SUNDAY 9 JUNE 2019

ATHLETE’S EVENT GUIDE

SPRINT | STANDARD | RELAY | AGE-GROUP

LEEDS.TRIATHLON.ORG
WELCOME FROM AJ BELL WORLD TRIATHLON LEEDS 2019

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 AJ Bell World Triathlon Leeds.

Over the weekend of 8 and 9 June 2019, 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 AJ Bell 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 2019 delivers a great athlete experience. And of course, thank you to all our suppliers, sponsors and partners whom alongside Leeds City Council, UK Sport, Triathlon England 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
AJ Bell World Triathlon Leeds 2019

WELCOME FROM UK SPORT

It is fantastic to be able to welcome you to the ITU World Triathlon Series in Leeds. 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 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 FROM BRITISH TRIATHLON

Welcome to the fourth 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 Vicky Holland take Gold on home soil with team mate Georgia Taylor-Brown finishing second.

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

WELCOME FROM LEEDS CITY COUNCIL

In what is an incredibly exciting year of sport in our city, we are hugely proud to welcome back AJ Bell World Triathlon Leeds in June. It is hard to believe that this will be the fourth year in a row that we will host this incredible event, which has captured the imagination of spectators, and also created an atmosphere for athletes which is one of the very best in the sport.

Once again there will be a wide range of family-friendly events on offer at Roundhay Park throughout the weekend, and the chance to enjoy the spectacular finale in the city centre on Sunday for both the men’s and women’s races, which really is an occasion not to be missed.

Hosting large events such as this one require such a huge amount of organisation and hard work from so many people. I would like to personally offer a massive thank you to everyone involved in the planning, and our wonderful volunteers who give up their own free time to support the event and help make it such a great spectacle.

We look forward this year to welcoming both old and new friends to AJ Bell World Triathlon Leeds, and hope that everyone has a fantastic time in our city.

Councillor Judith Blake,
Leader of Leeds City Council
WELCOME

GREETINGS TRIATHLON FANS AND ATHLETES

It is my great pleasure to welcome you back to Great Britain for another WTS Leeds as we approach the halfway point in the 2019 World Series season. This historic city has triathlon in its DNA as the hometown of Jess Learmonth and Brownlee brothers Alistair and Jonny, as well as the triathlon training centre the pair opened at the university campus in 2017. As such, the crowds 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 begins by winding through the Yorkshire countryside and then enters the heart of the city for a tight and technical 7-lap loop, before four passes through the grandstand on the 10km run brings things to a rousing finale in Millennium Square.

Last year we witnessed a consummate display by South Africa’s Richard Murray deliver him a first standard-distance WTS gold of his career and Vicky Holland take the tape to the delight of the home fans ahead of teammate Georgia Taylor-Brown. With the 2019 World Series packed with so much gold medal potential, this is set to be another WTS event in which the podium places will be wonderfully hard to predict.

Once again the action won’t be confined to the elites, however, with the weekend including something for triathlon enthusiasts of all ages and abilities. Leeds is once more underlining its commitment to growing our great sport amongst its youth by organising youth and junior triathlons, team challenges and relays, and this year’s schedule will also see the first ever Yorkshire Championships take place.

This historic city provides a 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, as well as the volunteers for their hard work. I wish everybody the best of luck and hope that you enjoy the beautiful city as it hosts the spectacle of ITU triathlon.

Marisol Casado, President,
International Triathlon Union, IOC Member
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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 yet, 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 Monday 8 April 2019.

WEEKEND PLANNER
This is a guide for Sprint and Standard Distance participants to help you get the most out of your weekend and to ensure you are prepared well in advanced. The Weekend Planner is intended to give you an overview of key logistics and timings, including registration, transition, kit bags and transport.

You can view the Weekend Planner at leeds.triathlon.org/event_info/participant_information

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 Association membership card
☐ Safety pins
☐ This athlete guide, to help you with last minute details
☐ Kit for your City Centre Finish Line bag (more information on page 6)

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 nutrition you might need
☐ Sunglasses (should you wish to wear them)
☐ Bike tool
☐ Puncture repair kit/spare inner tube

FOR THE RUN
☐ Running trainers
☐ Any gels or nutrition you might need
☐ A cap and/or sunglasses (should you wish to wear them) 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 Saturday 8 June to really make the most of your race weekend experience.

