

EVENT INFORMATION

BISHOPTON TRIATHLON

SUNDAY 3RD AUGUST 2025



info@uprevail.events



www.uprevail.events



[@uprevailevents](https://www.facebook.com/uprevailevents)



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WHO ARE WE?



We are passionate sports people with over 25 years of experience in sport development, coaching, performance, volunteering and events management.

As our values suggest we care about people and their experiences. Our philosophy centres around this and we aim to support sport from grass roots to elite level creating different opportunities for people to be active, healthy and achieve goals while overcoming their own challenges.

We recognise that communities and clubs are the bedrock to these sports and ultimately the success of our events, therefore we will give back to community clubs and volunteer organisations we collaborate with ensuring there is a longer term, positive impact from our events.

MEET OUR TEAM



Nigel Hornsby

Company Director
Events Manager



Matt Haycroft

Company Director
Partnership Manager

OUR MISSION

To deliver excellence in sustainable sporting events and provide customers with opportunities to create quality memorable experiences while achieving their goals. We will help grow the sports involved and support clubs and organisations to develop memberships and volunteers along the way. We will do this through offering a diverse programme of events to cater for all abilities, from the 'one & done' athlete to the elite performer. Young and old should feel welcome, comfortable and able to participate in their desire, enjoy the events and come back again and again.

We want to ensure Tees Valley, South Durham and North Yorkshire are showcased far and wide and this area becomes a hot bed of excellent events year after year.

OUR PROMISE

We pledge to put people first and give back to the communities, clubs and organisations we serve and work with. We promise to be respectful and compassionate to the environments we impose on and ensure we reduce our carbon impact as much as feasibly possible. We will offset through local greening initiatives and do everything we can to impact on the 17 UN Sustainable Development Goals that affect our region.

OUR VALUES



Sustainability

We are sustainable...

We are a climate conscious organisation and we aim to minimise the carbon impact of our events through sustainably sourcing materials, reducing single use products and off-setting our carbon footprint by implementing greening strategies throughout our business and working with likeminded partners.



Empathy

We are empathetic...

We promote and support community development, we will give back to the clubs, sports, organisations and communities who support us. We value the importance of people and the roles volunteers play within local sport and activity and will support these through training, recognition and appreciation.



Innovation

We are innovative...

We strive for excellence in everything we do by being innovative and ambitious. Our offer will evolve to suit the wants and needs of our customers and we will test and learn new ideas, formats developed through our creativity and consultation of customers.



Trust

We are trustworthy...

We promise to be honest with everything we do, be sympathetic to the environments we impose on and ensure that all of our customers can trust they are safe in using our service.

EVENT DETAILS



Dear Competitor,

Thank you for entering the UPrevail Bishopton Triathlon. We advise you read this information document carefully in advance, so that you can participate safely and enjoy the event to its fullest.

Venue Address (Event HQ):

North East Wake Park, Bishopton Lake, Bishopton, Stockton-on-Tees. TS21 1EY.

Registration time:

Due to the small size of the event we will only be registering on the morning of the race.

Sunday 3rd August

6.30am to 8.00am

Transition closes at 8.15am

Please arrive and register with plenty of time for you to prepare.

Event Permit:

This event is permitted through the British Triathlon Federation and is being held under British Triathlon competition rules.



Schedule:

6.30am: Registration opens

6.30am: Transition opens

7am: Volunteer briefing

8.15am Transition Closes

8.15am: Competitor Briefing Update (transition area) **YOU MUST WATCH THE BRIEFING VIDEO**

8.30am Events Start.

Wave 1 @ 8.30am: Sprint Distance Triathlon, Aquabike and Aquathlon
GREEN Swim Caps

Wave 2 @ 8.35am: **FEMALE ONLY** Sprint Distance Triathlon, Aquabike and Aquathlon
PINK Swim Caps

Wave 3 @ 8.45am: Olympic Distance Triathlon, Aquabike and Aquathlon
YELLOW Swim Caps

Wave 4 @ 8.50am: **FEMALE ONLY** Olympic Distance Triathlon, Aquabike and Aquathlon
WHITE Swim Caps

ON SITE



Arriving to site

Parking

Ample parking is available on site, however, we encourage participants to car share if at all possible to help with carbon footprint.

When parking on site please follow instructions of the parking marshals.

We would appreciate it if you would not park in the surrounding residential streets as we would like to maintain good relations with the residents to ensure the future of the event.

Changing and Toilets

There are facilities available at the venue in the form of portable loos in the carpark.

There are also changing facilities in the wake park main building with showers available.

Welcome Video

To help you navigate the race day we have created a warm welcome video which will show you the site, where to turn off the main road, where to park, who you are looking for on the day.

Why do we do this?

Well, we know there are a range of different people who take part in our events. These range from the seasoned triathletes who have been around for years. But there are also those who are doing it for the first time. Although this video will be helpful for everyone it is aimed at those taking part for the first time. Being participants ourselves we know there are nerves and anxieties associated with taking part in events or taking on a new challenge. We hope that the information and the visual aspects included will help you overcome some of these stresses that may surface on the day of the race or even the days leading to it.

Check the video here

[WATCH VIDEO](#)



ON THE DAY



Registration

Head to the registration tent clearly marked with the feather flags. Registration will be open from 6:30am. At registration you will be required to give the name you used to sign up to the event online and show your BTF membership or race pass along with photo ID. Please have these ready to help speed the process up.

You will be given;

1. Race numbers (these must be worn throughout the event)
2. Bike race number sticker (must be affixed before entering transition)
3. Helmet race number sticker
4. Timing chip – Please wear around your left ankle for the duration of the event and please return to appropriate place at the Finish Line at the end of your event. If you fail to return your timing chip you will be charged £10 for its replacement.

Please fill in the medical details on the reverse of the race number. There will be some pens available at registration, but feel free to bring your own.

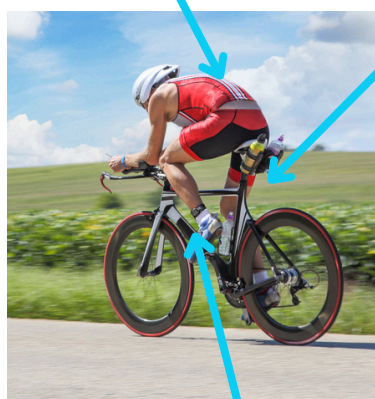
YOU MUST HAVE A BTF RACE PASS OR BTF ANNUAL CORE OR ULTIMATE MEMBERSHIP TO TAKE PART IN THE RACE.

