

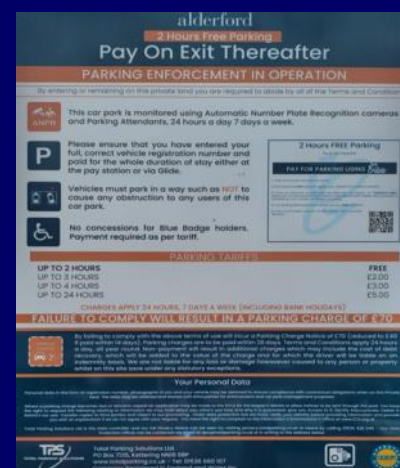
Triathlon @ Alderford & Birmingham Triathlon @ Alderford

Race Day Information

Saturday 18th June 2022

Alderford Lake, Tilstock Road,
Shropshire, SY13 3JQ

Car Parking Charges Apply



Entry to Alderford Lake

Free for competitors (please show your race number email on your phone or printed on paper)

Spectators arriving with competitors pay an admission fee at the gate for a 1 hour walking pass - £2.00 per adult, £1.00 per child, Under 3's free, however you won't be limited to the hour as the exit time has been extended to 1:00pm. If you arrive without a competitor, please tell the gate staff you are a triathlon spectator and you will be charged as above.

Alderford Waiver

All competitors and spectators must sign the Alderford Waiver which can be ideally done online at www.alderford.com or on the day at the gate.

Distance	Swim	Cycle	Run
Olympic	1500m - 2 Laps	40k - 2 Laps	10k - 4 Laps
Olympic Relay	1500m - 2 Laps	40k - 2 Laps	10k - 4 Laps
Sprint	750m - 1 Lap	20k - 1 Lap	5k - 2 Laps
Sprint Relay	750m - 1 Lap	20k - 1 Lap	5k - 2 Laps
Super Sprint	200m - 1 Lap (Short Course)	20k - 1 Lap	2.5k - 1 Lap
Fun	200m - 1 Lap (Short Course)	20k - 1 Lap	2.5k - 1 Lap

Start Times

Olympic Male - 07:00am
 Olympic Female - 07:05am
 Olympic Relay - 07:05am
 Sprint Male - 08:00am
 Sprint Female - 08:05am
 Sprint Relay - 08:05am
 All Super Sprint & Fun - 08:15am

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Essential Information

Race Brief

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).

Registration

Registration will be open on Friday 17th June from 2:00pm -4:30pm and from 5:45am on Saturday.

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

To verify your membership please have your current British Triathlon licence confirmation ready to show registration staff or you will be required to pay the £5 difference.

Race Envelope

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

Swim Caps

Please use the swim cap you'll be given at registration for the swim.

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.
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.



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.

Cycle Brakes and Helmets

It is your responsibility to check your brakes, helmet and roadworthiness of your cycle prior to taking part in the race.

Know your Official British Triathlon Rules

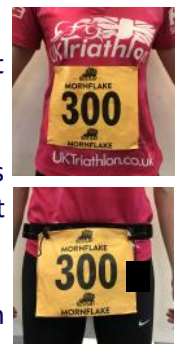
Race Number x2

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. 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.

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?

You can wear swimsuit/trunks or a triathlon specific tri-suit, or wetsuit for the 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 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.

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.



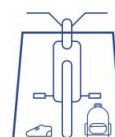
Bike

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 and in transition.



This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), 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.



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!



2022 Event Calendar

Birmingham Run	24th April 2022
Stratford Triathlon	8th May 2022
Cheshire Kids Duathlon	21st May 2022
Cheshire Triathlon	22nd May 2022
Ultimate, Ultimate 1/2 & Ultimate 1/4	12th June 2022
Triathlon @ Alderford	18th June 2022
Henley Kids Triathlon	9th July 2022
Henley Triathlon	10th July 2022
UK Ultimate Weekend	15-17th July 2022
UK Ultimate Swim	15th July 2022
UK Ultimate Cycle Sportive	16th July 2022
UK Ultimate Run	17th July 2022
York Kids Triathlon	30th July 2022
York Triathlon	31st July 2022
World Standard Distance Qualifier Event	3rd September 2022
Shropshire Triathlon	4th September 2022
North West Kids Duathlon	17th September 2022
North West Triathlon	18th September 2022
Warwickshire Triathlon	2nd October 2022



OFFICIAL UK TRIATHLON TRI WEAR



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**LADIES FIT
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**HEAVY WEIGHT
HOODIES
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**EMBROIDERED
TECH CAPS
£10**



AVAILABLE TO BUY AT THE EVENT

Cycle Transition Area

Cycle Transition Area

Open from 06:00am.

