WELCOME FROM ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

The organising team would like to extend a warm welcome and big thank you to all those taking part in the inaugural edition of the Accenture World Triathlon Mixed Relay Nottingham.

As the first Olympic Mixed Relay Qualification event, we are excited to welcome the world’s best triathletes battling it out for Tokyo 2020 points as well as first timers and seasoned age groupers as they take to the course along the picturesque Victoria Embankment in the centre of Nottingham.

Once again, we aim to deliver an event to be proud of with a world-class course, a smoothly organised athlete experience and the creation of an engaging atmosphere for all athletes, elite and mass participant alike, to embrace and feel part of something special.

I would like to take this opportunity to thank all the volunteers and officials for their support and commitment in ensuring 2018 delivers a great event experience. And of course, thank you to all our suppliers, sponsors and partners whom alongside Nottingham City Council, UK Sport, OSB Events and the ITU have supported British Triathlon to add this highly entertaining event to the World Triathlon Series schedule.

Have a fantastic event!

Jonny Hamp, Event Director

WELCOME FROM BRITISH TRIATHLON

Welcome to the Accenture World Triathlon Mixed Relay in Nottingham.

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.

What makes this event special is the participation of hundreds of local athletes in a variety of races, some of whom will be taking part in their first ever triathlon. 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 ACCENTURE

It is fantastic to be able to welcome you to the Accenture World Triathlon Mixed Relay Nottingham. Following a hugely successful inaugural event here in Nottingham in 2017, we are delighted to continue our support of the Mixed Relay format with 3 elite events in 2018, as athletes begin their journey to the first ever Olympic Mixed Relay in Tokyo 2020.

We are equally thrilled to champion inclusion and diversity, whilst supporting the growth of participation in triathlon, through the creation of the Accenture Mixed Team Challenge. This new sprint triathlon format offers everyone the chance to take part as a mixed gender team, whatever their ability!

Whether this is your first or your fiftieth triathlon, we hope you have a brilliant race and thoroughly enjoy being a part of this event.

Best of luck!

Emma McGuigan,
Senior Managing Director, Accenture

WELCOME TO THE ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

It is my greatest pleasure to welcome you to the Accenture World Triathlon Mixed Relay in Nottingham, part of the ITU global Mixed Relay Series.

The community has once again embraced this event, bringing a unique atmosphere to the occasion that I know our athletes thrive upon. This year’s course is as interesting as it is challenging with elite stars completing a 300m swim in the Trent, before cycling 7k and running 1.5km around Victoria Embankment in front of a packed grandstand and huge Nottingham crowd.

But the triathlon action won’t just be confined to the elites. The afternoon includes something for enthusiasts of all ages and abilities, with the city committed to growing triathlon amongst its youth, by organising youth and junior triathlons, team challenges and relays.

Nottingham will provide the perfect backdrop for these events, over what is set to be an excellent evening of family-friendly sporting 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 Nottingham 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
WE’RE PROUD TO CHAMPION YOU

Accenture is proud to be the Official Mixed Relay Partner of British Triathlon.
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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: nottingham@britishtriathlon.org

WHAT IF I WANT TO WITHDRAW?
The deadline for refunds has now passed and we are unable to process any as such.

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

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

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

FOR THE BIKE
☐ Bike, in a road worthy condition and bike shoes (if you use them)
☐ Race belt, if you use one
☐ Bike helmet – you won’t be allowed to cycle without one
☐ Tri suit/clothing
☐ Drinks bottle
☐ Any gels or food you might need
☐ Sunglasses
☐ Bike tool
☐ Puncture repair kit/spare inner tube

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

THINGS YOU MAY FORGET
☐ Friends and family! Bring your support network with you – there’s plenty for them to enjoy
☐ A change of kit, so you can stay dry and warm after your race
RACE DAY PLANNER
At a new event, venue layout can sometimes be a bit confusing. So, we’ve broken the big day down into step-by-step guide of where you should be and what you should be doing, so you can focus on performing at your best.

