



Immortal Half Wembleball 24th June 2018 Athlete Information

We look forward to welcoming you all to Wembleball Lake for what promises to be a great day of racing on a course with some real Triathlon heritage.

We need to make you aware of some important information prior to race day.

Parking for Athletes and Spectators

All parking will be on a dedicated car park near the Lake kindly provided and managed by South West Lakes Trust.

This will be clearly signposted as you access the Lake by following the signs for Wembleball Lake from the B3190 on the east of the lake.

This car park is in view and only a short walk to registration, transition and the finish line.

Spectators are also welcome to park in this location.

Registration

From 14:00hrs till 17:00hrs Saturday 23rd May

From 05:00hrs till 06:30hrs Sunday 24th May

If you are staying locally we would strongly advise coming along to register and familiarise yourself with the layout on the Saturday. This will help to avoid delays should lots of athletes choose to register on Sunday morning. Your co-operation with this would be much appreciated.

You will collect your race number and your timing chip at registration.

We advise you attach the timing chip to your left ankle using the Velcro strap provided.

Race numbers are to be displayed on your back on the bike section, and on the front on the run sections.

We strongly recommend you use a race belt. These will be available for purchase at registration.

Swim hats will also be issued and must be worn.

BTF licences need to be available if you are affiliated. A £5 day license fee may be applied if proof of membership is not available.

Please note the wearing of any personal stereo device is not permissible during the race or in transition.

All bikes must be racked on Sunday morning.

Transition

Open from 05:30hrs Sunday 24th June

Please make sure you have the supplied helmet and bike stickers in place and your helmet on and securely fastened before you arrive at the entrance to transition, so that it can be checked by our team of marshals. Numbered racking will be in place.

You may keep your kit with your bike, preferably in a small bag.

Transition is in a grass meadow, which can be a little uneven. Transition space is quite limited so please avoid large bags.

Athletes and officials only in transition please.

This event is run under the rules of British Triathlon.

Please take the time to familiarise yourself with these:

Rules of Competition:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2018.pdf>

Overview of Changes 2018:

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/2018-competition-rules-changes-overview.pdf>

Race Briefing

Swim

Start at 07:00hrs prompt

There will be a short safety briefing in transition at 06:45hrs which is important for you all to hear.

The lake is approximately 400m from transition.

The route from the swim is on a mix of rough grass and gravel path. You are advised to consider an additional pair of old shoes or flip-flops to leave at Lakeside to aid the run from swim exit to T1.

These should be left neatly alongside the path or left with a friend/ supporter.

The swim entry will be via the banks of the Lake which slope gently to the water. You will be given a few minutes to acclimatise to the water before the start.

Lake exit will be at the same location.

It will be a mass start in the water signalled by a klaxon horn.

The route will be a single lap in a clockwise direction marked by large swim buoys.

Should you experience difficulty please roll on to your back and raise your hand. One of the Water Safety team will attend.

No backstroke permitted.

On leaving the swim it is permissible to strip your wetsuit but only to the waist please.

Swim cut-off time 1hr 15minutes

Bike Course

Please ensure you are wearing your helmet with the strap secured before you touch your bike.

You must push your bike from transition to the mount line.

The bike course is two laps.

Stay on the road ahead unless directed otherwise by cycle route arrows.

There is one split junction towards the end of each lap.

A sign will advise you to turn right at the end of Lap 1 and straight ahead at the end of Lap 2 to complete the bike section at T2.

Marshals should be at each direction change so should you see a fellow competitor in difficulty please relay this information to the next marshal.

A sweep bike/ support vehicle will accompany the final competitor.

The route is mainly on open public roads, so please obey the rules of the road. Some sections are on closed roads but please expect other road users at all times and keep to the left side of the road.

The route is entirely on quiet rural roads and you may encounter a wide variety of other road users including horses and farm vehicles. Please afford other road users the respect you would like them to give you.

As can be expected on these types of rural roads, there are some pot holes.

Where these are significant we will try put some warning notices, but please be aware of potential for pot holes at all times. There is one section which is a steep fast descent to a left turn at a Give Way junction.

We will apply a no overtaking zone on the descent approaching this location which will be observed by a Judge of Fact and penalties applied. Signs will warn you to slow down and give way, which will again be observed by a Judge of Fact.

Excessive speed into this junction will result in you not stopping in time to observe traffic or worse, so please take extreme care.

Drafting is not permissible.

Marshals will report any incidents of drafting to the Race Official, and two or more reports will result in disqualification.

This will be implemented at T2, and the athlete not allowed to continue.

Feed Station - Bike

There will be one feed station on the bike course.

This will have water and energy drink available. **You will need to refill your own bottles.**

There will also be energy bars and gels from High5.

The feed station will be passed twice on the bike route.

It is on the approach to the causeway in a service layby near the split junction.

In the interest of safety, a dismount policy will be implemented so you walk through the feed station.

There will be a dismount sign and a bin to collect any discarded bottles. Refill the drink of your choice and remount your bike before proceeding on your way.

On returning to transition please dismount at the dismount sign/ line and rack your bike before removing your helmet.

Bike Course cut-off time 6 hours total time**Run Course**

The run route is three laps and includes footpaths, tarmac roads and gravel tracks around the stunning Lakeside.

A wristband will be collected on each lap.

Once you have your third wrist band proceed to the Finish at the end of lap three.

On the route follow the route ahead. Any changes of direction will be clearly marked and may be marshalled.

There will be a drinks station near the midpoint which will have water and energy drink available in biodegradable cups, as well as bars and gels.

If the weather is exceptionally hot we will add a second drink station serving water.

Race cut-off is 9hrs total time - 16:00hrs**Catering**

The Duck Café is located at Wimbleball Lake near transition and the finish line and will be offering a fine selection of hot and cold drinks and snacks throughout the day.

Please avoid littering.

Deliberate littering will be penalised at the discretion of the Race Director, as the route follows an Area of Outstanding Natural Beauty.

We look forward to welcoming you to Wimbleball Lake as you become an Immortal Athlete.

Steve Elliott
Race Director
Immortal Wimbleball