

 **Nuffield Health** 

SALFORD

TRIATHLON 2015
AT MEDIACITYUK



IT'S NEARLY TIME TO RACE!

We are delighted to bring you the Salford Triathlon 2015!

Our team want to make sure you have a truly fantastic day. Enclosed you will find all the information you need to ensure you have the best experience at the Salford Triathlon 2015

Finally, we would like to take this opportunity to give a big thank you to all our sponsors for all their support - without them, this event would not be possible!



The future of healthcare is coming to Manchester.

Nuffield Health are proud to be the headline sponsor of the Nuffield Health Salford Triathlon for the third year. As a not-for-profit business, Nuffield Health reinvest all profits back into our network of gyms, medical centres, hospitals and expert staff. Our charitable objective is to improve the health of the nation.

The Nuffield Health Salford Triathlon represents real motivation and passion for fitness. These characteristics mirror our own values in Greater Manchester, which are demonstrated by: 2 medical centres, 1 consumer gym, numerous corporate fitness facilities, a network of Chartered Physiotherapists and an exciting hospital development project in partnership with Manchester Met University.

Nationwide, we run a network of facilities and expertise encompassing:

- 77 Fitness and Wellbeing Gyms
- 205 Corporate Fitness and Wellbeing Gyms
- 31 Hospitals
- 44 Medical Centres
- 3,500 Accredited and Governed Physiotherapists
- 11,000 employees, including 4,000 clinical practitioners

Visit us at our activation zone on race day, where we will be offering complimentary post-race massage, prize draws and a chance to meet our teams.

Need a physiotherapist?

All Salford Triathlon participants get **15% off*** an initial assessment.

Call **0844 417 2150** and quote **SALFORD15**

Free 1-day gym pass

Try our Manchester Printworks gym with a free 1-day pass.

Visit nuffieldhealth.com/salford to get yours

SPONSORS

This event would not be possible without the fantastic help, input and support from our Sponsor partners and we would like to thank them all: Nuffield health (title sponsor), Champion System, Wardell Armstrong, Powerbar, SLR Consulting and In Salford; Peel and MediaCityUK. And of course, we are delighted to team up with The Christie as our charity partner for the event too!

Nuffield Health

"As one of the largest providers of tailored corporate wellbeing solutions to the UK's most prominent employers we recognise and practice the importance of exercise for good mental wellbeing and improved health in and out of the workplace. Participants in the Salford Triathlon represent real motivation and passion for fitness which is why we are proud to be sponsoring the long awaited return of the event."

"We'll be applying our company practice of personal end-to-end care with pre-race training tips and physiotherapists from our Salford Quays Medical Centre at the finish line to offer sports massage and injury prevention advice."

Dr Andrew Jones
MD of Corporate Wellbeing



"For over 25 years PowerBar has been for athletes by athletes. We develop and test our sports nutrition products in collaboration with some of the Worlds best professional sportsmen & women. This exchange of information and ideas directly impacts the development of our products and allows us to bring to you – we believe – the best Sport Nutrition products in the World."

PowerBar are extremely pleased to be partnering with the Salford Triathlon in 2015. We pride ourselves in supporting athletes of all levels from the World stage to UK grass roots and it is great to be supporting Salford Triathlon again this year. Competing in such a great location should make this one of the UK's premier Triathlon races."

Tim McTavish
PowerBar UK & Eire, Country Business Manager

"The Salford triathlon continues to go from strength to strength and, with its north west offices right at the heart of the race venue in Salford Quays, SLR Consulting Limited is delighted to support this fantastic event. MediaCityUK provides a fabulous back drop for athletes and spectators alike and makes for a really memorable day out whether you're an experienced racer or a triathlon novice. We hope everyone has a great day ñ we'll be there to cheer you on!"

Neil Riding
SLR Consulting Ltd



Champion System, a worldwide leader in custom technical apparel, was founded in 2005 and has quickly earned the reputation as a company offering the finest quality handmade garments for a wide range of sports and activities.

Strong customer relationships and close collaboration with the world's top athletes has been the key to Champion System's success. Our distinctive and stylish garments are worn by Olympians, National and World Champions, and recreational athletes of all levels.

Our goal is to allow the customer to be their own brand and we are known far and wide for our solid commitment to pioneering innovative, race-proven garments that can be customized with virtually any design. Along the way we have revolutionized sublimation printing, redefined garment construction and simplified the custom ordering process. With offices in 22 countries Champion System continues to set the standard in the custom apparel industry.

