



***Ultimate Half, Ultimate 1/4
and Ultimate Sprint
3rd June 2018
Race Day Information***

Event start times:

Ultimate Half Male - 9:00am

Ultimate Half Female & Relay > 9:30 am

Ultimate 1/4 - 10:15am

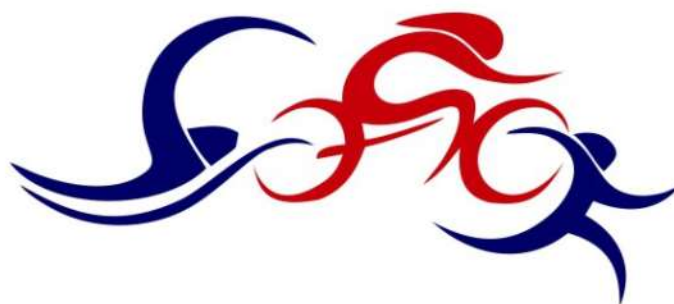
Ultimate Sprint - 10:30am

Alderford Lake,
Tilstock Road
Whitchurch,
Shropshire
SY13 3JQ

Car Park Charges - £5.00 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 and from 6:30am-9:30am on Sunday. 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).

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 - Sunday 3rd June - 20 minutes before each event start time

Near the finish line (listen out for announcements)

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 2nd June at 6:00pm at Alderford Lake Café.

Cycle Transition Area

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)

Any racking position is fine and each racking position is marked by white tape.

Bike Racking

You are welcome to rack your bike on Saturday 2nd 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 3rd June.

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.