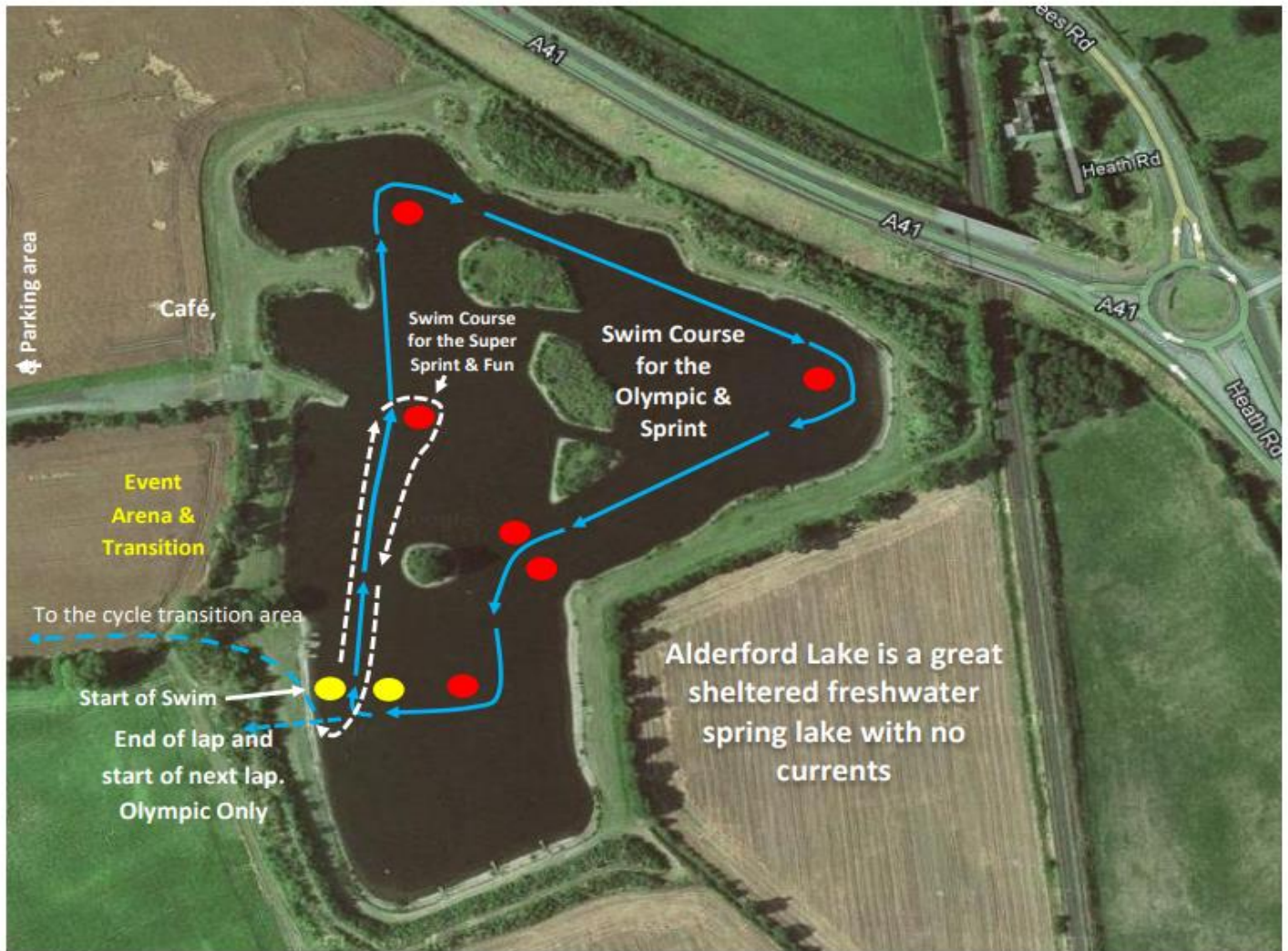
Each competitor has their own numbered racking position. Rack only there and with your race number facing you. Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 3). *Only take into transition what is needed, a small bag can remain but bulky boxes are to be taken out of transition whilst the race is live.*

Security

Although we allocate security staff to specifically watch 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 Cycle Transition Area without your race number and corresponding cycle sticker.



