



British Sprint Championship 2023 & Shropshire Triathlon

Sunday 3rd September 2023

The Mere, Cremorne Gardens

Ellesmere, SY12 0DQ

Race Day Information



07:20am	British Sprint Championship Male/Open
07:25am	British Sprint Championship Female
07:35am	All Middle & Middle Relay
08:25am	Olympic Male/Open - age group 17-49
08:45am	Olympic Male/Open - age group 50+
08:45am	Olympic Female & Olympic Relay
09:15am	Sprint Male/Open
09:20am	Sprint Female & Sprint Relay
09:25am	Army Medical Services Triathlon

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(age at 31/12/2023)

Welcome

Welcome to the British Sprint Championship & the Shropshire Triathlon. Please read all the following information in this document before race day to ensure you arrive fully prepared.

Parking Information

There are numerous car parks around Ellesmere, some 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:

The Moors and Castlefields car parks SY12 0PA Cross Street SY12 0AW

The Moors SY12 0PA Spa Bridge car park SY12 0AS

Limited parking is available at Ellesmere Bowling Club, Church Hill, SY12 0HB (including some camper van places). Parking is £5 for cars and £8 for campers. These places must be pre-booked and paid for in advance. Please text Julie on 07736809074 or email thorbornj@gmail.com.

Race Day Checklist

- Race number (can be found on your race day email)
- A valid British Triathlon Membership Card (if you are a British Triathlon member)
- Wetsuit/Trisuit or swimwear
- Swimming goggles
- Towel
- Appropriate cycling/running kit if you're not wearing a trisuit
- Additional clothing for wet/cold weather
- Cycle
- Cycle Shoes (unless you're cycling in your running shoes)
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional)
- Sunglasses
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Energy drinks, gels, bars
- Change of clothing for after your race

Distances

Race	Swim	Cycle	Run
Middle & Middle Relay	2000m 2 Laps (1000m course)	78k 2 Laps	20k 4 Laps
Olympic & Olympic Relay	1500m 2 Laps (750m course)	39k 1 Lap	10k 2 Laps
Sprint & Sprint Relay	750m 1 Lap (750m course)	25k 1 Lap (short course)	5k 1 Lap

Essential Information

Registration

Registration will be open on Saturday from 1:00pm - 3:00pm and on Sunday morning from 06:20am. Please know your race number for registration and arrive at least 60 minutes before your start time. Registration is in the orange Mornflake marquee.

British Triathlon Members

To verify your membership please have with you a valid British Triathlon licence ready to show the registration staff or you will be required to pay the £5 difference. Your current membership card or a screen shot of your licence from your British Triathlon membership page will be accepted (this must include your name and expiry date). It is recommended that you access your membership page prior to the event as there may be a poor phone signal.

Race Envelope

At registration you will receive a race envelope containing:

Race Number x2, Bike Sticker x1, Helmet sticker x1, Electronic timing chip and strap x1.

Safety pins will not be enclosed however they will be available if required.

Chip Timing

Check your electronic timing chip number corresponds with your race number. Your timing chip must be worn on the outside of your LEFT ANKLE with the soft side of the strap against your skin. 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 and the number visible.
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 securely.

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.



Race Brief

There will be a non-compulsory sprint championship race brief from 3.00pm-3.30pm on Saturday on the stage next to the finish line.

There will be a less detailed compulsory sprint championship race brief for all competitors at 7.05am.

For remaining races:

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

Transition Check - Cycle Brakes and Helmet

Before entering the transition area to rack your cycle, please put on your helmet and fasten the strap to show the marshal on entry. You are responsible for checking your own cycle brakes, your bike must be in road worthy condition. This is a British Triathlon requirement.

Pre-Race Masterclass by Craven Complete

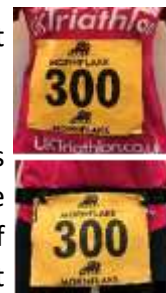
If this is your first triathlon, or if you would just like more information specific to this event, then why not attend the free triathlon masterclass at 2:00pm on Saturday on the stage next to the finish line. Full details on page 19.

