THE GAUNTLET COMPETITOR GUIDE
Cholmondeley Castle Triathlon

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Time to throw down
The Gauntlet

Dear Competitors,

Congratulations on rising to the challenge of The Gauntlet and signing up for the half iron distance race at Cholmondeley Castle Triathlon!

You will be joined by triathletes from various backgrounds and with different motivations, but all with the shared goal of completing this challenging race distance on one of the most beautiful triathlon courses in the UK.

The Gauntlet is a natural extension to our current competitor offering; we want there to be a race for everyone at our stunning castle venues nurturing the growth of the sport.

For those of you who don’t know the rationale for the race name, it was chosen in keeping with our castle theme. The Gauntlet not only symbolises a protective glove used as a form of armour during historical battles, but celebrates the two idioms ‘running the gauntlet’ (originally running the gantlope), which means running between two rows of adversaries and ‘throwing down the gauntlet’, which was an old fashioned way of challenging someone to mortal combat!

As we appreciate, your armour for the day will be made of lycra rather than steel, we hope you can enjoy the historical landscape you will be competing in with the course taking in the beautiful scenery around this Castle.

This guide aims to provide you with more details about key aspects of the event to help you prepare for the day. I have no doubt you will have a memorable race and look forward to seeing you at the finishing line.

Good luck and most importantly enjoy!

Regards,

Brian Adcock
Race Director
Castle Triathlon Series

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Geoff Sewell

“ ”
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Pre-event preparation

You have now signed up for your race with no turning back!

What will you hear from us?

- We will be in touch with 3, 2 and 1 month emails before the event with preparation information.
- Full race details will be uploaded on the specific castle race information page of our website (2 weeks before).
- Individual wave times will be sent out via email two weeks prior to the race.
- Water temp/wetsuit/weather info via text message (sent shortly before your race).

Equipment

- Ensure that you either have a wetsuit or have a rental/purchase of one lined up – please see our hiring page here. We offer a wetsuit hire service that gives you the chance to try out premium kit at good value.
- Adults; road/hybrid bike is recommended
- We also have bike hire options available, see our equipment page here for more information.

Accommodation and travel

- Camping is available at all venues (this can be booked through the online shop) apart from the Chateau in France.
- We have a comprehensive list of alternative accommodation please see here.
- There are specific directions on how to get to the Castle on our website.

Training

We offer training plans and training days. We would recommend training in preparation for any event, but how much you do, and how you do it is down to you.

You might find it helpful to sign up for a triathlon training package with our partner thetrilife.com who provide you with a bespoke plan and emails answering any of your questions.

Please look at our website for details of training days at our castle venues.

The key thing is to be comfortable cycling on an open road and if possible we would recommend a practice swim in the open water with your wetsuit on before the event.

Fundraising

- If you would like to fundraise and are looking for a charity to support, we support a number of local and national charities.

Race day information

The latest race admin is uploaded 2 weeks before the event, visit this page for up to date info about your race.
Registration

Signs from the Car Park will lead you to registration. Registration for The Gauntlet competitors opens on the Saturday afternoon (time tbc). If you are unable to attend, registration will be open on the morning of your race as well (opens 1.5 hours before each race start). We will provide you with a race pack including:

- An individual coloured race number to be worn during the cycle and the run.
- Numbered labels – one for the front of your helmet, one for the back of your helmet and one for the bike frame.
- A coloured swim hat (the colour relates to the wave that you are in).
- A timing chip device to be worn around your left ankle – this must be worn throughout all 3 disciplines and will need to be handed in at the finish line.
- A wristband to be worn on your wrist identifying you as a Gauntlet competitor.

If you choose to register on race morning please arrive 1.5 hours before the wave start.

Our staff at registration will body mark you.

There is no facility for overnight racking.

Due to safety and security of equipment no friends or family will be allowed in the Transition area with you.

The Gauntlet briefing will commence 20 minutes before your wave time at the lakeside.
As our farmers know all too well:
no pain, no grain.

