

Ultimate Weekend Triathlon

Friday 2nd June - Sunday 4th June 2023

The Mere, Cremorne Gardens

Ellesmere, SY12 0DQ

Race Day Information

Please read each section on Swim, Bike and Run relevant to which event or events that you have entered.



UK Ultimate Swim - Friday 2nd June

All competitors 5:30pm

UK Ultimate Cycle - Saturday 3rd June

All competitors *from* 7:30am

UK Ultimate Run – Sunday 4th June

All competitors 8:00am



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Welcome

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

Parking Information

There are numerous car parks around Ellesmere, some of them 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 and Castlefields car parks SY12 0PA

Cross Street car park SY12 0AW

The Moors car park SY12 0PA

Spa Bridge car park SY12 0AS

Tesco superstore car park SY12 0EJ

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 contact Julie on 07736809074 or thorbornj@gmail.com.

Race Distances

Race	Swim	Cycle	Run
UK Ultimate Full	2.4 miles 4 laps	112 miles 4 laps	26.2 miles 4 laps
UK Ultimate Half	1.2 miles 2 laps	56 miles 2 laps	13.1 miles 2 laps
UK Ultimate Quarter	0.6 miles 1 lap	28 miles 1 lap	6.5 miles 1 lap

Essential Information

Registration

Registration will be open:

- Swim Registration Friday 2nd June from 4:00pm
- Cycle Registration Saturday 3rd June from 6:30am
- Run Registration Sunday 4th June from 7:00am

Please know your race number for registration. Registration is located in the orange Mornflake marquee.

You must register individually for each event, even if you are taking part in The Ultimate, Ultimate Half or Ultimate Quarter Weekend. At registration, you will receive the following:

Swim: Electronic Timing Chip and Strap x1, Swim Cap x1

Cycle: Race Number x1, Bike Sticker x1, Helmet sticker x1, Electronic Timing Chip and Strap x1

Run: Race Number x1, Electronic Timing Chip and Strap x1

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.
5. Double check that the strap is fastened correctly and securely.

Please hand in your electronic timing chip at the finish line whether you complete the course or not or you will be required to pay £25.00 to replace it.



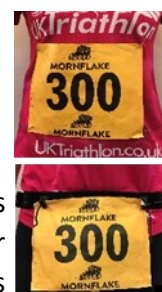
Race Brief

There will be a safety race brief 15 minutes before the swim and run events, and a rolling safety brief before all bike start times.

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 on your shirt.
2. Use an elastic number belt 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.



What do I wear?

A wetsuit is compulsory for the Full and Half distance. 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.

Essential Information

Helmet

Your helmet sticker must be attached to the front of the helmet. Helmets are compulsory for the cycle and must be fastened 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. The bike sticker must go on the front of the handlebars.



Illegal Equipment

Certain items are banned during the event and in 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.

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!

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.

