsory to wear a helmet.

10. Can I use any bike?

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

11. 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

12. Are non competitors allowed in the Cycle Transition Area?

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

13. Where can I look for accommodation for the triathlon?

*There is camping and caravanning at Alderford Lake. For more information please visit: alderford.com/stay/
For B&B and hotel accommodation please visit Tourist Information at www.shropshiretourism.co.uk/whitchurch*

14. 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.

alderford

lake café **walks** plants **events**

UK Ultimate Pasta Party
Alderford Lake, Whitchurch
Saturday 2nd June 2018

Menu

A choice of three homemade pastas:

Salmon and Asparagus in a White Wine sauce,
Sun Dried Tomatoes and Goats Cheese in a Pesto sauce or
Mixed Red Mediterranean Vegetable in a Tomato and Basil sauce

Served with dressed green salad and French bread

followed by

A selection of ice creams

And choice of drink: Tea, coffee or soft drink can



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!
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UKTriathlon.co.uk/pinkwave

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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 (SC0416661) and the Isle of Man (1103).

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PLACE AN ORDER FOR ANY SET OF PROGRESS WHEELS OVER THE WEEKEND AND RECEIVE A FREE FULL BIKE SERVICE AND FREE FITTING OF YOUR NEW CHOSEN WHEELSET

ENQUIRIES AND TECHNICAL INFORMATION - CALL CARL ON 07950735737



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.



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.



**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:

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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MIGHTY OATS**
SINCE
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