They say nothing worth having comes easy. Unfortunately for our farmers that’s true of the barley we use to brew our beers. We use a classic variety called Golden Promise, grown to our own unique specification. The biscuity, golden malt it produces is the perfect partner to our natural spring water, and is vital to Landlord’s depth and delicate balance of flavour. It’s also a type of barley that’s notoriously hard to grow, and our exacting specification makes it even more difficult. Which makes it a costly ingredient and a real challenge even for experienced farmers. Luckily we can offer some liquid therapy.

All for that taste of Taylor’s
Always have your cycling helmet on and fastened before you remove your bike from the racking in transition.

After you have been through registration, head for transition and the athlete prep zone. Here you will be able to drop a bag in our bag drop facility, go to the toilet and change. The team will then guide you to your transition spot.

Please ensure that your numbered labels (in your race pack) are attached to the front of your bike and helmet before entering the transition area. The transition team will check your bike helmet, bike bar ends and your bike brakes before you will be allowed to rack up.

You will not be able to leave transition with your equipment at any point unless the number on you and your bike matches.

Transition tips

1. Be organised
   When setting up transition, only take the essentials in with you. Anything you know you won’t need, leave with family & friends or at home. This will help you get in and out of transition quicker with minimal fuss and stress!

2. Visualise
   Transition can often be a busy and sometimes confusing place on race morning. Make sure you know your swim exit, bike out & in and run out to help gain those precious seconds!

3. Practice!
   A great way to save easy seconds and even minutes of your time is in transition. Practice jumping on and off your bike, mounting and dismounting with your shoes already clipped in (very much an ITU style mount/dismount and probably for the more experienced). A good tip is to use elastic bands to keep your shoes in a horizontal position to make this easy. Practice running up to your kit and how you are going to put your sunglasses, helmet and shoes on quickly. What’s the best set up for you? For example, my sunglasses go inside my helmet, with the arms open so they can be put on straight away and then my helmet over the top.

4. Walk through transition
   Familiarise yourself with the path you will take from swim to bike and out, and then from bike to run. Look out for something visual near where you bike and kit is set up, so that it’s easy to spot when you are running to your bike. For example, is there a tree that stands out? Or count the number of fences, or is there an advertising sign near by that you can easily identify?

5. Talcum Powder is a triathlete’s best friend
   Use it sparingly in your bike & run shoes to help slip your feet in easier & reduce the chance of mid-race rubbing.

6. Setup your bike
   Make sure your bike is set up in the right gear to start your race. If you have a hill out of Transition you probably want to start in an easier gear, so not struggling in the first few meters of the race when you try to pedal.

Race bag
Space is limited in transition. Under BTF, TI & FFT rules, boxes are not allowed in transition. A small soft-sided bag such as a rucksack may be allowed to remain in transition, though it must not impede the progress of another competitor. A bag drop is available adjacent to transition.
Relay teams
Where the swim, bike and run legs are completed by different team members

How does the relay work?
For each distance there is the option to enter as a relay team. 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 gender team. There is no specification on ages (junior relay participants must be of an age that falls in line with their race category) or abilities within the teams.

Registration
At registration, ideally the whole relay team arrives together for body marking and receiving the race pack. If this is not possible, one team member can pick up the race pack for the other or others (the relay team will be registered under the person who made the booking).

However, the other relay members will still need to go via registration once they arrive.

Chip timing
The chip (attached to a strap) given out at registration, to be worn on the left ankle, acts as a relay baton and must be passed between team members in transition, for the next part of the race.

Race number
Within your race pack, you will be given two separate numbers - the cyclist is to wear one on their back, and the runner is to wear the other on their front. The swimmer is not required to wear a race number, but will have their number written onto one hand.
Zone3 are offering exclusive wetsuit hire for the 2019 Castle Triathlon Series.

