



# Shropshire Triathlon Race Day Information

**Sunday 6th September 2020**

*Please check your race email for your individual start time*

Distance	Swim	Cycle	Run
Middle	2000m - 2 Laps <small>(1000m Course)</small>	78k - 2 Laps	20k - 2 Laps
Middle Relay	2000m - 2 Laps <small>(1000m Course)</small>	78k - 2 Laps	20k - 2 Laps
Olympic	1500m - 2 Laps <small>(750m Course)</small>	39k - 1 Lap	10k - 1 Lap
Olympic Relay	1500m - 2 Laps <small>(750m Course)</small>	39k - 1 Lap	10k - 1 Lap
Sprint	750m - 1 Lap <small>(750m Course)</small>	25k - 1 Lap <small>(Short Lap)</small>	5k - 1 Short Lap
Sprint Relay	750m - 1 Lap <small>(750m Course)</small>	25k - 1 Lap <small>(Short Lap)</small>	5k - 1 Short Lap

**The Mere, Cremorne Gardens, Ellesmere, SY12 0HD**

**PLEASE MAKE SURE YOU ARE PARKED UP AND AT THE VENUE BY 8AM AS THE FIRST CYCLISTS ARE DUE ON THE ROAD THEN.**

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# Covid-19 Guidelines

## **Your Health before the Event**

If you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, please contact UK Triathlon immediately.

## **Social Distancing**

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event.

Please make sure your spectators are aware of and abide by the 2 metre distance rule.

## **Hand Sanitising**

There will be 10 hand sanitiser stations around the venue, please hand sanitise before registration, entering transition, finish line and whenever you have the opportunity to do so before and after the event.

**Please sanitise before and after toilet use.**

## **Registration**

Please allow more time than normal to register. You must register yourself. You cannot have anyone register for you. Only one competitor will be allowed to register at a time (except relay teams who must register together).

Please queue at a 2 metre separation. Hand sanitise before entering. Every competitor will be temperature checked with a digital thermometer before registering.

## **Transition**

Each competitor has their own numbered racking position. Rack only there and with your race number facing you.

## **Race Brief**

There will be a short race brief shortly before each event starts from the finish line stage which will be announced over the PA system on the day.

## **Start Format**

Competitors will each have their own individual start time at 10 second intervals.

## **Swim Course**

You can only do your warm up on dry land. Maintain a 2 metre gap from other swimmers at all times.

## **Bike Course**

Normal drafting rules apply (see page 4).

## **Run Course**

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

## **Feed Stations Bike, Run & Finish line**

Drinks will be dispensed for you at feed stations, High5 Energy Source & Water will be identified clearly with signs. If you require food, request what you want from the marshal. All feed station foods are individually wrapped. Move away as quickly as possible allowing for other competitors. Bin your litter.

## **Spectators**

Please do not bring unnecessary spectators if possible.

## **Your Covid Officer is Vic Bickerton**

If you wish to report anything regarding Covid safety, please report it to Vic located at the finish line.

# Essential Information

## Car Parking

There are numerous car parks around Ellesmere, some of them are pay and display. Allow plenty of time to park and walk to race registration. Some of the car parks are a 15 minute walk. Here are some postcodes for parking in Ellesmere -

SY12 OPA Mereside

SY12 OAW Cross Street

SY12 OHQ Talbot Street

SY12 OHG Cross Street

SY12 OPA The Moors

## Race Brief and Start

There will be a short race brief shortly before each event starts from the finish line stage which will be announced over the PA system on the day. Please allow plenty of time to get to the venue and attend the race brief. Each competitor will be started at the edge of the lake at 10 second intervals. Your actual start time will be exactly the time of day that you are started, so your results will be totally accurate. There will be no swim warm up in the water, please do any warming up and stretching that you require on lakeside before starting off. Please have your wrist band that is given to you at registration on your left wrist and visible as you queue for the swim start.

## Registration

Open on Saturday from 1pm-3pm and on Sunday from 6:30am.

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.

## 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 bag and a race envelope containing: Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1.

## Cycle Brakes and Helmets

There will be no cycle or helmet check on entry to the transition area. You are responsible for checking your own cycle brakes and helmet before taking part in the event.

