



Cheshire Triathlon

Race Day Information

Date: Sunday 12th May 2019

Start Time: From 08:00am

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

Distance	Swim	Cycle	Run
Sprint	500m - 16 Lengths	20k - 1 Lap	5k - 4 Laps
Sprint Relay	500m - 16 Lengths	20k - 1 Lap	5k - 4 Laps
Super Sprint	200m - 6 Lengths	20k - 1 Lap	2.5k - 2 Laps
Fun	200m - 6 Lengths	20k - 1 Lap	2.5k - 2 Laps
Pink Wave	200m - 6 Lengths	20k - 1 Lap	2.5k - 2 Laps

Venue: Snowhill Swimming Pool & Barony Park, Nantwich Sat

Nav: CW5 5QY

Event parking is available on Barony Park (registration and main arena). Follow the Triathlon parking signs. All day parking is only £3.

Contents

Essential Information Page 6	Pre Race Check Page 7	Know the Rules Page	Cycle Transition	Swim	Bike
Run	Relay	Results	Prizes	Photos	Partners

Know the rules

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 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 any way. Please write your name, blood group (if known) and any allergies you may have on the back of your race number.

What do I wear

Helmets

Helmets are compulsory for the cycle and must be clipped before the bike is touched, and remain done until the bike is racked after the cycle stage. Your bike sticker must be attached to the front of your helmet.



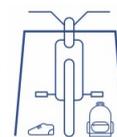
Bike

Any type of bike can be used as long as it is road worthy. Your bike sticker must go on your front crossbar and under your seat.



Transition

Certain 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 race - this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



Racing Conduct

Everyone involved in your race 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 shorted event the gap between the front 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 and long distance events, the gap is 12 metres and the time allowed pass through is 25 seconds.

Littering

All letter must be placed in bins or keep hold of it until you can dispose properly.



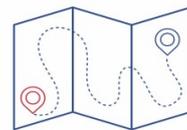
Essential Information

Race Brief

Please be on poolside 10 minutes before your start time for your compulsory race safety brief (late comers miss important information about the course)

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



Registration

Open on Saturday from 2:00-4:00pm and from 7:00am on Sunday.

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.

Please do not attempt to change your start time.

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.

Race Envelope

At registration you will receive a race envelope containing: Race Numbers x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1, Race



Race Tattoos

Must be applied to your upper left arm and lower right leg. Water and sponges will be available outside of the registration tent).

Chip Timing

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. We will endeavour to attain a full set of results but unfortunately this is not always possible. **Check your electronic timing chip number corresponds with your race number. You will receive instructions at registration on how to**



2019 Event Calendar

Birmingham Half Marathon, 10k & 5K	14th April
Cheshire Kids Duathlon	11th May
Cheshire Triathlon	12th May
Stratford Triathlon	19th May
Ultimate Kids Triathlon	1st June
Ultimate, Ultimate 1/2 & Ultimate 1/4	2nd June
Birmingham Kids Triathlon & Duathlon	15th June
Birmingham Triathlon	16th June
York Triathlon	14th July
Henley Kids Triathlon	27th July
Henley Triathlon	28th July
South Coast Triathlon	10th August
South Coast Run	11th August
Shropshire Triathlon	8th September
North West Kids Duathlon	21st September
North West Triathlon	22nd September
Warwickshire Triathlon	6th October



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**

Swim Course and Cycle Transition 1 Map



Cycle Transition Area

Before the Triathlon

Open from 07:30. 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).

Racking

Rack your bike in any position, each racking position is marked by white tape. Please do not rack your bike in Cycle Transition Area 1 earlier than 20 minutes before your start time.

Split Cycle Transition

There is a split cycle transition at this triathlon. Once registered, leave anything you require for the final run of the triathlon in Cycle Transition Area 2, located opposite the registration marquee on Barony Park, such as running shoes.

Cycle Transition Area 1

Take your bike and everything required for the swim and cycle section of the event and make your way over to Cycle Transition Area 1 at the swimming pool which is approximately 500 metres away and is sign posted.

Security

Although we allocate security staff to specifically watch both Cycle Transition Areas, 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.

