

RIPON



TRIATHLON

FESTIVAL

JUNIOR

BOOK



HERAS
Tel: 0844 472 0011

HERAS
Tel: 0844 472 0011

We're delighted to welcome you to the Ripon Triathlon Festival!

2024 marks the first year of The Brownlee Foundation Events partnering with NYP to deliver a packed weekend of racing and entertainment. With a full schedule of events, including live music, great food, and activities for kids, there's something for everyone.

This weekend is a great opportunity for all abilities. Special congratulations go to all the first-timers for making it to the start line. We hope this is the first of many races. And to those seasoned racers, best of luck! We hope you have a brilliant event. Also huge thank you to those volunteers helping to make this weekend a success

This weekend is particularly important to us as all profits raised go towards supporting the Brownlee foundation. Founded in 2014, the Brownlee Foundation inspires children from all backgrounds to enjoy sport, providing free events in Yorkshire and beyond for primary schools aimed at Key Stage 2 pupils, enabling them to try something new and have fun being active. We've got our own taster sessions on site so pop over to check out what we do.

In addition to proceeds from your entry, we're also running a raffle on Saturday. There are some fantastic prizes including a Coros sports watch and a year's supply of Yorkshire tea. Be sure to enter!

I look forward to seeing you on the start line, and who knows, you might even spot me out on the course!

Best of luck, and see you in Ripon.

A handwritten signature in black ink, appearing to read 'Alistair', written in a cursive style.

Alistair Brownlee

RIPON TRIATHLON FESTIVAL PRE-RACE INFORMATION

CONTENTS

- 1.Race Weekend timetable
- 2.Site map
- 3.Camping and facilities
- 4.Parking
- 5.Registration
- 6.Transition and Race Briefings
- 7.The Swim
- 8.The Bike
- 9.The Run
- 10.Aid Stations
- 11.Photographs
- 12.Prizes
- 13.Results
- 14.Perceev your race weekend App
- 15.Kit list
- 16.Wetsuit hire
- 17.Huub Finisher t-shirt
- 18.Pre-order food
- 19.The Brownlee Foundation & Raffle
- 20.Massage
- 21.Partners
- 22.Safeguarding, Welfare and conduct

RACE WEEKEND

TIMETABLE

Race Weekend Timetable

- **Saturday 13th, 10am** - Sprint (individual, aquabike & relay)
- **Saturday 13th, 11am** - Open water swims (750m & 1500m)
- **Saturday 13th, 1pm** - Standard (individual, aquabike & relay)
- **Sunday 14th, 9am** - Open water swims (750m & 1500m)
- **Sunday 14th, 11am** - Junior races:
 - 11:00 - TRISTART 8yrs** (born 2016)
 - 11:15 - TRISTAR 1 9 & 10yrs** (born 2014/2015)
 - 11:30 - TRISTAR 2 11 & 12yrs** (born 2012/2013)
 - 12:00 - TRISTAR 3 13 & 14yrs** (born 2010/2011)
 - 12:00 - Youths 15 & 16yrs** (born 2008/2009)

Friday 12th July

- 14:00 - Site open
- 16:00 - Food & Drinks available on site

Saturday 13th July

- 06:30 - Car park opens
- 06:00 - Campsite open (please note no vehicle access to camping between 09:00 - 17:00)
- 07:00 - Catering open on site, available all day

ENTERTAINMENT

- 09:15 - Yoga warm up with Lucyoga
- 12:10 - Banda Gig Drumming
- 14:00 - Circus show with FIREMAN DAVE
- 16:00 - Matt Gouland
- 18:00 - Q&A with Alistair Brownlee
- 19:00 - Northern Epidemic

Sunday 14th July

- 06:30 - Car park opens
- 07:00 - Catering open on site, available all day

RACE WEEKEND

TIMETABLE

Sunday 14th July

- 06:30 – Car park opens
- 07:00 – Catering open on site, available all day

JUNIOR

- 08:00 – Registration open (all Sunday races)
- 11:00 – Racing starts

11:00 – TRISTART 8yrs (born 2016)

11:15 – TRISTAR 1 9 & 10yrs (born 2014/2015)

11:30 – TRISTAR 2 11 & 12yrs (born 2012/2013)

12:00 – TRISTAR 3 13 & 14yrs (born 2010/2011)

12:00 – Youths 15 & 16yrs (born 2008/2009)

ACCESS TO THE CAMPING IS AT CERTAIN TIMES ONLY FOR SAFETY REASON. THE BIKE & RUN ROUTES CROSS THE VEHICLE ENTRANCE

FRIDAY AFTERNOON ACCESS 14:00 – 22:00

SATURDAY MORNING ACCESS 06:00 – 09:00

SATURDAY AFTERNOON ACCESS 17:00 – 22:00

SUNDAY ACCESS 0600 –

NO ACCESS SATURDAY BETWEEN 0900 – 17:00

IF YOU WANT TO SET UP CAMP ON SATURDAY, PLEASE ARRIVE ONSITE BEFORE 0900 ON SATURDAY 13th.
If you arrive after 0900 on Saturday, you will be directed to a holding area where you can park for the day. Once access reopens at 1700, you will be asked to drive to the official camping area.

