

TRI FOR LIFE PRESENTS THE

220 TRIATHLON

WOBURNER

SATURDAY 7 SEPTEMBER 2019



COMPETITOR GUIDE

Middle Distance Triathlon

1900m Swim | 90km Bike | 21.1km Run

WWW.WOBUARNABBEYTRIATHLON.CO.UK +44 (0) 7761 631 934



Our corporate supporters from PageGroup, Spectris, Lazard and Thomson Reuters had a brilliant time taking part in 2018 and collectively raised a staggering £35,000! Their fundraising will fund new medical facilities so we can treat more patients, advanced equipment for treating the toughest conditions and child and family support so we can make life in hospital as normal as possible for young patients and their families.



Louis Childs
GOSH FUNDRAISING EXECUTIVE

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WELCOME WOBURNERS

Congratulations on entering the 2019 220 Triathlon WoBurner Middle Distance Triathlon, we're delighted that you will be joining us!

You will be one of over 2,000 participants taking part in triathlons over the weekend in tri for life's 12th year. We have raised close to £2.5 million for charity over the last 11 years and look forward to another successful weekend of smashing fundraising targets and PBs alike - whether you have taken part in a middle-distance triathlon before or not, all are welcome to take on the challenge of the WoBurner!

It is our fourth year bringing you the middle-distance triathlon, so we wanted to tell you about some of features of the race that you will experience - continue through the pack for further information:

- 'On-the-go' bike fuel stations
- Run course through a section of Woburn not normally accessible to the public
- Wristbands provided to help you count your laps on the run course
- Technical long sleeve t-shirt for all finishers
- Registration and detailed briefings the day before the race
- Free WoBurger for every WoBurner finisher

Best of luck with your training and we can't wait to see you at Woburn Abbey on Saturday 7th September 2019.

OUR PARTNERS



GETTING THERE

The Event is located at
Woburn Abbey, Woburn Park, Bedfordshire, MK17 9DP.

BY ROAD

Follow signs to Woburn Abbey from the M1 junction 12 or 13 or from the A5, follow the signs to Woburn village. Woburn Abbey is signposted from there. Alternatively, please enter the postcode MK17 9DP into your SatNav.

NOTE: After 07:00 part of Park Street will be closed for the Run Course – this means that all vehicles will only be able to get to the event and the Abbey from the direction of Eversholt / Froxfield and NOT from the direction of Woburn village and/or the A4012.

Should your arrival route take you onto the A4012 in Woburn village then you will need to do a diversion route via Ridgmont. Please add more time to your journey accordingly.

CAR PARKING

There is a £5.00 charge per car for the car park, which contributes to the donations to our charity partners. If you have prepaid as part of your race entry, please display your parking pass which will be emailed to you

prior to the event on your dashboard. Alternatively you can pay in CASH on the day.

Please note: if you have prepaid but don't bring your car park pass, you will be charged again as there will be no way of checking your pre-payment.

Access to the Deer Park is free on the day of the event for all participants and spectators. You will however have to pay to enter the Abbey and Gardens.

BY PUBLIC TRANSPORT

Woburn Abbey is approximately 15 minutes from Flitwick train station, the nearest station to Woburn. Flitwick train station has a taxi rank called **A1 Taxis** (01525 757575) but there is no public transport directly available to Woburn Abbey from the station.

If you're looking for a great location for your pre- or post-race meal, we recommend the Green Man Pub in Eversholt – **CLICK HERE** to book a table online!

REGISTRATION AND BRIEFINGS

We will be holding Registration and Briefings on **Friday 6th September** in the Event Village. Briefings will last approximately 45 minutes.

14:00 - 17:00pm:

Registration in the Registration Marquee.

14:30, 15:30 and 16:30: Briefings in the Marquee (you may attend any one of these briefings, they will all be the same).

For those of you unable to attend the Friday briefings, we will be repeating the briefing at **05.30 on Saturday** morning before the race. Registration will open at 5.30am. However, we ask that you please make every effort to attend on Friday afternoon. This is an opportunity to meet your fellow competitors and ask the race organisers any last minute details. It also means that queues at registration will be shorter on Saturday morning.

RACKING

Transition WILL open on **Friday between 14:00-17:00**. Woburn Estate Security will be in patrolling the area but bikes are left overnight at your own risk. **PLEASE NOTE:** no kit other than your bike can be left in transition on Friday. Transition will be open from 5:30am for racking on Saturday (race day).

RACE PACKS

Register and collect your race pack which will include:

- Race Number (pin to your front for the run, and one on your back for the bike, or attach to your race belt).
- Numbered wristband for Transition entrance/exit.
- Number stickers for the front of your helmet and bike seat post.
- Race tattoos – one for your right arm and one for your left leg.
- You will also collect your swim cap and ankle strap for your timing chip inside the registration tent.

