

Athlete Information for Immortal Half at Stourhead

Please read this information very carefully

14th May 2017: Race Start 07:00hrs

We look forward to welcoming you all to Stourhead. The final preparations are well underway. We need to make you aware of some important information prior to race day.

Parking for Athletes and Spectators: All parking will be on the nearby Airfield. This will be clearly signposted from the High Street at Stourhead. Please park neatly. Stourhead Estate can be easily accessed by following the brown signs from the A303/B3092. It is then a short walk from the car park to registration, accessed via the Visitor Centre. All athletes and spectators, must enter through the Visitor Centre. Competitors and spectators will need to exit Stourhead through visitor reception.

Registration: From 12:00hrs till 16:30hrs Saturday 13th May.

Limited registration available on Sunday from 5am by prior arrangement.

This will take place in the Discovery Centre. Please follow signs from Visitor Centre. Here you will collect your race numbers, and your timing chip. 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 if required, at registration. Swim hats will also be issued and must be worn. BTF licenses 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. The Sprint race starts at 17:00hrs on Saturday. I am sure the Sprint race competitors would appreciate your support at Lakeside.

Transition: Open from 05:30hrs. Sunday 14th May

Please make sure you have the supplied Helmet and Bike stickers in place. Numbered racking will be in place. You may keep your kit with your bike, preferably in a suitable box. Transition is in grass meadow, which can be a little uneven, so a box is strongly advised. Athletes and officials only in transition.

This event is run under the rules of British Triathlon, please see

<https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2017.pdf>

Swim: Start at 07:00hrs prompt

There will be a short safety briefing at Lakeside at 06:45hrs, which is important for you all to hear. The lake is approx 500m from Transition. The route from the swim, is on a mix of tarmac, grass and gravel path. You are advised to consider an additional pair of old shoes/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 a floating pontoon. This is also the exit point. It will be a mass start in the water, signalled by a klaxon horn. The route will be two laps 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.

****Swim cut-off time 1hr 15min. ****

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 toward the end of each lap. A sign will advise you to follow straight on at the end of Lap 1, and turn left at the end of Lap 2. 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 on open public roads, so please obey the rules of the road. There is one T-junction where a right turn is made. You have to give way at this junction. Remember the roads are open. As can be expected on these types of rural roads, there are some pot-holes. Where these are significant we put some warning notices, but please be aware of potential for pot holes at all times.

Drafting is not permissible. Marshals will report any incidents of drafting to the Race Referee, and two or more reports will result in disqualification. This will be implemented at T2, and the athlete not allowed to continue. The Bike route will be checked, but due to the rural nature of the route, please expect the unexpected. Pot-holes, surface changes, mud etc are all a possibility. We are aware of one significant pothole midway down the first descent. We have made a request to Highways to repair it. Please proceed into the left hand bend on this descent with added caution. We will add additional advance warning signs at this location for your information.

Feed Station-Bike:

There will be one drinks station on the bike course. This will have water or energy drink available. You will need to re-stock your own Bike Bottles. There will also be energy bars and gels from High 5. The drink station will be passed twice on the Bike Route. It is on the grass verge alongside the Hunters Lodge Public House at approx. 20 miles and 46 miles. In the interest of safety, we are going to implement a dismount policy so you walk through the drinks station. There will be a dismount sign, and a bin to collect your discarded bottles, collect the drink of your choice, and re-mount your bike at the mount line, 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 forest gravel tracks around the stunning estate. Different colour Wrist bands will need collecting at the end of each lap. Once you have your second wrist band, you then proceed down the Finish Funnel at the end of Lap Three. Follow the route ahead, any changes of direction will be clearly way marked, and hopefully marshalled. There will be a drinks station at around the midpoint, which will have water available in plastic cups, and energy drink in plastic cups, as well as bars and gels. If the weather is exceptionally hot, we will look to add a second drink station with simply water.

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

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 register on 13th May.

Have a great race, on the 14th May and we will see you at the finish, as you become an Immortal Triathlete

Steve Elliott
Race Director
Immortal Half