SITE MAP



PARKING

Parking is available in the main car park from 06:30, accessed **ONLY** via the main entrance to Ripon Racecourse on Boroughbridge Road, Ripon, HG4 1UG. What3Words - **///charge.flopping.dish**

Vehicles with athletes who are not camping are not permitted on the main site and therefore no access from the Ripon City Wetlands entrance.

Parking is free on Sunday.

Please note, parking is £5 on Saturday with all proceeds being donated to the Yorkshire Air Ambulance. Cash or card accepted on the gate.

There is accessible parking available. Please let the stewards know on arrival if you require this.

RACE & OPEN WATER SWIM DISCLAIMER

By entering this event parents are declaring that their child is fit and well and able to complete the distance appropriate to their age category and confirming that their child is both experienced and capable of swimming the distance appropriate to your age category in open water.

You are also declaring that you understand the risk associated with open water swimming. In the unlikely event you feel ill after the event consult your doctor and tell them you have been open water swimming. Ripon Racecourse Lake is a natural environment with high quality water which is monitored.

REGISTRATION

The Registration building is located in the centre of the main event site, follow signs from the car park through a gate to the main site.
<///custodian.mandates.appendix>

Start time	End Time	Event
08:00	12:45	SATURDAY Registration Open
08:00	11:45	SUNDAY Registration Open

Please bring photo ID to show when you register.

Find your race number from the alphabetical lists on display. Then go to the appropriate numbered desk to collect your race pack.

WHAT TO BRING TO REGISTRATION

Race Pass (previously BTF Day Licence)

British Triathlon requires all participants who enter a permitted event to become a member of the national governing body, hold a race licence and third-party public liability insurance for the race that they are taking part in. Participants can choose to purchase an annual membership or a single use Race Pass for their chosen race to meet this requirement.

BTF members

If you have a valid British Triathlon (BTF) membership, you will need to show it at registration. A digital membership card or screen shot of membership profile is acceptable. The annual membership must be in the name of the participant, at Core or Ultimate level and in date.

If you do not have proof of membership with you, you will need to pay for a Race Pass which will be available to purchase on the BTF website the day before and the day of the event.

Non-BTF members

You may have purchased a Race Pass with your entry. If so, this will be registered in the system.

On registering you will receive:

- Race numbers – this must be displayed on your back while cycling and on your front while running (the easiest way to do this is to attach it to a race belt and move it from back to front when you move from the bike to the run).
- Event swim hat – this must be worn on entering the water (this can be worn over your own swim hat)
- Stickers for your bike and helmet (placement instructions will be given on the back of the stickers)
- Timing chip and strap – must be worn around your left ankle throughout the event. **Timing chips must be returned at the end of the event.** Failure to return your chip will result in a £10 charge to cover the cost of replacement
- A numbered security wristband – this must be worn to gain access to the transition area, and worn throughout the event. At the end of the event, when you remove your bike from transition, your wristband will be cut off your wrist and you will no longer have access to transition. The numbers on your bike and helmet must match the number on the wristband.

TRANSITION & RACE BRIEFINGS

Start time	End Time	Event
08:00	11:45	REGISTRATION OPEN (All Sunday Races)
08:00	14:00	JUNIOR Transition Open
08:45	08:55	OWS Race Briefing
09:00		OWS SWIM START
10:45	10:55	TRISTART Race Briefing
11:00		TRISTART RACE START
11:05	11:10	TRISTAR 1 Race Briefing
11:15		TRISTAR 1 RACE START
11:15	11:25	TRISTAR 2 Race Briefing
11:30		TRISTAR 2 RACE START
11:45	11:55	TRISTAR 3 & YOUTH Race Briefing
12:00		TRISTAR 3 & YOUTH RACE START
13:00		Presentations: Tristart, Tristar 1, 2, 3 & Youth

Transition

Transition is situated near to registration in front of the lake and will be marshalled throughout the event. Only competitors and officials are permitted to enter – parents are not allowed in transition.

