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WORLD TRIATHLON
MIXED RELAY
NOTTINGHAM

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SATURDAY 15 JUNE 2019

ELITE ATHLETE GUIDE

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⌘ ITU WORLD TRIATHLON SERIES | ABU DHABI | BERMUDA | YOKOHAMA |
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WELCOME



WELCOME FROM ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

The organising team would like to extend a warm welcome to all elite teams taking part in the Accenture World Triathlon Mixed Relay Nottingham. It's great to have you with us as the event enters its second year as part of the World Series.

As the only sole Mixed Relay event on the World Series schedule, we once again aim to deliver an event to impress; with a world-class course, a smoothly organised athlete experience and great atmosphere around the course.

I would like to take this opportunity to thank all the volunteers and officials for their support and commitment in ensuring 2019 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 ensure this highly entertaining event is part of the World Triathlon Series schedule.

Have a fantastic event!

Jonny Hamp,
Event Director



WELCOME FROM BRITISH TRIATHLON

Welcome to the 2019 Accenture World Triathlon Mixed Relay Nottingham. Whether you took part in AJ Bell World Triathlon Leeds and have made the short trip for the second part of this British double header, or have made the trip especially, it's great to have you with us at the pinnacle of triathlon competition in Britain.

This event is made special by so many factors, the picturesque setting on Victoria Embankment; spectator lined course giving a truly great atmosphere; the opportunity for hundreds of amateur athletes from age 11 to give triathlon a go for the first time or compete for a British Championship title; and of course not forgetting you, who will bring the curtain down on a fantastic week of triathlon events in Britain.

I hope you enjoy your time in Britain and have a great race!

Ian Howard TD,
President, British Triathlon

WELCOME



WELCOME FROM ACCENTURE

It is fantastic to be able to welcome you to the Accenture World Triathlon Mixed Relay Nottingham. We are delighted to continue our support of the thrilling Mixed Relay format, as you and your fellow global athletes return to Nottingham for the second

successive year. We wish you the best of luck on your journey to the first ever Olympic Mixed Relay in Tokyo 2020.

We hope you have a brilliant race and thoroughly enjoy being a part of this event.

Julian Skan,
Senior Managing Director, Accenture





GREETINGS AND WELCOME TO THE 2019 ACCENTURE WORLD TRIATHLON MIXED RELAY NOTTINGHAM

It brings me great pleasure to welcome you to the historic city of Nottingham for the second Mixed Relay Series event in the city following its debut 12 months ago. The atmosphere here was electric as the USA held off the challenge of Team GB and France to earn gold, the River Trent and its banks providing a brilliantly high-speed and intense course on which to test the athletes' individual mettle and collective spirit.

With the relay incorporated into the Olympic programme for the first time in Tokyo 2020, we are excited to see how the Mixed Relay Series has captured the imaginations of triathlon fans around the world. It also provides us with an opportunity to hold races in exciting new locations, and Nottingham has already proven itself an excellent stage on which to give our athletes the chance to showcase their abilities and take a step nearer realising their Olympic dreams.

Mixed Relay is perhaps triathlon racing at its most dramatic, bringing together the men and women with the added dimension of all-important team spirit. This compact sprint course begins with athletes launching themselves into the River Trent, before racing around the tree-lined Victoria Embankment on both bike and foot, traversing the Old Trent Bridge and Wilford Suspension Bridge.

My thanks go to the Local Organising Committee, race sponsors Accenture and the city of Nottingham, as well as all the volunteers for their help in the smooth running of the event. I wish everybody the best of luck and hope that you enjoy your time in the city as it hosts all the thrills of ITU racing.

**Marisol Casado, President,
International Triathlon Union, IOC Member**

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01 # GENERAL INFORMATION



KEY DATES

Thursday 13 June	16:00 - 18:00	Elite Athlete Media Opportunity	Media Centre
	18:00 - 19:00	Elite Athlete and Coach Briefing	Athlete Lounge
Friday 14 June	14:00 - 15:00	Elite Bike Course Familiarisation	Victoria Embankment
	15:30 - 16:30	Elite Swim Course Familiarisation	Victoria Embankment
Saturday 15 June	16:08	Elite Mixed Relay Competition	Victoria Embankment
	17:35	Elite Mixed Relay Medal Ceremony	Victoria Embankment

All times provided are British Summer Time (BST) unless otherwise stated.

