



# Triathlon @ Alderford & Birmingham Triathlon @ Alderford Race Day Information

**Saturday 19th June 2021**

**Start Time From 07:00am**

**(Please see your individual start time on your competitor race email)**

| 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 |

**Alderford Lake, Tilstock Road,  
Shropshire, SY13 3JQ**

**Free All Day Parking. Entry to Alderford Lake free for competitors (please show your race number email on your phone or printed on paper)**

**Spectators -**

**£1 per adult, 50p per child, Under 3's free**

|                 |   |   |  |  |   |   |   |
|-----------------|---|---|--|--|---|---|---|
| <b>Contents</b> | <a href="#"><u>Covid-19 Guidelines</u></a><br><i>Page 2</i> | <a href="#"><u>Essential Information</u></a><br><i>Page 3</i> | <a href="#"><u>Know the Rules</u></a><br><i>Page 4</i> | <a href="#"><u>Event Calendar</u></a><br><i>Page 5</i> | <a href="#"><u>Merchandise</u></a><br><i>Page 6</i> | <a href="#"><u>Cycle Transition</u></a><br><i>Page 7</i>      | <a href="#"><u>Swim Course &amp; Map</u></a><br><i>Page 8</i> |
|                 | <a href="#"><u>Swim</u></a><br><i>Page 8</i>                | <a href="#"><u>Bike</u></a><br><i>Page 9</i>                  | <a href="#"><u>Bike Map</u></a><br><i>Page 10</i>      | <a href="#"><u>Run Map</u></a><br><i>Page 11</i>       | <a href="#"><u>Run</u></a><br><i>Page 12</i>        | <a href="#"><u>Prizes &amp; Results</u></a><br><i>Page 13</i> | <a href="#"><u>Partners</u></a><br><i>Page 14</i>             |

# Covid-19 Guidelines

## **Your Health before the Event**

**To help stop the spread of the virus please complete a lateral flow test, available free from the chemists or online via NHS, prior to attending the event.**

If you have any Covid-19 symptoms do not come to the event. If you develop symptoms within 14 days after the event and are tested positive, please contact UK Triathlon immediately.

## **Face Masks**

It is advised by British Triathlon that a mask should be worn at events whilst not competing.

## **Social Distancing**

It is each and every person's responsibility to social distance at 2 metres where possible before, during and after the event.

Please make sure your spectators are aware of and abide by the 2 metre distance rule.

## **Hand Sanitising**

There will be 10 hand sanitiser stations around the venue, please hand sanitise before registration, entering transition, finish line and whenever you have the opportunity to do so before and after the event.

**Please sanitise before and after toilet use.**

## **Registration**

Please allow more time than normal to register. You must register yourself. You cannot have anyone register for you. Only one competitor will be allowed to register at a time (except relay teams who must register together). Please queue at a 2 metre separation. Hand sanitise before entering. Every competitor will be temperature checked with a digital thermometer before registering.

## **Transition**

Each competitor has their own numbered racking position. Rack only there and with your race number facing you.

## **Race Brief**

There will be a short rolling race brief that you must attend, located on the way to the swim start. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start.

## **Start Format**

Competitors will each have their own individual start time at 10 second intervals.

## **Swim Course**

You can only do your warm up on dry land. Maintain a 2 metre gap from other swimmers at all times.

## **Bike Course**

Normal drafting rules apply (see page 4).

## **Run Course**

Overtake or pass other competitors at a minimum distance of 2 metres where possible.

## **HiGH5 Recycling**

HiGH5 Recycling bins have been purchased for the event. Please recycle HiGH5 plastic cups (these are an old stock but can now be recycled so are sensible to use), gel & bar wrappers, crisp packets and similar packaging (see bins for exact packaging).

## **Feed Stations Bike, Run & Finish line**

Drinks will be dispensed for you at feed stations, High5 Energy Source & Water will be identified clearly with signs. If you require food, request what you want from the marshal. All feed station foods are individually wrapped. Move away as quickly as possible allowing for other competitors. Bin your litter.

