



UK ULTIMATE TRIATHLON

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Race Day Information

Sunday 30th June

The Mere, Cremorne Gardens, Ellesmere

SY12 0PA / what3words: sweeter.encounter.hoops

Start Time: 6:30am

Welcome to the Ultimate Triathlon. Please read this Race Day Information prior to the event day to ensure you arrive fully prepared.

Race Day Checklist

- Race number (can be found on your race day email)
- 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
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration)
- Sunglasses (optional)
- Bike tools/puncture kit (if desired)
- Running shoes
- Running cap (optional)
- Head torch (essential if you feel will not be finished before dusk)
- Energy drinks, gels, bars
- Change of clothing for after your race

Distances

Race	Swim	Cycle	Run
Ultimate	2.4 miles	112 miles	26.2 miles
	4 laps	4 laps	6 laps
Ultimate Relay	2.4 miles	112 miles	26.2 miles
	4 laps	4 laps	6 laps

Travel & Parking Information

Sat nav postcode: SY12 OPA /what3words: sweeter.encounter.hoops

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 Car Park SY12 OPA

Cross Street Car Park SY12 OAW

Castlefields Car Park SY12 OPA

Spa Bridge Car Park SY12 OAS

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.

Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 45 minutes before your start time.
- 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.
- Registration will be open on Saturday 12:00pm till 3pm and from 05:45am on Sunday.

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, 1x self adhesive bag number.
- Safety pins will not be enclosed however they will be available if required.

What to do with your Race Envelope contents

- Attach the self-adhesive bag number to any bag you will be using in the cycle transition area.
- Attach the bike number sticker to the front handlebar stem.

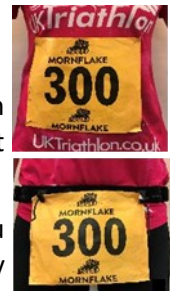


Race Numbers

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 onto 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.



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.

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.



Important Bike Care Information

Your bike must be in a roadworthy condition. You are responsible for checking your own brakes. Make sure your helmet fastens correctly. Make sure your bike is ready for the event. If you are unsure get it serviced by a professional prior to the event.

There WILL NOT be a cycle mechanic at the event.

There will be a SELF SERVICE CYCLE STATION located next to the massage tent. It has track pumps, specific cycle tools, tyre levers and a bike stand.

Inner tubes will be for sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.

- Cycle racking is only available on race day between 5:45am to 6:15am. Your race number will show you where to rack your bike.
- Rack your bike with the race number facing you.
- 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.

Transition Changing Tent

There is a separate male and female change tent located in the Cycle Transition Area if you wish to use it. You may change at your cycle racking position but if you need to remove undergarments, you must use a towel to cover yourself.

After the Triathlon

You cannot take your cycle out of the Cycle Transition Area without your race number and corresponding cycle sticker.

From Transition head to the swim start for your Race Brief - 6:15am

Race Briefs

There will be a non-compulsory race brief at 3:00pm on Saturday, at the rear of the finish line. If you have a camping chair please bring it with you. On Sunday there will be a short race brief at 6:15am at the swim start.

