

Dambuster Duathlon

Saturday 19th March 2011

FINAL RACE INFORMATION



Welcome to the Dambuster Duathlon

Provisional race information

We would like to wish all of you who have entered this event good luck with your preparation and training for the race. We request that you read fully all the details outlined in this race information but please note that all information attached in this race information is provisional and remains subject to change should circumstances require it..

Please note that even when the final race information is published which will be one week prior to the event that it is still sometimes necessary for last minute changes to be made and it is vital that you attend the race briefing on the day

Race Office Closure

The Pace Setter Events race office will be closed from **Friday 11th March 2011 at 5pm**. Please do not send emails regarding this even after this deadline, as we will be on site setting up the course and unable to answer them. If you have queries relating to any element of the event you must contact us prior to this time. If you have queries after this deadline we suggest you arrive early at registration where any issues can be raised.

Rutland Water – Location, Accommodation & Parking

Directions to Rutland Water

The Vitruvian Triathlon is located at the Whitwell site Rutland Water, Rutland nr. Leicestershire and is based on the North Shore of Anglian Water's Rutland Water site. Situated 2 miles east of Oakham, off the A606 and only half an hour's drive from Peterborough and Grantham and under an hour from Leicester. **Sat Nav Detail / postcode: LE15 8BL**
Please see location map for further details.

Accommodation

Accommodation can be located by visiting www.discover-rutland.co.uk or contacting them via e-mail tourism@rutland.gov.uk or phone Discover Rutland 01572 722 577 Other options include www.anglianwaterleisure.co.uk where a full listing of camping, B&B's and hotels are listed or e-mailing on t.c.rutlandwater@hotmail.com. Alternatively you can call them on 01572 653026. However, please note that local accommodation may be difficult to find if you leave it late to book.

Mobile Home Camping is available on site and can be booked on through Anglian Water's Rutland Water Office on 01780 460154. Limited spaces are available and must be booked in advance. Site access closes after 8pm.

Parking

Once you have found Rutland Water site please enter the park through the main entrance off the A606 through the Whitwell Centre entrance on the north shore, continue down this private road. Bull Brigg Lane. Please follow the marshals and parking signs to the Official Triathlon Car Park which is on the right hand side of Bull Brigg Lane. The parking fee at Rutland Water is £3 and must be paid using the machines located in the Car park **or you may receive a parking fine**. Please note that all the money collected on behalf of Anglian Water goes to help maintain and improve the amenities at Whitwell and other venues – turf maintenance, litter collecting & equipment, etc. All vehicles are left in all respects at owners' risk

Catering

Please note that the Harbour Bar Café will not be open due to refurbishment, however we have arranged for a number of catering vans to be on site providing hot food for competitors and officials on race day

SATURDAY, 19th March

Additional catering vans will be on site from 0700 and will be joining the already existing caterers so there will not be issues with regards to the availability of food and drinks.

Conditions and Confirmation of entry

Terms and conditions of Entry

Terms and conditions of entry are clearly stated on the website www.pacesetterevents.com. In making the application competitors have agreed to abide by these terms and conditions of Pace Setter Events and abide by the regulations of the governing body and the Highway code..

Minimum age of entry

Entry into the Dambuster Duathlon Standard Distance Race is under BTF ruling 30.5 open to Junior B (age 17-18) and above (Age category shall be determined as at 31st December in the current year.) Athletes not meeting this minimum criteria will not be permitted to race under any circumstance

Swapping of Entries

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event. If you are unable to race please follow the withdrawal instructions outlined in the terms and conditions outlined on www.pacesetterevents.com website. The consequences of attempted swapping of entries by any competitor is so serious in jeopardizing the continuation of events that any athlete found to have passed their entry to another athlete or any athlete taken up that entry will be banned for life from all future Pacesetter Events.

Confirmation of Entry

Competitors who entered online were automatically forwarded a confirmation of entry by e-mail. Applicants who applied using a postal entry should check on the list of entries posted on the web site to confirm that they were successful in their application. Pace Setter Events can not be held responsible for loss of entries in the post.

