

# Dambuster Triathlon

Saturday 17 June 2017

## FINAL RACE INFORMATION



Welcome to the Dambuster Triathlon

### FINAL 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 remains subject to change should circumstances require it..

**Please note even when final race information is published 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 **THURSDAY 8<sup>th</sup> JUNE 2017 at 5pm**. Please do not send emails regarding this event 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 Dambuster 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](http://www.discover-rutland.co.uk) for more details please use the Discover Rutland link on the home page of our website.

Mobile Home Camping and 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. Please note that tents erected outside of the permitted area will be removed.



### 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 Normal Day parking fee at Rutland Water is £5 and there is a barrier system now in operation at the venue, the barrier will however be open when you arrive at the venue but will be closed once the cycling stage of the event is concluded.

### Parking Tickets Issued – Important Please Read

Anglian water staff will be in place at the registration marquee at the end of the registration process where if you have parked on site you can be issued a parking exit for a fee charged by anglian water of £5 please make sure you have the cash ready –

They can not accept debit or credit cards –

You will not be able to leave the venue if you do not ensure you have purchased a ticket so make sure you do so

Parking on the Friday evening is not charged for if you are just registering for the race

ALL STAFF, VOLUNTEERS AND MARSHALLS WILL ALSO BE ISSUED WITH A PARKING EXIT TICKET WHEN THEY REGISTER AT THE OFFICIALS REGISTRATION AREA.

All vehicles are left in all respects at owners' risk

### Catering

Please note that the Harbour Bar Café will be open providing hot food for competitors and officials throughout the event.

### FRIDAY 16<sup>th</sup> June – Serving until 8pm

The Harbor Bar Café offers a full menu of hot food including pasta, baked potatoes. Curry, chill and BBQ, as well as hot and cold drinks

### SATURDAY. 17<sup>th</sup> June - Open from 0500 hrs

The Harbor Bar Café will be open from 0500 and will be offering bacon rolls, sausage rolls and hot and cold drinks for the first part of the morning and will be providing a full menu of hot and cold food including BBQ throughout the day

## Conditions and Confirmation of entry

### Terms and conditions of Entry

Terms and conditions of entry are clearly stated on the website [www.pacesetterevents.com](http://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 Standard Distance Triathlon is under BTF ruling 30.4 open to Junior B athletes 17 years and above (Age category shall be determined as at 31st December in the current year.)

### 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](http://www.pacesetterevents.com) website.

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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.

Please note we do not allow the swapping of entries between competitors, or teammates or defer entries until the following year nor are we in a position to offer refunds

## 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.

## Check Your Entry Data

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. PLEASE NOTE – YOU ENTERED YOUR DATA WHEN YOU ENTERED THE EVENT.....NOT US..... SO IF **YOU** HAVE MADE AN ERROR CHANGE IT OR LET US KNOW and we will do our best to solve it for you

## 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](http://www.britishtriathlon.org) or telephone the British Triathlon Federation on 01509 226161.

## 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. Don't lower your standards.

## 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 Solid 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 who will be in attendance.

**Please recognize that Race Marshal'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.

**Littering... please be good.**



Littering anywhere on the course will not be tolerated. Please comply as we depend on the goodwill of our landowner hosts and the people of Rutland. It is a beautiful area so please help to keep it that way. Whilst we have set in place system to ensure the tidying up of cups used at the run feed stations this is the only area where dropping of litter is permitted.

**If you're spotted littering on the bike or other areas of the run this is an instant Disqualification - you've been warned!**

## 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

**We have 5 Moto referees out on course at all times so please don't ruin yours or anyone else's day by drafting**

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.

## 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. Please note only road bikes or time trial bikes are permitted in this event. Mountain bikes are not permitted in this event.

## Urinating in public

It is against the law to urinate in public and any athlete caught doing so will be **DQ'd from the race, banned from all future races hosted by Pace Setter Events and may well be prosecuted by the police.**

If you are caught short please use some common sense and go somewhere where the public will not be able to see you and subsequently report you this does not mean just by the side of the road!! We as the organiser of the race do not want to deal with the complaints received from members of the public and such behavior jeopardizes the future of our events at the venue.

You may also be reported to the police by the public and face a public order offence or worse... so use your brain before you decide to use the gutter!!

## 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

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

**Registration Open** - Friday 6.00pm - 8.00pm  
**Registration Open** - Saturday 5.00am - 6.30am

Registration will take place in the Event Marquee opposite to the Harbour Bar Cafe. Please follow signs from the Car Park. (see orientation map)

**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. So **get to registration early**

## 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 current 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 – Timing Chip

Continue forward, collect your Timing Chip. Do not lose your Timing Chip as you will need it to race.