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

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

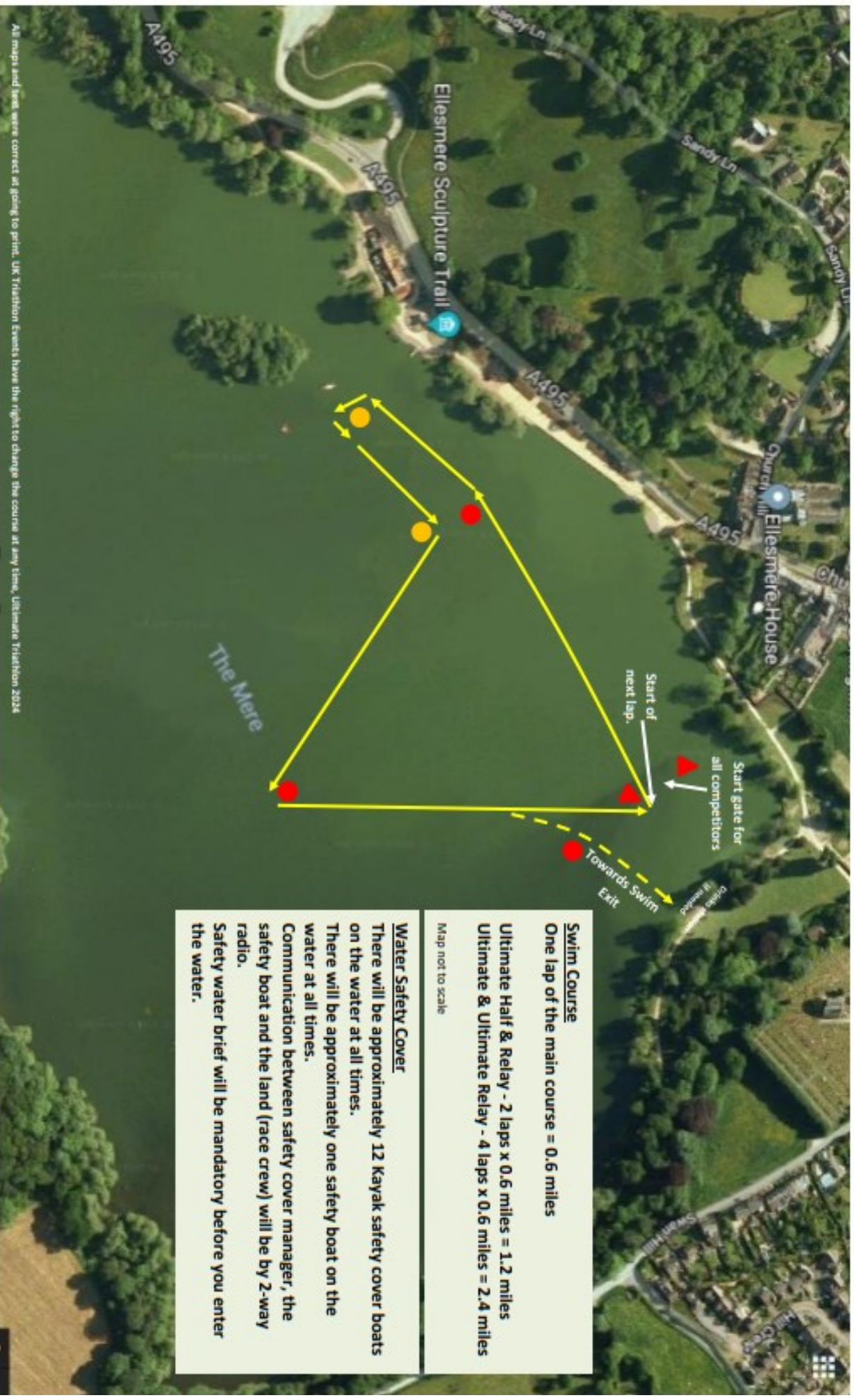
There will be safety kayakers on the course

The cut off time is 2 hour 15 minutes from the start of the race.

There will be a water station at the exit of the swim. It is also possible to temporarily exit the swim course at the end/start of each lap if you require water.

When taking off your wetsuit at your transition point please ensure that it is either bagged or neatly placed under the racking pole. Wetsuits that cause a tripping hazard will incur a 2 minute transition time penalty.

Swim Map



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.
- Any type of bike can be used as long as it is road worthy. Electric bikes can be used but the battery **must** be taken out during the triathlon.
- 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.

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. There are specific cycle route signs for all Ultimate, Ultimate Half, Olympic and Sprint races. They are all different. It is your responsibility to look for the signs and adhere to them as they give special instruction for your individual race.



Please take extra care at all junctions, although there are safety marshals present, they are not there to give direction.

Abide by the highway code and follow instructions given in the race brief. Failure to ride safely will constitute an instant disqualification. We have support vehicles patrolling the course. If you have to stop due to injury or mechanical failure please wait to be picked up. Alternatively, if you carry a mobile phone on your bike, you can call the cycle course manager Chris Davis on 07810 698686 and he will come to your assistance.

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**).

Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage. In this event 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.