Race Number and Timing Chip Positions



Helmet number
on side and front

Bib number on the
back when cycling



Timing chip
around left ankle

Cycle Seat Post
number

Bib number on the
front when running



RULE 2.1 Littering



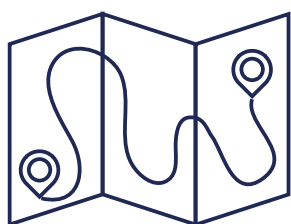
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

RULE 2.1 Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



RULE 2.1 Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

RULE 2.9 Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



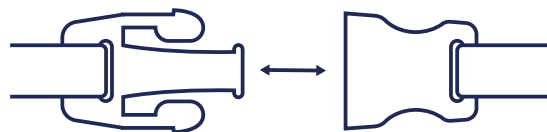
RULES 4.11|5.2|6.4 Illegal Equipment

Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



RULE 5.2 Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



RULE 5.4 Drafting

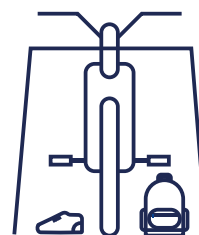
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



In all races, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

RULE 7.1 Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.



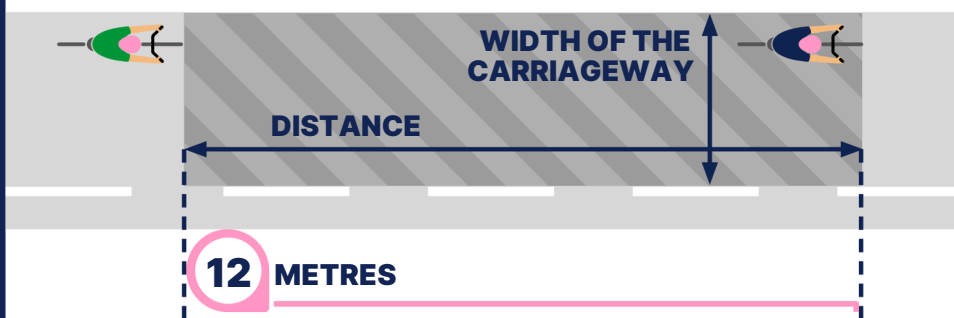
DRAFTING RULES EXPLAINED

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

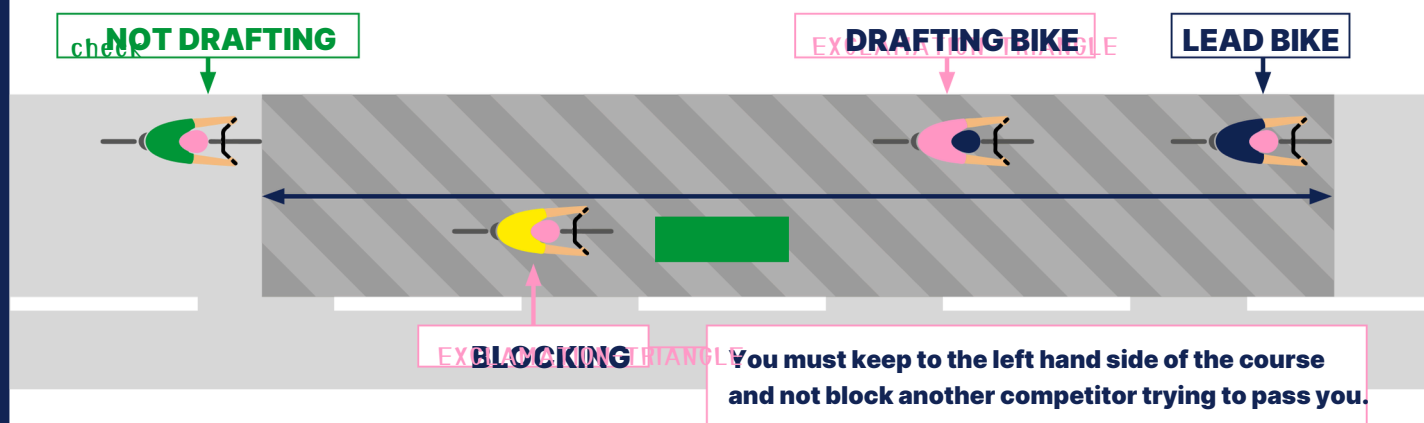
WHAT IS DRAFTING? IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.



If the pass cannot be made you must drop back.
Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain **15 metres** behind motorcycles and **35 metres** behind other vehicles to prevent drafting.

PENALTIES

| | 1st Offence | 2nd Offence | 3rd Offence |
|----------------------------|-----------------|------------------|------------------|
| SPRINT (OR SHORTER) | 30 SECS PENALTY | DISQUALIFICATION | N/A |
| STANDARD | 1 MIN PENALTY | DISQUALIFICATION | N/A |
| MIDDLE / LONG | 3 MINS PENALTY | 3 MINS PENALTY | DISQUALIFICATION |



Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

RACE DAY CHECKLIST

SWIM

- Goggles
- Trisuit
- Wetsuit
- Nose clip
- Ear plugs
- Sea sick tablets

RIDE

- Bike
- Helmet
- Shoes
- Sunglasses
- Water bottles
- Repair kit
- Multitool
- Pump/CO2 cartridges
- Nutrition

RUN

- Hat/Visor
- Socks
- Trainers

MISC

- Sunscreen
- Garmin/watch
- Body Glide
- Flip Flops
- Transition towel
- Baby powder
- Vaseline
- Post-Race Clothes
- Recovery Drink

Top Tips

Arrive Early

Aim to arrive 90 minutes before your start, this gives you time to register, rack your bike, set up transition, and settle nerves.

Lay Out Your Transition Area Thoughtfully

Place items in the order you'll use them: helmet on handlebars, shoes open, race belt ready. Use a brightly colored towel to mark your spot.

Check Your Gear the Night Before

Bike: tyres pumped, brakes working, chain lubed.

Kit: trisuit, goggles, wetsuit, nutrition.

Know the Course

Study the swim, bike, and run routes — especially turns, hills, and aid stations. Know where you enter and exit transition for each leg.

Stay Hydrated and Eat Smart

Eat a familiar breakfast 2–3 hours before the race.

