

RACE PACK

CHOLMONDELEY CASTLE

22-23 JUNE 2024



 **CASTLE
RACE SERIES**

CHECKLIST

We are looking forward to seeing you at Cholmondeley Castle and we wish you the best of luck for your race

On arrival, ensure you know your wave number and arrival time and bring your QR code (found on the confirmation email) with you for check-in

TO DO

[Check your booking: mobile, DOB, etc](#)

[Watch your briefing](#)

[View Your Course Maps](#)

[Buy Your Licence](#)

[BTF Information \(p4\)](#)

[Water temperature update](#)

[Nutrition provider](#)

[Merchandise](#)

[Event Information Page / Updates](#)

[Camping information](#)

[Competitor photography](#)

[Find your START TIME](#)

[Youth and Junior races! \(p4\)](#)

[Book spectator tickets](#)

KIT LIST

Conf email with QR code for check-in

Membership Card / Day Licence (Tri/Multisport)

Wetsuit

Googles

Towel / changing towel

Bike helmet

Cycle shoes / Running shoes

Water bottle

Nutrition for the course

Clothes for after the event

Bag cover to keep your gear dry

Card / Cash for Event Village

PRE-RACE PREPARATION

PRE-RACE PREPARATION

BTF Race Licenses - All triathlon, multisport and every member of a relay team are required to have a license to participate. Full details [here](#)

Members - please ensure your licence is in date, if it doesn't have a photo please bring photo ID and if it is a digital licence please take a screenshot so it is easy to view.

Non-members – please buy a day license [here](#). Check BTF rules [here](#). Highlights [here](#).

Video Briefing - In advance of the event, you are required to have watched two videos that can be accessed on our website. One video will detail the process throughout the day and one will be specific to your race. Watch Race Briefings [here](#). Know your course see [here](#).

Nutrition – We ask you to provide your own race nutrition. On Saturday, there will be no feed stations on the run course, but there will be a water station. On Sunday, there will be a fully stocked feed and water station and cycle as well as the 7k run course for the Middle distance, Marathon and Half Marathon. There is one water station for all other races. Find out more about course nutrition [here](#).

Kit - Please prepare all kit and check all equipment in advance of the event. There will be changing facilities on site.

Spectators – Spectator tickets must be purchased online in advance of the event (unless you are camping with us). Children in the 9-16 junior triathlon races are permitted to bring ONE Adult spectator in for free. Please book tickets [here](#).

Youth and Juniors event 9-16 years- Parents ensure your children's bike are in good working order with tried and tested breaks. **Saturday** bike courses takes place on tarmac closed roads. The 13-14 and 15-16 age group races will start with draft races, followed by non-drafter 15 minutes later.. The 11-12 years is draft only. Road bikes required (advisory for non draft). [See BTF bike requirement for draft racing](#). **Sunday** hosts non-draft only for the 9-10 and 11-12 age groups on a multi terrain bike course (predominantly tarmac) however off-road tyres advisory!



BRITISH TRIATHLON



PREPARATION PARTNERS



Race Fueling

- [PF&H products](#) will be at our feed stations alongside water and other goodies like bananas, flat Coca-Cola and jelly babies
- PH 1000 is a strong electrolyte drink designed to help replace the electrolytes you're losing in your sweat
- PF 30 Gels contain 30g of carbohydrate
- PF 30 Chews contain 30g of carb in 2 bite-size chews per serving



Photography

- There will be official photographers positioned around the course, finish line, event village and podium ready to capture you in action – just don't forget to smile!
- Pre-order photography and get [50% discount here.](#)



British Bike Hire

- [On Your Bike](#) offers three different types of bikes for hire. Takes the stress and hassle out of travelling with your bike out of race weekend. They will have a freshly cleaned and serviced bike delivered to the event ready for collection. Once there, you can collect your bike from one of their team of mechanics who will be on hand for any fitting adjustments.
- OYB will be located at the Transition Exit to help with any of your bike maintenance needs.



Wetsuit Hire

- TRI WetsuitHire offer affordable solution for making sure you have a high-performance wetsuit for race day.
- Enter the discount code CASTLE10 to claim a [10% discount here.](#)
- Yonda wetsuits are built with technical neoprene panels, the right balance of flexibility and buoyancy and will aid your swim style.
- Buy a new Yonda wetsuit with code CASTLE15 to claim a 15% discount [here.](#)



Tri Training Harder Coaching advice and more for all

- **Friday 21st June , 6-8pm** There's still time to book the coached familiarisation swim session and transition tour, hosted by Tri Training Harder. Their coaches are on hand to offer useful insights, deliver top tips and calm any last minute nerves. Sessions for adults and juniors. [BOOK HERE](#)

RACE DAY
22-23 JUNE 2024

ARRIVING AT THE VENUE

Directions - As you near the castle, please stop using Sat Nav and follow 'Castle Race Series' signage to be directed to the correct car park.