Frequently Asked Questions

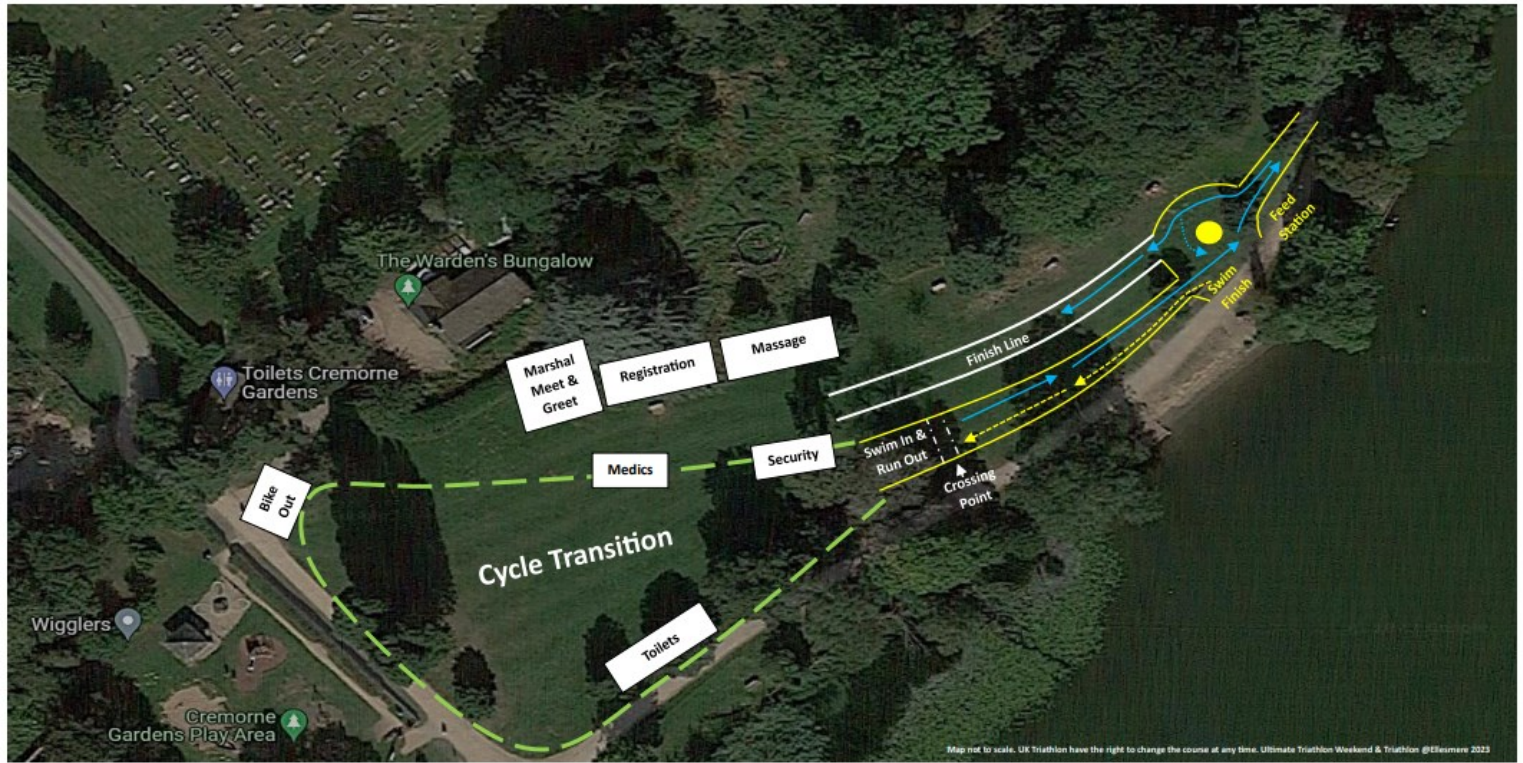
Where are the toilets?

Toilets are located inside the Cycle Transition Area.

Can my friends and family spectate?

