



UOB Aquathlon 2025: In Partnership with Got to Tri Limited.



Dear Athlete,

Thank you so much for entering our Aquathlon this year... we are excited to have you racing with us! Please read the below information pack carefully, as it will help the day run smoothly. Any questions please email uobaquathlon2025@gmail.com and we will try our best to help you!

Race Day Plan:

Time:	Task:	Location:
10:00	Registration Opens.	Sport and Fitness Reception.
10:00	Transition Opens.	Transition (See Map)
10:00	Changing Rooms Open.	Sport and Fitness.
11:15	Registration Closes.	Sport and Fitness Reception.
11:20	Wave 1 Race Briefing.	Pool.
11:30	Transition Closes.	Transition (See Map).
11:30	Wave 1 Start.	Pool.
11:50	Wave 2 Briefing.	Pool.
12:00	Wave 2 Start.	Pool.
12:20	Wave 3 Briefing.	Pool.
12:30	Wave 3 Start.	Pool.
12:50	Wave 4 Briefing.	Pool.
13:00	Wave 4 Start.	Pool.
13:20	Wave 5 Briefing.	Pool.
13:30	Wave 5 Start.	Pool.
13:45	Transition Re-opens.	Transition (See Map).
15:00	Presentations and Raffle.	Finish line or Aston Webb (Room TBC).
16:00	Event Finishes.	Finish line or Aston Webb (Room TBC).

Registration:

Registration will open at **10:00** and close at **11:15**, it will be located in the **main reception of Sport and Fitness**. At registration you will receive your locker band (this **must** be returned at the end of the day, otherwise you will incur a £5.00 charge), timing chip and your race number. There will be permanent markers, please use these to write your race number on your **left hand**. Safety pins will also be available for you to pin your race number to your t-shirt or race belt. Your race number must be worn on the **front** of your t-shirt/race belt during the run, and your emergency contact details **must** be filled out on the back.

If you have a British Triathlon Race Pass, **please be prepared to present this at registration**. If you have entered with one and are unable to present a copy on the day, you will be asked to pay the fee for a day Race Pass.

From registration you will be directed to poolside and the changing rooms. The changing rooms will be open from **10:00**. If you leave any belongings in the changing rooms, these are left at your **own risk**.

Wave Times:

You will be allocated a wave based on your swim time. The start lists will be sent out a week before the event, once all entries have been finalised.



Race Briefings:

Please make sure you are on the poolside **10 minutes** before your wave start time where there will be a **mandatory race briefing**. Here, the Race Director will notify you of any changes that have been made to the course, any specific hazards, and a final reminder of the races' rules and regulations.

Transition Set Up:

- Transition will be located under the canopy of Sport and Fitness.
- Transition will open at **10:00** and will close at **11:30**, this is because we are operating rolling waves this year, so it is a hazard to have competitors setting up transition while the race is running. Therefore, please only leave kit in transition that you will need for the race, as you will not be able to re-enter transition to collect belongings until after all racers have finished, when transition will re-open.
- Please note: we will be running a strict **competitor only** policy in transition.
- This year transition will be numbered. Please leave your kit in your allocated area.
- You cannot use markers, such as flags, to mark where your kit is.
- The entrance to transition will be clearly marked, if you are placing your kit down, please only use this entry and exit point.
- Please always be aware of other competitors in and around the transition area.
- Transition will re-open at **13:45** for competitors to collect their kit.

Swim:

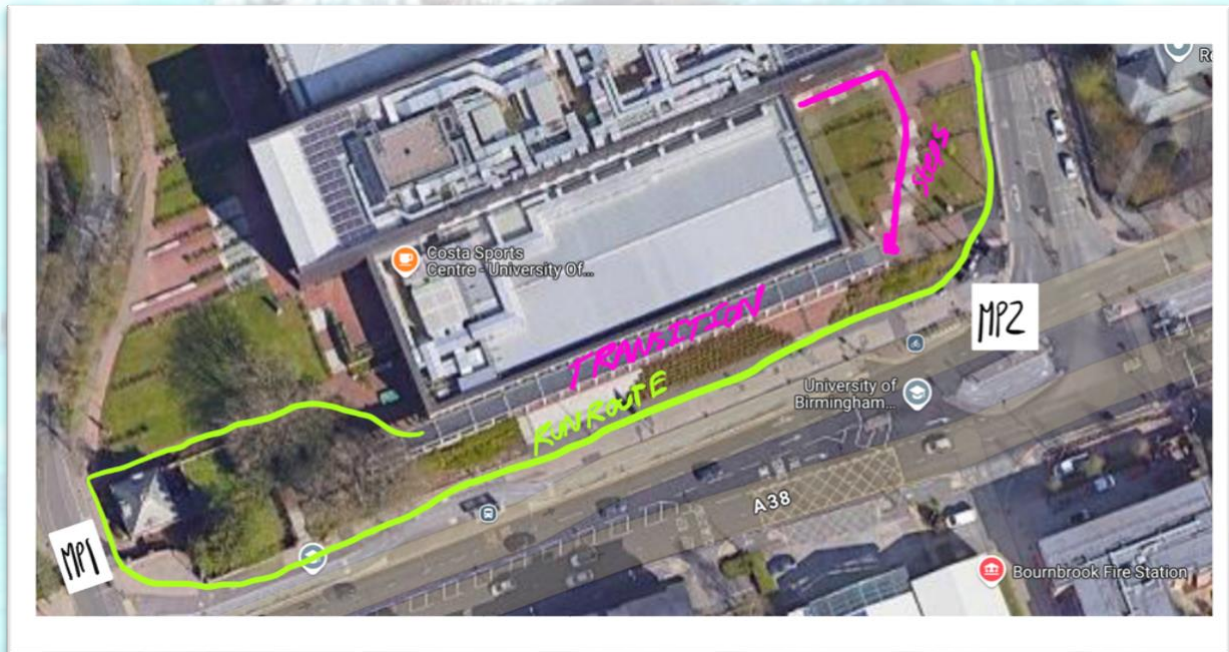
- The swim is **400m**, so will consist of **16 lengths** of a 25m pool.
- All competitors must shower before entering the pool.
- You will have been allocated a starting lane. Please **do not** change lanes as this will affect the timing. Your lane will be marked on the start list and will also be called out at the start of each wave.
- When you get to your lane you will be told by your lane marshal which direction to swim (clockwise or anti-clockwise).
- Swimmers will set off 5 seconds apart. You will be told when to go.
- All competitors **must** start in the water.
- No swimming aids (including flippers, wetsuits etc) can be used. Calf guards are also not allowed for the swim section of the race. Tri suits can be used.
- Overtaking:
 - If you catch the swimmer in front of you, tap their foot to make them aware that you are there, so they can let you pass at the end of the length.
 - If you get tapped on the foot, please ensure you stop at the wall to allow the competitor behind you to pass.
- If tumble turning, please be aware of other swimmers.
- **It is your responsibility to count your own lengths.**

Transition:

- When you have finished your swim, exit the pool and **walk** to the exit door. If you are in lanes 1-4 you will be required to walk round a cone so that the distance is fair for all competitors.



- Once you are outside you are permitted to run, however, **this is at your own risk**. It is about a 50m run to transition; this involves steps so please take care.
- When you are changing in transition, please take care and leave belongings in your designated spot, otherwise they become a trip hazard.
- When exiting transition please be cautious of other athletes.
- There will be a designated transition marshal, if at any point you have any questions, do not hesitate to ask, they are there to help you!
- See the below diagram of the transition area:



Run:

- Please see the route map on the page below:



- The run is **5km long** and will make its way round our lovely campus.
- It will consist of a starting leg (green on the above map), which you will do **once**, a main loop (red on the above map), which will you do **twice**, and a finish leg (blue on the above map), which you will also only do **once**.
- Please read this description of the run route carefully:
 - You will run out of transition via the run out exit, this will be clearly marked. Please take care and watch out for other athletes.
 - You will then make your way out of the south gate by MP1, **please be careful of pedestrians**. Also be careful of the bus stop in case people are getting off the bus into the course.
 - You will follow the A38 before turning left at MP2 onto Edgbaston Park Road.
 - At MP3 there is an entrance to the main Sport and Fitness car park. **Please take care when crossing this access point and listen to the marshals if they ask you to stop, it's for own safety!**



