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IMAGE NEW PIXELS EVENT PHOTOGRAPHY

UK ULTIMATE TRIATHLON		
Water type	Lake	8
Swim laps	4	10
Water temp	19°C	8
Bike elevation	584m	9
Run elevation	70m	10
DNF rate	1%	10
Median finish time	12:45:40	7
Average high air temp	18°C	7
Cut-off time	17hrs	9
Crowd support	Small & amiable	4
TOTAL		82

UK ULTIMATE TRIATHLON

WITH JUST THREE ATHLETES DNFING IN THREE YEARS, THE UK ULTIMATE TRI IS THE ULTIMATE IN IRON INTIMACY IN A SUPPORTIVE ENVIRONMENT. AND THE COURSE IS AS ACCESSIBLE AS THEY COME...

Race entries for the UK Ultimate Triathlon may be in the 10s (40 in 2016) rather than the thousands, but that's all part of the draw at this low-key iron experience. And who better to talk you through the Ultimate's appeal than 120+ Irons finisher Anthony Gerundini?

"There's no hassle or stress at the UK Ultimate. The low-pressure environment should quell any race nerves. With the accompanying half-iron distance race later that day, the race has enough buzz to be exciting, but isn't so big you just become a number to be herded. There's no swim buff, the water is clear and, being four laps, it's broken down into manageable chunks. The Australian exit each lap gives you a great

chance to reset yourself, take a drink and a breath before the next lap.

"The Ultimate bike isn't a technical course so you can really get your head down and pace it, but it's not as flat as you think, which is good as it's just got enough bumps to keep it entertaining and provide some shelter if it's windy. The traffic is light, and I only had to ease off once.

"The four-lap run is pretty flat, with a forgiving grass trail section, and there are ideal points for your supporters to chill out and enjoy themselves, too. You get loads of chances to visit the aid stations. High-fiving and mutual encouragement is mandatory! Everyone has a smile on their face."

i DATE 11 JUNE 2017
 LOCATION SHROPSHIRE
 WEBSITE UKTRIATHLON.CO.UK