- ❖ There will be safety crafts on the water along with a minimum of 10 canoeists
- ❖ Water depth between 2 to 3 metres (6 to 10 feet)
- ❖ Olympic & Olympic Relay x 2 laps = 1500m
- ❖ Sprint & Sprint Relay x 1 lap = 750m
- ❖ One full lap of the swim course = 750m
- ❖ Super Sprint & Fun x 1 small lap = 200m (White dotted line)

Water Depth & Safety

Water depth is between 2 to 3 metres. There will be safety canoeists on the course.

Wetsuits are compulsory for the Olympic Triathlon. Wetsuits are not compulsory for the sprint, super sprint & fun triathlons.

Swim Cap

Please use the swim cap you'll be given at registration for the swim.

Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 13 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.

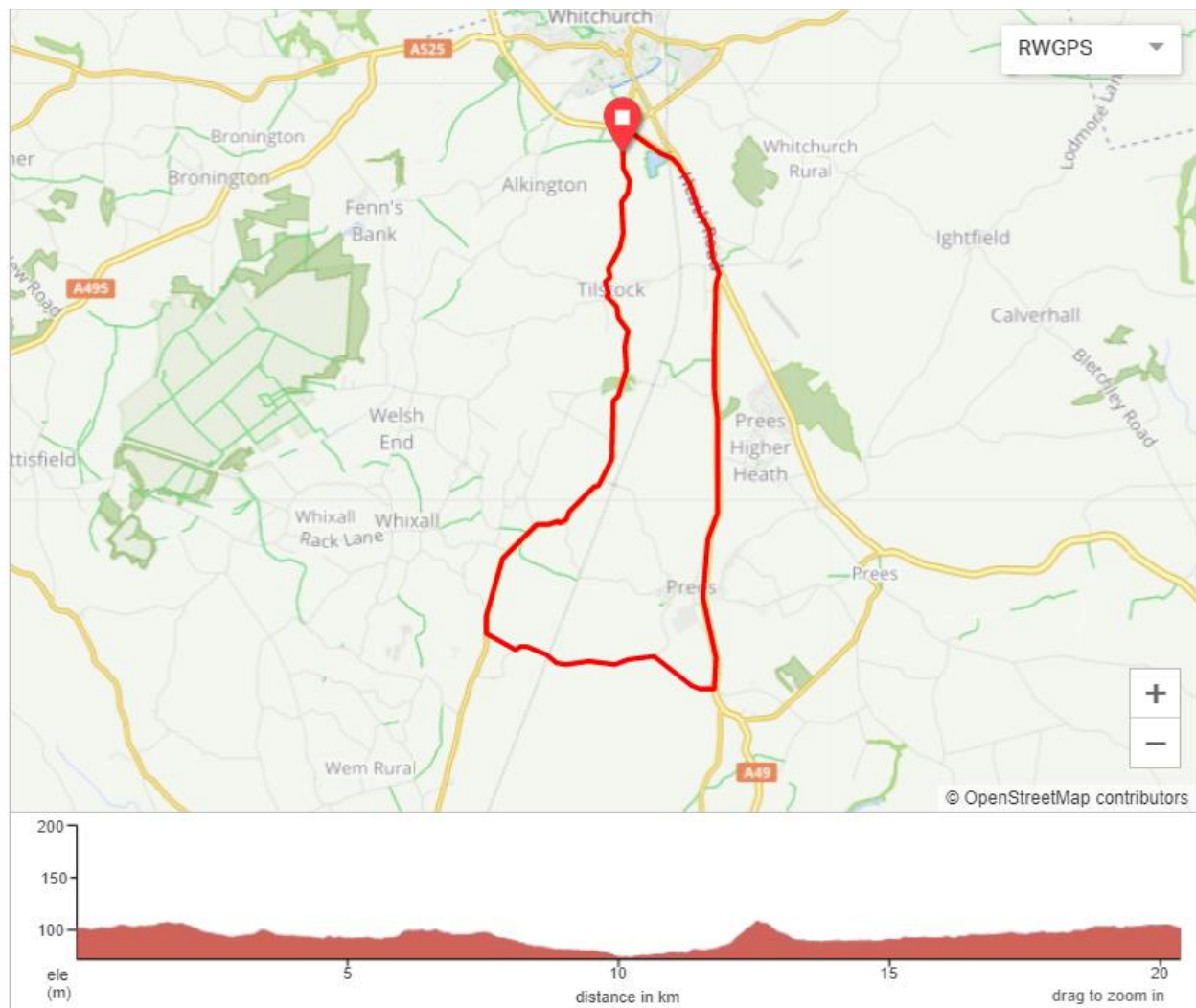
Follow the cycle route signs around the course and do not turn until you see a sign. **Please take extra care at all junctions, although there are safety marshals present, they are not there to give direction.**