HOST NATIONAL FEDERATION & ORGANISER

The 2019 Accenture World Triathlon Mixed Relay Nottingham is organised and hosted by **British Triathlon**.

British Triathlon
Michael Pearson East
1 Oakwood Drive
Loughborough, LE11 3QF

nottingham@britishtriathlon.org
+44 (0) 1509 226 161
nottingham.com.triathlon.org



KEY CONTACTS

ITU Team Leader	Thanos Nikopoulos	thanos.nikopoulos@triathlon.org
ITU Technical Delegate	Daniel Martin	mail@danielmartin.at
ITU Medical Delegate	Dr Claude Marblé	cmarble@orange.fr
LOC Race Director	Andrew Taylor	andrew@taylormadeevents.co.uk
LOC Operations Manager	Hayden Arrowsmith	haydenarrowsmith@britishtriathlon.org +44 7824 144 690
LOC Event Queries	nottingham@britishtriathlon.org	



LIVE TV COVERAGE

Saturday 15 June 16:00 - 17:45 BBC2





A PERSONAL BEST

Accenture is proud to be the Official Mixed Relay Partner of British Triathlon, and to support our athletes to be the best prepared on the Olympic and Paralympic start line.

[accenture.com/britishtriathlon](https://www.accenture.com/britishtriathlon)

02 ≠ VENUE LOCATIONS



COMPETITION

The venue for the 2019 Accenture World Triathlon Mixed Relay is Victoria Embankment, Nottingham.

- Swim – River Trent
- Transition – Victoria Embankment
- Bike – 2 laps of Victoria Embankment Park
- Run – 1 lap of Victoria Embankment Park

More information about the course can be found in the Competition section on [page 13](#) and on the course maps at the end of this guide on [page 18](#).



ATHLETE LOUNGE

The Athlete Lounge is located south of the transition area in a large white marquee. The recovery area is located immediately after the finish.

Toilets and changing facilities are available at these locations. Sealed bottles of water and fruit will also be provided.



DOPING CONTROL

Doping Control will be performed according to UK Anti-Doping rules.



RACE BRIEFING

The Elite Athlete and Coach Briefing will take place in the Athlete Lounge at Victoria Embankment on **Thursday 13 June**.

18:00 - 19:00 Athlete and Coach Briefing



LOC OFFICE

The LOC Office is located north of the transition area, near to the finish. Follow signs for the LOC Office.

Location: LOC compound, Victoria Embankment, Nottingham, NG2 2JY

Opening hours:

- Thursday 13 June 10:00 – 16:00
- Friday 14 June 10:00 – 16:00
- Saturday 15 June 08:00 – 19:00



ITU OFFICE

The ITU Office and ITU Media Office are located at the venue next to the LOC Office near the transition area, Victoria Embankment, Nottingham, NG2 2JY.



OFFICIAL EVENT HOTELS

The Official Event Hotels of the 2019 Accenture World Triathlon Mixed Relay Nottingham are:

Address: Jurys Inn, Station Street, Nottingham, NG2 3BJ

De Vere Jubilee Conference Centre, Nottingham NG7 2TU

03 # EVENT SCHEDULE

TUESDAY 11 JUNE

08:30 – 13:30	Elite Swim Training	David Ross Sports Village, University of Nottingham
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WEDNESDAY 12 JUNE

08:30 – 13:00	Elite Swim Training	David Ross Sports Village, University of Nottingham
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THURSDAY 13 JUNE

08:30 – 13:30	Elite Swim Training	David Ross Sports Village, University of Nottingham
18:00 – 19:00	Elite Athlete and Coach Briefing	Athlete Lounge, Victoria Embankment

FRIDAY 14 JUNE

08:30 – 13:30	Elite Swim Training	David Ross Sports Village, University of Nottingham
14:00 – 15:00	Elite Bike Familiarisation	Victoria Embankment Park
15:30 – 16:30	Elite Swim Familiarisation	River Trent, Victoria Embankment Park

SATURDAY 15 JUNE

09:00 – 12:00	Elite Swim Training	David Ross Sports Village, University of Nottingham
14:00 – 15:15	Athlete Lounge Check-In	Victoria Embankment Park
14:30 – 15:45	Transition Check-In	Victoria Embankment Park
14:45 – 15:45	Elite Swim Warm-Up	Victoria Embankment Park
15:55	Welcome and Parade	Victoria Embankment Park
16:08	Elite Race Start	Victoria Embankment Park
17:35	Elite Medal Ceremony	Victoria Embankment Park

04 # PRE-COMPETITION



TRAVEL & ACCOMMODATION

British Triathlon looks forward to welcoming you to both the AJ Bell World Triathlon Leeds and the Accenture World Triathlon Mixed Relay Nottingham in 2019. In partnership with Nirvana, British Triathlon have developed accommodation and transport packages to ensure a smooth journey for you and your athletes.