### 5 Phase five – Race T shirt

Next collect your event T shirt. **You will be issued with a T shirt relating to the size as specified by YOU when you registered for the event.** Please note that Registration will operate a "one way" service, please enter in one end of the Marquee, collect your race numbers, etc and exit through the other door.

Should you find that the t shirt size you ordered doesn't fit you then you are welcome to swap for a different size **immediately after the event.** This will of course be subject to what is available after all of the athletes have registered. We undertake this policy in order to be fair to athletes who have ordered the correct size.

## Race information and Timings

### Transition Area Timings

Open Saturday 5.10am – 6.45am

Competitors are only able to rack their bikes on Saturday morning between 5.10am and 6.45 am. 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.

Please note - transition areas allocation or racking places for different age categories are in different transition areas AS OUTLINED BELOW  
PLEASE ALSO SEE MAP – **to be confirmed in final race info....**

## TRANSITION AREAS



## LES-STABLES TRIATHLON CAMPS

### TRANSITION B – TARMAC AREA

#### ALL MALE AND FEMALE AGE CATEGORIES & RELAY TEAMS

Transition for ALL competitors will close at 6.45am 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 – 6.45am

There will be a short race briefing at the Start Line at 6.45am 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**

### Start Times - FINAL

Start times will be based on age group waves and may be adjusted from those published in this document.

Please check your start time at registration in case of any last minute changes.

Age group waves will be signified by different coloured hats. The first wave will start at 7.00am after which additional waves will be set off at various intervals (see below) which will be age based and subject to wave sizes..

WAVE	TIME	CATEGORY	SWIM HAT	NUMBERS
ONE	0700 hrs	Male 17-44 & Team	RED	1-252
TWO	0710 hrs	Male 45-80	WHITE	253-433
THREE	0720 hrs	Female ALL	YELLOW	434 - 527

Please check that you have been allocated to the correct age category as failure to do so will result in problems with the results.

**Please note that any athlete starting in the wrong wave will be automatically disqualified unless requested and justification is accepted in advance. YOUR AGE CATEGORY IS AS OF AGE ON 31 DECEMBER 2017**

### 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

SWIM FINISH (max duration for swim section 50 mins)  
Swim closes – 08:10

BIKE FINISH ( max duration for bike section 1 hr 50 mins)  
Bike closes - 10:00

In 15 years of running the Dambuster we have only ever had to stop a handful of 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 run.

RUN FINISH ( max duration for run section 1 hr)  
Run closes - 11:00

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## 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 updated constantly on the plasma screen in the race village. A set of provisional results will be streamed live to our website and available to download later the same day from [www.pacesetterevents.com](http://www.pacesetterevents.com).

Any queries relating to provisional results posted on the web must be e-mailed to [dambustertri@pacesetterevents.com](mailto:dambustertri@pacesetterevents.com) by Wednesday 21 June 2017, 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 results tent 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

**APPEALS MUST BE MADE ON THE DAY - POST EVENT APPEALS ARE NOT PERMITTED UNDER BTF RULES**

## 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 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 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 -74 & 75+ in addition to Male winner overall and Female winner overall and Team first, second and third.

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 1.5km Swim - 42km Bike - 9.7km Run**

### Swim 1.5km (One Lap)



The swim starts immediately in front of the Harbour Bar Café at Whitwell Harbour. The swim course is a one lap swim which commences in the water immediately adjacent to the Harbour Bar Café to the right of the jetty. The route will be triangular shape swimming in an anti clockwise direction.

All competitors please note: United Kingdom inland waters are not completely safe for swimming. Although risks of disease are low and risks of serious infection are small, a swimmer may be susceptible to infection through immune suppression, particularly if they are not in good health at the time of swimming.

### WETSUITS

In line with BTF and ITU rules triathlon wetsuits will be compulsory if the temperature is below 14°C and forbidden above 22°C. Between these two temperatures wetsuits are at the discretion of the competitor. You are advised not to drink the lake water.

Canoes will be on hand to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank or one of the safety boats. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out.

**If you do withdraw at any time during the swim, then please ensure that you inform an official immediately.**

### VITAL INFO.....PLEASE READ THIS

**As a competitor in our events at Rutland Water, Anglian Water need to inform you of a few biosecurity requirements**

**Rutland Water has highly invasive small shrimp infestation, which is currently being contained within the water. The shrimp is totally harmless to humans and will not affect you in anyway.**

BUT if it were to get into other rivers and water courses it could have an effect on fish and other wildlife, which can significantly alter the ecology of other water sources To enable us to continue using this wonderful facility we kindly request that you help control the spread of the shrimp by following the below guidelines.

