

# Dambuster Triathlon

Saturday 20 June 2020

## PROVISIONAL RACE INFORMATION



Welcome to the Dambuster Triathlon ..Established 2002  
Triathlon England Standard Distance National Champs 2020

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

**Please note even when final race information is published a week prior to the events, 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**

TRIATHLON ENGLAND NATIONAL CHAMPIONSHIPS



**NATIONAL  
CHAMPIONSHIPS  
2020**

We are pleased to announce that the Dambuster 2020 has been selected to act as host for the Triathlon England National Championships over the Standard Distance.

All Triathlon England National Championship events are open to everyone, regardless of ability, plus there is no qualification process to enter. However, to be eligible for an English Championship medal you must conform to the criteria below.

Eligibility rules: Section 24, British Triathlon Competition Rules.

To be eligible to win a Triathlon England National Championship title/ medal you must hold a valid Triathlon England Race Licence. This Race Licence must be validated no later than 5pm, 3 working days before the Championship - i.e. 5pm Tuesday 16<sup>th</sup> June 2020

When entering the race you must supply your Triathlon England membership number to the organiser via the entry system, failure to do so may result in you not being eligible to be awarded an English Championship title/ medal. You must also present your valid Triathlon England race licence at the event registration, failure to do so may result in you not being eligible to be awarded an English Championship medal.

### BTF Licenses & Day membership licences

For insurance purposes all competitors are required to be in possession of either a current valid Triathlon England/Home Nations Licence or a membership day licence.

### What is Day Membership?

Day Membership is for individuals who are not Home Nation members of British Triathlon, but are wanting to compete in a British Triathlon permitted event taking place in England and Wales. Day Membership provides public liability cover for the duration of the event only.

Entrants who are not members of the federation but have paid for a day licence in advance will be issued with it at registration.

### BTF Members

Paid up members of the BTF must produce their 2020 licence at registration. All memberships are digital in 2020. Your e-membership card is available in your online member area and will help make registration at events even simpler – add a photo to your member profile and it will double up as event ID; meaning everything you'll need to prove you're a member at registration is in your area 24/7 with no physical card required! E-membership cards, or a screenshot or print off of your e-membership card, are all valid forms of race licence, providing they are in date, and can be shown when registering at events.

Note: If you haven't uploaded a photo to your member area, you will still need to bring a form of ID with you.

### What if I don't have a licence?

If you are unable to produce evidence of your membership licence, or you have not paid the Triathlon England levy due with your application, you will have to pay £6 for a Triathlon England Day Membership Licence at registration

## 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 Standard Distance Triathlon is under BTF ruling 30.4*

Dambuster entries are Open to Junior B athletes 17 years and above (Age category shall be determined as at 31st December in the current year.) no athletes under the specified age will be permitted to race.

### Individual and Relay Entries

The Dambuster Triathlon is open to both individual entries and relay team entries. Please note there is not a National Championships Category for relay teams.

Relay teams can comprise of male, female or mixed gender teams and either two or three competitors in each team.

### Confirmation of Entry

Competitors who entered online were automatically forwarded a confirmation of entry by e-mail. Applicants who applied using a credit note postal entry should check on their profile on the website or 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

To check all the details with respect to your entry please log onto the website [www.pacesetterevents.com](http://www.pacesetterevents.com)

**USERNAME – YOUR E-MAIL  
PASSWORD – YOUR PASSWORD**

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 REGISTERED ON THE SITE OR ENTERED THE EVENT.....NOT US..... SO IF YOU HAVE MADE AN ERROR **LET US KNOW** and we will do our best to solve it for you

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## 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.

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 defer entries until the following year nor are we in a position to offer refunds but **we do offer a credit note system if withdrawals are requested at least one month prior to the race date.** Please see our terms and conditions

## Rules Governing this Event

### BTF Rules and Regulations

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.

**A full set of up to date BTF rules can be found on our website**

### 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.

### 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

**We have 8 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.

## 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.

## Registration Timings & Procedure

**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 2020 British Triathlon Federation Race License. If you are unable to do this, for any reason, then you will be required to purchase one for £6 before being allowed to register. There will be NO exceptions to this ruling

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

#### 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.

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## Transition Timings & Procedure

### Transition Area Timings

Transition will 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.