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



To view an interactive map [please click here](#)



Run Map

Triathlon @Alderford Run Course



Grass, lapped, flat run course = 2.5km per lap.

Olympic x 4 laps = 10km

Sprint x 2 laps = 5km

Super Sprint & Fun x 1 lap = 2.5km



Run

Olympic & Relay - 10k - 4 laps
Sprint & Relay - 5k - 2 laps
Super Sprint and Fun - 2.5k - 1 lap

Getting ready for the Run

When you finish the bike 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.

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.

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.



When you have finished the run, turn onto the finish alley and continue through the Mornflake finish gantry.

There must be no littering on the run course.

Relay

If your all female relay team changes to a mixed relay team, please inform us at 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 the relay team will be given one 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 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 electronic chip at the finish line.

Results and Prizes

Results

Overall results and times will be online on Sunday 19th June. Should you have any problems with your results please email results@uktriathlon.co.uk.

Photography

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.

[My Sport Photos](#)

Prizes

Commemorative 2022 medal for all finishers.

Prizes are awarded to the top 3 male & female competitors in the Olympic, 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 Olympic and Sprint triathlons 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
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 2022 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. Bookings are also taken on Saturdays prior to Sunday Race Day.

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. £20.00

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 - 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.

POST RACE SERVICING – NEW FOR 2022 ... £55.00

Treat your bike to a Service and Spruce up after your race !!

This service includes Bike Wash, Silver Level Service and New Bar Tape with a choice of 10 Colours to give your bike that new feel when you hit the next training ride!





Massage Service Price List

The Travel Buster £18

Reduce travel stiffness before the race

The Race Ready £18

Stretch, loosen up and improve flexibility pre-race

The Race Ready+ £23

As above but more time to focus on a specific problem area

The Recovery £18

Massage to tight muscles, helps speed up recovery

Swim Shoulders £18

Perfect for swimmers with tight shoulders

Taping of 1 area £10

Ask the expert £20

Expert advice and guidance for whatever you need

Any 2 treatments for £30*

***Not including the race ready+**

To book a treatment email coaching@cravencomplete.co.uk or text 07539440622 with your name, race, treatment wanted, and when (pre race or race day and time) - we will then get you booked in.



FREE Race-day Masterclass with Craven Complete

New to triathlon?

Wanting to improve your race day experience?

Keen to unlock the mysteries of the sport?

Looking to gain some speed and get that PB?

This friendly & relaxed workshop can help reduce race day nerves, & provide some tricks of the trade & best of all, it's FREE!

So come along and let us help you have your best race day.

No need to book, just turn up, or for more information visit cravencomplete.co.uk

**The Masterclass will start at 4:30pm on the Friday.
Meet at the "Finish Line" next to the event stage.**

Starting with the basics, on where & how to attach your race numbers, stickers, whristband & timing chip, before heading to the transition area.



DABBERS DINER

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Food Served All Weekend

Burgers ★ Hot Dogs ★ Chicken Wraps

Wide Selection of Breakfast Baps, Hot & Cold Beverages





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SWIM

BIKE & RUN

TRANSITION

FINISH LINE



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Arnold AS et al, British Journal of Cancer, 2015
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