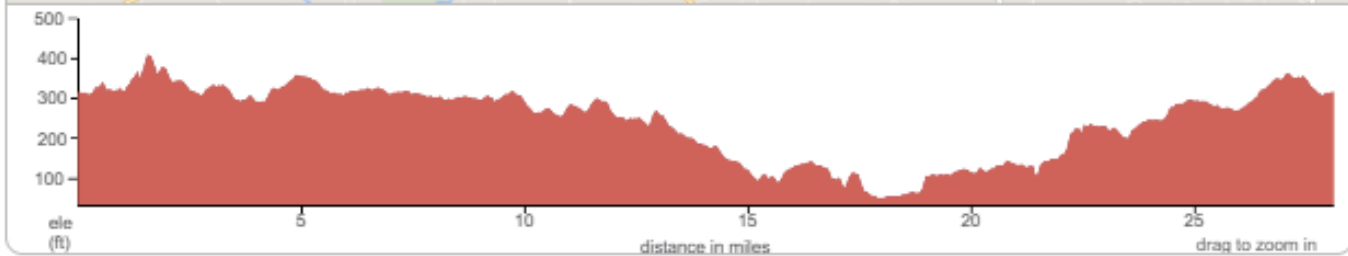
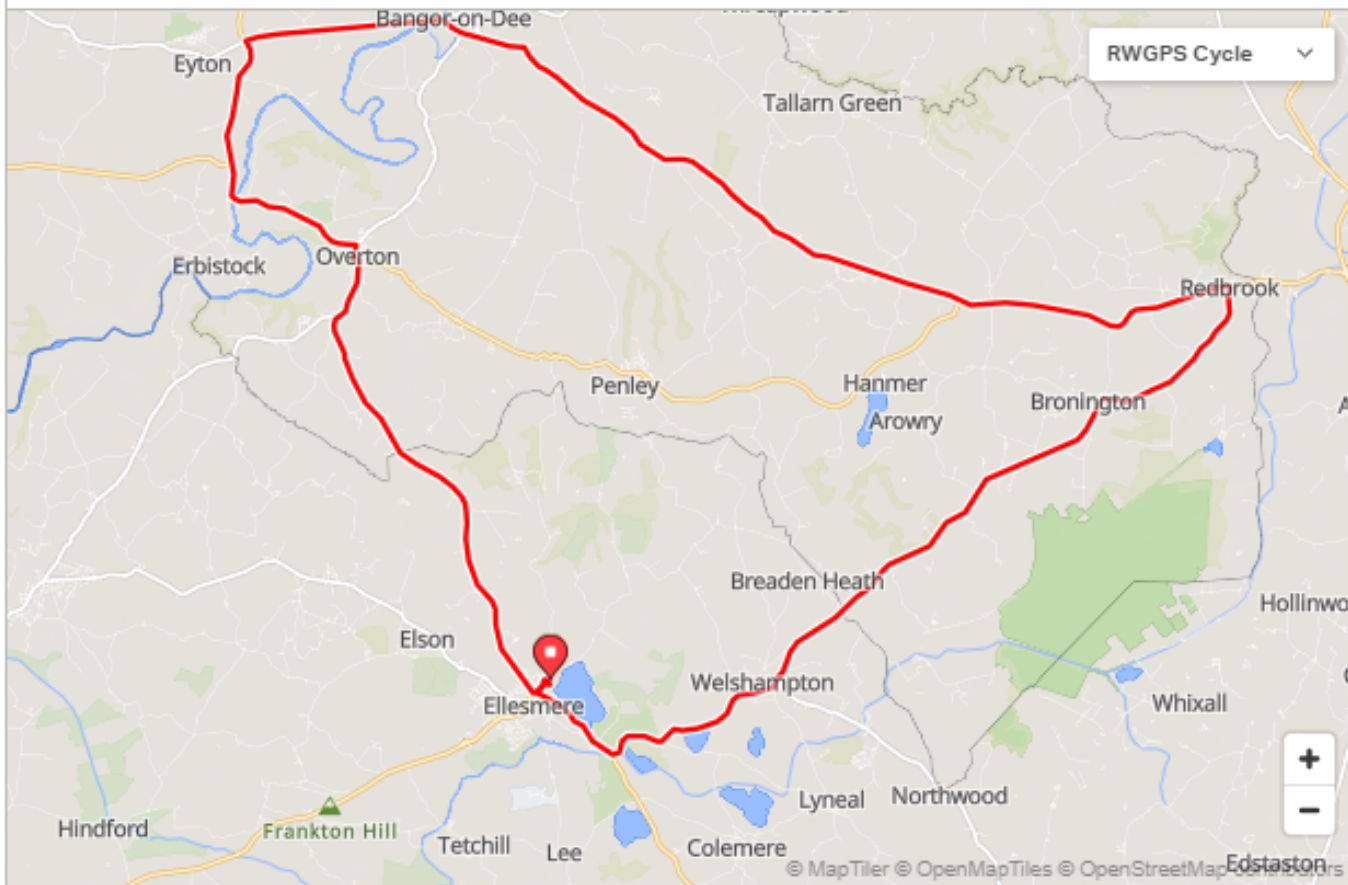
Feed Station