- 1, Swim hats to be worn at all times while in the water
- 2, No form of footwear or hand wear to be worn in the water.
- 3, please thoroughly wash your wetsuits and dry them completely prior to using them in other water courses. Please ensure your suit is completely dry after use, this will kill any rouge shrimp that may have escaped.

This purely a precautionary process the chances of you seeing let alone carrying one of these shrimp home are slim.

**Bike- 42km (One Lap x 42km - Please see maps)  
- 368 Metres gain**



Kilometers	Mileage	Designation	Action
	0.0	Transition area	Turn right to Exit car park
0.0	0.0	Junction	Straight on (riders do not have right of way) Caution (speed ramp riders should take due care at this ramp)
0.15	0.1	Junction	Straight on (riders do not have right of way) Caution (speed ramp riders should take due care at this ramp)
0.80	0.5	T junction	Turn left - A606 Direction Oakham
2.25	1.4	Cross road	Straight on
2.90	1.8	Descend hill	Caution Speed
6.10	3.8	Roundabout	1 <sup>st</sup> exit left A6003 direction Caution Busy Junction you do not have right of way
8.85	5.5	Enter Gunthorpe	Straight on
10.6	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.
12.55	7.8	Enter Preston	Straight on Caution
15.00	9.3	Roundabout	Take 1 <sup>st</sup> exit (left) - A47 Direction Peterborough / Morcott. Cycling lane on a large part of this road. Please keep to the left.
17.90	11.1	Enter Glaston	Straight on
20.30	12.6	Enter Morcott	Straight on past Texaco garage on left
21.25	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
21.9	13.6	Roundabout	Straight on Caution poor visibility at this Junction means cars may not see you as you approach the roundabout
28.00	17.4	Enter	Straight on

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28.50	17.7	Ketton Major Junction	Straight on Tinwell (Caution Riders should take due care when riding through Ketton Village)
29.95	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)
32.70	20.3	T junction	Turn Left - A606 Direction Oakham / Eppingham Caution Busy Junction you do not have right of way
37.50	23.3	Enter Eppingham	Straight on
40.20	25.0	Enter Whitwell	Straight on. Caution, steep descent
41.00	25.4	Junction	Turn Left - Direction Rutland Water Whitwell site
41.20	25.6		Caution Speed Ramps
41.35	25.7	Junction	Turn left through gates and follow road round to right
42.00	26.0	ENTER TRANSITION	CAUTION WHEN ENTERING TRANSITION

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.

## Mechanical Bike Support.

We have at least one static bike marshal located on every major junction throughout the bike course. (These are designated PACE 1 - PACE 8 on the attached bike route) whilst these marshals can not assist you mechanically each marshal has a limited supply of inner tubes and a limited supply of tools which could help in the case of minor mechanical failures. In addition each marshal position had direct phone contact with the sweeper bus so in the case of mechanical failure or injury please report to the nearest static bike marshal position for assistance.

## Run - 10km (One - out and back 10km Lap - Please see maps)



The run course is 1 lap of a 10 km route consisting of a run out along the edge of the lake towards Normanton Church with a turnaround at 5km, before returning back to the transition area using the same route,

The run course uses both tarmac paths and a small grass section. 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 where you will find the first drinks/ feed station on the start of the dam. From here you will run across the dam and at the far end of the dam you will continue through two sets of gates which will be permanently opened and continue along the edge of the lake until you reach a turnaround point at the back of the Normanton Hotel just before the Normanton Church which is the furthest turnaround point and the second drinks station.

You will then run back to the starting point of the run following the same route as used on the way out enabling you to use the same drinks station as on the way out. Nutrition PROVIDED BY HIGH5.. PLEASE READ DETAILED BREAKDOWN OF HIGH5 ON COURSE PRODUCTS BELOW

Other Relevant Information

# HIGH5

SPORTS NUTRITION



## On Course Nutrition by HIGH5

HIGH5 are providing the on-course drinks and gels at this year's Vitruvian Triathlon:

### HIGH5 EnergySource

[EnergySource](#) is a scientifically formulated 2:1 fructose and electrolyte sports drink. EnergySource helps you to sustain your performance during endurance events and keeps you hydrated by enhancing the absorption of water.