Car Park - The car parks are located in fields just a few minutes walk from the Holding Area and Event Village. Please allow ample time to access the car park and get all your equipment out of the car, plus a few minutes to get to the Holding Area.

Arrival Time – Please arrive at the Holding Area 1 hour and 15 minutes before your start time (eg. 12.00 for a start time of 1.15pm). Participants in the Run and Swim Series should arrive 45 minutes or no later than 30 minutes before their start. **Exception! ! Mixed Team Relay - a representative from the team must check-in at registration at 1pm.**

Holding Area – Once at the Holding Area you should have everything you need to race. (Don't forget your Confirmation email). There will be a licence check at this point for those in triathlon and multisport. At the allotted time, you will then proceed on to the registration tent to pick up your race pack.

Start Time and Wave Number – You will have been assigned a start time and wave group number. Our marshals will use this number to organise the Holding Area lanes. Priority will be given to participants arriving at the correct time for their race start. If you are very early, please go to the Holding Area, get your licence checked and enjoy the village atmosphere. Please only go to registration 1 hour before your start time. (30 minutes for Run/Swim Series participants)

Supporters – Your spectators will have the tickets scanned at the Holding area and then can proceed to the Event Village.



START TIMINGS

- View your specific Start Time [here](#).
- This table shows the start timings for each distance.

CHOLMONDELEY CASTLE 2024			
Wave groups assigned every 15 minutes. 100-160 participants per wave with a mass start. Colours refer to the race bib colour. Participants must arrive at the Holding area 1hr15min before their given start time.			
EXAMPLE:		For Sprint Plus participants who are given a start time of 08:00, the Arrival Time to Holding Area of 06:45.	
START TIMES FROM:	SATURDAY 22ND JUNE	START TIMES FROM:	SUNDAY 23RD JUNE
08:00	SPRINT PLUS	08:00	GAUNTLET
08:30	SPRINT	09:00	DUATHLON MIDDLE
09:15	DUATHLON SPRINT	09:15	MARATHON
09:30	AQUABIKE SPRINT	09:30	DUATHLON STANDARD - BTF QUALIFIER
	AQUATHLON SPRINT	10:00	STANDARD
09:45	SUPER SPRINT	10:30	AQUABIKE STANDARD
10:15	STARTER TRI		AQUATHLON STANDARD
10:45	5K SWIM	11:00	1/2 MARATHON
11:00	2.5K SWIM		10K
11:15	1 MILE SWIM		
13:30	15-16 Years DRAFT & Non Draft	11:15	11-12 Years
14:00	13-14 Years DRAFT & Non Draft	13:30	
14:30	11-12 Years DRAFT	14:00	
15:00	MIXED TEAM RELAY CHAMPS		

REGISTRATION

Race Pack - Registration has 2 stages; you will first collect your numbered race pack envelope with a full instruction included. At the second stage your confirmation email QR code will be scanned to apply that race number to your name.

QR Code - The confirmation email QR code can be produced on your phone or as a printout. Many participants are taking part in more than 1 event this season, please check to ensure the scanners apply your race number to the correct event!

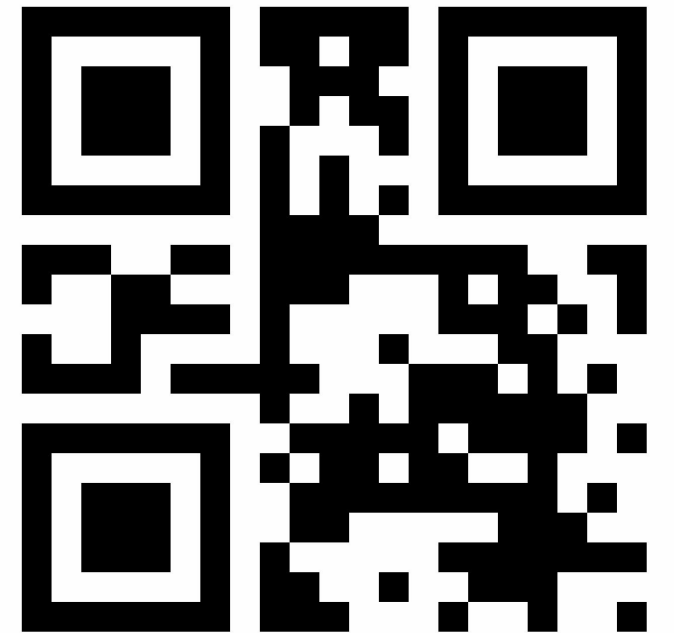
Juniors - 1 adult can accompany a junior participant through Registration.