Transport from Leeds to Nottingham is an integral part of the package. The information below details your travel options in relation to competing in both Leeds and Nottingham, or just Nottingham.

For any queries on these packages, please contact our partner Nirvana - itu@nirvanaeurope.com

Athlete Racing Options

1. Athlete competes in Leeds AND Nottingham
2. Athlete competes in Nottingham ONLY

Key Transport & Accommodation Locations

Leeds	Ibis Leeds City Centre (Official Event Hotel) Hilton Leeds City (Official Event Hotel)
Nottingham	Jurys Inn Hotel (Official Event Hotel) De Vere Jubilee Conference Centre (Official Event Hotel)
Airports	MAN Manchester (main airport for Nottingham & Leeds) LBA Leeds Bradford (secondary airport for Leeds) EMA East Midlands (secondary airport for Nottingham)

Cost Responsibilities

LOC Airport transfers, transport between Leeds and Nottingham (including equipment). LOC are also responsible for 4 night's accommodation for competing athletes. National Federations are responsible for all other nights, support staff and travelling reserves.

National Federations Athlete / Team flights and accommodation.



04 # PRE-COMPETITION

ATHLETES COMPETING IN BOTH LEEDS AND NOTTINGHAM

	WED 5 JUNE	<ul style="list-style-type: none"> • Fly into Manchester Airport - optional arrival date • Airport transfer to Leeds hotels - approx. 70 mins from airport 	LEEDS
	THU 6 JUNE	<ul style="list-style-type: none"> • Fly into Manchester Airport - optional arrival date • Airport transfer to Leeds hotels - approx. 70 mins from airport 	LEEDS
	FRI 7 JUNE	<ul style="list-style-type: none"> • Fly into Manchester Airport • Airport transfer to Leeds hotels - approx. 70 mins from airport • 18:00 - ATHLETE BRIEFING 	LEEDS
	SAT 8 JUNE	<ul style="list-style-type: none"> • AM - COURSE FAMILIARISATION 	LEEDS
	SUN 9 JUNE	<ul style="list-style-type: none"> • 13:06 and 15:51 RACE 	LEEDS
	MON 10 JUNE	<ul style="list-style-type: none"> • AM - ATHLETE AND BIKE DEPARTURE • Coach transfer of athletes and bikes* from Leeds hotels to Nottingham - approx. 90 mins from Leeds 	NOTTINGHAM
	TUE 11 JUNE	<ul style="list-style-type: none"> • Swimming facilities available at University of Nottingham 	NOTTINGHAM
	WED 12 JUNE	<ul style="list-style-type: none"> • Swimming facilities available at University of Nottingham 	NOTTINGHAM
	THU 13 JUNE	<ul style="list-style-type: none"> • Swimming facilities available at University of Nottingham • 18:00 - ATHLETE BRIEFING 	NOTTINGHAM
	FRI 14 JUNE	<ul style="list-style-type: none"> • Swimming facilities available at University of Nottingham • PM - COURSE FAMILIARISATION 	NOTTINGHAM
	SAT 15 JUNE	<ul style="list-style-type: none"> • Swimming facilities available at University of Nottingham • 16:08 RACE 	NOTTINGHAM
	SUN 16 JUNE	<ul style="list-style-type: none"> • AM – ATHLETE AND BIKE DEPARTURE • Airport transfer to Manchester Airport - approx. 2 hours from Nottingham • Depart from Manchester Airport 	N/A

*Elite athlete and accredited elite coach movement from Leeds to Nottingham

Monday 10 June (mid-morning) direct transfer (approx. 1h30m)

by executive coach transport and ShipMyTriBike transporter.

Pick-up from Leeds at designated LOC hotels Ibis or Hilton Leeds City.

Drop-off in Nottingham at designated LOC hotels Jurys Inn or De Vere Jubilee Conference Centre.

