

# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

## FINAL RACE INFORMATION



Welcome to the Vitruvian Triathlon

### **FINAL RACE INFO**

**please note some times and info may be adjusted from provisional race information** We request that you read fully all the details outlined in this race information **BUT PLEASE NOTE...You are required to DOWNLOAD AND READ FULLY THIS-FINAL RACE INFORMATION** However 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 1st September 2016 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.

### **Triathlon England National Championships**



**NATIONAL  
CHAMPIONSHIPS  
2016**

Pace Setter Events are proud to announce that the Vitruvian has been selected to host the 2016 Middle Distance National Championships. 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.

To be eligible to win a Triathlon England title and be awarded a Triathlon England - National Championships medal you must be both a legal resident or citizen of the United Kingdom and hold a valid Triathlon England race licence.

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.

For more info go to [www.triathlonengland.org](http://www.triathlonengland.org)

### **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 Vitruvian Middle Distance Triathlon is under BTF ruling 30.5 open to Junior C athletes 19 years 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](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 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.

### **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!**

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### 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



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 – please note new BTF rules

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**

Draft zones in draft illegal races – a 10 metre (increased from 7m) zone must be maintained in Standard distance and shorter race, with 20 seconds allowed for one competitor to pass through the draft zone of another.

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.

### 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

### 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](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. Site access closes after 8pm. 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 driven 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**

All staff, volunteers and marshals will also be issued with a parking exit ticket when they register at the official's registration area.

All vehicles are left in all respects at owners' risk - Please note that if you wish to leave the parking area prior to the end of the event then you must arrive sufficiently early to park on the right hand side car park as it will not be possible to exit the overflow car park which may be used for late arrivals as this forms part of the run course. **IF YOU NEED TO LEAVE EARLY...MAKE SURE YOU ARRIVE EARLY**

#### Catering

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

#### FRIDAY 9<sup>th</sup> September – serving until 8.00pm

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

#### SATURDAY 10<sup>TH</sup> September 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

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## Registration Procedure and Timings

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

**Registration Open** - Friday 5.00pm - 8.00pm  
**Registration Open** - Saturday 4.50am - 6.00am

Registration will take place in the Event Marquee opposite to the Harbour Bar Cafe. Please follow signs from the Car Park. (Please 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 alphabetical lists displayed at the entrance. Relay teams are listed alphabetically in respect to the team leader's name

#### 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 2016 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.

You will also find a **SECURITY TAG in your RACE ENVELOPE.** You should put this tag on your wrist straight away. Without this tag on your wrist you will be denied access from transition **DO NOT LOSE THE SECURITY TAG**

#### 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 Goody Bag

Next collect your Vitruvian Goody bag. 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 at the back.

#### 6 Purchase your parking exit ticket

You can purchase your parking exit ticket (VALID FOR RACE DAY ONLY) from Anglian Water at the back of the Registration Marquee

### Commemorative Clothing and Finishers T Shirts

All competitors who take part in the 2016 Vitruvian will be provided with a commemorative Vitruvian garment and in addition all finishers will receive a finishers T shirt and a medal.

**PLEASE NOTE - The size you will be issued will respond to the size that YOU selected when you entered the event.**

### IF YOU ORDERED THE WRONG SIZE

If you selected the wrong size when entering the event - YES YOU ORDERED THE SIZE. I am afraid we can not guarantee that we will be able to adjust the size of the garment issued prior to the registration of all competitors as this would be unfair to those athletes who selected the correct size when they registered for the race.

### CHANGE IT ON THE DAY AFTER THE RACE IS CONCLUDED

However... whilst we are not in a position to change sizes of clothing or T shirts until after the race has concluded, should you wish to exchange the commemorative clothing or finishers T shirt for another size we will be happy to do so (subject to availability) immediately after the event has concluded. You will be able to do this in the Registration marquee.

Please note - we do not issue commemorative clothing or finishers t shirts or goody bags to non attendees and **we are not in a position to offer a mail order service** so please make sure you change your hoodie/ t shirt **at the event** if you have selected the wrong size

## Race information and Timings

### Race Briefing 6:15am

There will be a short compulsory race briefing at the Harbour Bar Cafe at 6.15am for all athletes. Please attend this race briefing as any last minute changes, as well as any questions will be answered here.