Please check that your details are on the start list for the event and contact us in registration immediately if you think there has been an error of any kind in your details.

Rules Governing this Event

The event will be held under the rules of the British Triathlon Federation and competitors are advised to familiarize themselves with the rules and regulations. that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defense! If you require further information about Race Rules, please visit www.britishtriathlon.org or telephone the British Triathlon Federation on 01509 226161.

Swapping of Entries

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Competitor Conduct

Competitors are reminded that they share both the park facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by both the venue and the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

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Rules Governing Riding on the Highway

You are reminded that the cycle section is on open roads, so please ensure that you observe the rules of the road at all times. Any reported infringements, such as crossing white centre lines, or failing to take due care will result in a DQ. It is also illegal and may result in a prosecution by the police.

Please recognize that Race Marshall's are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshall's are there to give direction only and not instruction. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

Right of Way

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections. Check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds.

Non Drafting

This race is a non-drafting race for all categories meaning competitors are not allowed to take shelter behind or beside another competitor or motor vehicle during the cycling segment of the race

The draft zone is a rectangle measuring seven metres long by three metres wide which surrounds every cycle on the cycle course. The front edge of the front wheel defines the centre of the leading three (metre edge of the rectangle). A competitor may enter the draft zone of another competitor but must be seen to be progressing through that zone.

A maximum of 15 seconds is allowed to progress through the draft zone of another competitor. If an overtaking manoeuvre is not completed within 15 seconds, the overtaking cyclist must drop back. Time penalties and DQ's will be issued by the referee for infringements. Under new guidelines it is not required for the referee to inform you until the event is completed.

In addition Leicestershire Police have made it known that should competitors be seen to be riding dangerously or breaking the rules of the Highway Code they will be stopped and will be prosecuted. Please do not jeopardize either your safety or the future of this event by riding recklessly

Helmets

BSI, ANSI or SNELL approved hard shell helmets will be compulsory and must be worn throughout the cycle section. They must be fastened prior to mounting your cycle and neither undone nor removed until your bike is racked.

Bikes

It is the responsibility of all competitors to ensure that their bike is in a roadworthy condition and adheres to the rules and regulations as specified by the British Triathlon Federation.

Race Numbers

You will be issued with TWO body numbers, which must be clearly visible on your back for the bike and your front for the run. - Please bring your own 8 pins. Do not cut or fold these race numbers as penalties will be issued for number mutilation. Elastic belts for race numbers are permitted. Relay Teams are required to use race belts so that numbers can be passed from one team member to the other in transition.

BTF Licenses

DO NOT FORGET YOUR BTF LICENCE

For insurance purposes you are required to be in possession of either a current valid BTF License or for non BTF members a Day License purchased specifically for this event. All athletes who are members of the BTF must produce their BTF race licenses at registration. If you forget your license, or you have not paid the BTF levy due with your application, you will have to pay £5 for a BTF day license at registration even if you claim to be a BTF member. Your license is THE ONLY ACCEPTABLE proof of your insurance.

If you do not produce a race license you must still provide some form of photographic identity card, for example a driving license or passport. This is required for insurance purposes and without it you will not be permitted to race

Registration Procedure and Timings

NO BTF license and NO Photo ID on the day = **NO RACE**

Registration Open Saturday 7.10am – 8.10am

Do not leave it until five minutes before registration closes to attend. If there is a queue you may find yourself unable to complete registration in time to race. It is vital that registration closes on time in order to meet with agreements made with the police and highways.

Registration will take place in the Water Sports Centre at the main visitor's facilities. This is situated on the opposite side of the road to the main parking near the Main Offices and Shop facing the lake. All competitors will need to register on the morning of the race.

Registration Procedure

1 Phase one – Number Identification

On arrival at registration, find your race number from the lists displayed at the entrance.