[BOOK HERE](#)

04 # PRE-COMPETITION

ATHLETES COMPETING ONLY IN NOTTINGHAM

All bookings and requests must be submitted by 17:00 (BST) on Wednesday 8 May 2019.

	WED 12 JUNE	<ul style="list-style-type: none">• Fly into Manchester Airport - optional arrival date• Airport transfer to Nottingham hotels - approx. 2 hours from airport	NOTTINGHAM
	THU 13 JUNE	<ul style="list-style-type: none">• Fly into Manchester Airport• Airport transfer to Nottingham hotels - approx. 2 hours from airport• Swimming facilities available at University of Nottingham• 18:00 - ATHLETE BRIEFING	NOTTINGHAM
	FRI 14 JUNE	<ul style="list-style-type: none">• Swimming facilities available at University of Nottingham• PM - COURSE FAMILIARISATION	NOTTINGHAM
	SAT 15 JUNE	<ul style="list-style-type: none">• Swimming facilities available at University of Nottingham• 16:08 RACE	NOTTINGHAM
	SUN 16 JUNE	<ul style="list-style-type: none">• AM – ATHLETE AND BIKE DEPARTURE• Airport transfer to Manchester Airport - approx. 2 hours from Nottingham• Depart from Manchester Airport	N/A

For more information and to book your travel and accommodation, please visit nottingham.com.triathlon.org/elites

BOOK HERE



HOST CITY

Nottingham has an exciting cultural calendar and is recognised nationally for the quality of its restaurants and bars. The city is also home to some of the best shopping in the UK.

For more information visit www.itsinnottingham.com.



ACCREDITATION

All elite athletes will be provided with Official Event Accreditation to facilitate access to certain venue areas.

NOTE: Coaches and medical team members need to register via their National Federation on the ITU online registration portal at least seven days prior to the event. No accreditation will be handed over if the names are not on the ITU list.

All accredited persons are required to carry their accreditation cards with them at all times and to show them on request.

Accreditation will be distributed after the Elite Athlete and Coach Briefing on Thursday 13 June.



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The Volvo XC60.

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VOLVOCARS.CO.UK



Fuel consumption and CO₂* figures for the Volvo XC60 range in MPG (l/100km): WLTP Combined 28.0 (10.1) – 122.8 (2.3). NEDC CO₂ emissions 181–47g/km.

Figures shown are for comparability purposes; only compare fuel consumption and CO₂ figures with other cars tested to the same technical procedures. These figures may not reflect real life driving results, which will depend upon a number of factors including the accessories fitted (post-registration), variations in weather, driving styles and vehicle load. *There is a new test used for fuel consumption and CO₂ figures. The CO₂ figures shown however, are based on the outgoing test cycle and will be used to calculate vehicle tax on first registration.

04 # PRE-COMPETITION



SWIM TRAINING

Pre-competition swim training is provided by the LOC at the University of Nottingham located within the city.

Location: David Ross Sports Village, University of Nottingham, Beeston Lane, Nottingham, NG7 2RD

Timetable:

DATE	TIMES	PROVISION
Tuesday 11 June	08:30 – 13:30	4 x 25m lanes
Wednesday 12 June	08:30 – 13:00	4 x 25m lanes
Wednesday 13 June	08:30 – 13:30	4 x 25m lanes
Friday 14 June	08:30 – 13:30	4 x 25m lanes
Saturday 15 June	09:00 – 12:00	4 x 25m lanes

[Swim Training Availability - VIEW DETAILS HERE](#)

NOTE: Access to the swim training pool requires the elite athlete or coach to present a swim pass on arrival at the training venue. A swim pass will be e-mailed to the elite athlete or coach as part of their booking confirmation. Elite athletes and coaches must show this swim pass on arrival at the training venue.

University of Nottingham have been instructed to prevent access to anyone not showing a valid swim training pass.

For all information on course training and familiarisation please visit the event website:

nottingham.triathlon.org/elites/



BIKE TRAINING

A recommended option for a 5km traffic-free, flat cycle course, is Holme Pierrepont Country Park. This park is located on the edge of Nottingham 3km from the event venue. This option is not available on Saturday 15 or Sunday 16 June. - [VIEW DETAILS HERE](#)



RUN TRAINING

Victoria Embankment is an ideal location for run training. The paths are in good condition and the terrain is flat. Please be aware that throughout the week there will be construction work going on as the event site is built. You are recommended to avoid these construction areas and follow instructions from security staff.