As the Official Great Britain Age-Group Travel Supplier, Nirvana are the number-one choice for AJ Bell 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 event is split over 2 sites (see venue maps at the end of this guide). The swim will take place in Roundhay Park and the run will lead to the finish line in Leeds City Centre. 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 Great Britain. 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 and premium hoodies.

Want to swim in Roundhay Park before your race? You can still purchase a space in the Swim Familiarisation session, taking place on Saturday 8 June. This is your opportunity to get ahead of the competition before race day!

If you haven’t purchased your merchandise yet, don’t worry - visit myevents.active.com/login and select the ‘purchase additional merchandise’ option. Merchandise will soon be available to buy from our online store (details coming soon) and on the day. Alternatively, email leeds@britishtriathlon.org who will be able to assist with any queries.

*NOTE: Swim Familiarisation, Bike Hire and Wetsuit Hire can not be purchased on the day. Please purchase in advance to avoid disappointment.

Merchandise designs are for illustration purposes only and are subject to change.
INVEST IN THE LIFE YOU WANT TO LIVE

At AJ Bell we help people to invest in their dreams. Whatever you’re aiming for in life, find out how we can support you at ajbell.co.uk
TRAVEL ADVICE

A free competitor car park is available at Roundhay Park on both Saturday 8 and Sunday 9 June. The address for this car park is Princes Avenue, LS8 1JX (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. See venue maps at the end of this guide.

A dedicated, regular shuttle bus service will run between Roundhay Park and Leeds City Centre on Saturday 8 and Sunday 9 June, will run on a regular basis. 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
(running every 15 minutes)

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)

This service is free of charge for competitors and £3 return for spectators.

If you are staying in Leeds City Centre, or getting the train to Leeds Station, we recommend for you to utilise this shuttle service to get you and your spectators to and from Roundhay Park.

If you are driving to the event, we recommend that you park in our free competitor car park at Roundhay Park, and use the shuttle service to get between the two venues.

Participants should show their wristband to access the shuttle bus. Your wristband will be within your race pack, which you will collect from Roundhay Park. Those wishing to use the shuttle bus prior to picking up their race pack will not need to show their wristband for their first journey from the City Centre to Roundhay Park.

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 end 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 venues, please let us know via leeds@britishtriathlon.org and we will look at how we best 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.

You **MUST** register and rack your bike on Saturday 8 June, between 14:00 and 18:00. Registration closes at 18:00; Transition check in closes at 18:15.

For those who have purchased Priority Registration you **MUST** register and rack your bike on Sunday 9 June, between 05:30 and 10:30. Please register and rack to arrive in good time for your swim start.

In order to register, you will need your race number or QR Code along with photo ID and your valid British Triathlon Home Nation Association Membership Card. If you did not purchase a day membership with entry, failure to bring your valid membership card will mean you have to purchase a £5 day membership (£1 for children).

Race numbers and start times will be announced closer to the event.

You must register in person, nobody else can do this for you. If for some reason, you can’t make registration on Saturday, please e-mail leeds@britishtriathlon.org and we will do our best to sort a solution for you.

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**INDIVIDUAL 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**
- **Bag** (to be used for City Centre Finish Line bag drop)
- **Bag Sticker** (to attach to your City Centre Finish Line bag)
- **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.