## **Spectators**

Please do not bring unnecessary spectators if possible.

## **Your Covid Officer is Vic Bickerton**

If you wish to report anything regarding Covid safety, please report it to Vic located at the finish line.

# Essential Information

## Race Brief

There will be a short rolling race brief that you must attend before going to the swim start. It takes approximately five minutes so allow plenty of time to listen to the race brief and get to the swim start ready to queue for your swim start. Each competitor will be started at the edge of the lake at 10 second intervals. Your actual start time will be exactly the time of day that you are started, so your results will be totally accurate. There will be no swim warm up in the water, please do any warming up and stretching that you require on lakeside before starting off. Please have your wrist band that is given to you at registration on your left wrist and visible as you queue for the swim start.

## Registration

Open from 6:00am 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 Mornflake bag and a race envelope containing: Race Number x2, Bike Sticker x2, Helmet sticker x1, Electronic timing chip x1.

## Swim Caps

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

## Chip Timing

**Check your electronic timing chip number corresponds with your race number.**

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 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 timing chip on the outside
4. Give the chip a firm pull, it should remain securely fastened
5. Double check that the strap is fastened correctly and securely



## Cycle Brakes and Helmets

There will be no cycle or helmet check on entry to the transition area. You are responsible for checking your own cycle brakes and helmet before taking part in the event.

# Know your Official British Triathlon Rules

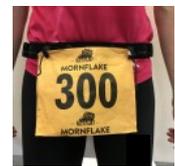
## Race Number x2

Your race number must be clearly displayed on your back for the bike and clearly displayed on your front for the run. Pin the race number in all four corners.

If using an elastic number belt pin the number in the top left and right hand corners.

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 trisuit, 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 2021 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

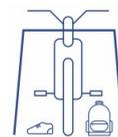
Any type of bike can be used as long as it is road worthy.

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!



# 2021 Event Calendar

|  |                          |
|--|--------------------------|
| Ultimate, Ultimate 1/2 & Ultimate 1/4                | 6th June                 |
| <b>Ultimate Aquathlon</b>                            | <b>6th June</b>          |
| Triathlon @ Alderford                                | 19th June                |
| Birmingham Triathlon @ Alderford                     | 27th June                |
| <b>Henley Kids Triathlon</b>                         | <b>10th July</b>         |
| Henley Triathlon                                     | 11th July                |
| Cheshire Kids Duathlon                               | 24th July                |
| <b>Cheshire Triathlon</b>                            | <b>25th July</b>         |
| <b>York Kids Triathlon</b>                           | <b>31st July</b>         |
| York Triathlon                                       | 1st August               |
| <b>South Coast Triathlon</b>                         | <b>21st August</b>       |
| <b>South Coast Run</b>                               | <b>22nd August</b>       |
| Shropshire Triathlon                                 | <b>5th September</b>     |
| <b>North West Kids Duathlon</b>                      | <b>18th September</b>    |
| North West Triathlon                                 | <b>19th September</b>    |
| <b>Ultimate Weekend</b>                              | <b>24-26th September</b> |
| Warwickshire Triathlon                               | <b>3rd October</b>       |
| <b>Birmingham Autumn Half Marathon, 10k &amp; 5K</b> | <b>17th October</b>      |



For more information or for online entry visit [uktriathlon.co.uk](http://uktriathlon.co.uk)

