



York Triathlon

Sunday 20th August 2023

York Sport Village, Lakeside Way, York

YO10 5FG

Start from 08:15am

Race Day Information



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Welcome

Welcome to the York Triathlon. Please take a moment to read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

Parking Information

As you approach York Sport Village please follow the triathlon parking signs on to Grimston Bar park and ride which is open from 7:00am.

Parking is free unless you wish to use the Park and Ride service after the event to visit York.

Full details of the service can be found at <https://www.itravelyork.info/grimston-bar>

If your start time is between 8:30am and 10:45am please park in Bay C.

If your start time is later than 10:45 please park in Bays A & B.

Check your vehicle and load height for any obstructions before you enter the car parks. There is a 2.1m height restriction. There is campervan parking which doesn't have height restrictions.

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)
- 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 but available to purchase next to registration)
- 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
Sprint & Sprint Relay	400m 16 Lengths	18k 6 Laps	5k 4 Laps
Super Sprint, Fun & CRUK Wave	200m 8 Lengths	9k 3 Laps	2.5k 2 Laps

Essential Information

Registration

Registration will be open on Saturday 3:30-4:30pm and from 7:15am on Sunday. Please know your race number for registration and arrive at least 45 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, Wristband 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 rolling race brief at the swimming pool. Please be poolside 15 minutes prior to your start time to allow plenty of time to listen to the race brief and to get in number order ready for your swim start. Please have the wristband, that is given to you at registration, on your right wrist and visible as you queue for the swim start. All relay team members must attend the Race Brief. The race brief will take place outside at the side of the leisure centre on the steps before you enter the pool.

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. Please do not rack your bike more than 30 minutes before your start time.

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 4:30pm on Saturday. Full details on page 17.

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?

You can wear swimsuit/trunks or a triathlon specific trisuit for the swim. 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, 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, headsets, technical earplugs (including bone conduction headphones), 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. 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, follow the signs to Registration (inside the orange marquee).
- 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.
- Racking is no earlier than 30 minutes before your start time.
- Rack your bike in an empty space – the racking is not numbered but there is marker tape to indicate where to position your bike. Prepare your kit ready for the cycle and run.
- 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 pool side 15 minutes prior to your start time to ensure you are positioned in number order and have time to listen to the compulsory race brief.
- You can enter the water once the previous competitor has started their swim. The starter will then tell you when to start your swim.

Where are the toilets and changing facilities?

Toilets are available inside the leisure centre. You may also use the leisure centre's changing and shower facilities before and after your race.

Are there lockers available?

There are lockers inside the leisure centre however they are on a first come first serve basis.

Is there a bag drop area?

There is no bag drop area, but you can leave a small 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 and bare feet. There is matting on the ground when you leave the pool which leads into the transition area.

Can I use any stroke for the swim?

For your safety and the safety of other competitors back stroke, tumble turns and diving are not permitted.

Can my friends and family spectate?

Yes! There is a viewing gallery in the swimming pool. After the swim we recommend that spectators remain at the Sport Village to watch the remainder of the race. 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 7:30am. Please do not rack your bike in the Cycle Transition Area earlier than 30 minutes before your start time.

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 in any position, each racking position is marked by white tape.

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).

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.

Race Brief

There will be a rolling race brief at the swimming pool. Please be poolside 15 minutes prior to your start time to allow plenty of time to listen to the race brief and to get in number order ready for your swim start. Please have the wristband that is given to you at registration on your right wrist and visible as you queue for the swim start. The race brief will take place outside at the side of the leisure centre on the steps before you enter the pool.

Swimming Pool

The pool is 25 metres long.

Please take extra care on the poolside floor and steps with wet feet, as it will be slippery!

Swim Intervals

Swimmers will be started at 30 second intervals in the Sprint & Relay and 15 second intervals in the Super Sprint, Fun and CRUK Wave.

Swim Caps

It is not compulsory to wear a swim cap in the swim. If you wish to wear one, please use your own personal swim cap. If you don't have one and wish to wear one, please ask at the pool and we will provide you with one.

Swim Course

It is your responsibility to count the correct number of lengths.

The swim course is very straightforward and will be explained to you during the Race Brief. There are signs and stewards to help if you get confused, don't worry, it's easy!

Pre-Race Service Check

Your bike must be in a road worthy condition. For more information on a pre-race service please see page 19.

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

The course is mainly flat but is quite technical with many turns per lap. Keep over to the left unless overtaking. Take extra care where there are dropped kerbs and speed ramps and where the road is separated into two-way traffic by the use of road cones.

Do not cross the cones.

Follow the cycle route signs around the course and do not turn until you see a sign.

There are safety marshals present, they are not there to give direction.



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

Sprint & Relay - 18k - 6 laps

Super Sprint, Fun, CRUK Wave - 9k - 3 laps



Run

Sprint & Relay - 5k - 4 laps

Super Sprint, Fun, CRUK Wave - 2.5k - 2 laps

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

Please keep to the right at all times except when overtaking and keep other runners in mind.