## Swim Caps

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

## 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.

**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 with the chip on the outside of your 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

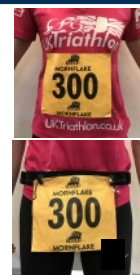
## Race Number x2

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?

A wetsuit is compulsory for the Middle and Olympic triathlons only. You can wear swimsuit/trunks or a triathlon specific trisuit for the swim (wetsuits are compulsory for the 2000m & 1500m 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 2020 technical series shirt is also a good option and can be purchased at the 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 wind-proof 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

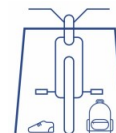
Any type of bike can be used as long as it is road worthy.

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.

In middle distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

## 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.

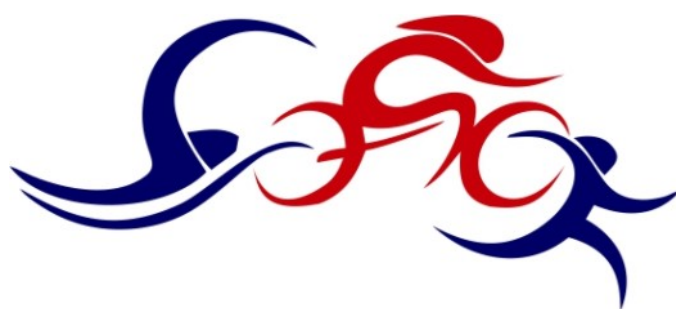


For more information regarding drafting [please click here](#). For all BTF rules [please click here](#)



# 2020 Event Calendar

Ultimate, Ultimate 1/2 & Ultimate 1/4	16th August
Ultimate Aquathlon	16th August
Shropshire Triathlon	6th September
Henley Kids Triathlon	12th September
Henley Triathlon	13th September
Cheshire Kids Duathlon	19th September
Cheshire Triathlon	20th September
North West Kids Duathlon @ Alderford	19th September
North West Triathlon @ Alderford	20th September
Birmingham Triathlon	26th September
Warwickshire Triathlon	4th October
Stratford Triathlon	4th October
Birmingham Half Marathon, 10k & 5K	18th October



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

# OFFICIAL UK TRIATHLON 2020 TRI WEAR



**UNISEX FIT  
TECH SHIRTS  
£20**



**LADIES FIT  
TECH SHIRTS  
£20**

**HEAVY WEIGHT  
HOODIES  
£30**



**EMBROIDERED  
TECH CAPS  
£10**



**AVAILABLE TO BUY AT THE EVENT**



# Shropshire Arena



## Littering

Do not discard empty water bottles, gel or bar wrappers anywhere on the course. Use the feed stations or rubbish bins provided.



# Cycle Transition Area

## Before the Triathlon

**Cycle Transition Area is 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 2).

*Only take into transition what is needed, a small bag can remain but bulky boxes are to be taken out of transition whilst the race is live.*

## Cycle Transition Area

Each competitor has their own numbered racking position. Rack only there and with your race number facing you.

## 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.

## After the Triathlon

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

# Swim

**Middle & Relay - 2000m - 2 laps x 1000m**  
**Olympic & Olympic Relay – 1500m - 2 laps x 750m**  
**Sprint & Sprint Relay - 750m - 1 lap**

## Wetsuits

Wetsuits are compulsory for the 2000m and 1500m swim. Although not compulsory we recommend wearing a wetsuit for the 750m swim.