To hire your suit for the month or season, head over to the Castle Triathlon Series hub on our website at:

zone3.com/pages/castle-triathlon-series-hub
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The swim course

The course is a 950m loop in one of the most beautiful natural estate lakes called Deer Park Mere. Race Director, Brian Adcock will brief all competitors on the course and safety at this point. If you are in a relay team, please ensure the whole team comes to the briefing.

The swim course will take triathletes out in a straight line to the 375m point where they will then turn right towards the 550m buoy which is adjacent to a fisherman’s platform. Swimmers will then double back and head around the 650m buoy before heading back towards the swim exit. After lap 1 swimmers will exit the water, run back along the Bailey Bridge and re-enter the water via the start pontoon. Swimmers follow the same route for the second lap.

Swim buoys will be placed at the intervals shown on the map. Wetsuits, due to the distance of the swim, will be mandatory for this race. The swim cut-off will be 75 minutes. At the end of each lap you will be assisted out of the water by the swim support team.

Safety is at the heart of the event – we have safety boats and kayaks manned by fully trained life 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 the boat or kayak at any time during the race is acceptable with no implication on your race timings. Swimmers will be electronically counted into and out of the water for additional safety.
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If you’d like to keep your bike longer than the event, long term hire available. We offer 15% off your second event if you attend both events.
The Gauntlet cycle route will take cyclists on a three loop 32K course which circumnavigates the Peckforton Hills, a designated Area Of Outstanding Natural Beauty.

Once competitors have finished the swim leg, the route to transition is 200m across grass. The “Bike Out” will be at the opposite end of transition and take competitors out of the Cholmondeley Castle estate via an avenue of chestnut trees and a metalled estate road.

At the end of the estate road after approximately 800 metres, you will reach a t-junction where you will turn left onto a minor road. Once out on the public road, cyclists are reminded that the roads are not closed to traffic and that they must follow the rules of the Highway Code at all times.

After 400m turn left onto the fast A49. After 5K you will pass through the offset Ridley Cross, which is the junction of the A49 and A534 Wrexham Road. Continue north at this point on the A49 for another 4K passing through the village of Spurstow and then into Bunbury – you will see the stunning Peckforton Castle perched on the hillside to your left during this section. Turn left down Moss Lane signposted to Beeston Castle and start heading west.

After 2K, you will enter the village of Beeston with a left turn swiftly followed by a right onto Tattenhall Lane. Then over the next 5K you will cycle over the col between the 2 castles. At this col look straight ahead and in the distance you will see the Welsh mountains!! Just after the 16K marker turn left onto Burwardsley Road and then right onto Dark Lane before hitting the steep climb on Bolesworth Road that will take you up to the top of Hartshill.

A rapid descent from Hartshill is followed 1K later by a right turn onto the A534 Wrexham Road where you will rejoin the 22K circuit used by all the other competitors in the shorter distance races. 1K along here and then a sharp left turn up a hill just by a pub will take you up the side of Bickerton Hill. The remaining 7K is largely downhill on well made country roads and will return you to the western side of the castle passing the Michael Owen and Donald McCain (where Red Rum was trained) Studs on your left.

Once the first loop has been completed, cyclists past transition re-enter the castle estate but carry on for a second and third lap.

All key junctions will be marshaled but please remember you will be riding on public roads not closed to traffic. It is YOUR responsibility to ride within the provisions of the Highway Code and give way where necessary.

Towards the end of your first lap or on the early part of your second lap, you will be joined by other cyclists from the Olympic distance race. They will have different coloured race numbers and also no seat post stickers so please do not be demoralised if you are suddenly overtaken by a bunch of fast moving bicycles with fresh legged riders!

The cut off time for the bike leg is 7 hours after race start, and if you are not back in transition by then, you will not be allowed to continue onto the run section.

There will be feed and water stations out on the bike course. Please see the nutrition page for more detail.

Relay teams must ensure they pass the timing chip between team members during each transition. This must take place adjacent to your bike location on the bike rack.