1. PUBLIC CAR PARK
Where as a competitor, you can park your car free of charge. A personalised car parking pass will be sent to you prior to the event.

2. REGISTRATION MARQUEE
Head here to collect your race pack including swim cap, race number and timing chip.

3. TRANSITION
Where you rack your bike and prepare your kit at your numbered location.

4. SWIM START ASSEMBLY POINT
Line up here for your wave as this is where your race will begin, you will be sent your wave start time prior to the event.

5. FINISH LINE
The same one that the international elite athletes will be crossing later in the day! You will have now completed your triathlon and be presented with your finishers’ medal and t-shirt.

6. HEAD BACK TO TRANSITION
to collect your bike and kit. If you haven’t travelled by car, you can put your bike in the free Bike Park, marked 6.

7. CRICKET PAVILION
Where showers and changing is available for all competitors.

8. RELAX!
Refuel at the food concessions marked on the map and get ready to cheer on the British team, as they battle it out with 17 other international teams to win the first Mixed Relay Olympic qualification points for Tokyo 2020!

9. GRANDSTAND
Overlooking the main stadium area with the Swim start, Transition, bike course, Changeover Zone, Finish and big screen so you can watch the action unfold before you, with the elite athletes going past 28 times during the race!
ABOUT NOTTINGHAM
Home to some of the best shopping in the UK, an exciting cultural calendar and recognised nationally for the quality of its restaurants and bars, this city has it all. www.itsinnottingham.com.

MERCHANDISE
You can still purchase Official Event Merchandise as a lasting memento of your race experience in Nottingham.

If you haven’t purchased your merchandise you can still by visiting myevents.active.com/login and select the ‘purchase additional merchandise’ option. Merchandise will be available to buy until 14 May. Alternatively email nottingham@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
WWW.TRIATHLONLIVE.TV
SIGN UP NOW TO WATCH LIVE AND ON DEMAND + HOURS OF ARCHIVE AND ALL NEW BONUS CONTENT
TRAVEL ADVICE
A free competitor car park is available in Victoria Embankment via Bathley Street from 09:00 on Thursday 7 June. There will be stewards and signage to show you were to go.

You will need to show your entry confirmation email upon arrival at the car park to gain free access. This can be either printed out or on your phone.

Competitors are strongly advised not to leave bikes on car roof racks during the event. The organisers will not accept responsibility for any damage accidents or losses resulting from use of the car park.

ROAD CLOSURES
To ensure the event runs smoothly there will be road closures in place. Please make sure to plan your journey in advance and follow the AA route signage to the car parks.

GETTING TO VICTORIA EMBANKMENT
Victoria Embankment is located only 1 mile from Nottingham City Centre, and next to The Meadows and West Bridgford.

TRAVELLING BY BUS
Trent Bridge is the closest bus stop, approximately 400m from the main venue. Bus stops here are served by regular services from the city and the surrounding towns and villages including Radcliffe on Trent, Bingham and Loughborough.

Nottingham City Transport - www.nctx.co.uk
Trent Barton Buses - www.trentbarton.co.uk

TRAVELLING BY TRAM AND PARK & RIDE
Nottingham is serviced by an excellent Tram system, with a stop located 800m from the main event site. The tram network is connected to 7 Park & Ride sites with 7000 free parking spaces on the outskirts of the city, with direct connections to the venue.

The closest stop is Meadows Embankment
Clifton South - Accessed from J24 of the M1 - Direct Tram
Toton Lane - Accessed from J25 of the M1 - Change at Nottingham Train station
Phoenix Park - Accessed from J26 of the M1 - Direct Tram

Full details of the other park and ride sites and a timetable can be found at www.thetram.net

TRAVELLING BY TRAIN OR AIR
Nottingham Station is well connected to the rest of the country by train, with services from London, Manchester, Liverpool, Leeds, Cardiff and Norwich. Connections via Derby and Birmingham are also possible.