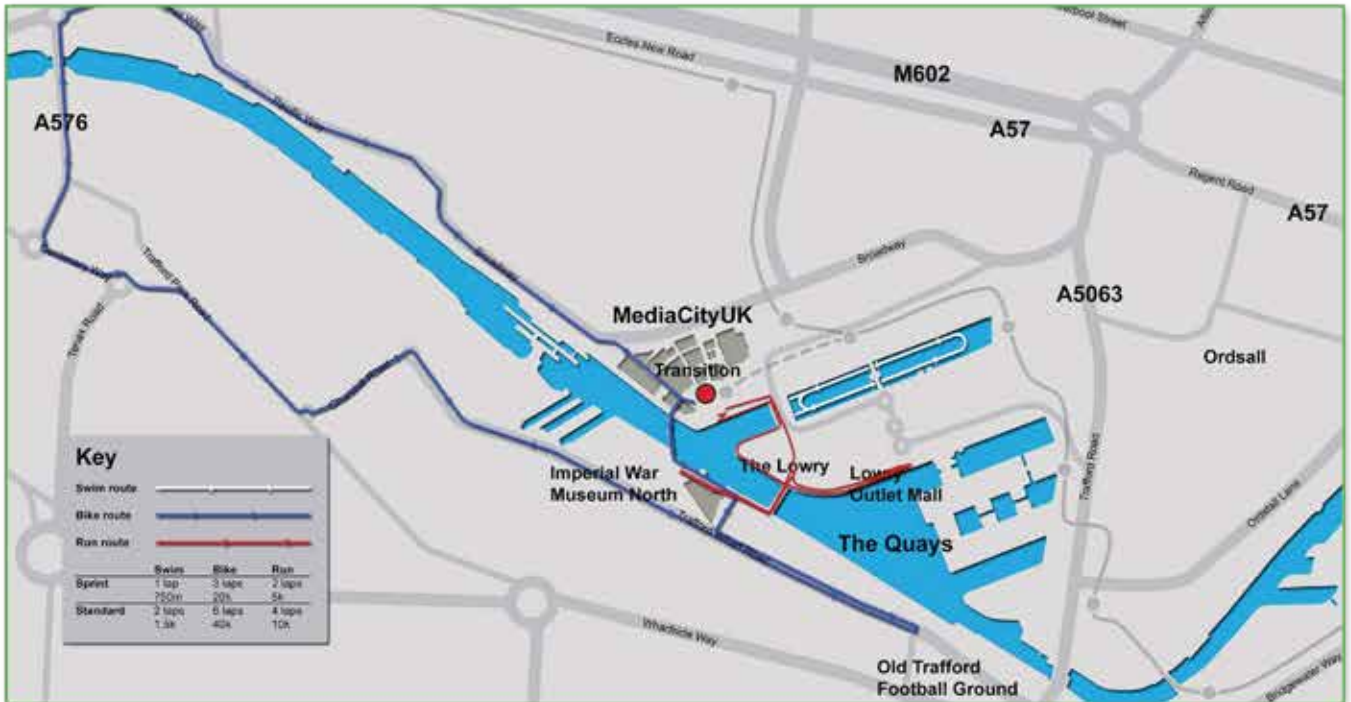


"As one of the UKs leading Environmental and Engineering consultants Wardell Armstrong is thrilled to be sponsoring the Salford Triathlon once again. We have been there to watch the event grow since its return in 2013 and this year's event will be bigger and better than ever! We will be fielding a number of our own individual and team competitors so watch out for us! Good luck to everyone and we'll see you on the day."

