



AJ BELL  
World Triathlon  
Championship Series  
**SUNDERLAND**  
2023



# ATHLETE GUIDE

**Saturday 29 July 2023**

Youth Super Series

Senior Super Series

Sprint Distance

**Sunday 30 July 2023**

British Standard Distance Championships

Standard Distance



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# Welcome

## Welcome from AJ Bell 2023 World Triathlon Championship Series Sunderland

As event director, it's my pleasure to welcome you all to AJ Bell 2023 World Triathlon Championship Series Sunderland.

This is the first time we've brought the World Triathlon Championship Series to the city, after a successful run of events in Leeds, however 2022 saw the British Triathlon Super Series Grand Final hosted here, and what an event it was. The location is the same this year as it was last, with the stunning Roker Seafront providing a natural amphitheatre for some exciting swim, bike, run action, and keep an eye out for the dolphins too.

There is a strong history of sport and triathlon in Sunderland and the North East of England, and we're delighted that we've been able to work closely with our partners at Sunderland City Council to bring about this event weekend, but also to grow swimming, cycling and running provision in the area throughout the year.

Whatever your race this weekend and whether you consider yourself a local or a visitor, I hope you enjoy your time with us at AJ Bell 2023 World Triathlon Championship Series Sunderland.



**Sam Allen**

Event Director, AJ  
Bell 2023 World  
Triathlon  
Championship  
Series Sunderland

## Welcome from Sunderland City Council

It's hugely exciting to be hosting AJ Bell 2023 World Triathlon Championship Series Sunderland for the very first time.

As a city in the process of transforming itself with a huge amount of investment and development in recent years, this is an event which completely chimes with our ambitions as a city to be healthy, dynamic, vibrant, and smart, as well as building on Sunderland's reputation for hosting events large and small.

We're very much looking forward to an action-packed weekend against the scenic backdrop of our award-winning blue flag Roker Beach and Seafront. With over 2,000 athletes participating including some of the world's best athletes, we can't wait to welcome you all.

This summer's event builds on the success of last year's British Triathlon Super Series Grand Final in Sunderland and on our Swim Bike Run programme which continues to inspire residents of all ages, some of whom are taking part this weekend.



**Councillor Dorothy Truman**

Mayor of  
Sunderland

The planned routes showcase our stunning seafront - Roker Beach with its iconic pier and lighthouse, our fabulous Marina and beautiful green-flag Victorian Roker Park.

I'd like to thank everyone involved in making this weekend happen. Employees across a range of organisations involved, partners, volunteers, spectators and of course, participants. It's thanks to you and your efforts that this is the fabulous event that it is.

I hope you all have a fantastic time in Sunderland, and that you enjoy the weekend and love our fabulous seafront every bit as much as we do. We look forward to welcoming you back to Sunderland soon.

## Welcome from UK Sport

On behalf of UK Sport, I'm delighted to welcome all athletes, officials and support staff to Sunderland for the first time for the AJ Bell 2023 World Triathlon Championship Series Sunderland.

Hosting major global sporting events here in the UK provides the opportunity for extraordinary sporting moments that reach, unite and inspire the nation. Free to view events such as this are vitally important in providing everyone with the opportunity to see live sport. I hope you will be able to enjoy the atmosphere on Roker Beach and along the course as you compete.

Enjoy a great weekend of racing and being part of this event – good luck all!



**Esther Britten**

Head of Major  
Events at UK Sport

## Welcome from AJ Bell

We're incredibly proud to be title partner of the AJ Bell 2023 World Triathlon Championship Series Sunderland. For those of you who don't know the name 'AJ Bell', we're one of the UK's largest, most-trusted investment platforms and we aim to make things as easy as possible for our customers to invest.

Ultimately, we want our customers to feel good while investing as they take control of their financial futures.

Over the course of our five-year partnership with British Triathlon, we've enjoyed some fantastic events hosted in the city of Leeds. I'm really looking forward to seeing the swim, bike, run action take over a new location this year: the sea front and streets of Sunderland. With the introduction of a sea swim on the impressive Roker Beach, what better backdrop to watch our British athletes compete for qualification points ahead of the Paris Olympic Games?

For those of you taking part over the weekend, all the time and energy you've invested up until this point will soon pay off (trust us, we know a thing or two about investing!).

Good luck to you all and keep thinking about that feel-good moment when you cross the finish line!

All of us here at AJ Bell will be cheering, clapping and ringing our bells in support.



**Charlie Musson**

Brand and PR  
Director, AJ Bell



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Championship Series

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**City of  
Sunderland**



bai communications

# Event Overview

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## Welcome to Sunderland!

This year's UK leg of the World Triathlon Championship Series promises to celebrate the splendour of the English North East coastline. AJ Bell 2023 World Triathlon Championship Series Sunderland makes the most of what the city has to offer, kicked off with a beach start at Roker Beach and stretching up and down the seafront before soaring into the famous Blue Zone finish chute.

The event has something for everyone, whether it is your first swim, bike, run experience or a qualifying opportunity as an Age-Group athlete. Over 2,000 participants will take part across six different styles of triathlon racing on the same course as elite athletes from across the globe, all battling for ranking points in this year's World Triathlon Championship Series and for next year's Olympic Games in Paris. With individual elite racing on Saturday 29 July and the high adrenaline Mixed Team Relay on Sunday 30 July, participants will get the opportunity to be within touching distance of the highest standard of triathlon.

This guide holds everything you need to know about participating in AJ Bell 2023 World Triathlon Championship Series Sunderland. Here is what you need to know about the event:

## What's On?

### Saturday 29 July

- **Super Series Youth** – Great Britain's best 15 – 16-year-olds compete as part of the [British Triathlon Super Series](#).
- **Super Series Senior** – Great Britain's best Junior and upcoming Seniors compete as part of the [British Triathlon Super Series](#).
- **Sprint Distance** – Mass participation sprint distance triathlon and relays.
- **The BIG Swim Bike Run** – the new competitive Swim Bike Run programme for beginners, formerly known as GO TRI. A 200m Swim, 10km bike and a 2.5km run.
- **Swim Bike Run Mini Sponsored by Stoneacre Toyota** – a recreational and family friendly adaption of triathlon welcoming kids from five years old and their parents to participate together.
- **World Triathlon Championship Series** - Elite Individual – Stage six of the 2023 [World Triathlon Championship Series](#) as the world's best compete for Olympic qualification points and the right to stand on top of the podium as champion.



## Sunday 30 July

- **British Standard Distance Championships** – [Age group](#) athletes for all age categories competing for the British Championship title, as well as an opportunity to qualify for the British team and compete at the [World Championships](#).
- **Standard Distance** - Mass participation standard distance triathlon and relays.
- **World Triathlon Championship Series - Elite Mixed Team Relay** – Teams of four from National Federations across the world compete for Olympic Qualification points in this electric team triathlon event.

You can find all route maps at the end of this guide.

### Routes

## What Else Is Happening?

### World Triathlon Championship Series Races

Soak up the atmosphere after your race and watch the world's top athletes go head-to-head in the elite races at the end of each event day. This is not to be missed and will also be broadcast on BBC1 on Saturday and BBC2 on Sunday.

## Saturday 29 July

- World Triathlon Championship Series Men 14:00
- World Triathlon Championship Series Women 15:35

## Sunday 30 July

- Mixed Relay 13:15

So, stick around after your race! You can leave your bike safely in the Yellow Jersey Bike Parks located at Athlete Services where you will register or in the Fan Zone. Grab your spot behind the barriers along the route or find a space in the Fan Zone to relax and watch the action on the big screen.

## Grandstand

Within the heart of the venue, we will have a spectator grandstand. You won't miss any of the action with a prime view of transition, finish, medal ceremonies, and the arena big screen. Grandstand tickets are available to watch the elite races from the best seats in the house from here.

The grandstand will be open free of charge to the general public in the morning sessions on both Saturday and Sunday. This is a great opportunity for friends and family to have a prime view to watch you cross the finish line. Please note this area will be cleared in advance of the elite races in the afternoons. Grandstand tickets for the afternoon races can be purchased from the button below.

### Grandstand Tickets



## Yellow Jersey Bike Park

Once again, **Yellow Jersey** are providing bike parks across the venue to park up your bike safely as you enjoy the rest of the event and make the most of what AJ Bell 2023 World Triathlon Championship Series Sunderland has to offer.

These can be found in the [Fan Zone](#) (Cliffe Park) and [Athlete Services](#) (Harbour View Road).

## Fan Zone

Join us in our brand-new Fan Zone with lots for everyone to get involved with, as well as a big screen showing all the action throughout the weekend. More information can be found [here](#).

## Age-Group Qualifiers

On the Sunday, the event will be hosting the British Standard Distance Triathlon Championships with the best across all age groups competing to be crowned national champion. This race will also be a chance for age group athletes to qualify for the 2024 World Championship Standard Distance Triathlon. To be eligible for this, athletes must register their intent to qualify before 17:00 on Friday 28 July.

**REMEMBER:** If you are an Age group participant competing on Sunday, you can register on Saturday and take part in the Swim Familiarisation on Saturday morning, followed by an Age Group Athlete Briefing in Roker after the elite races on Saturday evening.

### Swim Familiarisation

- Athletes won't need to book a place for Swim Familiarisation.
- Simply head to Registration from 10:00 on Saturday 29 July to register and collect your race pack. Participants need to wear the numbered wristband which is in their race packs but must then keep this on for race day.
- Head down to the beach for 11:00. Showing your wristband, you'll be let through the barriers at 11:15 for a short swim briefing before being taken to the water at 11:30.

### Age Group Athlete Briefing

Held at the Roker Hotel between 19:00-20:00 on Saturday 29 July, you will be invited to hear from several guests including the Chief Technical Official and the British Triathlon Age-Group support team. There will also be a route commentary. You'll even be able to stay and chat over food and drink afterwards.

[Book Now](#)

## Visit Sunderland

Sunderland is a city of light and a city of passion; a creative place that's fast becoming known for its vibrancy and culture, as much as its centuries of engineering prowess.