Official British Triathlon 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. You have two options:

1. Pin each race number in all four corners, front and back on your shirt.
2. Use an elastic number belt (available to buy next to registration for £10) with one or both numbers pinned to it in the top left and right hand corners (as shown in picture). Don't forget your number must be visible on your back for the cycle and on your front for the run. Please print your name, blood group (if known) and any allergies or medical conditions you may have on the back of your race number. You must not re-size your race number in any way.



What do I wear?

British Sprint Championship—if the water temperature is below 14 degrees Celsius wetsuits will be mandatory.

A wetsuit is mandatory for the Middle & Olympic Triathlons only. For the Sprint distance you can wear a wetsuit, swimsuit/trunks or a triathlon specific trisuit. For both the cycle & 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 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 windproof jacket.

Helmet

Your helmet sticker must be attached to the front of the helmet. Helmets are compulsory for the cycle and must be fastened 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. The bike sticker must go on the front of the handlebars.



Transition

Competitors should only bring into transition what is needed - a small bag can remain, but large bags or bulky boxes are to be taken out of transition whilst the race is live.

Illegal Equipment

Certain items are banned during the event and in transition. This includes any music, headphones (including bone conduction headphones), headsets, technical earplugs, mobile phones and personal video recording devices. You may however use your device for tracking your race i.e Strava/Garmin.

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



Littering

Do not discard empty water bottles, gel, or bar wrappers anywhere on the course. Use the feed stations or rubbish bins provided. If you can carry a gel full you can carry it empty!

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 and as a result you may be disqualified.

Frequently Asked Questions

What should I do when I arrive?

- Once you've parked your car and paid any parking fees, follow the signs to Registration.
- At registration, you will be asked for your race number (which can be found on your email), once your details have been checked you will be handed your race envelope and an instruction sheet, please read this carefully (see page 3).
- After your bike and helmet stickers are attached (see page 4) follow the signs to the Cycle Transition Area.
- Rack your bike, your race number will show you where to rack your bike. Rack your bike with the race number facing you. Prepare your kit ready for the cycle.
- When ready, follow the signs to the swim start, taking with you everything you need for the swim, don't forget your timing chip and strap!
- You should be at the swim 15 minutes prior to your start time to ensure you have time to listen to the compulsory race brief.
- You can enter the water before the start and get into position where you feel most comfortable. You will start on the sound of the airhorn.

Where are the toilets?

Toilets are located inside the Cycle Transition Area.

Are there lockers available?

Unfortunately there are no lockers available at this triathlon.

Is there a bag drop area?

There is no bag drop area, but you can leave a bag in the Cycle Transition Area.

What do I wear when walking to the swim?

Most competitors will walk to the swim in just their swimwear/wetsuit and bare feet or flip flops. There is a mixture of coconut matting and grass when you exit the Mere on the way to the cycle transition area.

Can I use any stroke for the swim?

For your safety and the safety of other competitors back stroke is not permitted.

Can my friends and family spectate?

Yes! There is plenty of space around Cremorne Gardens for spectators. Friends and family can also marshal for us to earn a free race place, please contact keith@uktriathlon.co.uk.

Main Arena Map



Cycle Transition Area

Cycle Transition Area

The Cycle Transition is open from 6:30am.

Take your bike and everything you require for the triathlon and make your way over to the Cycle Transition Area entrance which is clearly marked.

Rack your bike on your allocated race number position.

Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike and helmet stickers are attached (see page 4). Only take into transition what is needed, a small bag can remain, but large bags or bulky boxes are to be taken out of transition whilst the race is live.

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 Cycle Transition Area without your race number and corresponding cycle sticker.

Wetsuits and Swim Cap

British Sprint Championship—if the water temperature is below 14 degrees Celsius wetsuits will be mandatory. Wetsuits are mandatory for the 2000m and 1500m swim. Although not mandatory we recommend wearing a wetsuit for the 750m swim. Please use the swim cap you'll be given at registration for the swim.

Swim Start

Position yourself at the start of the swim according to your swim ability and experience. If you haven't any experience of a mass start or you are not a strong swimmer, consider starting further back or to the side of the main pack.

During the Swim

Water depth between 2 to 4.5 metres (6 to 15 feet).

There will be safety canoeists on the course.

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 & Sprint



Cycle

Middle & Middle Relay - 78km - 2 Laps

Olympic & Olympic Relay - 39k - 1 Lap

Sprint & Sprint Relay - 25k - 1 Lap (short course)

Cycle Safety

Your bike must be in a road worthy condition.