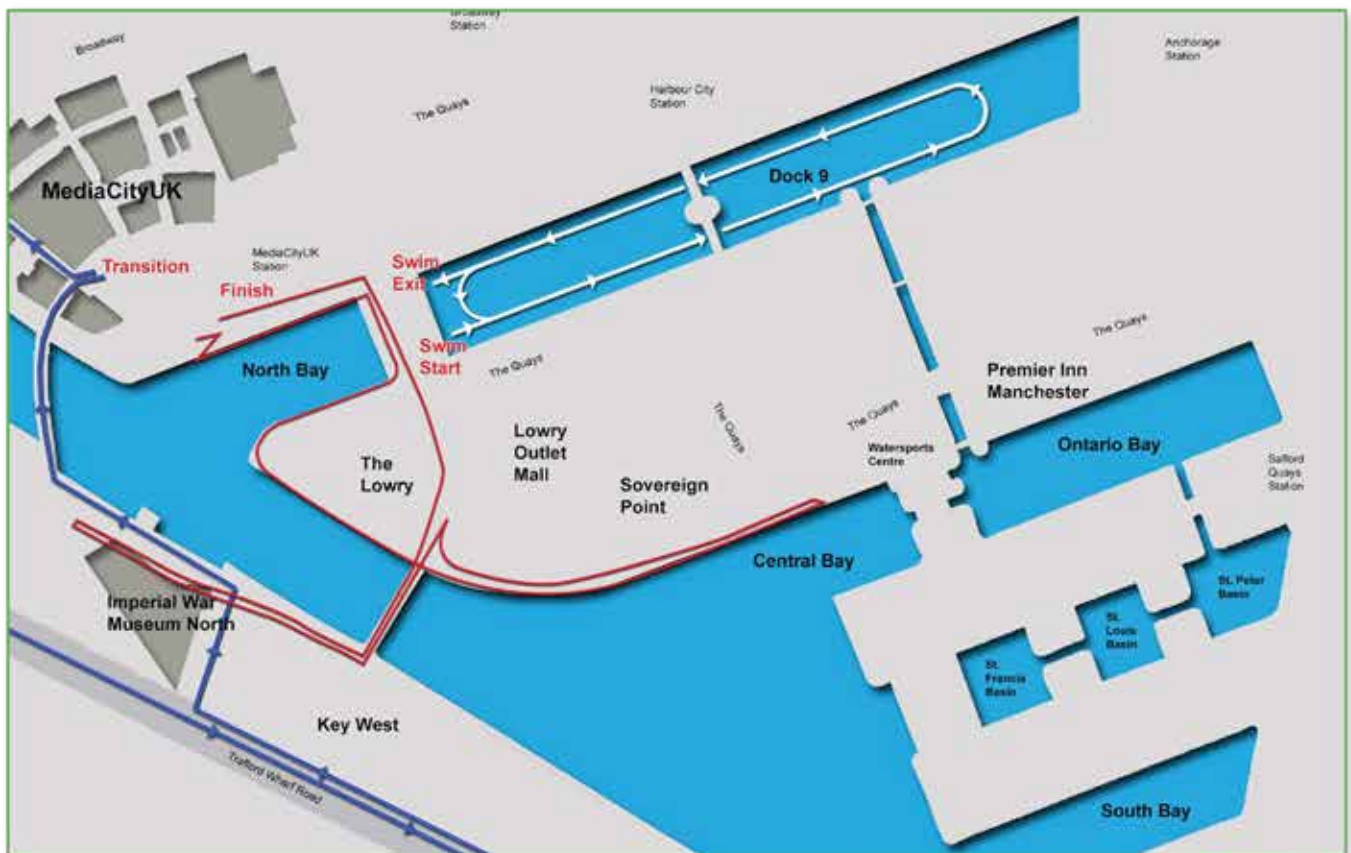
Keith Mitchell
Wardell Armstrong



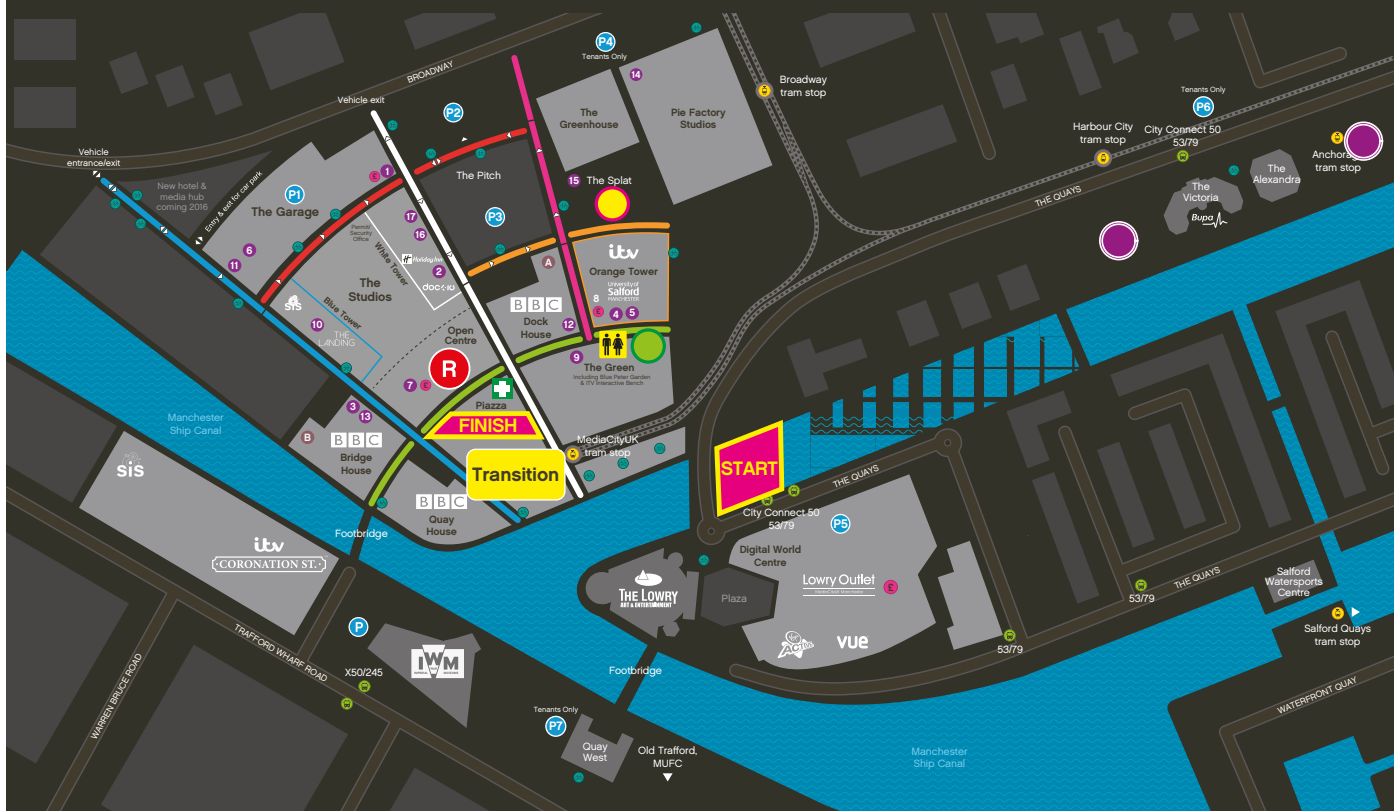
COURSE MAPS



Course Map



Run/Swim Course



Key

- R Registration
- Transition Cycle Transition
- P Car Park
- Bike Hub/Changing & Showers
- + First Aid
- Toilets
- Nuffield Physio

Transport & Amenities

- Tram stop
- Bus stop
- Cycle Parking
- Cash Machine

Parking

- P1 The Garage MSCP
- P2 Booths Short Stay
- P3 The Pitch Short Stay
- P4 Pie Factory/Greenhouse (tenants only)
- P5 Lowry Outlet MSCP
- P6 Harbour City MSCP
- P7 Quay West (tenants only)

Retail & Leisure

- 1 Booths, including café
- 7 WHSmith
- 13 Pokusevki's
- 2 Holiday Inn
- 8 Damson
- 14 Penelope's Kitchen
- 3 Costa
- 9 DockBar
- 15 Love Conquers All
- 4 Prezzo
- 10 On The 7th
- 16 Starbucks
- 5 wagamama
- 11 Once Upon a Time
- 17 Marco's
- 6 Dental (first floor)
- 12 The Dockyard
- 👤 Studio Audiences
- i Information Point

Residential

- A NumberOne
- B TheHeart

Useful information

Visitor Information

Information about MediaCityUK's attractions and amenities can be found at the information desk in the Open Centre and the Lowry Outlet. Please ask for a visitor guide to MediaCityUK, information on our forthcoming events and travel advice.