### Transition Procedure

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. The provided **cycle helmet sticker** should be placed on the front of your helmet

Please note - transition areas allocation or racking places for different age categories are in different transition areas

AS OUTLINED BELOW PLEASE ALSO SEE MAP – **final transition areas to be confirmed in final race info....**

### TRANSITION AREAS

**TRANSITION A – TARMAC AREA**  
**TRANSITION B – GRASS AREA**

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 & Wave Timings & Cut Off 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 - PROVISIONAL

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.

ALL 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	TBC	RED	TBC
TWO	0710 hrs	TBC	YELLOW	TBC
THREE	0720 hrs	TBC	BLUE	TBC
TWO	0730 hrs	TBC	YELLOW	TBC

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 2020**

### 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 – 08:20

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

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

In 18 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.

## 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 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 24 June 2020, 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 1100hrs 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

Please note that whilst all competitors are eligible for the Dambuster Triathlon Awards presented by Pace Setter Events, Only paid up full members of Triathlon England are eligible for Triathlon England National Honours and Medals.

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

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## Course Details

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

### Swim 1.5km (One Lap)



## LES-STABLES TRIATHLON CAMPS

### THE SWIM

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.

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

### THE BIKE

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.



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	Straight on

10.6	6.6	Gunthorpe 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 Ketton	Straight on
28.50	17.7	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

### BIKE MARSHALS

Please recognize that Race Marshal's are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals 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!

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



### THE RUN

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.

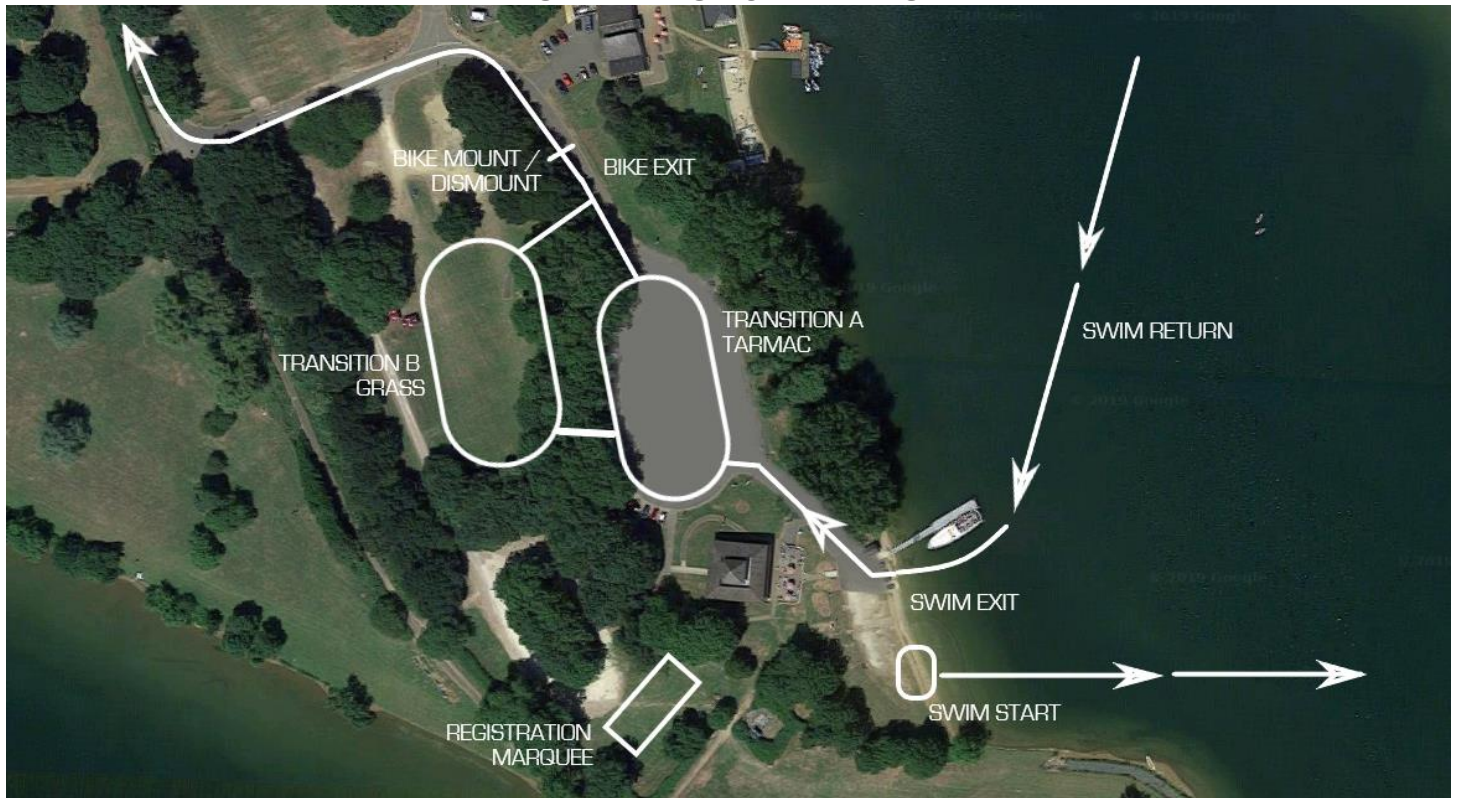
NUTRITION PROVIDED BY HIGH5.. PLEASE READ DETAILED BREAKDOWN OF HIGH5 ON COURSE PRODUCTS BE