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**RELAY TEAM RACE PACK**

One team member, preferably the team captain, should come to registration to register on behalf of the team and collect the race pack. This will include:

- **3 x Wristbands** (one for each team member access and exit transition)
- **2 x Race Bib Numbers** (one worn on the back of cyclist and one worn on the front of runner)
- **Bike Number Sticker** (Please attach to cyclist’s seat post)
- **Helmet Number Stickers** (Please attach to the front and sides of cyclist’s helmet)
- **Swim Hat**
- **1 x Bag for runner** (to be used for City Centre Finish Line bag drop)
- **Timing Chip and Strap** (to be worn on left ankle and transferred to the next relay leg by participants)
- **Safety Pins** (available on request)

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**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 City Centre Finish Line bag before leaving it at the bag drop next to Registration.
THE DAY BEFORE

MERCHANDISE COLLECTION
If you purchased merchandise with your race entry, this can be collected at the Merchandise Tent, following registration. Please bring your purchase email confirmation or QR code to collect. If for any reason you are unable to collect, please email 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 8 June between 14:00 and 18:15. You must rack your bike in transition within this time. You will need the wristband given at registration to access transition.

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 age-group and start wave.

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.

Overnight security will be in place to ensure the safety of competitor equipment. You will have full access to your bike on race morning from 05:30 onwards.

RELAY TEAMS
All relay team members will be allowed access to the transition area using the provided wristbands. But remember, there should not be three relay team members in transition at the same time on race day.

BAG DROP (CITY CENTRE FINISH LINE BAG)
You can securely leave a bag of clothing and personal belongings in Roundhay Park when you register (14:00-18:00 Saturday 8) which will be available for you at the City Centre Finish Line on Sunday 9.

At registration, you will be given a bag to use as your City Centre Finish Line Bag. This bag can be left at the baggage trucks in Roundhay Park and will be transported overnight to the finish line, where you can collect it at the end of your race. Staff will be on hand to number your bag with your race number.

In this bag, we recommend that you put warm, dry clothes and any other belongings you may want once you have finished your race (e.g. grandstand ticket, money for refreshments).

If you have purchased Priority Registration to register and rack on Sunday 9 June, ensure your City Centre bag is placed in the secure Roundhay Park bag drop by 07:30.

See venue map at the end of this guide for bag drop and collection locations.
02 # THE DAY BEFORE

SWIM FAMILIARISATION

Age-Group swim familiarisation will take place on Saturday 8 June from 14:30-16:00. Swimming in Roundhay Park outside of this time is forbidden.

To take part in the swim familiarisation you must have registered for the event in advance, this can still be purchased for £10 by logging in online at myevents.active.com/login.

You must sign in at the entrance to the pontoon and wear your security wristband. Whilst you participate in swim familiarisation, you may leave your kit within the Roundhay Park Bag Drop in transition.

Please ensure you have a bright coloured swim cap for swim familiarisation so the swim safety and lifeguards can spot you in the water. It is also recommended you wear a wetsuit.

ROUNDHAY PARK EVENT VILLAGE

Roundhay Park will host the Event Village (see venue map at the end of this guide for location) which will include Registration, Expo, Club Zone, catering concessions, toilets and more. Positioned near the registration area and transition zone, the Event Village enables participants to use Roundhay Park as a base for the whole event.

The Event Village provides a central location for the triathlon community and fans of the sport to soak up the action and watch their loved ones and the world’s best take on the AJ Bell World Triathlon Leeds.

EXPO

This will be hosted within the Roundhay Park Event Village, located near registration and transition. You will be able to check out and buy the latest triathlon and sports gear, including any last-minute bits you need to race. A bike mechanic service will be available for any final bike checks and tweaks, at a cost to participant.

CLUB ZONE

British Triathlon has listened to its members and created a designated Club Zone as part of this year’s Event Village, offering affiliated triathlon clubs their own designated area in Roundhay Park.