There are few cities on earth where you can spend the morning strolling in the countryside, the afternoon by the beach and the evening taking in a world-famous show at the stunning Edwardian Empire Theatre; but Sunderland is one of them.

For a good old-fashioned family day out Sunderland's beaches are the perfect place to unwind. There are miles of beautiful Blue Flag coastline from which to choose the ideal spot and Roker and Seaburn beaches have been favourite family destinations for hundreds of years.

Sunderland is no stranger to big sporting events, having hosted the British Triathlon Super Series Grand Final in 2022, Cyclocross National Championships in 2018 and again in 2021, annual Sunderland Run Festival, annual half marathon and 10k races, Tall Ships in 2018 and being one of the host cities for the 2019 World Transplant Games – plus many more.

Sunderland is an easy city to get to and get around as well, with great transport links.

Find out more about what Sunderland has to offer by clicking the buttons below.

[Things to do](#)

[Food & Drink](#)

[Where to stay](#)





**University of  
Sunderland**

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CHAMPIONSHIP SERIES**

**A LIFE-CHANGING  
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**The  
Guardian**  
University Guide 2023

# Pre-event Preparation

## Getting to the event

Please plan your journeys ahead of time to avoid delays and help reduce emissions by using public transport wherever possible or carpooling.

**PLEASE BE AWARE OF THE PLANNED RAIL STRIKES ON SATURDAY 29 JULY.**

**For more information, please visit: [National Rail Services](#)**

Sunderland City Council has a fantastic range of public transport options, with good train links to Leeds and Newcastle stations, bus networks across the city, and the Metro. Find out more [here](#).

Nirvana Europe, the Official Travel and Accommodation Partner for AJ Bell 2023 World Triathlon Championship Series Sunderland, have a range of travel packages available for participants, including shuttles to and from Sunderland and other regional hubs. Find out more [here](#).

Car Parking for athletes will be available in two locations.

- University Car Park – This is the nearest car park to the main venue and will be available for **pre-booked ticket holders only**. Click [here](#) to book yours now.
- Seaburn Recreation Ground (SR6 8AA) – This is the largest car park available and free to enter for all participants and spectators. This is a 15-25 minute walk to the venue.

Book your car parking, find out more information about public transport around Sunderland, and read about the road closures surrounding the venue during the event weekend below.

**Parking**

**Public transport**

**Road Closures**

## Accommodation

There are plenty of options to stay in and around [Sunderland](#) if you aren't local. Book early to avoid disappointment.

As the Official GB Team Travel Partner, Nirvana are the number-one choice for AJ Bell 2023 World Triathlon Championship Series Sunderland event accommodation. For more information and to get in touch click [here](#).

## Hire Equipment

- **Wetsuits:** please email [swimbikerun@britishtriathlon.org](mailto:swimbikerun@britishtriathlon.org) if you would like to find out more about borrowing a wetsuit for the event. **Deadline 17 July for bookings**
- **Bike hire:** please email [swimbikerun@britishtriathlon.org](mailto:swimbikerun@britishtriathlon.org) if you would like to find out more about borrowing a bike for the event. **Deadline 17 July for bookings**

## Are you insured?

Insure your bike with the Official Insurance Partner for British Triathlon, Yellow Jersey, who are offering discounts for British Triathlon members and event day only insurance for participants.

**Insure your bike**



## Merchandise

Check out the official event merchandise for AJ Bell 2023 World Triathlon Championship Series Sunderland! We've got you covered, from socks to trisuits, t-shirts and hoodies.

[Shop Official Merchandise](#)

## Race Day Checklist

For registration	
	Photo ID
	Your registration booth number (this will be emailed and texted to you)
	If you have one, your valid British Triathlon Home Nation Membership Card

For the swim	
	Wetsuit
	Swimming goggles
	Some wetsuit-specific lubricant, to stop your wetsuit chafing
	Trisuit or swimwear

For the bike	
	Bike, in a roadworthy 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 and must be on your head and done up before checking into transition
	Trisuit / bike clothing
	Drinks bottle (filled)
	Any gels or nutrition you might need
	Sunglasses (if you wish to wear them)
	Bike tool and puncture repair kit / spare inner tube

For the run	
	Running trainers
	Any gels or nutrition you might need
	Cap and/or sunglasses (if you wish to wear them)

Things you may forget	
	Towel
	A change of kit / clothing for post-race
	A copy of or access to this athlete guide, to help you with those last-minute details

For more information and to read our FAQs, head to the event website by clicking the button below:

[FAQs](#)

# ORDER YOUR EVENT THREADS

Buy your official event merchandise as  
a lasting memento of your race experience!



Either pre-order your merchandise  
now to collect free from the event or  
visit the Merchandise Stand in the  
Fan Zone across the weekend.

[Shop now](#)

  
BRITISH  
TRIATHLON

**SUPER  
SERIES**



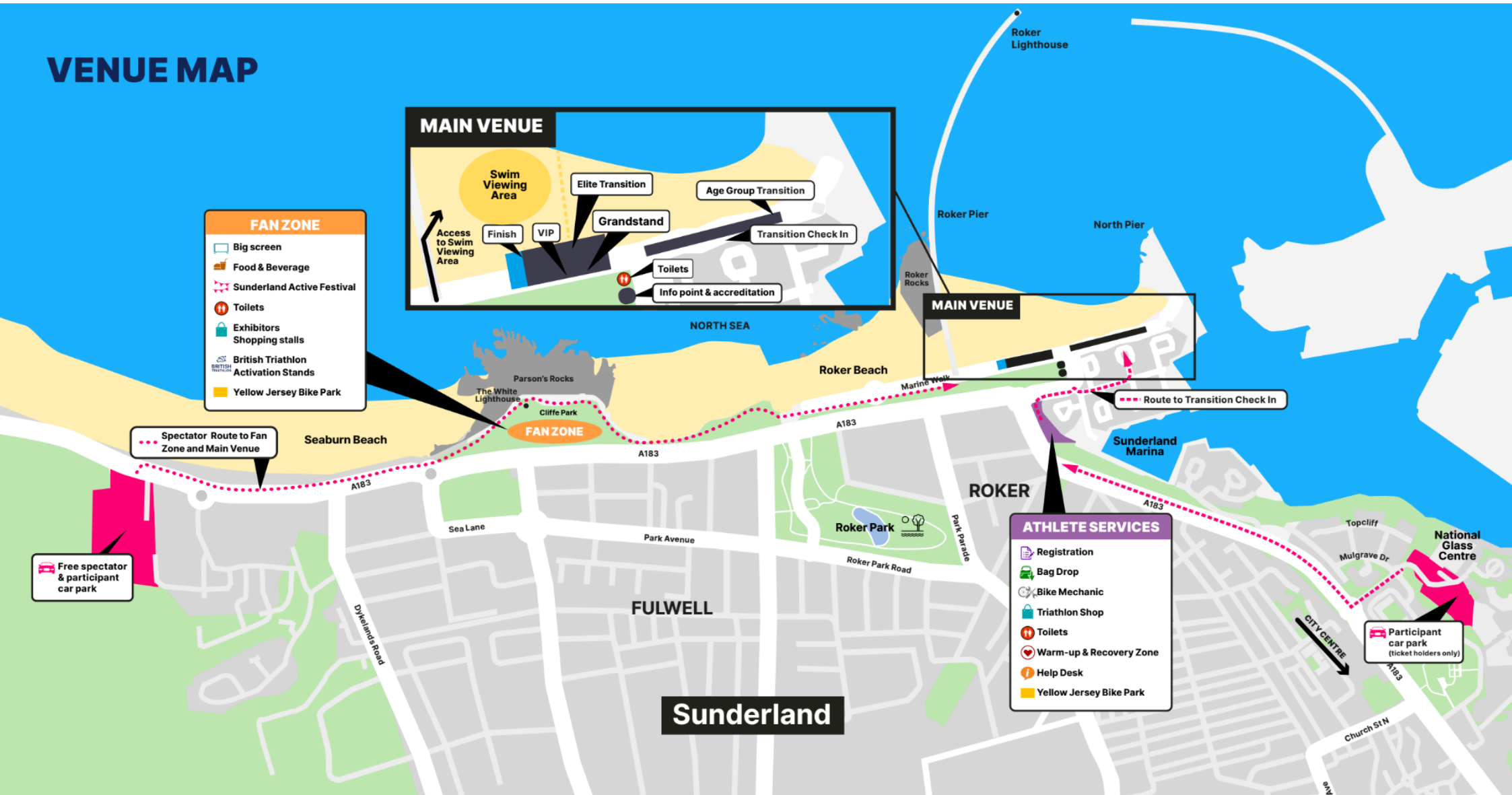
  
BRITISH  
TRIATHLON

**AGE  
GROUP  
TEAM**



# The Venue

## VENUE MAP



## Fan Zone

### Location: Cliff Park, Sunderland, SR6 9NS

On Saturday and Sunday the Fan Zone will be a hub of activity for all participants, spectators and residents of Sunderland. Big screens will show live coverage of the World Triathlon Championship Series races, while you can enjoy food and drink concessions, a festival zone led by Active Sunderland, face painting, live music and much more. The Fan Zone also sits directly next to the race route, so provides the perfect space to support the action and make the most of what the event has to offer. Stands will include:

- Active Sunderland festival area
- British Triathlon Activation Stands for Active Skills for Life, Swim Bike Run, Membership and Age-Group
- Official event merchandise and British Triathlon kit shops hosted by Scimitar
- HUUB
- OTE
- Red Bull
- Face Painting
- Yellow Jersey Bike Park
- Big Bobble Hats
- Nirvana Europe
- Stoneacre Toyota
- University of Sunderland
- Barclays
- Catering concessions including Greek, noodle bar, burgers, brownies, donuts, Heck sausage and more!
- Live entertainment from performance acts, choirs, bands and more!
- The Bradley Lowery Foundation
- Environmental stalls: Flo Bus, Carbon Neutral Agenda, Expo Sunderland
- Local triathlon clubs
- Wear Here For You
- Demo kitchens
- And much more!

