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Race Day Information

Sunday 8th September

The Mere, Cremorne Gardens, Ellesmere

SY12 0PA / what3words: sweeter.encounter.hoops

Start Times:

07:30am - Middle Distance

08:30am - Olympic

09:10am - Sprint

Welcome to the Shropshire 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 (unless you're cycling in your running shoes)
- Cycle helmet
- Drinks bottle
- Elastic number belt (optional but available to purchase next to registration)
- Sunglasses (optional)
- Cycle 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

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.

Camping

Camping is available at Moss Lane Cottage Camping, SY13 3EH/ What3words albums.crispier.keyboard
Please call 07905170999 to make a direct booking.

Registration

- Registration is located in the orange Mornflake marquee
- Please arrive at least 1 hour 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 from 1:00pm-3:00pm and on Sunday morning from 06:20am.

Race Envelope

- At registration you will receive a swim cap and a race envelope containing:
 - Race Number x2, Cycle Sticker x1, Helmet sticker x1, Electronic timing chip and strap x1
 - Safety pins will not be enclosed however they will be available if required.

What to do with your Race Envelope contents

- Attach the cycle number sticker to the front handlebar stem.
- Attach your helmet sticker to the front of the helmet.

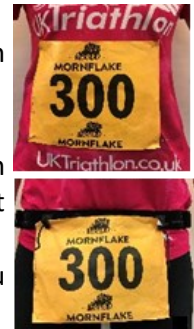


Race Numbers

Your race number must be clearly displayed on your back for the cycle 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 Cycle 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.

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 3:00pm on Saturday. Full details on page 17.

From Registration follow the signs 'Transition Entrance this way'

Before entering Cycle Transition Area

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 cycle must be in road worthy condition.

- Open from 6:30am.
- Only competitors are allowed in the Cycle Transition Area. You cannot enter the Cycle Transition Area until your cycle and helmet stickers are attached (see page 3).
- Competitors should only bring into transition what is needed - a small bag can remain by your cycle, there will be a specific area inside the cycle transition area where large bags can be put during the race.
- Rack your cycle in an empty space in Cycle Transition Area, the white tape on the poles denotes a racking position.

Security

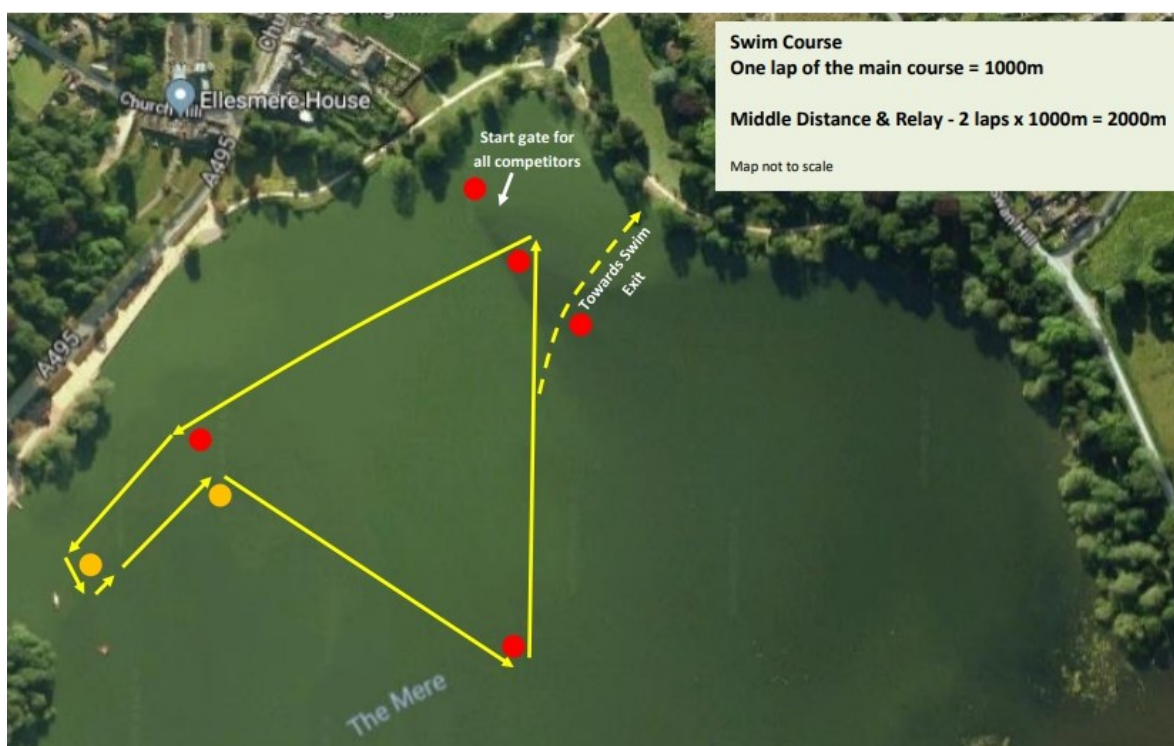
Although we allocate security staff to specifically watch the Cycle Transition Area, please note that we cannot be responsible for any items lost or stolen.