Want to bring your club gazebo to the Event Village? Spaces are allocated on a first come, first served basis, and can be booked by emailing leeds@britishtriathlon.org. Please note, the deadline for booking your club space is 16 May 2019.
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ITU DIGITAL PARTNER

# ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA | LEEDS/NOTTINGHAM | MONTREAL | HAMBURG | EDMONTON | LAUSANNE
## EVENT SCHEDULE

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<th>Event</th>
<th>Location</th>
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<tr>
<td>06:30</td>
<td>Registration (GO TRI, TriStar and Youth &amp; Junior)</td>
<td>Roundhay Park</td>
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<tr>
<td>08:00</td>
<td><strong>TRISTAR WAVES START</strong></td>
<td>Roundhay Park</td>
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<tr>
<td>09:00</td>
<td><strong>GO TRI WAVES START</strong></td>
<td>Roundhay Park</td>
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<tr>
<td>09:00</td>
<td>TriStar medal ceremonies</td>
<td>Roundhay Park</td>
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<tr>
<td>10:30</td>
<td><strong>YOUTH WAVES START</strong></td>
<td>Roundhay Park</td>
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<tr>
<td>11:25</td>
<td><strong>JUNIOR WAVES START</strong></td>
<td>Roundhay Park</td>
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<tr>
<td>12:45</td>
<td>Youth and Junior medal ceremonies</td>
<td>Roundhay Park</td>
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<tr>
<td>13:00</td>
<td>All Saturday participants check out</td>
<td>Roundhay Park</td>
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<tr>
<td>13:30 - 14:30</td>
<td>Elite Swim Familiarisation</td>
<td>Roundhay Park</td>
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<tr>
<td>14:00</td>
<td>Sunday participants Registration and Transition check in opens</td>
<td>Roundhay Park</td>
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<tr>
<td>14:30 - 16:00</td>
<td>Age-Group Swim Familiarisation</td>
<td>Roundhay Park</td>
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<tr>
<td>18:30</td>
<td>Sunday participants Registration and Transition closes</td>
<td>Roundhay Park</td>
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<th>Time</th>
<th>Event</th>
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<tr>
<td>05:30 - 10:30</td>
<td>Priority Registration opens</td>
<td>Roundhay Park</td>
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<tr>
<td>07:00</td>
<td>British Age-Group Standard Distance Championship waves start (Male)</td>
<td>Roundhay Park</td>
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<tr>
<td>07:45</td>
<td>Open Standard Distance waves start (Male)</td>
<td>Roundhay Park</td>
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<tr>
<td>TBC</td>
<td>Yorkshire Championships waves</td>
<td>Roundhay Park</td>
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<tr>
<td>08:05</td>
<td>British Age-Group Standard Distance Championship waves start (Female)</td>
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<tr>
<td>08:30</td>
<td>Open Standard Distance (Female) and Relays waves start</td>
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<tr>
<td>09:00</td>
<td>Open Sprint Distance waves start (Male)</td>
<td>Roundhay Park</td>
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<td>09:15</td>
<td>This Girl Can Sprint Distance waves start</td>
<td>Roundhay Park</td>
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<tr>
<td>09:20</td>
<td>Open Sprint Distance (Mixed) and Relays waves start</td>
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<tr>
<td>13:06</td>
<td>Elite Women race start</td>
<td>Roundhay Park</td>
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<tr>
<td>15:05</td>
<td>British Age-Group Standard Distance Championship medal ceremonies</td>
<td>Roundhay Park</td>
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<tr>
<td>15:51</td>
<td>Elite Men race start</td>
<td>Roundhay Park</td>
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Please note, these times are subject to change.
### AGE-GROUP TRIATHLON QUALIFIERS
All qualifiers are for ITU and ETU Championships taking place in 2020.

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<td>Leeds Castle Triathlon Weekend</td>
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<th>ITU Sprint Distance Triathlon World Championship Qualifiers - DRAFT LEGAL</th>
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<td>SWYD Sprint Triathlon (Draft Legal)</td>
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<td>The Cardiff Triathlon 2019</td>
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<td>Brighton and Hove Triathlon 2019 (Draft Legal)</td>
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<th>ETU Standard Distance Triathlon European Championship Qualifiers</th>
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<td>Woodhorn Museum Triathlon</td>
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<td>Brighton and Hove Triathlon 2019</td>
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<table>
<thead>
<tr>
<th>ETU Sprint Distance Triathlon European Championship Qualifiers*</th>
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<td>Eton Sprints (Draft Legal)</td>
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<tr>
<td>M3 Triathlon</td>
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<td>Hertfordshire Triathlon</td>
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Please ensure that you arrive at Roundhay Park in plenty of time for your race start - we suggest at least 90 minutes prior to your race.