Sprint & Relay 500M - 16 lengths

Super Sprint Fun 200M - 6 lengths

- The pool is 30.5 metres long
- Swimmers will be started at 20 second intervals in the Sprint & Relay and 15 second intervals in the Super Sprint, Fun and Cancer Research UK Pink Wave.
- The swim course is very straightforward and there are signs and stewards to help if you get confused, don't worry, it's easy!
- It is up to you to count your own lengths.
- A swim cap will be allocated to you at the poolside which you must wear, please take it off when you exit the pool.
- You may wear your own swim cap but it must be a bright colour so you are easily visible in the water to other competitors.
- Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

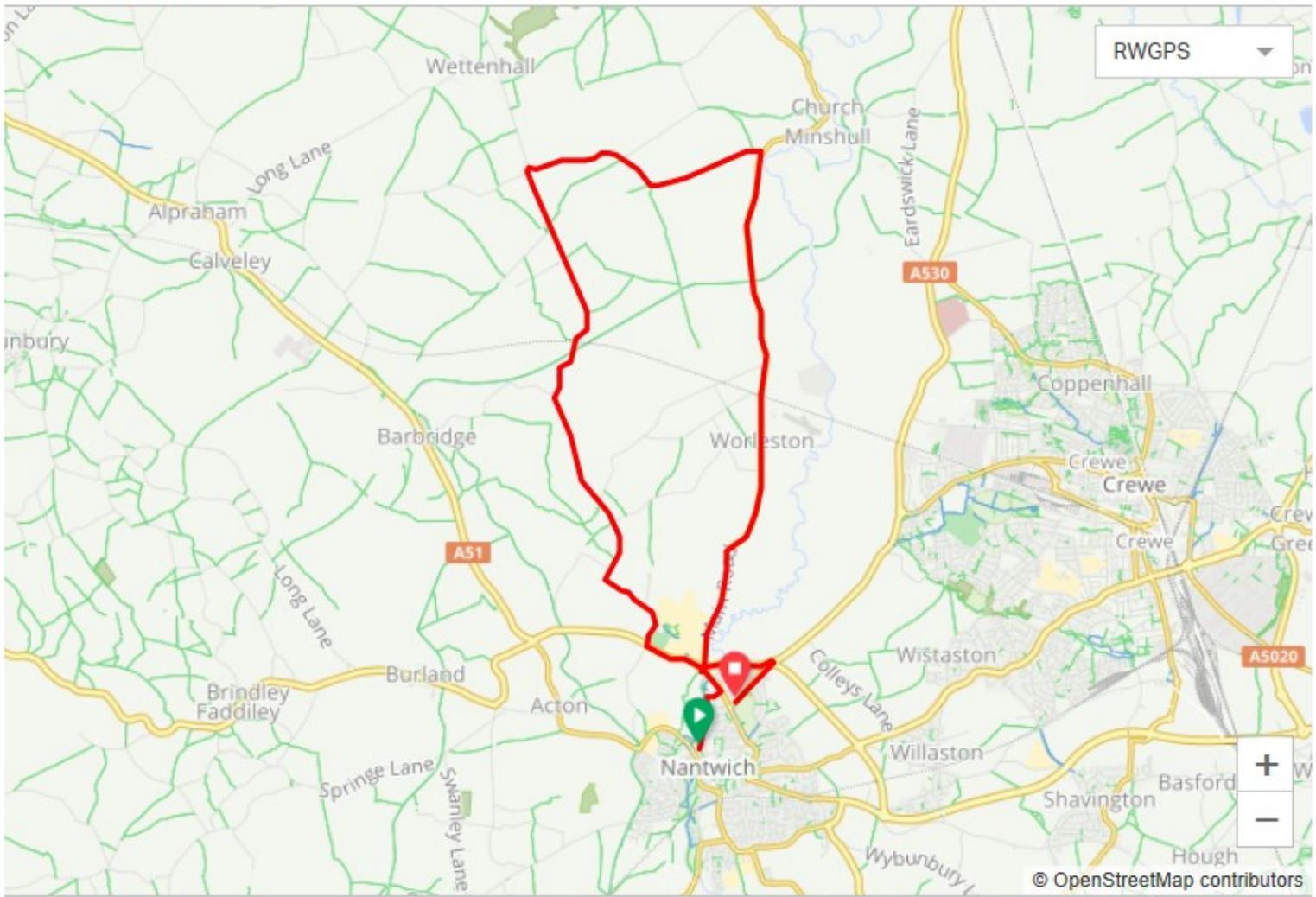


Sprint & Relay 20k - 1 lap Fun & Super Sprint 20k - 1 lap

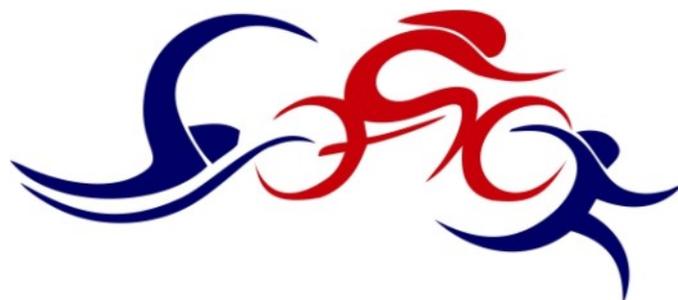
- Make sure your bike is working properly with our pre race service/check. Please see page 17 for more information.
- When you finish your swim, change into your cycling gear in Cycle Transition Area 1 unless you are wearing a trisuit.
- Your race number must be clearly displayed on your back for the cycle section of the event.
- Use the bag you received at registration to put any items in from the swim (such as goggles or a towel), leave the bag next to where your cycle was in the transition. It will be returned to bag collection on the Barony Park near the registration marquee for you to collect after finishing the triathlon (you must show your race number to retrieve your bag).
- **Take extra special care when exiting the car park.**
- The course is mainly flat with some undulations.
- 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 stop traffic or tell you where to go.**
- Please do not drive around the cycle course (especially to follow competitors) whilst the race is underway to avoid unnecessary traffic congestion. Any competitor who is followed by a car will be disqualified!
- 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**).
- Abide by the highway code, failure to ride safely will constitute an instant disqualification.



Bike Map



[To view the full map and to zoom in on the bike map please click here](#)



Run Map



Sprint & Relay 5K - 4 laps Super Sprint & Fun 2.5k - 2 laps