From the Cycle Transition follow signs 'To Swim Start'

Swim

- Remember to take everything you need for the swim, wearing your timing chip and strap!
- You should be at the swim start 15 minutes prior to your start time to listen to the compulsory race brief.
- Wetsuits are compulsory for the Middle Distance, Middle Distance Relay, Olympic and Olympic Relay Triathlon. Although not compulsory we recommend wearing a wetsuit for the Sprint distance.
- Wetsuits are not compulsory for the Sprint triathlon.
- **If you wear a wetsuit for the swim, make sure when you take it off at your transition point 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.**
- All relay team members must attend the Race Brief.
- There will be safety kayakers on the course
- 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.
- 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



Middle & Middle Relay - 2000m - 2 laps x 1000m
Olympic & Olympic Relay - 1500m - 2 Laps x 750m
Sprint & Sprint Relay - 750m - 1 Lap

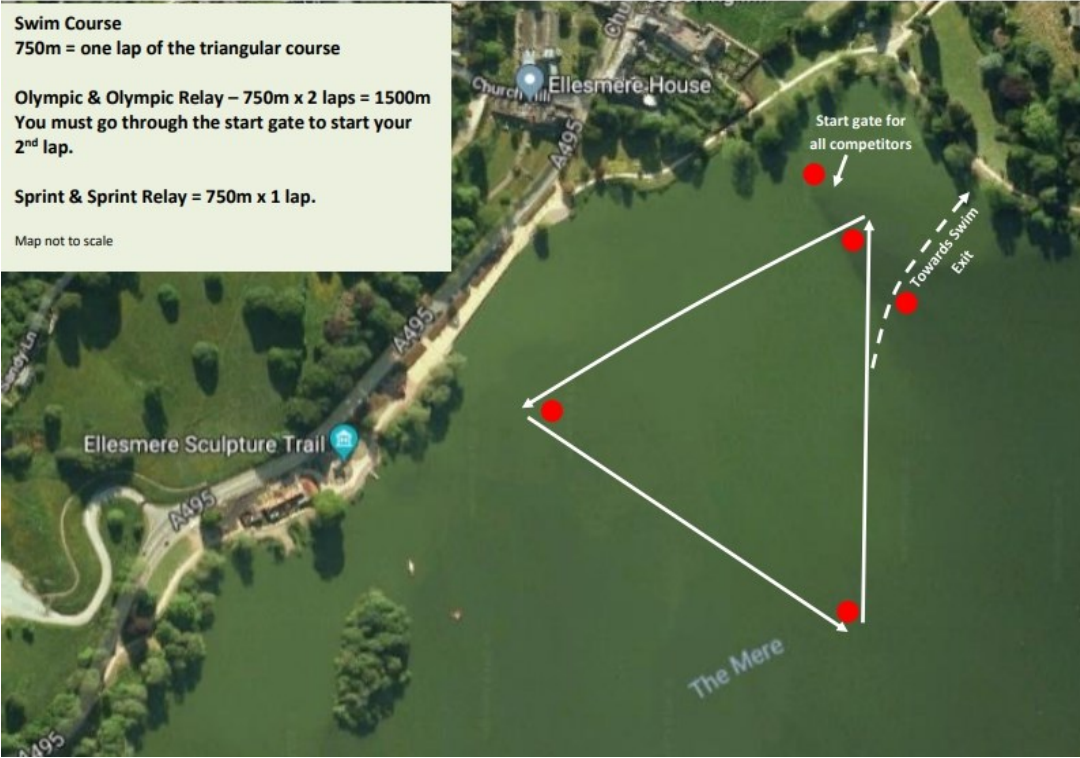
Swim Map—Olympic and Sprint

Swim Course
750m = one lap of the triangular course

Olympic & Olympic Relay – 750m x 2 laps = 1500m
You must go through the start gate to start your 2nd lap.