YOU WILL ALSO NEED:

- BTF membership card or £6 cash for day membership.

ELECTRONIC TIMING

This will be inside your race pack. Attach it around your left ankle on event day. We will endeavour to provide all timing splits, but this is not guaranteed. Lost chip charge is £35 so secure it well. We will collect it at the finish line.

REGISTRATION RELAY TEAMS

One member of the team can collect the race pack, however Team Captains will need to ensure that all team members are present at the race briefing (see timings on page 8).

TIMING CHIP

One timing chip will be inside your team race pack. You will need to collect the ankle strap before you leave the registration tent. The timing chip is your “baton”, which must be passed between team members together with the Velcro band. It must be worn around the **left ankle** at all times to work.

RACE NUMBERS

Two race numbers are included in the race pack. Please use at least four safety pins to attach (safety pins will be provided).

- Cyclist should wear the number on their back.
- Runner should wear the number on their front.
- Bike sticker (included in your race pack) to be attached to the seat post of your team cyclist's bike, and must be on your bike before you go to transition.
- Race tattoos – for the Cyclist and Runner only; one for your right arm and one for your left leg.

Relay teams will change over in transition (cyclist waits for swimmer at their numbered slot and then runner waits for cyclist).

ELECTRONIC TIMING CHIP

This will be inside your race pack. Attach it around your left ankle. We will endeavour to provide all timing splits, but this is not guaranteed. Lost chip charge is £35 so secure it well. We will collect it from you at the finish line.

WAVE TIMES

There are currently four waves on Saturday 7th September for the WoBurner:

07:20 WOBURNER WAVE 1
FEMALE AND RELAY

08:05 WOBURNER WAVE 2
MALE 45+

08:50 WOBURNER WAVE 3
MALE 35 - 44

09:35 WOBURNER WAVE 4
MALE UNDER 35

These are the **PROVISIONAL** wave times. We cannot confirm exactly which wave you will be in until the week before the event. Please do not ask us to 'reserve' a place for you in any particular wave as we are unable to accommodate such requests.

Final wave start times will be on our website one week before the event: www.woburnabbeytriathlon.co.uk

You will need to be at the start point for the swim 15 minutes before your wave start time.

SWIM COURSE 1900M

PLEASE NOTE: There are two lakes at Woburn Abbey, one of which is larger and is right in front of the house very close to transition. We have used this lake for the last two years and are working hard to be able to use it again this year. Unfortunately we are unable to guarantee this and so have provided information below on the swim course for the second lake as well. For the latest updates, please check the **website** and any emails prior to the event.

We will let you know as soon as possible before the event which lake will be in use and therefore which course you will be using.

• **Safety is at the heart of the event:** we have a team of trained swim safety representatives out on the lake for your swim. If you feel that you are in trouble please roll on to your back and raise your arm and someone will be with you immediately. Resting on a boat or kayak at any time during the race is acceptable with no implication on your race timings.

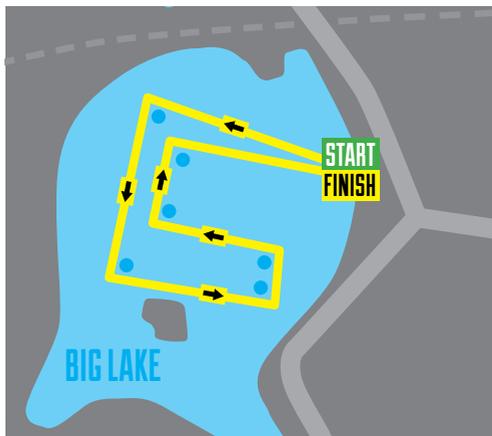
• **Water Quality:** every measure has been taken to make sure the water meets all EU bathing standards. That being said, when swimming in open water, you should avoid swallowing water and always cover up cuts and grazes.



SWIM COURSE BIG LAKE

The big lake, called the Basin Pond, is a short walk from transition. The entry point will be via a floating pontoon. Please note it is a short walk from transition to the lake. The course is marked by swim buoys in the water. These will be identified to you before you enter the water. It will be a deep water start.

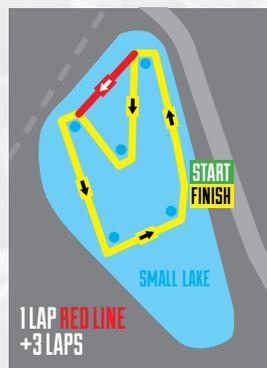
**The WoBurner is 1900m,
3 laps of the course
following the yellow line.**



SWIM COURSE SMALL LAKE

The small lake, called the Shoulder Mutton Pond, is a 250m walk from transition. The entry point will be via a floating pontoon. Please note it is a 250m walk from transition to the lake. The course is marked by swim buoys in the water. These will be identified to you before you enter the water. It will be a deep water start.