★
**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



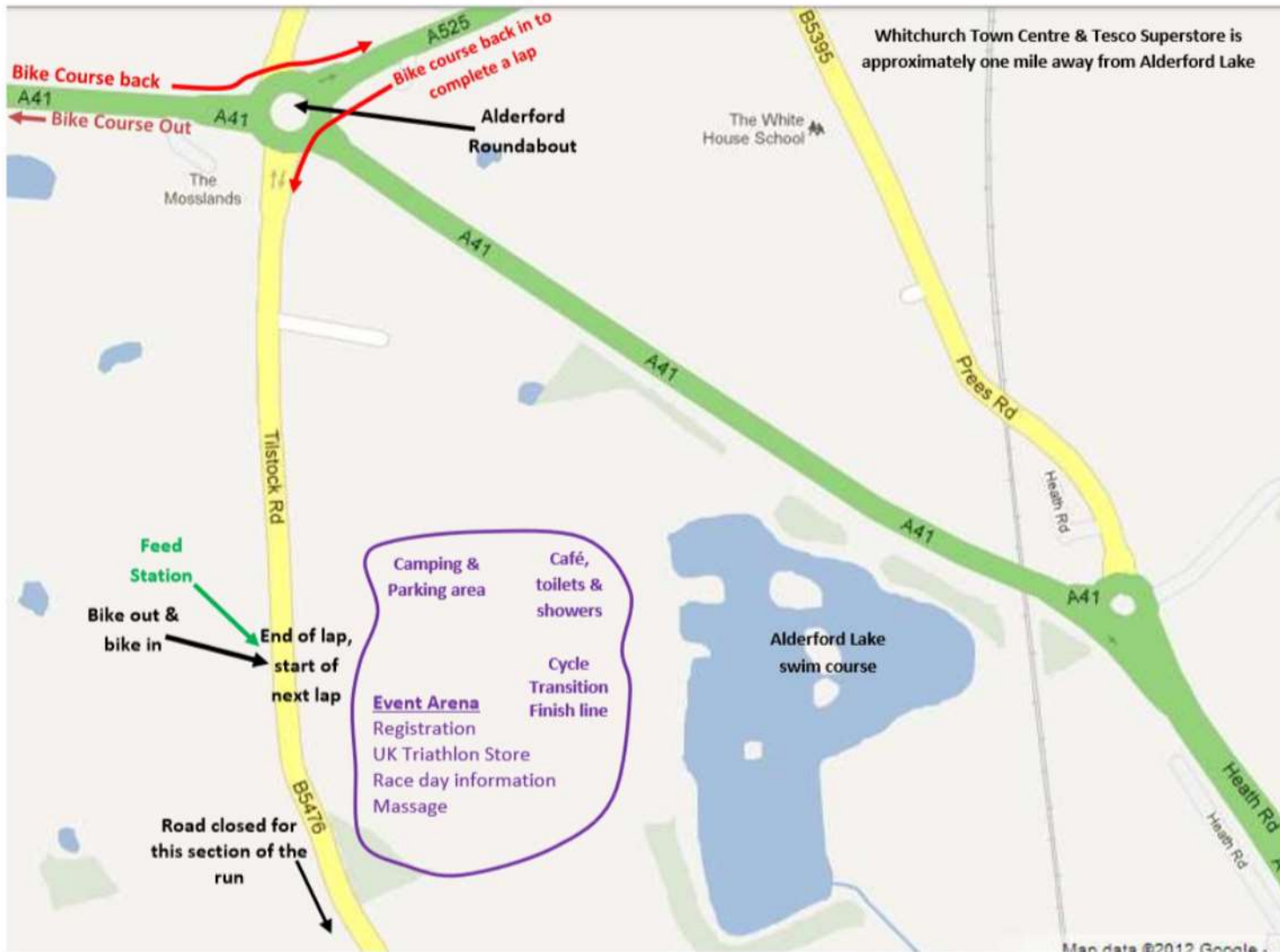
Under seat

Bike sticker



Front crossbar

Main Arena Map

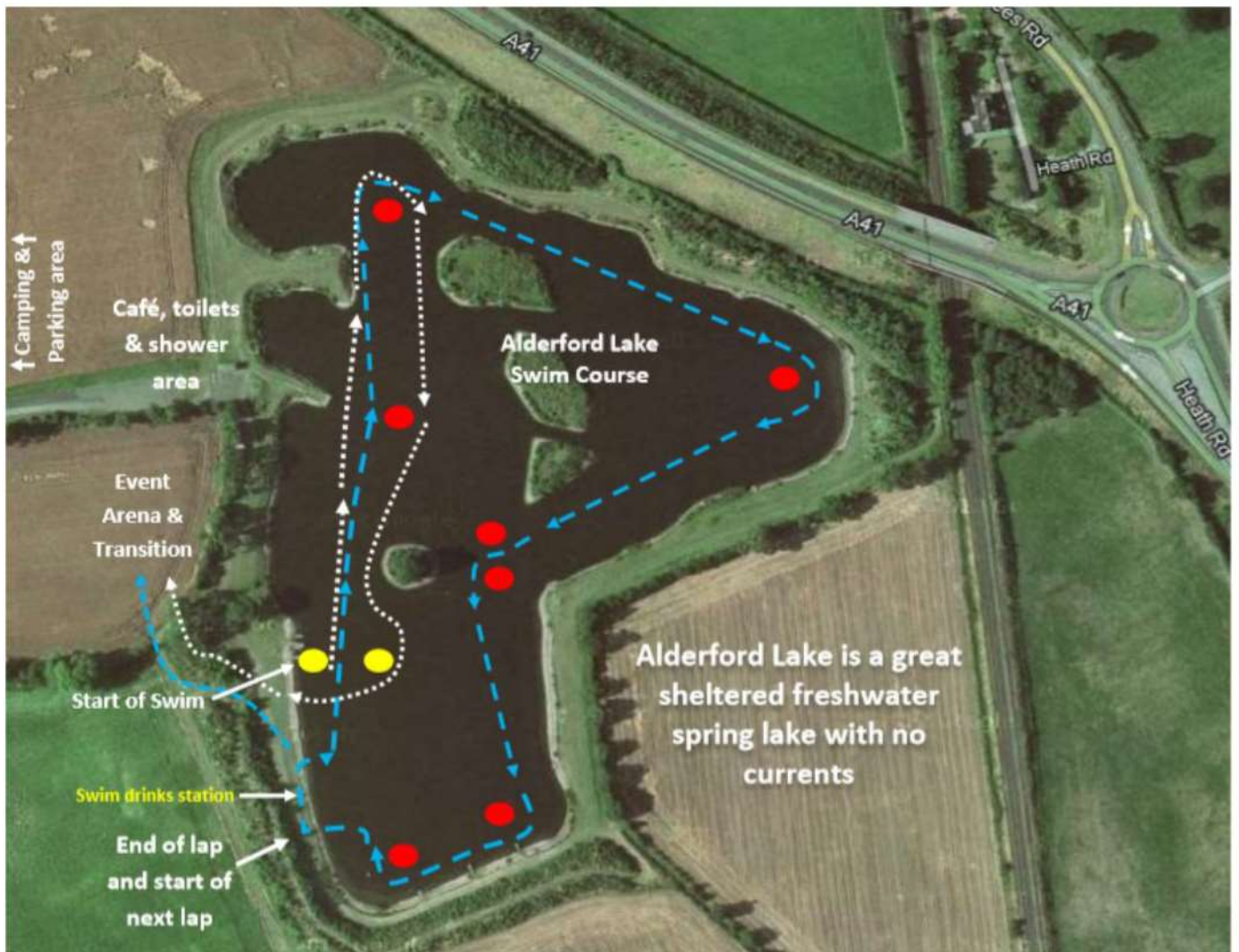


Swim

Half - 1.2 miles - 2 laps

1/4 - 0.6 mile - 1 lap

Sprint - 500m - 1 lap (short course)



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 for the Ultimate Half

The cut off time is 1 hour 15 minutes from the start of the race (Ultimate Half)

Bike

Half - 56 miles - 2 laps

1/4 - 28 miles - 1 lap

Sprint - 20km - 1 lap (short course)

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 (Half and 1/4 only).

Each feed station will carry food, gels, energy drinks and water.

There is a toilet situated on both feed stations.

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 situated near 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 6 hours from the start time (Ultimate Half only)