### Transition Area Timings

Open Friday 5.00pm - 8.00pm  
Open Saturday 5.00am - 6.15am

After 6.00am on the morning of the race competitors will not be allowed to bring bikes into or remove bikes or remove bikes from the transition area. Whilst competitors are permitted to remain or return to the transition area after this time they will not be permitted to remove or bring bikes into the area under any circumstances. This policy is undertaken to ensure the non impedence of athletes who have already started racing. **ATHLETES HOWEVER WILL BE ALLOWED IN THE TRANSITION AREA TO MAKE LAST MINUTE ADJUSTMENTS TO THEIR KIT**

### BOXES AND BAGS IN TRANSITION AREA

Competitors are permitted to bring a box or a bag into the transition area, However, boxes and bags cannot be left alongside the bikes. Only race kit to be used can be left in that race area.

All boxes and bags should be moved into the area under the trees in the transition area where they will not impinge on the race area. This area is only accessible to competitors but the organisers do not accept responsibility for the security or the safety of these items so please don't leave valuables in them.

### RELAY TEAMS

Handover for all relay teams must take place in the transition area and competitors should stand alongside where their bike is racked.

Please note - transition areas allocation or racking places for different age categories are in different transition areas AS OUTLINED BELOW PLEASE ALSO SEE MAP -

### Transition Areas



**TRANSITION A - TARMAC AREA - NOS 646 -1155**  
**MALE AGE CATEGORIES 40 - 70+**

**TRANSITION B - GRASS AREA- NO'S 1-645**  
**ALL RELAY TEAMS**  
**ALL FEMALE AGE CATEGORIES**  
**MALE AGE CATEGORIES 19-39**

Competitors are able to rack their bikes on either Friday or Saturday. There will be additional security in place from 8pm Friday until 5am Saturday.

### Bike Security

Please ensure that you affix the bike number sticker provided in your Race Envelope for security reasons. As the transition area will only be open for a limited please rack your bike promptly. Competitors only will be allowed into the transition area.

### Additional Bags

As the transition area is limited space, only take what you require for the race into the transition area. Small boxes are allowed but must not be larger than 50cm length AND MUST BE LEFT AWAY FROM THE RACKING AREA AND PLACED UNDER THE TREES IN THE CENTRE OF TRANSITION- see below

Any equipment placed in the racking should fit within your own space. Additional bags or large boxes will not be allowed into the transition area next to the racking, however you are permitted to place spare bags within the transition area in between Transition A and B area. Whilst this is within the secure transition area and is only open to athletes we will not however be

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able to take responsibility of any bags left in that area and they are left entirely at your own risk.

To gain access to the transition area you will be asked to show your race number and will be required to have your security band attached to your wrist. 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 6.00am promptly. At this time you are required to attend the Race Briefing. During the race, (6.00am) only racing competitors will be allowed through the transition area. The Transition Area will open again immediately after completion of the cycle section for athletes to collect their bikes. Removal of your bike from the transition area will not be possible without your race number & security wristband, which corresponds with your stick-on bike frame number on your bike. If challenged please be prepared to show race numbers at all times.

### Course Reconnaissance

You are not permitted to swim in Rutland Water at any time other than during the race. The bike and run course will be set up from Friday afternoon.

### FINAL WAVE Start Times

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 sunrise, approx. 0625 hrs after which additional waves will be set off at 10 or 5 minute intervals as outlined below which will be age based and subject to wave sizes.

TIME	CATEGORY	SWIM HAT	No's	
0625	Female ALL & Male 55+	RED	1-301	301
0635	Male 18-34/TEAM	SKY BLUE	302-486	184
0645	Male 35-39	PINK	487-644	157
0655	Male 40-44	YELLOW	645-845	200
0705	Male 45-49 & 50-54	ORANGE /GREEN	846-1155	309

### AGE CATEGORIES ARE ALLOCATED AS AGE ON 31 DECEMBER 2016

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.**

### Cut Off Times

To ensure that the safety of all athletes we are required to place cut off times for all three disciplines which are based on a running clock from the **start of the last wave**. The cut off times are as specified below.