Sprint & Sprint Relay = 750m x 1 lap.

Map not to scale



Swim

Middle & Middle Relay - 2000m - 2 laps x 1000m

Olympic & Olympic Relay - 1500m - 2 Laps x 750m

Sprint & Sprint Relay - 750m - 1 Lap

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 cycle can be used as long as it is in a road worthy condition. Electric cycles can be used but the battery must be taken out, or completely disengaged 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. 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.



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.



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 cycle, to the front wheel of the following cycle should be 10 metres - if overtaking a competitor, you have 20 seconds to pass through their draft zone.



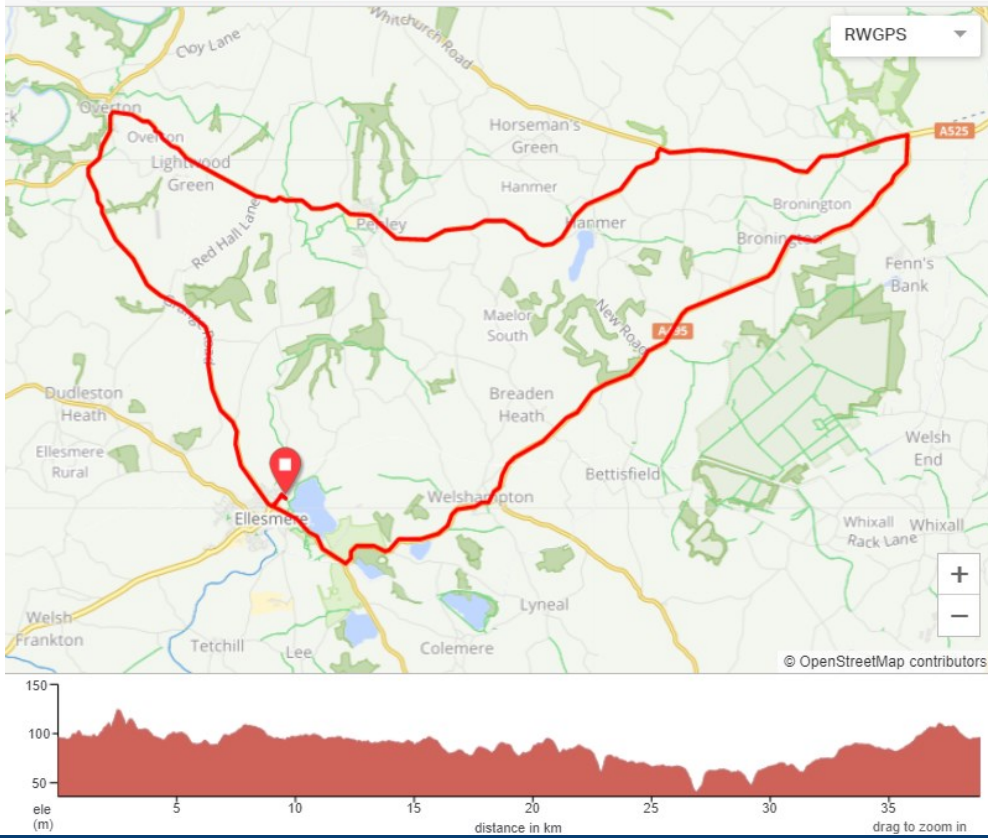
Middle Distance Competitors Only – Cycle Feed Station

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.