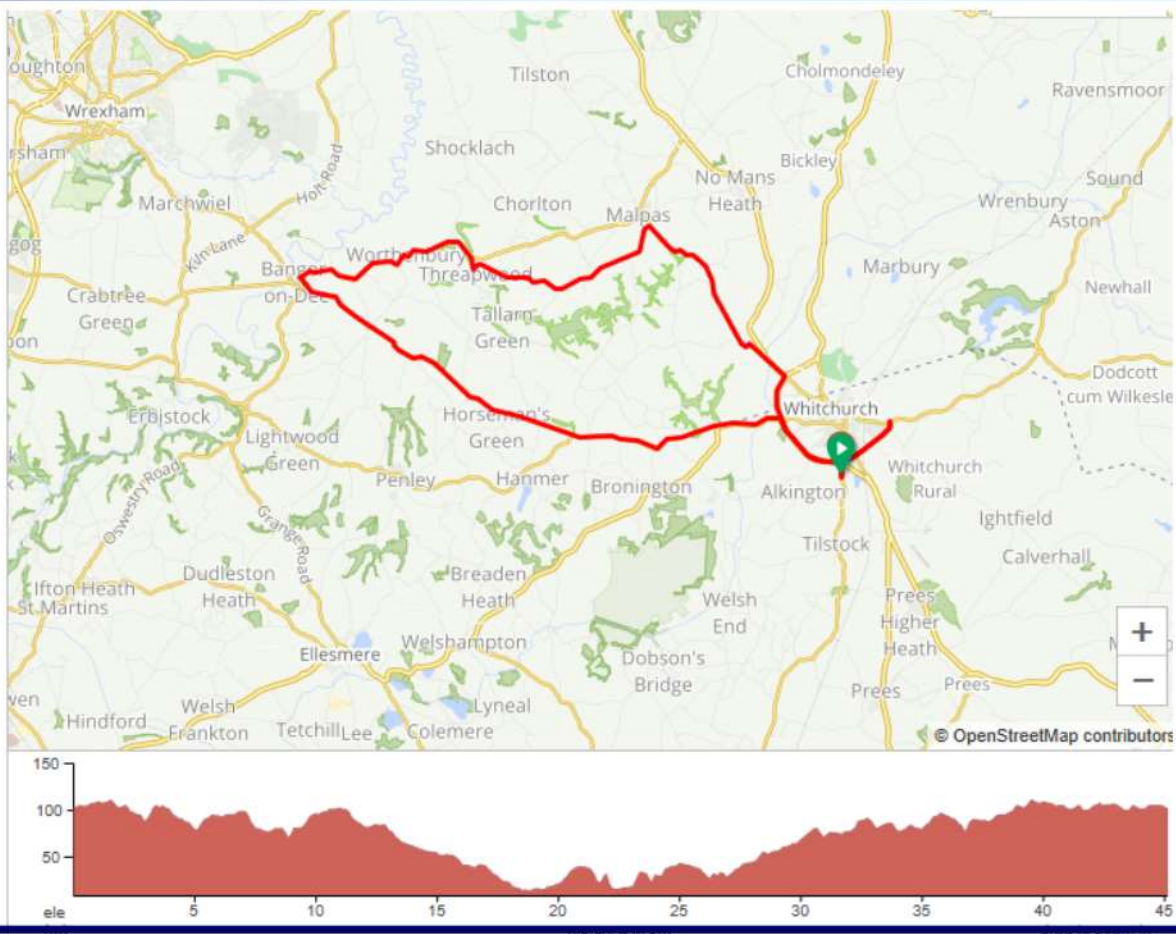
Drafting Rule

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.