**The WoBurner is 1 lap of the course
following the red diversion, then 3
further laps following the yellow line.**



BIKE COURSE

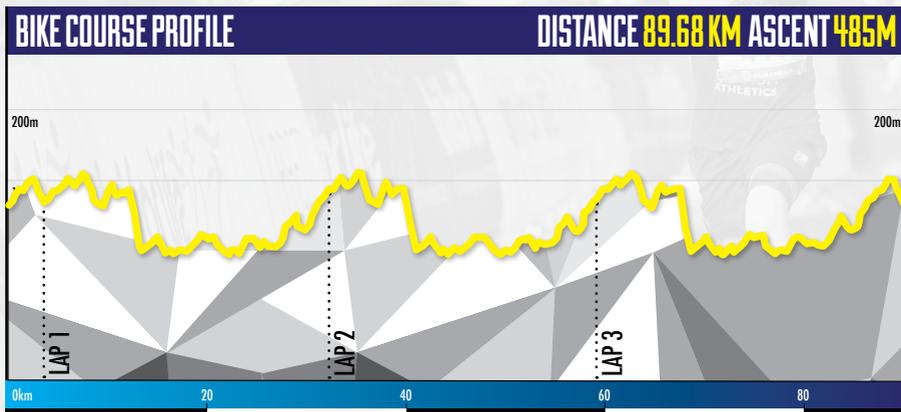
After entering Transition after the swim, “Bike Out” will be at the opposite end of transition and take competitors out of the Woburn estate and onto the public road.

The 90km bike course takes cyclists out of the estate into the nearby villages of Milton Bryan, Toddington, Eversholt and Steppingly. The route requires you to cycle 1 internal lap of the deer park (going back past Transition) first, and then 3 further laps of the full course.

ROADS ARE OPEN TO TRAFFIC, and you will need to abide by the highway code at all times during your ride. Moto marshals and stewards are located out on course for your safety. Please follow any instruction from them accordingly, or seek their assistance should you need it.

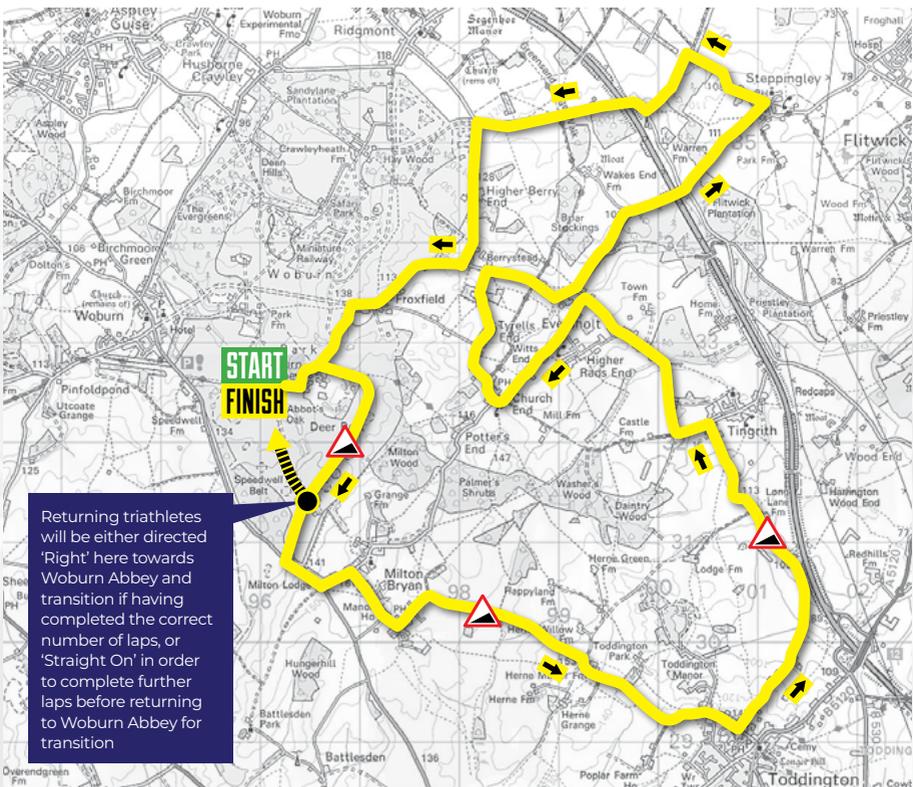
Please note that you will be sharing the course with athletes completing the Olympic triathlon distance.