## Athlete Services

### Location: Harbour View, Sunderland, SR6 0RA

In the Athlete Services area, we have collected everything you might need pre-race including:

- Registration
- Help Desk
- Bag Drop
- Coffee stand
- Warm-up and Recovery Area
- Bike mechanic
- Toilets
- A “tri-essentials” kit shop with OTE and Scimitar
- Yellow Jersey bike park
- Space for you to prepare your bike ahead of transition check in







# VISIT OUR MEMBERSHIP TEAM IN THE FAN ZONE

**TAKE PART  
IN OUR LUCKY DIP**

**Prizes include:**

HUUB wetsuit  
On trainers  
Signed Tokyo 2020 tri-suit

**FREE PIN BADGE  
FOR ALL MEMBERS**



**£5 DISCOUNT  
AT THE  
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Get snap happy on our  
**GIANT DECK CHAIR!**

Not a member? Join at...

[britishtriathlon.org/join](https://britishtriathlon.org/join)

# Race Day

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## Getting to the event

See the [Pre-Event Preparation section](#) of this guide for more information on how to book your parking, road closures and public transport around Sunderland.

Please plan your route responsibly to help reduce emissions and impact of the event. For example, car sharing with other participants or spectators, or making use of [Nirvana Europe's regional transport offers](#).

## Registration

**Where to find us: Harbour View, Sunderland, SR6 0RA**

**When to come:** Open from 05:30 on both Saturday 29 July and Sunday 30 July. Your registration window is included in the wave schedule table.

**What to bring:** Your photo ID, your registration booth number (this will be emailed and texted to you), and if you have one, your valid British Triathlon Home Nation Membership Card.

If you do not have a valid membership card, you will have to purchase a day membership (£6 for adults aged 20+, £1 for children aged 19 and under.) To save time at registration, you can pre-buy your membership by logging in at [myevents.active.com](https://myevents.active.com) and clicking 'Purchase Merchandise' under your event summary.

**Inside the 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. Using a race belt can make this easier to swivel around!
- Bike number sticker – please attach to your seat post
- Helmet number stickers – please attach to the front and sides of your helmet
- Swim hat
- Timing chip and strap – to be worn on left ankle
- Safety pins – available on request
- Baggage label

**Bag drop:** Back by popular demand, a bag drop which will be available for participants to leave their post-race kit in a secure location before checking into transition. Attach your baggage label, which is a strip at the bottom of your bib number, to your bag before arriving at the tent.

Small soft sided bags will be accepted. Large bags such as suitcases cannot be checked in.

Please show your race number on return to collect your bag at the end of the event.

**Athlete Services:** The Athlete Services area surrounding Registration offers everything a participant needs before their race. This space includes toilets, event help desk, bag drop, warm up area, bike racks for you to prepare for transition check-in, a tri-essentials stand for anything you may have forgotten, bike mechanic tent, and most importantly, a coffee stand.

Courtesy of Yellow Jersey, a bike park is also available in this space. There are **no bikes allowed in the main venue** for crowd safety. Athletes are encouraged to leave their bikes in transition until you are ready to leave the event, but the bike park offers an additional secured area to leave your bikes so you can stick around and enjoy everything the event has to offer.

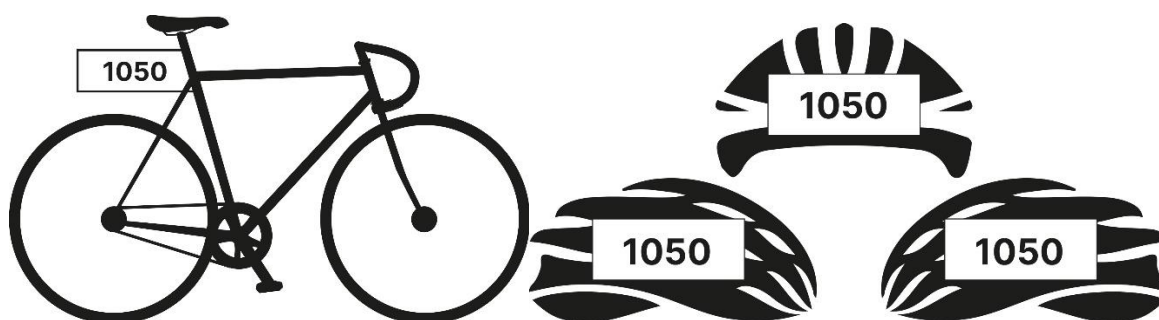
**Race Briefing:** This guide is your main pre-event briefing. There will be a swim briefing just before your wave on the beach after transition. Please pay careful attention to the column in the race schedule which clearly states what time your swim briefing will be on the beach. Please ensure you get to the swim start at the time you have been allocated. Please note that all Sprint waves will be briefed together. There will of course be Tri-Makers (the official event volunteer team) at registration, transition check in, and around the swim start as well as Technical Officials and Event Staff who can answer any questions you may have.

### Race Numbers

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

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

### Where to put stickers



## Transition Check-In

Transition will open at 05:30 on each race day morning. However, please adhere to your transition check in time to make the process smoother.

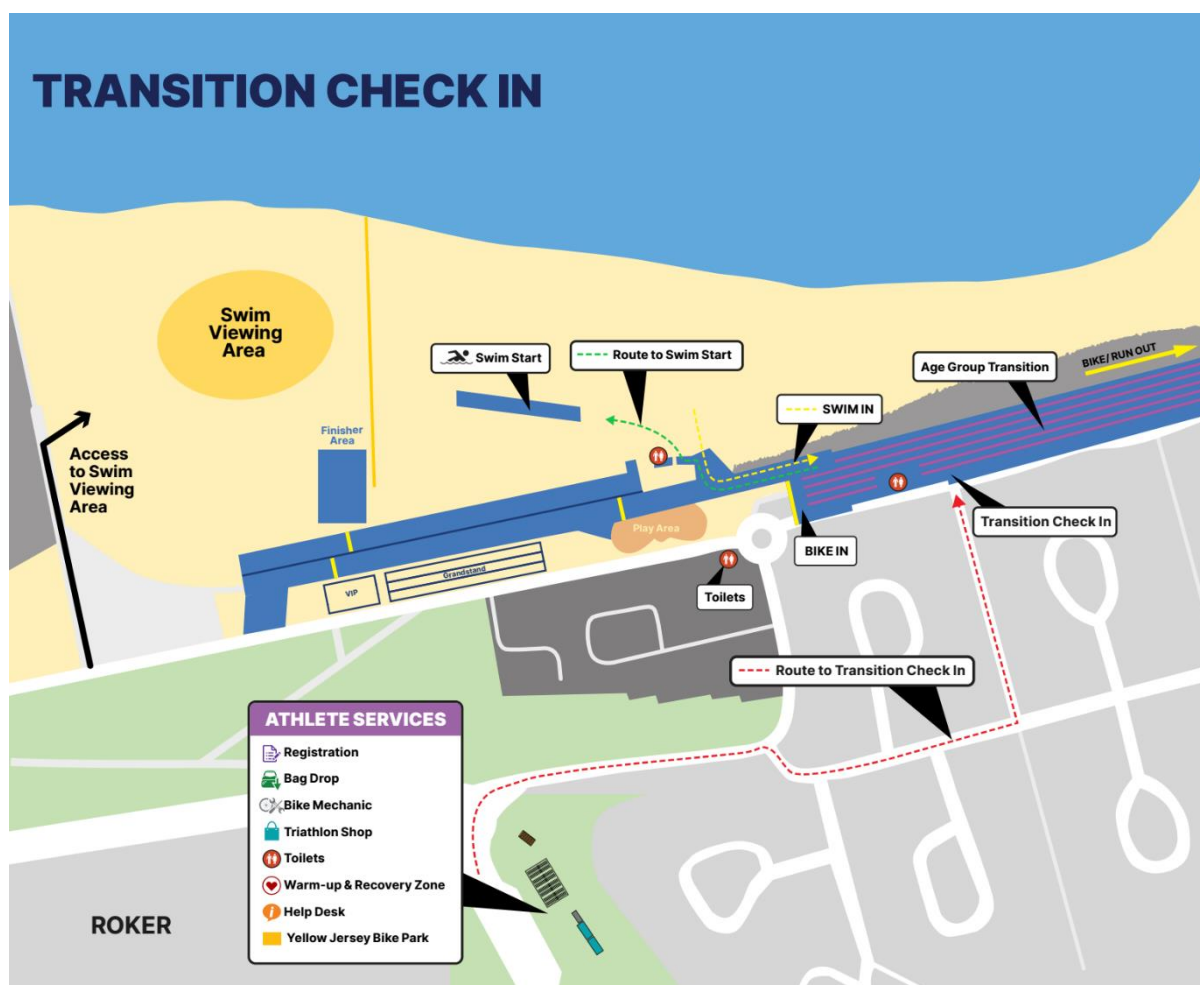
**Preparing for transition check in:** Before checking into transition, you must ensure:

- Your bike and helmet stickers are applied to the correct areas
- Your helmet is on and clipped. This must remain on at all times when handling your bike
- You have your wristband on from your race pack

Technical Officials will complete a bike check before you make your way into transition. Ensuring the above list is complete before check-in will help make this process quick and easy for everyone.

Toilets can be found both inside transition (just to the left of transition check-in), as well as on the beach on the way to swim start.

**Please be aware of athletes racing when you enter transition to rack your bike.** Transition is a live race location from 07:00 on Saturday and Sunday.



Each athlete is allocated a numbered transition space, which is ordered according to your race and start wave. This will be confirmed with you via email and text before the event. Your transition space is for you to leave your race equipment.

In your transition space you are permitted to have: a small towel, your bike shoes, helmet, running shoes, water bottle, any nutrition you may need, and essential running/bike clothing to put on post-swim. Large bags will **not** be allowed in transition. A draw-string bag is perfect! All other belongings should be left at the bag drop.