Sip water or electrolyte drink leading up to the start.

Warm Up

A short jog and dynamic stretches help loosen up. If possible, get in the water to acclimatise before the swim.

Stay Calm at the Swim Start

Start at the edge or back of your wave if you're nervous. Focus on your breathing and sighting — not racing others, swim in your own space.

Pace Yourself

Adrenaline can make you go out too hard — conserve energy for the run. Think: “controlled effort” on the bike, “strong finish” on the run.

Enjoy It!

Smile, soak in the atmosphere, and thank volunteers. You've trained hard — now celebrate the experience.

Don't Try Anything New on Race Day

Stick with what you know and what works for you. No new shoes, kit, nutrition, or breakfast.

Check Your Bike in Transition

Make sure it's in the right gear for a smooth start. Double-check brakes and tyre pressure.

Don't Panic in the Water

If you get kicked or lose rhythm, switch to breaststroke, take a breath, lower the heart rate and reset ready to go again. Lifeguards are there to help — don't be afraid to signal if needed.

Don't Compare Yourself to Others

Everyone's on their own journey. Focus on your race, your pace, your goals.

Enjoy the Finish Line

Raise your arms, smile for the camera, and soak in the achievement.

Racking and Transition

Once registered rack your bike or set up your transition space provided. Only participants are permitted in the transition area. You will need your race number to enter this area.

On entering transition before the race your helmet must be on and fastened.

Before the race...

- Bikes must be racked in the numbered spot allocated.
- There are experienced Volunteers in the transition area, there to help you! Please listen to them and follow their instructions.
- Event numbers must be visible from the rear on the bike

During the race...

- Your helmet must be securely fastened before unracking your bike.
- You must rack your bike before unfastening your helmet.

After the event...

- You will only be able to retrieve your bike and equipment from transition using your race number as ID.
- The Transition volunteers will let you gain access to your bike and belongings when you finish and when it is safe to do so.
- Please respect other competitors and give them time and space to continue their race.

Set up your equipment taking up no more space than is provided at each racking point.

Top tip: spend some time visualising your route to your racking point after the swim and when returning from the bike leg.

There is no designated area for baggage but can be left at the side of transition and this is left your own risk. UPrevail Events does not accept responsibility for any losses or damage so we suggest you leave any valuables in your car or with friends/family.

Race Briefing

A video race briefing is available via the button below, please watch this prior to arriving and taking part.

An additional short reminder brief and announcement of any enforced changes will take place 10mins prior to your race start at the water side.

 [WATCH NOW](#)

Headphones and music

As per British Triathlon rules, in / over-ear headphones will not be permitted at this event. Bone conductor headphones are also banned. In addition you are not allowed mobile phones, GoPro's or other recording equipment during the race or in transition.

1st aid medical

Medical cover is provided by Julian Hall First Aid Services who will be circulating the course in his emergency response vehicle. In the event of an accident or injury and you can not make it to the nearest marshal station please ask another competitor to relay information to the next marshal or flag down a moto support crew.

In the event of an accident contact:

Julian Hall First Aid Services
Emergency Number
Julian Hall
07971 046563

Race Director
Nigel Hornsby
07977 120397

Womens Focus

We are massive advocates for women in sport and we try to make sure there are accommodations made to support equity during racing.

- There will be women only toilets available.
- In these women only toilets there will be sanitary products available FOC.
- There is a choice of a women only swim wave. This is optional.
- And don't forget about our pregnancy deferral policy too.

What to wear

We encourage everyone to check the weather forecast prior to deciding what clothing to wear and be prepared for changes in weather.

The run route is a mix of road and trails so choose your running shoes wisely. The trails are flat but if it rains there could be a need for extra grip.

If it is a sunny day please ensure you are prepared with sun screen/cream as you will be out in the elements for a few hours.

If it is cold and wet then layers are advised as well as a change of clothing for after the race.

The choice is entirely yours and everyone is different.

Warm Up and Event Start

After registering and racking we ask you to warm up for the event. You will be called to the start line after the race briefing which will start around 15 minutes prior to race start. Race will be a mass starts as times above. Depending on entry numbers additional waves may be introduced at 3min intervals.

Race Details

Aquabike competitors

Sprint Aquabike – 750m Swim, 27km Cycle

Olympic Aquabike – 1500m Swim, 49.5km Cycle

All Aquabike competitors rack their equipment with all the triathlon competitors and will follow the same Swim & Bike course. Aquabike competitors will finish their cycle requirement and temporary rack at the AB racking point before making your way through to the finish line to complete your race.

Aquathlon/Aquarun Competitors

Sprint Aquathlon – 750m Swim, 6km Run

Olympic Aquathlon – 1500m Swim, 10.2km Run

All Aquathlon competitors will have a designated area in transition for ease. Aquarun competitors will follow the same Swim & Run course as the Triathlon competitors and cross the finish line to complete your race.

Triathlon Competitors (individual & Relay)

Sprint Triathlon – 750m Swim, 27km Cycle, 6km Run

Olympic Triathlon – 1500m Swim, 49.5km Cycle, 10.2km Run

Sprint Triathlon Relay – 750m Swim, 27km Cycle, 6km Run

Olympic Triathlon Relay – 1500m Swim, 49.5km Cycle, 10.2km Run

Relay Team Competitors

All team members must present themselves at registration with ID. The team will be provided with the team timing chip and race numbers. The Timing chip is best worn around the left ankle and transferred between team members at each change over. Two race numbers will be provided. One for the cyclist & one for the runner.

Changeover will be in a specified area in transition, the cyclist waits for swimmer at a designated position who hands over their timing chip before the cyclist's head to the designated racking number and then runner waits for cyclist at that same point. Helmets must remain on the bike until after timing chip transfer.

The Swim

- Sprint Distance 1 Lap.
- Standard Distance 2 Laps.
- Clockwise swim course keeping buoys to your Right always.
- Swim start is in the water at the Pink start buoys.
- There is a dedicated warm up area available. There will be a short time to warm up before you start.
- Wetsuits are compulsory unless informed otherwise by the Triathlon England Technical Official. Water safety cover is provided, and swim exit marshals are located around the lakeside on the swim route at nearest point to the side of the lake.
- If for whatever reason you happen to get into any difficulties during the swim section, please roll onto your back, raise one arm into the air, and you will be attended to by the safety crew.
- It is the competitor's responsibility to know the course and count their own laps.