You can find a downloadable GPX of the route on the website or see the next page for an OS Map.



BIKE COURSE

The route requires you to cycle 1 internal lap of the deer park (going back past Transition) first, and then 3 further laps of the full course.



Returning triathletes will be either directed 'Right' here towards Woburn Abbey and transition if having completed the correct number of laps, or 'Straight On' in order to complete further laps before returning to Woburn Abbey for transition

BIKE COURSE SAFETY

From start to finish participants will be expected to adhere to our cycling code as follows: The roads are open to live traffic and you must obey all Highway Code Rules and road regulations at all times, and Human Race Cycling Code.

- You must give-way where applicable. You are fully responsible for all your manoeuvres, proceeding at junctions, and for ensuring that the road ahead is clear & safe to proceed. Whilst stewards may be present on the course at junctions, any action or indication by a steward should not be taken as any indication that it is safe to proceed. Only you should make this decision.
- You are requested to ride in single file where appropriate and no more than 2 abreast at any time. This race is NOT draft legal. You must adhere to BTF drafting rules at all times – see page 20.
- Please be aware of your fellow cyclists and other traffic users and obey all road regulations and highway signage.
- Additionally, there will be specific event signage along the route which will be put in place for your safety. These might include 'Caution', 'Slow', 'Single File', 'Keep Left' amongst others. These will warn you of what is approaching on the highway (however they will not /cannot highlight every risk and so you must be alert & maintain awareness at all times).
- Please always indicate and signal your intention to stop, change direction, or manoeuvre at a junction.
- Where applicable please do not pass through any red traffic lights but wait as directed. Similarly, if applicable, give way at pedestrian crossings to any persons using them.
- Be particularly careful of horse riders and horse-drawn vehicles, especially when overtaking. Always pass wide and slowly.
- You should remain in control and ride according to your ability as well as the road conditions / environment. So think and look ahead to look out for any potential obstacles / risks coming up. This may include hidden dips and obstacles / hazards around corners - if you cannot see around a good way along the road ahead of you or around a corner then slow down accordingly so you can respond / react if necessary.
- There are also deer in the park and in the surrounding area – please be careful and ride accordingly.

We reserve the right to terminate your participation if you fail to comply with any of the above or are seen to be riding dangerously. Event Stewards, Motorcycle Marshals and staff are located out on route and will be clearly visible, they are there primarily for your safety. Please listen and obey their instructions at all times.

BIKE COURSE

PLEASE FOLLOW THE HIGHWAY CODE AT ALL TIMES

Signs giving orders



Road markings

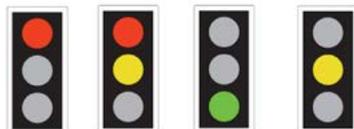


Arm signals



When out on the route, please can all participants exercise caution when cycling, and ride in single file. Please remember you are sharing the roads

Traffic Light Signals



RED means "Stop". Wait behind the stop line on the carriageway

RED AND AMBER also means "Stop". Do not pass through or start until GREEN shows

GREEN means you may go on if the way is clear. Take special care if you intend to turn left or right and give way to pedestrians who are crossing

AMBER means "Stop" at the stop line. You may go on only if the AMBER appears after you have crossed the stop line or are so close to it that to pull up might cause an accident

BIKE FEED STATION

- Please **SLOW DOWN** on approaching the Feed Station – there will be signs to indicate its approach.
- The Feed Station on the Bike Course will be manned by volunteers who will be on hand to pass you food and drink on the go.
- Our volunteers will be calling out what they are offering and there will be signage overhead, but it is best to familiarise yourself with the order of offerings at the station so that you can plan ahead.
- You might also want to practice grabbing a bottle on the go!
- You will pass the **Feed Station 3 times** – at **32km, 59km** and **86km**.

GELS - Please note that we are NOT providing energy gels due to the wrappers being of danger to the park's deer (both the main part of the wrapper and the tear-away tops). For this reason only energy bars and electrolyte drink will be provided on the course. If you would like to use gels, you must provide your own and keep the litter on your person until you are able to dispose of the wrappers post-race or at the Feed Station waste zones.