# BE PART OF THE AGE-GROUP TEAM

**An opportunity to compete for European and World Championship medals against fellow competitors within your age group category.**

## THERE'S SOMETHING FOR EVERYONE

### **TRIATHLON**

Swim > Bike > Run

### **DUATHLON**

Run > Bike > Run

### **AQUATHLON**

Swim > Run

### **AQUABIKE**

Swim > Bike

### **CROSS TRIATHLON**

Swim > Mountain Bike > Trail Run

### **CROSS DUATHLON**

Trail Run > Mountain Bike > Trail Run

### **WINTER TRIATHLON**

Run > Mountain Bike > Cross-country Ski

**Learn more**

**Age-Group online shop**

## MEET THE TEAM

**Come and say hello to the Age-Group team in the Fan Zone across the event weekend to access:**



**Age-Group merchandise shop**



**Free to enter competition**  
with prizes from our partners



**Kit recycling point**



# Schedule

## Saturday Waves

Please note, these times are subject to change.

Race	Start Wave	Swim Cap	Reg	Check In	Swim Briefing	Swim Start
Youth Super Series Open	1		05:40	06:00	06:45	07:00
Youth Super Series Female	2		06:10	06:30	07:15	07:30
Senior Super Series Open	3		06:40	07:00	07:45	08:00
Senior Super Series Female	4		07:40	08:00	08:45	09:00
Open Sprint 1*	5		08:55	09:15	10:00	10:15
Open Sprint 2*	6		08:58	09:18	10:00	10:18
Mixed Sprint / Sprint Relays*	7		09:01	09:21	10:00	10:21
Female Sprint*	8		09:04	09:24	10:00	10:24
The BIG Swim Bike Run	9		09:40	10:00	10:45	11:00
Swim Bike Run Mini Sponsored by Stoneacre Toyota	10		09:55	10:15	11:00	11:15
Age Group Swim Familiarisation	AG		10:00			11:30
Elite Male Sprint	ELITE					14:00
Elite Female Sprint	ELITE					15:35

\*Please note there will be a single Sprint distance briefing at 10:00 – all Sprint distance athletes must attend this.

# Sunday Waves

Please note, these times are subject to change.

Race	Start Wave	Swim Cap	Reg	Check In	Swim Briefing	Swim Start
British Triathlon Standard Distance Championships - Open U20 and 20-24 and 25-29	1		05:40	06:00	06:45	07:00
British Triathlon Standard Distance Championships - Open 30-34 and 35-39	2		05:45	06:05	06:50	07:05
British Triathlon Standard Distance Championships - Open 40-44	3		05:50	06:10	06:55	07:10
British Triathlon Standard Distance Championships - Open 45-49	4		05:55	06:15	07:00	07:15
British Triathlon Standard Distance Championships - Open 50-54	5		06:00	06:20	07:05	07:20
British Triathlon Standard Distance Championships - Open 55-59	6		06:05	06:25	07:10	07:25
British Triathlon Standard Distance Championships - Open 60-64	7		06:10	06:30	07:15	07:30
British Triathlon Standard Distance Championships - Open 65+	8		06:15	06:35	07:20	07:35
British Triathlon Standard Distance Championships - Female U20 and 20-24 and 25 - 29 and 30 - 34 and 35 - 39	9		06:20	06:40	07:25	07:40
British Triathlon Standard Distance Championships - Female 40 - 44 and 45 - 49 and 50 - 54	10		06:25	06:45	07:30	07:45
British Triathlon Standard Distance Championships - Female 55+	11		06:30	06:50	07:35	07:50
Standard Distance Open 1	12		06:35	06:55	07:40	07:55
Standard Distance Open 2	13		06:40	07:00	07:45	08:00
Standard Distance Mixed	14		06:45	07:05	07:50	08:05
Standard Distance Mixed and Standard Distance Relays	15		06:50	07:10	07:55	08:10
Elite Mixed Team Relay	ELITE					13:15

# The Swim

## Swim Equipment

### Start times and Swim cap colours

Start times will be available on the website and sent to you via email closer to the event.

You will receive your 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 across the day.



### 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 for up to 60 year olds (this is highly unlikely)

Extra information:

- Wetsuit thickness cannot exceed 5mm
- 60 years old and above not allowed wetsuits if the water temperature is above 24.6°C

### Clothing rules

As per British Triathlon Competition Rules (section 4):

- Athletes cannot wear calf guards if wetsuits are not permitted for the event
- Athletes can wear calf guards if wetsuits are permitted for the event, regardless of whether they are wearing a wetsuit or not
- Athletes can wear socks during the swim if water is below 14°C
- Athletes cannot wear gloves during the swim



## Swim Start Procedure

**Getting to swim start:** Revisit the map in the Transition Check-In section of this guide to see the route from transition to swim start. There are toilets both in transition and on the beach near swim start.

### Swim start procedure:

- Marshalls will be on hand to help participants walk forward from transition in waves.
- There will be a short safety briefing before athletes are taken to the swim start line.
- AJ Bell 2023 World Triathlon Championship Series Sunderland is a beach start. Participants will be asked to head to the edge of the water up to knee height and await starter instructions.
- Participants in the British Triathlon Super Series events will start with a run in from the carpeted start area.
- Due to how quickly the waves follow each other, there will not be an opportunity for any swim warm up.

## Swim Course

See course maps at the [end of this guide](#) for swim routes.

Swimmers will need to keep all yellow buoys on their left shoulder. All swim courses are clockwise.

**Swim Bike Run Mini Sponsored by Stoneacre Toyota:** 50m

**The BIG Swim Bike Run:** 200m

**Sprint Distance:** 750m

**Standard Distance:** 1500m

## Swim Safety

There will be a large 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. A kayak will come to assist you. Don't panic, your wetsuit will help aid your buoyancy.

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

## Swim to Bike Transition

- Once out of the water, follow the 50m carpeted route to transition to collect your bike.
- Take care when running as the carpet can become slippery when wet.
- You may begin to roll down your wetsuit as soon as you leave the water, ensuring not to impede other competitors.
- Please remember however, that nudity is not permitted in transition or at any other point on the course.
- **Remember to put your helmet on before touching your bike.**

# WHO WILL BE CROWNED 2023 SUPER SERIES CHAMPION?

The Super Series Grand Final is back for another year, gathering the nations best elite athletes from across England, Scotland and Wales.

Join us this **September (9-10)** when the athletes will have their final chance to earn Super Series points, and put it all out there on the line.

[Find out more](#)

## What is the Super Series?

A key part of the British Triathlon performance pathway, the annual Super Series pits high-performing athletes from across the country against each other in highly competitive races at locations around the UK.



 BRITISH TRIATHLON

**SUPER SERIES**

**GRAND FINAL**



# The Bike

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## Things to remember:

- Please **cycle on the left-hand side** of the lane at all times and overtake on the right.
- When approaching dead turns, please be aware of other riders around you. **Do not try and overtake someone near a dead turn as it is 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 the transition.

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

## Bike Course

When participants mount their bike there is a cycle of approximately 200m before merging with cycle laps at the bottom of Pier View. Participants turn left onto an immediate uphill, so make sure you are in a low gear. Be careful at this point for merging with other participants already on their laps.

The next section of the bike route is a fast and flat, out and back along Roker Terrace and Whitburn Road. Participants turn right into St George's Terrace and right again into Roker Park Road, then right again through the gates of Roker Park. There is a fast descent through the Ravine in the Park. This section is fast and narrow and we ask participants to take particular care through here, particularly at the bottom when the route hits the beachfront and Marine Walk. There is a tight right turn at the bottom of the hill with a change of surface which can be slippery when wet.

Participants then continue along Marine Walk, past the finish line to then either return to transition or take another lap.

**Sprint Distance:** Complete 4 laps for a total distance of 16.9km

**Standard Distance:** Complete 4 laps for a total distance of 36.8km.

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



## Bike Mount & Dismount

### Mount

Make sure you always follow the signage and marshal instructions to bike out and to the mount line. You must only mount your bike **AFTER** you cross the mount line, which will be clearly marked with green tape and marshalled by Technical Officials. Bikes must be pushed until you are over this line.

**Top Tip:** In transition set up your bike up in a **LOW GEAR** to make it easy to start your cycle.

### Dismount

After completing your final lap, head back into transition where you will be instructed to dismount **BEFORE** the dismount line. Again, this will be marked on the floor in red 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. Please ensure you approach the dismount line with caution as any dangerous riding will be penalised.

## Bike Safety

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

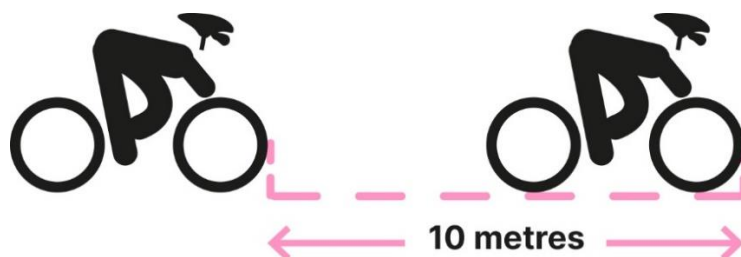
Make sure your bike is in a roadworthy condition for the event - you will need to fix your own flat tyres if necessary. A bike mechanic will be present at the Athlete Services area on Harbour View for any last-minute pre-race checks which can be addressed at a cost.

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

## Drafting

Drafting is cycling close to the bike in front and thereby gaining an advantage.

**All races are non-drafting, as per British Triathlon Competition Rules.** This means you cannot cycle closer than 10m from the bike in front of you, nor prevent overtaking.



An athlete may enter the draft zone of another athlete but must be seen to be progressing through that zone.

A maximum of 20 seconds will be allowed to pass through the zone of another athlete. If you remain in this zone without overtaking, you will receive a penalty. If overtaken, it is up to the overtaken athlete to drop back 10m within 20 seconds, so that they are not drafting.

For more information on the rules of drafting, please read **Section 5 of the British Triathlon [Competition Rules](#)**.