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## DAMBUSTER ORIENTATION & TRANSITION SPLIT MAP



## DAMBUSTER TRIATHLON SWIM MAP [ONE LAP X 1.5KM]



### 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. An announcement will be made on the morning of the event as to the water temperature.

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.

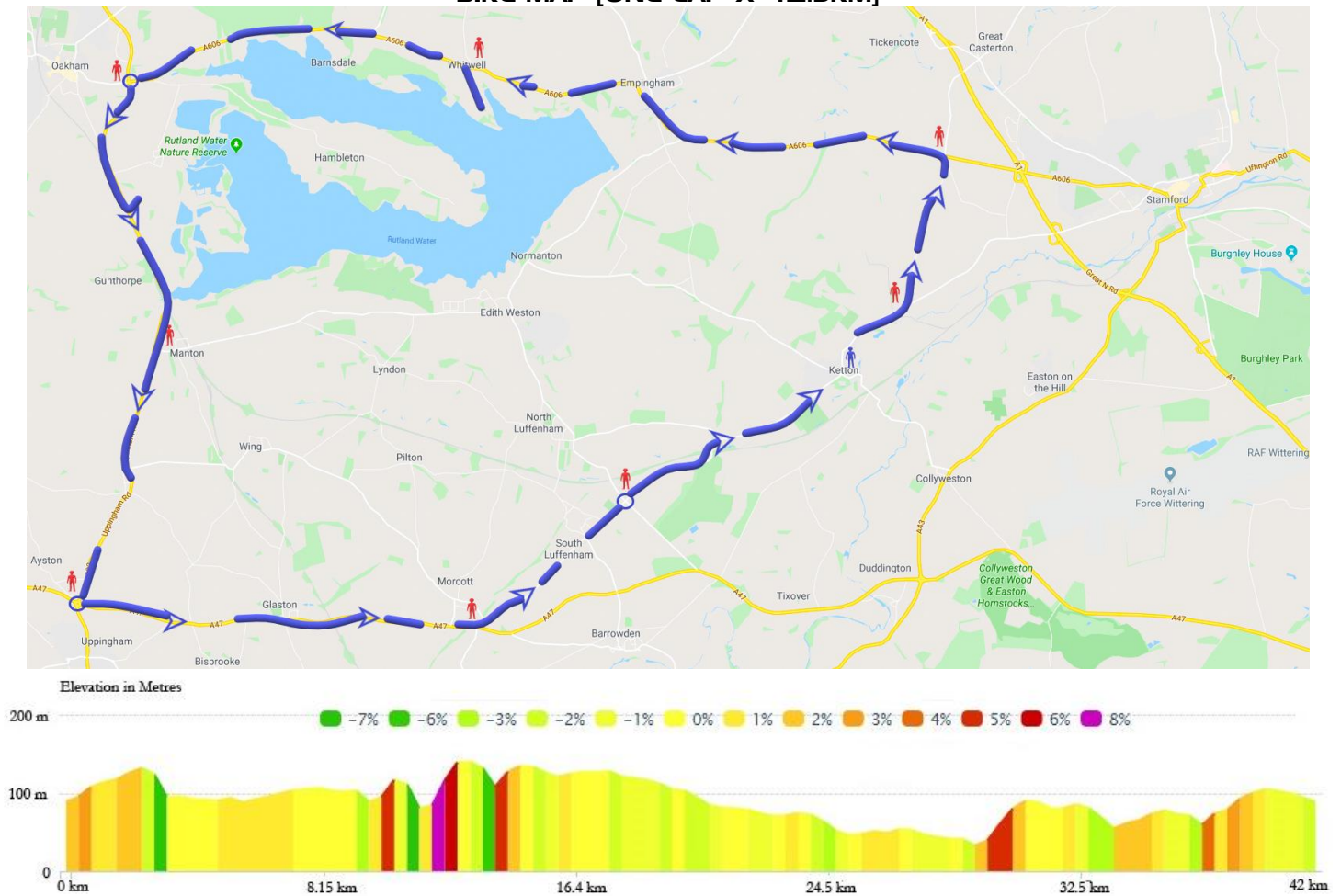
**If you do withdraw at any time during the swim, then please ensure that you inform an official immediately.**