- When you finish the bike course, enter Cycle Transition Area 2 and rack your bike.
- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- Follow the run route signs around the course.
- 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 is one feed station on the run course and one at the finish line which will be serving High5 energy drink and water.
- When you have finished the run filter into the sign posted 'finish lane' and continue through the finish line.

Relay

**If your relay changes from a all female team you must email
customer care@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 and Prizes

Massage

Race event massage is 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. How satisfying would it be if you can just go straight from the finish line into a relaxing and flush out massage?

B.E. Sports Massage will be there for you on the day, so treat yourself to a relaxing massage after a tough race

The prices for after the event are:

Quick flush out—£10

Tinman cure- Post race massage for full body- £15

The "back to training" treatment- £20

To book your slot for when you finish contact Ben by texting your name and time required to 07857881511 or just turn up and book on the day.

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.

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 13th May 2018. Should you have any problems with your results please email karl@orangeboxtiming.co.uk or kate@orangeboxtiming.co.uk

Prizes

- Commemorative 2019 medal for all finishers.
- Prizes are awarded to the top 3 male & female competitors in the Sprint and Super Sprint races & 1st place for all female and overall relay teams.
- Prizes for first place in all five year age groups (see table opposite) in the 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+



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!
Sign up today, join The Pink Wave

UKTriathlon.co.uk/pinkwave



JOIN US
ON THE
ROAD TO
PROGRESS

Request a sponsorship pack
and join our team today

JOIN OUR TEAM:
Visit cruk.org/our-team
Call 0300 123 5461

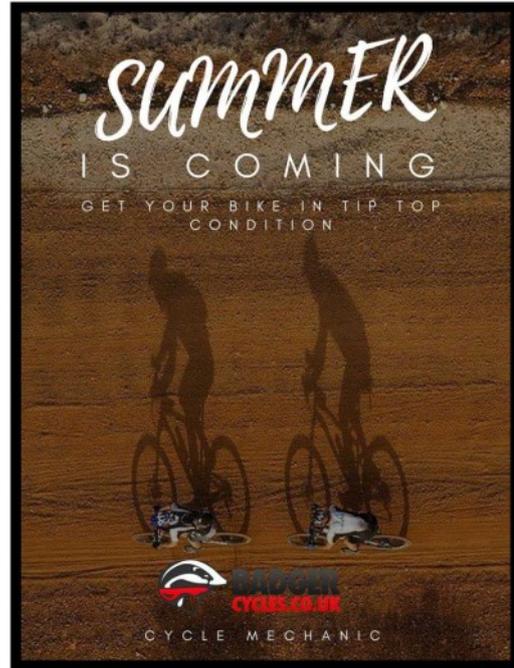


Cancer Research UK is a registered charity in England and Wales 1089464, Scotland (SC041666) and the Isle of Man (1103).

