



**ITU
WORLD TRIATHLON
LEEDS**

**TRIATHLON
LIVE.TV**



**SUNDAY EVENTS ATHLETE'S GUIDE
10 JUNE 2018 LEEDS.TRIATHLON.ORG
SPRINT | STANDARD | RELAY | AGE-GROUP**

accenture

NTT



Bloodwise



**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



WELCOME FROM BRITISH TRIATHLON

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



WELCOME FROM LEEDS CITY COUNCIL

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



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

01 # FROM NOW UNTIL RACE DAY.....	01
02 # THE DAY BEFORE	04
03 # EVENT SCHEDULE.....	09
04 # RACE DAY.....	11
05 # THE RACE.....	13
SWIM	13
BIKE	15
RUN	17
06 # AFTER THE RACE.....	19
07 # ADDITIONAL INFORMATION.....	21
08 # SPECTATING.....	24
09 # COURSE MAPS.....	26
10 # VENUE MAPS.....	28



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.

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 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



01 # FROM NOW UNTIL RACE DAY

ACCOMMODATION & TRAVEL



ACCOMMODATION

Unless you live locally, we recommend you stay in Leeds or the surrounding area on Saturday 9 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

NIRVANA



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 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.

Want to swim in Roundhay Park before your race? You can still purchase a space in the Swim Familiarisation session, taking place on Saturday 9 June. This is your opportunity to get ahead of the competition before race day!

If you haven't purchased your merchandise you still can by visiting myevents.active.com/login and select the 'purchase additional merchandise' option. Merchandise will be available to buy up until **Friday 1 June**. 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.COM/LOGIN](https://myevents.active.com/login)



ITU
WORLD TRIATHLON
SERIES



TRIATHLON LIVE

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

02 ≠ THE DAY BEFORE



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 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 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)



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

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 bus shuttle, which will be picked up within your race pack 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 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.



02 ≠ THE DAY BEFORE



REGISTRATION

Registration will take place in the Roundhay Park Event Village.

You **MUST** register and rack your bike on **Saturday 9 June, between 14:00 and 19:00.**

In order to register, you will need your race number, photo identification 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.

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.

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**
- **3 x Bags** (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)

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.



02 ≠ THE DAY BEFORE



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



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 between 14:00 and 19:00**. 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 (14:00-19:00 Saturday 9) which will be available for you at the City Centre Finish Line on Sunday 10.

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).

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 9 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 within 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 for swim familiarisation.



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 ITU 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.

OPENING TIMES

Saturday: 06:30-19:30

Sunday: 05:30-19:00



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 2018**.





**BRITISH
TRIATHLON**

REPRESENT YOUR COUNTRY!

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	Human Race
The Cardiff Triathlon	24/06/2018	Always Aim High Events
Redcar Sprint Triathlon	29/07/2018	TriHard Events

[Register Now](#)

2019 ITU Standard Distance Triathlon Qualifier (Draft Illegal)

St Neots Triathlon	13/05/2018	NiceTri Events
Deva Triathlon	03/06/2018	Chester Triathlon Club
Leeds Castle Triathlon	24/06/2018	Multisport Equip Ltd

[Register Now](#)

2019 ETU Sprint Distance Triathlon Qualifier (Draft Illegal)

Southport Triathlon	20/05/2018	Epic Events
Thorpe Park Sprint Triathlon	03/06/2018	Tri Project
Worthing Triathlon	08/07/2018	Raw Energy Pursuits

[Register Now](#)

2019 ETU Standard Distance Triathlon Qualifier (Draft Illegal)

ITU World Triathlon Leeds	10/06/2018	British Triathlon
Arundel Triathlon	05/08/2018	Raw Energy Pursuits
St Neots Triathlon	02/09/2018	NiceTri Events

[Register Now](#)