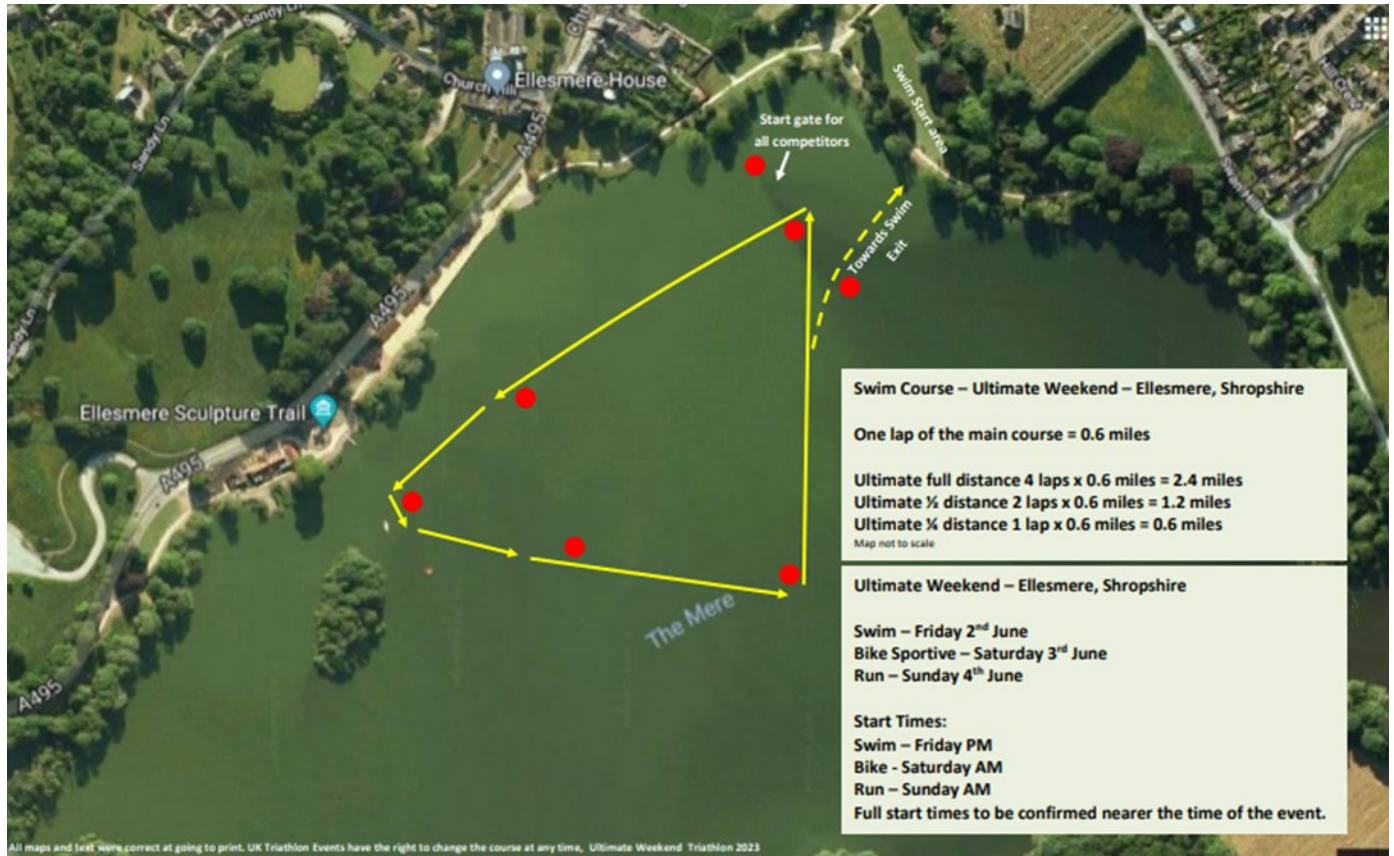
Yes! There is plenty of space around Cremorne Gardens for spectators. Friends and family can also marshal for us to earn a free race place, please contact keith@uktriathlon.co.uk.

Main Arena Map



Swim

Full – 2.4 miles – 4 laps
Half – 1.2 miles – 2 laps
Quarter – 0.6 miles – 1 lap



Wetsuits and Swim Cap

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

Swim Start & Finish

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 aren't a strong swimmer, consider starting further back or to the side of the main pack. Once you have completed the correct amount of laps, swim to the swim exit and exit the water and run or walk down the grass finish alley and through the Mornflake finish gantry.

Water Depth & Safety

Water depth between 2 to 3 metres (6 to 10 feet).
There will be safety canoeists on the course.

As an added precaution, as soon as you get into water that is deep enough to swim, then please swim and don't walk. 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 Cut off Time

The cut off time is 8:15pm.