**CHECK YOUR TRANSITION**

Before you start your race, ensure that your race equipment (and any nutrition you may want during your race) is arranged neatly next to your bike, within the area allocated to your race number. Please be mindful of other competitors when setting up your transition area.

No equipment is allowed in the aisles, before or during the competition. Personal belongings, other than your race equipment, are not allowed at your numbered position in transition and should be safely stored at the bag drop.

Please note nudity in transition is forbidden.

**ROUNDHAY PARK PERSONAL BAG DROP**

A secure area is available within transition to leave your bag prior to race start, or you can leave it with friends and family whilst you race.

In this bag, we suggest you leave any personal belongings you have brought to Roundhay Park on Sunday morning, but do not need to race, or won’t require immediately at the finish line.

After you finish your race, you can collect this bag when you return to Roundhay Park to 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. Any timing chips not returned will incur a charge.

**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 Technical Officials, volunteers and medical staff 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. It is vital that you inform the nearest marshal or Technical Official, so we know you are safe. Make sure you hand your timing chip to them, too.

RACE DISTANCES & LAPS

<table>
<thead>
<tr>
<th>SPRINT DISTANCE</th>
<th>STANDARD DISTANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>SWIM</td>
<td>BIKE</td>
</tr>
<tr>
<td>750m - 1 lap</td>
<td>18.9km - 1 lap</td>
</tr>
<tr>
<td>1500m - 1 lap</td>
<td>36.2km - 2 laps</td>
</tr>
<tr>
<td>7.5km - 1 lap*</td>
<td>10km - 1 lap*</td>
</tr>
</tbody>
</table>

It is your responsibility to count your own laps.

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 Sunday as race routes and so we have designated a specific route to Swim Start - see venue map at end of this 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.
BE PART OF OUR WORLD

DISCOVER THE BENEFITS

UNRIVALLED INSURANCE PROTECTION
Our membership packages include varying insurance cover from public liability insurance to personal accident cover and even professional indemnity insurance - we're protecting you every step of the way.

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.

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.

GREAT DISCOUNTS
From reduced event entry fees to money off at leading triathlon retailers and training software, your membership saves you money across a wide range of triathlon and multi-sport purchases.

FANTASTIC EXPERIENCES
Including freebies, VIP event experiences, money can’t buy opportunities and so much more, we’re always providing more for our members.

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

& SO MUCH MORE...

Head to britishtriathlon.org/join to discover our new memberships

Enter code MAJOR10 to receive 10% discount on membership packages*
THE RACE

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. Competitors should walk to the end of the pontoon and lower themselves into 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. Most participants will either swim front crawl or breaststroke. You may swim backstroke if you wish - please inform the staff at Swim Start if you are planning to do this so we are aware for safety reasons.

COURSE

SPRINT DISTANCE 750m

STANDARD DISTANCE 1500m

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:

- < 14°C  Wetsuits Mandatory
- 14°C - 21.9°C  Wetsuits Recommended
- > 22°C  Wetsuits Banned (this is highly unlikely)

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 or arm compression if you are swimming without a wetsuit.
THE RACE

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 that 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.

SWIM TO BIKE TRANSITION
Once out of the swim, follow the 400m carpeted route to transition to collect your bike. Take care when running as the carpet can become slippery when wet. You may begin to roll down your wetsuit as soon as you leave the water, ensuring not to impede other competitors. Please remember however, that nudity is not permitted in transition or at any point on the course.

REMEMBER — put your helmet on first before touching your bike.

RELAY ATHLETES
After your swim, run into transition to your allocated bike racking location where your cyclist should be ready to start their relay leg. Remove the timing chip from your ankle and pass to the cyclist to put around their left ankle.
BIKE COURSE

SPRINT DISTANCE
18.9km - 1 lap

STANDARD DISTANCE
36.2km - 2 laps

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 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).
**05 # THE RACE**

**DRAFTING**
This is a non-drafting race, as per British Triathlon Competition Rule 5.5, and penalties will be issued as per rule 5.6. Drafting is when you enter someone’s slipstream. The minimum distance between two athletes is 10 metres (measured from the leading edge of the front wheel).