FOR MORE INFO VISIT BRITISHTRIATHLON.ORG/AGE-GROUP

03 # EVENT SCHEDULE

SATURDAY 9 JUNE

05:00	Shuttle Bus Service Starts (City Centre to Roundhay Park)	Eastgate, Leeds City Centre
05:30	Shuttle Bus Service Starts (Roundhay Park to City Centre)	Princes Avenue, Roundhay Park
06:30	Help Desk OPEN	Roundhay Park
06:30	Saturday Races Registration OPEN	Roundhay Park
06:30	Saturday Races Transition Check-In OPEN	Roundhay Park
06:30	Roundhay Park Event Village Open	Roundhay Park
08:00	TriStar 2	Roundhay Park
08:00	TriStar 3	Roundhay Park
09:00	GO TRI	Roundhay Park
09:00	TriStar 2 and 3 Medal Ceremony	Roundhay Park
10:30	Youth Male 1	Roundhay Park
10:45	Youth Male 2	Roundhay Park
11:00	Youth Female	Roundhay Park
11:25	Junior Male	Roundhay Park
11:45	Junior Female	Roundhay Park
12:00	SH₂OUT - 400m	Roundhay Park
12:15	SH₂OUT - 750m	Roundhay Park
12:45	Youth and Junior Medal Ceremony	Roundhay Park
13:00	ALL Saturday race athlete's to have checked out of transition	Roundhay Park
13:30	Elite Swim Familiarisation	Roundhay Park
14:00	Sprint & Standard Registration and transition check-in OPEN	Roundhay Park
14:30 - 16:00	Age-Group Swim Familiarisation	Roundhay Park
18:30	Shuttle Bus Service Ends (City Centre to Roundhay Park)	Eastgate, Leeds City Centre
19:30	Shuttle Bus Service Ends (Roundhay Park to City Centre)	Princes Avenue, Roundhay Park

Please note, these times are subject to change.

03 # EVENT SCHEDULE

SUNDAY 10 JUNE

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

Please note, these times are subject to change.

04 ≠ RACE DAY

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.

04 ≠ RACE DAY



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 (we need to know you're safe) and give them your timing chip.



RACE DISTANCES & LAPS

	SWIM	BIKE	RUN
SPRINT DISTANCE	750m - 1 lap	18.9km - 1 lap	7.5km - 1 lap
STANDARD DISTANCE	1500m - 1 lap	36.2km - 2 laps	10km - 1 lap*

It is your responsibility to count your own laps.

*See explanation on page 16



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.



05 # 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.

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



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)

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.

05 # 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. 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.



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.



05 ≠ THE RACE

BIKE



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 over take 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).

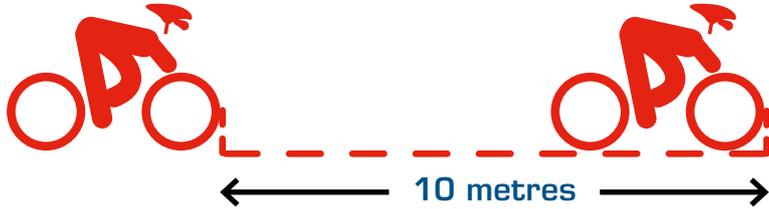


05 ≠ THE RACE



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 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.



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

point-to-point route plus 1 lap of City Centre (turn point on Calverley Street which will be clearly signposted and marshalled)

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.



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.

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



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 every 10 minutes 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.

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)



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.competitions.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.

06 # 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 Championships 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 Tuesday 5 June. If you'd like to become a member britishtriathlon.org/membership visit and email leeds@britishtriathlon.org to ensure you're in a championship wave.

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

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 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.computers.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!

07 # ADDITIONAL INFORMATION



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 Tuesday 5 June**.

GBR AGE-GROUP QUALIFICATION

The 2018 British Triathlon Standard Distance Championship Event acts as a qualifier for athlete's wishing to compete for the 2019 Weert ETU Standard Distance Triathlon European Championships Great Britain Age-Group team.