The Bike

- Sprint: a single lap 27K bike course.
- Standard: This is a 2 lap 49.5K bike of the same course. (Do not come back into the water park after the first lap).
- The roads are Live! and all competitors must always obey the Highway Code.
- This is a non-Drafting event. TT Bikes are allowed. Drafting will not be tolerated.
- At Remarshal Village there is a **MANDATORY STOP** at a cross roads. All participants must obey this or be disqualified.
- The route is mainly on country roads and the left side of the roads are not brilliant. Ride with caution and be safe. We have marked out with yellow paint where there are some potholes to avoid. Be vigilant.
- When you are overtaking a cyclist in front of you, please do not just pull out to the centre of the road, always look behind first to see if it safe to overtake. Please be aware of other road users during the event.
- When leaving from and returning to the water park please exercise best caution as there are 2 'S-bends' where the road slightly narrows.
- When in Sadberge there is a double left turn at the Tuns pub. If you miss this you will end up on the A66. DO NOT ENTER THIS ROAD. Turn around and get back on course.
- Volunteers are located at key areas around the course but are NOT allowed to direct or stop traffic. It is up to the competitor to follow the highway code and stop if required.
- Be safe, Enjoy the bike ride - but be cautious and obey the Highway Code.
- It is the competitor's responsibility to know the course.

The Run

- Sprint Distance – 1 lap of 6.2km
Standard Distance – 1 lap of 10.2km
- The run is on a mixture of road, pavement and trail paths.
- Keep left as much as possible and overtake on the right. When running on the road make sure you are running into traffic so vehicles are not approaching you from behind.
- Please be aware of any members of the public on the footpath as it is a public area and any traffic on the roads.
- There are 2 stiles to navigate on the olympic course. Please be sensible and respectful of other runners and other users. Do not rush and take care navigating the obstacle.
- Marshals will be on hand to help.
- It is the competitor's responsibility to know the course and follow the correct signage, abide by the highway and countryside codes.

Highway & Countryside Codes

All participants are required to follow and abide by the highway and countryside code. This means following all road laws when using the highways on course, closing all gates on course behind you and in the unlikely event you come across livestock, do not worry or frighten and ensure for your safety and theirs that you keep a safe distance.

DOWNLOAD NOW >>

[countryside-code-leaflet.pdf](#)

Aid Stations

We provide fully stocked aid stations on course to make sure you are well looked after. These will contain energy gels, sweets, bananas, and water.

If the weather is hot we will include a Bike Water station at South Street in Stillington @ 10.7km / 33.3km. You are encouraged to carry what you need on the bike.

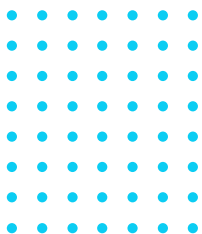
The Run Water station is on Mill Lane at the exit of the field for both sprint and olympic. An additional station will be provided for the olympic at Redmarshal village entering and exiting the woodland loop.

If you have specific needs and wish to provide your own additions please advise us in advance and provide your own labelled supply which we can hold at the aid station for you.

Withdrawal & Cut Offs

We hope that everyone completes the event safely and meets their goals. However, should you have to withdraw at any point during the race please inform your nearest marshal of your withdrawal. If you withdraw through using medical provision then Julian will call this in for you.

Upon withdrawal you must hand in your timing chip. We are not operating cut offs for this event. You will prevail.



Awards

Everyone receives a medal and a T-shirt at the finish line, but we also have awards for our top performing athletes too.

1st and 2nd places are awarded for Open, Female and Relay categories in 18 to 39yrs, Over 40, Over 50, Over 60, Over 70 age groups.

Events must have a minimum of 3 participants to be eligible for awards. Any errors in split time recording that impact on the predictor can not be rectified. Participants must wear their chip correctly for best possible accuracy.

Predictor League (Race Day) winners in Male and Female categories awarded for the best predicted Swim, Bike, Run and Overall.

Timing & Results

Timing will be conducted via chip timing by Timing Up North. Times will be recorded centrally and results published online after the race.

[Results](#)

Adjudication & Appeals

All results are final and confirmed by race director. Queries can be made by participants and will be investigated by the team.

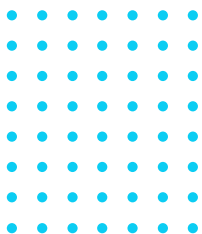
Penalties may be awarded to participants who breach rules and route. These are at the discretion of the marshal team. Race directors decision is final.

An appeal is a request for a review of a penalty decision made by a Technical Official. Appeals cannot be made against penalties resulting from a Technical Official's judgement call which include, but are not limited to, drafting and littering. A competitor may ask the Chief Technical Official for explanation of these judgement calls; however, no appeal can be made and will not be admitted.

Review

We are a very new organisation and reviews help us grow our reach and customer base. We would be very grateful if you could complete a review of the event and help us make it better and encourage others to take part in the future.

[REVIEW](#)



Predictor League

Participants in the Triathlon Prediction League will predict their finishing times for each discipline of a triathlon: Swim, Cycle, and Run. Points are awarded based on the difference between predicted and actual times for each discipline. The closer the predicted time to the actual time, the fewer points a participant earns. The goal is to accumulate the fewest points across a series of races.

The league will also consider age group categories and gender categories, creating both an overall league and sub-leagues for fair competition. Special bonus prizes will be awarded for exact predictions, including the ultimate "Holy Grail" prize for predicting all three disciplines exactly in a single race.

Participation in the league requires opting in and committing to completing at least 4 events in the series to be eligible for final prizes.

Eligible Races

| | |
|-----------------|------------------|
| Bishopton 2025 | Allerthorpe 2026 |
| Sundowner 2025 | Bishopton 2026 |
| Swim Run Series | Sundowner 2026 |

Additional races will be added to the list online once confirmed



Rules



Enter Time

Predicting your times:

Before each race, participants must submit their predicted times for each discipline:

- Swim time prediction (minutes and seconds)
- Cycle time prediction (hours, minutes, and seconds)
- Run time prediction (hours, minutes, and seconds)

Predictions are specific to each discipline, and no total time prediction is required.

Scoring:

Points are earned based on the difference between the predicted time and actual time, with penalties for each second of difference:

- Swim Points: 1 point for every second difference
- Cycle Points: 0.5 points for every second difference
- Run Points: 0.75 points for every second difference

The participant with the lowest total points across the series will be declared the overall league winner. Separate winners will be declared for each age group and gender category based on their total points.