Spectators - En-route to registration, spectators will be marshaled towards the Event Village and Finish Area. Spectators can access the schedule [here](#).

Swim Series participants – Please re-confirm in registration whether or not you will be wearing a wetsuit.

Mixed Team Relay - A representative from the team must check-in at registration at 1pm. You will need to indicate if your team are a club championships team or a non club/family team. Championship information on [categories here](#) and [rules here](#). The whole team does not need to attend.

After Registration all participants will go directly to their respective Transition / Bag Drop areas. These will be large uncovered areas, please come prepared for all weather.



RACE PACKS

Depending on your race, your race pack will include the following items:

- 2 x Numbered Wristband, 1 to be worn throughout the event on your wrist and 1 for your bag.
- 1 x Swim Hat, colour specific to your wave.
- 1 x Race Number Bib, colour specific to your distance. To be visible on your **back during the cycle** and on your **front during the run** (please note we do **not** provide race belts)
- Safety Pins, to attach your Race Bib to.
- Timing Chip, to be placed on your **left ankle** (Triathlon and Multisport)
- Timing Strip, attached to the Race Bib (Run and Swim Series)
- 1 x Numbered Label Strip, 3 sticky labels for the front and back of cycle helmet and 1 for the front of the bike (Junior racers get an extra wristband for one of their Adults)
- **Check all the numbered items in the pack agree with the number on the front!**
- Relay team need only get 1 pack per team, however they will be given an extra numbered bib and wristbands for their members from the Help Desk at Registration.

Please apply wristband, helmet and bike labels before going into transition and have your helmet on and fastened.

There will be changing facilities available on site.



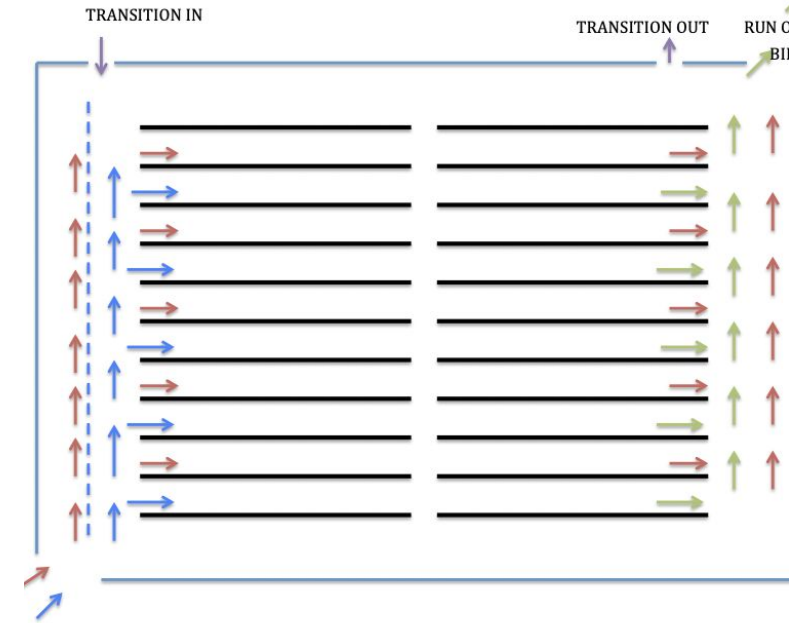
TRANSITION

General Transition information - On arrival at Transition there will be a check of your kit and equipment before being directed to your specific racking point. All wave groups will be racked in the same part of transition. You will have about 25 minutes to prepare yourselves in transition before being asked to move towards the Briefing Area for the start of your race. There will be toilets close to transition.

Bags not boxes - Space in transition is limited, please bring a suitable sized transition bag (not a box) to keep your gear together, dry, and safe at your racking space. Bag drop is available, ensure you apply the other wristband from your pack to your bag. For security reasons it is not permitted to pass bags/items out of Transition.