2 Phase two - License check

If you have applied for a BTF Day License when entering, this will be issued to you at this point. If you did not apply for a BTF Day License, then you will be required to show your 2009 British Triathlon Federation Race License. If you are unable to do this, for any reason, then you will be required to purchase one for £5 before being allowed to register. There will be NO exceptions to this ruling

3 Phase three – Race documentation

Collect your race envelope, this will contain 2 x race numbers and 1 x frame sticker Please keep these safe, as they are required to allow entry into the transition area. 1 Helmet sticker.

4 Phase four – Race T shirt

Next collect your event T shirt. Please note that Registration will operate a "one way" service, please enter in one door, collect your race numbers, etc and exit through the other door.

Race information and Timings

Transition Area

Opening Times 7.25am – 8.20am Saturday

Bike racking will only take place on Saturday morning between 7.25am and 8.20am ONLY. **There will be NO racking on Friday.** Please ensure that you affix the bike number sticker provided in your goody bag for security reasons. As the transition area will only be open for 1 hour please rack your bike promptly. Competitors only will be allowed into the transition area.

To gain access to the transition area you will be asked to show your race number. Your approved cycle helmet must be attached to your bike when you rack it. Remember when racking your bike to place your bike number on the right hand side close to your handlebars. Please rack only in your designated place, any bikes found incorrectly racked will be removed.

Transition for ALL competitors will close at 8.40am promptly. During the race, only racing competitors will be allowed through the transition area. The Transition Area will open again immediately after completion of the first athletes for competitors to collect their bikes

Removal of your bike from the transition area will not be possible without your race number, which corresponds with your stick-on bike frame number on your handlebars. If challenged please be prepared to show race numbers at all times.

Race Briefing – 8.20am

There will be a short race briefing at the Start Line at 8.20am for all athletes. Please attend this race briefing as any last minute changes, as well as any questions will be answered here. PLEASE ENSURE YOU HAVE FULLY READ ALL RACE INFORMATION PRIOR TO THE BRIEFING

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FINAL Start Times

Athletes will be set off in TWO Waves.

The first wave will start at 8.30am after which the second wave will be set off after 5 minutes. Waves are age based with age categories as of 31st December 2011.

TIME	CATEGORY	race numbers
0830 hrs	Male 18-49 & Team	1- 234
0835 hrs	Male 50+ & All Female	235 - 382

PLEASE NOTE ANY ATHLETES STARTING IN THE WRONG WAVE WILL BE AUTOMATICALLY DQ'D

CUT OFF TIMES

In the interest of safety and in order to meet with the requirements as agreed with the relevant authorities involved the following cut of times apply All times relate to a running clock from the last wave

RUN 1 FINISH (max duration for run section 60 mins)
First run closes - 09:35

BIKE FINISH (max duration for bike section 1 hr 50 mins)
Bike closes - 11:25

Second RUN FINISH (max duration for run section 35 mins)
Run closes - 12:00

Since first running the Dambuster Duathlon we have not ever had to stop any athletes from completing the course for falling outside of these times however athletes not completing these sections in time will be requested not to start the final run.

Timing and Results

Timing

To ensure accurate times and results every competitor will be timed at entry into T1 and Entry into T2 as well as at the finish. Please ensure your number is clearly visible

Results

Provisional results will be available to download later the same day from www.pacesetterevents.com. Any queries relating to provisional results posted on the web must be e-mailed to dambusterduathlon@pacesetterevents.com by Wednesday 23rd March 2011, after which time all results will be deemed as final and complete.

Time Penalties & Appeals

The issue of time penalties will be posted on the results board by the race referees. (No other officials have the right to award a penalty and all penalties must be directed through the race referee).