# OFFICIAL UK TRIATHLON TRI WEAR



**UNISEX FIT  
TECH SHIRTS  
£20**



**LADIES FIT  
TECH SHIRTS  
£20**

**HEAVY WEIGHT  
HOODIES  
£30**



**EMBROIDERED  
TECH CAPS  
£10**



**AVAILABLE TO BUY AT THE EVENT**

# Cycle Transition Area

## Cycle Transition Area

**Open from 07:00am.**

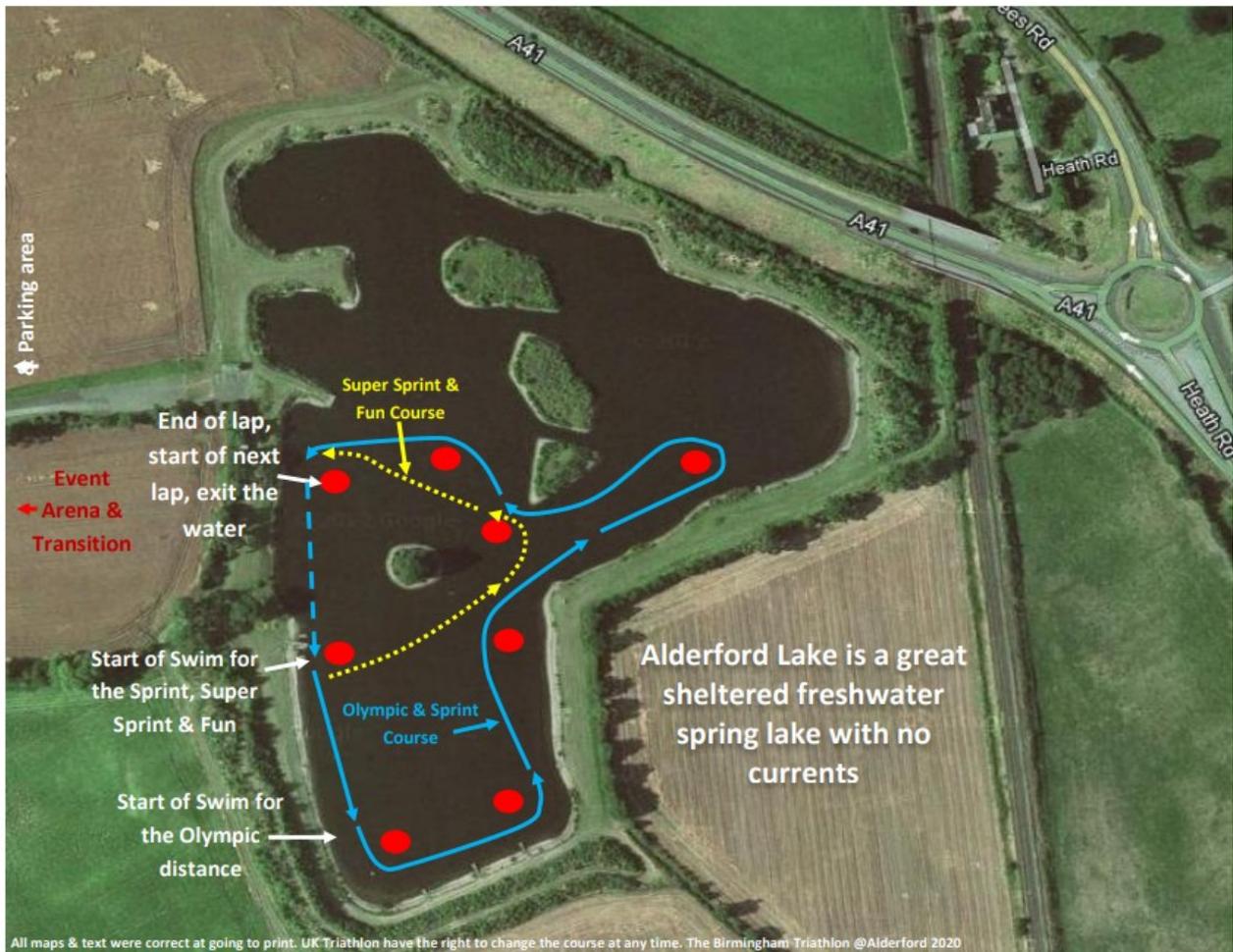
Each competitor has their own numbered racking position. Rack only there and with your race number facing you. Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your bike stickers are attached (see page 3). *Only take into transition what is needed, 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.