Prizes are awarded at each individual event as well.

Spectators and Support

We encourage spectators across the course to help cheer people on. The whole course is open to the public so there should be no restrictions on where support can go on route.

We do ask that anyone driving to sections of the course do so respectfully to the communities and the environment. Please be considerate to other users and the public.

We have a family friendly space set up for keep your little ones entertained. This is not a baby sitting service and all children must be accompanied at all times by an adult/parent.

Get involved in garden games, colouring or make a supporting sign to cheer on who ever you are supporting.

Other Users

As mentioned the course is open to other users. This may be motorists, runners, walkers, cyclists and or horse riders. The route is open to the public so please be respectful of others.

Listen for other users potentially travelling quicker than you and particularly on narrow parts of the route. Share the space we have the privilege to be using.

Photography

We will have an official photographer at the event. The pictures of all the races will be made available for you to download on our website.

If you want your photos to be excluded after the event please speak to the staff at the registration desk and leave your race number for exclusion.

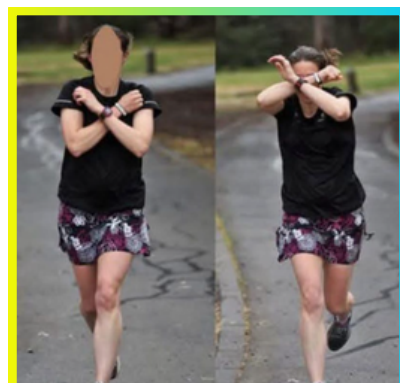
If you wish to have any photos taken down after publishing please email events@uprevail.events

While participating in the event if you do not want your photo taken you can signal the photographer by

- crossing your arms across your chest
- crossing your arms over your face

These signals are now commonplace during ParkRun and worldwide.

While cycling use one arm across face to signal if you feel safe doing so.



SITE MAP



Site map is for reference only, this is not to scale and may change layout depending on the circumstances when setting up. We aim to be as close to this as possible.

Event Course maps are available to view or download on the event website: [Bishopton Triathlon](#). They will also be available to view at the Event HQ when registering. It is the competitor's responsibility to know the course. See next pages for an overview.