### HIGH5 EnergyGel

[EnergyGel](#) provides an instant energy boost. It is smooth with a light consistency and not as thick or sweet as other gels on the market. With natural fruit juice, it tastes great too. Each sachet delivers 23g of carbohydrate.

## Are you looking for nutrition advice and tips?

HIGH5 know how important it is to get your nutrition right. Combining their practical no-nonsense approach, rigorous testing by scientists in the lab and feedback from world-class athletes, guarantees that you can rely on HIGH5 products to help you enjoy your sport more. Put together in conjunction with their professional athletes, you can find step-by-step nutrition guides and useful advice on the HIGH5 website so you can use sports nutrition correctly and perform at your best.

## THE RACE VILLAGE



## INCREDIBLE TRAINERS AT AN INCREDIBLE PRICE

The history of ALPHAWOOLF is closely linked to the Ironman Germany in Frankfurt. On 8th July 2012, multiple Ironman champion and one of the world's fastest (7hr 45min 58sec),

Marino Vanhoenacker won his first race on German soil. He kissed his signature shoe at the finish line, and ALPHAWOOLF was born.

ALPHAWOOLF collaborate closely with research laboratories, universities and world class athletes to create sustainable running shoes valuable in terms of design and quality, but at a surprisingly competitive price.

A full range of Alphawoolf shoes can be purchased in the race village.

## Free Beer

# ERDINGER

# ALKOHOLFREI



We are pleased to announce that Erdinger Alkoholfrei are now a sponsor of all of our events and will be supplying free Erdinger to all competitors after you have crossed the finish line so we encourage you to celebrate your race with a nice cool beer.. You really couldn't do better!!

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## Message



Post-race sports massage will be available after the race to all participants at a cost of £10 for 15 minutes. This will be provided by qualified sports massage therapists from the Sports Massage Academy, who also offer professional qualifications for people looking to get into the industry. [www.sportsmassageacademy.co.uk](http://www.sportsmassageacademy.co.uk)

Slots are available on a first come first serve basis and are an excellent way of relieving the aches and pains of racing and kick starting your recovery. Find us at the finish line or inside the registration tent in inclement weather

## 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!

## Race Office Closure

The Pace Setter Events race office will be closed from 12<sup>th</sup> June at 5pm. Please do not send emails regarding this event, as we will be on site setting up and unable to answer your messages. Any queries should be raised at registration.

## Photography



**MICK HALL PHOTOS** 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.MICKHALLPHOTOS.COM](http://WWW.MICKHALLPHOTOS.COM) or use the link from our homepage

## Dambuster Triathlon Volunteers – Can You Help

The Dambuster Triathlon 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 [dambustertri@pacesetterevents.com](mailto:dambustertri@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

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

## LOCATION MAP



**HQ address: Rutland Watersports Centre - Bull Brigg Lane, Whitwell - LE15 8BL**

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## ORIENTATION & TRANSITION SPLIT MAP



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DAMBUSTER TRIATHLON  
TRANSITION & ORIENTATION MAP

## SWIM MAP



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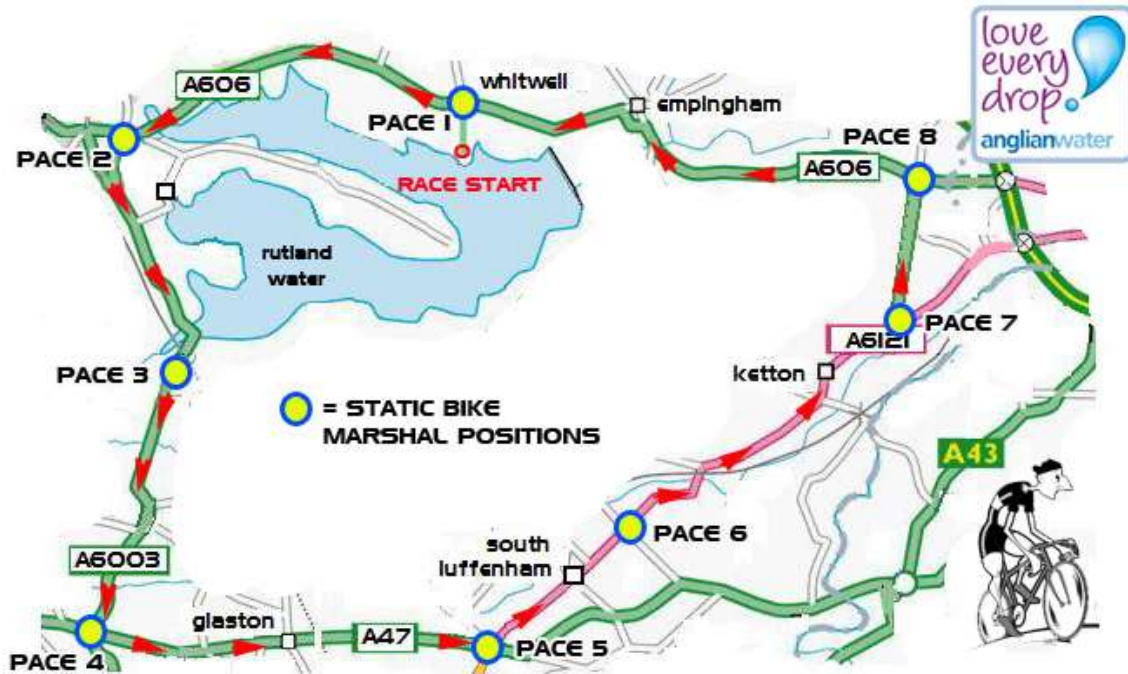
DAMBUSTER TRIATHLON  
SWIM MAP 1.5KM 1 LAP