Prior to entering please ensure your bike and helmet stickers are correctly positioned to then be verified by an official. You must show your numbered wristband to gain access to and exit from transition. You will then be directed where to rack your bike according to your age group.

Responsibility for roadworthiness and compliance with BTF rules of bikes rests with the competitor. Your bike and helmet will be checked upon entering transition by a BTF referee or Marshal.

Please give yourself plenty of time to rack your bike, sort out your kit and get your wetsuit on to be ready for the race briefing. Marshals will be on hand in transition to offer assistance to the younger competitors if required.

Race Briefing

Race briefings will take place 15 minutes prior to your swim wave start at the Swim entry point, a race marshal will escort participants around to the start line for the race briefing.

Please give yourself plenty of time to get ready and attend the race briefing that details important race and safety information.

THE SWIM

Swim Rules

It is your responsibility to familiarise yourself with, and abide by, the British Triathlon rules which can be found at <https://www.britishtriathlon.org/competitionrules>

The use of wetsuits will be determined by the water temperature taken one hour before the first start on the day of the race:

- Wetsuit use is compulsory at water temperatures <14°C
- Wetsuit use is optional at water temperatures between 14°C and 22°C (24.6°C for competitors aged 60 and above)
- Wetsuit use is forbidden at water temperatures above 22°C (24.6°C for competitors aged 60 and above)

It is recommended that wetsuits are worn by all novices and Age Groupers at water temperatures of 22°C and below (24.6°C for competitors aged 60 and above)

The lake is currently at 20 degrees Celsius. We will continue to monitor the water temperature and inform you on the day of the official temperature at registration.

Details of Huub wetsuit hire can be found later in this document.

You will be notified of any change to this situation at Registration. It is your responsibility to ensure that you have a wetsuit with you in case you are required to use it.

We will be testing the water in advance of the race as per BTF guidelines. However for extra precaution, participants are advised to cover any open wounds to prevent risk of infection. There will not be a changing tent available in transition; a portaloos will be available.

Age Group*	Category	Swim Distance
8 years	<u>Tristart</u>	100m
9-10 years	Tristar 1	200m
11-12 years	Tristar 2	300m
13-14 years	Tristar 3	500m
15-16 years	Youth	500m

* Age on 31st December 2024

You will be lead to the start line where you will be given a full safety brief prior to getting in the water. It is a deep-water start (which means your feet cannot touch the ground) so please be aware of others around you and try to avoid unnecessary collisions.

Tristarts will swim in a straight line to the swim exit. Tristar 1, 2, 3 & Youth will swim to their designated buoy, in a clockwise direction, leaving all course marker buoys to the right. The swim exit is a concrete ramp, marked by two buoys.

There will be a motor boat and rescue kayakers in the water. We will do everything we can to help you enjoy the experience and finish your race.



TRANSITION 1

TriStarts and Tristar 1 may have additional help from marshals, all other age groups will need to complete transition without any assistance. It is always recommended to do a full walk through familiarisation of T1 and T2 so that you don't waste valuable time searching for your bike. Please also note that BTF rules do not allow for the marking of your bike location. The race referee will remove anything deemed to be a marker.

Please remember to put on and fasten your bike helmet before touching your bike.

THE BIKE

Age Group*	Category	Distance	Bike Laps
8 years	Tri-start	1km	Part lap
9-10 years	Tristar 1	2km	1
11-12 years	Tristar 2	4km	2
13-14 years	Tristar 3	6km	3
15-16 years	Youth	6km	3

* Age on 31st December 2024

The bike section will take place around the lake, the surface is mainly short grass with a part section of gravel track at the end of the lap. Be careful of track hazards, uneven ground, gravel, and loose material. The NYP TriStars regularly cycle around here and it is passable on a road bike. If you are not a confident cyclist, more grippy tyres or a mountain bike may suit you better.

Mount and dismount lines will be clearly marked. Check where these are on your transition familiarisation.

TriStarts will ride out to a turnaround point (coned and marshalled) where they will return the same way to cover 1000m.

For all others the bike route is made up of a series of 2km laps around the lake:

- T1 will ride one full lap of the lake and return to transition.
- T2 will ride two full laps of the lake.
- T3 and Youth will ride 3 full laps of the lake.

It is the responsibility of each competitor to know how many laps they are required to complete & count them. Bands **WILL NOT** be handed out at the end of each lap.

When you have completed your laps head back into transition and dismount your bike before the dismount line. Please remember, this is a non-drafting race.

TRANSITION 2

Re-enter transition and rack your bike in your place. Remember to keep your helmet on and fastened until your bike is racked.