COURSE FAMILIARISATION

BIKE FAMILIARISATION

This will take place on **Friday 14 June** between **14:00 - 15:00**. Athletes will be able to ride the complete bike course. Athletes must report to the Athlete Lounge to register for the bike familiarisation no later than 13:45. Only accredited persons will be granted access to the Athlete Lounge.

SWIM FAMILIARISATION

The swim course familiarisation will take place in the River Trent on **Friday 14 June** from **15:30 - 16:30**. This is after the bike course familiarisation.

Athletes must report to the Athlete Lounge to register for the swim familiarisation. Only accredited persons will be granted access to the Athlete Lounge.

During the swim course familiarisation, there will be lifeguards and swim safety in place.

Please note: Swimming in the River Trent outside of the swim familiarisation at any time is prohibited due to safety.

04 # PRE-COMPETITION



DAVID ROSS SPORTS VILLAGE

Set in the £40 million David Ross Sports Village, the High Performance Zone offers a state-of-the-art training facility for performance athletes including a 60m indoor sprint track and a dedicated S&C area with the latest fitness technology.

As well as delivering programmes for university scholarship student athletes and performance squads, the venue's experienced strength and conditioning team also work closely with professional clubs and athletes wishing to use the facility.

Also within the David Ross Sports Village is the Sports Injury Clinic which offers physiotherapy, hydrotherapy and sports massage services to support rehabilitation, conditioning and recovery. The Sports Injury Clinic includes five private consultancy rooms, hydrotherapy pool set at 32-34 degrees celsius as well as an ice bath suitable for individuals or groups of up to 8.

For further information on the Sports Injury Clinic and High Performance Zone or to arrange complimentary or discounted access, please contact Christine Bailey at christine.bailey@nottingham.ac.uk



04 ≠ PRE-COMPETITION



MEDICAL SERVICES

First Aid and Emergency Medical Services will be available to anyone requiring medical assistance at the venue on Saturday 15 June before and during competition hours.

Medical and paramedic personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital if needed. A medical tent will also be provided on site at the finish area.

If you require medical assistance during your stay in Nottingham, outside of competition hours, please contact the medical services below.

HOSPITAL

FOR ALL EMERGENCIES - DIAL 999

Queen's Medical Centre
Derby Road, Nottingham NG7 2UH
Main switchboard Tel: +44 (0)115 924 9924

DOCTOR

NHS Urgent Care Centre
Seaton House, London Road, Nottingham NG2 4LA
Tel: +44 (0)115 883 8500



BIKE MECHANIC SERVICE

A bike mechanic will be present at the Athlete Lounge before the race.

Friday 14 June 14:00 - 15:00 Whilst bike familiarisation takes place
Saturday 15 June 14:00 - 18:00 Before and during the race

