

TRI FOR LIFE PRESENTS THE

# WOBURN ABBEY TRIATHLON

SATURDAY 7 SEPTEMBER 2019



## COMPETITOR GUIDE

**OLYMPIC DISTANCE** 1500m Swim | 44km Bike | 10.5km Run

**SPRINT DISTANCE** 750m Swim | 20km Bike | 5km Run

**WOBURN ABBEY RUN** 5km and 10km

WWW.WOBURNABBEYTRIATHLON.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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# DEAR COMPETITORS

Congratulations on entering the 2019 tri for life Woburn Abbey Triathlon, we're delighted that you will be joining us! You will be one of over 2,000 participants taking part across the weekend in this iconic triathlon.

2018 was a huge success: the weather, the atmosphere, and not forgetting our stunning scenic cycle route! tri for life is now in its 12th year and thanks to our amazing competitors we have raised close to £2.5m for our

charity partners.

The 2019 event will once again be held in the stunning grounds of Woburn Abbey, Bedfordshire.

This Competitor Guide aims to help you prepare for the event and ensure you have a great day.

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

**Regards**  
THE TRI FOR LIFE TEAM

# 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!

# DISTANCES

## SPRINT TRIATHLON

SWIM 750M | BIKE 20KM | RUN 5KM

## OLYMPIC TRIATHLON AND RELAY

SWIM 1500M | BIKE 44KM | RUN 10.5KM

## WOBURNER MIDDLE DISTANCE TRIATHLON AND RELAY

SWIM 1900M | BIKE 90KM | RUN 21.1KM

## WOBURN ABBEY RUN

5KM AND 10KM

**PLEASE NOTE:** Participants in the WoBurner have been sent a separate Event Guide to this one.

# WAVE TIMES

TIME	WAVE	EVENT
07:20	1	Woburner Female + Relay
08:05	2	Woburner Male 45+
08.50	3	Woburner Male 35 - 44
09:00	4	10km Run
09:05	5	5km Run
09:35	6	Woburner Male U35
10:05	7	Olympic Female
10:35	8	Olympic Male 45 - 54
11:05	9	Olympic Male 40 - 44
11:35	10	Olympic Male 35-39
12:05	11	Olympic Relay + Male55+
12:35	12	Olympic U35
13:05	13	Sprint Female
13:35	14	Sprint Male
13:50	15	Sprint Mates

These are the **PROVISIONAL** wave times. You will be allocated to your applicable gender and age wave unless you have purchased the Mates Wave option. Please check your confirmation email to see if you have

purchased this option.

Final wave start times will be on our **website** the Tuesday before the event.

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

[www.woburnabbeytriathlon.co.uk](http://www.woburnabbeytriathlon.co.uk)

# REGISTRATION

On the day, please arrive at least **1 hour before your start time** to collect your race pack. Registration opens at **07:30** in the registration marquee for Olympic, Sprint and Run participants. You will not be admitted before this time.

## TRIATHLON

Register and collect your race pack which will include your:

- Race number (pinned to your front or on a race belt)
- Numbered wristband for Transition entrance/exit
- Numbered stickers for the front of your helmet and bike seat post
- Timing chip

You will also collect your swim cap and ankle strap for your timing chip inside the registration tent.

Please attach **ALL** numbers before entering Transition. Bikes are racked by race number. **Only competitors are allowed in Transition.**

## RUN

Register and collect your race pack which will include your:

- Race number (pinned to your front)
- Timing chip

You will also collect your ankle strap for your timing chip inside the registration tent

### 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.

# REGISTRATION RELAY TEAMS

**Only 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 by the lake, which takes place 15 minutes before the wave start time.

## 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.
- Numbered wristband for Transition entrance/exit
- Numbered stickers; one to be attached to the seat post of your team cyclist’s bike, and the other to the front of the helmet. Both must be on your bike/ helmet before you go to transition. You will also collect your swim cap inside the registration tent.

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.



# 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

# SWIM COURSE

## SPRINT 1 LAP OLYMPIC 2 LAPS

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.

**WATER QUALITY:** The tri for life team and Woburn Abbey have gone to extensive lengths to ensure the water quality is suitable to swim in. You can be assured 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.