## Swim Cap

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

## During the Swim

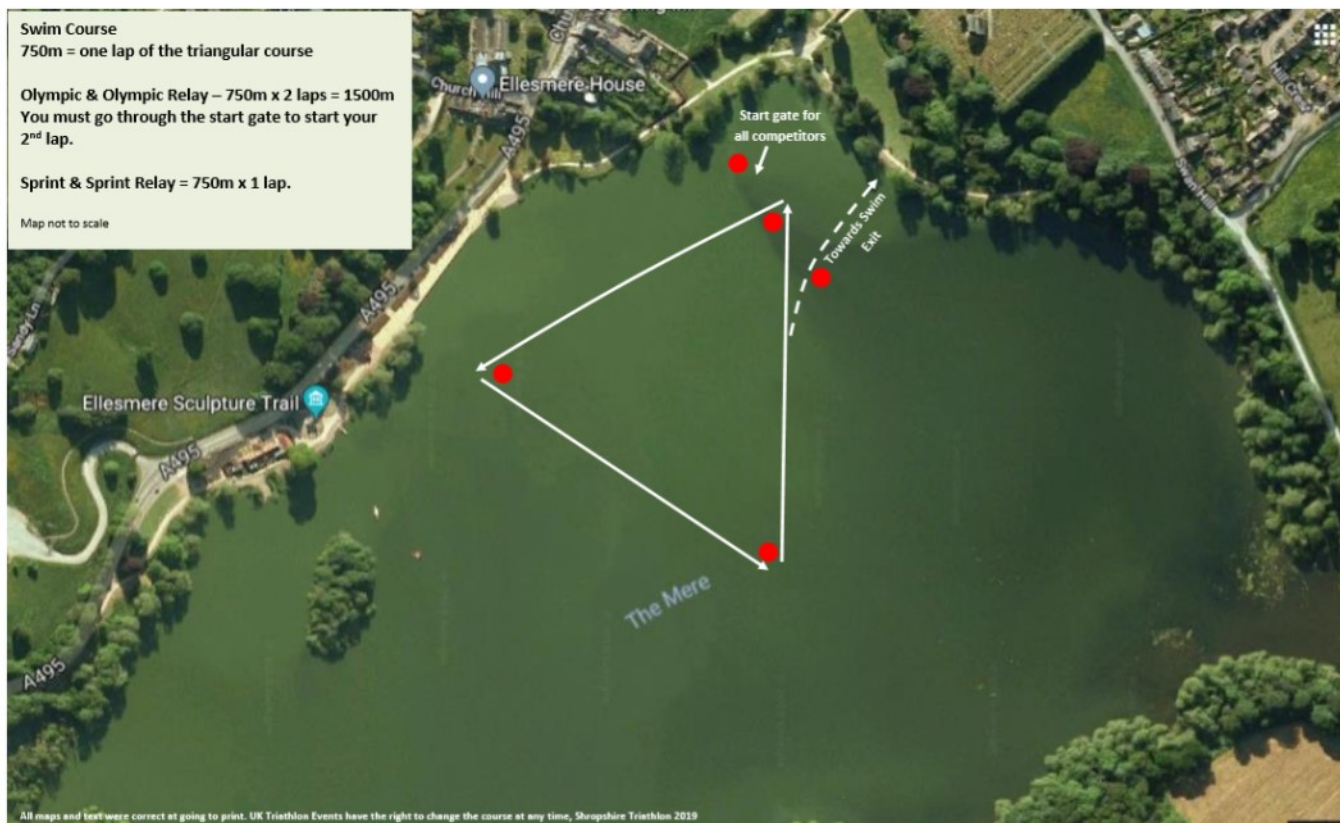
As an added precaution, as soon as you get into water that is deep enough to swim, then please swim and don't walk. If for any reason you have to stop swimming during the event and the water is shallow enough to stand (this is only in a few areas) then stand in the same position until you are content to continue swimming or if not then raise one arm and a safety craft will come to your assistance.



# Swim Map— Middle Distance



# Swim Map—Olympic and Sprint



## Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 15 for more information.

## 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.

## Course Safety

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

## The Course

Keep to the left at all times except when overtaking.

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 give direction.**

Make sure you have plenty of drinks on your cycle before you start the event.

Do not use the feed station at the start of the cycle lap unless you are taking part in the middle distance.



## Middle Distance Competitors Only

### Bike Feed Station

there will be a feed station at the start of the second lap (halfway point). There will be 750ml bottles with High5 energy source and water, High5 gels and bars. You will be given 4 gels and 2 bars at registration. Please carry what you require if possible to reduce interaction with the feed station.

We recommend everyone takes their own small hand sanitiser on the bike and the run.

## Sprint Competitors Only

You must complete 1 x lap of the cycle short course.