If you wish to register your intent to qualify, you must do so [HERE](#) by 5pm Friday 8 June 2018 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 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.



**BRITISH
TRIATHLON**

FROM AS
LITTLE AS
£24*
PER YEAR

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 **SUNBTM2018** TO RECEIVE
10% DISCOUNT ON MEMBERSHIP PACKAGES

Use before Saturday 17 April 2018



07 # ADDITIONAL INFORMATION



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 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 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 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.

08 ≠ SPECTATING



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 10 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.comrades.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 leeds.comrades.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 /TriathlonLeeds](https://facebook.com/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**)

*Offer open to new UK customers subscribing to the print edition only. Full details of the Direct Debit Guarantee will be provided and are available on request. You will receive 13 issues per year. Your subscription will start with the next available issue. If at any time you are dissatisfied please notify us in writing and we will refund you for all unmailed issues. 30% saving based on buying 13 issues at full UK shop price. UK calls will cost the same as other standard fixed line numbers (starting 01 or 02) and are included as part of any inclusive or free minutes allowances (if offered by your phone tariff). Outside of free call packages call charges from mobile phones will cost between 3p and 55p per minute. Lines are open Mon to Fri 8am - 6pm and Sat 9am - 1pm. (insert date).

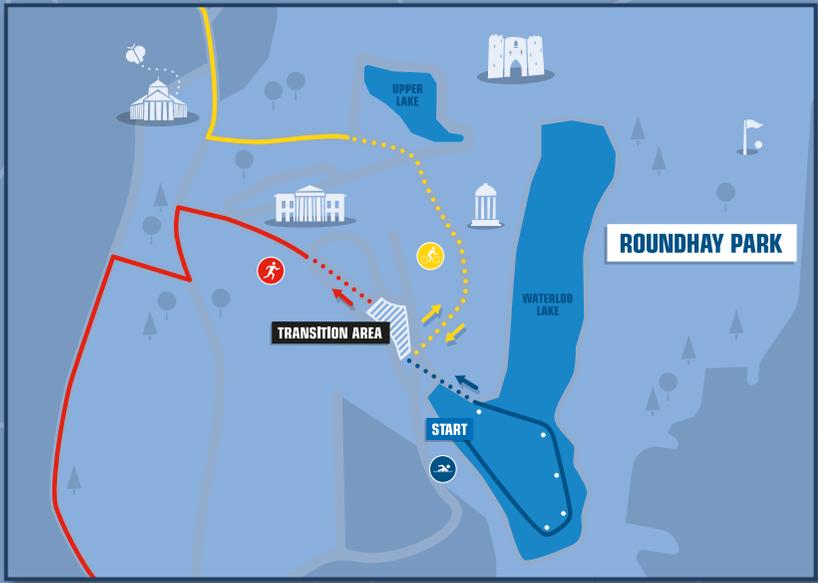
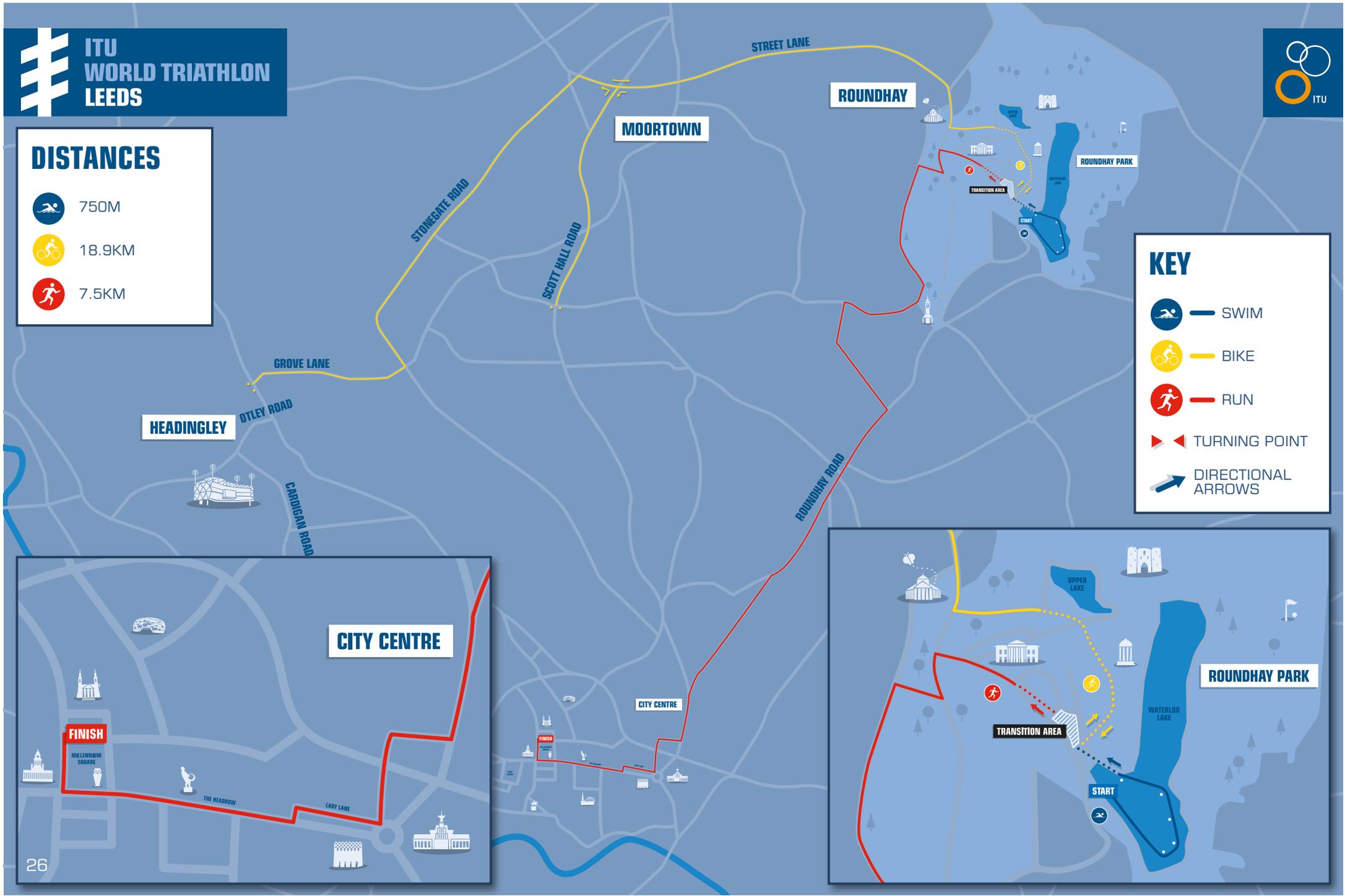