FEED STATION LAYOUT

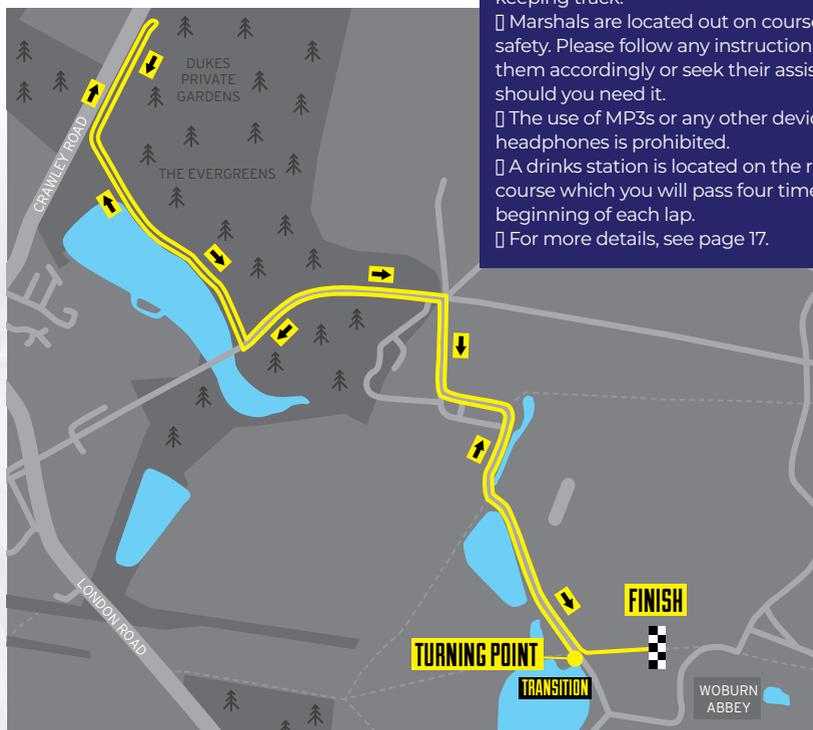
- 1. Waste Zone** – You will approach the Waste Zone 10m before the Feed Station. Please use this opportunity to dispose of any litter you are carrying and any old bottles so that you can replace them with bottles containing Optimum Nutrition or water when you need it. With this in mind, please bring old water bottles in your cages to begin with, or you don't mind disposing of in the waste zone if necessary. They will not be retrievable afterwards but will be recycled.
- 2. Water** – You will approach water first as you hit the Feed Station. Water will be in branded WoBurner bottles so if you wish to pick a bottle up, get an empty bottle cage ready!
- 3. Optimum Nutrition** are our Official Sports Nutrition Partner and will be providing a BCAA drink in sports bottles – if you are going to pick one up, make sure you have an empty bottle cage ready! For more information on Gold Standard BCAA Train +Sustain, **please see page 30**.
- 4. Bananas** – Bananas will be cut in half and ready to eat straight away so that they are easy to pick up on the go!
- 5. Toilets** – Portaloos are available at the end of the Feed Station – if you do need to dismount to use the toilets, please make sure your bike is out of the way of the course.
- 6. Waste Zone 2** – A secondary waste zone will be at the end of the Feed Station for any banana skins/wrappers you wish to dispose of.

TRIATHLON RUN COURSE

RUN 21.1KM = 4 X 5.25KM LAPS

Once competitors have finished their bike discipline, it is onto the run route. Run Out will be at the same end of transition as Bike In and will take competitors past the swim lake towards the Stables and out towards Woburn Village. In 2019, competitors will enjoy a run section through 'The Evergreen', an area of the Park normally inaccessible to the public.

- The 21.1km course involves 4 x 5.25km laps.
- Each 5.25km tarmac run lap takes runners through the beautiful Woburn Deer Park and the Evergreen area.
- WoBurner competitors will be undertaking 4 laps of the course. You are responsible for counting your own laps, however, our volunteers will be handing out wristbands as you finish each lap to give you a hand keeping track.
- Marshals are located out on course for your safety. Please follow any instruction from them accordingly or seek their assistance should you need it.
- The use of MP3s or any other devices using headphones is prohibited.
- A drinks station is located on the run course which you will pass four times, at the beginning of each lap.
- For more details, see page 17.



RUN DRINKS STATION

You will first pass the Run Drinks Station on your first lap of the run, soon after exiting Transition.

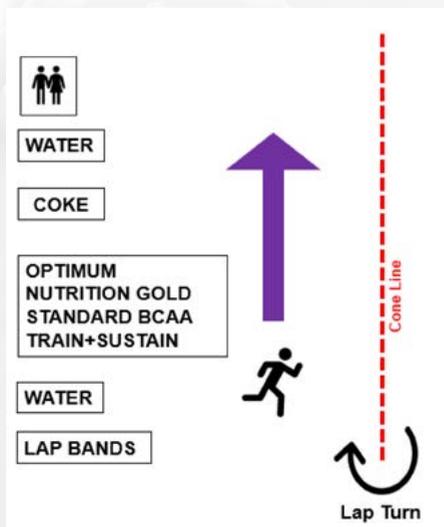
The station is next to the run lap turn, so will be at the beginning of each 5km loop.