- You will then carry-on up Edgbaston Park Road before crossing the entrance to the University outside the Guild of Students at MP4.
- Here you will cross the entrance to the University, this may well be busy with cars so please take care. **Please also make sure you cross at the designated crossing point; this will be pointed out by the marshal.**
- You will then carry on along Edgbaston Park Road. Along here there is a point where people who have completed their first lap will re-join the route. This is labelled 'End of Loop 1/ Start of Loop 2' on the above map. **Here, please stay to the right of the path and be careful of other athletes.**
- Having carried on toward MP5 you will turn left and run up Pritchatts Road towards MP6. Along here, there are access points to various University Car Parks, **please make sure you give way to cars.**
- At MP6 you will be asked to stick to the designated path, **please do not cut across the entrance, this will be in use for buses and coaches.**
- At MP7 you will turn left onto ring road south, you will have to cross this road first before joining the path. Please listen to the marshal and give way to vehicles if necessary.
- When you are running down the path towards MP8 **please stay right to allow for other path users. At MP8 the path narrows, please listen to the marshals and be cautious of pedestrians.**
- You will then turn right along Westgate toward the University station. Please stay on the path closest to the building, pay attention to marshals' instructions.
- At MP10 you will make a U-turn back onto Westgate. You will follow the path adjacent to the road, **please make sure you listen to marshals and follow signs.**
- At MP9 you will cross Westgate back onto Ring Road South. **This is a pedestrian crossing but please still be careful of vehicles. Obey Marshal instructions if necessary.**
- Carrying on along Ring Road South you will cross University Road West. **Despite pedestrians having right of way, please still be careful of road users.**
- At MP11 you will cross Ring Road South onto the left-hand side of the road. We have utilised pedestrian crossings here, so please try and stick to these and listen to marshals' instructions.
- You will carry on south along this road towards MP12. Here you will cross the road just before the mini roundabout. You will then turn left and cross back onto Ring Road North. **Please listen to marshals here, do not take shortcuts.** There is a 15m stretch of grass here, please be careful if it is slippery.
- You will then carry on along Ring Road North. At MP13 **one of two things will happen:**
- **If you have only competed one lap:**
 - You will carry on toward MP14. Here you will cross the road, please be careful of vehicles. At MP14 you will collect a band to designate that you have done a lap. There will also be an aid station located here.
 - You will then re-join the run route for your second lap. **Please stay left as you re-join and be careful of other athletes.**
- **If you have completed two laps:**
 - **Please show your band to the marshal at MP13.** This will demonstrate that you have completed both laps and can progress to the finish loop. **If you do not collect a band, you will not be able to progress onto the finish loop.**



- You will then turn left past MP15 toward MP16. Please be careful of cars. Also, there are some cobble stones along this road, please be careful in case these are slippery or uneven.
- At MP16 you will turn right toward MP17 and the Muirhead Tower. This will be signposted.
- At MP17 you will make a U-turn to take you underneath the underpass toward the library.
- At the Library you will turn left, then left again down the slope onto the Greenheart at MP18.
- At MP18 you will turn right onto the finishing straight where you will see the finish under the Old Joe Clocktower.

If you attend the University of Birmingham and don't want to run under Old Joe, please feel free to go around

Run Route Rules:

- A run top/vest must be worn if you are not wearing a tri suit – no bare torsos please.
- Your race number must be clearly visible on your front. Race belts are permitted.
- No assistance or “pacing” is allowed and will result in disqualification.
- There will be either a marshal or signage at any turning points on the run course.
 - Despite this, please look over the course map beforehand and make sure you are aware of where to go.
- Competitors must always obey directions and instructions from marshals.
- No iPod/MP3 players/headphones are permitted.
- Paths are not closed, **please give way to members of the public.**

Post-Race:

- Transition will re-open at 13:45 once all competitors have gone onto the run course. Please make sure you don't leave anything in transition you may need straight after the race. If you do need to rush off early, please let the Transition marshal know and we can try our best to accommodate this.
- Group showers and changing rooms will be available in Sport and Fitness after the race.
- Presentations and the raffle will take place at 15:00 either at the finish line, or if raining inside in the Aston Webb building. This will be signposted.
- Results will be published by Race Timing Solutions as soon as possible after the race.
- There are places on campus to buy food and drink, and there will also be a Cake and Coffee stand at the finish line.
- Please see the attached document “Aquathlon 2025 Campus Toilets” which maps out where toilets are on campus.
- Once you have changed, please return your locker band to the Sport and Fitness Reception Desk otherwise there will be a £5 charge.