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## BIKE MAP [ONE LAP X 42.5KM]



**pacesetter**  
events.com



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## DAMBUSTER RUN MAP - OUT AND BACK 10KM



ON  
COURSE



ON  
COURSE



### On Course Nutrition by HIGH5

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

#### 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.



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## Rutland Water – Location, & Parking

Rutland Watersports Centre - Bull Brigg Lane, Whitwell – LE15 8BL

### 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**

### 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 on site to take a £5.00 payment from each car on arrival ( on the Saturday ) in the morning before the race starts and as they are parked. We encourage all competitors to please have payment ready (cash) as they arrive in order to enable a speedy and trouble free experience; You will be issued with an exit ticket which they will be able to use when at the barrier when you leave site after the race.

Please note; Parking on the Friday evening is not charged for if you are just registering for the race and you will be able to leave the site by simply using the ticket you are issued when you enter through the barrier

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

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

Please keep to the solid paths when using the venue, this is a country park and uneven surfaces exist throughout the parkland and grassland as well as rabbit holes etc.

## LOCATION MAP

<https://www.google.com/maps/@52.6561859,-0.6374816,11z>



**pacesetter**  
events.com





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## Other Relevant Information

### Race Office Closure

The Pace Setter Events race office will be closed from **THURSDAY 11<sup>TH</sup> JUNE 2020 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.

### Accommodation & Camping

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.

### 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!**

### 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!!

### 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!

## 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

# Dambuster Triathlon

Saturday 20 June 2020

## THE RACE VILLAGE

### Technical Support

# SPEEDHUB

Speedhub don't just sell the best Triathlon gear, they also offer you a range of services to help you with your performance. They can help as support you as a rising Triathlete as part of their Team, or even compete, train & socialise together as part of the Speedhub Tri Club! Find out more by going to [www.speedhub.co.uk](http://www.speedhub.co.uk) or talk to the guys who will be there on the day.

\*\*\*\*\*

### 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!!

\*\*\*\*\*

## HARBOUR BAR CAFÉ

### Catering

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

### FRIDAY 19 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 20 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

\*\*\*\*\*

### Massage



## SPORTS MASSAGE

### ACADEMY

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

\*\*\*\*\*

### Nutrition



### Are you looking for nutrition advice and tips?

HIGH5 NUTRITION 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.

\*\*\*\*\*

### 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

\*\*\*\*\*

### Triathlon Camps



## LES STABLES TRIATHLON CAMPS

IF YOU ARE LOOKING FOR THE PERFECT TRAINING CAMP THEN LOOK NO FURTHER. Based in South West France Les Stables is open to Triathletes of all levels and offers bespoke technical coaching in all three disciplines. For more information chat to any of the team who are at the race.

Further information go to [www.les-stables.co](http://www.les-stables.co)

\*\*\*\*\*

# swimzi

Swimzi design and produce the ultimate pool deck apparel dedicated to the World of Aquatic Sports. Creating high quality, fashionable leisurewear and club kit, which are both practical and purposeful for the wearer. Apparel designed by Swimmers for Swimmers

# pacesetter

## events.com





# LES-STABLES

## TRIATHLON CAMPS

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Les Stables Triathlon camp in France really is a #triathlonparadise perfect for novice and for elite triathletes.

It is not just a venue that welcomes triathletes it is a venue that was built especially for triathletes

### Swim at Les Stables

The venue not only has its own 25 metre heated pool it also has its own river bordering the estate. And the coaching is something that will see you get smarter and faster. Video analysis and individualised



### Bike at Les Stables

Empty roads and great routes offer the perfect place to train. Work on technical skills; climbing descending, cadence and gear selection will see you leave a better athlete. You get the chance to test

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