THE RUN

Age Group*	Category	Distance
8 years	<u>Tristart</u>	600m
9-10 years	Tristar1	1.2km
11-12 years	Tristar 2	1.8km
13-14 years	Tristar 3	2.4km
15-16 years	Youth	2.4km

* Age on 31st December 2024

The run route is an 'out and back' down the side of the lake and is all on grass. You will run to a turnaround point (coned and marshalled) and head back to the finish line. The run route returns behind the buildings and into the finish line at the front of transition. Familiarise yourself with the route beforehand. There is one water station on the run route.



SPECTATORS

Spectators are not allowed on the main sections of the course, there will be designated areas for spectating, including the finishing area. Please ensure you do not cross barriers onto the course at any point. This could ruin someone’s race or worse, cause a collision.

PHOTOGRAPHS

Race photographs are available to purchase, to share with your friends and family. Our official photographer, Two26 Photography will be positioned in various locations around the course, so make sure you give a big smile when you see the camera!

Following the event, check out your photos at photos.two26photography.co.uk where you will be able to view and purchase.

Please see our photography policy – [here](#)

PRIZES

Upon finishing you will receive a goodie bag and **there will be prizes available for the top 3 positions in each age category for both open and female races.**

RESULTS

Athletes will be able to access your results from the website: www.smartiming.co.uk. Results will be uploaded at the end of each race.

SAFEGUARDING AND WELFARE

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements.

In the event of any safeguarding concerns on the day, please report to Event Control at Race HQ which is situated on the main site.

Safeguarding Officer for the event:

Charis Palmer-Smeaton

charis@thebrownleefoundation.org

Missing child policy – **[link here](#)**

Event safeguarding policy (BTF) and commitment statement – **[link here](#)**

All athletes are expected to adhere to the British Triathlon Code of Conduct as part of the Competition Rules – **<https://www.britishtriathlon.org/competitionrules>**

PERCEEV APP

We have partnered with Perceev to provide you and your spectators with an exciting and informative festival app.

The app will be your go-to guide over the course of the weekend, with lots of information and live updates, from site maps, to timings, exclusive deals and athlete tracking.

Check it out!

To download, follow this [link](#). Once downloaded, find the Ripon Triathlon Event. Select and choose "Follow Event"



WETSUIT HIRE

The hard work is done. Now is the time to make sure you have everything you need for race day.

We have partnered with Huub to provide wetsuit hire. The water temperature in the lake at Ripon racecourse is currently around 18-20OC, and is not expected to be significantly higher or lower on race day. Therefore, it is expected that wetsuit use will be optional (but recommended) for all competitors.

Details if you would like to hire a wetsuit, simply:

1. Email online@huubdesign.com with the subject 'Ripon Wetsuit Hire'.
2. The cost will be £50. Huub will provide more information once they receive your email

CAMPING

Want to make the most of your time at the festival? Or reduce the stress of arriving, racing and leaving all in one day?

Camping is available from 2pm on Friday until Sunday afternoon/ closure of the festival. You can book one or two nights.

There are complimentary showers and onsite toilets at the race course in the centre of the Triathlon field (open 24 hours). Pitches are roughly 8m x 6m and can hold one tent and a car or a camping vehicle, no more than 6 people to a pitch.

One night: £15 (Friday or Saturday) or join us for two nights for £25 per night

We are unable to provide Electric pitches

No BBQs allowed. Dogs are allowed. We kindly ask that they are kept on a lead at all times and any mess cleared up immediately.

You can book your pitch via our website – your confirmation email will be sent from our event partner RaceSpace and you will receive final details and check in information from us in the week before the event.

Please use this link if you have already registered – <https://www.racespace.com/gb/tbf-events/ripon-triathlon-festival>

Directions to the camping area will be clear from the road and onsite, pointing you to the entry point. Vehicle access to camping is via the wetlands entrance at the Racecourse. This will be clearly signposted from the road and onsite.

CAMPING ACCESS

Directions to the camping area will be via the Wetlands entrance. (See site map)

ACCESS TO THE CAMPING IS AT CERTAIN TIMES ONLY FOR SAFETY REASON. THE BIKE & RUN ROUTES CROSS THE VEHICLE ENTRANCE

FRIDAY AFTERNOON ACCESS 14:00 - 22:00

SATURDAY MORNING ACCESS 06:00 - 09:00

SATURDAY AFTERNOON ACCESS 17:00 - 22:00

SUNDAY ACCESS 0600 -

NO ACCESS SATURDAY BETWEEN 0900 - 17:00

IF YOU WANT TO SET UP CAMP ON SATURDAY, PLEASE ARRIVE ONSITE BEFORE 0900 ON SATURDAY 13th.