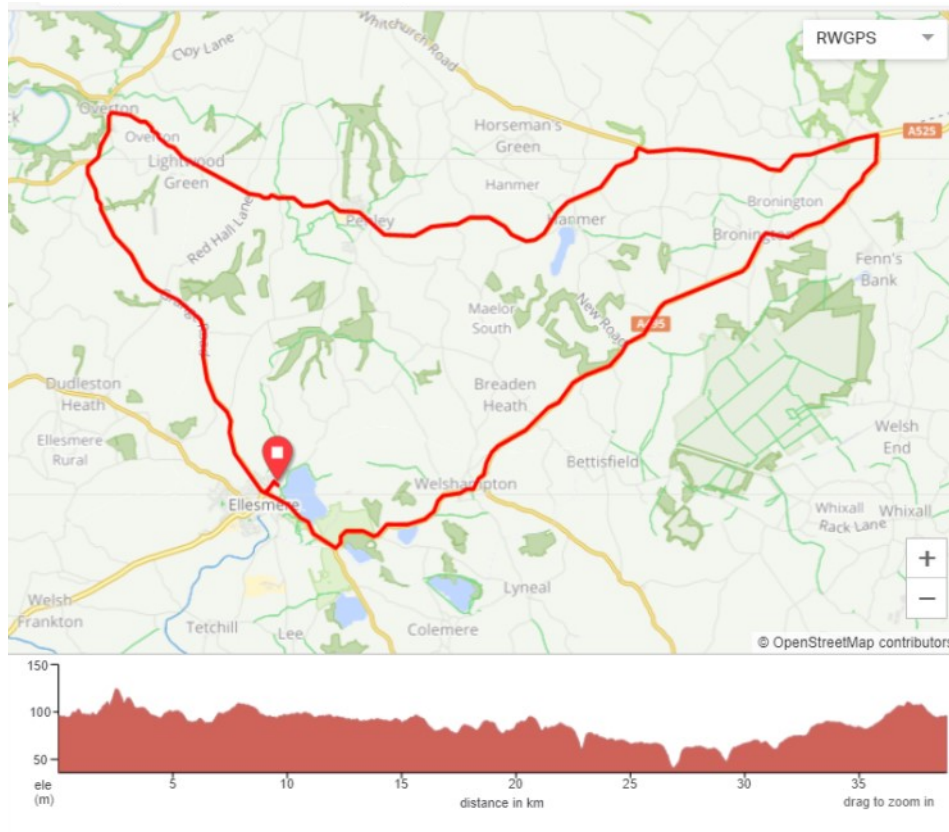
There are 2 x specific turns you must look for and turn at.



## Dismount

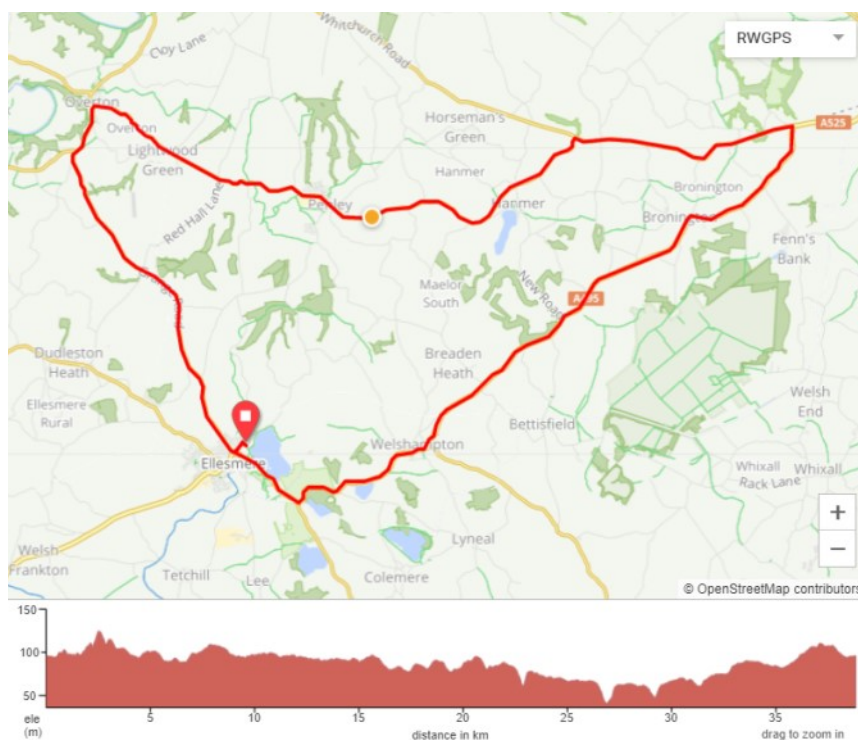
Dismount your cycle at the end of the cycle course before the dismount line, a marshal will also tell you to do so (Cycling is not permitted inside the Cycle Transition Area).