Getting ready for the cycle

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

You must abide by the highway code, follow the British Triathlon rules regarding drafting 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 and 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

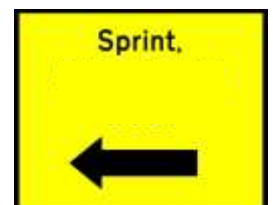
Cycle Feed Station

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 2 gels and 2 bars at registration. Please carry what you require if possible to reduce interaction with the feed station.

Sprint Competitors Only

You must complete 1 x lap of the short cycle 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. Do not unbuckle your helmet until you have racked your cycle.

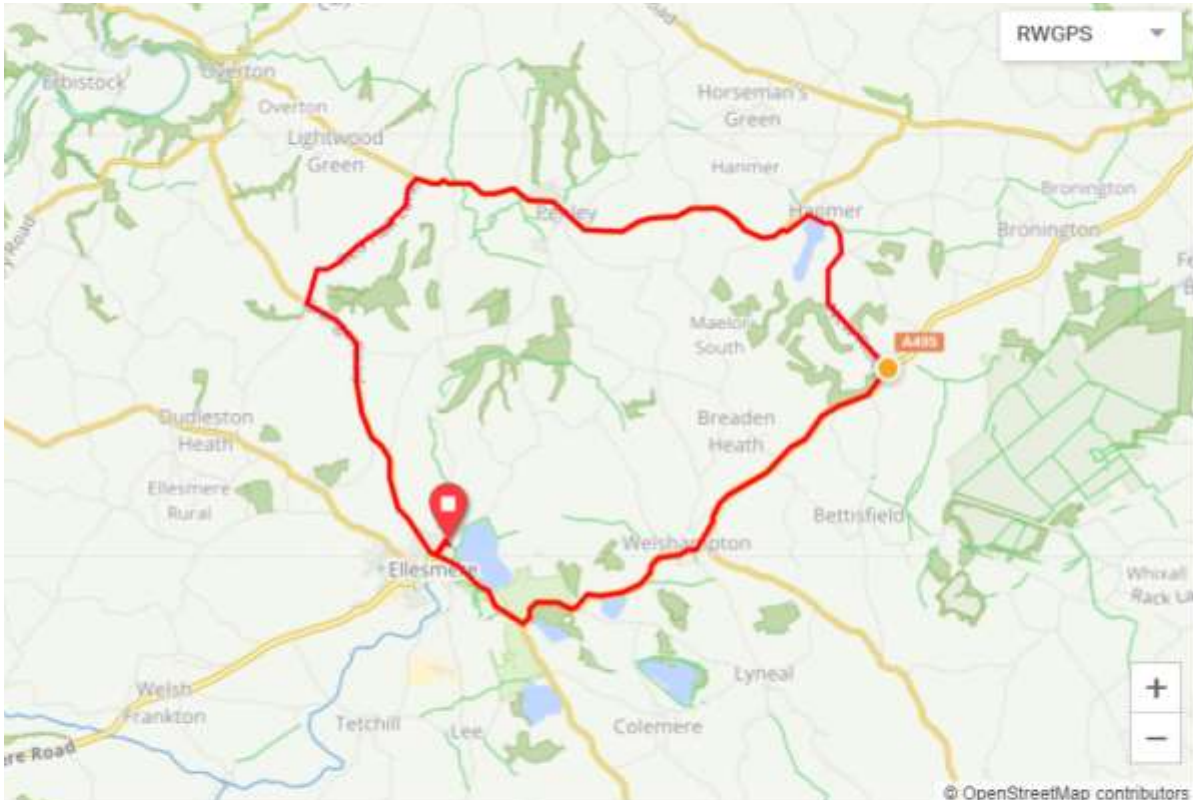
Cycle Map - Middle Distance - 2 Laps



Cycle Map - Olympic - 1 Lap



Cycle Map - Sprint - 1 Lap (short course)



Run

Middle & Middle Relay - 20k - 4 Laps
Olympic & Olympic Relay - 10km - 2 Laps
Sprint & Sprint Relay - 5km - 1 Lap

Getting ready for the Run

When you finish the cycle course, enter the 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. 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.
The run course is on a closed road, however residents or emergency vehicles may need to drive onto the course so please be mindful of potential hazards.
There must be no littering on the run course.
When you have finished the run, turn onto the finish alley, and continue through the Mornflake finish gantry. Don't forget to collect your finishers medal and hand in your timing chip!