**YellowJersey**  
Insurance for cycling

# FREE SECURE BIKE PARKING

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Open to athletes and  
spectators at the FanZone  
and registration areas



# The Run

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## Things to remember

- Whilst running, your **race number must be worn on your front**.
- **No personal music** and communication devices are permitted, this includes bone conducting headphones.
- Please **be courteous** of the general public. Where possible, marshals and signage will be in position to advise public of the event in progress.
- **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!

## Run Course

**Sprint Distance:** Complete two laps for a total distance of 5km

**Standard Distance:** Complete four laps for a total distance of 10km.

For all participants completing their laps, the decision point is near the run out of transition. After your final lap, head straight on to the finish rather than turning left.

## Aid Stations

There will be one aid station on every lap positioned next to the run exit of transition. We ask all participants to dispose of litter in the provided bins. Water will be provided on tables for you to grab. Our volunteers may also reach cups out to you as you pass.

As part of our sustainability efforts, aid stations will have large bowlers and use up pre-existing stock of plastic cups with plastic-free alternatives being bought new for participants. Aid Station bins will be fully recycled. Elite athletes will have plant-based sealed bottles provided.

## Run Safety

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

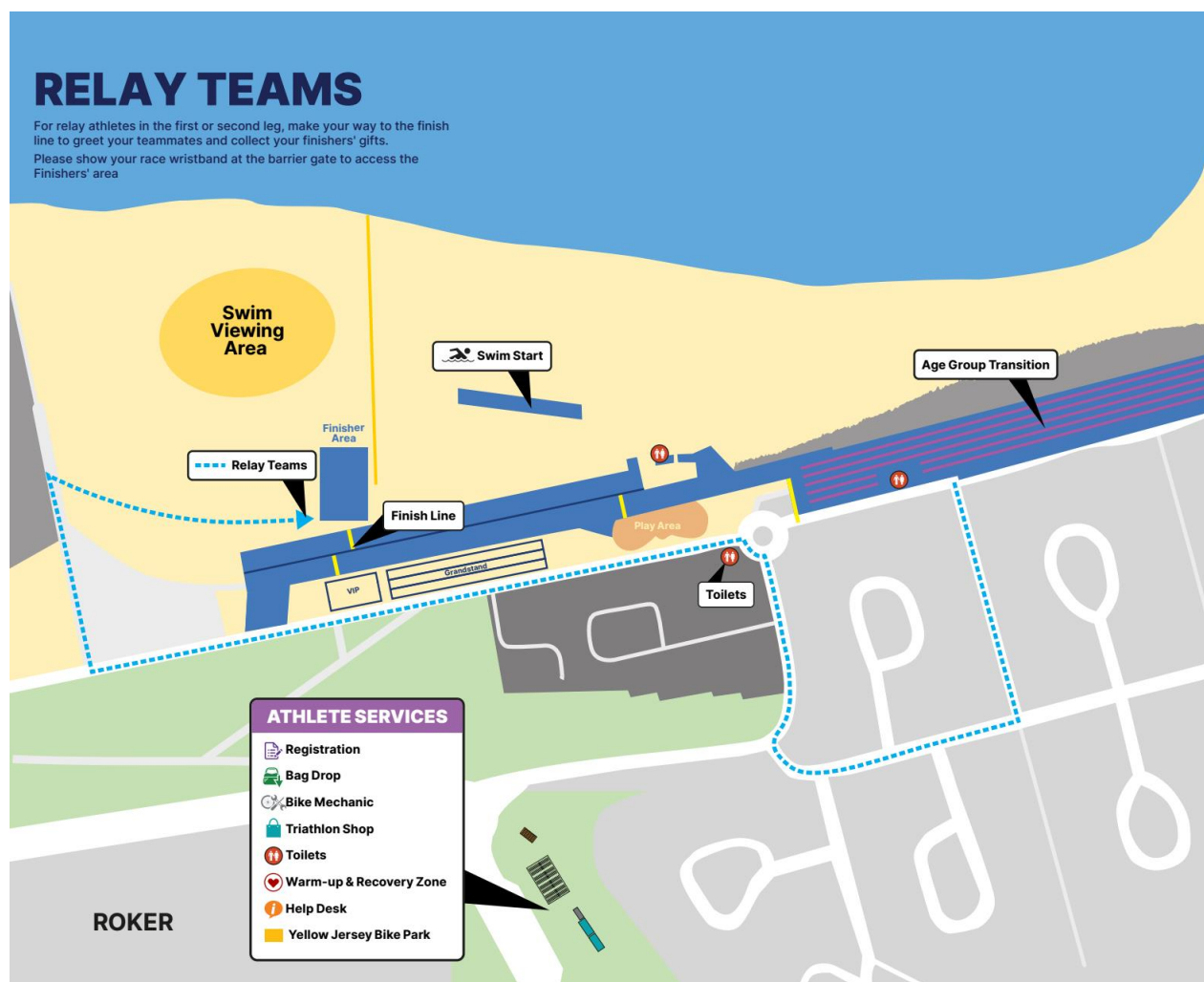
## The Finish

You made it! After you have finished your last lap, you will head into the finish chute. There will be containers for you to place your timing chip in at the finish area. Medical support is available at the finish line if needed. For more information on what to expect post-race, [click here](#).

## Relay Teams

A relay team can consist of two or three participants. Only two participants can be in the transition area at any one time. The relay tag point is at your numbered transition position. The swimmer should take the chip off their ankle and place it on the cyclist. The cyclist should rack their bike and then remove their timing chip and place it on the ankle of the runner.

Team Relay swim and cycle members can meet their runner on the beach at the recovery area to collect their medals and participant gifts. The route below shows how to get onto the beach and into the recovery area to pick up your post event rewards and meet up with your teammates.





# Make *your* move



*Launches*  
**29.07.23**

Search online: **Swim Bike Run**



# Post-event

## Athlete Recovery Area

Congratulations! Well done on reaching the end of your race. Once you've finished smiling for the event photographer, remove your timing chip and place into one of the collection buckets. **Help us reduce waste!** Timing chips are reusable. Any timing chips not returned will incur a charge.

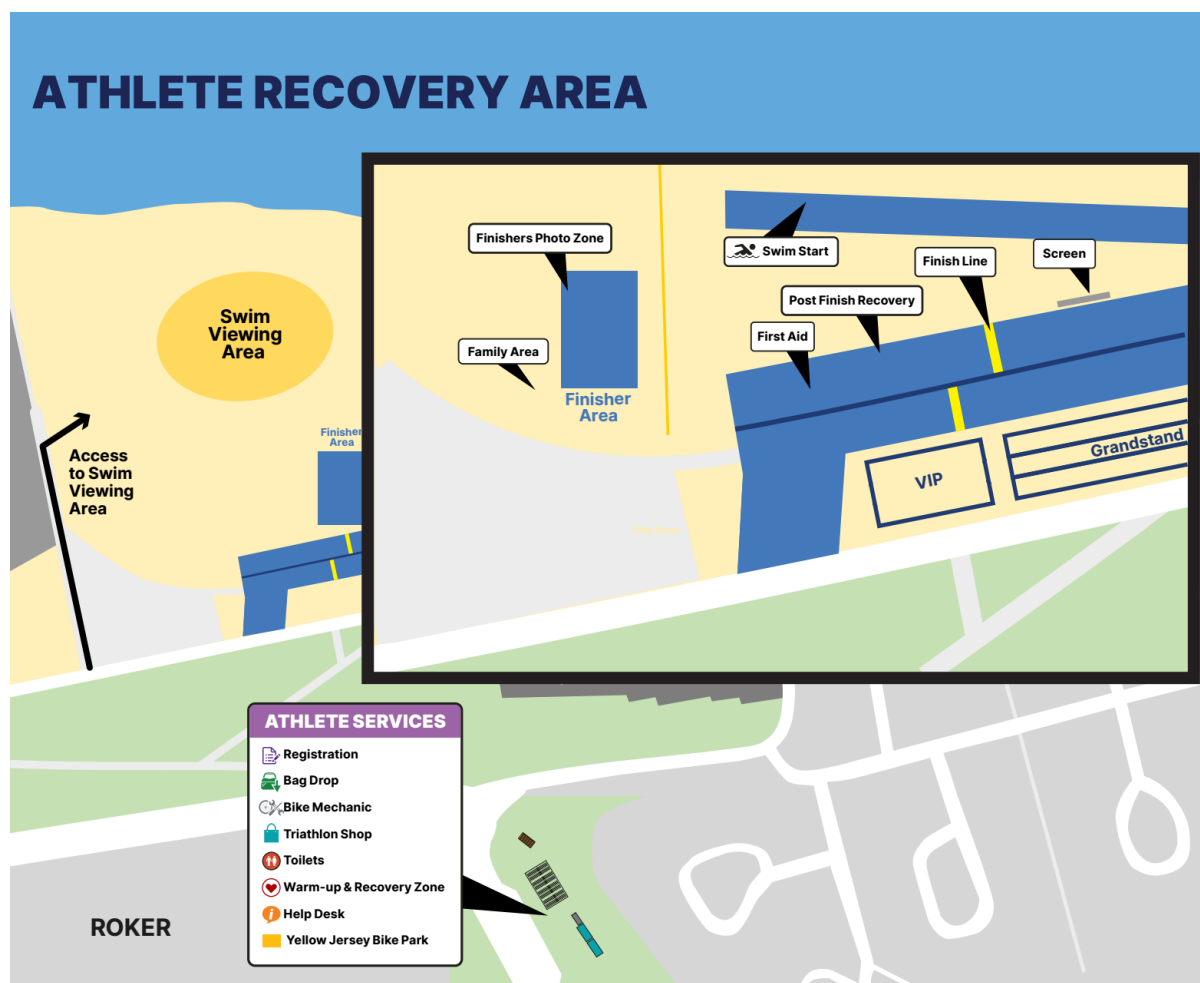
Make your way to the beach to collect your well-deserved finisher gift and medal. Finisher' water is provided by the University of Sunderland in reusable bottles.