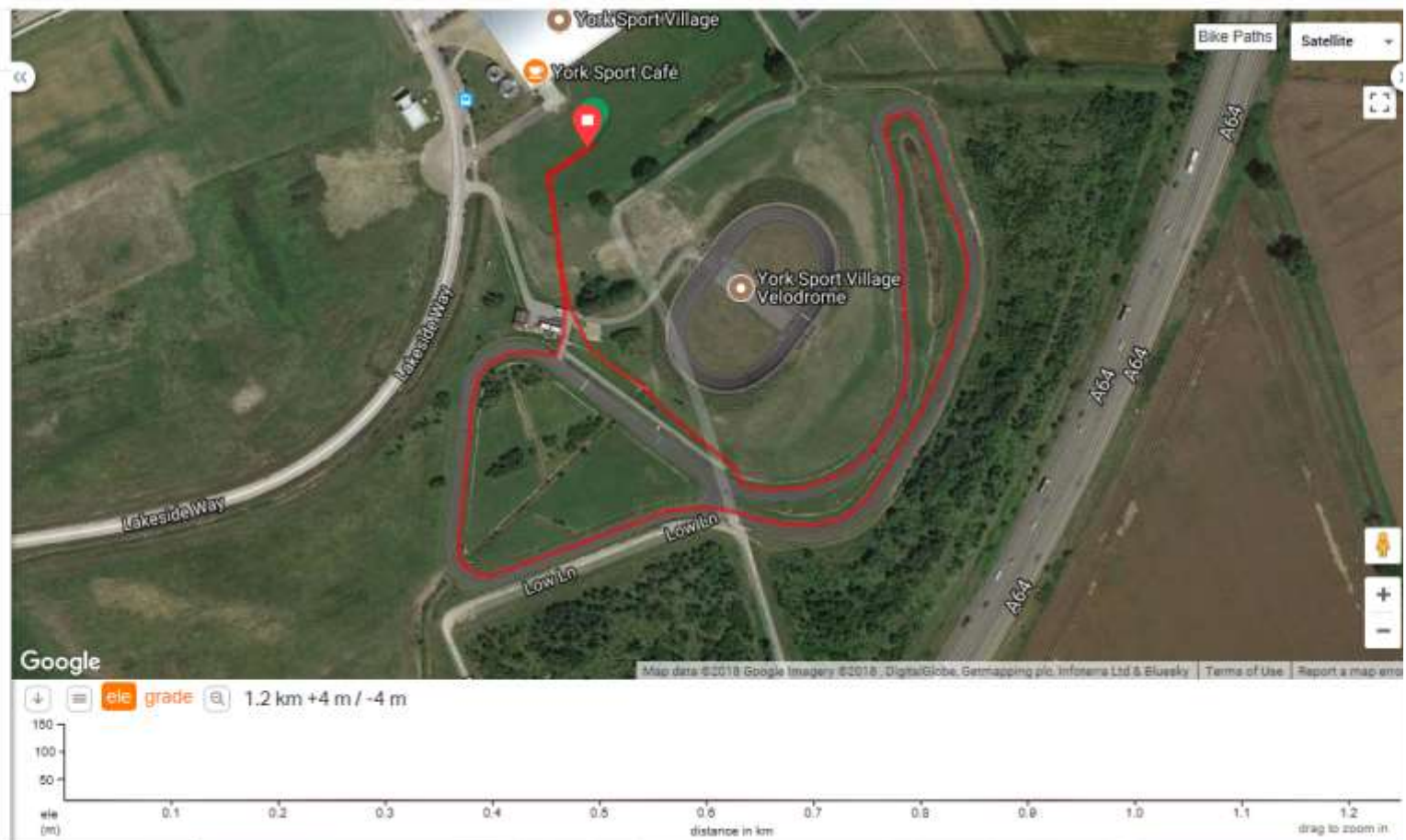
Follow the run route signs around the course. It is up to you to count your laps on the run, marshals will be taking numbers as a check in the case of suspected insufficient laps completed.

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 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.



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 the relay team will be given 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 21st August 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 competitors in the Sprint and Super Sprint competitions. 1st place is awarded to all female and open category/mixed teams in the Relay.

Prizes for the first place in all five year age groups (see table below) in the Sprint triathlon only.

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.

UK Triathlon 2023/24

Event Calendar

York Kids Triathlon	19th August 2023
York Triathlon	20th August 2023
British Sprint Championship	2nd 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 Triathlon	15th June 2024
Alderford Kids Duathlon	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

For more information please visit uktriathlon.co.uk

LEAGUE 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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£20**



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You're amazing!

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



CANCER
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UK

Together we will beat cancer

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

4:30pm

**NO NEED
TO BOOK**

BEGINNERS GUIDE TO TRIATHLON TRAINING

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

2pm

FOR MORE INFO CONTACT US:

☎ 07539440622

✉ coaching@cravencomplete.co.uk

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Ease those aches so you don't walk like a duck

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£20

ASK THE PHYSIO & COACH

Have a physio or training issue that is slowing you down! Book in to Ask our Expert - an opportunity to talk it through and give you some answers.

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