## 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 Intervals

Swimmers will be started at 10 second intervals.

## Swim Cap

Please use your own personal swim cap for the event. If you don't have one please ask at registration and we will provide you with one.

# Bike

Olympic & Relay - 40k- 2 laps  
Sprint & Relay -20k – 1 lap  
Super Sprint and Fun -20k - 1 lap

## Pre Race Service Check

Make sure your bike is working properly with our pre race service/check. Please see page 14 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.

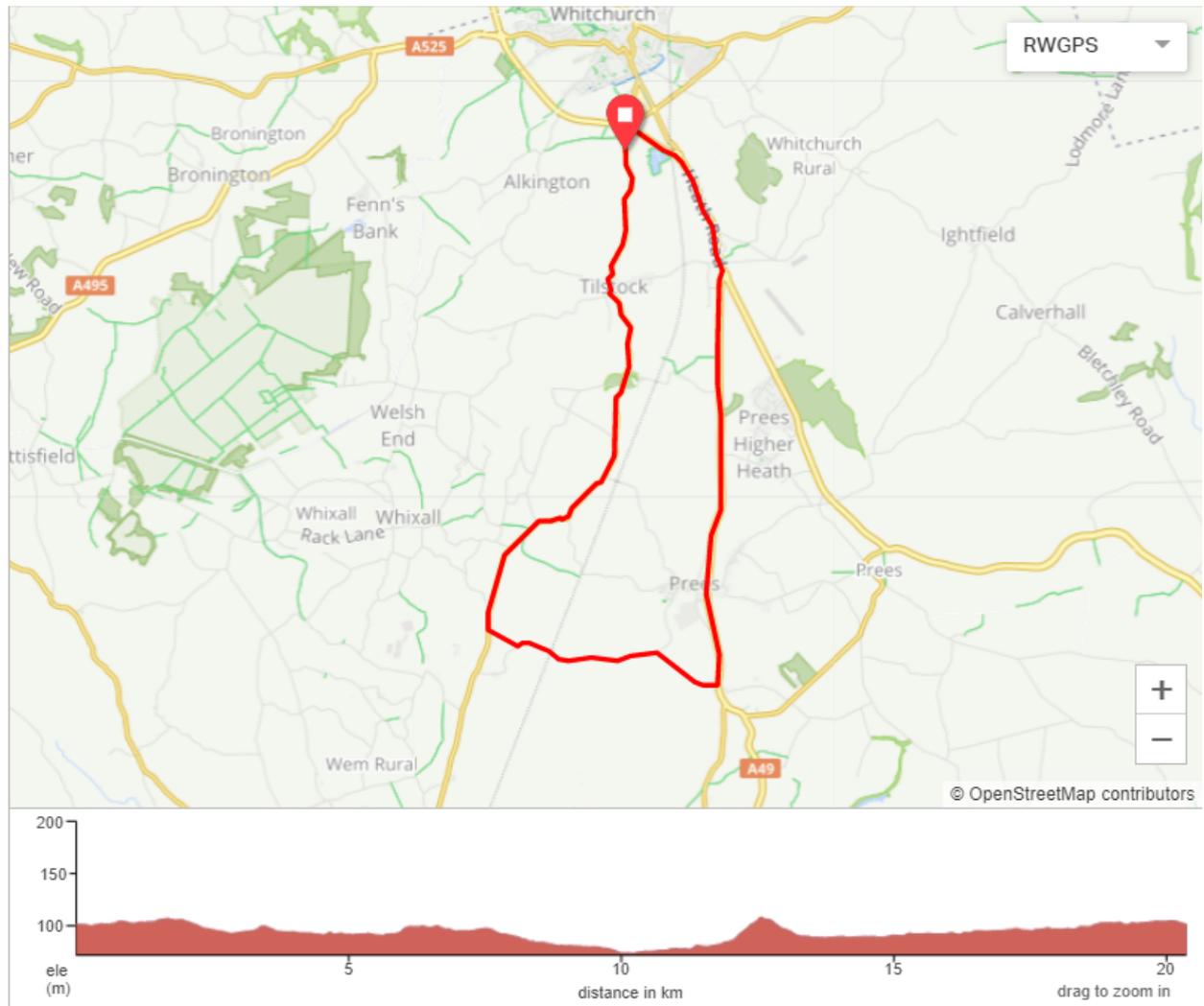
Follow the cycle route signs around the course and do not turn until you see a sign. **Please take extra care at all junctions, although there are safety marshals present, they are not there to give direction.**