There are two feed stations per lap, one at the beginning of the lap and one approximately half way. Each feed station will carry food, High 5 gels, energy drinks and water (in 750 ml bottles). You will receive 4 High5 energy gels and 2 High5 energy bars at registration. Ideally carry these with you on your cycle. Also make sure your water bottles are full, ready for the start of your bike.

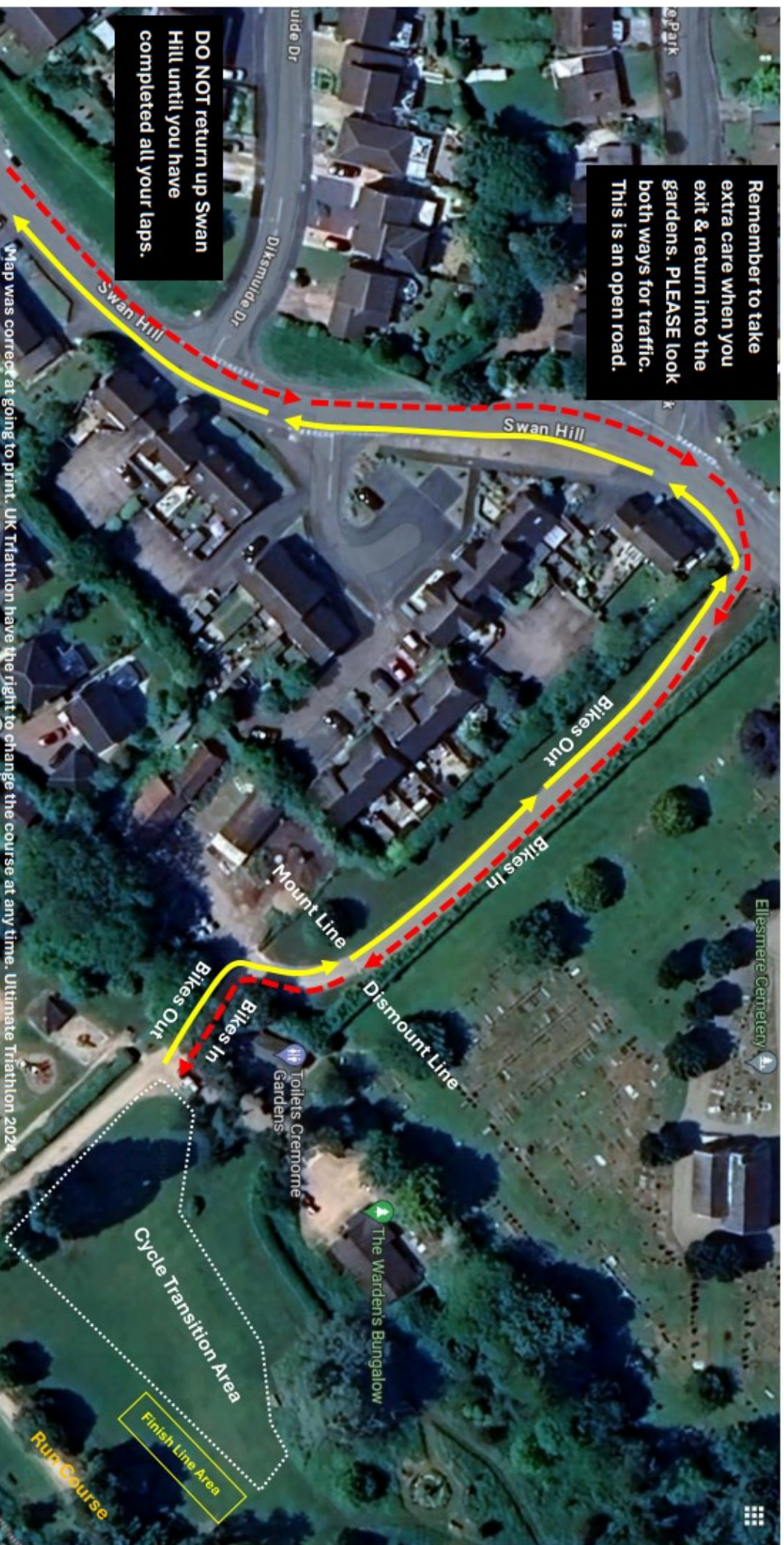
There is a toilet situated on both feed stations.