In the event of a hot day, we will add a second water station at roughly 2.5km.

There will be a portaloos available at the end of the Run Drinks Station.

GELS - Please note that we are NOT providing energy gels due to the wrappers being of danger to the park's deer (both the main part of the wrapper and the tear-away tops). For this reason only electrolyte drink will be provided on the course. If you would like to use gels, you must provide your own and keep the litter on your person until you are able to dispose of the wrappers post-race or at the Feed Station waste zones.

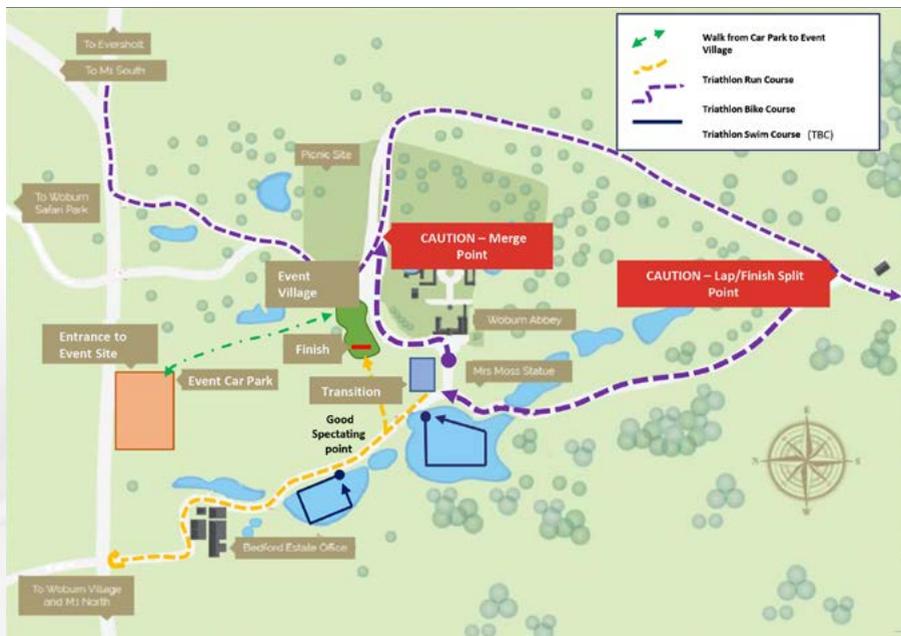
FEED STATION ORDER



VENUE PLAN

Please note that parking for Registration on the afternoon of Friday 7th will be in a different location to event day. Friday please park next to the event village.

Saturday, please follow the car parking signs on the day.





We have secured a special treat for all 220 Triathlon WoBurner competitors for after your gruelling race. All WoBurners will receive a voucher at the finish line for a free burger / hot dog / bacon roll and a hot drink... celebrate becoming a WoBurner with a WoBurger!

EVENT RULES

The event will be held under the rules of the British Triathlon Federation.

Under these rules it is mandatory that all competitors must wear an approved helmet, that all bikes must be in a roadworthy condition, and that all competitors are insured by third party civil liability insurance.

BTF Members are insured as part of their membership package, and all other competitors will be required to purchase a Day Licence from the BTF.

OTHER RULES INCLUDE

- Your cycle helmet is to be on and fastened before you touch your bike and remain on and done up until after your bike is racked.
- No mobile phones, personal stereos, MP3 players or iPods to be used in Transition or during the event itself at any time.
- It is forbidden to mark your position in Transition.
- It is forbidden to cycle in Transition.
- Always cycle on the left, overtaking on the right.
- Your race number should be on your back visible to the race stewards when on the bike.
- Drafting is forbidden on the bike. Drafting is cycling too closely behind another cyclist and gaining an advantage. The drafting zone is 12m, so keep at least 12m behind the cyclist in front, unless you are overtaking over a 25 second period.
- Always ride in a safe controlled manner; dangerous riding could mean disqualification (**NOTE** the roads are open).
- The wearing of wetsuits in triathlon is governed by British Triathlon rules and is dependent on a water temperature reading one hour before the event start.
- If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on **01509 226161**.

RACE LICENCE

This event is affiliated with the BTF & licensed by them, so please remember to bring your triathlon race licence (if you have one) and some form of photo identification. This will speed up registration.

If you are not a member of Triathlon England, Triathlon Scotland, the Welsh Triathlon Association or equivalent, then you will have to pay the £6 day membership fee (£3 for competitors under 18).