DISTANCES

- 750M
- 18.9KM
- 7.5KM

KEY

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



ITU WORLD TRIATHLON LEEDS

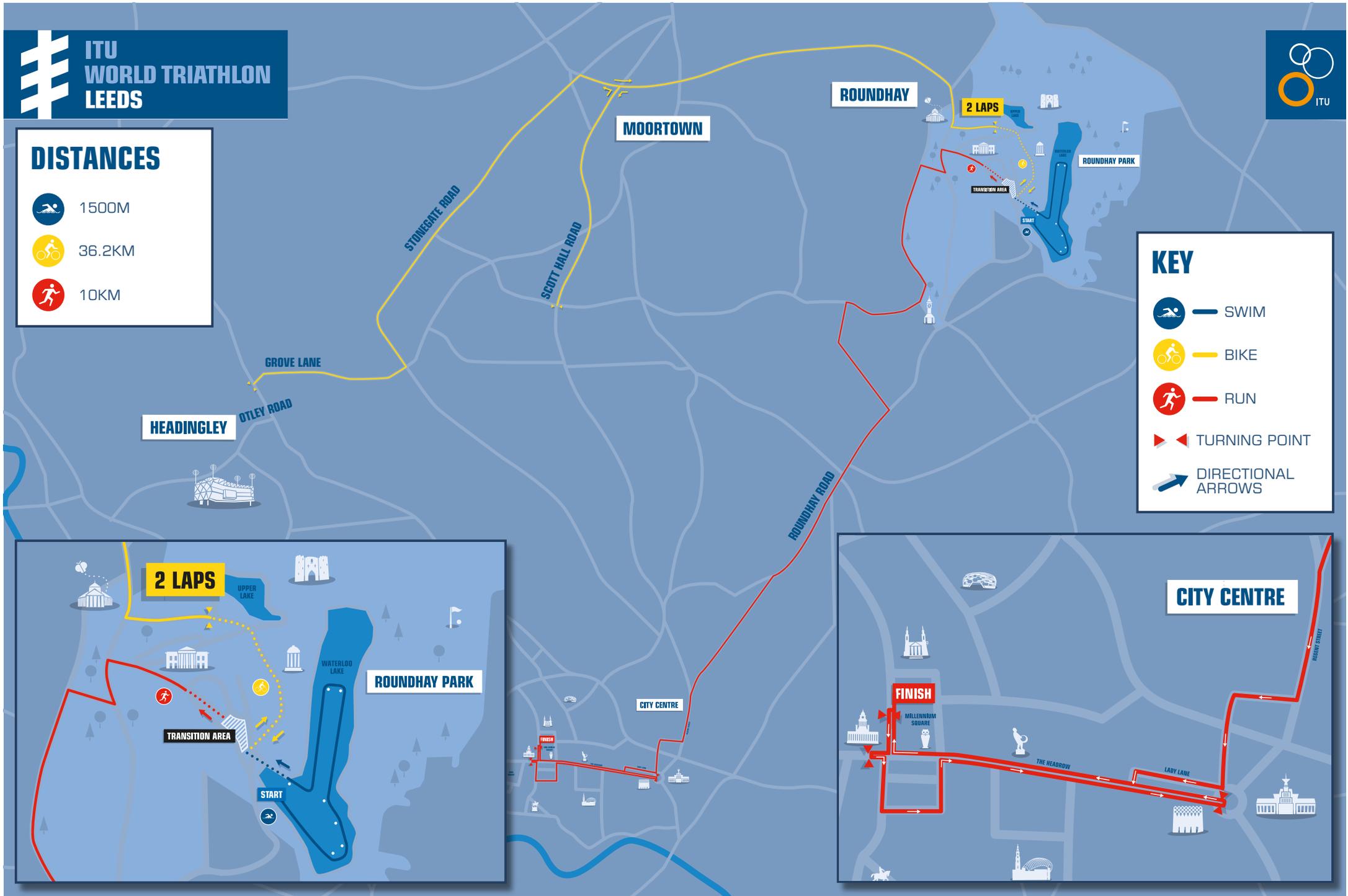


DISTANCES

- 1500M
- 36.2KM
- 10KM

KEY

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







CITY CENTRE



SPECTATOR GRANDSTAND

FINISH

CITY CENTRE FINISH LINE
BAG COLLECTION AND
SPECTATOR MEETING POINT

OFFICIAL
AGE-GROUP
EVENT HOTEL