Events

MediaCityUK hosts a wide range of exciting events. Please visit the Open Centre or www.mediacityuk.co.uk/destination to find out more.

Studio Audiences and BBC Tours

The Studios at MediaCityUK are operated by dock10. Audience Entrances 1 and 2 are located within the Open Centre, which is also the meeting point for the BBC Tours.

Lowry Outlet

The Lowry Outlet at MediaCityUK is home to a range of designer, high street and individual brands offering discounts of up to 70%. lowryoutlet.co.uk

Eat and Drink

The MediaCityUK map shows the location of over 40 venues for you to enjoy a drink and a bite to eat.

Getting Here

Regular trams connect MediaCityUK with locations across Manchester, including the city centre, Piccadilly Rail Station and the airport. Buses also operate to the city centre (CC50/X50), Didsbury (CC50), Trafford Centre (X50), Salford/Cheetham Hill (79, 53) and Altrincham (245).

Keep in touch

Call: 0161 886 5300
Email: hello@mediacityuk.co.uk
Twitter: @MediaCityUK
Facebook: [MediaCityUKofficial](https://www.facebook.com/MediaCityUKofficial)



Scan with your smartphone to visit the website

VARIOUS MAPS



MediaCityUK Aerial Map



Transition Zone Map

REGISTRATION PACK

When you register, you will receive a registration pack which will contain the following:

1: SECURITY WRISTBAND

This must be attached to your wrist on receipt at registration in order to rack your bike in transition and should not be taken off until you have retrieved your bike from transition after racing.

2: TWO BIKE NUMBERS

Before the race, stick one number to your helmet and the other to the handlebars of your bike with the number facing forward. These should not be taken off until you remove your bike from Transition after racing. **NB: The bike number and your security wristband must match for you to remove your bike.**

3: RACE NUMBER

We advise you to attach this to a race belt. This will give you the flexibility to switch race clothing depending on conditions and to easily swap the number from back to front.

4: CHIP

Place your timing chip around your ankle. We advise you to make sure it is positioned under your wetsuit. The timing chip is registered against your race number for the results service and will provide times for each stage of the race if used properly. At the end of the race, once you cross the finishing line, please remove your timing chip and give it to one of the marshals before leaving this area. **Please note failure to return chips at the end of the event will result in a £20 charge.**

RACE CATEGORIES

Please note: All trophies and prizes should be collected on the day. If this is not feasible, they can be collected from any Us Swim Openwater session at Dock9, Salford Quays.

OVERALL CATEGORIES

1st male Sprint	1st female Sprint	1st male Standard	1st female Standard	1st place Relay
2nd male Sprint	2nd female Sprint	2nd male Standard	2nd female Standard	2nd place Relay
3rd male Sprint	3rd female Sprint	3rd male Standard	3rd female Standard	3rd place Relay

AGE GROUP CATEGORIES

1st Female Senior (17-39) Olympic	1st Male Vets (40-49) Olympic
1st Female Senior (17-39) Sprint	1st Male Vets (40-49) Sprint
1st Male Senior (17-39) Olympic	1st Female Vets Senior (50+) Olympic
1st Female Senior (17-39) Sprint	1st Female Vets Senior (50+) Sprint
1st Female Vets (40-49) Olympic	1st Male Vets Senior (50+) Olympic
1st Female Vets (40-49) Sprint	1st Male Vets Senior (50+) Sprint

YOUR RACE

THIS IS A MULTI-LAP RACE – IT IS YOUR RESPONSIBILITY TO COUNT YOUR OWN LAPS. PLEASE ENSURE YOU DO SO!

SPRINT DISTANCE (INDIVIDUAL & RELAY)

- 1 x LAP SWIM (750m)
- 3 x LAPS BIKE (20km)
- 2 x LAPS RUN (5km)

STANDARD DISTANCE (INDIVIDUAL AND RELAY)

- 2 x LAPS SWIM (1500m)
- 6 x LAPS BIKE (40km)
- 4 x LAPS RUN (10km)

WAVE NO.	RACE TYPE	TIME
Wave 1	Standard	09:00
Wave 2	Standard	09:20
Wave 3	Standard Female	09:40
Wave 4	Standard	10:00
Wave 5	Standard	10:20
Wave 6	Standard & Relay	10:40
Wave 7	Sprint	11:30
Wave 8	Sprint	11:45
Wave 9	Sprint Female	12:00
Wave 10	Sprint Female	12:15
Wave 11	Sprint	12:30