Athletes falling outside of the running clock times at the conclusion of each discipline may be requested to withdraw from the race. For logistical and safety reasons.

		Running Clock	approx
Swim	1 hour 10 mins	1 hour 10 mins	0815
Bike	3 hours 40 mins	5 hours 00 mins	1155
Run	3 hours 00 mins	7 hours 50 mins	1455

### 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

#### LIVE Results

Live results will be available on the [www.pacesetterevents.com](http://www.pacesetterevents.com) home page

Provisional results will be updated constantly on the plasma screen in the race village where you can print off your result. However all athletes are requested to CHECK THE PENALTIES BOARD as penalties are not automatically added to the timing chip times until the end of the event and immediately prior to presentation.

Any queries relating to provisional results posted on the web must be e-mailed to [vitruvian@pacesetterevents.com](mailto:vitruvian@pacesetterevents.com) by 1200hrs Wednesday 14th September 2016. Queries submitted after this time can not be investigated. once all queries have been checked and the results have been verified all results will be deemed as final and complete. A set of CONFIRMED AND

FINAL results will be published on Thursday 15<sup>th</sup> September subject to all queries being resolved.

### Time Penalties & Appeals

#### GO AND LOOK AT THE PENALTIES BOARD ON THE DAY!!!

The issue of time penalties will be posted on the results board by the results printer 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

**UNDER BTF RULES YOU CAN NOT APPEAL AFTER THE EVENT DAY.**

### Prizes and Presentations

#### Prize Giving

This will take place at the transition/finish area, approx 2.30pm 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 19-24, 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 and Relay Teams first, second & 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

#### Swim Course 1900M (950m x two laps)



The swim starts immediately in front of the Harbour Bar Café at Whitwell Harbour. The swim course is a two 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.

After the first lap, competitors will exit the water on the left of the jetty run along the beach section for 25m before entering the water on the right of the jetty for the second time to complete the second lap. All swimmers will start their second lap on the left hand side of the main start.

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. Be careful entering any open water swim if you are unwell. The lake may be cold and in line with BTF and ITU rules triathlon wetsuits will be compulsory if the temperature is below 15°C and forbidden above 23°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**

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## 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 guidelines outlined below.

- 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.
- 4 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 Course 85km / 52.0 miles (42km x two laps)



Kilometers	Mileage	Designation	Action
	0.0	Transition area	Turn right to Exit car park
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 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 Empingham	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.
41.70	25.9	Junction	Caution High5 feed station <b>ALL ATHLETES MUST PASS THROUGH</b>

			THE FEED STATION AREA BEFORE STARTING THEIR SECOND LAP
41.85	26.0	START LAP 2	Caution right turn rejoin original course at original point 0.0 for one further lap
83.70	52.0	Junction	After completing a second lap continue past feed station turning to the left- enter T2 at dismount line Caution runners on opposite side of the road
83.85	52.1	Enter T2	Enter T2 at dismount line Caution Road narrows

The bike course is two laps of a 42km course, which will **return into the Rutland Water Whitwell site to the feed station after the first lap** and will then proceed over the same course for a second lap.

## ALL ATHLETES MUST PASS THROUGH THE FEED STATION AREA BEFORE STARTING THEIR SECOND LAP ON 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.

Please note that following complaints by some residents of **KETTON**, the Police and indeed our race referees will be keeping an especially close watch on that section of the course. **DO NOT RIDE RECKLESSLY AND DO NOT RIDE ON THE WRONG SIDE OF THE ROAD.** If you are seen doing so you will be immediately disqualified and will be banned from all future events. We require the support of the public to allow our events to take place and expect you to show due care and offer due courtesy to other road users when riding on the highway

## High5 Bike Feed Station

One feed station is available on the bike at the end of the first lap at 42km which will have bottles available with both water and / or High five Energy Source. In addition bananas will also be available at this feed station. All competitors are required to go through the feed zone after their first lap as this remains part of the course irrespective of whether you wish to take on the nutrition required or not. Please take due care through the feed station as reckless riding will be penalized.