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 and water. Please use the bins provided, there must be no littering on the course.

Toilets

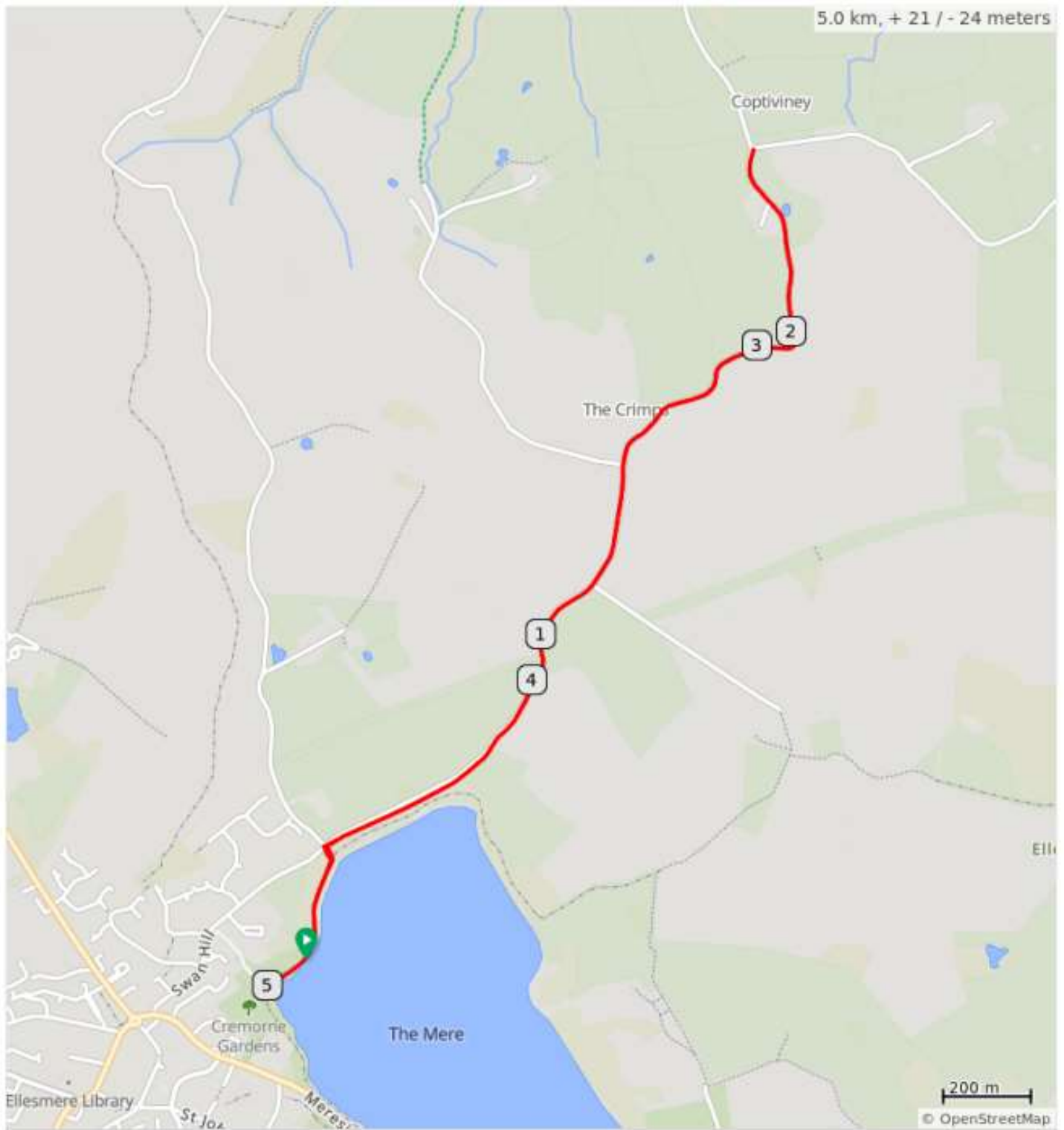
Toilets are located inside the cycle transition area, if you wish to use them when on the run course, exit the run course at the pedestrian crossing point next to the run turn and enter transition via the main security entrance. After using the toilet re-join the run course back at the same pedestrian crossing.