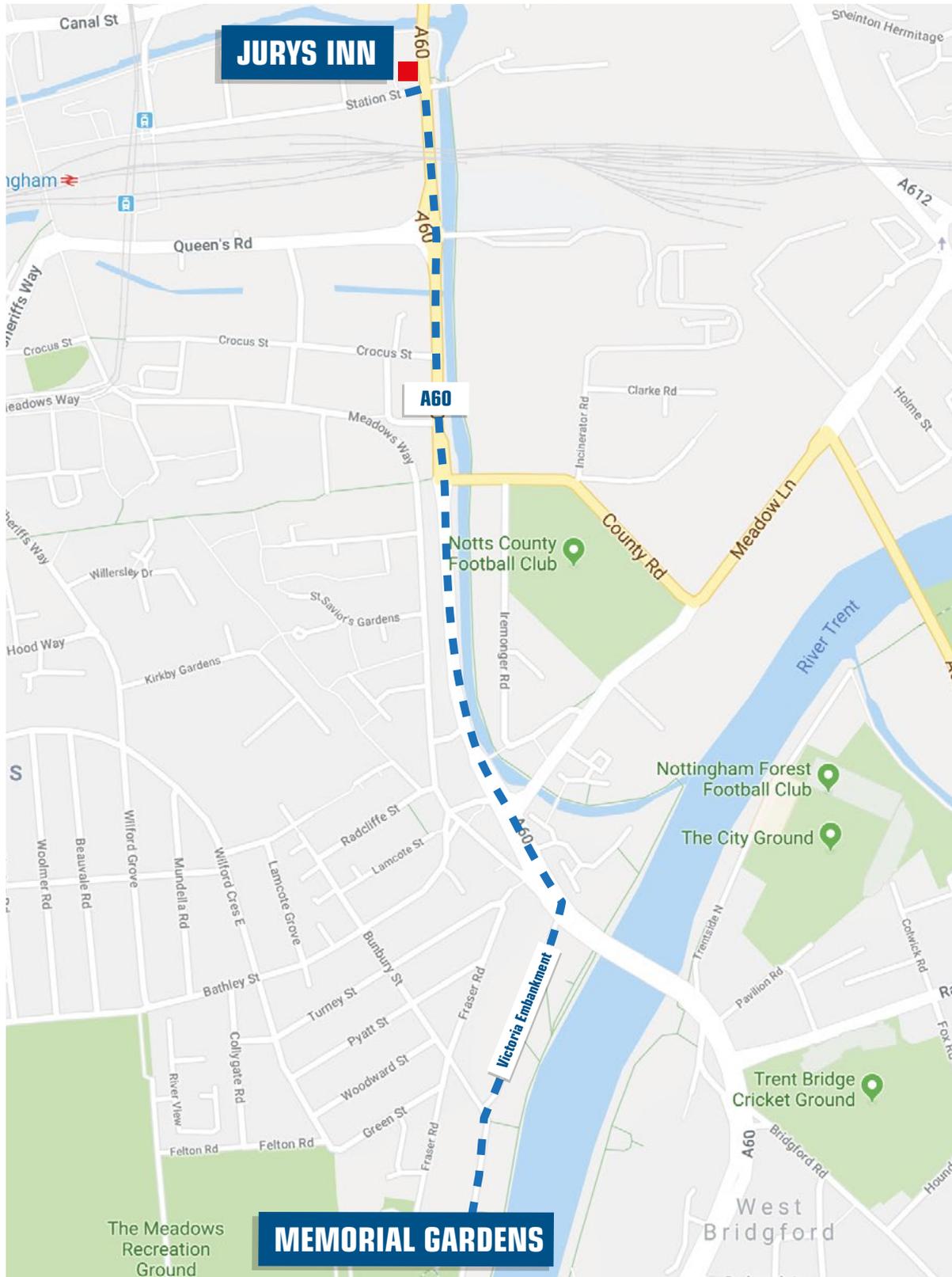


04 # PRE-COMPETITION



HOTEL TO VENUE

The competition venue is located approx 1.5km from Jurys Inn Hotel. The map below shows a suggested route. Walking this route is advised rather than cycling as the roads may be busy.



05 # COMPETITION



RULES

The 2019 Accenture World Triathlon Mixed Relay Nottingham will follow the latest published Competition Rules from the International Triathlon Union.



START

The start area is the River Trent at Victoria Embankment Park. The start process will be a dive start from a pontoon.

The Race Referee, with the assistance of the ITU Technical Officials, will start the race.



SWIM COURSE

The swim will take place in the River Trent and athletes will complete one anti-clockwise lap of 300m. Swim exit will be via a ramp adjacent to the start. A Technical Official will post the wetsuit status of the race 1 hour prior to the start of the race in the Athlete Lounge.

During June the water temperature of the River Trent is expected to be cool.



TRANSITION

The Transition Zone is located 30m from the swim exit.



05 ≠ COMPETITION



WATER QUALITY

ENTEROCOCCI

Date of Sample	Location 1	Location 2	Location 3	NMP/100ml
03.04.2019	30	55	64	<200

E. COLI

Date of Sample	Location 1	Location 2	Location 3	NMP/100ml
03.04.2019	170	180	100	<500

PH

Date of Sample	Location 1	Location 2	Location 3	NMP/100ml
03.04.2019	8.0	8.0	8.1	6-9