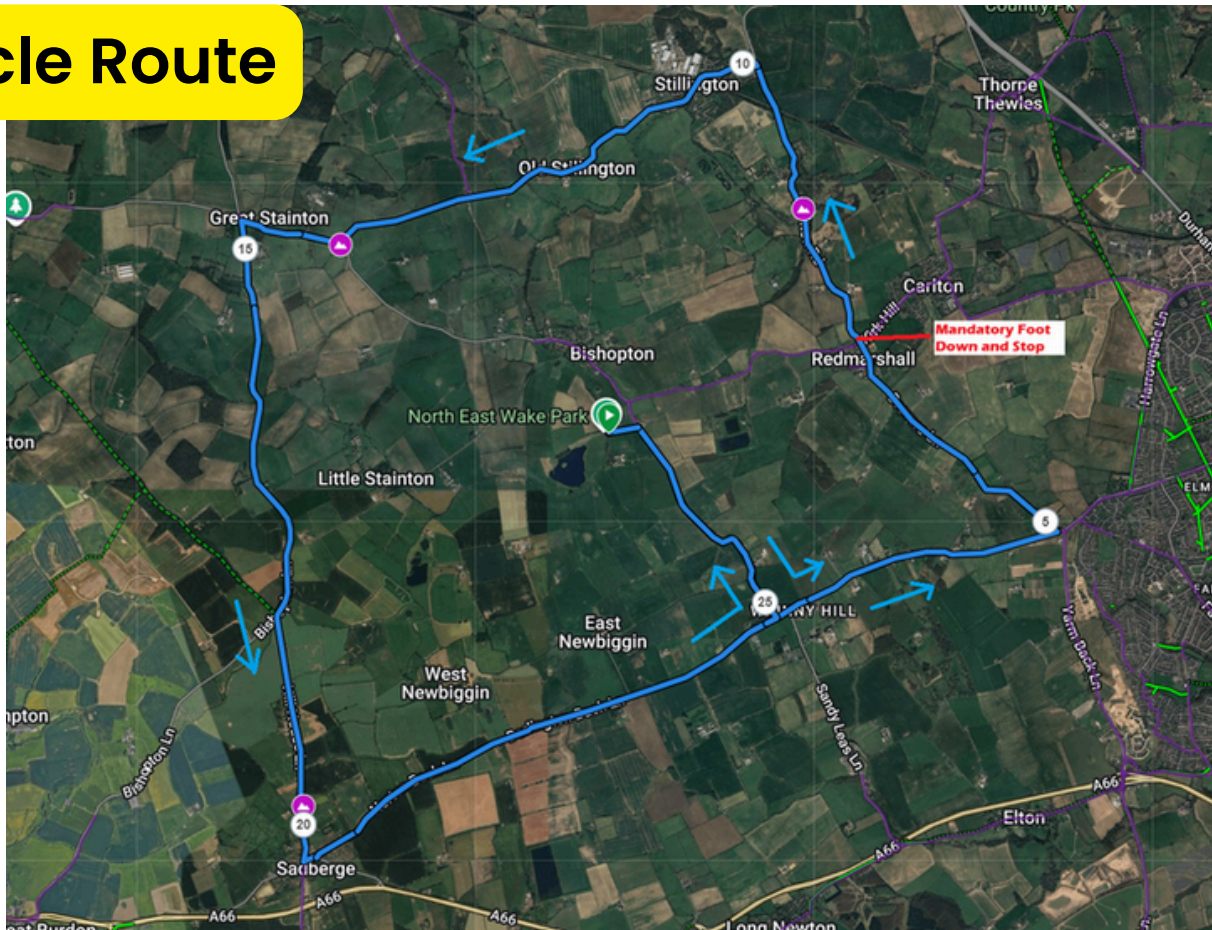
COURSE MAPS

Course Name Bishopton Sprint

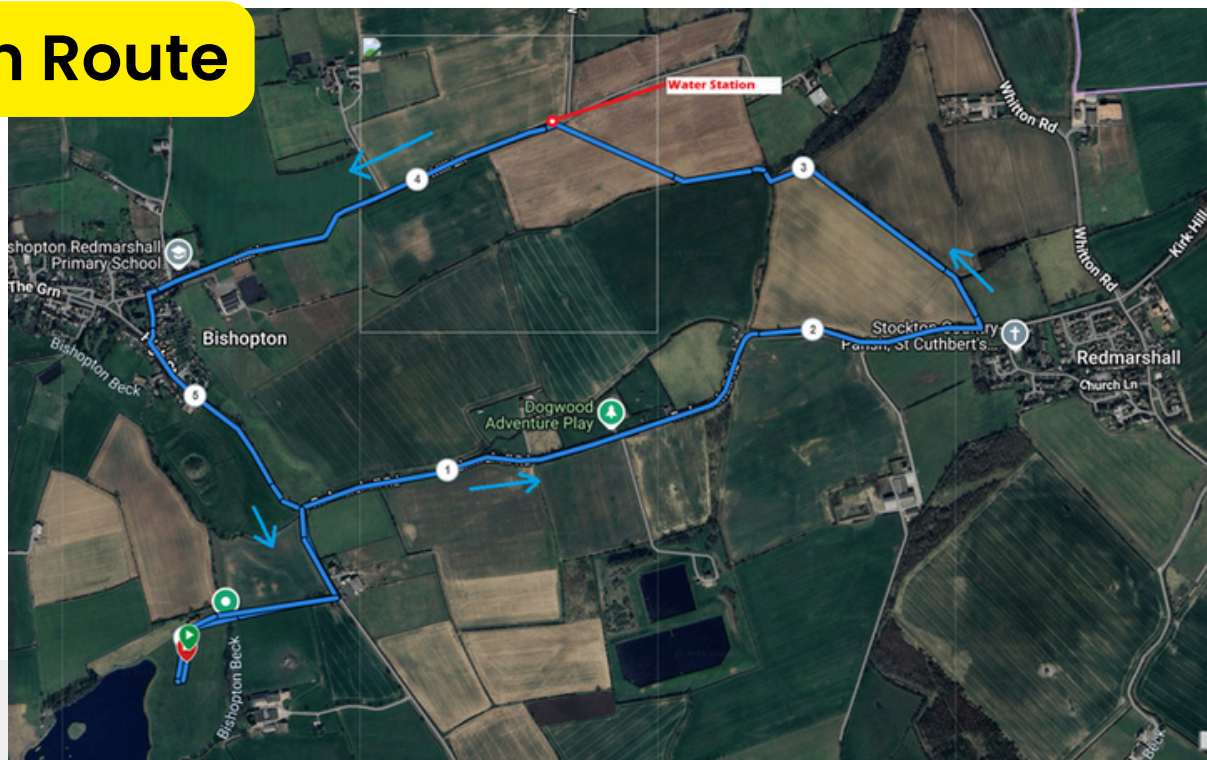
Cycle GPX file <https://connect.garmin.com/modern/course/322907976>