Run

Middle & Middle Relay - 20k - 4 Laps

Olympic & Olympic Relay - 10km - 2 Laps

Sprint & Sprint Relay - 5km - 1 Lap



Relay

If you are an all female relay team and you change to a mixed team, please inform us at customercare@uktriathlon.co.uk or on the day at registration.

Preparation

Each member of the relay team completes one or two of the three disciplines in the triathlon.

How to Relay

- At registration each relay team receives one electronic timing chip.
- 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 put their helmet on or 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 and their helmet has been fully removed.
- The runner completes the run and hands in the timing chip at the finish line.
- The other team members may join the runner before the finishing straight and cross the finish line as a team.
- Don't forget, you all receive a finishers medal!

Awards

Relay awards are based on all female or all open category/mixed teams. All open category/mixed teams can consist of three men, two men and one woman or one man and two women.

Results

Results

Provisional results and times will be online on Monday 4th September 2023.

Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.

Prizes

Prizes

Commemorative 2023 medal for all finishers.

Prizes are awarded to the top 3 open and female competitors in the British Sprint Championship.

Medals for the top 3 places in all five year age groups will also be awarded in the British Sprint Championship.

Prizes are awarded to the top 3 competitors in the Middle, Olympic and Sprint competitions. 1st place is awarded to all female and all open category/mixed teams in the Relay.

Prizes are awarded for first place in all five year age groups (see table below) in the Middle, Olympic and Sprint triathlons.

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

Code	Category	Age
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+

Photography

My Sport Photos

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event. We will email you once the photos are available. For any photography inquiries please contact info@mysportphotos.co.uk or www.mysportphotos.co.uk.

Race Format

Race Format

The organisers reserve the right to alter the format of an event without prior notice should the need arise.

UK Triathlon 2023/24

Event Calendar

British Sprint Championships	3rd September 2023
Shropshire Triathlon	3rd September 2023
North West Kids Duathlon	16th September 2023
North West Triathlon	17th September 2023
Warwickshire Triathlon	1st October 2023
Stratford Triathlon	28th April 2024
Cheshire Kids Duathlon	18th May 2024
Cheshire Triathlon	19th May 2024
Henley Kids Triathlon	1st June 2024
Henley Triathlon	2nd June 2024
Alderford Kids Duathlon & Triathlon	15th June 2024
Alderford Triathlon	16th June 2024
Ultimate Triathlon	30th June 2024
Ultimate ½ Triathlon	30th June 2024
Ultimate Olympic & Sprint Triathlon	30th June 2024
York Kids Triathlon	17th August 2024
York Triathlon	18th August 2024

For more information please visit uktriathlon.co.uk

LEAGUE **UK Triathlon 2023**

Take part in 3 or more qualifying UK Triathlon Events in 2023. Compete against your rivals, see if you can win your age group or even the entire league!

Complete a minimum of 3 Sprint or Standard Olympic distance (includes Ultimate 1/4) events to automatically enter the league.

Track your progress against your friends, team mates or rivals.

Take part in the league as a challenge or incentive to improve your swimming, cycling and running.

Every event earns you points as a percentage of the winners time, so your points earned are always comparable to other events, whichever one you do.

If you do more than 3 events, your best 3 results will count for your overall standing.

Overall winners and 1st in every age group awarded at the end of the series.

UKTriathlon.co.uk



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Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our supporters taking part in this triathlon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



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Together we will beat cancer



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REGULATOR

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.

TRIATHLON TRAINING SPECIALISTS



RACE DAY MASTER CLASS



FREE EVENTS



TRIATHLON TRAINING MADE SIMPLE

A RACE SPECIFIC GUIDE TO MAXIMISE YOUR TRIATHLON EXPERIENCES

- Course Specific Tips
- Transition Advice
- Q&A
- Novice Friendly

DAY
B4
RACE

BEGINNERS GUIDE TO TRIATHLON TRAINING

- Train smarter to race better
- General training advice
- Tips on swim, bike, run, nutrition & Recovery
- Q&A

2pm

**NO NEED
TO BOOK**

1pm

FOR MORE INFO CONTACT US:

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