Competitors must not drop litter out on the course. If caught littering you will be disqualified.
The cycle route
Cycle course tips

Please take note of the following 10 key junctions/points of interest on the cycle course:

1. **Exit of the Estate – 1K**
   As you exit the estate and turn left remember you are on the public road. Approaching marshal pt 2 and the A49 listen carefully to marshal at the junction and you should get an unhindered passage onto the main road.

2. **Ridley Cross – 6K**
   After 5K on the fast and undulating A49 you will need your wits about you as you approach Ridley Cross. The A49 has right of way and you are going straight on but beware of road users joining the A49 from the A534, as well as other cyclists on the shorter distances turning left in front of you.

3. **Turn onto Moss Lane – 10K**
   Another 4K down the A49 and you will come to the village of Bunbury. Look out for the left turn coming up directly opposite one of those brown tourist signs for Beeston Castle. This will take you onto Moss Lane and very shortly you will see both Peckforton and Beeston castles on the hills to your front.
4. **Beeston – 11K**
   With Beeston Castle looming above you will enter the village of Beeston at a T-junction in the road. Turn left here and then soon after turn right onto the Tattenhall Lane. This right turn will be traffic managed for you, but please listen to the marshals.

5. **Junction of Bird's Lane and Burwardsley Rd**
   Having passed farm / warehouse complex on your right hand side at 16.5K, at the t-junction take a sharp left onto a busier country lane called Burwardsley Road. Follow this for 200m before turning right onto Dark Lane.

6. **Junction of Dark Lane and Bolesworth Road**
   Just after 18K turn left directly opposite the gates of the northerly entrance to Bolesworth Castle and make sure you are in a low gear as the gradient is quite severe. Climb for the next 2K on a fast, and at times, narrow road.
Cycle course tips continued

7. Hartshill – 20.5K
Just after 20K you will crest the climb and cycle into the hamlet of Hartshill. The feed station will be set up for you here but beware of slow moving and stationary cyclists.

8. T-Junction at A534 Wrexham Road – 21.5K
As you drop down the hill from Hartshill you will rapidly approach a junction with the busy A534. Listen to the traffic marshals that are there to help you across the road and turn right. Watch out on your second and third laps, for cyclists joining from your left. They are doing the shorter route.

9. Ashton Cross – 27K
At just under 27K you will rapidly approach Ashton Cross which is an offset crossroads. This will be traffic managed but please take care as you approach the junction.

10. Malpas Lodge – 31K
At 31K you will approach a t-junction and directly opposite you will see Malpas Lodge which is the western entrance to the castle estate. Re-enter the castle after each lap and take care as you pass by transition and the Athlete's Village at high speed on your way back through the estate to start your second and third laps.
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The run course

After competitors leave T2 you will begin the run course which consists of three loops of a 7km route totalling 21km.

A large proportion of the run route is on estate roads with the option to run on the grass verge.

Although the route is entirely on the estate, please exercise caution when running along all sections of the route as there may be other walkers, people on horseback and motorists using the same tracks, bridleways, paths and roads.

After exiting transition competitors follow a grassy track around the edge of the cricket pitch before heading across a couple of pastures and onto the internal estate road.

You will pass the estate chapel before taking the long straight Beeston drive out towards the Beeston Lodge before heading back towards the castle on the same road. Passing Chapel Mere with stunning views of the castle straight ahead, you will turn right at Somerset Lodge (looks like an archway) and head towards the large White Park House.

From there turn left and pass around the edge of the stunning Victorian stable block and look out for the incredibly ornate dovecote in a field on your right hand side. Another 200m and then you will turn right onto the wooded and grassy Castle Hill. This is the most demanding part of the course, but will reward you with stunning views out over the Peckforton Hills where you cycled earlier.

A canter down-hill will see you back adjacent to the castle itself before running down the main lawn in sight of the finish line.

At the bottom of the hill and just over the bridge you will meet a fork in the track. Stay left for laps 2 and 3 and turn right for the finish.