Pre-Race Service Check

Make sure your bike is working properly with our pre-race service/check. Please see page 12 for more information. The mechanic may not have availability on the day, so if your bike isn't in good shape be sure to book in for a service.

Course Safety

You must abide by the highway code. 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 and roundabouts, although there are safety marshals present, they are not there to give direction.

There must be no littering on the bike course.

One lap of the course is when you return back to the town of Ellesmere where you see the "Bike Finish" turn signs. The feed station is within the first 250 meters of the start of the lap.

When you complete the correct amount of laps, follow the bike finish signs right back into Cremorne Gardens and onto the grass finish straight and through the Mornflake finish gate.



Feed Station and Toilet

The feed station is located at the start of the cycle lap and thereafter will be every 28 miles.

There is a toilet situated at the feed station. The feed station will have High 5 energy drink and water (in 750ml bottles), High 5 gels and bars, Haribo chewy sweets, crisps and bananas.

You will receive 4 High5 energy gels and 2 High5 energy bars at registration. Ideally carry these with you on your bike. Also make sure your water bottles are full, ready for the start of your cycle.

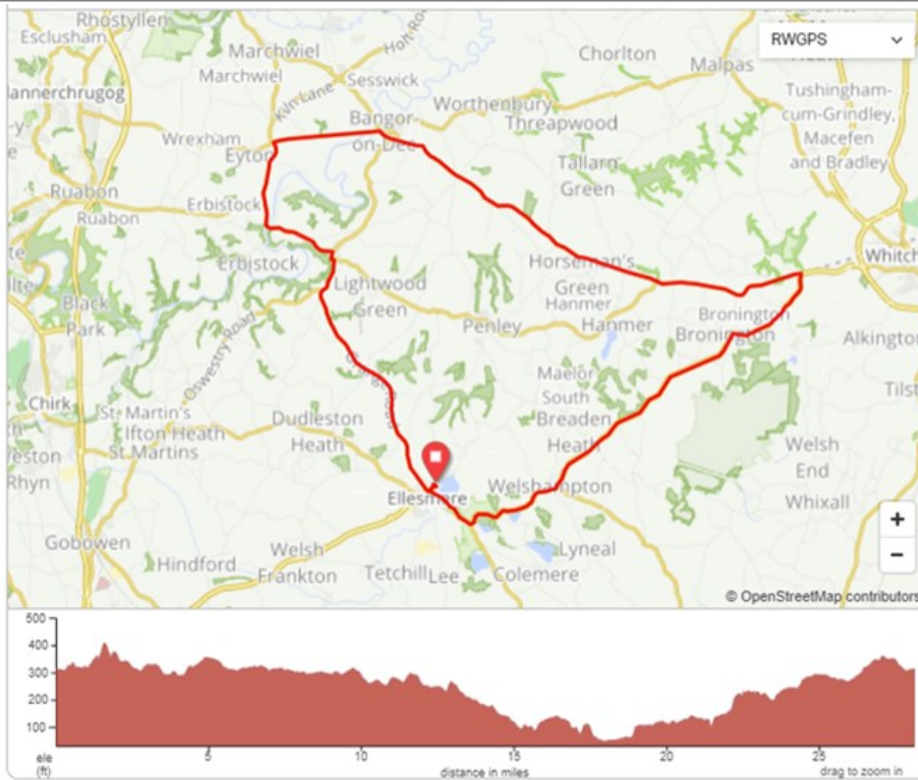
If you have specific drinks or food that you want during the race, you may do one or both of the following.

1. Have family or friends safely hand them to you on the course at the cycle feed station.
2. Carry it with you (within reason!).

