SATURDAY EVENTS ATHLETE’S GUIDE
9 JUNE 2018   LEEDS.TRIATHLON.ORG
TRISTARS | GO TRI | YOUTH & JUNIOR | SH₂OUT

accenture   NTT   BONE CANCER RESEARCH TRUST   Bloodwise
BRITISH TRIATHLON   Leeds CITY COUNCIL   uk sport   LOTTERY FUNDED
WHOLE EARTH   YellowJersey Cycle Insurance   Riemann P20   NIRVANA

# ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA | NOTTINGHAM / LEEDS | HAMBURG | EDMONTON | MONTREAL | GOLD COAST
WELCOME

WELCOME FROM ITU WORLD TRIATHLON LEEDS 2018

The organising team would like to extend a warm welcome and big thank you to all those taking part in this year’s edition of the ITU World Triathlon Leeds.

Over the weekend of 9 and 10 June 2018, we will see more than 4,000 triathletes taking on the triathlon challenge as well as the world’s best racing through the streets of Leeds on Sunday.

Once again we aim to deliver an event to be proud of with a world-class course, fantastic volunteers on hand to help you every step of the way and an event village that is the beating heart of the ITU World Triathlon Leeds.

I would like to extend a huge thank you to all the volunteers and officials for their support and commitment in ensuring 2018 delivers a great athlete experience. And of course, thank you to all our suppliers, sponsors and partners whom alongside Leeds City Council, UK Sport and the ITU who have supported event organisers British Triathlon and enabled this year’s event to be one of the highlights on the triathlon calendar.

Have a fantastic weekend.
Wayne Coyle, Event Director
ITU World Triathlon Leeds 2018

WELCOME FROM UK SPORT

It is fantastic to be able to welcome you to the ITU World Triathlon Series in Leeds for the third time since the event moved to this great sporting city. UK Sport is proud to use National Lottery funding to help bring the biggest and best sporting events to the UK, they play an important role in boosting the local economy, supporting homegrown talent and giving fans the chance to see the best in the world compete.

By hosting world-class sporting events like this, we can inspire the nation — and by taking part in the event, you are testament to this.

On behalf of UK Sport, I congratulate British Triathlon, Leeds City Council and the ITU on delivering an excellent event. I hope you enjoy your own race as well as watching some of Britain’s top triathlete talent compete on your doorstep.

Esther Britten
Head of Major Events
UK Sport
Welcome to the third ITU World Triathlon Series event to take place in the city of Leeds.

This event represents the pinnacle of triathlon competition in the UK and provides elite triathletes with the opportunity to compete on a city-centre course in front of thousands of spectators.

In the elite event last year we saw the Brownlee Brothers score a magnificent 1:2 in the men’s race and Flora Duffy was imperious in the ladies’. The Brownlees and Flora will all return this year.

But what also makes this event special is the participation of thousands of local athletes in a variety of races, some of whom will be doing their first ever triathlon. Others will have travelled further to take part in the British Championships over the standard distance. If you are watching do give them your vocal support!

And if you are competing, please accept my best wishes – I hope you achieve your personal target, whatever that may be.

Ian Howard TD
President, British Triathlon

We are very proud to welcome the World Triathlon to Leeds for a third year after two truly amazing events in the city. The atmosphere and buzz created by spectators has been simply unbelievable and athletes can be guaranteed of another unforgettable reception as we showcase to the world why Leeds is a true city of sport.

As always there will be plenty of fun for the whole family to enjoy over the weekend, whether that is through the various events taking place at Roundhay Park or in the city centre for the spectacular finale on the Sunday, as the sport’s greatest athletes do battle.

The amount of hard work which goes into hosting an event the scale of World Triathlon Leeds is substantial, and could not take place without the hard work of so many volunteers. I would personally like to offer a big thank you to every volunteer for all their support and efforts.

We cannot wait for the festivities to begin on 9 June and we hope that everyone has a fantastic time in Leeds over the weekend.

Councillor Judith Blake,
Leader of Leeds City Council
WELCOME TO ITU WORLD TRIATHLON LEEDS

It is my great pleasure to welcome you back to Leeds for the fifth race of the 2018 WTS season. The city has a strong history in triathlon and is the home town of two ITU favourites, the Brownlee brothers Alistair and Jonny, as well as the training ground of fellow British greats Vicky Holland and Non Stanford. As such, the people here have always embraced our events, bringing some unique Yorkshire atmosphere to the occasion that I know our athletes thrive upon.

This year’s course is once again as interesting as it is challenging. Two laps of Waterloo Lake are to be followed by a 40km bike course that winds through the Yorkshire countryside before entering the heart of the city, where a four-lap run will come to an exciting finale in Millennium Square. Last year saw an exciting one-two for the Brownlees, with Alistair winning here for the second time in a row, after Flora Duffy had dominated the women’s race in style.

Once again, the triathlon action won’t be confined to the elites, however. The weekend includes something for enthusiasts of all ages and abilities, with the city committed to growing our great sport amongst its youth by organising youth and junior triathlons, team challenges and relays.

This historic city will provide the perfect backdrop for all these events over what is set to be another excellent few days of family-friendly sports action. After all, triathlon is a sport anyone can do regardless of age or gender.

I would like to thank British Triathlon, the Local Organising Committee and the city of Leeds for helping to put this occasion together. I hope that you will enjoy both the beautiful city and the spectacle of ITU triathlon.