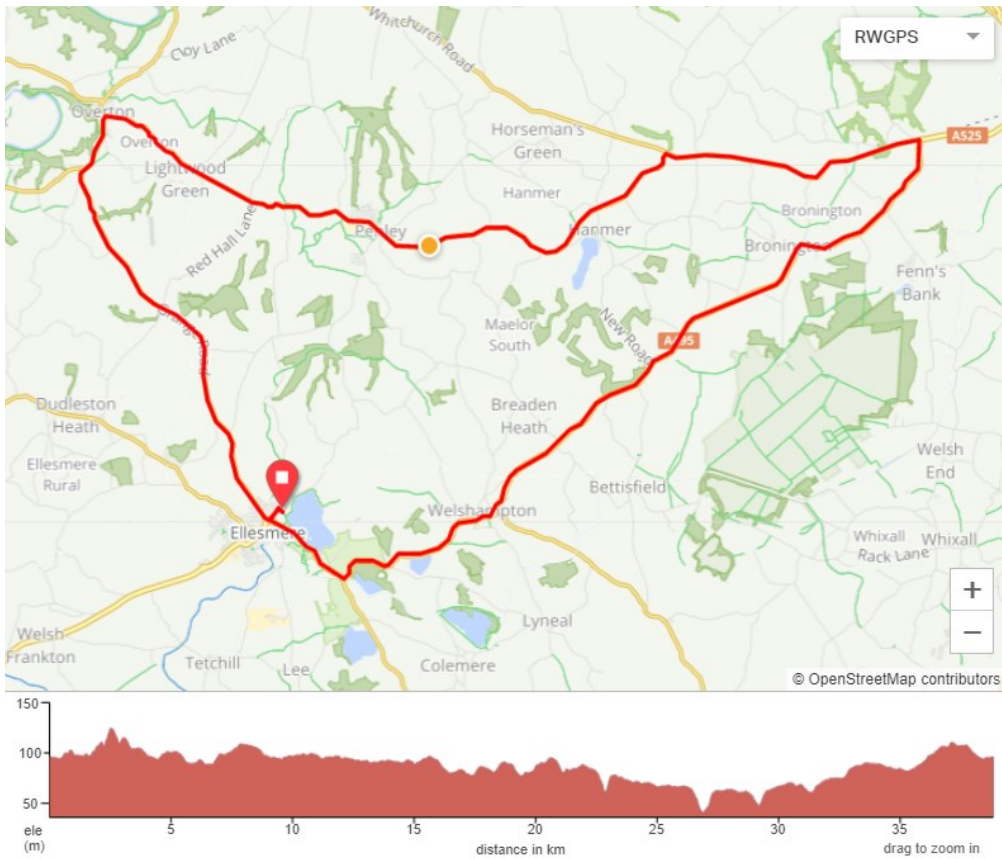
Dismount

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

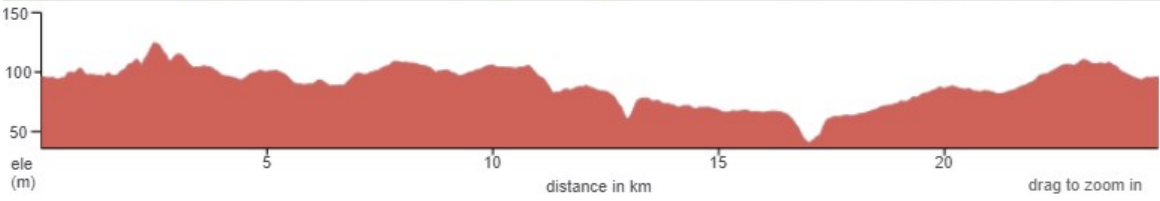
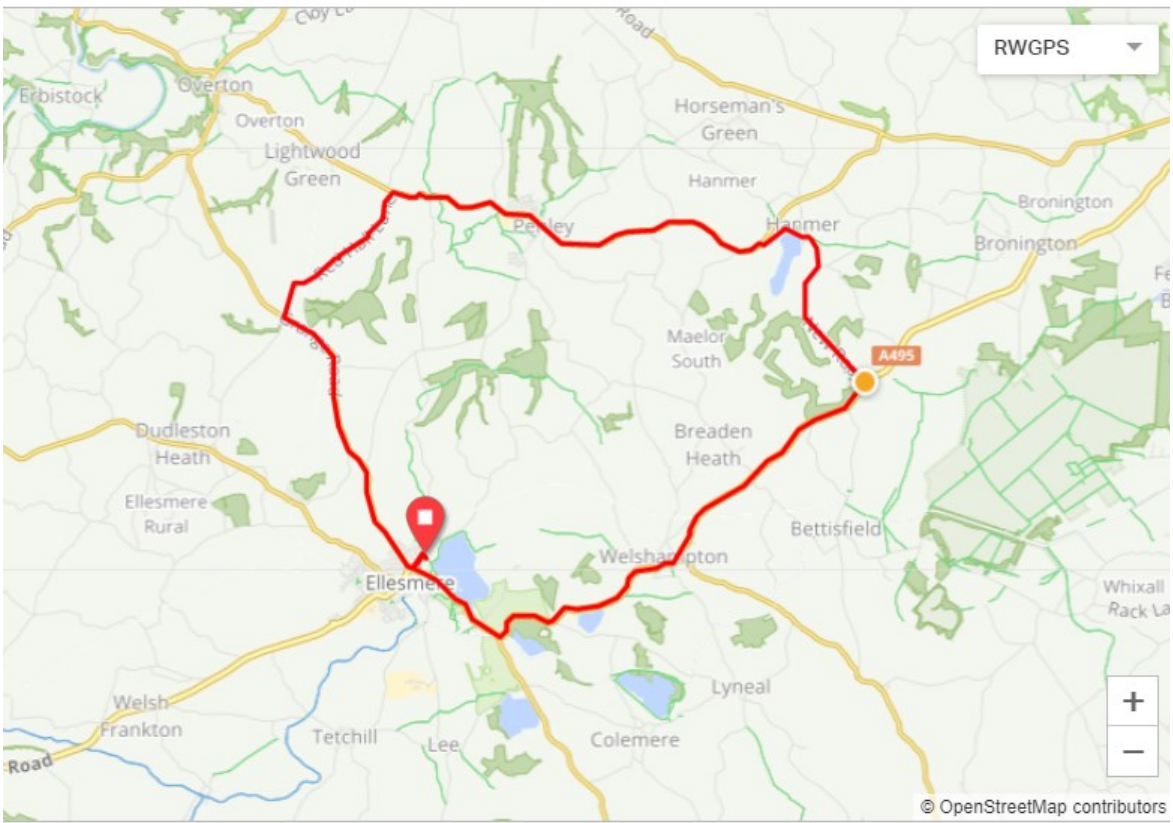