## 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**).

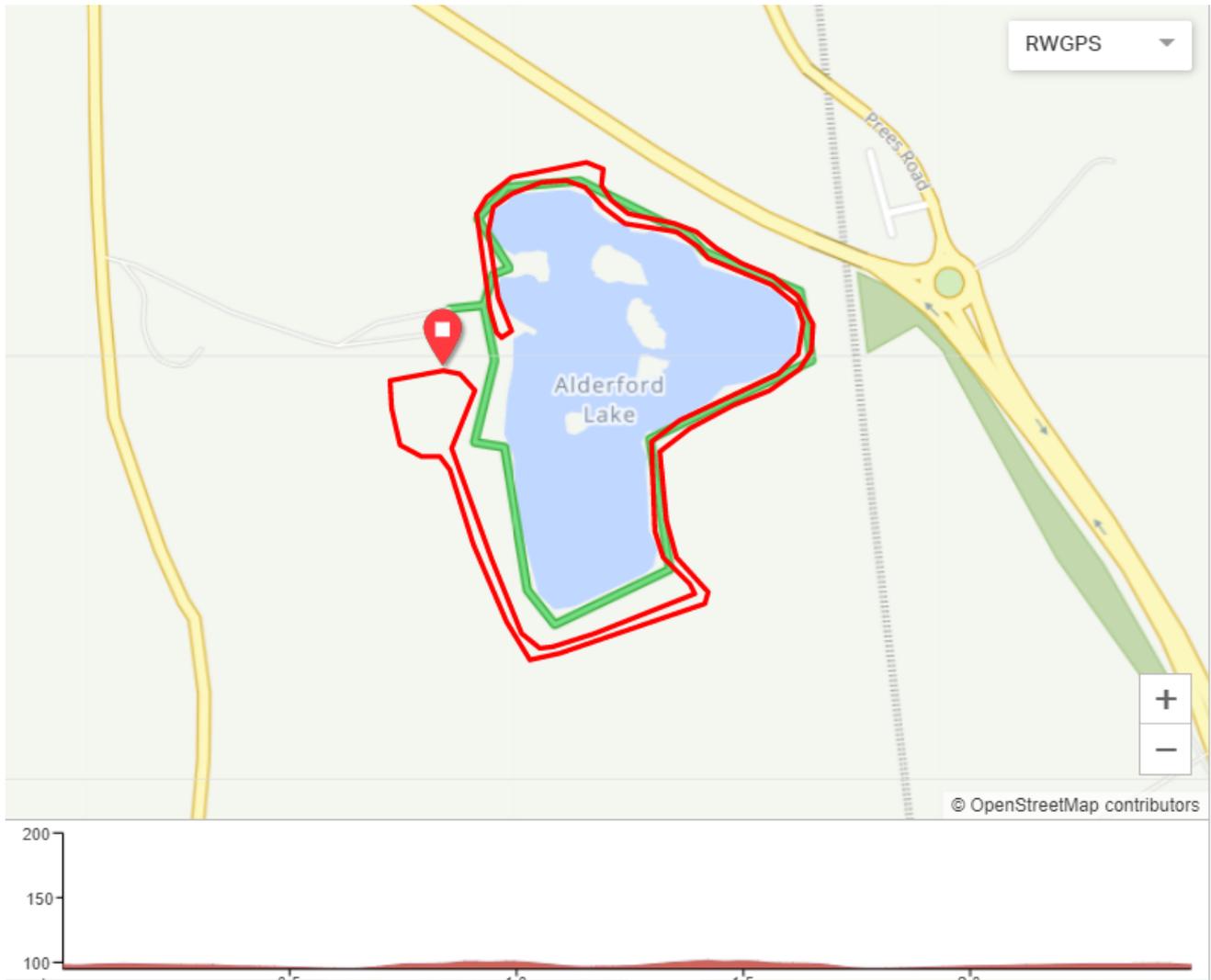
# Bike Map



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



# Run Map



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



# 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. Take the drink off the table that you require.

## The Course

Follow the run route signs around the course. Maintain a distance of at least two meters where possible when overtaking. If running behind another competitor at the same pace, maintain a gap of at least 10 meters, unless overtaking. 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 relay changes from an all female team you must email [customercare@uktriathlon.co.uk](mailto: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 each member of the relay team will be given an 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 must be within 4 meters but no closer than 2 meters to the cyclist, who should be stood next to their cycle which should still be racked. Only then can the cyclist take the cycle off the rack and continue on to the cycle mount line to commence the cycle section of the event. Once the cyclist has finished, they must re-rack their cycle and at that point the runner, who should be within 4 meters but no closer than 2 meters to the racking position, may start the run section of the event. Please make sure all electronic timing chips are handed in at the finish line.

# Results and Prizes

## Results

Overall results and times will be online on Sunday 20th June. Should you have any problems with your results please email [sam@uktriathlon.co.uk](mailto:sam@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 events [My Sport Photos](#)

## Prizes

Commemorative 2021 medal for all finishers.

Prizes are awarded to the top 3 male & female competitors in the Olympic, Sprint and Super Sprint races & 1<sup>st</sup> 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.CO.UK



## 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 2020 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. All work will be carried out using anti bacterial spray to all components being worked on as well as fresh disposable gloves for each bike serviced.

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. £15.00