Marisol Casado, President, International Triathlon Union, IOC Member
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>FROM NOW UNTIL RACE DAY</td>
<td>01</td>
</tr>
<tr>
<td>EVENT DAY</td>
<td>04</td>
</tr>
<tr>
<td>EVENT SCHEDULE</td>
<td>10</td>
</tr>
<tr>
<td>THE EVENT</td>
<td>12</td>
</tr>
<tr>
<td>SWIM</td>
<td>13</td>
</tr>
<tr>
<td>BIKE</td>
<td>14</td>
</tr>
<tr>
<td>RUN</td>
<td>16</td>
</tr>
<tr>
<td>AFTER YOU FINISH</td>
<td>18</td>
</tr>
<tr>
<td>ADDITIONAL INFORMATION</td>
<td>21</td>
</tr>
<tr>
<td>SPECTATING</td>
<td>23</td>
</tr>
<tr>
<td>COURSE MAPS</td>
<td>25</td>
</tr>
<tr>
<td>VENUE MAPS</td>
<td>30</td>
</tr>
</tbody>
</table>
01 FROM NOW UNTIL RACE DAY

CONFIRMATION OF ENTRY
All competitors who have registered for the event will have received a confirmation email. If you have not received this, please email: leeds@britishtriathlon.org

WHAT IF I WANT TO WITHDRAW?
If you wish to withdraw before the race day, please inform us by emailing leeds@britishtriathlon.org
Unfortunately we are unable to offer a refund to anyone withdrawing after 5pm on Wednesday 9 May.

RACE DAY CHECKLIST
To ensure you have a smooth race day, here we’ve listed the essential items to pack.

✏️ FOR REGISTRATION
☐ Photo ID
☐ Your race number (this will be emailed to you when available)
☐ If you have one, your valid British Triathlon Home Nation Membership Card
☐ This athlete guide, to help you with last minute details

🌊 FOR THE SWIM
☐ Wetsuit
☐ Swimming goggles
☐ Some wetsuit specific lubricant, to stop your wetsuit chafing
☐ Tri suit/swimwear

🚴‍♂️ FOR THE BIKE
☐ Bike, in a road worthy condition and bike shoes (if you use them)
☐ Race belt, if you use one

♗ Bike helmet – you won’t be allowed to cycle without one
☐ Tri suit/clothing
☐ Drinks bottle
☐ Any gels or food you might need
☐ Sunglasses
☐ Bike tool
☐ Puncture repair kit/spare inner tube

👠 FOR THE RUN
☐ Running trainers
☐ Any gels or food you might need
☐ A cap and/or sunglasses in case of sunny weather

⚠️ THINGS YOU MAY FORGET
☐ Friends and family! Bring your support network with you – there’s plenty for them to enjoy
☐ A change of kit, so you can stay dry and warm after your race
ACCOMMODATION & TRAVEL

ACCOMMODATION

Unless you live locally, we recommend you stay in Leeds or the surrounding area on Friday 8 June to make your experience more enjoyable.

As the Official Great Britain Age-Group Travel Supplier, Nirvana are the number-one choice for ITU World Triathlon Leeds event accommodation.

You can book a room at the Official Age-Group hotel, leeds.triathlon.org/event_info/age-group_accommodation

TRAVEL

We recommend you plan your travel route in advance, so you arrive stress-free and ready to race. The Saturday races take place within Roundhay Park and its surrounding roads. You can find a more detailed map of the event car park at the back of this guide and more information on page 4 (Event Day - Travel Advice).

Getting to Leeds is incredibly easy, it’s one of the country’s most accessible cities, in the heart of the UK. If you need any advice on how to get to Leeds, be it by car, train or plane, please visit the ‘GETTING TO LEEDS’ page on our event website, leeds.triathlon.org/the_city_of_leeds/getting_to_leeds

MERCHANDISE

You can still purchase Official Event Merchandise as a lasting memento of your race experience in Leeds. Items available are technical t-shirts, premium hoodies.

If you haven’t purchased your merchandise, you still can by visiting myevents.active.com/login and select the ‘purchase additional merchandise’ option. Alternatively email leeds@britishtriathlon.org who will be able to assist.

Merchandise designs are for illustration purposes only and are subject to change.

PURCHASE MERCHANDISE

MYEVENTS.ACTIVE.COMLOGIN
LIVE ACTION AND EXCLUSIVE CONTENT DIRECT TO YOUR MOBILE DEVICES

WWW.TRIATHLONLIVE.TV
SIGN UP NOW TO WATCH LIVE AND ON DEMAND + HOURS OF ARCHIVE AND ALL NEW BONUS CONTENT
Please ensure that you arrive at Roundhay Park in plenty of time to register and set up ready for your race start! **WE RECOMMEND YOU ARRIVE AT LEAST 90 MINUTES BEFORE YOUR WAVE START TIME.**

---

**TRAVEL ADVICE**

A free competitor car park is available at Roundhay Park on both Saturday 9 and Sunday 10 June. The address for this car park is Old Park Road, LS9 1JB (Please check travel route in advance, the post code won’t take you to the exact location as it is not used as a car park everyday).

There will be stewards and signage to show you where to park and how to get from there to the Event Village.

A dedicated, regular shuttle bus service will run between Roundhay Park and Leeds City Centre on Saturday 9 and Sunday 10 June, approximately every 10 minutes. Unfortunately, these buses won’t be able to transport bikes.

Pick-up and drop-off locations are shown on the venue maps at the end of this guide.