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



PRE RACE BIKE CHECK £12.00

GEAR AND BRAKE SERVICE £20.00

INTERMEDIATE SERVICE £40.00

Badger Cycles can also offer a full service and individual repair options including -

Tyre Supply and free fitting

Chain replacement

Head set replacement

Cassette upgrade and fitting

Brake pads supply and free fitting.

BADGER CYCLES.CO.UK

PRE RACE BIKE CHECK - £12.00

PRE RACE CHECK + GEAR AND BRAKE SERVICE - £20.00

Make sure your bike is in race shape for your event. Missing gears, inefficient brakes and various other cycle maintenance issues can spoil your event, or worse could retire you from the race!

Make sure your bike is performing properly and book a Pre Race service with Carl at Badger Cycles who will be located alongside registration at all UK Triathlon events in 2019. Simply text Carl on 07950735737 with your name and start time and he will text back confirmation of an available time slot booking. There will be slots available each day of the weekend.

Badger Cycles offer a full comprehensive Service and repair Menu. If additional work is recommended or required to your bike or replacement parts required, additional costs will be agreed with you prior to work taking place.

SAVE MONEY ON YOUR BIKE SERVICE WITH A POST RACE SERVICE !

Badger Cycles have been working in association with us at UK Triathlon for 5 years and have serviced over 800 bikes during that time! Whilst on site why not have your bike serviced after the event saving you the hassle of booking repairs or service with a bike shop? Because already on site Carl at Badger Cycles can potentially offer costs up to 30% less than your average cycle workshop.

Simply text or call Carl to book on 07950735737 or discuss with him on the day!

RACE DAY SHOP – RACE ESSENTIALS – RACE ACCESSORIES.....

A Triathlon Race store will be on site at all events offering those essential race day products as well as Accessories for you to treat yourselves too after your race! So check out the latest products for sale from the top brands.

PROGRESS
WHEELS

Available from
BADGER
CYCLES.CO.UK

On site Mechanical
services at all events

UK Triathlon

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.

asics
I MOVE ME™

THE
RUNNER
IS
IN
ALL
OF
US



GEL-NIMBUS™ 20



MORNFLAKE
Mighty Oats.

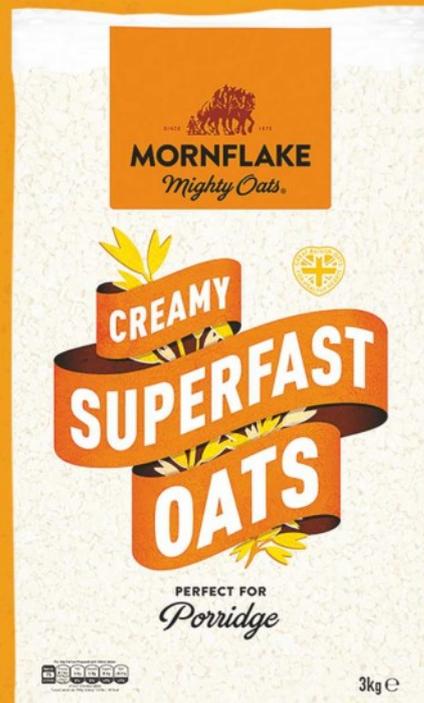
CHAMPIONS OF BREAKFAST

UK's leading oat brand for health and enjoyment
in the Breakfast Cereals category.*

UK's leading and fastest growing porridge
brand in the UK (volume) total market.*

**MILLERS OF
MIGHTY OATS**
SINCE
1675

*Kantar Worldpanel 2018





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ALWAYS DISPLAY YOUR BIB NUMBER CLEARLY

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