### Post-race selfie & family zone

New to the British leg of the World Triathlon Championship Series, AJ Bell 2023 World Triathlon Championship Series Sunderland offers a post-race zone for participants to capture memories on the finisher backdrop with their medals and meet up with friends and families on the beach, making the most of the picturesque scenes that Roker Beach has to offer.

Your supporters can make their way to the family zone by the Finisher Backdrop via Roker Pier.

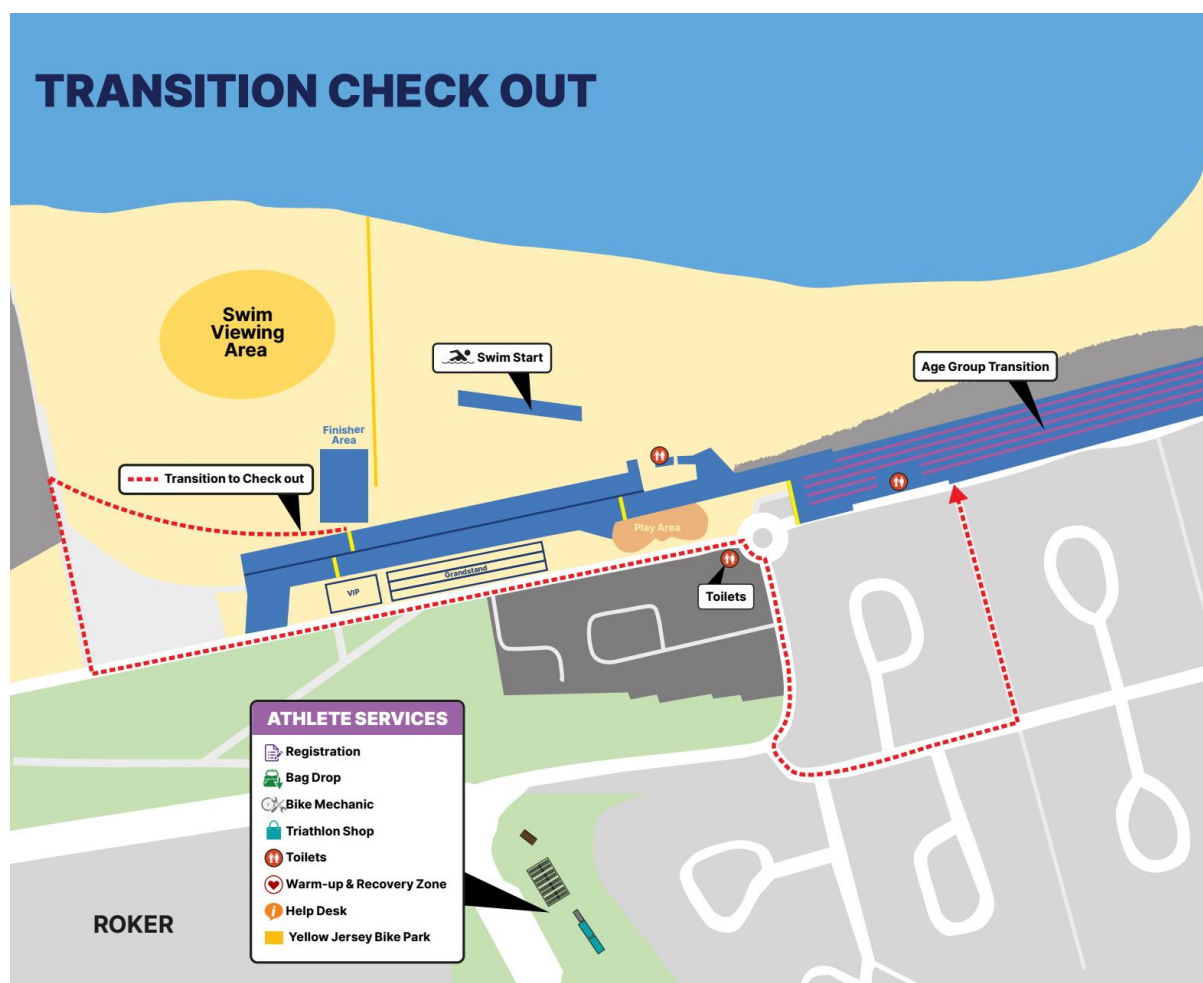
There will be an official event photographer at the finisher photo zone. Don't forget to tag us in any of your own photos on social media: @BritTri and #WTCSSunderland



## Transition Check Out

After getting your official finisher photo, your exit route is shown below. Don't forget to head back to transition to check your bike out! You will need your race number and security wristband to re-enter the transition area after your race. Remember, the main venue is a no bike zone for pedestrians, so keep your bike in transition if you are sticking around or use the Yellow Jersey Bike Park in Athlete Services or the Fan Zone. **Transition will close at 13:30.** You must remove your bike before then.

Please head back to the same location you arrived for check in. Participants will need to leave the beach via Roker Pier and cross the course to head up the hill towards the route you took for transition check in.



Please be aware of other athletes still racing when you re-enter the transition area. Once you have found your racking space and bike, tidy your area and leave the transition as soon as you can.

**There will be strictly no bikes allowed in the main venue.** Yellow Jersey Bike Parks will be located in the Athlete Services area and the Fan Zone for you to securely leave your bike. You may also leave your bike in transition and collect later in the day but it must be collected by 13:30.

## Results & Ceremonies

Medal ceremonies will be taking place on our beachfront ceremony area just off the finish. Friends and family will have access to the beach to watch the ceremonies. Friends and family will need to use the steps to the north of Roker Beach (see map above) to access the post finish area.

Awards will be presented for:

- British Championship Age Group Winners
- Fastest Open and Female Sprint Distances
- Fastest Open and Female Standard Distances

Awards will be presented throughout the day. Please see approximate timings for all age categories below. We have scheduled these as close to the expected finish time so you can receive your award directly after finishing. Please note this could be subject to change dependent on finisher times.

### Ceremony Times

<b>Saturday</b>	
Open Sprint	13:00
Female Sprint	13:00

<b>Sunday</b>	
Open & Female Standard	10:30
<b>British Standard Distance Championships</b>	
Open U20, 20-24, 25-30, 30-34 & 35-39	09:05
Open 40-44, 45-49, 50-54, 55-59, 60-64	09:30
Open 65-69, 70-74, 75-79, 80-84, 85+	09:57
Female U20, 20-24, 25-30, 30-34 & 35-39	10:15
Female 40-44, 45-49, 50-54, 55-59, 60-64	10:45
Female 65-69, 70-74, 75-79, 80-84, 85+	12:15

Live results will be available on the website, so please keep an eye on these to make sure you are aware if you are a podium placed athlete and can attend the ceremonies. Medals not collected will be posted out to the winners.

### Race Results

## Official Event Photos

Now the hard work is over, remember the day forever with your official event photos!

### Event Photos



BRITISH  
TRIATHLON

# GET INVOLVED IN SWIM BIKE RUN

## Looking for your next challenge?

We've got you covered. With aquathlons, duathlons, triathlons, aquabikes, and more whatever your sporting background, there's an event that's right for you on our event search.

**Find an event**





# SUSTAINABILITY

**SUSTAINABLY SOURCED  
WOODEN MEDALS**  
from FSC certified wood



**TIMING CHIPS WILL BE REUSED  
AT FUTURE EVENTS**  
Please hand them in post-race

and mass participant trophies made of **100% BAMBOO**



**PROMOTIONAL MATERIAL MADE FROM  
RECYCLABLE MATERIALS** that can be  
reused at future events or recycled



**FINISH LINE BLUE CARPET WILL BE  
RECYCLED** to make traffic cones or  
donated to local tri-clubs to reuse

All catering for event staff is  
provided by **LOCAL BUSINESSES**



**DEDICATED WASTE STATIONS**  
with all waste either being  
recycled or incinerated to create  
power for the city of Sunderland



Providing **KIT RECYCLING  
AND DONATION STATIONS**  
for participants to repurpose  
old sports kit



**EXTENSIVE WATER QUALITY TESTING**  
carried out pre-event and on each  
day of competition



**DEDICATED  
LITTER ZONES**  
at aid stations  
to ensure **ALL  
WASTE IS RECYCLED**



Finish line water in  
**REUSABLE WATER  
BOTTLES**

Working with local  
suppliers and businesses to  
**REDUCE JOURNEY  
LENGTHS AND CARBON  
FOOTPRINT** as well as  
**SUPPORT THE LOCAL  
ECONOMY**



**PROTECTING THE  
LOCAL ENVIRONMENT**  
through litter picking  
and beach cleaning



**50%**

of event vehicles  
used at the event  
are fully electric



**HIGH QUALITY AND PURPOSEFUL  
finisher gift**

Working with

**ACTIVE  
SKILLS  
FOR LIFE**

to support the local community to  
become more active through the  
sport of triathlon



**OASIS  
COMMUNITY  
HOUSING**



Using a venue **CERTIFIED FOR EXCELLENT  
WATER QUALITY, CLEANLINESS AND  
IMPROVING VISITOR FACILITIES**



Leftover food and drink from staff catering to be **DONATED TO  
SUNDERLAND OASIS COMMUNITY HOUSING CHARITY**

# Additional Information

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## Code of Ethics

British Triathlon is committed to upholding and protecting the organisation's vision and values, while maintaining the highest possible standards of sporting integrity. The code of ethics applies to everyone involved in triathlon. For more information on British Triathlon's code of ethics please click below:

[Code of Ethics](#)

## Rules

The Saturday and Sunday events are run under British Triathlon Competition Rules. Read the full competition rules by clicking below.

[Competition Rules](#)

General Rules to note:

- 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

It is the competitor's responsibility to know and abide by the rules, ignorance is not a defence against a penalty or disqualification. Technical Officials will be present at the event to enforce these rules. A penalty board will be located in the finish area to advise you of any penalties accrued. It is your responsibility to check for any penalties awarded.

## Time Penalties and Appeals

All penalties will be posted during the race in the finish area by the Technical Officials. It is the competitor's 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 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.