- City Centre – Eastgate, Leeds City Centre
- Roundhay Park – Tram Car Park, Princes Avenue

**SHUTTLE BUS RUNNING TIMES**

**SATURDAY**

- 05:00 - 18:30 (City Centre to Roundhay Park)
- 05:30 - 19:30 (Roundhay Park to City Centre)

**SUNDAY**

- 05:00 - 19:30 (City Centre to Roundhay Park)
- 05:30 - 20:00 (Roundhay Park to City Centre)

**ROAD CLOSURES**

To ensure the event runs smoothly there will be road closures in place and changes to public transport over the weekend. Please make sure you plan your journey in advance. See the detailed map at the back of this guide.

An interactive map showing affected routes is available at leeds.triathlon.org/event_info/local_information

**DISABLED ACCESS**

If you require disabled access to Roundhay Park, please let us know via leeds@britishtriathlon.org and we will do our best to accommodate your needs.

Specific disabled car parking will be provided as close as possible to the venue entrance, please show your blue badge to a car park steward and they will direct you. The route from the car park to the Event Village in Roundhay Park is wheelchair friendly with ramps to avoid steps.

Please note that the majority of the Roundhay Park venue is on grass.
REGISTRATION

Registration will take place in the Roundhay Park Event Village, from **06:30 on Saturday 9 June**. You **MUST** arrive to register at least **45 minutes** before your scheduled wave start.

If you are a British Triathlon Home Nation member, in order to register you will need: your race number, photo ID and your valid British Triathlon Home Nation Membership Card. Failure to bring your valid membership card will mean you have to purchase a day membership (£5 for adults, £1 for children).

If you are not a British Triathlon Home Nation member and purchased a day membership on entry, you will need to know your race number and bring a photo ID. If you would like to become a member or have any membership enquiries please visit [britishtriathlon.org/membership](http://britishtriathlon.org/membership)

Please note all GO TRI participants have public liability cover.

Race numbers and start times will be announced closer to the event. You must register in person, nobody else can do this for you.

RACE PACK

At registration, you will be given your personal race pack. This will include:

- **Wristband** (must be worn to access and exit transition)
- **Race Bib Number** (worn on the back for cycling and on the front for running)
- **Bike Number Sticker** (Please attach to your seat post)
- **Helmet Number Stickers** (Please attach to the front and sides of your helmet)
- **Swim Hat**
- **Timing Chip and Strap** (to be worn on left ankle)
- **Safety Pins** (available on request)

Registration staff will be on hand to advise how to attach any of the above items.

WHERE TO PLACE YOUR STICKERS

**BIKE**
Attach to your bike around the seat post as shown below. **DO NOT REMOVE UNTIL YOU HAVE CHECKED YOUR BIKE OUT OF TRANSITION**

**HELMET**
To be worn on the front, left and right of your helmet. **MAKE SURE THIS IS ON YOUR HELMET WHEN YOU ENTER TRANSITION**

**BAG**
Place the sticker on your bag before leaving it at the bag drop in transition.

MERCHANDISE COLLECTION
If you purchased merchandise with your race entry, this can be collected at registration. Please bring your purchase email confirmation to collect.

For uncollected merchandise please email [leeds@britishtriathlon.org](mailto:leeds@britishtriathlon.org)

ITAB
If you purchased an iTab medal insert with your race entry, this will be sent out after the event, to the address that you provided.
TRANSITION CHECK-IN AND BIKE RACKING

Transition check-in will be open on Saturday 9 June from 06:30. You will need the wristband given at registration to access transition.

All Saturday races use the main transition area next to the Event Village.

Please be aware of athletes racing when you enter transition to rack your bike. Transition is a live race location from 08:00.

Your bike and helmet must have your race number stickers clearly visible on them and your corresponding wristband will be checked. Helmets must be worn and fastened whenever you are handling your bike within the transition area.

Each competitor is allocated a numbered transition space, which is ordered according to your race and start wave. This will be confirmed closer to the event.

Your transition space is for you to leave your race equipment only, it is not a place to leave large bags or boxes. Competitors are not allowed to ‘mark’ their position in any way that gives them an advantage over another competitor. Technical Officials will be checking this throughout the event.

BAG DROP (ROUNDHAY PARK)

There is a secure bag drop available for you in transition at Roundhay Park.

A bag can be left prior to your race start. In this bag, we suggest you leave anything you have brought to Roundhay Park, but do not need to race.

After you finish your race, you can collect this bag when you collect your bike from transition.
**ELECTRONIC RACE TIMING**

This event uses electronic chip timing. Once issued with your chip at registration, ensure you do not get it mixed up with someone else’s. Wear the timing chip on your left ankle.

Please ensure you only cross timing mats whilst you are racing, or when instructed to by a marshal at the swim start, so that your race results aren’t affected.

You must return your timing chip to the volunteers in the finish area at the end of your race. You will be charged for a missing chip.

**RACE NUMBERS**

In your race pack you will be issued with a pack of race numbers; these must not be altered. Your bib number should be worn facing backwards on the bike and facing forwards on the run. The bib number does not need to be worn during the swim. Failure to display your number correctly could lead to a time penalty.

Please fill in the medical details on the reverse of your bib number so volunteers and medical have this information if necessary.

**TIP** - a race number belt can be used to easily transfer your race number from your back during the bike, to the front for the run. If you use a race number belt, leave this with your bike until after your swim.