TIMETABLE

PLEASE ARRIVE WITH A MINIMUM OF 2 HOURS PRIOR TO YOUR WAVE START TIME TO REGISTER
NB – NO PHOTO ID = NO RACE

Sunday

- | | | | |
|-------|--|-------|---|
| 06:30 | Transition & registration opens | 11:00 | (approx) First standard competitors approaching the finish line |
| 08:40 | Race briefing for Wave 1 competitors at the swim assembly (swim start) point | 12:30 | (approx) First Sprint competitors approaching the finish line |
| 09:00 | Wave 1 Race Start – First Standard Distance wave | 15:00 | Last competitors complete the course |
| | | 15:15 | Prizegiving at the Bandstand, by the Sponsors' marquees |

SWIM

SWIM START

You should arrive at the Swim Assembly a minimum of **25 minutes** before your Wave start time for a full race briefing. Please note that there is a crossing point at the swim exit on the way to the swim start. It will take approximately 2/3 minutes to walk from Transition to the Swim Assembly, not including any potential stops at the crossing point.

The event is governed by BTF rules as to the use of wetsuits. You need to wear the swim cap provided within your race goody bag at registration. This helps identify your Wave start. **NO HAT – NO RACE!**

You may be in the water for up to 5 minutes before your start. Use this time to assess the conditions, practise your swim technique and prepare mentally for the race. The route will be marked by buoys. Canoeists will be on hand to guide the wave. Once in the water, you should identify tall landmarks that can keep you on course and so help avoid weaving and swimming further than you need to!

SWIM EXIT

The swim exit pontoon dips into the water so you can swim onto it before standing up. Marshalls will be on hand to help you out if required. An inflatable arch identifies the swim exit.

THE WATER

The water is tested against EU bathing standards; however we would still advise you to be in good health and try to avoid swallowing the lake water. Some swimmers may be more susceptible to infection through immune suppression. In open water swims there are no walls to push off the every 25m, so practice swimming the race distance accordingly prior to race day.

SWIM SAFETY

For many, the swim is the most daunting part of the race, but don't worry! Our water safety team will be there to guide you and help if required. The team, consists of fully qualified lifeguards in kayaks and rescue boats as well as bankbased lifeguards on the pontoons.

If this is your first triathlon, or swimming is not your strongest discipline, we recommend that you position yourself towards the back of the wave. It may add a few seconds to your time, but it will enable you to get into your rhythm and enjoy the swim more.

If you do get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you and if necessary arrange a safety boat to take you to the water's edge.

SWIM STROKES

Most people use front crawl or breast stroke. Back stroke is not recommended because it can be confused with someone indicating they are in difficulty.

TRANSITION TO BIKE (T1)

Make sure you know your route through Transition when switching between disciplines, as well as where you racked your bike. Getting lost in Transition will add minutes to your finish time that you have been training for months to reduce!

DISQUALIFICATION AND PENALTIES

The race is governed by BTF Referees.

- Cycles and equipment must be placed in the same position at the start and finish of the cycle leg.
- No cycling is allowed in the Transition area at any time. There will be a clearly marked mount and dismount line at 'Bike Out' and 'Bike In'.
- You must secure your helmet strap before removing your bike from the rack and it must not be undone until your bike is replaced on the rack after finishing the bike course. You will be given a 2 minute time penalty if you do not comply with this rule.
- No headphones may be worn during any phase of the race and will result in either a penalty or disqualification.
- Nudity is not permitted within the Transition area.

Visit www.britishtriathlon.org for all rules and regulations.

BIKE

THE COURSE

Make sure you know the route! It is your responsibility to navigate the course successfully and safely and to count your own laps.

There will be no drink stations on the bike course - you should prepare a drink that is suitable for you and have it on your bike before the race starts. Always cycle on the left hand side and beware of competitors overtaking you.

PLEASE NOTE THERE IS A NO OVERTAKING ZONE ON THE BIKE COURSE OVER THE MediaCityUK Footbridge. THIS WILL BE CLEARLY MARKED, HEAVILY MARSHALLED AND MUST BE ADHERED TO, OTHERWISE PENALTIES WILL OCCUR.

DRAFTING

No drafting is allowed i.e. taking shelter behind or beside another competitor during the cycling leg of the race.

DRAFTING AND NOT DRAFTING

- A 'bicycle draft zone' is defined as a rectangle surrounding every competitor that is 3 metres wide and extends 7 metres behind the front wheel of a competitor's bicycle. The front edge of the front bicycle wheel will define the centre of the leading edge of the rectangle. The draft zone of one competitor must not overlap the draft zone of another competitor.
- Competitors may enter the draft zone of another competitor for the purpose of overtaking, but must be seen to be progressing through that zone.
- A maximum of 30 seconds is allowed to pass through the draft zone of another competitor.
- If an overtaking manoeuvre is not completed within 30 seconds the overtaking cyclist must drop back.
- When a competitor is passed by other competitors, it is his/her responsibility to move out of the draft zone of the overtaking competitor. Failure to do so may result in an official caution or time penalty.

- A competitor is passed when another competitor's front wheel is ahead of his/her front wheel.
- If a competitor is frequently passed by, or seen to be frequently passing, the same competitor this will be seen as working with, or drafting off, that competitor and will be subject to the same penalty as drafting.
- Motorcycle and static BTF Referees will patrol the course to enforce the no drafting rule.

BIKE SAFETY

It is your responsibility to bring a bike that is road worthy and complies with the BTF rules (visit www.britishtriathlon.org for more information). We recommend that you have your bike serviced before race day.

- Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. (NOTE: a CE mark is NOT an approval mark).
NB: ANY HELMET BOUGHT IN RECENT YEARS WILL COMPLY BUT CHECK FOR DAMAGE WHICH WOULD STOP IT PROTECTING YOU PROPERLY.
- Fixed wheel bikes (bikes that use the pedals as a brake) are not permitted in the race.
- Your handlebars must not have bare open metal ends. Please obtain stoppers to plug them before coming to the race.
- Our BTF Referees will be on site to stop anyone from using a bike that does not comply with the BTF rules.

RETURN TO TRANSITION (T2)

Once you return to Transition after completing the bike course please make sure you return your bike to the same position it was in at the start of the race. Not doing this will result in a penalty. Please ensure your bike is in position before you remove your helmet. Please also show respect to your fellow competitors in transition by keeping your transition area tidy and keeping to the left on entry and exit.

RUN

- Make sure you know the route! It is your responsibility to navigate the course successfully and safely and to count your own laps.
- We recommend you do not wear new running shoes on race day!
- You should run on the left at all times. Be aware of other competitors trying to pass you and take care when passing other competitors.
- No headphones are allowed.
- Please take care and **keep to the left** when running over the footbridges.
- There will be a water station on the run route.
- There will be a toilet on the run course, located close to the swim area.
- The race finish is adjacent to the Transition area. Smile & enjoy, you are nearly finished!

MEDICAL ADVICE

Discuss any medical problems with your GP before competing in the triathlon. This advice is in addition to anything he or she says. If you have a medical condition put a cross on the front of your race number. **NB. MAKE SURE YOU FILL IN THE DETAILS ON THE REVERSE OF THE NUMBER IN PERMANENT PEN.**

CARDIAC EVENTS AND SCREENING

If you have a family history of heart disease or sudden death, or you have symptoms of heart disease (such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations), you should discuss this with your GP who can arrange for you to have a proper cardiac assessment before competing.

ON THE DAY...

Do not compete if you feel unwell or have just been unwell. This applies even if you are raising money for charity. Most medical emergencies occur in people who have been unwell but do not want to miss the event. If you feel feverish, have been vomiting, have had diarrhoea or any chest pains **DO NOT RACE!** A large number of medical emergencies occur in people who have been unwell, but do not want to miss the event. If the weather on race day is hot or humid do not try for a PB, take it easy and enjoy the day. Serious heat related problems are common even in triathlon.

HYDRATION - DRINKING SAFELY

Sensible fluid intake is necessary for a triathlon. Your thirst is the best and safest guide to how much to drink. You should start the race adequately hydrated and then drink small amounts as your thirst dictates. Avoid drinking too much fluid before, during or after the race, as it is possible to get ill from drinking too much fluid (water OR sports drinks).

Cups of water are available at regular intervals along the course, although you will need to provide your own drinks for the cycle leg.

AT THE FINISH

Do not stand around getting cold - keep warm. It is good to have a fleece on hand to change into, as you will cool down very quickly after your race.

TEAM RELAY - TEAM RELAY RACE RULES

1

Swim course

The swimmer must wear the timing chip on their ankle, and should do so under their wetsuit. When they exit the water they make their way to where the bike is racked in Transition where they pass their timing chip on to the cyclist in the team.

2

Bike course

The cyclist must wear the big race number on the back of their vest. The cyclist must wait at their bike, which must be racked until they have been tagged by the swimmer and secured the chip to their ankle.

Please note new BTF rules this year state that all competitors taking part in any relay must have their helmet placed on their bicycle and must not put the helmet on until they have been tagged by their team mate but before they have picked up their bicycle. Competitors must remove their helmet once their bicycle is racked but before they tag their team mate. Upon completing the bike course the cyclist must make their way back to their original position in Transition, re-rack their bike and THEN remove their chip and race number and hand them over to the runner.

3

Run course

The runner must wear the big race number on the front of their vest. They must wait by their racking location until the bike is racked before securing the chip to their ankle.

REMOVAL OF EQUIPMENT

You will be able to remove your bike from Transition after racing. The marshalls will check the bike number against the wristband number before it is released. Please make sure that you take the correct wetsuit with you as most are black and look very similar!

GETTING THERE ON THE DAY

BY CAR

Two minutes from the Manchester motorway network via Junction 2 of the M602.

TRAM

The new tram terminus is at the heart of MediaCityUK and it takes 15 minutes to get to Manchester Piccadilly or 10 minutes to Eccles Station. In addition the Broadway tram stop is adjacent to The Pie Factory. www.metrolink.co.uk

BUS

Three bus services run to MediaCityUK. The X50 (running every 15 mins from the city centre), the City Connect 50 and the 245. Find out more at: www.mediacityuk.co.uk/destination/getting-here.

CYCLE

MediaCityUK is easy to reach by bike and there are over 300 cycle bays dotted across our site.

AIR

Manchester Airport is a 20 minute drive away and offers the choice of more than 200 destinations worldwide. Additional overseas connections are also available at Liverpool John Lennon Airport.

EAT AND DRINK

We have a variety of retailers at MediaCityUK, including a food store, a bar and several restaurants: www.mediacityuk.co.uk/our-community/retail.

There will also be a number of food & drink stalls in and around transition as well.

When leaving your vehicle please do not leave items of value visible within it. Please consider removing sat navs from the vehicle, wiping any sucker marks off the windscreen, and leaving the glove compartment door open so offenders can see that it is empty!