Runners who have not started their 3rd lap 8 hrs 20mins after race start will not be allowed to head out around the 7km loop for a third time but will instead be directed down the finishing chute.
The run course
Run course tips

Please take note of the following 6 key junctions/points of interest on the run course:

1. **Ha Ha – 1K**
   Having crossed a cow pasture on a track you will come to a cattle grid and cattle crush just before the start of the estate road. Stay right at this point and follow your signage to the Ha Ha bridge and then onto the estate road before heading back towards the triangular road junction where you will turn right.

2. **Marshal Pt 6 – 2K**
   After passing the Cholmondeley Estate Chapel, you will come to a three way junction in the road, where you will turn right and run a 2K out and back course to the Beeston Gate Lodge and the Feed Station.

3. **Beeston Lodge – 3K**
   At the Beeston Lodge turn around the feed station and make sure you run over the timing mat which will give you a split time out on the course. Please be careful of slow moving and stationary competitors at this location.
Run course tips continued

4. **Somerset Lodge – 5K**
   Having run for 2K from the feed station pass the water station just before a stone archway called Somerset Lodge. Again be careful of slow moving or stationary competitors at this point.

5. **Confluence of Estate Roads – 5.7K**
   Just after the stables and around the back of the castle, make a right turn and head up Castle Hill for some panoramic views. Take care to follow The Gauntlet signage and route as some of the competitors on the shorter routes will go straight on at this point. Take care of your footing on tired legs as you use the tracks in the wood.

6. **Fork in Route – 7K**
   At the bottom of the castle lawn, having crossed over the haha bridge you will see the finish line and chute off to the right hand side. Don’t take this if you have 2nd or 3rd laps still to complete (although tempting) but keep left and rejoin the original route. Watch out for runners joining you from the right as you run towards the corner of the field and cricket pitch.
Race nutrition

The Castle Triathlon Series will be working with nutrition partners, High5 to provide you with comprehensive food and drink stations.

On the bike
Each station will be preceded by a large container ready to catch your empty water bottles or litter.

A feed station will be placed at 20K on the bike route, at the top of Hartshill. You will pass this feed station three times, once on each lap.

A team of volunteers will have a selection of food and drink available for you including half bananas, High5 energy bars, High5 gels and pre-prepared bottles of water and pre-mixed High5 isotonic energy source drink.

There will also be a water station at 24K, again manned by volunteers. Please note that this water station will also be used by Olympic distance competitors.

On the run
A feed station will be placed at 3K into the run. You will therefore pass this three times, once at 3K and again at 10K and at 17K.

The team of volunteers will have an identical selection of food and drink available for you as per the bike feed station, including half bananas, High5 energy gels, High5 gels, pre-prepared bottles of water and pre-mixed High5 isotonic energy drink.

In addition, the run feed station will provide jelly babies (or similar).

On your run you may well be joined by competitors from the shorter adult races that have started after your race start time. Do not be put off by fresh legged runners overtaking you (they will have different colour numbers on their vests) and keep following the signs for the 21K race rather than just following others as they may well be on one of the shorter 4K or 5K routes.
Getting your nutrition right can make all the difference to getting across the finish line and having an enjoyable race. HIGH5 is the on course sports nutrition at the Castle Triathlon Series, so here’s a guide to help you plan your nutrition strategy for the race.

**Fuel for the Gauntlet**

Carbohydrate is your high-energy fuel for endurance events. It will help you go faster and further. Unfortunately, you only have a limited amount stored in your body and it’s depleted after less than two hours of swimming, cycling or running. Carbohydrate re-fuelling will substantially extend your endurance by providing the extra energy you need. You’ll enjoy your event more and feel stronger, particularly later on. You can consume energy bars, gels and drinks for carbohydrate.

**Staying hydrated**

You lose fluids and electrolytes when you sweat. If you don’t replace these, then you become dehydrated which can really affect your performance. Sport drinks contain electrolytes to enhance the absorption of water and help you re-hydrate.