If you have a query over any results please inform us immediately on the day. All appeals must be issued in writing to the BTF appointed referee within 1 hour of the penalty being posted

Prizes and Presentations

Prize Giving

This will take place at the transition/finish area, approx 1200hrs or 15 minutes after the last competitor has finished subject to timings on the day - which ever is earlier. Please listen out for Public announcements

Trophies

Trophies will be awarded to the following categories
Male and female first second and third overall and the following age group categories Male & Female age categories, first second and third in age categories 18-19, 20-24, 25-29, 30-34 35-39, 40-44 45-49 , 50-54 55-59, 60-64, 65-69, 70+ in addition to Male winner overall and Female winner overall

Athletes are required to attend the presentation to receive their awards.*
Age category shall be determined as at 31st December in the current year.

Course Details

Distances 9.7km Run - 40km Bike - 5km Run

The 1st Run - 9.7km (Two x 5km Laps - Please see maps)
10km = Out - two loops of the Dam - Back

Unlike to bike course which uses the roads within Rutland Water, the run course uses both shale paths, tarmac and grass sections. The run course involves a run out to the dam. From the transition area, you will run along the edge of the lake keeping the lake to your right hand side and follow the path and the pinned area until you reach the Dam.

As you enter onto the dam the drinks station will signify the start of the first of two laps. From here you will run across the dam keeping to the tarmac on the left on the way out, at the far end of the dam you will come to a drinks station which is the turnaround point where **YOU MUST COLLECT A WRIST BAND.**

You will then run back across the Dam back to the original drinks station where you will continue round the Dam lap again heading back across the Dam for the SECOND TIME to the drinks station at the far end where you will pick up your **SECOND WRIST BAND.** Once you have picked up the second band you will run back across the Dam for the fourth and final time before returning to the start/finish line using the same route as taken on the way out.

Bike - 42km (One Lap x 42km - Please see maps)

Mileage	Designation	Action
0.0	Transition area	Turn right to Exit car park
0.1	Junction	Straight on (riders do not have right of way) Caution (speed ramp riders should take due care at this ramp)
0.5	T junction	Turn left - A606 Direction Oakham
1.4	Cross road	Straight on
1.8	Descend hill	Caution Speed
3.8	Roundabout	1 st exit left A6003 direction Caution Busy Junction you do not have right of way
5.5	Enter Gunthorpe	Straight on
6.6	Major Crossroads	Straight on. Caution (whilst riders have right of way this is a busy junction) prepare for a long drag / climb in front of you. Rutland Ripple.
7.8	Enter Preston	Straight on Caution
9.3	Roundabout	Take 1 st exit (left) - A47 Direction Peterborough / Morcott. Cycling lane on a large part of this road. Please keep to the left.
11.1	Enter Glaston	Straight on
12.6	Enter Morcott	Straight on past Texaco garage on left
13.2	Major Junction	Turn left - A6121 Direction Stamford (Caution at junction slip road, Riders do not have right of way at give way sign) Continue on this road for a further 4.2 miles
13.6	Roundabout	Straight on Caution poor visibility at this Junction means cars may not see you as you approach the roundabout
17.4	Enter Ketton	Straight on
17.7	Major Junction	Straight on Tinwell (Caution Riders should take due care when riding through Ketton Village)
18.6	Junction	Turn left - Steadfold Lane (whilst this will be well signposted and Marshaled on the day of the race it is not an obvious turning and is a blind junction. This turning is immediately after a row of Small Terraced cottages on the left hand side)
20.3	T junction	Turn Left -A606 Direction Oakham / Eppingham Caution Busy Junction you do not have right of way
23.3	Enter Empingham	Straight on
25.0	Enter Whitwell	Straight on. Caution, steep descent

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25.4	Junction	Turn Left - Direction Rutland Water Whitwell site
25.6		Caution Speed Ramps
25.7	Junction	Turn left through gates and follow road round to right
26.0	ENTER TRANSITION	Caution right turn rejoin original course at original point 0.0 for one further lap

Rutland Water has many roads, running within and along its surrounding edges. The bike course will be using a number of main roads around its periphery and a number of smaller roads through some of the adjacent villages. All major junctions will be both signposted and marshaled but cyclists should familiarize themselves with the route prior to competing. Please find attached both a visual map route and a detailed descriptive route outline.