## Anti-Doping

British Triathlon works closely with UKAD and WADA to ensure triathlon remains a clean sport. Doping Control will be performed in compliance with the World Triathlon Anti-Doping rules and WADA International Standard for Testing. As per the UK Anti-Doping and the World Triathlon 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 World Triathlon 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](#). You can search the prohibited status of medications by brand name (e.g. Lemsip Max Strength) using the Global DRO.

## Help on the day

### Lost property

Please visit the Help Desk in the registration area on the day of the event. Alternatively, email us at [sunderland@britishtriathlon.org](mailto:sunderland@britishtriathlon.org) with a detailed description of your lost item(s).

### Toilets

There are toilets across numerous points on the venue including the swim start and registration for competitors. There won't be toilets on the bike or run courses, but there will be toilets within Transition. This will be clearly sign posted and indicated on the site maps.

Toilets will also be available in the Fan Zone and Athlete Services Areas.

## Social Media

There will be live updates during race weekend on our Twitter [@WorldTriathlon](#), [@BritTri](#), [@SunderlandUK](#), and Facebook [World Triathlon](#), [British Triathlon](#) and [Sunderland UK Official](#) 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.

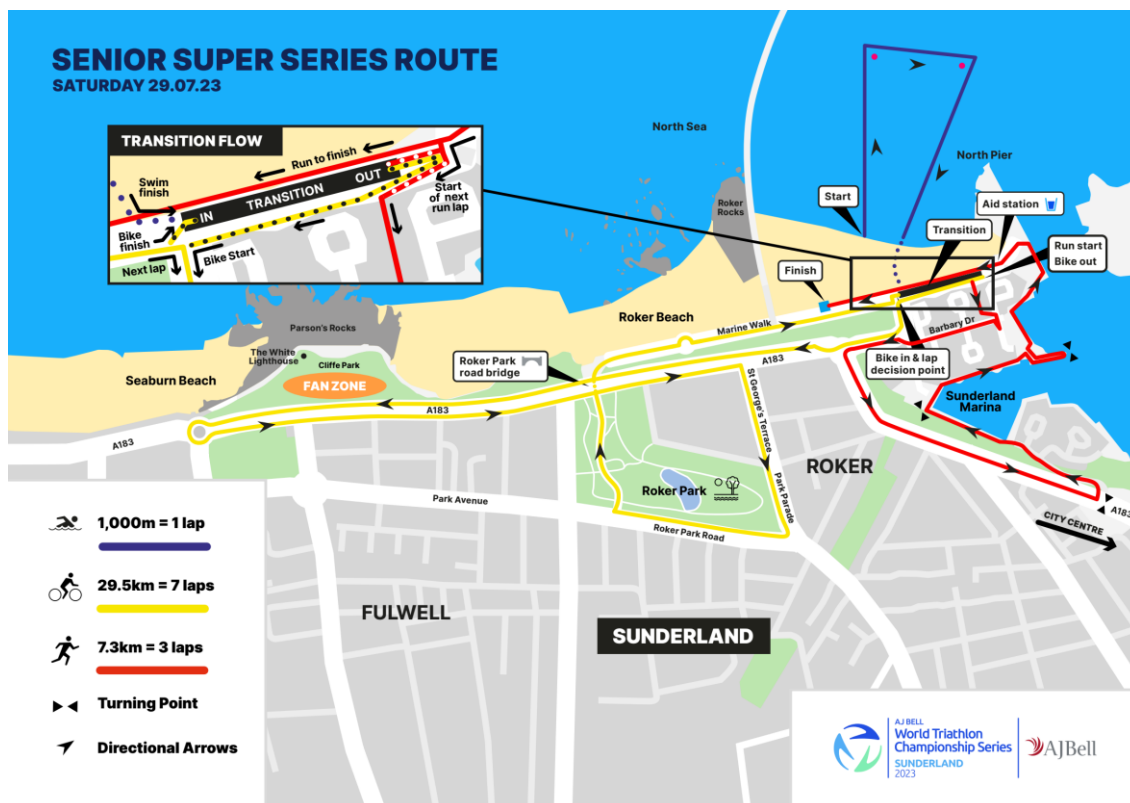
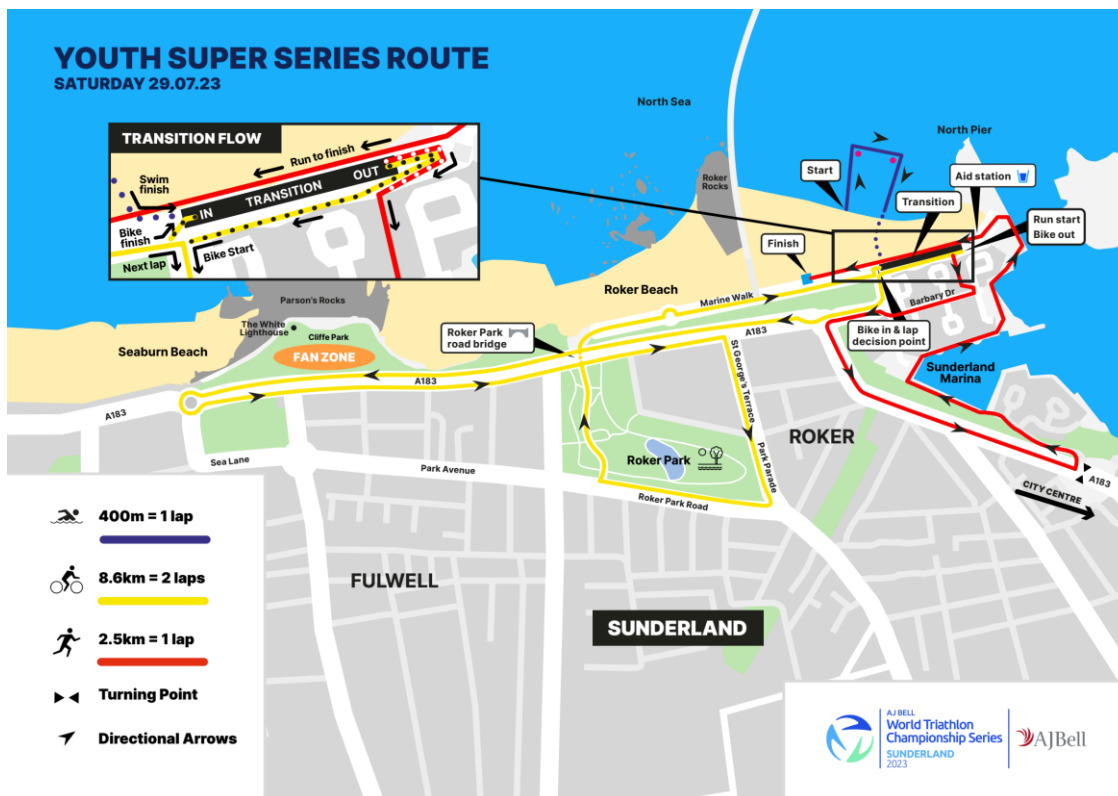
Post about your journey before and after the event using **#WTCSSunderland** and **#Sunderlandtriathlon** and we'll share some of the best posts.