**WITHDRAWAL ON RACE DAY**

**PRE-RACE**

If you wish to withdraw from the race prior to your start (but after you have registered), please inform the help desk at registration and return your timing chip. If you do not return your timing chip you will be charged for its replacement.

It is important that you let us know if you are no longer racing so that all athletes are accounted for and we know you are safe.

**DURING THE RACE**

If you feel the need to withdraw at any point during the race, please do so. It is vital that you inform the nearest marshal or Technical Official (we need to know you’re safe!) and give them your timing chip.
RACE DISTANCES & LAPS

<table>
<thead>
<tr>
<th>Distance</th>
<th>Swim</th>
<th>Cycle</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRISTAR 2 DISTANCE</td>
<td>200m</td>
<td>5km - 1 lap</td>
<td>1.7km - 1 lap</td>
</tr>
<tr>
<td>TRISTAR 3 DISTANCE</td>
<td>300m</td>
<td>5km - 1 lap</td>
<td>2.5km - 1 lap</td>
</tr>
<tr>
<td>GO TRI DISTANCE</td>
<td>200m</td>
<td>10km - 2 laps</td>
<td>2.5km - 1 lap</td>
</tr>
<tr>
<td>YOUTH DISTANCE</td>
<td>400m</td>
<td>10km - 2 laps</td>
<td>2.5km - 1 lap</td>
</tr>
<tr>
<td>JUNIOR DISTANCE</td>
<td>400m</td>
<td>10km - 2 laps</td>
<td>2.5km - 1 lap</td>
</tr>
<tr>
<td>SH2OUT DISTANCE</td>
<td>400m</td>
<td>10km - 2 laps</td>
<td>2.5km - 1 lap</td>
</tr>
<tr>
<td>SH2OUT DISTANCE</td>
<td>750m</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

RACE BRIEFING

This guide acts as your main race briefing so please read carefully!

A ‘Key Points Reminder’ briefing will be given at the Swim Start before each wave. Please ensure you get to the swim start at least **20 minutes** before your wave start time, to receive this briefing and ask any last-minute questions.

GETTING TO THE SWIM START

Many of the paths within Roundhay Park are used on the Saturday as race routes and so we have designated a specific route to Swim Start, see venue map at end of guide for more information.

Please follow the signage and marshal’s instructions for a smooth start to your race experience. Competitor only toilets are available at Swim Start.

**TIP** – temporary footwear such as flip flops or sandals should be considered to protect your feet before the start of the race. There will be a small area at the swim start where shoes can be left at your own risk and picked up after the race.
The Great Britain Age-Group competition offers all Home Nation members a unique opportunity to compete at International Level in triathlon, duathlon, aquathlon, winter and cross triathlon.

### UPCOMING QUALIFICATION EVENTS

#### 2019 ITU Sprint Distance Triathlon Qualifier (Draft Legal)
- **Eton Sprints**: 20/05/2018
- **The Cardiff Triathlon**: 24/06/2018
- **Redcar Sprint Triathlon**: 29/07/2018

#### 2019 ITU Standard Distance Triathlon Qualifier (Draft Illegal)
- **St Neots Triathlon**: 13/05/2018
- **Deva Triathlon**: 03/06/2018
- **Leeds Castle Triathlon**: 24/06/2018

#### 2019 ETU Sprint Distance Triathlon Qualifier (Draft Illegal)
- **Southport Triathlon**: 20/05/2018
- **Thorpe Park Sprint Triathlon**: 03/06/2018
- **Worthing Triathlon**: 08/07/2018

#### 2019 ETU Standard Distance Triathlon Qualifier (Draft Illegal)
- **ITU World Triathlon Leeds**: 10/06/2018
- **Arundel Triathlon**: 05/08/2018
- **St Neots Triathlon**: 02/09/2018

For more info visit [BRITISHTRIATHLON.ORG/AGE-GROUP](http://BRITISHTRIATHLON.ORG/AGE-GROUP)
## EVENT SCHEDULE

### SATURDAY 9 JUNE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>05:00</td>
<td>Shuttle Bus Service Starts (City Centre to Roundhay Park)</td>
<td>Eastgate, Leeds City Centre</td>
</tr>
<tr>
<td>05:30</td>
<td>Shuttle Bus Service Starts (Roundhay Park to City Centre)</td>
<td>Princes Avenue, Roundhay Park</td>
</tr>
<tr>
<td>06:30</td>
<td>Help Desk OPEN</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>06:30</td>
<td>Saturday Races Registration OPEN</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>06:30</td>
<td>Saturday Races Transition Check-In OPEN</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>06:30</td>
<td>Roundhay Park Event Village Open</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>08:00</td>
<td>TriStar 2</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>08:00</td>
<td>TriStar 3</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>09:00</td>
<td>GO TRI</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>09:00</td>
<td>TriStar 2 and 3 Medal Ceremony</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>10:30</td>
<td>Youth &amp; Junior</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>12:00</td>
<td>SH2OUT - 400m</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>12:15</td>
<td>SH2OUT - 750m</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>13:00</td>
<td>ALL Saturday race athlete’s to have checked out of transition</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>13:30</td>
<td>Elite Swim Familiarisation</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>14:00</td>
<td>Sprint &amp; Standard Registration and transition check-in OPEN</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>14:30 - 16:00</td>
<td>Age-Group Swim Familiarisation</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>18:30</td>
<td>Shuttle Bus Service Ends (City Centre to Roundhay Park)</td>
<td>Eastgate, Leeds City Centre</td>
</tr>
<tr>
<td>19:30</td>
<td>Shuttle Bus Service Ends (Roundhay Park to City Centre)</td>
<td>Princes Avenue, Roundhay Park</td>
</tr>
</tbody>
</table>