Ultimate Bike Course

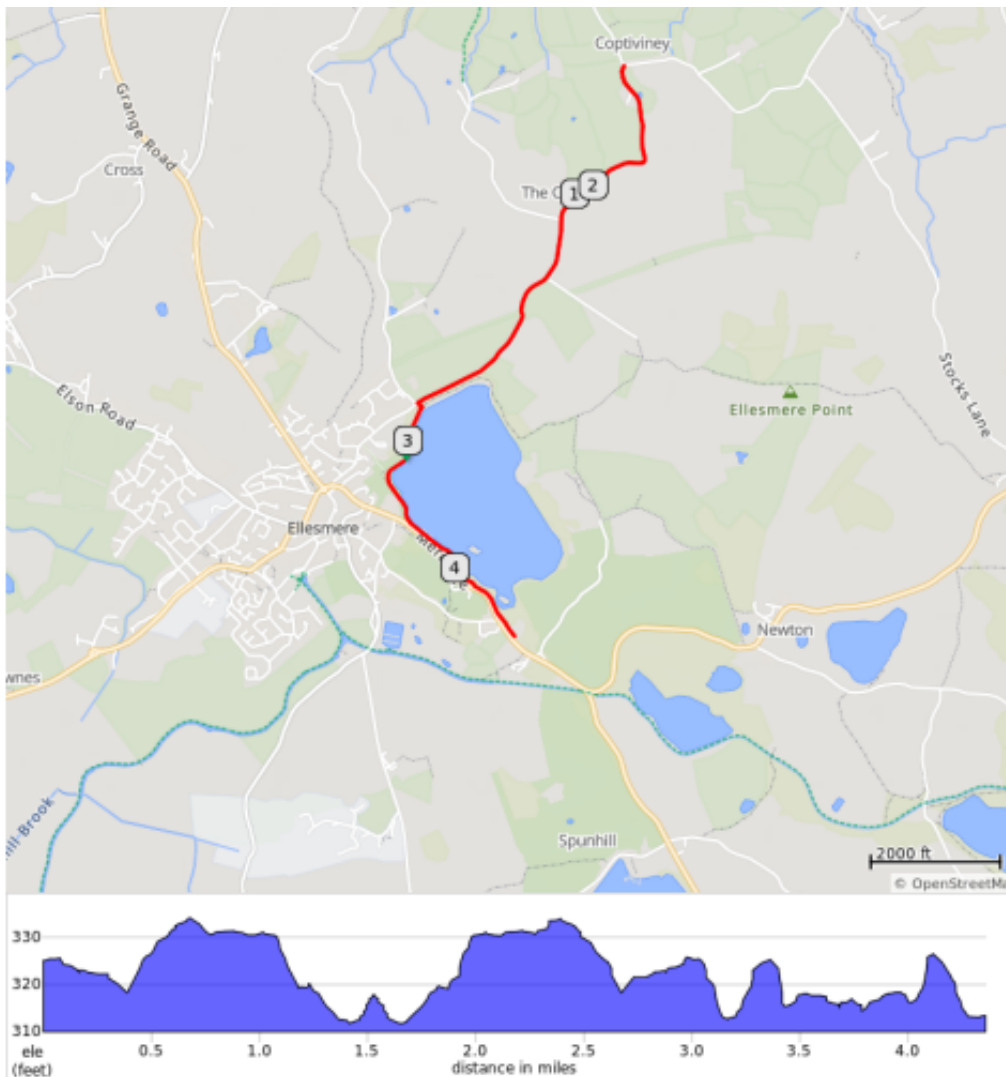
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Bike Out & Bike In—Ultimate Half, Olympic & Sprint Triathlon



- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- Keep to the left at all times except when overtaking.
- Follow the signs around the course.
- One complete lap of the run course starts and finishes at the entrance of the finish alley/transition entrance. Look for the end of lap/ start of lap signs. There are three feed stations on every lap at a maximum of 1.5 miles between each station.
- There is a toilet at a maximum of every 1.5 miles.
- If you have specific drinks, food, equipment (like head torch) that you want during the race, you may do one or all of the following.
 1. Have family or friends safely hand them to you on the course
 2. Return to the cycle transition area via the security gate next to the run finish alley and collect them from your transition point. Return back to the course via the security gate.
 3. Carry it with you (within reason!).
- **If you feel you will not be finished before dusk on the run course, it is essential to wear a head torch to aid navigation.**
- The cut off time is 17 hours from the start of the race.



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.

How to Relay

- Each member of the relay team completes one or two of the three disciplines in the triathlon.
- At registration you 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 member/s may join the runner before the finishing straight and cross the finish line as a team.
- You all receive a finishers medal!
- Relay awards are based on all female or all male/open category /mixed teams. Open category/mixed teams can consist of three men, two men and one woman or one man and two women.

Results & Prizes

- Provisional results and times will be online on Monday 1st July 2024.
- Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.
- Commemorative 2024 finisher medal.
- There are top 3 awards for male and female in the Ultimate as well as first in every five year age group. First place is awarded to all female and open category in the Relay.

Code	Category	Age
A/B	Youth	16-18
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+

UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your best sporting moments. Images may be used for promotional purposes so remember to smile and wave at the camera! Images taken by My Sport Photos will be available to purchase post event. An email will be sent to you once the photos are available. For any photography inquiries please contact info@mysportphotos.co.uk or www.mysportphotos.co.uk.

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.

Is there a bag drop area?

Ultimate competitors will be given a numbered self-adhesive band to attach to the bag you will be using in the transition area. This is in case you wish to use the changing tent and leave your bag inside afterward. There will be an outdoor bag area within the cycle transition area where you may leave any larger bags or boxes. Smaller bags can remain at your cycle transition point.

Illegal Equipment

For your safety and the safety of other competitors, certain items are banned during the event as well as in cycle 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. You may listen to music on the run course only at a volume level which allows you to clearly hear instructions from the marshals or warnings sirens from the emergency services. Bone conductor headphones or just using one earphone is also suitable.

Littering

Do not discard water bottles, gel or bar wrappers. Littering is prohibited during the event. Please use the bins at the feed stations or at the venue. If you can carry a gel full, you can carry the wrapper empty.

Race Format

UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.

In our open water triathlons, although we provide safety cover at the event and test water quality prior to each event, you swim at your own risk.

Ultimate Triathlon	30th June 2024
Ultimate ½ Triathlon	30th June 2024
Ultimate Olympic & Sprint Triathlon	30th June 2024
Chesham Kids Triathlon	13th July 2024
Buckinghamshire Triathlon	14th July 2024
Birmingham Triathlon	27th July 2024
York Kids Triathlon	17th August 2024
York Triathlon	18th August 2024
Shropshire Triathlon	8th September 2024
North West Kids Duathlon	21st September 2024
North West Triathlon	22nd September 2024
Warwickshire Triathlon	6th October 2024
Stratford Triathlon	27th April 2025
Cheshire Kids Duathlon	10th May 2025
Cheshire Triathlon	11th May 2025
Henley Kids Triathlon	31st May 2025
Henley Triathlon	1st June 2025
Alderford Kids Duathlon & Triathlon	15th June 2024
Alderford Triathlon	16th June 2024

UK Triathlon LEAGUE 2024

Take part in 3 or more qualifying UK Triathlon Events in 2024. 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 season.

UKTriathlon.co.uk



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*Oat beta glucans have been shown to help lower blood cholesterol. Blood cholesterol lowering may reduce the risk of coronary heart disease. One 40g portion of Mornflake Superfast Oats provides 1.8g of beta glucans from oats, which is 60% of 3g the suggested daily amount.
^Protein contributes to a growth in muscle mass and the maintenance of normal bones.



Thank
you

You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all our supporters - you're powering research!

It's not too late to join our team and help beat cancer.

Sign up today at cruk.org/team



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041656), the Isle of Man (1103) and Jersey (247) © Cancer Research UK 2024



Together we are
beating cancer



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ASK THE PHYSIO & COACH

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