**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.

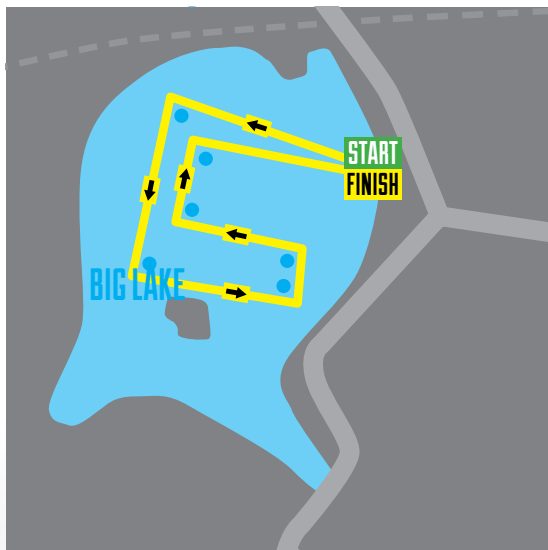
**RACE BRIEFING:** The race starter will brief all competitors on the courses and safety at Swim Entry Point (on land briefing).

**If you are in a relay team, please ensure the whole team comes to the briefing.**

# SWIM COURSE BIG LAKE

The entry point will be via a floating pontoon. It will be a deep water start. Please note this lake is a short walk / run from transition.

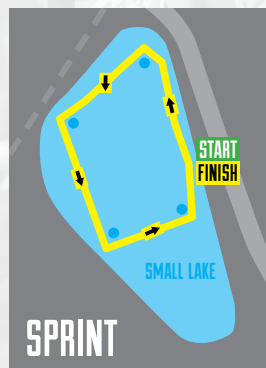
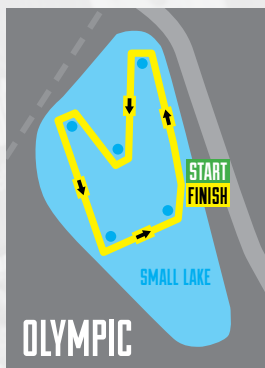
**OLYMPIC - 1500M = 2 LAPS**  
**SPRINT - 750M = 1 LAP**



# SWIM COURSE SMALL LAKE

The entry point will be via a floating pontoon. It will be a deep water start. Please note this lake is a 250m walk / run from transition.

**OLYMPIC - 1500M = 3 LAPS**  
**SPRINT - 750M = 2 LAPS**



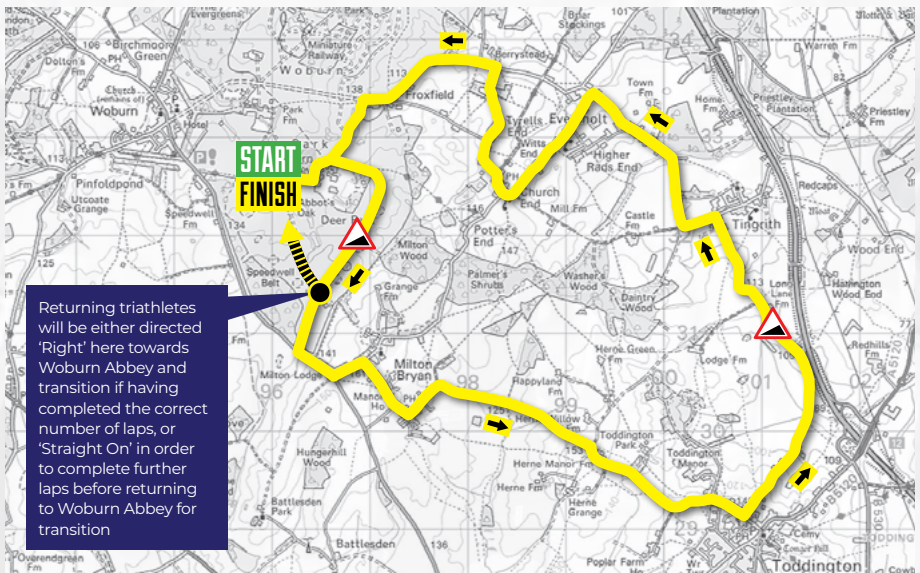
# BIKE COURSE

## SPRINT - 20KM 1 LAP OLYMPIC - 44KM 2 LAPS

- “Bike Out” will be at the opposite end of transition to where you will enter it after your swim.
- The Bike Course will take competitors out of the Woburn estate and onto the public roads. Roads are OPEN to traffic - you will need to abide by the highway code at all times and give way at junctions.
- The 20km bike course takes cyclists out of the estate into the nearby villages of Milton Bryan, Toddington

and Eversholt.