Bike Map - Half and 1/4

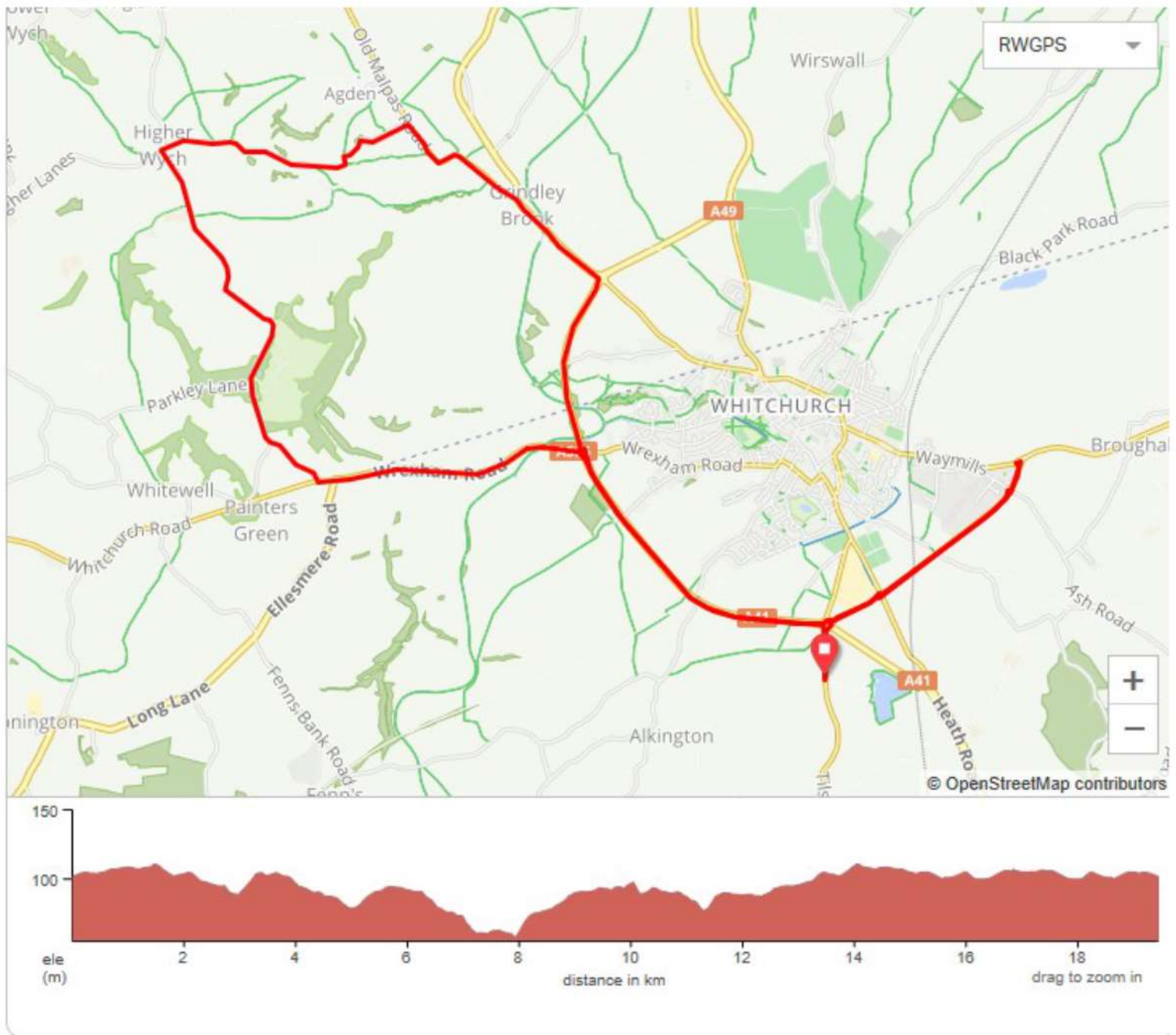


To view the full map and to zoom in on the bike course please visit <https://www.uktriathlon.co.uk/events/ultimate-12-triathlon>

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

Bike Map

Sprint - 20km - 1 lap (short course)

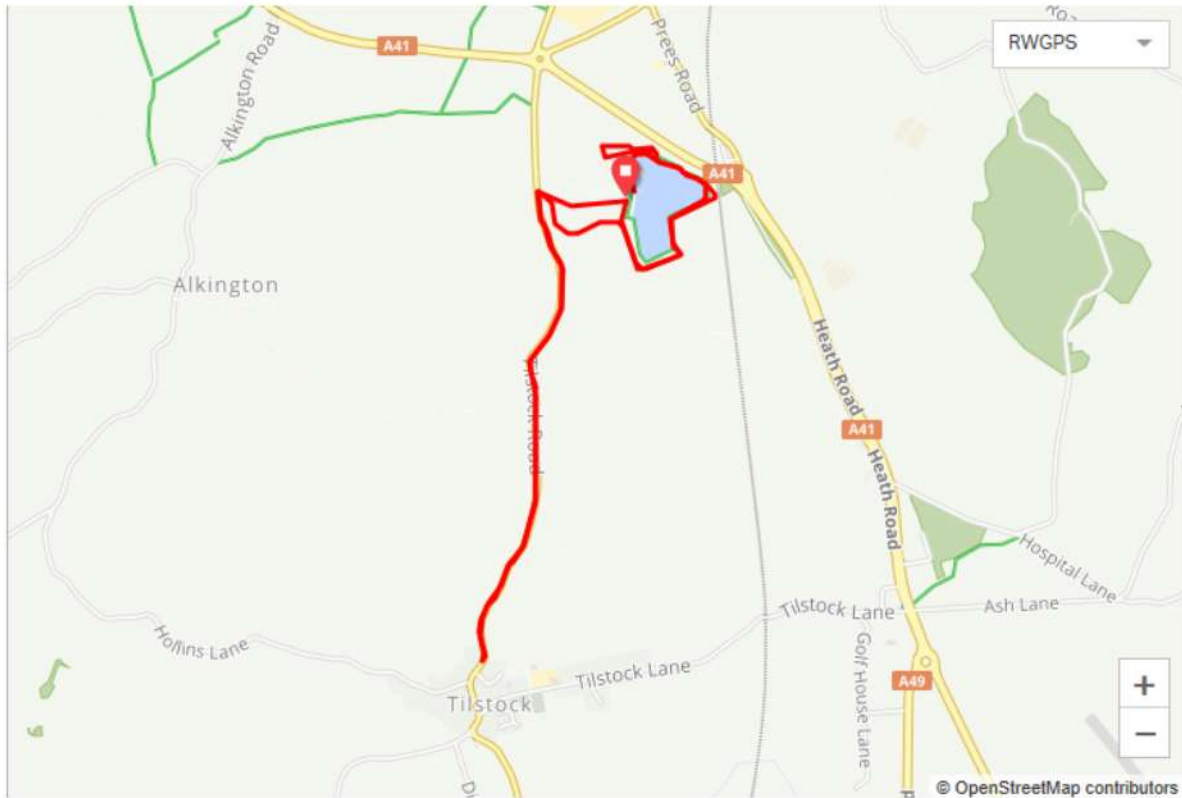


To view the full map and to zoom in on the bike course please visit <https://ridewithgps.com/routes/22541935>