Run GPX file <https://connect.garmin.com/modern/course/332817180>

Cycle Route



Run Route



COURSE MAPS

Course Name

Bishopton Olympic

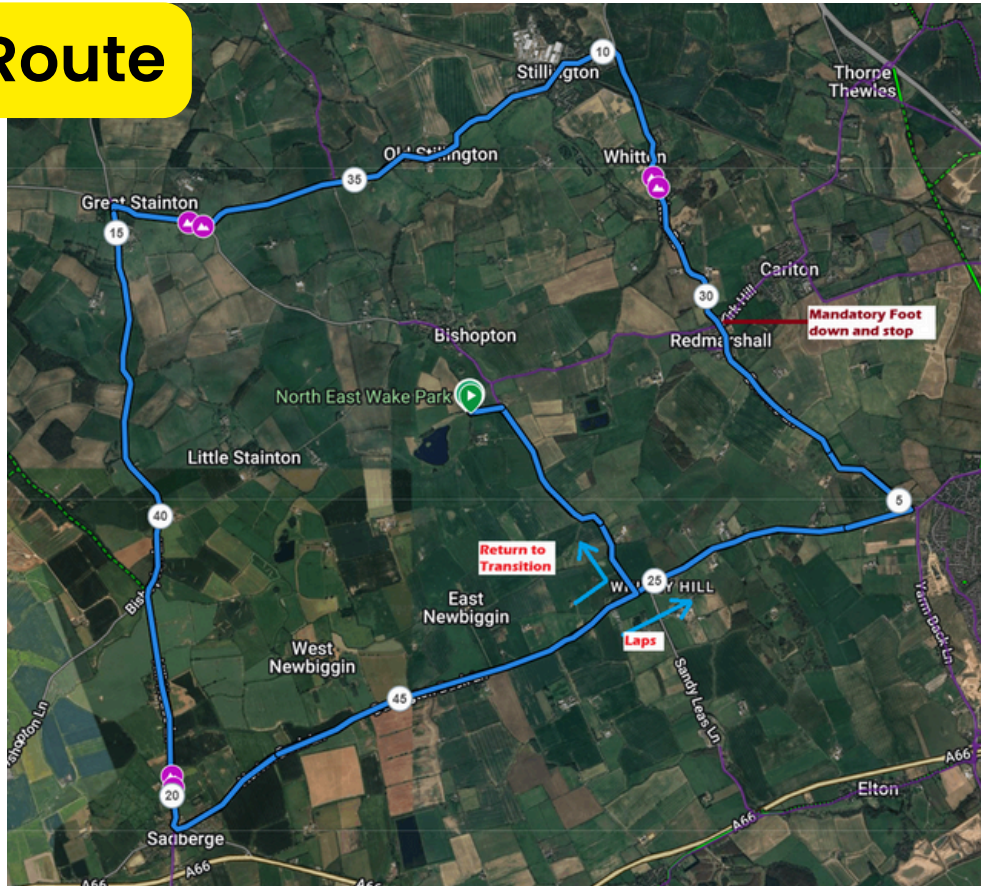
Cycle GPX file

<https://connect.garmin.com/modern/course/332818273>

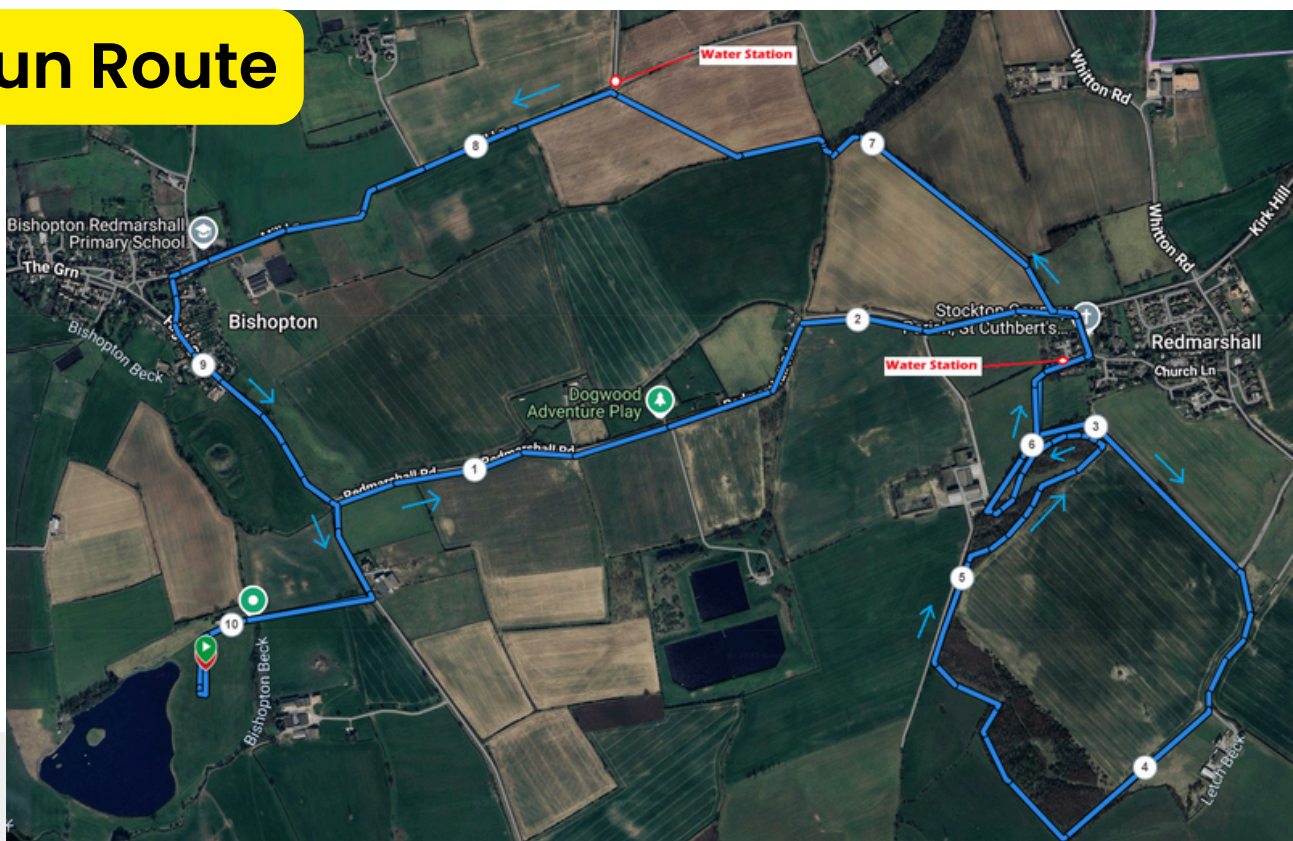
Run GPX file

<https://connect.garmin.com/modern/course/371258289>

Cycle Route



Run Route



FAQ

Do I have to wear a wetsuit?

This depends on the water temperature on the day. We follow the guidelines set out by British Triathlon Federation and if the water temperatures are adequate (above 16 degrees Celsius) we will allow for the option. Again should the temperatures be high (above 24 degrees Celsius) then wetsuits are forbidden. Anything below 16 degrees Celsius wetsuits are compulsory.

We will only be able to determine this on the day of the race but will have a good idea in the days leading up to it.

You can find out more about competition rules [here](#)

Does the swim have to be freestyle, or can it be a stroke of my choice?

You can swim any stroke other than back stroke. This is due to the safety procedures for swimmers in difficulty. These are required to float on their back and raise an arm for help. By doing backstroke it can look like you are in difficulty. Most people use freestyle or breast strokes.

There are some tips on our news feed [here](#) to help you if you need.

Are you able to wear the same shoes for the bike and run?

Yes by all means. If you're using normal flat pedals and want to use the same shoes to run in there are no restrictions for this.

People who are regulars to triathlon would usually have clip in cycle specific shoes and so they need to change these in transition. These are not necessary for you to get started and you can wear the same trainers no problem.

You can also have a spare pair in transition if you want to change them anyway. Sometimes weather can play a part and putting on dry trainers and socks for the run can be a nicer feeling. Completely up to you.

Can you be 'disqualified' if you get off your bike?

There are no disqualifications for getting off the bike. There are plenty of events where the hills are too much for a lot of people and you often see them pushing the bike up. What we will say though, is that as the course is open to other traffic if you were to get off the bike at any point do so in a safe manner and make sure you aren't in traffic. Your safety is of utmost importance to us at all times. I am sure you will be fine though as there are marshals out on course as well who all want everyone to have a great experience and will support and help you.

RESPECT

The majority of our workforce are volunteers so we would appreciate it if everyone is treated respectfully throughout. We will not stand for any forms of abuse to our volunteers. Anyone found to be abusive in anyway will be firstly disqualified from the event and will be blacklisted for future events. Should anyone blacklisted already be entered into other events then no refunds will be given.

Our volunteers give up time to ensure events like this go ahead and are a great experience for everyone taking part. They do it because they love the sport or want to give back to a community of like minded people who want to be healthy, stay healthy and achieve their own goals.

We encourage everyone to use simple pleasantries like saying thank you and generally be respectful throughout.

We thank you for your adherence to this.

LEAVE NO TRACE

We will provide bins at the stations on course so please hold on to your rubbish and deposit in these bins. **DO NOT DROP LITTER!**

We would appreciate it if you come across any litter on your travels whether it's yours or not that you pick it up and take it to the next station. We will have sweepers collecting signage and any dropped little to clear away the event but please do your bit to help it would be greatly appreciated.

Please ensure that you stick to the marked route and in the unlikely event you manage to get lost or off course please retrace your steps and find the correct path with out impacting on the environment.