**Good to know**

These guidelines are based on the latest science and real world feedback from thousands of athletes to help you perform better and enjoy your race more. Research shows that by simply following these guidelines on the day of an event, athletes were able to maintain their pace 26% longer. This was compared to their existing brand of nutrition consumed as normal.

For more information and to discover our range, visit [www.highfive.co.uk](http://www.highfive.co.uk)
**BREAKFAST**
An ideal pre-race breakfast is light and high in carbohydrates with a little bit of protein too. Porridge, toast and rice pudding are good options for carbohydrate. A poached egg or omelette would be a good source of protein.

**BEFORE THE SWIM**
Take two Energy Gel sachets with 200-300ml water or ZERO around 15 minutes before the start. This is your fuel for the swim.

**CAFFEINE**
Caffeine gives you both a physical and mental boost. When taking part in tough sport events like a middle distance triathlon, it helps to increase your endurance performance and capacity. This means you can go faster than before without any extra training!

The scientific research has shown an effective dose is 3mg caffeine per kg bodyweight for increased endurance performance. Below you can see how much caffeine you need to take depending on your body weight and an example of what you could take to get there.

<table>
<thead>
<tr>
<th>Bodyweight</th>
<th>Amount &amp; source of caffeine</th>
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<tbody>
<tr>
<td>50kg</td>
<td>150mg 550ml Energy Drink Caffeine Hit</td>
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<tr>
<td>60kg</td>
<td>180mg 650ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>70kg</td>
<td>210mg 750ml Energy Drink Caffeine Hit</td>
</tr>
<tr>
<td>80kg</td>
<td>240mg 500ml Energy Drink Caffeine Hit + 1x Energy Gel Aqua Caffeine Hit</td>
</tr>
<tr>
<td>90kg</td>
<td>270mg 750ml Energy Drink Caffeine Hit + 2x Gel Caffeine</td>
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In a middle distance event, take caffeine at the start of the bike leg so that you can benefit from it for the rest of the race.

Your body removes caffeine from your bloodstream over time. Once you have loaded up with caffeine, you should top up with 30mg every hour. Energy Gel Caffeine contains exactly 30mg caffeine per sachet.

**DRINKING ON THE BIKE**
A middle distance triathlon is often won or lost in terms of nutrition during the ride. Start to drink and eat as soon as you have settled down into your rhythm after transition to keep your stores topped up. You might not feel it straight away but it will make a difference later on. How much you can drink on the bike often depends on the weather conditions. In warm or hot conditions, the scientific 2:1 fructose and electrolyte formulation in Energy Drink means that you can drink up to one litre per hour. This will provide fluids, electrolytes and carbohydrate for hydration and energy. If the weather is cool and you drink less, your carbohydrate intake will be less and you will need to boost it with gel or bars. If you drink the following amounts of Energy Drink each hour, you can take the number of gels or bars shown.

- **800ml Energy Drink or more:** No gel
- **750ml Energy Drink:** 1 x gel sachet or 1/2 x Energy Bar per hour
- **400ml Energy Drink:** 2 x gel sachets or 1 x Energy Bar per hour

When running, it’s easiest to get your carbohydrate from gel. You can take up to three sachets of Energy Gel per hour. This will give you around 60g of carbohydrate per hour. If you have caffeine loaded, then one gel should be the Caffeine variant to keep you in the caffeine performance zone. Any remaining gel should be standard gel with no caffeine.

To stay hydrated, drink water or ZERO. If you drink coke, then you should reduce your gel intake by one for every 400ml that you drink, starting with the caffeine gel. In hot conditions you might also want to take some salt tablets as these are easy to carry and gels do not contain a high level of electrolytes.

**WHEN YOU FINISH**
When we exercise our muscles become energy depleted and break down. In a tough triathlon, you really push your body to the limit so expect soreness and stiffness afterwards. Consuming protein and carbohydrate afterwards help to replenish your muscle energy stores and kick start the repair and recovery process.