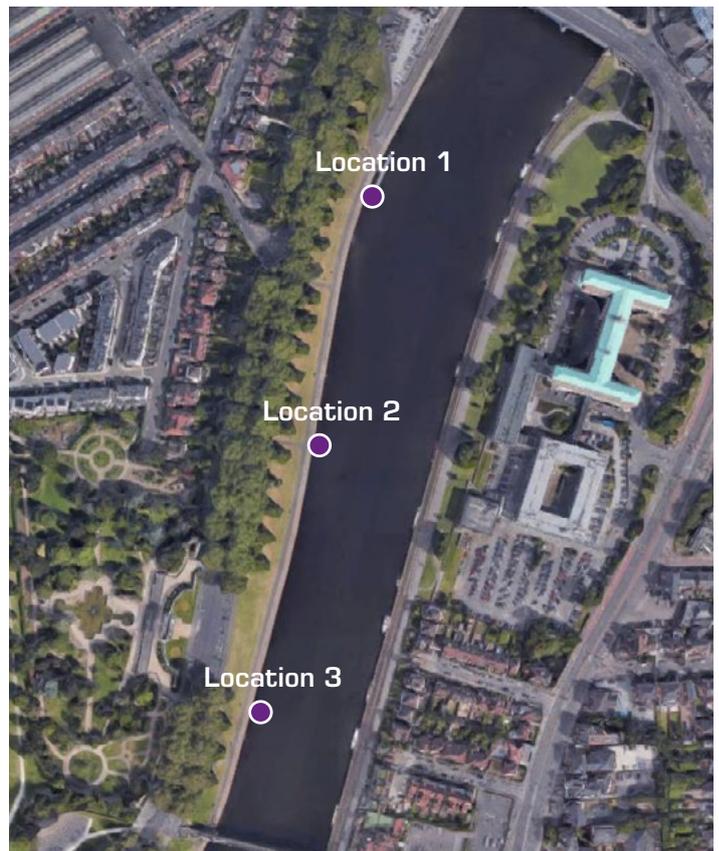
WEATHER REPORT

(including previous two days)

Day	Weather
03.04.2019	Overcast, becoming sunny.
02.04.2019	Overcast with light rain.
01.04.2019	Overcast. No rain.

SUMMARY:

The water quality tests meet ITU standards



05 ≠ COMPETITION



BIKE COURSE

The bike course is a flat profile with no significant climbs. The course consists of two laps covering 7 km in total. The route includes three tight 180° turns per lap.



WHEEL STATIONS

A neutral wheel station will be located on the bike course immediately after exiting the transition area. Team wheel stations will follow directly after. Wheels can be dropped here 90 minutes prior to competition.



RUN COURSE

The run course will consist of one 1.5km lap.

Athletes will run over Trent Bridge, past Nottingham County Hall before crossing back over the Wilford Suspension Bridge and follow the Victoria Embankment back into the Changeover Zone.



AID STATIONS & LITTERING ZONES

An aid station will be located 250m after transition, providing sealed bottled water. A littering zone will be attached to this aid station.



PENALTIES

The penalty box will be located approximately 50m before returning to the Changeover Area / Finish Line.



CHANGEOVER ZONE

The Changeover Zone is located prior to the start of the Finish Chute.



COACHES' AREA

The coaches' area is located adjacent to the Athlete Lounge looking onto the run course.



WEATHER CONDITIONS

Nottingham weather can be cool in June. Average temperatures are 17°C. Rain is possible in the UK, so it's best to prepare for all conditions!

For weather forecasts go to www.metoffice.gov.uk





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06 ≠ POST-COMPETITION



RESULTS

Results will be uploaded live at the ITU's Official Website: www.triathlon.org

All the results information will be distributed to the Team Leaders at the LOC Office.



PROTESTS & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.



MEDAL CEREMONIES

The Medal Ceremony will take place at Victoria Embankment in front of the P20 spectator grandstand. The Medal Ceremony will begin soon after the last competitor has finished the race. Athletes are expected to remain in their team kit. Required athletes will be escorted by event staff to where they need to be. The cooperation of athletes and coaches is appreciated to ensure the ceremony takes place on time.