SUSTAINABILITY



Recycle swim caps

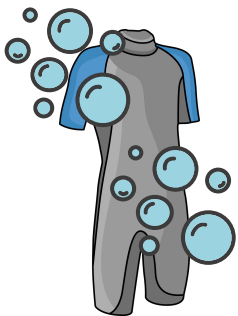
We know full well that people have stocks of swim caps from different events and you are likely sick of collecting them. So, anyone who doesn't want to keep their provided swim cap, can drop it in the swim cap box at the end of the event and we will wash, sanitize and reuse at other events.



Kit donation drop box

Triathlon can be an expensive sport to stick at and some who want to get involved simply can't afford to buy new kit. We are working with British Triathlon to collect kit donations from anyone who can or is willing to donate. We will then connect with clubs, schools and entry level events across our region to offer these donations and support accessibility to our great sport.

If you have kit you aren't using, don't want, doesn't fit then please consider donating it by dropping clean items in the donation box at registration tent.



Biosecurity - cleaning your wetsuit

We need to protect the environments where we hold events and where we train. Biosecurity is our responsibility and washing your wetsuit after every use is a crucial part of managing this. We have provided a bath for washing/dunking your wetsuit in to sanitize so that you are ready to go in the next body of water without any risk of contamination. Please be diligent.

Recycling and waste



We use recycled and recyclable cups at water stations and the finish, there are no single use plastics here. In addition our nutrition provider, High5, recycle all of their gel packs and wrappers so we are providing bins at stations and at event HQ for you to drop these in and we will ship them off to be recycled.

Please be mindful of what you waste and where you dispose of your rubbish. Leave no trace.

FINAL WORD



We really appreciate you entering and taking part in our first triathlon event. We hope that it is a great success. Our aim is that everyone taking part has a positive experience, we will do as much as we possibly can to achieve this. The rest is down to you. Enjoy the day, race safely and respectfully, push yourself to achieve your aims and get across that finish line.

What ever your aim is, by taking part we hope that you achieve it. Our team will be on hand to cheer you on and keep you motivated. Stay positive, keep pushing forward, never give up and you will prevail.

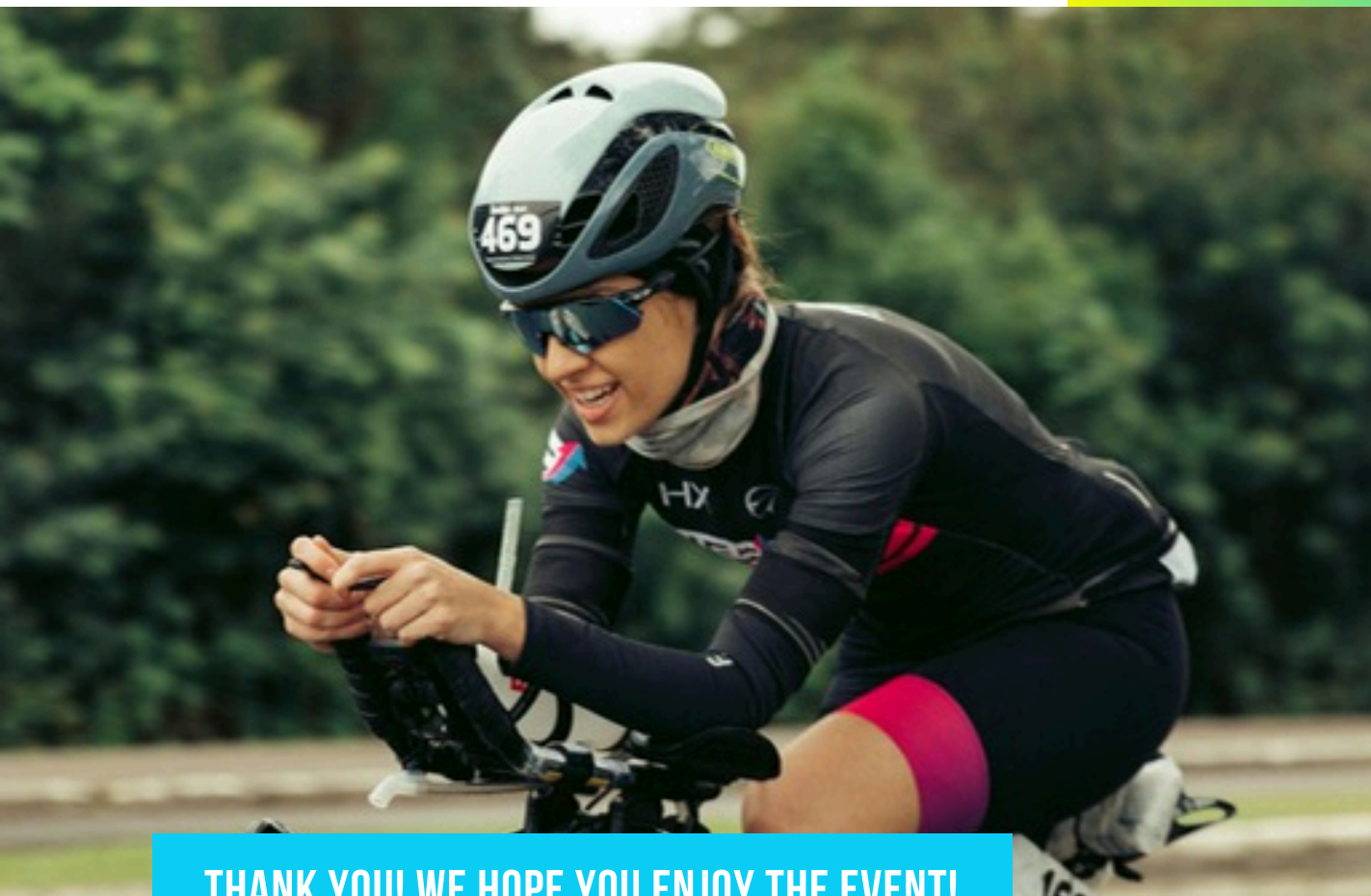
Best of luck with the final parts of your training and we will see you on race day to watch you cross that finish line.

Thanks again for your support.

Nigel & Matt

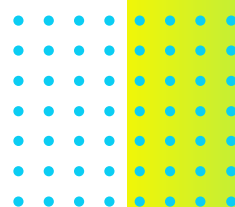
We do other events too, keep checking the website for updates.





THANK YOU! WE HOPE YOU ENJOY THE EVENT!

GET IN TOUCH IF YOU NEED FURTHER INFORMATION



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