Kit removal - Please remove your bike & gear straight after the completion of your race. Your cooperation is greatly appreciated by our transition team and other competitors in the afternoon races.

Parents in Transition (9-10 years) - One adult per child is permitted in transition for the 9-10yrs races only. Please respect fellow competitors in the transition area; stay by your child's racking position. You may assist with the removal of a wetsuit and racking the bike, but that is it the rest is up to them!



At this event there will be races across six disciplines including triathlon, duathlon, aquabike, aquathlon, swim and run series.

This means individuals and their families compete and complete races together.

The following pages detail information specific to your race discipline.

We hope you enjoy your race, feel supported, have fun, encourage fellow participants and thank the volunteers.

Give it your best!



SWIM COURSE

All - 10 minutes prior to your start time, you will be led from transition (or Swim Series Bag Drop) to the briefing area by the lake for further instruction. The Swim Manager will give an orientation briefing on the swim buoys and where you will need to swim to, to complete your distance. All races will be mass starts.

Triathlon/Multisport participants - Any last-minute changes to the cycle and run courses will be detailed at the briefing and the Swim Manager will reaffirm the signage to follow and the numbers of laps that you must complete.

Swim safety - The route is clearly marked by buoys. The water safety team consist of fully qualified lifeguards in kayaks and rescue boats as well as bank-based lifeguards. If you get into difficulty, lie on your back and raise your arm in the air, a kayak will come to you. Once in the water, you should identify tall landmarks that can keep you on course and help avoid weaving and swimming further than you need to! See BTF open water swim advice [here](#).

Swim Series participants – Water temperature rules do not apply to swim participants. Swim participants must confirm in registration if they are swimming with or without a wetsuit.

Wetsuits & Water Temperature - Leading up to the event, we will post updated water temperature information here. Wetsuits are advisable as they not only keep you warm, but also help you swim faster as they provide you with extra buoyancy. There is no wetsuit hire at the event this year, however you can hire one using code CASTLE10 for a [10% discount here](#).

Exiting the water - Marshals will be on hand if required but we ask that you attempt to exit the water without assistance. Once you have exited the water, you will need to cover the 600m on foot on grass back to Transition.

Water Quality - Water quality tests will be taken at the beginning of June on the Monday prior to the event and published online. See water quality information [here](#).

Course information - Watch the brief [here](#), view Course maps [here](#).



CYCLE COURSE

Non-drafting Race - This is a non-drafting race, and this will be strictly enforced out on the course. Please review the BTF rules on drafting zone [here](#). Motorcycles and static British Triathlon Federation Referees will patrol the course to enforce the no drafting rule.

Drafting is permitted for the Saturday 11-16 junior events. No TT bikes on Drafting events.

Cycle support - We will provide a mobile cycle support on the course.

Medical support - Medical support on course will be provided. If you pass an accident, please tell the next marshal on the course that there is a problem, and our medics will be contacted by radio.

Course Nutrition - Ensure you are carrying adequate fuel. Find out more [here](#). There is no Feed Station on Saturday. For Sunday participants we will provide a fully stocked Feed Station and a Water Station for all.

Course information - Watch the Cycle Course Brief [here](#), view Course maps [here](#).



THE RUN COURSE

Left-hand side - You should run on the left at all times, except when overtaking, where you should move to the right and then rejoin the left-hand side afterwards. Be aware of competitors trying to pass you and take care when passing other competitors.

No smart devices - No mobile phones, smart devices or headphones are permitted during your race at any time.

Run Support - We will provide mobile run support on the course.

Medical support - Medical support on course will be provided in the usual way. If you pass an accident/injured athlete, please tell the next marshal on the course that there is a problem, and our medics will be contacted by radio.

Nutrition - There here will be a Water Station for all on both days. On the Sunday there will be 1 fully stocked Feed Station on the 7K run course for the Middle distance, Marathon and Half Marathon.

Course Information - Watch the Run Course Brief [here](#). View Course maps [here](#).



DUATHLON, RUN SERIES AND SWIM SERIES

Additional Information

All multisport competitors - Follow triathletes into transition.

Run Series and Swim Series competitors : After Registration, head towards your Bag Drop area and wait to be led to the briefing area. Before you enter the Bag Drop area, please securely attach one band to your bag and the other to your wrist. Bag Drops will be large uncovered areas, please come prepared for all weather.

Duathletes and Run Series : 15 minutes before start time, you will be led from Transition/Bag Drop to the briefing area by the Run Start for further instruction. After the first run, duathletes enter transition via the “Swim In” entrance which will have a separate “Duathlon In” channel.