Drink 400ml Recovery Drink as soon as you finish. This contains a unique blend of whey protein isolate and carbohydrate. It gives you the time to have a shower and relax a bit before eating a balanced meal one to two hours later.

**AVAILABLE ON COURSE**
- **ENERGY DRINK**
  - 2:1 Fructose and electrolyte sports drink
  - For endurance performance and hydration
- **ZERO**
  - Zero sugar electrolyte sports drink
  - For hydration
- **ENERGY GEL**
  - Use for an instant energy boost
  - Real fruit juice for a light refreshing taste

1. Independent testing at Cycling. 2. For more details see http://highfive.co.uk/research-and-development/guide.html. 3. We do not recommend caffeine to children and pregnant or breast feeding women.
You will be timed during the race using electronic chip timing technology.

You will receive a timing chip in your race envelope at registration which is to be attached around your left ankle. Throughout the course you will pass over a series of mats that record your chip’s signal and update the central timing computer. This will be used to give you your split timings on all sections of the course and ensure that you have completed the requisite number of laps.

In addition you may be given a seat post timing device that you must attach to the seat post of your bike. This will give you split timings out on the bike course. The Transmitter/receivers for this timing chip will be out on the course – there are no mats for these devices. This will enable us to give you a more detailed breakdown of your cycle lap times across the course as well as ensuring that everybody completes the entire course.

After the race you will be able to get a print-out of these times at the results tent in the Event Village and all results will be posted on-line on the evening of the race.
The rules

The UK venues are permitted by British Triathlon and as such British Triathlon rules are in place for all competitors, these can be found [here](#), or see the next page for an overview of the BTF rules.

This is a non-drafting race. Penalties will be issued to all competitors who are caught drafting out on the course. Unless overtaking, you must remain more than 12m from the back wheel of the nearest cyclist.

It is the responsibility of all competitors to read these notes and listen to the briefings given on the day.

Please stop if you see an injured fellow competitor and find help from the nearest marshal reporting their race number, location and nature of injury. We know it is a race but your safety and that of your fellow competitors comes first.

There is a team of cycle support representatives on the road should you need them.

Competitors must not drop litter out on the course. If caught littering you will be disqualified. Bins will be provided on the course, and in and around transition.

It is the responsibility of all competitors to read these notes, understand the rules laid out on our website and listen to the briefings given on the day of the race.
Know the Course

2.1

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!

Racing Conduct

2.1

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.

Littering

2.1

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

Race Numbers

2.9

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!

Illegal Equipment

4.10 5.2 6.4

Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.

Helmets

5.2

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

Drafting

5.5

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

In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

Transition

7.1

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.

Available to download from www.britishtriathlon.org
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

Distances

- SPRINT & STANDARD: 10 METRES
- MIDDLE & LONG: 12 METRES

WHAT IS DRAFTING?

DRAFTING & NOT DRAFTING

✓ NOT DRAFTING

⚠️ DRAFTING BIKE

LEAD BIKE

MAKING A PASS

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

- SPRINT & STANDARD: 20 SECONDS
- MIDDLE & LONG: 25 SECONDS

If the pass cannot be made you must drop back.

Any overtaken cyclist must drop back once passed.

OTHER VEHICLES

You must remain 12 metres behind motorcycles and 35 metres behind other vehicles to prevent drafting.

PENALTIES

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<th>1st Offence</th>
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<tbody>
<tr>
<td>SPRINT</td>
<td>1 MIN PENALTY</td>
<td>DISQUALIFICATION</td>
<td>N/A</td>
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<tr>
<td>STANDARD</td>
<td>2 MINS PENALTY</td>
<td>DISQUALIFICATION</td>
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<td>MIDDLE / LONG</td>
<td>5 MINS PENALTY</td>
<td>5 MINS PENALTY</td>
<td>DISQUALIFICATION</td>
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Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting. A full set of rules can be found at www.britishtriathlon.org - This document is for guidance purposes only.
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- You must complete the race to qualify for the refund.
- This offer is only available before the race. On race day, the bundle price increases to £20, and single images will be £10 each, so we recommend you get in early and save - this is the best deal you'll get, full stop.