ACCOMMODATION

Salford Triathlon are delighted to confirm our partner hotel for the event: Holiday Inn Manchester-MediaCityUK

Located in Salford Quays, the Holiday Inn Manchester - MediaCityUK offers 218 air-conditioned ensuite bedrooms, mini gym, meeting facilities and private dining, at the heart of the largest purpose built media community in Europe.

Sample fine British cuisine at The Green Room Restaurant, the hotel's stylish restaurant on the mezzanine floor or meet at the Hub Bar, the perfect place for morning coffee, afternoon tea, lunch, bar snacks and that important celebratory drink after the Triathlon! Within easy reach of both Manchester City Centre, the motorway network and overlooking transition and the course itself, the hotel is ideally situated for the Salford Triathlon. The new tramline will take you to Piccadilly in ten minutes.

Accommodation is available on both Saturday 25th or Sunday 26th July 2015 based on either twin or double accommodation.

Nightly Rate: £49.00 Room Only OR £59.00 Bed & Breakfast. For bookings please call: 0161 813 1040 and quote: 'Salford Triathlon' in order to obtain the rate.



Visit Salford, Discover the City

Find out about Salford's fascinating history, arts, culture, sport, shopping and stunning scenery. Ideally located next to Manchester in the heart of the North West, Salford has it all. Here's a few suggestions of how you can make the most of your visit and sample the very best the city has to offer. For more information go to: www.visitsalford.info or call 0161 848 8601.

The Quays

Greater Manchester's unique waterfront destination, packs everything you can do in a big city, into one spectacular square mile. Immerse yourself in culture at The Lowry, check out the home of the BBC at MediaCityUK, enjoy some retail therapy at the Lowry Outlet, discover the award-winning Imperial War Museum North and explore the city's Tudor gem; the Grade 1 Listed manor house Ordsall Hall, plus much more.

www.thequays.org.uk

Worsley

With its rich heritage, half-timbered buildings and a canal-side setting, Worsley is a beautiful place to discover and get away from it all. Treat your taste buds at one of the village's many restaurants, jump onboard a barge and cruise along the Bridgewater Canal, play a round of golf on the championship golf course or enjoy miles of woodland.

www.visitworsley.info

Chapel Street

The ancient heart of the city is still beating strong with plenty to keep you busy. Visit Salford Museum & Art Gallery and check out an exhibition. Enjoy real ale and do the self-guided Chapel Street Ale Trail.

www.visitsalford.info/chapelst

REGISTRATION AND ON THE DAY PROCEDURE

1 Once you have arrived, go to the Registration desks, located in the Open Centre. Registration is open from 6:30 am

2 In the Open Centre visit the desk applicable to your wave & show your photographic ID.

3 You will receive your race numbers and timing chip, which will become your responsibility until you hand it back at the finish line. Due to the costs of the chip technology, there will be a **£20 charge** if you lose your timing chip once in your possession.

NB: You must wear your timing chip around your ankle. We advise you to make sure it is positioned under your wetsuit. The timing chip is registered against your race number for the results service and will provide times for each stage of the race if used properly.

If you are competing in the Team Relay, only one person from your Team needs to pick up your timing chip, but the bike numbers must be correctly attached to the bike and helmet to be used by the cyclist. The timing chip acts like a relay baton, so must be given to the team's swimmer for the race start and transferred to the ankle of the next person after each phase.

4 Once you have collected your race numbers and timing chip, place all your numbers according to how they should be and make your way to Transition which is in the Piazza (in front of registration) and rack your bike in the row relevant to your race wave (the wave categories and times are listed on page 8. Make sure you know yours!) Place your bike, at any marked position on your designated row. We are NOT providing each competitor with a numbered racking position so make sure you remember where you racked your bike. Ensure your bike and race equipment are left neatly on the marked position.

You will be provided with one race number - we highly recommend you use a race belt which is the easiest way to display your number on your back for the bike section and on your front for the run section.

5 The race safety briefing will take place at the swim assembly – any key points, changes and safety notes will be to Swim Assembly.

KEY RULES

- Transition is a high security area. Access will only be given to those competitors wearing security wristbands. No family (this includes children), friends or pets (!) will be allowed into the Transition area.
- Your wristband must match your bike number to be able to leave after the race - Do not **TAKE IT OFF!**
- There is a no overtaking zone on the bike course. This is clearly marked and is between the imperial war museum, over the bridge and ends just beyond the transition area. This area will be heavily marshalled. Anyone caught overtaking in this zone **WILL BE DISQUALIFIED.**

BTF MEMBERS

- If you are a BTF (British Triathlon Federation) member, go to the registration in the Open Centre and show your membership card to receive your £5 reimbursement.

BTF NON MEMBERS

- If you are not a BTF member, your entry fee will have included a day membership licence, which provides 3rd party insurance

KIT CHECK LIST

Essential:

Bike
Helmet
Number Belts (provided by us)
Shoes for cycling/running
Tri Suit / Swim wear / Shirt / Shorts
Wetsuit
Goggles
Valid BTF Card (If Member)

Desirable:

Tools/Spare Inner Tube
Pump
Drinks Bottle
Glasses
Sports Bag
Energy Gel
Food Bars
Watch
Towel
Track Suit
Spare Goggles
Talcum Powder For Shoes
Rubber Lubricant
Socks

FASTEST BROTHERS IN IRONMAN® POWERBAR USERS

Michael Raelert
Ironman 70.3 World Champion 2009, 2010
Ironman 70.3 European Champion 2010, 2012
PowerBar® User since 2008

Andreas Raelert
Ironman European Champion 2010
PowerBar® User since 2008



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In 1986 PowerBar® developed the World's first energy bar and went on to become the leading sports nutrition brand in the world. We help athletes perform better by providing them the power to push through boundaries and this is why world renowned sporting events like Ironman and the Tour de France rely on PowerBar® products.