- The route requires you to cycle 2 laps of the course for the Olympic and 1 for the Sprint.
- Please note that you will be sharing the course with WoBurner middle distance competitors.
- Your route splits from the WoBurner distance at ‘Berrystead’ and re-joins the longer route at the next junction intersection. This split will be marked.



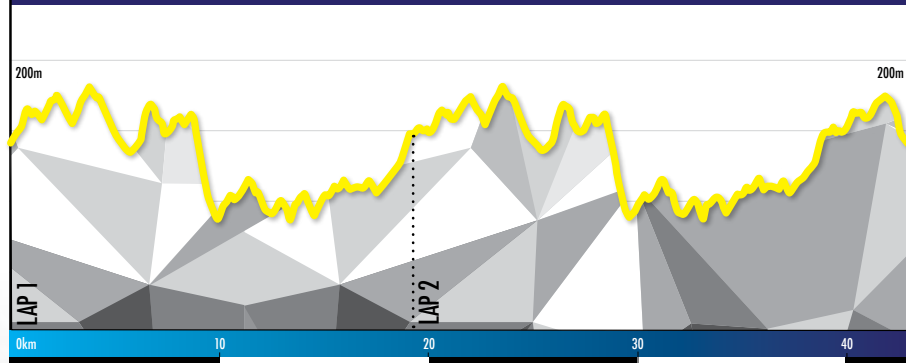
Returning triathletes will be either directed ‘Right’ here towards Woburn Abbey and transition if having completed the correct number of laps, or ‘Straight On’ in order to complete further laps before returning to Woburn Abbey for transition

# BIKE COURSE PROFILE

SPRINT - 20KM **1 LAP** OLYMPIC - 44KM **2 LAPS**

SATURDAY BIKE COURSE PROFILE

DISTANCE **44KM** ASCENT **488M**



# 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 19.
- 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 and environment. So think and look ahead to look out for any potential obstacles or risks coming up. This may include hidden dips and obstacles and 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 or 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

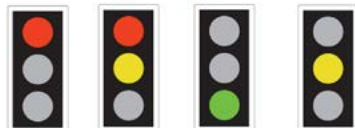


### Arm signals



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

# TRIATHLON RUN COURSE

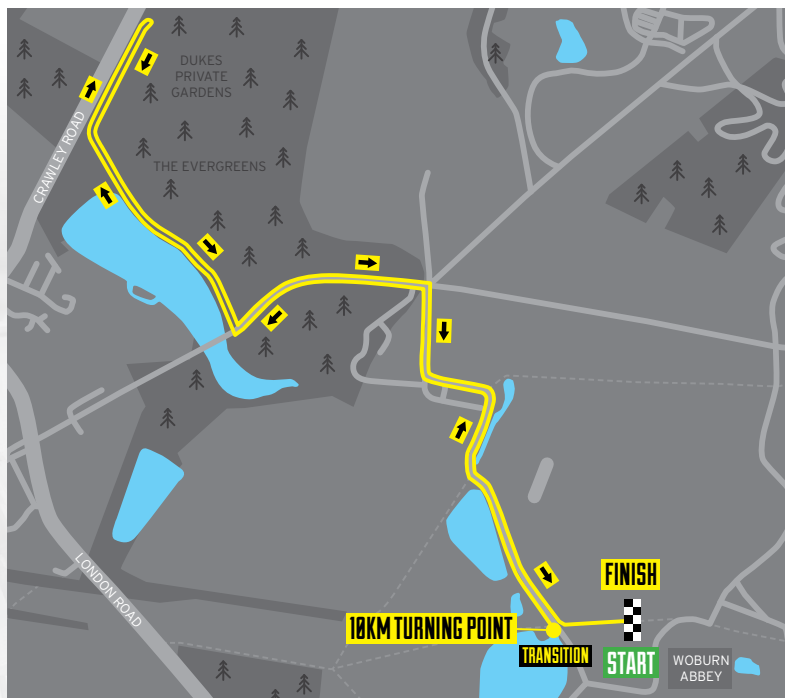
## SPRINT 5KM 1 LAP    OLYMPIC 10.5KM 2 LAPS

Once competitors have finished their bike discipline, it is on to 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. Competitors will enjoy a run section through 'The Evergreen', an area of the Park normally inaccessible to the public.