## Got a question?

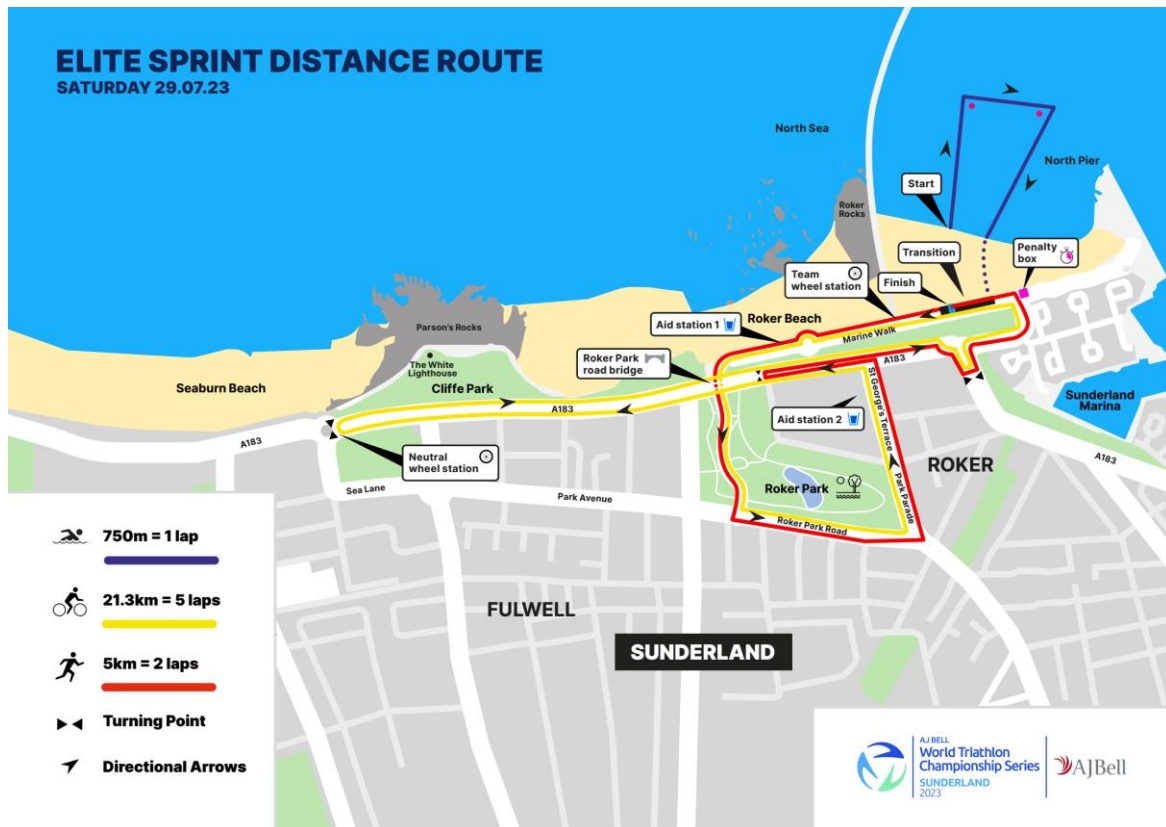
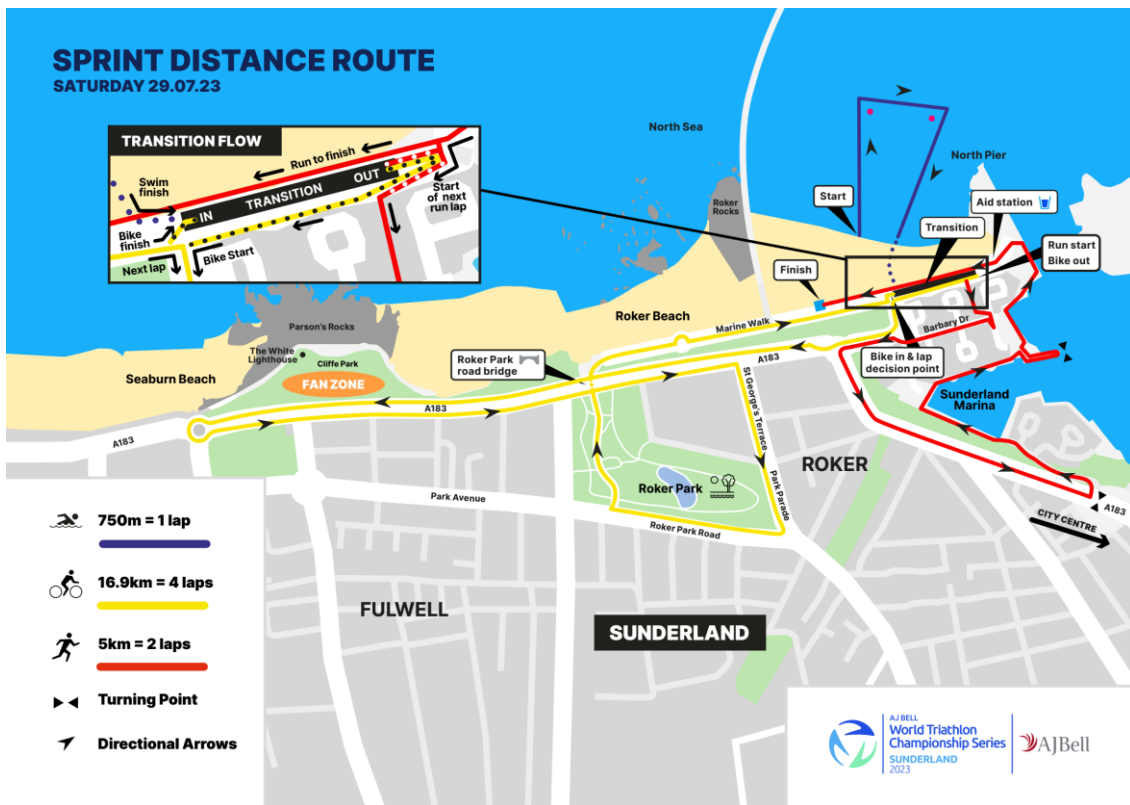
We aim to answer all questions in this athlete handbook. Should you have further queries that are not answered in this document or to which you can't find the answer then please feel free to email [sunderland@britishtriathlon.org](mailto:sunderland@britishtriathlon.org)

### FAQs

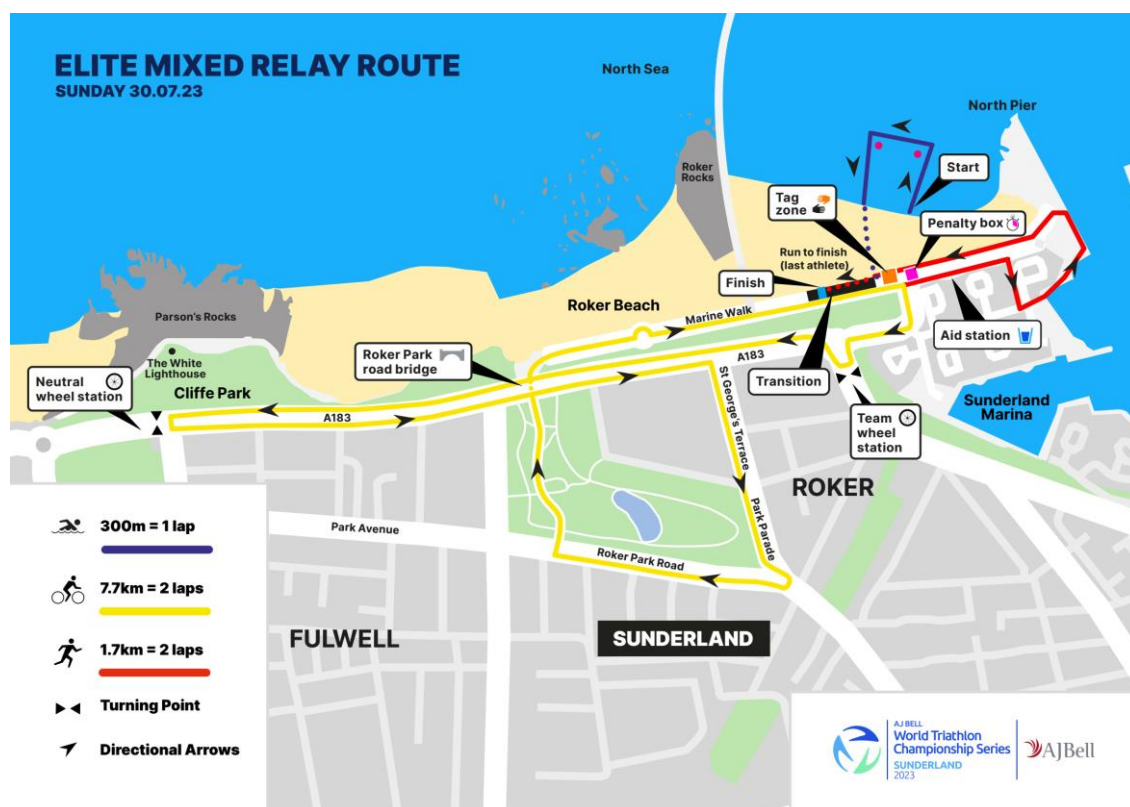
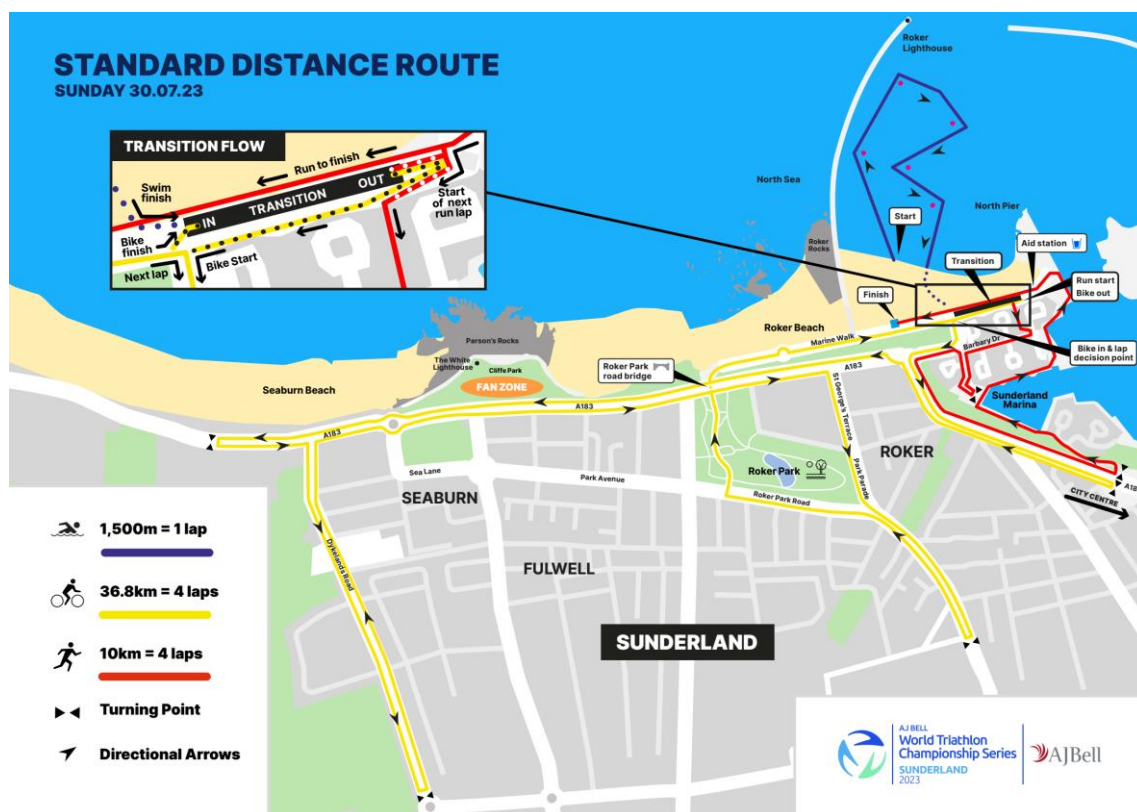
# Route Maps - Saturday







# Route Maps - Sunday







World Triathlon  
Championship Series

## 2023 Event Schedule

### ABU DHABI

United Arab Emirates

### YOKOHAMA

Japan

### CAGLIARI

Italy

### MONTREAL

Canada

### HAMBURG

Germany

### SUNDERLAND

Great Britain

### PONTEVEDRA

Spain



**NTT**



World  
Triathlon

World Triathlon Global Partner



<https://wtcs.triathlon.org/>



AJ BELL  
**World Triathlon  
Championship Series**  
**SUNDERLAND**  
2023



## Thank you to our event partners

### OFFICIAL PARTNERS



**University of  
Sunderland**



**ACTIVE  
SKILLS  
FOR LIFE**



### OFFICIAL SUPPLIERS



### LOCAL PARTNERS



[sunderland.triathlon.org](https://sunderland.triathlon.org)