PLEASE READ DETAILED BREAKDOWN OF HIGH5 ON COURSE PRODUCTS AT THE END OF RACE INFO.

## ADDITIONAL TOILET LOCATIONS FOR ATHLETES

In addition to the normal venue toilets we have positioned a number of portaloos immediately behind the Harbour Bar café and at the Watersports Centre for use by athletes and spectators.

We have also located a number of portaloos inside the transition area as well as on the entrance to the Dam on the run course at Sykes lane for use by competitors only. Please ensure you familiarize yourself with their location or ask a marshal to point them out to you.

## 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.

# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

Run 21km (10.5km x two laps)



**LES-STABLES**  
**TRIATHLON CAMPS**  
APRIL TO SEPTEMBER 2016

The run course is 2 laps of a 10.5 km route consisting of a run out along the edge of the lake to Normanton Church, before returning back to the transition area, prior to commencing the second lap over the same course

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.

From here you will run across the dam and at the far end of the dam you will come to a second drinks/feed station, 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 immediately in front of Normanton Church which is the furthest turnaround point and the third drinks/feed station. At this point **YOU MUST COLLECT YOUR FIRST WRIST BAND.**

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 stations as on the way out. This route will enable you to use all the drinks/feed stations as used on the outward journey. Nutrition on the Bike and run course will consist of Bananas, Jaffa Cakes and water as well as Nutrition PROVIDED BY HIGH5.. PLEASE READ DETAILED BREAKDOWN OF HIGH5 ON COURSE PRODUCTS AT THE END OF RACE INFO.

Upon reaching the transition area you will turn at the transition area turning point which also acts as the fourth drinks/feed station and will then head back out along the same route as taken for the first lap.

Upon reaching the turnaround point at Normanton Church for the second time you must pick up your **SECOND WRIST BAND.** Once you have picked up the second band you will run back to the finish area for a second time using the same route as taken on the way out but at this time you will be able to cross the finish line immediately in front of the Harbour Bar Café.

## AT THIS POINT YOU CAN CALL YOURSELF A VITRUVIAN.

All finishers will receive a Vitruvian Finishers T shirt when they cross the line as well as a finisher's medal. Please ensure that you return your timing chip once you cross the line...

**Please also check your results and the penalties board as soon as possible after you finish.**

**EVEN IF YOU DO NOT THINK YOU HAVE INCURRED A PENALTY YOU MUST CHECK THE PENALTIES BOARD**

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

## Other Relevant Information



### 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. Visit <http://highfive.co.uk/high5-faster-and-further> to find out more.

Other nutrition will also be available on the course including bananas and jaffa cakes etc.



Total Fitness Nottingham (TFN) have been around for as long as we can remember - and that is a very long time - and Pace setter Events are again proud to have TFN on board as our retail sponsor.

TFN have won the 220Triathlon awards for retailer of the year consecutively for so many years their name appears to be permanently on the trophy. While their shop is based in Nottingham they have an online shop which offers both a fast efficient and friendly service so it doesn't matter where you're based. And they will be in the race Village to assist with any last minute needs



### 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 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](#)



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!!

# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

## Massage



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



XK Swimzi The Technical pre and post race weather proof jacket\* is available at the Vitruvian at a 10% discount..

swimzi have developed a piece of weatherproof kit like no other. The XK jacket has been carefully designed to protect against wind penetration whilst keeping essential body heat locked in: allowing you to perform at your best... whatever your sport, wherever you are in the world.