- Each tarmac run lap takes runners

through Woburn Deer Park and into the Evergreen area.

- You are responsible for counting your own laps.
- 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 devices using headphones is prohibited.





# WOBURN ABBEY RUN COURSE

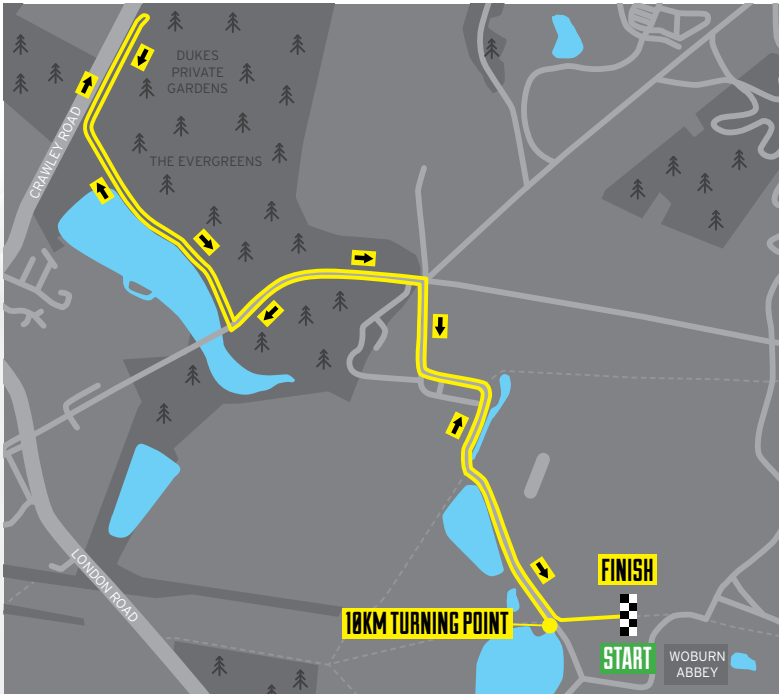
**5KM 1 LAP** **10KM 2 LAPS**

**Brand new for 2019**, tri for life introduces a 5km and 10km Run where competitors will enjoy a run section through 'The Evergreen', an area of the Park normally inaccessible to the public.

The Run routes start from the finish area in the event village and will feature runners starting in groups of five every ten seconds to allow everyone to enjoy the experience. Timing will start as each

runner passes over the start line.

Each tarmac run lap takes runners through Woburn Deer Park and into the Evergreen area and finishes at the top of the hill in the event village. Marshals are located out on course for your safety. Please follow any instruction from them accordingly, or seek their assistance should you need it.



# FOOD AND DRINKS STATIONS

- As usual, Sprint and Olympic competitors are expected to provide their own nutrition whilst on the cycle route. The Feed Station you pass is for WoBurner middle distance participants ONLY. There is a split point around the Feed Station for Sprint and Olympic distance participants.

- The Drinks Station on the run course is open to all participants. It is located at the start of each lap, so you will hit the water station at the beginning of the run and at 2.5km, passing each station once on the 5km run and twice on 10km run. This will contain water, coke and Optimum Nutrition.

## LITTERING

- Please help keep our triathlon, the Deer Park & the countryside tidy and DO NOT drop litter at any point during the event.

- An automatic 2 minute penalty will be issued to triathletes for litter dropping on the course.

- **GELS** - please note that gel wrappers are of danger to the park's deer (both the main part of the wrapper and the tear-away tops). For this reason, gels will not 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 Drinks Station waste zone.

# 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 road worthy 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.

## SOME 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.
- 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 10m, so keep at least 10m behind the cyclist in front, unless you are overtaking over a 20 second period.
- Always cycle on the left, overtaking on the right.
- Always ride in a safe controlled manner, dangerous riding could mean disqualification.
- 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 Event Rules, please visit [www.britishtriathlon.org](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on **01509 226161**.

# 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!)

### 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. BODYGLIDE BODY  
 B. ZONE3 TRIATHLON TRANSITION BAG  
 C. ZONE3 RACE BELT  
 D. ZONE3 XRAYOOR 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](http://www.optimumnutrition.com)





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**