ELITE MIXED RELAY MEDAL CEREMONY: 17:35

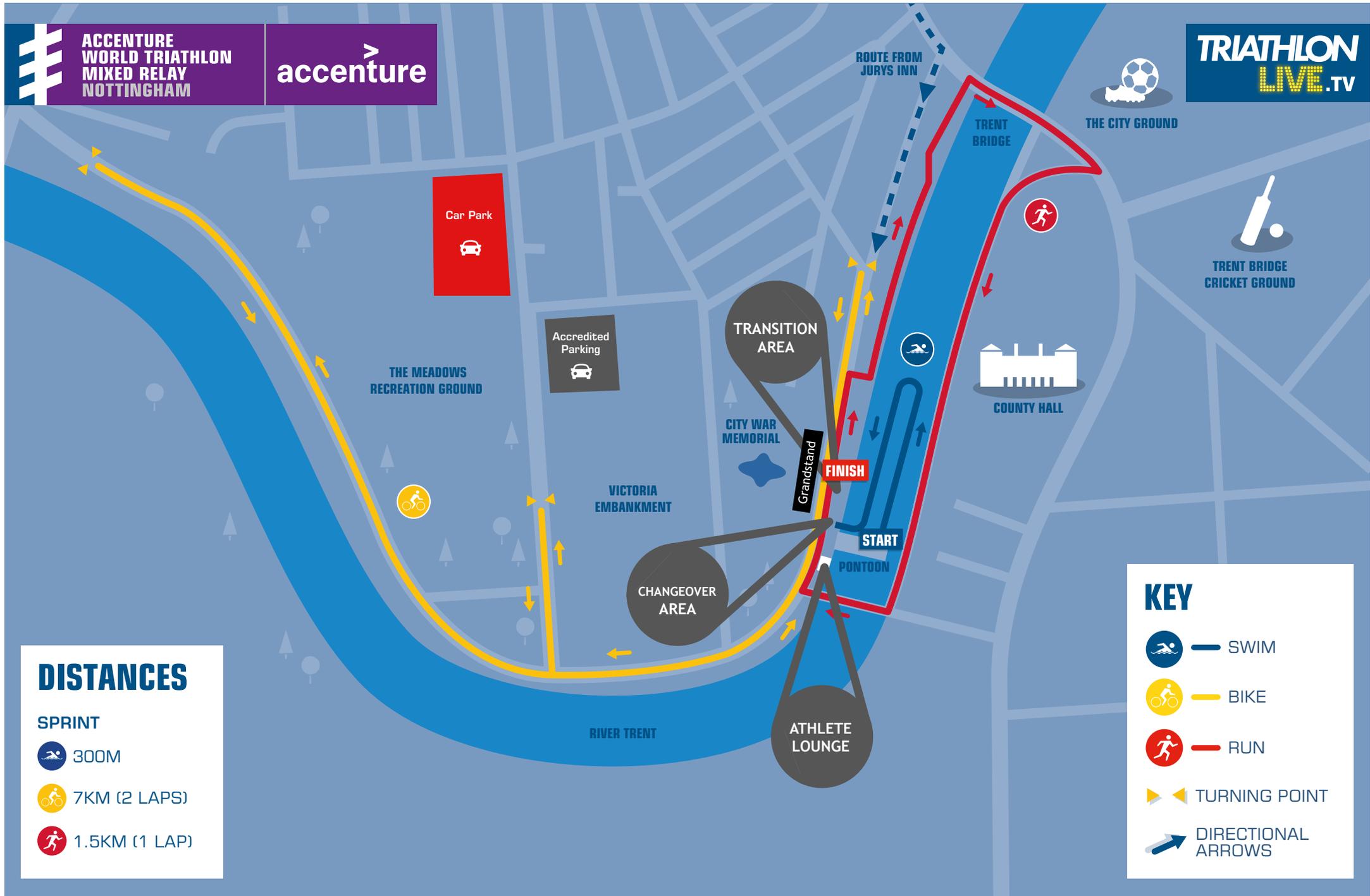




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TRIATHLON
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Car Park

Accredited Parking

THE MEADOWS RECREATION GROUND

VICTORIA EMBANKMENT

CITY WAR MEMORIAL

COUNTY HALL

TRENT BRIDGE

THE CITY GROUND

TRENT BRIDGE CRICKET GROUND

CHANGEOVER AREA

TRANSITION AREA

ATHLETE LOUNGE

Grandstand

FINISH

START

PONTOON

RIVER TRENT

ROUTE FROM JURYS INN

DISTANCES

SPRINT

300M

7KM (2 LAPS)

1.5KM (1 LAP)

KEY

SWIM

BIKE

RUN

TURNING POINT

DIRECTIONAL ARROWS



ELITE ATHLETE GUIDE

15 JUNE 2019 NOTTINGHAM.TRIATHLON.ORG

accenture



Yellow Jersey
Insurance for cycling



EISBERG
ALCOHOL FREE WINE



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