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.

**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 tape and marshalled by technical officials. Bikes must be returned to the same racking position and helmets may only be unclipped and 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.

**CUT OFF TIMES**
Any participant who has not finished the bike leg and started the run by 12:00 will unfortunately not be allowed to start the run.

**BIKE SAFETY & MEDICAL SUPPORT**
There will be medical support at strategic points along the bike course, please inform the nearest official 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 volunteer if not.

**RELAY ATHLETES**
After your cycle, return to transition to your allocated bike racking location where your runner should be ready to start their relay leg. Remove the timing chip from your ankle and pass to the runner to put around their left ankle.
05 THE RACE

RUN

COURSE
The run will take you from transition in Roundhay Park, to Millennium Square in the City Centre, where you will cross the line on the famous blue carpet.

SPRINT DISTANCE
7.5km - 1 lap

STANDARD DISTANCE
10km

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 or communication devices are permitted.

AID STATIONS
On the run course, there will be several aid stations handing out water. These are positioned at transition exit and out on course. Sprint distance athletes will have aid stations at Run Out, 3km, 6.5km and Finish. Standard distance athletes will have aid stations at Run Out, 3km, 6.5km, 9km and Finish. Aid stations will be manned by volunteers - remember to give them a smile and a thank you!

You must carry any specific sports nutrition (such as energy gels or bars) you wish to use on the run yourself. Do not litter on course, please use the bins provided at aid stations where possible TBC.

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 vital that if you withdraw you tell us; we need to know you’re safe!) Remember to return your timing chip, you will be charged if not.

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
The finish area will be located in Millennium Square, where you will get to finish on the famous blue carpet, with spectators, friends and family cheering you over the line.

Please return your timing chip before leaving the finish area Medical support is available at the finish if needed.

RELAY ATHLETES
Relay finishers will be able to collect medals for their team mates when they cross the line if they wish. Relay athletes have the option to either head back to Roundhay Park via the shuttle bus to meet their team mates or for their team mates to travel to the City Centre via the shuttle bus to meet at the finish line.
Your Value Partner
06 AFTER THE RACE

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

BAG COLLECTION
On completion of your race, there will be signs and volunteers to show you where to find bag collection (only if you dropped a City Centre Finish Line bag in Roundhay Park on Saturday). After collecting your belongings, you may either want to head back to Roundhay Park on the shuttle bus service or stay in the City Centre to watch the elite races.

SHUTTLE BUS SERVICE
A dedicated shuttle bus service will be running on a regular basis to transport you from the City Centre back to Roundhay Park, leaving from Eastgate roundabout.

The shuttle bus pick up point will be clearly sign-posted from the finish area, and volunteers will be around to point you in the right direction. Familiarise yourself with the City Centre venue map at the end of this guide.

TRANSITION CHECK OUT
You will need to head back to Roundhay Park to check your bike and equipment out of transition, the easiest way to do this is via the shuttle bus service, which is free of charge for competitors.

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 (transition will be a live race zone from 07:00-12:30). Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.

Transition check-out will close at 19:00.

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

Provisional results will be available on the event website on Monday 10 June. Results will become final no later than Wednesday 12 June.

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

CEREMONIES
British Triathlon Age-Group Standard Distance Triathlon Championship medal presentations will take place in-between the two elite races, at approximately 15:05. These will be held in the Roundhay Park Event Village. Medals will be awarded for first 3 finishers in all 5-year age categories for male and female athletes. If you think you may have medalled please attend if possible.

To be eligible for British Championship medals, you must ensure your membership is up to date and valid as per British Triathlon Competition Rules, section 24. Your membership must be valid as of 5pm on Wednesday 5 June. If you’d like to become a member visit britishtriathlon.org/membership and email leeds@britishtriathlon.org to ensure you’re in a championship wave.