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

Badger Cycles will be on site on both the Saturday and Sunday during race weekends giving you the flexibility of booking your bike in on either day, whichever is more convenient with you!

BIKE HIRE - Badger Cycles have Race Cycles available for hire on a first come first served basis. Ideal for Athletes travelling from abroad. POA

New for 2021 – As UK Distributor for Relber Cycling Products, Badger Cycles will be providing an Athlete self service Bike Prep station including use of Track Pumps and Chain lubrication facilities.

Athletes can also purchase Relber Products with a 20% Discount when purchasing products during race weekend.



## Race Day Massage

Book your massage with our team of qualified physios & masseurs and we can help improve your race experience



Pre & Post Race Stretch

**£10**

Pre & Post Race Massage (1 Area)

**£15**

Taping of One Area

**£10**



Craven Complete are pleased to be attending all of the 2021 UK Triathlon Series Events and will be available the day before and on race day

## TO BOOK YOUR SLOT

Visit - [cravencomplete.co.uk](http://cravencomplete.co.uk)

Text - 07539 440622 with your name, event & race number

Email - [coaching@cravencomplete.co.uk](mailto:coaching@cravencomplete.co.uk)





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*Click the links below for further tips and advice-*

[Triathlon tips for beginners](#)

[Triathlon Nutrition](#)



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to move  
body and  
mind.

**asics**  
*sound mind, sound body*





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Heather  
Shielding at home – May 2020



To save lives  
tomorrow,  
we need your  
help today

COVID-19 has slowed us down,  
but we will never stop.

Fundraising has fallen and future  
cancer research is at risk. We need  
your donations now more than ever,  
to help continue our life-saving work.

Please donate at [cruk.org/give](https://cruk.org/give)

Together we will **still** beat cancer



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