Please note, these times are subject to change.
# EVENT SCHEDULE

**SUNDAY 10 JUNE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>05:00</td>
<td>Shuttle Bus Service Starts (City Centre to Roundhay Park)</td>
<td>Eastgate, Leeds City Centre</td>
</tr>
<tr>
<td>05:30</td>
<td>Shuttle Bus Service Starts (Roundhay Park to City Centre)</td>
<td>Princes Avenue, Roundhay Park</td>
</tr>
<tr>
<td>05:30</td>
<td>Help Desk OPEN</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>07:00</td>
<td>British Standard Distance Triathlon Championships - Male</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>07:45</td>
<td>Open Standard Distance event - Male</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>08:25</td>
<td>British Standard Distance Triathlon Championships - Female</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>08:45</td>
<td>Standard Charities and relays</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>09:00</td>
<td>Open Sprint Distance Events</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>10:10</td>
<td>Open Sprint Distance Charity and Relay Start</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>13:06</td>
<td>Elite Female Start</td>
<td>Roundhay Park - City Centre</td>
</tr>
<tr>
<td>15:05</td>
<td>British Age-Group Standard Distance Triathlon Championships Medal Ceremony</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>15:20</td>
<td>Elite Female Medal Ceremony</td>
<td>Millennium Square</td>
</tr>
<tr>
<td>15:51</td>
<td>Elite Male Start</td>
<td>Roundhay Park</td>
</tr>
<tr>
<td>17:50</td>
<td>Elite Male Medal Ceremony</td>
<td>Millennium Square</td>
</tr>
<tr>
<td>19:30</td>
<td>Shuttle Bus Service Ends (City Centre to Roundhay Park)</td>
<td>Eastgate, Leeds City Centre</td>
</tr>
<tr>
<td>20:00</td>
<td>Shuttle Bus Service Ends (Roundhay Park to City Centre)</td>
<td>Princes Avenue, Roundhay Park</td>
</tr>
</tbody>
</table>

Please note, these times are subject to change.
SWIM

START TIMES & SWIM CAP COLOURS

Individual wave allocations and start times will be available on the website closer to the event and sent to you via email.

You will be issued with a coloured swim cap in your race pack at registration, which must be worn as this identifies your swim wave to our water safety team.

Make sure you check your start time and don’t just follow other hats of the same colour! There will be several other waves with your colour swim hat.

SWIM START PROCEDURE

Access to the Swim Start will be down the ramp and onto the pontoon.

TriStar 2, TriStar 3, Youth and Junior competitors will have the option to begin with a dive or water start.

GO TRI, SH2OUT competitors will begin in the water. NO DIVING OR JUMPING.

You will hold onto the edge of the pontoon until the start signal is given. Each wave will be started using an air horn. The swim course will be marked with large inflatable buoys.

You may swim backstroke if you wish — please inform the staff at swim start if you wish to do so.

TOP TIP — if you are slightly nervous about the swim start with other people around you, once the air horn goes, take a moment to allow other swimmers to get some space, so that you have clear water to swim into.

COURSE

TRISTAR 2: complete a 1 lap 200m swim
TRISTAR 3: complete a 1 lap 300m swim
GO TRI: complete a 1 lap 200m swim

YOUTH AND JUNIORS: complete a 1 lap 400m swim
SH2OUT: complete a 400m swim
SH2OUT: complete a 750m swim

The swim course is anti-clockwise, see course maps at the end of this guide for more information.

WETSUIT RULES

Wetsuit rules are, as per British Triathlon Competition Rules (section 4), dependent on water temperature:

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Wetsuit Rule</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 14°C</td>
<td>Wetsuits Mandatory</td>
</tr>
<tr>
<td>14°C - 21.9°C</td>
<td>Wetsuits Recommended (Mandatory for GO TRI Competitors)</td>
</tr>
<tr>
<td>&gt; 22°C</td>
<td>Wetsuits Banned (this is highly unlikely)</td>
</tr>
</tbody>
</table>

We recommend that you try to swim front crawl but breaststroke is also permitted. As above, you may swim backstroke if you wish — please inform the staff at swim start if you wish to do so for safety reasons.

CLOTHING RULES

As per British Triathlon Competition Rules (section 4):
You can wear calf guards if you are wearing a wetsuit.
You can wear socks during the swim if water is below 14°C.
You cannot wear gloves during the swim.
You cannot wear calf guards if you are swimming without a wetsuit.
THE EVENT

SWIM SAFETY

On the swim course, there will be a large and very experienced Swim Safety team to support competitors. Should you require any assistance or want to pull out of the race during the swim, lie on your back and raise your arm in the air and a kayak will come to assist you. Don’t panic, your wetsuit will help aid your buoyancy.

If you withdraw during the swim it is vital you report to a marshal immediately to let us know that you’re safe, and hand in your timing chip.

SWIM EXIT & AID STATION

There will be lifeguards available to assist you out the water should you need help. Once you are out of the water, there will be an Aid Station where you can take on some water before continuing to transition.

For those participating in the SH2OUT Swim Events, you will be provided with your medal and a drink, please remember to remove your timing chip as well.