Swim Series : 10 minutes prior to your start time, you will be led from Bag Drop to the briefing area by the lake for further instruction. After you finish the swim, you will receive a medal and have a buffet of prepared drinks and light snacks. Don't forget to visit the Results Tent for your timings and support prize giving!



RELAY TEAMS

How does the relay work? This is where the swim, bike and run legs are completed by different team members. Either in a group of two (one of the team will do two disciplines), or a group of three (where you do a discipline each). These teams can be all male, all female or a mixed team. There is no specification on ages or abilities within the teams (children/junior relay participants must be of an age that falls in line with their race category). **However the 'Mixed Team Relay' works in a very different way - scroll down**

Registration - At registration, a team will receive 1 Race Pack. Check all the numbered items agree with the number on the front of the pack. The Race Pack includes: a Bib Number for the Runner and the Cyclist, a set of 3 sticky labels for the Cyclist to attach to the front and back of their helmet and one for the front of their bike, wristbands for each members. The timing chip, worn on their left ankle, must be passed between members at their allocated place in transition. Team members only need to use the relevant items in the pack for their part of the race.

Transition - When entering Transition, tell the marshal you are part of a relay team, and you will then be directed accordingly to your rack space alongside each other.

Start/Relay Handover - Your relay team must attend the short brief at the start of the race by the water's edge incase there have been any last-minute changes to the course. You will need to confirm with Transition staff where the change over of team members will occur.

Mixed Team Relay - We're delighted to be hosting the BTF Mixed Team Relay Championship 2024! Please read the [table of prize giving categories](#) to ensure your qualifies. All team member must be aware of the [competition rules](#) for MTR Champs

Not part of the champs and fancy a short team race on the Saturday afternoon on top of your individual race? Each team of four will all complete a short triathlon of 250m/4.2km/1.5km. We offer a club / family friendly wave, so bring your family, club members or colleagues and take part!

Course Information - Watch the Brief [here](#). View Course maps [here](#).



POST-RACE CELEBRATION

MERCHANDISE

Buy your Castle Race Series merchandise, [here](#). Our merchandise partner, Scimitar Sports sell a wider range of sport attire including race belts!

[Pre-order](#) your Cholmondeley Castle Finisher T-shirt online to guarantee your size requirement and simply collect from the merchandise store on Event Day.

Don't forget to share your photos using #CastleRaceSeries so we can see you in action.

If your muscles need some TLC after the race, be sure to check out this product by Nuasan. Nuasan's mission is to keep people moving & feeling great with products that complement & support everyday activity as well as intense sport.

The popular CBD Muscle Gel combines the power of CBD with plant extracts and provides instant, warming relief to aches and pains. [Click here](#) to find out more and use discount code CRS10 for 10% off.



POST-RACE CELEBRATION

Finish line - Athletes will be welcomed over the finish line by our commentators and finish line staff. You will be awarded your iconic Castle Race Series medal and invited to refuel from the buffet tables. Aquabiker's will be direct to the finish at the end of their event.

Results - We will be timing all competitors and a full set of results will be texted to you after your race, available from the Results tent and can to view online. Look for Results and Tracking posters around the event to access via a QR code.

Photography - Pre-order you race photography today and get [50% discount](#). Photographers will be positioned around the course, finish line and event village ready to capture you in action – just don't forget to smile! Be sure to share your photos using #CastleRaceSeries so we can see you in action.

Prize Giving - There will be Prize Giving Ceremonies throughout the day for each distance race, listen out for announcements. In accordance with the latest BTF updates, prizes will be awarded to Female and Open Categories.

Event Village – Enjoy the live music, peruse the trade stands, stock up on Castle Race Series momentos. Choose from a selection of food concessions, visit the drop-in free yoga, quench your thirst at the bar. Visit the children's entertainment area and explore the castle grounds: [Attractions Gardens Map](#)

Join Us Again - Head to our Information Tent to get an exclusive weekend discount on your 2024 race place. All finishers are can also obtain a special 'Race Again' discount if they'd like to take part in another event this year!



THANK YOU

CONTACT

If you have any questions or would like any further information please do not hesitate to get in contact with Jess Sayce
support@castleraceseries.com

JOIN OUR COMMUNITY NOW

Find out more on our [website](#)

Like us on [Facebook](#)

Like us on [Instagram](#)

Follow us on [Twitter](#)

Join our club on [Strava](#)