If you arrive after 0900 on Saturday, you will be directed to a holding area where you can park for the day. Once access reopens at 1700, you will be asked to drive to the official camping area.

PRE-ORDER - SKIP THE QUEUE

With over 900 athletes attending, that's a lot of hungry stomachs to feed!

We want to ensure that you have the best experience possible at the event, which is why we're excited to offer you the opportunity to pre-order your festival food in advance.

By pre-ordering your evening meals, you'll be able to specify your collection time and skip the queue.

After a full day of racing, you won't want to stand in line and miss your favourite song or that killer-question for Alistair in the Q&A.

We've teamed up with the fantastic local caterers - The Harrogate Food & Drinks company - to bring you a range of cuisines, all sourced locally and cooked fresh on site.

Pre-Order Food Options:

1. **FRIDAY NIGHT: Hog Roast or Jack Fruit Roast** on Friday (£12.50): Kickstart your festival experience with our **mouthwatering hog/ jack fruit roast on Friday evening. Succulent whole pig/ Jack fruit cooked for 12 hours served in a bap with sides of stuffing, apples sauce, Tomato salad, leaf, pasta salad, coleslaw, and potatoes roasted in garlic and rosemary in a giant paella pan.** All for just £12.50. Take the stress out of Friday night and let us do the cooking!

2. **Saturday (All Day) Family Chicken Deal (£20)**. Bring your loved ones together for a scrumptious feast on Saturday night with our family chicken deal. For only £20, you'll receive a **whole roasted chicken, cooked fresh to order, served with either chips or potatoes and a leafy salad**, perfect for sharing. Feeds 4 (or fewer if you're really hungry!).

3. **Saturday (All day): Grilled halloumi poke bowls (£8)**. Round off your day with a **delicious Halloumi poke bowls, with halloumi grilled** to perfection complimented with all the fresh ingredients of a poke bowl

4. **Saturday (All day). Half a roast chicken + all the trimmings (£12)**. Cooked fresh to order, served with either chips or potatoes and a leafy salad (serves two)

To pre-order your festival food, simply visit
<https://www.racespace.com/gb/tbf-events/ripon-triathlon-festival>

Please note, there will be alternative food options throughout the weekend, including paninis, pizzas, and BBQ options.



THE BROWNLEE FOUNDATION

After the Olympics in 2012, Jonny and Alistair Brownlee realised the positive impact they could have on inspiring people to be active.

The brothers started the Brownlee Foundation to harness and maximise this impact. To allow as many young people as possible to experience Triathlon. A sport which they are passionate about and continue to enjoy.

Brownlee Foundation events provide a fantastic vessel to expose young people to swimming, cycling, running and triathlon. The brothers would be delighted if each event inspires only a handful of people to take up regular activity. In a nut shell, this is the aim of everything we want to achieve with the Brownlee Foundation.



Inspiring children from all backgrounds to enjoy sport, encourage them to lead active lifestyles and benefit from the opportunities sport provides.

How to get involved: Volunteer or Donate. Check out the website to see how you can support the charity and inspire the next generation of Triathletes. Find out more [here](#)

MASSAGE

Across the weekend, we will have two therapists providing a range of services including taping, pre-race loosening work and post race massage.

Find them in the Expo and book direct. Slots will vary in length depending on your requirement and can be paid for directly with Steph & Fin

RAFFLE

Don't miss out on the Brownlee Foundation Raffle at the Ripon Triathlon Festival! Tickets are just £1 each or £5 for a strip of 5, with all proceeds going to support the Brownlee Foundation's mission to inspire the next generation of athletes. Amazing prizes are up for grabs including:

- Coros Pace 3 watch
- A Year's supply of Yorkshire Tea
- Oakley sunglasses
- Huub transition bag including top of the range goggles & towel
- Signed copy of Alistair Brownlee's book Relentless,
- Signed copy of A3 photos of Ali & Jonny Brownlee from Rio 2016
- 2 x tickets to the Himalayan Garden & Sculpture Park in Ripon
- 1 x Entry to Helvellyn Triathlon

Tickets will be being sold on-site and at the Brownlee Foundation expo stand. The winning tickets will be drawn during the headline music act, so get your tickets on site and join the excitement for a great cause.

OUR PARTNERS



RIPON



TRIATHLON

FESTIVAL

SEE YOU

THERE!



HERAS
Tel: 0844 472 0011

HERAS
Tel: 0844 472 0011