SWIM TO BIKE TRANSITION

Once out of the swim, follow the 400m carpeted route to transition to collect your bike. Please be careful of other swimmers whilst running and undoing your wetsuit. Take care when running as the carpet can become slippery when wet and remember, nudity is not permitted.

REMEMBER – put your helmet on first before touching your bike.
BIKE COURSE

TRISTAR 2: complete 1 lap of 5km for a total distance of 5km
TRISTAR 3: complete 1 lap of 5km for a total distance of 5km
GO TRI: complete 2 laps of 5km for a total distance of 10km
YOUTH AND JUNIORS: complete 2 laps of 5km for a total distance of 10km

Please see the course maps at the end of this document for more information. Remember, it is your responsibility to count your own laps.

THINGS TO REMEMBER

• Please cycle on the left-hand side of the lane at all times, and overtake on the right.
• When approaching dead turns, please be aware of other riders around you.
  Do not try and overtake someone near a dead turn as it’s highly dangerous.
• Whilst the event is entirely on closed roads, the public will still be crossing the course so please be aware of this.
• Competitors are responsible for riding in a safe and responsible manner to ensure the safety of themselves, other athletes and the public.
• Any dangerous riding will result in a penalty or even disqualification. Motorcycle Officials will be monitoring the course throughout.
• Helmets are mandatory, and must be worn clipped up at all times during the bike stage.
• Helmets must be put on in transition before you touch your bike, and only taken off once your bike has been racked again in transition.
• Smart helmets are not permitted.
• Please make sure your race number is clearly shown on your back before leaving transition.

REMEMBER – when setting up your bike in transition before the race, make sure you take time to familiarise yourself with its position on the racks. This will massively speed up transition when you come in from the swim.

BIKE OUT – MOUNT LINE

Always follow the signage and marshal instructions to bike out and to the ‘mount line’.

You may only mount your bike AFTER you have crossed the ‘mount line’, which will be clearly marked with white tape and marshalled by Technical Officials. Bikes must be pushed until you are over this line.

REMEMBER – Set your bike up in a LOW GEAR to make it easy to start your cycle (especially important on this course as you will be going up a hill shortly after the mount line).

BIKE IN – DISMOUNT LINE

After completing your final lap, head back into transition where you will be instructed to dismount BEFORE the line. Again, this will be marked on the floor in white tape and marshalled by Technical Officials. Bikes must be returned to the same racking position and helmets may only be removed once your bike is racked.

REMEMBER – ensure you approach the dismount line with caution as it is positioned at the bottom of a slight hill. Any dangerous riding will be penalised.
BIKE SAFETY & MEDICAL SUPPORT

There will be medical support at strategic points along the bike course, please inform the nearest volunteer if you require medical attention. There will NOT be any mechanical support on the bike course and no aid stations. You must carry your own fluids on the bike.

Make sure your bike is in a roadworthy condition for the event and you will need to fix your own flat tyres if necessary.

A bike mechanic will be present in the Roundhay Park Event Village for any last-minute pre-race checks which can be addressed at a cost.

If you need to withdraw, please hand your timing chip back to the Help Desk if possible, or to the nearest official if not.

DRAFTING

Drafting is cycling close to the bike in front and thereby gaining an advantage. All GO TRI races are non-drafting, as per British Triathlon Competition Rules. This means you cannot cycle closer than 10m from the bike in front of you, nor prevent overtaking.

An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone. A maximum of 20 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a penalty. It is then up to the overtaken athlete to drop back 10m within 20 seconds, so that they are not drafting.

For more information on the rules of drafting, please read Section 5 of the British Triathlon Competition Rules.

TRISTAR 2 & TRISTAR 3 and YOUTH AND JUNIORS races are draft legal, please read the draft legal bike setup guidance carefully.

GEAR RESTRICTIONS

Gear restrictions will be in place for YOUTH athletes and you will have your bike checked before entering transition.

TRISTAR 2 & TRISTAR 3 races will be run as both gear restricted and unrestricted. Participants will need to specify when entering which of the categories below best applies.

- Any athlete wanting to compete for IRC Team selection will have to be gear restricted.
- Any athlete wanting to compete for a podium place will need to be gear restricted.
- Any athlete wanting to participate in the event (and not compete to be on the podium or be selected for an IRC team) can race unrestricted.

TRISTAR 2 & TRISTAR 3 gear restriction checks will take place prior to entering transition.

For more information on gear restrictions, please see HERE.
04 THE EVENT

RUN

COURSE

TRISTAR 2: complete 1 lap of 1.7km
TRISTAR 3: complete 1 lap of 2.5km
GO TRI: complete 1 lap of 2.5km

YOUTH AND JUNIORS: complete 1 lap of 2.5km

Please see course maps at the end of this document for more detail. Remember, it is the competitors’ responsibility to know the route and where their turn point is. Any athlete who does not complete the correct distance will be disqualified.

RULES

Whilst running, your race number must be worn on your front.
No personal music and communication devices are permitted.

Please be courteous to other park users. Where possible, marshals and signage will be in position to advise public of the event in progress.

AID STATIONS

There will be one aid station at the exit of transition on Run Out. Water will also be available at the finish line.

RUN SAFETY

There will be medical support at strategic points along the run course, please inform the nearest volunteer if you require medical attention. It is important that if you withdraw you tell us; we want to know you’re safe! Remember to return your timing chip.

TOP TIP - Your trainers should be properly fitted and should be comfortable for running. You could use elastic laces which will help save a lot of time in transition. Whatever you do, do not wear brand new trainers on race day!