Race Rules:

- Breaking any BTF race rules or regulations will result in either a time penalty or disqualification. Please make sure you familiarise yourself with these, a link to BTF's rules can be found here:
 - <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2024.pdf>
- The decision of the race referee is final.
- Race numbers must be worn when you are out of the run course and be on before you leave the transition area.
- The run course will be clearly sign posted and marshalled, but it is the competitor's responsibility to negotiate the route correctly – a course map is included in the race pack and will be available at registration too.
- No physical assistance is allowed.
- Any competitor who does not finish the race must let the race officials know.
- Mobile telephones can be brought into transition but may not be used whilst the transition area is live. Live is defined as being from the first swimmer arriving in transition to the last swimmer leaving transition.
- If wearing a trisuit with a front zip, it must remain zipped to the top at all times during the race.
- We will have a photographer out on the run course, and photos will be made available after the race. **If you do not wish to have your photo taken, please make this known at registration before your race start.** No phones/photographs are allowed on poolside. **Disclaimer:** photographs will be taken however if you have opted out of photographs, we will endeavour to remove them before we make them available.

Getting to the Event:

- Address: Sport and Fitness, University of Birmingham, Bristol Road, Edgbaston, Birmingham, B15 2TT.
- **If arriving by car:** please see the document "Event Car Parking 2025" attached to this email. **Please note is it £7.50 per day charge.**
- **If arriving by coach/minibus:** Please email uobaquathlon2025@gmail.com prior to the event.
- **If arriving by train:** The University Station is an 8-minute walk from Sport and Fitness.
- **If arriving by Bus:** Sport and Fitness is located on the A38 Bristol Road, served by the 61 and 63 service.
- **If cycling:** There is bike parking outside Sport and Fitness.
- **Please allow plenty of time for your arrival.**

Spectators:

- Spectators are encouraged to attend. While the area around the pool will be restricted to athletes only there is plenty of space around the run route and transition for spectators to watch and support. They can also take part in the raffle and grab a Coffee or Cake from the finish line.

Illnesses and Accidents:

- Please do not attend if you are feeling unwell.



- First aiders will have appropriate PPE as part of their first aid kits.
- First aiders will be pointed out within the sports and fitness building during the race briefing.
- While out on the course there will be a mobile first aider and all marshals will have their contact number in case their needed.

Emergency Information:

- In the event of an emergency contact your nearest marshal immediately; They will have their mobile phones and can either contact 999 or contact race HQ to inform the nearest first aider to assist.

In the Event of Bad Weather:

- The race organisers will monitor the weather forecast leading up to the event.
- A final decision will be made by 12:00pm on the day before the race (Friday 21st February).
- If the weather is deemed to be bad, we will aim to postpone the event, or, if this is not possible cancel the event. If the event is cancelled, we will aim to give a partial refund (within the limits of what the university can allow us to do) as some costs have already been incurred.
- A dynamic assessment of conditions will also be made on the morning of the race during race setup, and we will inform you during your race brief of any changes to the route.

Final Message from the Race Organisers:

Thank you again for entering our aquathlon! Please endeavour to familiarise yourself with the content in this information park.

Please remember that this event is run by volunteers, most of which are students! Please try and thank marshals as you make your way around the course, they have all given up their Saturdays to make sure the day runs smoothly, and you don't go the wrong way!

Please also try and stay around for the presentations and raffle! We will have some amazing prizes on offer!

Any questions, please get in contact at uobaquathlon2025@gmail.com and we will do our best to help you!

To keep up to date with event announcements please also follow our Instagram @uobtriathlon.

See you on Raceday!!

UOB Triathlon Club