Cut off Time

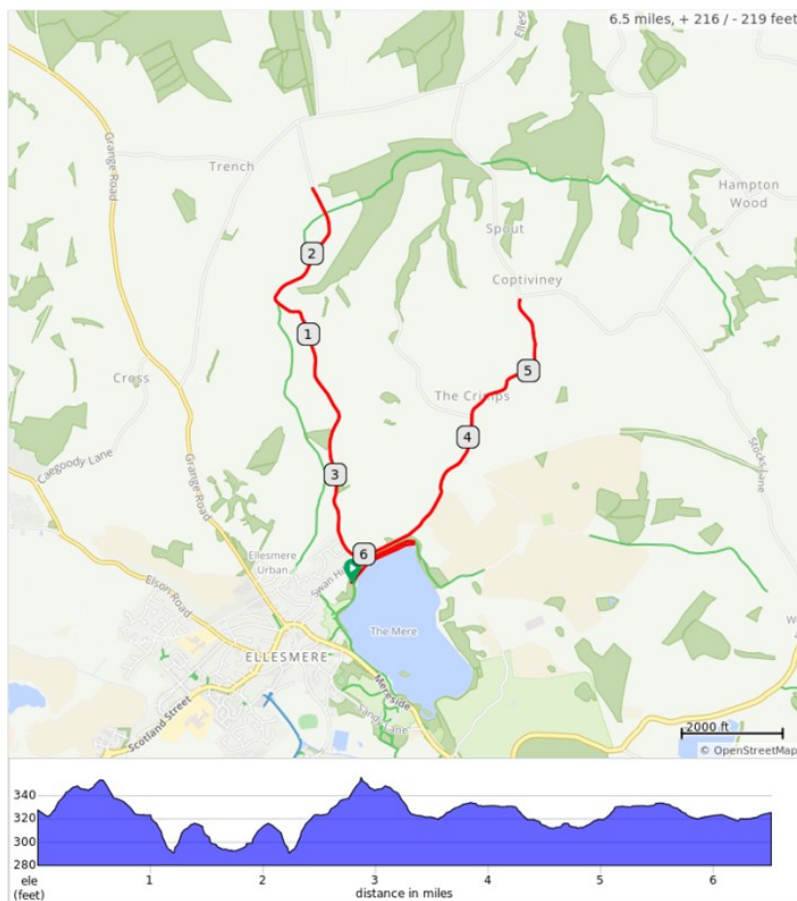
The cut off time is 5:30pm.

Cycle Map



[To view the full map and to zoom in on the bike map please click here](#)

Run Map



Run

Full – 26.2 miles – 4 laps
Half – 13.1 miles – 2 laps
Quarter – 6.5 miles – 1 lap

The Course

The run course is mainly on a closed to traffic country lane.

One complete lap of the run course starts and finishes by the Mornflake start/finish gantry.

Keep to the left at all times except when overtaking.

Follow the signs around the course.

Please be aware that vehicular traffic could be on the course for any residents within the road closure or emergency vehicles, so please stay alert at all times.

There must be no littering on the run course.

Counting Laps

At the end of each run lap, your race number will be logged by a marshal. If you are unsure of the amount of laps you have completed you can ask the marshal and they will tell you.

Feed Station

There is one feed station on the run course that you will pass approximately every 2.5 miles.

The feed station will have High 5 energy drink, water, High 5 gels and bars, Haribo chewy sweets and bananas.

If you have specific drinks and food that you want during the race, you may do one or both of the following.

1. Have family or friends safely hand them to you on the course, Can be done almost anywhere from the side of the course.
2. Carry it with you (within reason!).

Toilets

Toilets are accessible at the start/finish of the lap.

Cut off Time

The cut off time is 3:30pm.

Results

Results

Provisional results and times will be online on Monday 5th June 2023.

Should you have any problems with your results please email results@uktriathlon.co.uk once the results have been finalised.

Prizes

Prizes

Every competitor will receive an individual medal for each of the swim, cycle and run disciplines.

There are trophies and prizes for top three male and female finishers for the Ultimate, Ultimate Half and Ultimate Quarter.

There will be age group awards for first place finishers in every five year age group for the Ultimate, Ultimate Half and Ultimate Quarter Weekend.