Cycle Map - Olympic Distance



Middle & Middle Relay - 78k - 2 Laps
Olympic & Olympic Relay - 39k - 1 Lap
Sprint & Sprint Relay—25k—1 lap (short course)

Cycle Map - Sprint Distance

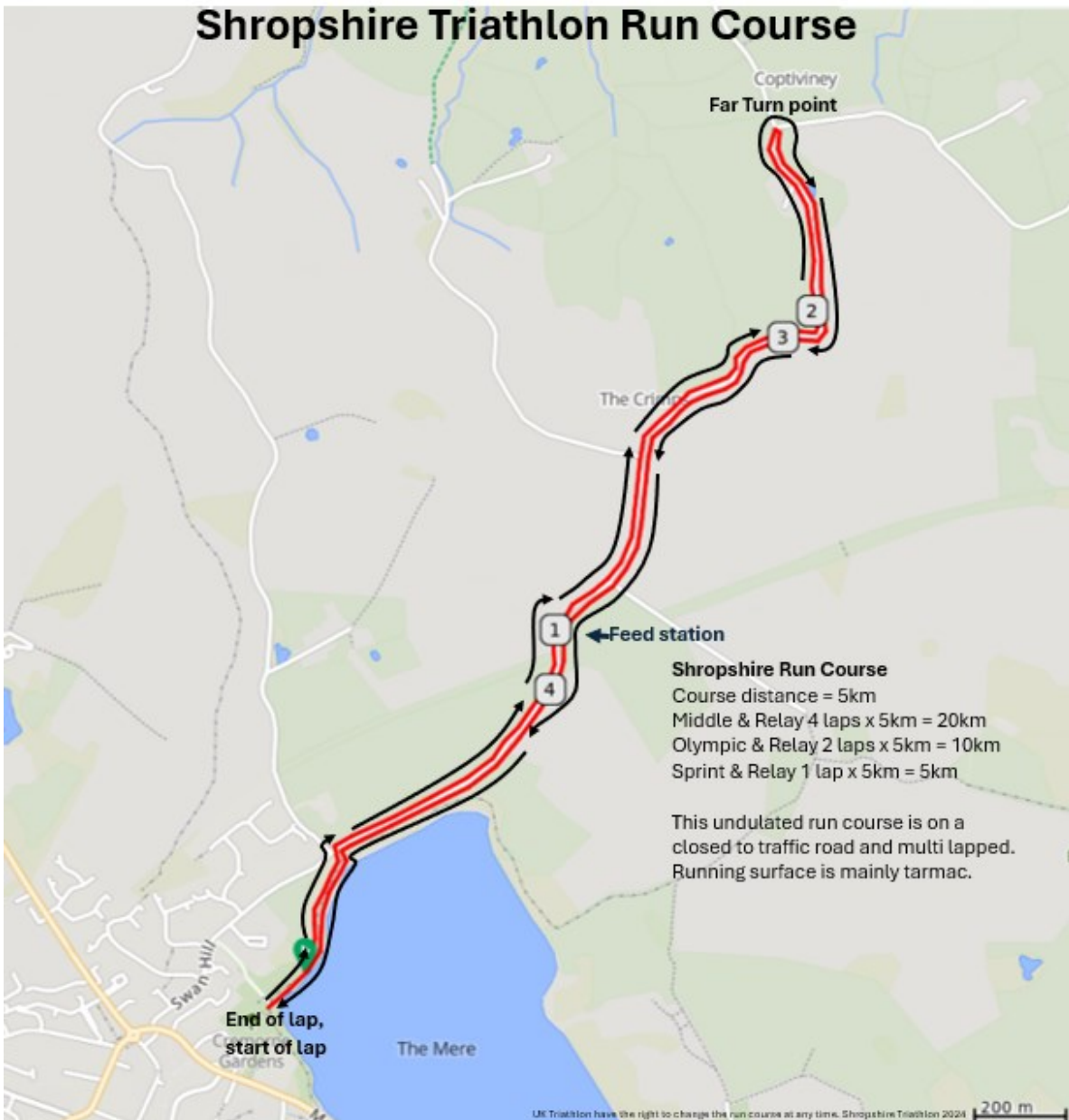


Cycle

Middle & Middle Relay - 78k - 2 Laps
Olympic & Olympic Relay - 39k - 1 Lap
Sprint & Sprint Relay—25k—1 lap (short course)

Upon completion of the cycle, rack your cycle and follow the 'Run Out'

- Your race number must be clearly visible on your front before leaving the Cycle Transition Area.
- 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 is one feed station that you pass twice on each lap. The first available feed stop is at 800 metres. There is also a feed station at finish line. Feed stations will be serving High5 energy drink and water as well as High5 energy gels and bars.
- Please use the bins provided, there must be no littering on the 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!



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

Run

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

After the triathlon

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 2024 finisher medal!
- Relay awards are based on all female and 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 9th September 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.
- Prizes are awarded to the top 3 competitors in the Middle, Olympic and 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 Middle, Olympic and Sprint triathlons.

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.

What do I wear?

Wetsuits are compulsory for the Middle/Middle Relay and Olympic/Olympic Relay distances. For the Sprint/Sprint Relay distance you can wear a wetsuit/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.

Is there a bag drop area?

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

Illegal Equipment

For your safety and the safety of other competitors, certain items are banned during the event as well as in the cycle 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.