CASH ONLY, no card payments.
For more membership information and benefits, click [here](#).

triathlon
england



triathlonengland.org

EVENT
PERMIT

british
triathlon



britishtriathlon.org

MEDICAL

Medical teams and ambulances will be on standby on course and in the event venue in case of accidents.

If you see an incident, please report it to the nearest marshal who will alert the medical team.

For your safety in the water, water based safety personnel will be positioned along the swim course as well as on the shore.

IMPORTANT

If you have any medical conditions please inform us at Registration and please write any medical details on the back of your race number. If you feel unwell on event day, whether you have a medical condition or not, then please don't take part!



CHECKLIST

- ID
- BTF membership card or £6 cash for day membership
- £5 cash for car parking or voucher proof of payment
- Any sponsorship money or donations you have collected
- Swimsuit or tri suit (to go under your wetsuit)
- Wetsuit (compulsory if water temperature below 14°C) You can **hire a wetsuit** through our wetsuit partner **Zone3** here.
- Goggles
- Towel
- Shirt & shorts (if you're not wearing a tri suit)
- Bike (make sure it's well maintained & you also bring a puncture repair kit & spare inner tubes etc.)
- Helmet (compulsory, make sure it's a good fit)
- Water Bottles (bring them full)
- Trainers / cycling shoes (for the run and bike)
- Warm clothes (for before and after)
- Waterproof clothing (just in case)
- Cash for food vendors in Event Village

Also consider

Lubricant (to prevent chafing), number belt, elastic laces (to speed up transition!), pump, tyre levers, spare tubes...

BIKE HIRE AVAILABLE:

Hire a bike through our partner, British Bike Hire, for quality bikes that you can pick up on the day and get fitted by their onsite mechanics.



FUNDRAISING

Making your day count. The Woburn Abbey Triathlon is the charity day that really does make a difference to so many families.

As well as having a fun and challenging day out, with your support & fundraising all profits raised from the Woburn Abbey Triathlon will be helping families up and down the country.

There is no minimum sponsorship, but aim high and you'll be amazed at what you can achieve!

Would you like a free place into next year's event? All you have to do is raise over £500 and you can!

Set up your **tri for life JustGiving fundraising page** in just a couple of clicks.

Will you fundraise for tri for life?

There's no minimum sponsorship & you'll receive a free running t-shirt when you get your first donation.

£1000 Receive 1 free place in 2020 for any distance (includes WoBurner) & 1 free kids place.

£500 Receive 1 free place in 2020 (excludes WoBurner)

tri for life is a registered charity, registration no: 1122677



TRI FOR LIFE – THE STORY SO FAR

Founded in 2007 tri for life is the brain child of the late Harvey Selby. Harvey's ambition was to encourage others to get fit whilst raising money for good causes. It was Harvey's passion that led to the creation of tri for life and his legacy is the Woburn Abbey Triathlon.

Sadly, Harvey was diagnosed with cancer in 2008 and was unable to see the first event for himself however he would be extremely proud to see what has been achieved in his memory. As the Woburn Abbey Triathlon fast becomes one of the UK's top multi-sport events with its unique blend of sport, charity and family fun.

Over the last 13 years tri for life has raised over £2.5 million for many different charities. Thousands of athletes have taken on the challenge, of not only competing in a triathlon but also raising money for charity.

Donations have been made supporting Breakthrough Breast Cancer, the Teenage Cancer Trust and the Tavistock Trust for Aphasia, to name a few. With tri for life's greatest fundraising achievements being.

- Over 5 years tri for life supported Rays of Sunshine, donating over £300,000, which helped fulfil the wishes of children with serious or life limiting illnesses.
- Donated £150,000 to Great Ormond Street Hospital, which led to the building of two new rooms for patients and their families in the Lung Function Unit.
- £50,000 was donated to Whizz Kidz to fund 17 bespoke wheelchairs for children across the UK.

Fundraising and sport will always be the driving force behind tri for life and the Woburn Abbey Triathlon. And it's the Trustees vision to keep fulfilling Harvey Selby's legacy, with their aim now to make the Woburn Abbey Triathlon the best charity triathlon in the UK.



EVENT VILLAGE

You can hire a **Zone3** wetsuit for month or season **here**. Plus get any last minute swim supplies from their tent on the day.



Stop off at the **OPTIMUM NUTRITION** Recovery Zone after you cross the finish line for some much deserved Gold Standard 100% Whey Protein Shake to repair and recover!



Try an **ERDINGER** Alkoholfrei natural, isotonic sports recovery drink after you cross the finish line.



Hiring a bike from **British Bike Hire** gives a great range of options, as well as delivery to the event and fitting by a team of expert mechanics all inclusive in the price. Book yours **here**.



Official photographs will be available from the **AWOL Adventure website** the week after the event.