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

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+

Photography

My Sport Photos

Our official event photographers, My Sport Photos, will be in attendance on the day to capture your best sporting moments, with the option to purchase your photographs online post event. We will email you once the photos are available. For any photography inquiries please contact info@mysportphotos.co.uk or www.mysportphotos.co.uk.

UK Triathlon 2023/2024

Event Calendar

Ultimate Weekend	2nd - 4th June 2023
Ultimate Swim	2nd June 2023
Ultimate Cycle	3rd June 2023
Triathlon @ Ellesmere	3rd June 2023
Ultimate Run	4th June 2023
Ultimate Triathlon	25th June 2023
Ultimate ½ Triathlon	25th June 2023
Ultimate ¼ Triathlon	25th June 2023
Henley Kids Triathlon	22nd July 2023
Henley Triathlon	23rd July 2023
Birmingham Triathlon	5th August 2023
Birmingham Run	6th August 2023
York Kids Triathlon	19th August 2023
York Triathlon	20th August 2023
British Sprint Championships	2nd September 2023
Shropshire Triathlon	3rd September 2023
North Wet Kids Duathlon	16th September 2023
North West Triathlon	17th September 2023
Warwickshire Triathlon	1st October 2023
Stratford Triathlon	28th April 2024
Cheshire Kids Duathlon	18th May 2024
Cheshire Triathlon	19th May 2024

For more information please visit uktriathlon.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 2023 offering Athletes the opportunity to save money on Bike servicing and repairs during the race weekend. GET YOUR BIKE READY FOR RACE DAY!

To make your booking just text your Race Number, Name and Start time prior to Race Day and Carl will allocate a slot for your selected work. Bookings are also taken on Saturdays prior to Sunday Race Day.

Alternatively, for Athletes living in Cheshire or Shropshire bookings can be made at Badger Cycles Workshop based in Whitchurch in the weeks prior to the event. Discounted service rates will apply.

New for this year are the following Service packages -

BRONZE SERVICE - Safety Check, Brakes, Gears, Drivetrain, Headset

Tyres/Valves. **£20.00**

SILVER SERVICE - As Bronze plus - Chain Lubrication and Wear Check

Headset Lubrication and adjustment.

Brake Shoes Cleaned and re set.

Gears Adjusted and re indexed.

Bike Fit Check and adjustments. **£45.00**

GOLD SERVICE - as Silver plus -

Bottom Bracket Lubrication / Replacement

Rear Cassette removal / Clean and Lubricated.

Anti Puncture Sealant to Tyres.

Cables replaced Gears and Brakes. **£75.00**



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

RACE WHEELS HIRE - Badger Cycles can offer UK Triathlon Athletes the opportunity to Hire a set of Race Wheels giving YOU the chance to sample the benefit of having an Aero and lightweight set of wheels to shave some time off your race result.

POST RACE SERVICING – **£55.00**

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

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

GOT MECHANICAL ISSUES?



GOLD
£75

SILVER
£45

BRONZE
£20



BOOK YOUR PRE OR POST RACE SERVICE



**BADGER
CYCLES**

Badger Cycles will be displaying selected Models from Moda Bikes at ALL events this Season with Special Offers to tempt you to update your Bike this season !!

An addition to any special offer being offered, any customers placing orders during Race Weekend will also receive a FREE UK TRIATHLON RACE ENTRY VOUCHER (to the value of £100)!



**FREE RACE ENTRY WITH EVERY BIKE ORDER DURING
RACE WEEKEND**



You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our supporters taking part in this triathlon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



CANCER
RESEARCH
UK

Together we will beat cancer



**PROFESSIONAL
MASSAGE
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HELLO,

*we are your experts in
providing athletes
Pre & Post race massage service*

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On Site from
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Lunchtime

**2 Treatments for £30
Add Muscle Mend for £3 extra**

**3 Treatments for £45
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