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.

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 Triathlon	14th June 2025
Alderford Triathlon	15th June 2025
Ultimate Triathlon	29th June 2025
Ultimate ½ Triathlon	29th June 2025
Ultimate Quarter Triathlon	29th June 2025
Birmingham Triathlon	19th July 2025
Chesham Kids Triathlon	2nd August 2025
Buckinghamshire Triathlon	3rd August 2025
York Kids Triathlon	16th August 2025
York Triathlon	17th August 2025

For more information please visit uktriathlon.co.uk

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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Complete

Race Day Masterclass

A free race specific guide to maximise your experience.

- Relaxed Session
- Course Specific Tips
- Cycle Transition Advice
- Q&A Opportunity



How to Train Smart

This free session is aimed at novice triathletes.

Unlock the secrets of training by planning a training schedule

Location

The day before your event at the presentation stage



We are your experts in providing pre & post race massage services

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WE OFFER

PRE RACE MASSAGE

To ease those aches, loosen joints and prepare you for the big day.

You will leave us feeling refreshed and ready to go!

£19

POST RACE MASSAGE

Improve your recovery, remove the lactic acid, get back to training faster.

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

£19

ADD MUSCLE MEND

This 100% natural oil improves recovery and sport-related aches and pains.

£1

ASK THE PHYSIO & COACH

Do you have any niggling injuries or training issues which may be slowing you down. Book in and our triathlon expert will give you some professional advice.

£20

CONTACT US NOW



07539660422
Text or call to book



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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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