Bigtopmania will be joining us this year with fun circus themed activities for both kids & adults on Sunday.

The **APPI Health Group** team will be offering post-race massage in the Event Village.



MERCHANDISE



We've got t-shirts, hoodies and buffs on offer, now available to buy **here**.

These will also be available to buy from the Scimitar stand in the event village on race day, so make sure you don't miss out!

OFFICIAL EVENT PHOTOS

Celebrate your achievement and savour your Woburn Abbey Triathlon moment with our official photography partner AWOL.

Pre-order ALL your digital photos for just £15 (normal price £30, minimum 2 photos). Hurry! as the bundle price increases to £30 on the day of the event.



ITAB - PERSONALISED MEDAL INSERT

You can personalise your Woburn Abbey Triathlon finisher medal with an iTAB, engraved with your name and finish time. If you ordered your iTAB whilst entering the event, your iTAB will arrive in the post shortly after event day. Don't worry if you have not ordered your iTAB, if you have an **Active account** you can go back into Active to order it. We'll also share the iTAB website order link with you after the event!



TRIATHLON KIT LIST

CHECK OUT THIS HANDY TRIATHLON KIT LIST TO ENSURE YOU'RE EVENT READY. YOU CAN EVEN GET FREE UK DELIVERY WHEN YOU SPEND OVER £16 OR YOU CAN PAY A LITTLE EXTRA TO GET GUARANTEED NEXT DAY DELIVERY.

MEN'S OUTFIT



A. ZONE3 MEN'S ASPIRE WETSUIT
 B. DHB AERON SHORT SLEEVE TRI SUIT
 C. ASICS GEL-KAYANO 25 SHOES
 D. DHB TRINITY TRI SHOE

[SHOP NOW](#)



WOMEN'S OUTFIT



A. ZONE3 WOMEN'S ASPIRE WETSUIT
 B. DHB AERON WOMEN'S SHORT SLEEVE TRI SUIT
 C. ASICS WOMEN'S GEL-KAYANO 25 SP SHOES
 D. DHB TRINITY TRI SHOE

[SHOP NOW](#)

ACCESSORIES



A. BODYLIFE BODY
 B. ZONE3 TRIATHLON TRANSITION BAG
 C. ZONE3 RACE BELT
 D. ZONE3 VAPOR POLARISED GOGGLES TIM DON SIGNATURE
 E. ZONE3 COTTON SWIM TOWEL
 F. ZONE3 SILICONE SWIMMING CAP

[SHOP NOW](#)

NUTRITION

OPTIMUM NUTRITION
 PROTEIN WHIPPED BITES



[SHOP NOW](#)

WETSUIT HIRE

We've teamed up with **Zone3** to offer you some of their great range of wetsuits that are perfect for the event for you to hire or purchase.

Zone3 has quickly become one of the most exciting and successful brands on the market thanks to its high performance products which year on year have achieved the highest industry reviews based on speed, comfort, price point and innovation.

Zone3 are offering their Advance wetsuit as part of their hire service for the event. The Advance has won many awards including 220 Triathlon magazine's "Best Buy" award and has become the market leader for first-timers and those on a budget. The suit is made from super flexible, highly buoyant neoprene for an assured swim performance.

You can hire the suit for a month or for the season but please note the deadline to order your suit is 5.00pm on Saturday 24th August.

ZONE3 



ON | OPTIMUM NUTRITION

Our Official Sports Nutrition partner Optimum Nutrition will be providing a range of informed Choice products to enhance your performance. This will include



GOLD STANDARD BCAA TRAIN+SUSTAIN mixed drink servings available on the run course which will reduce tiredness and support your immune system.



Following your triathlon you will be able to pick up a **GOLD STANDARD 100% WHEY PROTEIN SHAKE** to support your recovery. Gold Standard 100% Whey protein is easily digestible ensuring fast delivery of protein to muscles to help repair and rebuild.

Top nutrition tips for triathletes

By Reece Barclay, PRO Triathletes, Coach & Optimum Nutrition ambassador



1. Variety is the spice of life!
2. Training is a time to trial - race day is not
3. Protein isn't just for bulking
4. Maintain adequate hydration
5. Recovery is the ultimate preparation!

Read the full top nutrition tips for endurance athletes [here](#).

If you are in training for a Human Race event get your exclusive 20% discount. Simply use code HR20 at check out on all purchases at www.optimumnutrition.com

ON | OPTIMUM NUTRITION



Perseverance is
not a long race; it
is many short races
one after the other.

WALTER ELLIOT



GOOD LUCK!

If you have any questions at all leading up to the day, please call us on
the **tri for life** hotline: **07761 631934**