### Normal prices

Junior sizes: - 13 yrs - RRP £84.95

Senior sizes: - S - M - L - XL - RRP £99.95

A piece of kit you should never be without

## 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 10<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

# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

LOCATION MAP



HQ address; Rutland Watersports Centre, Bull Brigg Lane, Whitwell - LE15 5BL

SWIM MAP

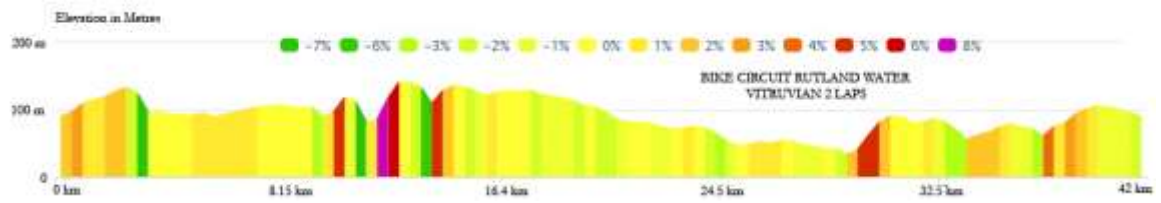




# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

BIKE MAP



# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016



## VITRUVIAN TRIATHLON

RUN MAP



[WWW.PACESETTEREVENTS.COM](http://WWW.PACESETTEREVENTS.COM)

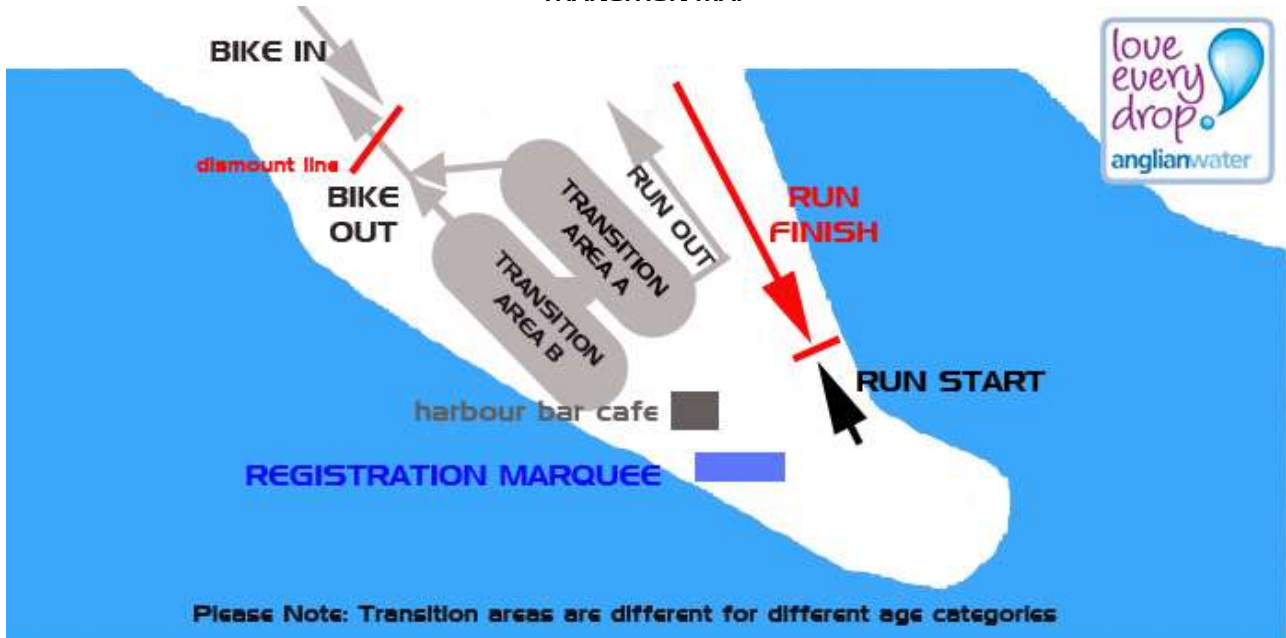
VITRUVIAN TRIATHLON RUN - 21KM  
OUT & BACK X 2 LAPS X 10.5KM

**pacesetter**  
EVENTS.COM

# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

## TRANSITION MAP



[WWW.PACESETTEREVENTS.COM](http://WWW.PACESETTEREVENTS.COM)

VITRUVIAN TRIATHLON  
TRANSITION & ORIENTATION MAP

# Vitruvian Triathlon

Saturday 10<sup>TH</sup> September 2016

# LES-STABLES

## TRIATHLON CAMPS - FRANCE

£310 PER WEEK ACCOMODATION AND COACHING - WE CHALLENGE YOU TO DO BETTER



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