THE FINISH

After you have finished your last lap, you will head into the finish chute – where you will be cheered over the line by supporters, friends and family!

Please return your timing chip before leaving the finish area.
Medical support is available at the finish line if needed.
Whenever global business moves, NTT’s cloud is on the scene.

Thanks to its comprehensive power, NTT is the preferred choice for companies ranging from fast food to finance to automobiles.

NTT provides everything from consulting to infrastructure—with No.1 data centers* and high-speed networks—all backed by advanced R&D.

The world is choosing NTT for its ICT solutions.

For comprehensive power that moves the world’s business, the clear choice is the NTT Group.

*Total floor space

Your Value Partner NTT Group
05 AFTER YOU FINISH

MEDAL & REFRESHMENTS
At the finish line, you will be given your hard-earned finisher's medal, food and water.

TRANSITION CHECK OUT
Once you have finished and celebrated your achievement with friends and family, don’t forget to head back to transition to check your bike out and collect any equipment left in the transition bag drop.

You will need your race number and security wrist band to re-enter the transition area after your race. Please be aware of other athletes still racing when you re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.

ALL Saturday athlete’s must check out of transition by 13:00, to allow transition to be reset for Sunday’s racing.

RESULTS
Live timing will be available at leeds.triathlon.org

Provisional results will be available on the event website on Monday 11th June. Results will become final no later than Wednesday 13th June.

If you have a timing query after your race, please contact leeds@britishtriathlon.org

YOUTH AND JUNIOR races are part of the British Triathlon Youth and Junior Super Series and so ranking points are available as per normal rules. Full rankings will be uploaded on to the website HERE shortly after results are finalised.
PHOTOS
Marathon Photos will be taking race day photos across the course, which will be available after the event for you to purchase. Please visit their website to spot yourself live in action!

WATCH THE WORLD’S BEST ELITE ATHLETES
Once you have finished your own race, don’t miss the chance to watch some of the world’s best triathletes compete in the elite races on Sunday 10 June as part of the ITU World Triathlon Series. They start their swim in Roundhay Park and race to the City Centre to complete bike and run laps on a technically challenging course.

Timetable
• Elite Female Race - 13:06
• Elite Male Race - 15:51

Big screens to watch the Elite races will be located in both the Roundhay Park Event Village and the City Centre. More information can be found leeds.triathlon.org/spectators

Can’t stay in Leeds on the Sunday? Don’t worry, the Elite races will be broadcast live on BBC from 1pm.

EVENT VILLAGE
Triathlon is set to come alive at the Roundhay Park Event Village.

The Event Village will provide a central location for the local community and sports fans to soak up the action, cheering on both friends and family and, come Sunday afternoon, the world’s best.

In close proximity to the transition zone, the Event Village enables participants to use Roundhay Park as a base for the whole event.

The Event Village will include the following:
• Registration and Help Desk, where participants can register, get any last minute information.
• Official Event Expo, in which to browse for a range of triathlon and non-sporting products.
• Club Zone, a designated area for triathlon clubs to call home, putting them at the heart of the action.
• Activity Zone, with a host of fun multi-sport activity for all the family.
• Mechanical support on hand to deal with any last-minute bike tweaks.
• A big screen to watch the action all weekend, with live finish line footage from Sunday’s age-group races in Millennium Square and elite coverage and commentary come Sunday afternoon.
• A host of food and drink concessions and amenities.

Come down and soak up the atmosphere!
JOIN BRITISH TRIATHLON

REDUCED EVENT ENTRY
You won’t have to pay for a day membership so will save money on triathlon and multi-sport event entry costs.

RACE LICENCE
Your membership card is also your race I.D. so you won’t have to take anything extra when registering at an event.

REPRESENT YOUR COUNTRY
Represent Great Britain for your age-group and be eligible to compete for British and Home Nation Championship titles.

PUBLIC LIABILITY INSURANCE
Covers you for competing and training (up to £15 million) 24 hours a day, 365 days a year.

PERSONAL ACCIDENT INSURANCE
Covers you for competing and training (up to £50,000) 24 hours a day, 365 days a year.

PARTNER DISCOUNTS & MUCH MORE
Including exclusive offers from top brands such as SiS, TrainingPeaks and Yellow Jersey.

“BY BEING PART OF BRITISH TRIATHLON I HAVE BEEN INSPIRED TO JOIN A LOCAL CLUB, WHERE I’VE MADE LOTS OF NEW FRIENDS AND AM ALWAYS IMPROVING MY PERSONAL BEST”

TO BECOME A MEMBER OF BRITISH TRIATHLON VISIT: BRITISHTRIATHLON.ORG/MEMBERSHIP
AND ENTER CODE SATBTM2018 TO RECEIVE 10% DISCOUNT ON MEMBERSHIP PACKAGES
Use before Saturday 17 April 2018
RULES & COMPETITOR CONDUCT

The Saturday events are run under British Triathlon Competition Rules, which can be viewed [HERE](#).

It is the competitor’s responsibility to know and abide by the rules; ignorance is not a defence against a penalty or disqualification.

Technical Officials will be present at the event to enforce these rules. A penalty board will be located in the finish area to advise you of any penalties accrued. It is your responsibility to check for any penalties awarded.

Permitted cycling equipment is outlined in the British Triathlon Competition Rules, section 5.

TIME PENALTIES & APPEALS

All penalties will be posted, during the race, in the finish area by the Technical Officials. It is the competitors’ responsibility to check the penalty board.