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, as traffic will be crossing you. Check that the junction is clear before continuing.

You must obey the Highway Code, which is also the Law. Don't take risks to save two seconds. Please ride on the left and overtake briefly on the right before returning to ride on the left.

The 2nd Run 5km (One x 5km lap)

5km = Out - up to the Dam - Back

The second run course involves a run out to the dam and back. Please note you do not run across the dam for the second run.

Using the same route as the first run, from the transition area, you will run along the edge of the lake keeping the lake to your right hand side and follow the path and the pinned area until you reach the Dam.

As you enter onto the dam the drinks station will signify the start of the first of two laps. From here you will not cross the dam but will return back along the same route using the secondary gate situated just at the beginning of the dam.

Other Relevant Information

On Course Nutrition by HIGH5



High5 are providing the on-course drinks at this year's Dambuster Duathlon. High5 have a range of new high performance drinks that are leading the world. Follow the link at www.highfive.co.uk to watch a short video and to download the **Triathlon Race Faster Guide** from High5.

Medical Advice

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the race on your application. Following registration where you will be issued with your race numbers, please write all medical details including any medication taken on the back of your race number as well as next of kin & emergency contact details and put a small indelible red cross on the front of your number. This is not just an administrative request. It could be a matter of life and death in an emergency. This will only be used in the event of you being involved in an accident. Whether you have a medical condition or not, if you feel unwell on race day - don't race!

Photography

Revolution Images will be present at the event and will be taking photographs of all competitors. These photographs will be made available to competitors on the internet from the following day. For further information go to www.revolutionimages.co.uk

Dambuster Duathlon Volunteers - Can You Help

The Dambuster Duathlon can not run smoothly without the help of many volunteers. All volunteers will receive an exclusive event shirt, food & drink. If you have friends or family that will be supporting you at the race, why not ask them if they would be willing to give up a few hours to get involved & help.

Volunteers are required in and around transition, on the bike and run course as well as on the feed stations. You do not require any previous experience or knowledge on triathlon to become a race marshal; any training required will be given on race day. If you would like further information about becoming a volunteer please contact us from the website or by e-mail on dambusterduathlon@pacesetterevents.com.

And Finally

On behalf of Pace Setter Events all the team would like to wish you well with your race and hope you have a safe and enjoyable event. Whatever your reason for racing we hope you Race Hard and Race Well as well as Race Safe and Race Fair.

Yours in sport

MARK SHAW

e-mail dambusterduathlon@pacesetterevents.com
Website www.pacesetterevents.com

NB. These details are true and correct at date of publication but are subject to change without notice

LOCATION MAP



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RUN ROUTE 2011 (1ST RUN 9.7km)



BIKE ROUTE 2011 (1 LAP 42KM)

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DAMBUSTER DUATHLON BIKE

RUN ROUTE 2011 (2nd RUN 5km)



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DAY	DATE	EVENTS 2011	LOCATION	DISTANCES
SATURDAY	18-Jun-2011	DAMBUSTER TRIATHLON	RUTLAND WATER, LEICS	1500m swim 42km bike 10km run
SATURDAY	3-Sep-2011	THE VITRUVIAN	RUTLAND WATER, LEICS	1900m swim 85km bike 21km run

TRIATHLON HOLIDAYS 2011

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TRAFFIC FREE ROADS**



For further info contact us on.

E- Mail: Info@les-stables.com Web: www.les-stables.com

If you haven't yet booked your warm weather training camp for 2011 then why not contact us at Les Stables and see what we have to offer for only £250 pp/pw.

.....Les Stables which is based in South West France is open from the beginning of April until September and offers accommodation for up to **20 people** as well as all the facilities you need on site including its own **25 metre swimming pool**.

With **coaching as part of the package** Les Stables is available to both **individuals and groups**, and caters for all standards from **elite to novice**, so if your a club, a team, a group of friends or just an individual who wishes to improve their performance in their chosen sport, we will endeavour to exceed your expectations.



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