The Yorkshire Championship Medal Ceremony will proceed the British Championship presentations. Prizes will be awarded to the overall 1, 2 and 3 male and female.

Sprint distance presentations will also take place at approximately 15:05 in the Roundhay Park Event Village. Awards will be awarded to the first 3 male and female finishers overall only.

PHOTOS
In our effort to provide the best race day experience, we’ve been working with a new photo partner to bring you race day photos for you to look back on. More details to be confirmed soon.

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 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, before crossing the same blue carpet finish line as you!

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

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 and wind down with post-race massage.
• 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!
RULES & COMPETITOR CONDUCT

The sprint and standard distance races 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.

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.

ELIGIBILITY FOR BRITISH CHAMPIONSHIP

To be eligible for British Triathlon Championship medals you must fulfil the criteria as described in the British Triathlon Competition Rules, section 24. Please ensure your membership is up to date and valid, which must be done by 5pm on Wednesday 5 June.

ELIGIBILITY FOR YORKSHIRE CHAMPIONSHIP

Those taking part in the British Standard Distance Triathlon Championships at the AJ Bell World Triathlon Leeds, or attempting to qualify for the Great Britain Age-Group Team, will not be eligible to also compete for a Yorkshire Championship title. The Yorkshire Championship wave is standalone and will take place separately to the standard distance waves which form the British Championships and Qualifier. As it is possible that conditions in both waves will differ, it would be unfair to allow the option of challenging for both titles. An amendment to British Triathlon Competition Rule 24.3.a has been approved by the British Triathlon Technical Committee, to reflect the above statement.

GBR AGE-GROUP QUALIFICATION

The 2019 British Triathlon Standard Distance Championship Event acts as a qualifier for athlete’s wishing to compete for the 2020 Edmonton ITU Standard Distance Triathlon World Championships Great Britain Age-Group team.

If you wish to register your intent to qualify, you must do so [HERE](#) by 5pm Friday 7 June 2019 to be eligible for selection.

If you would like to know more about qualification opportunities please email agegroup@britishtriathlon.org

LITTERING

We are privileged to have been given permission to close many roads to stage the 2019 AJ Bell 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](#).

**TOILETS**

There are toilets within the Event Village, in Roundhay Park Transition, 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](mailto: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/volunteer](http://leeds.triathlon.org/volunteer)

**STILL GOT A QUESTION?**

We aim to answer all questions in this Athlete Guide. 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](mailto: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 city.

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. A free to access grandstand for watching Age-Group athletes is available on Sunday 9 June in Millennium Square for friends and family up until 12:00. The grandstand will then be cleared ahead of the Elite races, to allow for access for ticket holders.

Friends and family can access live online results at [leeds.triathlon.org](http://leeds.triathlon.org)

After the race, they will be able to meet up with you at the designated meeting point, by the City Centre Finish Line Bag collection area. Alternatively, if they have stayed in Roundhay Park, you can get the shuttle bus back and meet them in the Roundhay Park Event Village.

To keep up to date with the event head to [leeds.triathlon.org](http://leeds.triathlon.org)

BIG SCREENS

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. The Roundhay Park big screen will also show live finish line action from Sunday mornings age-group events.

SOCIAL MEDIA

There will be live updates over the race weekend on our Twitter [@WorldTriLeeds](https://twitter.com/WorldTriLeeds) and Facebook /WorldTriLeeds 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
Roundhay Park Venue Map

**KEY**
- Route to Swim Start (Sunday)
- Route from Car Park/Shuttle Bus to Event Village and Registration
- Information Point

**ROUN DHAY PARK**

**WHAT'S IN THE EVENT VILLAGE?**
- Registration
- Expo
- Club Zone
- Big Screen (Live Elite coverage)
- Age-Group Medal Presentations
- Post Race Massage
- Catering concessions
- Toilets

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[Map of Roundhay Park Venue showing key locations and event details]
On Sunday participants should use the A58 from the North (A6120) to access the car park via Oakwood Clock. It will not be possible to gain access to event car parks via any other route.