The closest airport to the event is East Midlands Airport.

DISABLED ACCESS
If you require disabled access to venues, please let us know via nottingham@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 the car park steward and they will direct you.

Accessible toilets including a changing places unit are available on site. Accessible viewing points are also located along the route.
Please ensure that you arrive at Victoria Embankment in plenty of time for your race start, we suggest at least 90 minutes prior to your race.

REGISTRATION

Registration will take place in Victoria Embankment, and will be signposted from the car park. You MUST register between 11:00 and 14:00 and rack your bike from 11:30 until 14:00.

In order to register, you will need your race number, photo identification and your valid British Triathlon Home Nation Association Membership Card. If you do 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.

INDIVIDUAL / TRIBE 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)
- **Swim Hat**
- **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 the cyclist and one worn on the front of the runner)
- **Bike Number Sticker** (Please attach to the cyclist’s seat post)
- **Swim Hat**
- **Timing Chip and Strap** (to be worn on the left ankle and transferred to the next relay leg by participants)
- **Safety Pins** (available on request)

Registration staff will be on hand to advise how to attach any of the above items.
## Transition Check-in and Bike Racking

Transition check-in will remain live throughout the event, so if you are racking your bike after the event has started please be aware that there will be athletes racing while you are setting up. Please ensure you keep gangways clear for these athletes. 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 in. Helmets must be worn and fastened whenever you are handling your bike within the transition area, this includes when checking into transition.

Each competitor is allocated a numbered transition space, which is ordered according to your 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.

### 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

There is a Bag Storage area contained within the transition area for athletes to leave bags and boxes to keep the main transition area clear of non-race kit. You will be able to collect your bag from the same location after you have completed your event prior to checking your bike out of transition.

Please do not place valuables in this bag.

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<table>
<thead>
<tr>
<th>Bike</th>
<th>Bag</th>
</tr>
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<tbody>
<tr>
<td>Attach to your bike around the seat post as shown below. <strong>DO NOT REMOVE UNTIL YOU HAVE CHECKED YOUR BIKE OUT OF TRANSITION</strong></td>
<td>Place the sticker on your own kit bag (<strong>No larger than a rucksack size</strong>) before leaving it at the bag drop in transition.</td>
</tr>
</tbody>
</table>

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**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 nottingham@britishtriathlon.org
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.

ELECTRONIC RACE TIMING

The 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 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 so. It is vital that you inform the nearest marshal or Technical Official (we need to know you’re safe!) and give them your timing chip.

BIKE MECHANIC
Russells Bicycle Shed will be on hand from 10:30 to offer last minute assistance with mechanical issues. Please do not expect a full service on race day. Note, you will have to pay for consumables. Please visit russelsbicycleshed.co.uk if you wish to arrange a service before race day.

RACE DISTANCES & LAPS

GO TRI

<table>
<thead>
<tr>
<th>SWIM</th>
<th>BIKE</th>
<th>RUN</th>
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</thead>
<tbody>
<tr>
<td>300m</td>
<td>9km - 3 laps</td>
<td>1.5km - 1 lap</td>
</tr>
<tr>
<td>750m</td>
<td>18km - 6 laps</td>
<td>4.5km - 3 laps</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
See venue map at the 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.
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
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

GO TRI

SPRINT DISTANCE

Individual / Tribe / Relay

The swim course is anti-clockwise, see course map 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 (Mandatory for GO TRI Competitors)
- **> 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.
04 # 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
There will be lifeguards available to assist you out of the water should you need help.

SWIM TO BIKE TRANSITION
Once out of the swim, follow the 150m 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.
**BIKE COURSE**

**GO TRI DISTANCE**
9km - 3 lap

**SPRINT DISTANCE**
Individual / Tribe / Relay
18km - 6 laps

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

**THINGS TO REMEMBER**

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

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

**BIKE OUT – MOUNT LINE**

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

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

**REMEMBER** – Set your bike up in a **LOW GEAR** to make it easy to start your cycle.
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. Any dangerous riding will be penalised.