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# Dambuster Triathlon

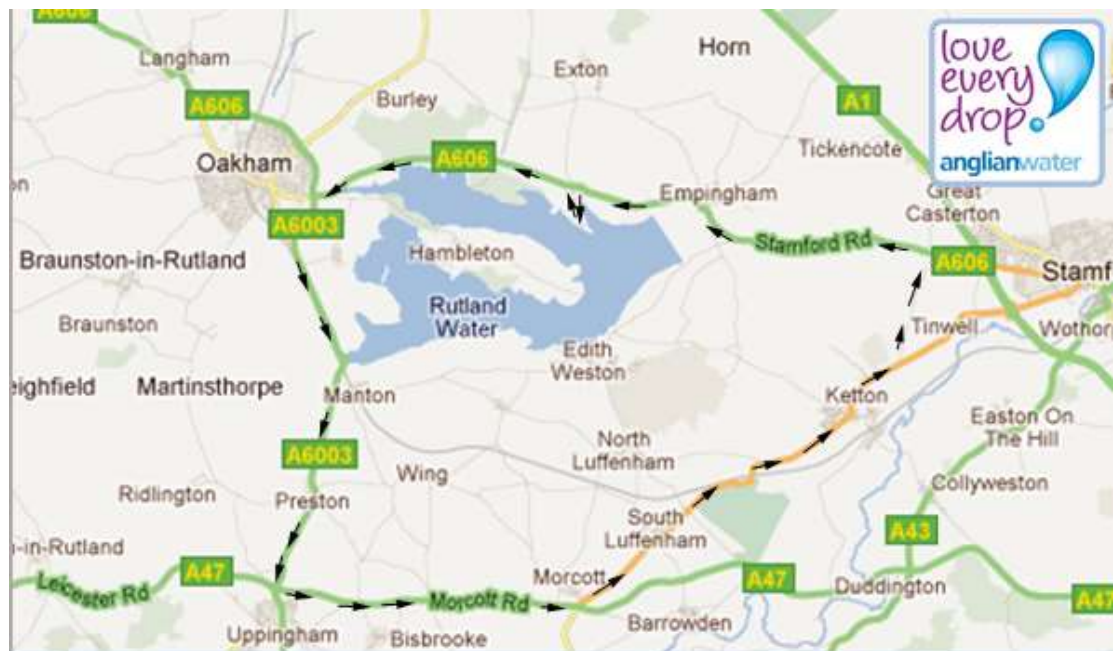
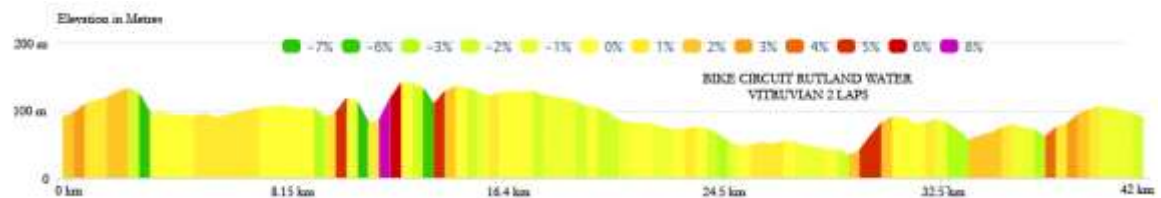
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## BIKE MAP



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**DAMBUSTER TRIATHLON BIKE  
1 LAP X 42KM**



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# Dambuster Triathlon

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## RUN MAP



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