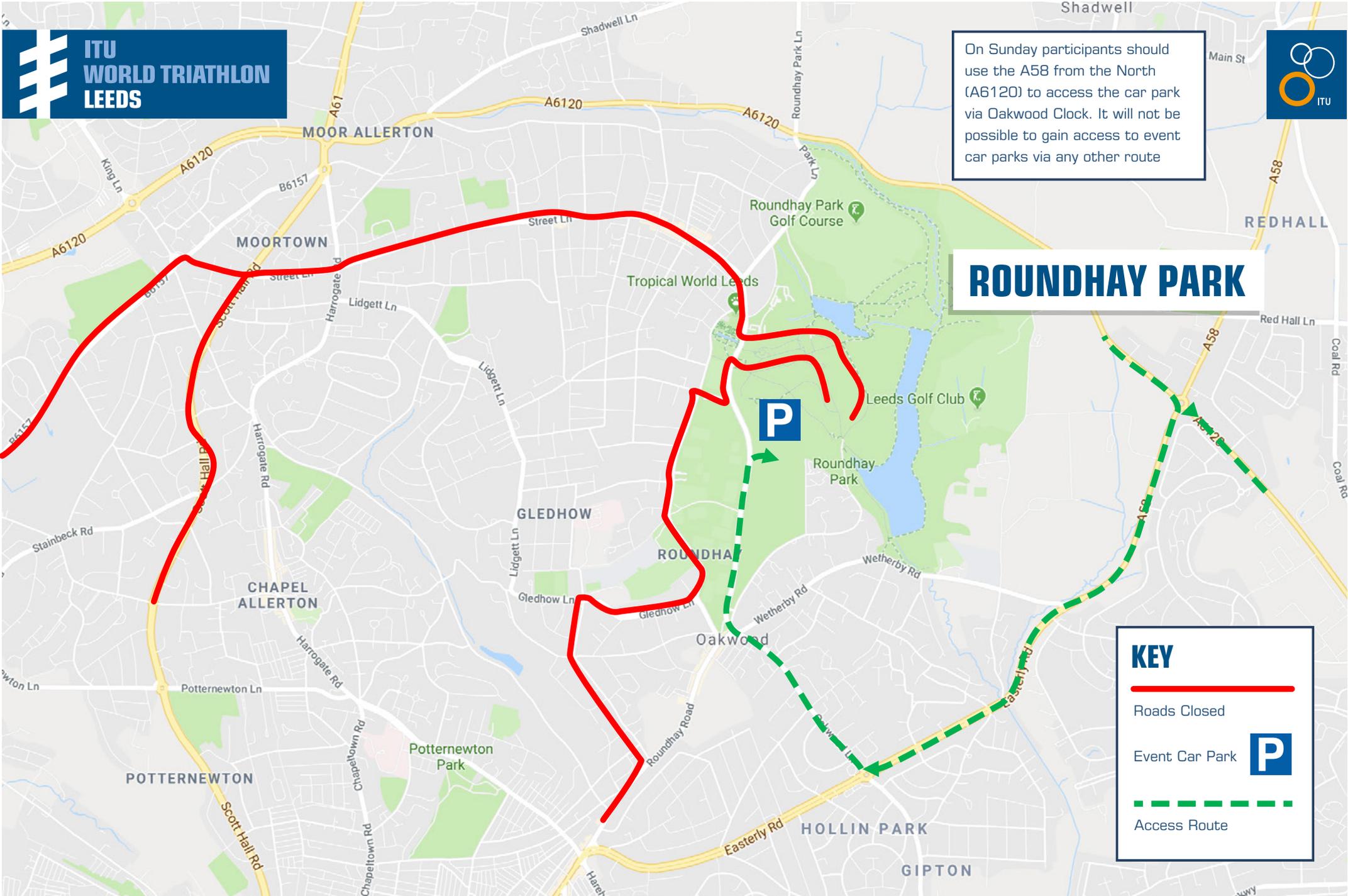
REGENT STREET

PARK
SQUARE

KEY

— — — — — →

Route from Finish
to Shuttle Bus



**ITU
WORLD TRIATHLON
LEEDS**



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

ROUNDHAY PARK

KEY

- Roads Closed
- Event Car Park **P**
- Access Route



SUNDAY EVENTS ATHLETE'S GUIDE

10 JUNE 2018 LEEDS.TRIATHLON.ORG

accenture



Bloodwise



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