YOU'RE STRONGER THAN YOU THINK™

PowerBar®

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www.PowerBar.com

Available online:



probikekit.com
the online road cycling experts



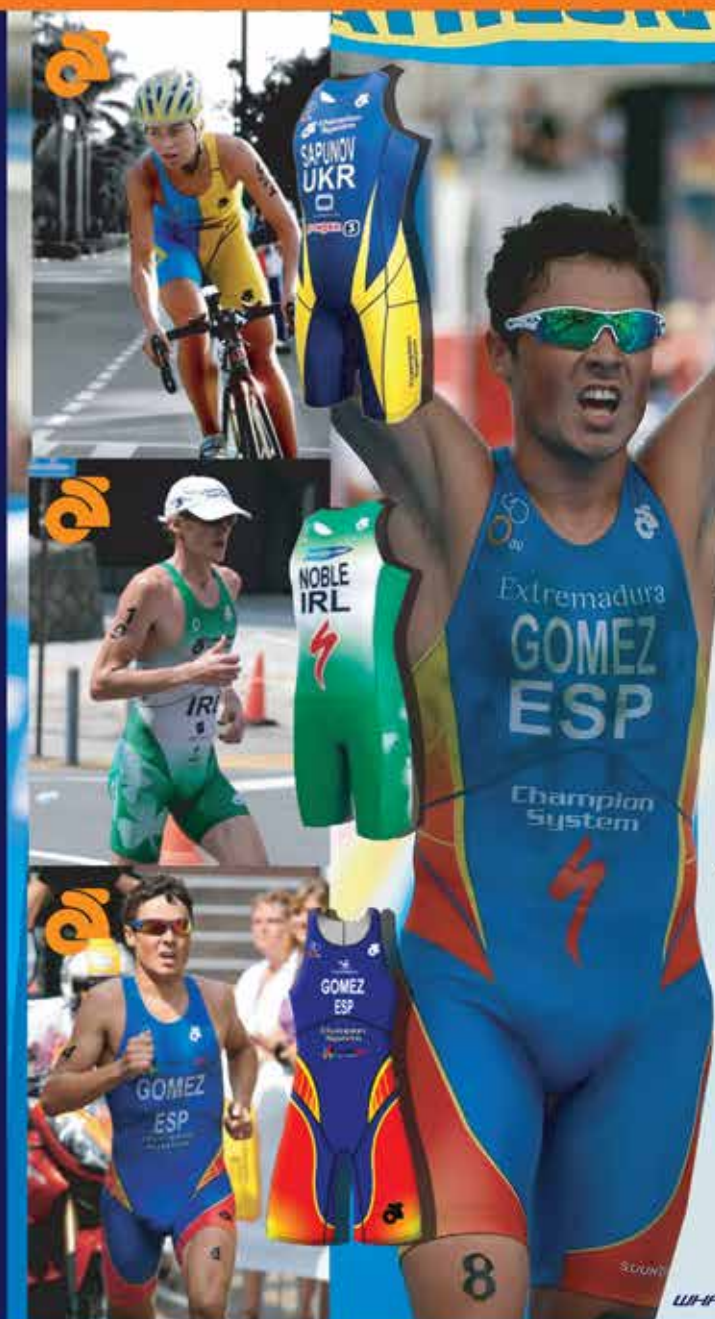
Available in store:

HOLLAND & BARRETT
we're good for you



Find your local stockist at:

www.fisheroutdoor.co.uk/powerbar
www.cycle.ie/powerbar



LOW PRICING

One Piece Tri Suit: £64
Two Piece Tri Suit: £70

FREE SETUP

ONLINE ORDERING

LOW MINIMUMS

ONLY 10 PCS FIRST ORDER
1 PERSON TEAM KIT AVAILABLE

FREE ARTWORK

NO CHARGES FOR ARTWORK OR
SUBSEQUENT CHANGES.

EXTENSIVE RANGE

OVER 200 PRODUCTS

PRO LEVEL QUALITY

AS USED BY MULTIPLE NATIONAL
AND WORLD CHAMPIONS

YOU DESERVE THE BEST!

NO HIDDEN COSTS

WE DO NOT CHARGE EXTRA
PER COLOUR, SCREENS OR ZIP LENGTHS

PROFESSIONAL SERVICE

CONTACT US NOW FOR A FREE QUOTATION
AND ARRANGE SAMPLE VIEWING.

FAST TURNAROUND

2 WEEK TURNAROUND AVAILABLE

For the 2 week service a surcharge will apply.

NEW  **DIRECT**

CS DIRECT, INDIVIDUAL ORDERING,
PAYMENTS AND PACKAGING
FOR YOUR CLUB MEMBERS,
EASY ONLINE ORDERING SYSTEM,
WHAT THE KIT GUY HAS BEEN WAITING FOR!

CUSTOM TECHNICAL APPAREL

CHAMP-SYS.CO.UK