# ***Bike Map - Middle - 2x laps***



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/25859976>

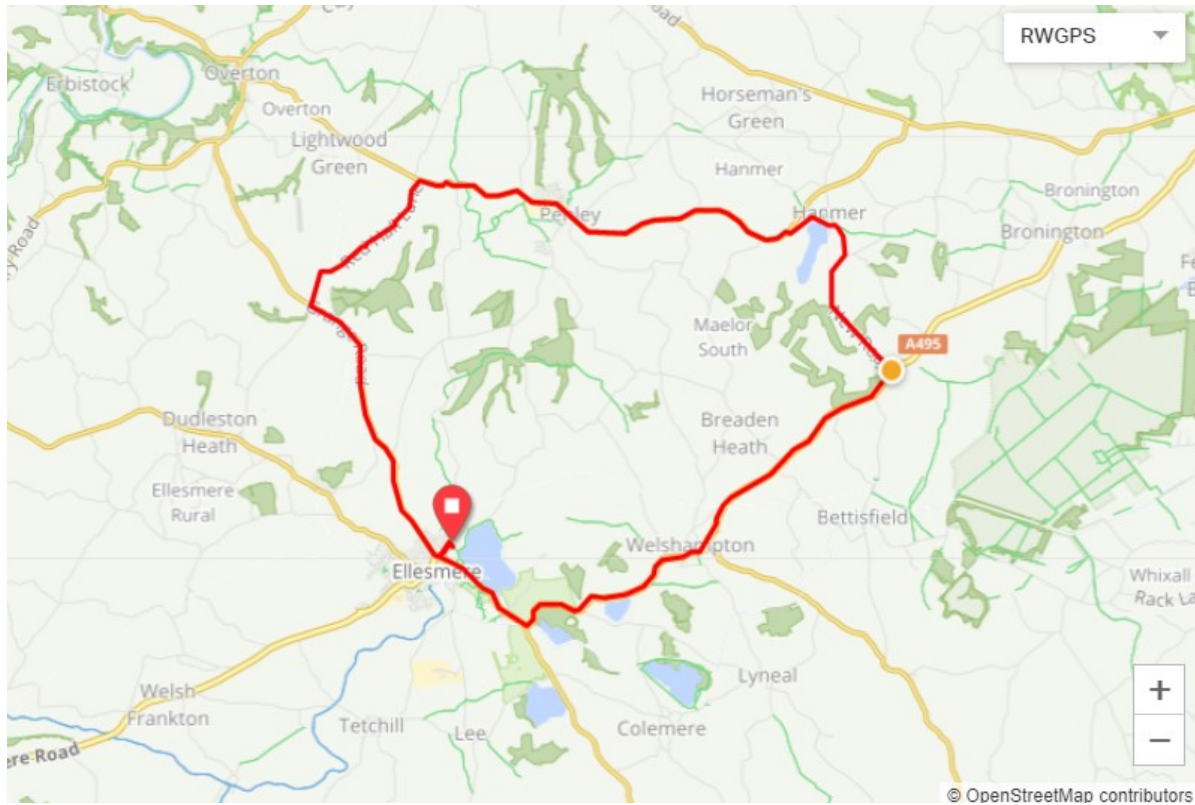
# ***Bike Map - Olympic - 1x lap***



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/25860223>

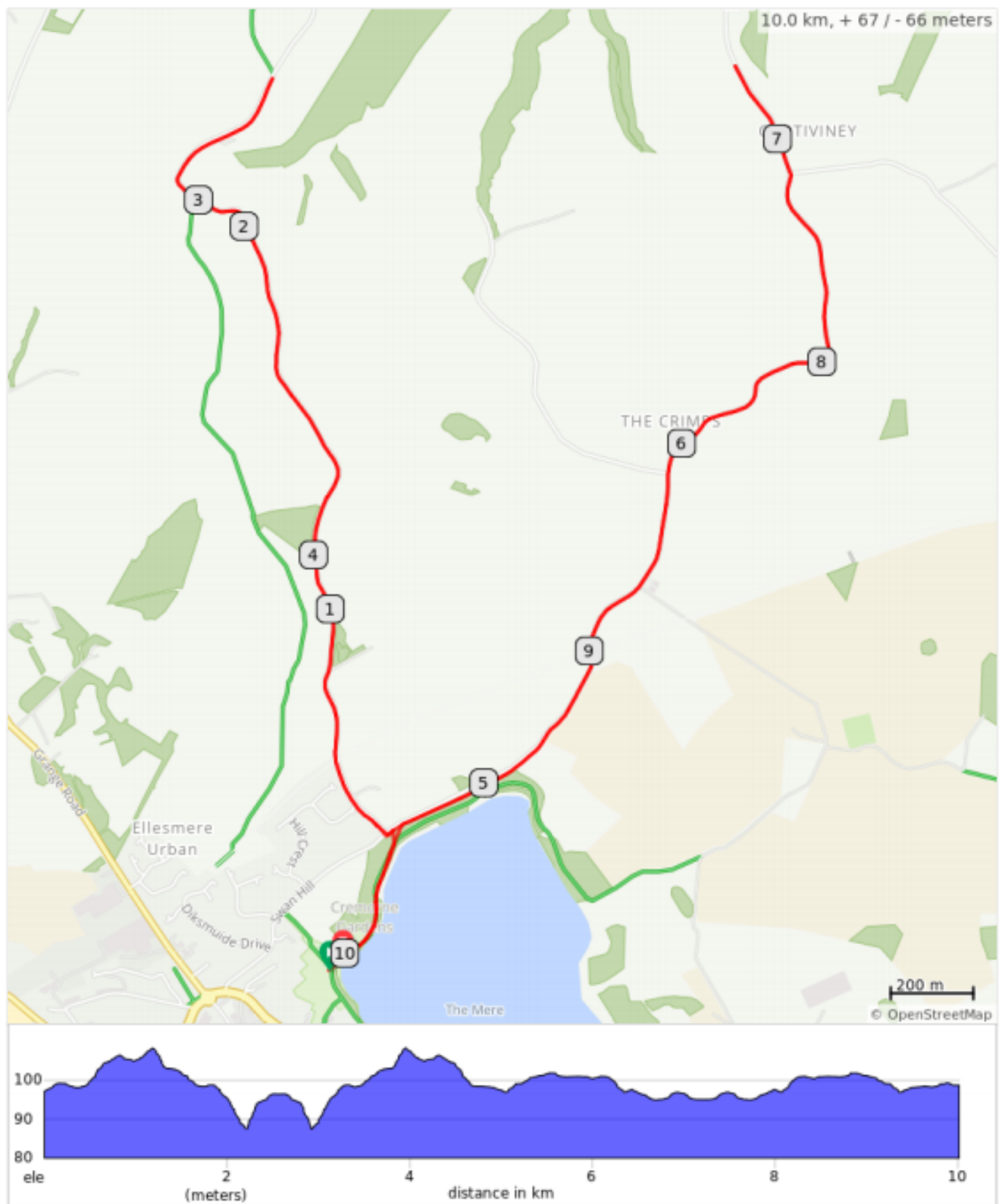


# ***Bike Map - Sprint —1x lap (short course)***



To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/26026772>

# Run Map



# Run

Middle - 20k - x 4 laps  
Olympic & Olympic Relay - 10km - x 2 laps  
Sprint & Sprint Relay - 5km - x 1 lap

## 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.

## The Course

Follow the run route signs around the course. Maintain a distance of at least two meters where possible when overtaking. If running behind another competitor at the same pace, maintain a gap of at least 10 meters, unless overtaking. 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.