Appeals against these penalties must be declared within 15 minutes of the posting of the penalty or finishing time, whichever is later, and made in writing to the Race Referee within one hour of the appeal being declared, and accompanied by £30.00 which is refundable if the appeal is upheld. Please note that to overturn a penalty you must be able to provide proof that the penalty was incorrectly awarded.

LITTERING

We are privileged to have been given permission to close many roads to stage the 2018 ITU World Triathlon Leeds.

It is not acceptable for residents to then find, after the event, that their streets and gardens have been fouled with litter from athletes participating in the event or graffiti on the roads from spectators.

There are opportunities to discard litter at water stations on the run course. On the bike course, you should carry your used litter with you, not discard it on the roads.

As per British Triathlon Competition Rules, the penalty for littering is disqualification.
GENERAL RULES

• Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete.
• No phones, iPods, listening or recording devices are allowed on the course.
• Athletes who abuse Technical Officials or volunteers will be disqualified.
• Athletes who fail to follow the instructions of a Technical Official will be disqualified.
• If, in the view of the Technical Officials, an athlete is unable to complete a section of the course before the cut off time, they may be withdrawn from the race immediately.

ANTI-DOPING

British Triathlon works closely with UKAD and WADA to ensure triathlon remains a clean sport.

As per the UK Anti-Doping and the ITU Anti-Doping rules any athlete competing at any level in the UK could be tested at any time and is subject to the UKAD and ITU test distribution plans. It is an athlete’s responsibility to be aware of the policies and procedures that accompany clean sport and the substances they put in their body. For further information please visit our British Triathlon Clean Sport Education page HERE. You can search the prohibited status of medications by brand name (e.g. Lemsip Max Strength) using Global DRO. Global DRO allows you to search for medications purchased in the UK, USA, Canada, Australia, Switzerland or Japan to check its prohibited status.

TOILETS

There are toilets within the Event Village in Roundhay Park, Swim Start and the City Centre, for competitors as well as spectators.

There won’t be toilets on the bike or run courses, but there will be toilets within Transition.

LOST PROPERTY

Please visit the Help Desk in the registration area of Roundhay Park Event Village on the day of the event. Alternatively, email us at leeds@britishtriathlon.org with a detailed description of your lost item(s).

VOLUNTEERS

Can my friends and family get involved with volunteering on the day?

Of course! Volunteers are the beating heart of large events like this and make the experience for athletes every bit more special. We are always looking for more volunteers, so if your friends and family want a closer taste of the action then encourage them to get involved.

Sign-up information can be found leeds.triathlon.org/event_info/volunteer

STILL GOT A QUESTION?

We aim to answer all questions in this athlete handbook. Should you have further queries that are not answered in this document or to which you can’t find the answer then please feel free to email leeds@britishtriathlon.org.
SPECTATOR INFORMATION

If friends and family are coming to watch you compete, we advise they find a location to watch the event and stick to it, rather than moving around the course.

The course is designed to be as spectator friendly as possible, and as such there are plenty of areas from which to watch the action.

Grandstand tickets can be purchased for the Elite races on Sunday 10 June online at: leeds.triathlon.org/spectators

Friends and family can access the live online timing on the event website. After the race, meet at the finish in Roundhay Park.

To keep up to date with the event head leeds.triathlon.org

BIG SCREENS

On Sunday big screens, showing live coverage of the elite races, will be located in both Roundhay Park and the City Centre. Catering facilities and other amenities will also be available at both locations.

SOCIAL MEDIA

There will be live updates during race weekend on our Twitter @WorldTriLeeds and Facebook /TriathlonLeeds pages. Please ensure you “like” the pages for up to date information and pass it on to your friends and family who may not be on site watching you.

Post about your journey before and after the event using the #WTSLEEDS and we’ll share some of the best posts.

#WTSLEEDS
SUBSCRIBE TO
TRIATHLON

HOW TO SUBSCRIBE:
Order online at buysubscriptions.com/TTPLAG18
Call our hotline on 03330 162 131 (please quote code TTPLAG18)

RECEIVE YOUR FIRST 5 ISSUES FOR £5
Youth and Junior Route

DISTANCES
- 400M
- 10KM
- 2.5KM

KEY
- SWIM
- BIKE
- RUN
- TURNING POINT
- DIRECTIONAL ARROWS

Roundhay Park
What's in the Event Village?
- Registration
- Expo
- Club Zone
- Big Screen (Live Elite coverage)
- Catering concessions
- Toilets

KEY
- Route to Swim Start
- Route from Car Park/Shuttle Bus to Event Village and Registration
- Information Point
City Centre Venue Map

- **SPECTATOR GRANDSTAND**: Great George Street
- **SUNDAY FINISH LINE**: The Headrow
- **FINISH**: Park Square
- **PARK SQUARE**: East Parade
- **OFFICIAL AGE-GROUP EVENT HOTEL**: Merton Street
- **Wade Lane**: New Briggate
- **New Briggate**: Vicar Lane
- **Vicar Lane**: Lady Lane
- **Tom walk**: Eastgate
- **SHUTTLE BUS DROP-OFF/PICK-UP**: Regent Street

**KEY**
- Route from Hotel to Shuttle Bus
Car Parking Information

Saturday morning participants should use the A58 or Street Lane to access the car park on Old Park Road (LS8 1JB)
SATURDAY EVENTS ATHLETE’S GUIDE
9 JUNE 2018   LEEDS.TRIATHLON.ORG