Run Map

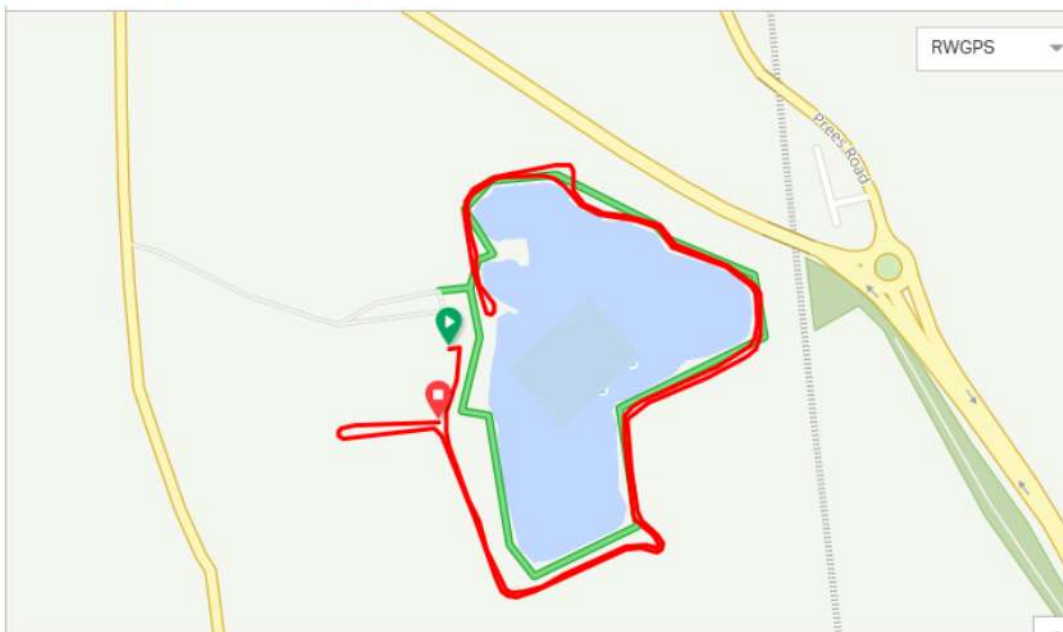
Half - 13.1 miles - 3 laps
1/4 - 6.2 miles - 4 laps (short course)
Sprint - 5k - 2 laps (short course)

Ultimate Half



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

Ultimate 1/4 and Sprint Map



To view the full map and to zoom in on the run course please visit <https://ridewithgps.com/routes/26791986>

Run

There will be 4 feed stations on each run lap (Half and 1/4) and one feed station (Sprint).
The cut off time is 9 hours from the start time (Ultimate Half only).

Relay

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 woman or one man and two women.

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

Commemorative 2018 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+

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.

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

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/

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. 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? (Ultimate Half and 1/4 only)

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 and 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?

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 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

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.

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!
Sign up today, join The Pink Wave

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 (SC041666) and the Isle of Man (1103).

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WHEELS

Available from
BADGER
CYCLES.CO.UK



Special Offer only available at the Ultimate Triathlon!

" TIME TO FEEL THE SPEED "

SPECIAL WEEKEND OFFER FROM BADGER CYCLES FOR ALL ATHLETES COMPETING OVER ANY DISTANCE AT THE ULTIMATE TRIATHLON WEEKEND!

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.

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
RUNNERS
IN
ALL
OF
US





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Mighty Oats.

PORRIDGE DONE PROPERLY

A bowl of oats is never just a bowl of oats.
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MIGHTY OATS**
SINCE
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