**There must be no littering on the run course.**



## Feed Station

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

We recommend everyone takes their own small hand sanitiser on the run.

## Toilets

There is a toilet at the start and midway point of each lap for the middle and Olympic distance. Please sanitize your hands before and after use.

# Relay

If your relay changes from an all female team you must email [customercare@uktriathlon.co.uk](mailto: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.

## 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 woman or one man and two women.

## How to Relay

After completing the swim, the swimmer must be within 4 meters but no closer than 2 meters to the cyclist, who should be stood next to their cycle which should still be racked. Only then can the cyclist take the cycle off the rack and continue on to the cycle mount line to commence the cycle section of the event. Once the cyclist has finished, they must re-rack their cycle and at that point the runner, who should be within 4 meters but no closer than 2 meters to the racking position, may start the run section of the event. Please make sure all electronic timing chips are handed in at the finish line.



# Results and Prizes

## Results

Your times will be displayed on the website at [www.UKtriathlon.co.uk](http://www.UKtriathlon.co.uk). Overall results and times will be online on Monday 7th September 2020. Should you have any problems with your results please email [sam@uktriathlon.co.uk](mailto:sam@uktriathlon.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—*Provided by Craven Complete*

Unfortunately massage will not be available at the events due to Covid.

## Prizes

Commemorative 2020 medal for all finishers.

Prizes are awarded to the top 3 male & female competitors in the Middle, Olympic and Sprint & 1<sup>st</sup> place for all female and overall relay teams.

Prizes for first place in all five year age groups (see table opposite) in the Middle, Olympic and 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

Badger Cycles will again be attending all UK Triathlon Events in 2020 offering Athletes the opportunity to save money on Bike servicing and repairs during the race weekend. GET YOUR BIKE READY FOR RACE DAY !

To make your booking just text your Race Number, Name and Start time prior to Race day and Carl will allocate a slot for your selected work. **All work will be carried out using anti bacterial spray to all components being worked on as well as fresh disposable gloves for each bike serviced.**

Alternatively, for Athletes living in Cheshire or Shropshire bookings can be made at Badger Cycles Workshop based in Whitchurch in the weeks prior to the event. Discounted service rates will apply.

New for this year are the following Service packages -

BRONZE SERVICE - Safety Check, Brakes, Gears, Drivetrain, Headset

Tyres/Valves. £15.00

SILVER SERVICE - As Bronze plus - Chain Lubrication and Wear Check

Headset Lubrication and adjustment.

Brake Shoes Cleaned and re set.

Gears Adjusted and re indexed.

Bike Fit Check and adjustments. £35.00

GOLD SERVICE - as Silver plus -

Bottom Bracket Lubrication / Replacement

Rear Cassette removal / Clean and Lubricated.

Anti Puncture Sealant to Tyres.

Cables replaced Gears and Brakes. £75.00



BIKE HIRE - Badger Cycles have Race Cycles available for hire on a first come first served basis. Ideal for Athletes travelling from abroad. POA

RACE WHEELS HIRE - As UK Distributor for Progress Wheels, Badger Cycles are able to offer UK Triathlon Athletes the opportunity to Hire a set of Race Wheels giving YOU the chance to sample the benefit of having an Aero and lightweight set of wheels to shave some time off your race result.

Progress have recently won the cutting edge award from 220 Triathlon in the current edition.

Athletes entering a UK Triathlon race are also entitled to a 20% discount off any Wheelset purchase from Badger Cycles. Badger also GUARANTEE that these wheels offer performance gains.... or your money back!

Progress Phantom 30mm Lightweight - £30.00 per race

Progress Aprime 50mm Carbon - £50.00 per race

Progress A7D Disk Wheel - £80.00 per Race



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## Triathlon Nutrition



# Meet fibreful<sup>®</sup>

The amazing oatbran porridge with  
double the fibre of rolled oats\*



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Now available on Ocado and Waitrose.

\*Standard Porridge Oats typically contain 9.1g fibre per 100g vs fibreful at 25.6g fibre per 100g.

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\*excludes wetsuit hires and sale items





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people like Angela  
get good news

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at [cruk.org/donate](https://cruk.org/donate)

Together we will beat cancer



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