CUT OFF TIMES
Any participant who has not finished the bike leg and started the run by 16:00 will unfortunately not be allowed to start the run.

BIKE SAFETY & MEDICAL SUPPORT
There will be medical support available on the bike course, please inform the nearest official if you require 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 transition for any last minute bike pre-race checks which can be addressed at a cost.

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.
04 THE RACE

RUN

COURSE

GO TRI DISTANCE

SPRINT DISTANCE

Individual / Tribe / Relay

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

To start your next lap, as you approach the finish area bear left and pass through the elite transition area which will take you on to your next lap. When finishing carry straight on and into the finish chute.

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 an aid station handing out water. This is positioned just beyond the transition exit on the run course. Aid station will be manned by volunteers, remember to give them a smile and a thank you!

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

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 on Victoria Embankment Park, 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 the cross the line if they wish.

WHERE TO MEET TEAM MATES

Relay finishers will be able to collect medals for their team mates when they cross the line if they wish.
The Great Britain Age-Group competition offers all Home Nation members a unique opportunity to compete at International Level in triathlon, duathlon, aquathlon, winter and cross triathlon.

### UPCOMING QUALIFICATION EVENTS

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

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

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

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

For more info visit [britishtriathlon.org/age-group](http://britishtriathlon.org/age-group)
05 AFTER THE RACE

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

TRANSITION CHECK OUT
You will need to head back to transition to check your bike and equipment out of transition by 17:00.

You will need your race number and security wristband 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 13:15). Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.

There is a secure bike park available in the area where you registered remember to keep your wrist band to access it.

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

Provisional results will be available via the live timing.

Results will become final no later than 5 days post event.

If you have a timing query after your race, please contact nottingham@britishtriathlon.org
05 AFTER YOU FINISH

SHOWERS
There are showers available free of charge at the Cricket Pavilion, see attached map for location.

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 race as part of the Accenture World Triathlon Mixed Relay. They start their swim in the River Trent at 18:36 and race to complete bike and run laps on the course in just over an hour, before crossing the same blue carpet finish line as you!

EXPO
Open 7 June from 11:00 until 20:00.
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 NOTTINGHAM10 TO RECEIVE 10% DISCOUNT ON MEMBERSHIP PACKAGES
Use before Sunday 13 May 2018
RULES & COMPETITOR CONDUCT

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.

LITTERING

We are privileged to have been given permission to close roads to stage the 2018 Accenture World Triathlon Mixed Relay Nottingham.

It is not acceptable for the residents to then find, after the event, that their street 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 the water station on the run course. On the bike course, you should carry your used litter with you, not discard it on the roads.

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

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

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

TOILETS
There are toilets within the venue in Victoria Embankment Park for both competitors and spectators. There won’t be toilets on the bike or run course.

LOST PROPERTY
Please visit Event Control on the day of the event. Alternatively, email us at nottingham@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 nottingham.triathlon.org/volunteers

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 nottingham@britishtriathlon.org
SPECTATOR INFORMATION
If friends and family are coming to watch you complete, we advise they find a location to watch the event and stick to it, rather than moving around.

The course is designed to be as spectator friendly as possible, and as such there are plenty of areas for which to watch the action. Friends and family can access the live online results at nottingham@britishtriathlon.org

A more detailed spectator guide will be available online closer to the event at nottingham.triathlon.org/spectators

BIG SCREENS
There will be two large screens at the venue showing live coverage of the event on the day.

SOCIAL MEDIA
There will be live updates over the race day on our Twitter @WorldTriNotts and Facebook /WorldTriNotts 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 #WTSNottingham and we’ll share some of the best posts.

#WTSNottingham
Mass Participation Route

DISTANCES

**SPRINT**
- **750M**
- **18KM (6 LAPS)**
- **4.5KM (3 LAPS)**

**GO TRI**
- **300M**
- **9KM (3 LAPS)**
- **1.5KM (1 LAP)**

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