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BOOK NOW

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• LIMITED ROOMS AVAILABLE •

DOUBLE TREE BY HILTON, CHESTER
MERCURE CHESTER ABBOTS WELLS HOTEL, CHESTER
CROWN PLAZA, CHESTER
Prize money and rewards

Each Gauntlet competitor will receive the following:

• Bespoke Gauntlet technical t-shirt.
• A well-earned warm meal on completion of the race. (This can be claimed by entering the Gauntlet competitor’s marquee and presenting the wristband worn during the race).
• A free massage from one of our masseurs.
• The opportunity to shower in the campsite showers.
• Bespoke medal.

The open category podium winners will receive a trophy along with prize money with each winning male and female receiving:

1st place – £300  2nd place – £150  3rd place – £50

There will also be Age Group trophies for 40+, 50+ and 60+ first places along with prizes for all positions.

The prize giving will take place at approximately 2:00pm in the main event village.
By pledging to raise £500 you are supporting the 2.5 million people living with cancer in the UK.

Thank you for your support – Team Macmillan
Many of you will be bringing spectators to watch your herculean efforts. Our recommendation for your supporters, based on a 6 hour race completion time, would be to do the following:

0730
Chill out and grab some breakfast in the Retail Village area whilst taking in the stunning grounds.

0800
Watch the swim start of the race and then wander along either the bank of the Mere or walk the whole way around it to watch them complete their two laps.

0830-0900
Make your way back to the castle lawn so you can watch the front-runners exit the water and then cheer on your competitor as they emerge from the waters of the lake. There is a good view of the transition area from all sides.

0900-1200
Make your way out onto the cycle course in your car and head for the 23K point which is the feed station at Hartshill. A local cycling mecca (akin to Box Hill down south) will be passed 3 times by your competitor on the cycle route.

1200-1400
You can watch the run from anywhere you like on the 7K route which is entirely within the estate. The Castle and immediate surrounds provide the best backdrop for photos. You are welcome to walk any section of the run but please be careful to stay to the side of the tracks and give way to any competitors on narrow sections.

The lawn directly in front of the castle is a great spot to watch the finishing straight and you are welcome to run the last 100 yards with your competitor, particularly if you have young kids!

1400
The prize giving ceremony is scheduled for this time directly in front of the castle and adjacent to the finish line.

1445-1700
The children’s races start at 1400 and this provides a great spectacle and inspiration for younger children. In addition, more live music will play continuously throughout the afternoon.

If you are looking for a great place to eat both before, during and after the race we can recommend the Cholmondeley Arms which is just outside the estate on the A49 crossroads.

Make sure your spectators know your race number and projected times for each leg of the event. This should give them a good idea of when you’ll arrive at any point on the course.
LOUGH CUTRA CASTLE  
25/26 May 2019

CASTLE HOWARD  
20/21 July 2019

CHOLMONDELEY CASTLE  
22/23 June 2019

CHÂTEAU DE CHANTILLY  
24/25 August 2019

FESTIVAL OF ENDURANCE  
HEVER CASTLE  7 July 2019

HEVER CASTLE  
28/29 September 2019

Multisport festivals for all

w: castletriathlonseries.co.uk  
Facebook: Castletriathlonseries  
Twitter: @CastleTriathlon

British Triathlon  
Fédération Internationale de Triathlon  
Macmillan Cancer Support
We hope that this competitor guide has answered any questions that you may have had, but please don’t hesitate to contact the office if you have any further questions.

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**+44 (0)1892 870 681**
**support@castletriathlonseries.co.uk**

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**Best of luck and look forward to seeing you at Cholmondeley Castle!**
You don’t have to be great to start, but you have to start to be great.

Zig Zagler