

Athlete Information for Immortal Sprint at Stourhead

13th May 2017 Race Start 17:00hrs

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.

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

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, 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 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.

Transition: Open from 14:30hrs.

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, and can be uneven underfoot. A transition 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 17:00hrs prompt.

There will be a short safety briefing at 16:45hrs, 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 one 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.

Swim cut-off 45mins

Bike Course: You must put on, and fasten your helmet, before removing your bike from the rack, and pushing your bike to the Mount Line. The bike course is a single loop. Stay on the road ahead, unless directed otherwise by Cycle Route arrows. Marshals should be at each direction change. 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. Drafting is not permissible. Any reported drafting may be punished by exclusion.

There is no drink station on the Bike course, so please ensure you have adequate hydration on your bike before the race starts. The 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. On returning to Transition, please dismount at the line, and rack your bike before removing your helmet. Bike cut-off, 2hr 30 from race start time(19:30hrs)

Run Course: The run route includes footpaths, tarmac roads and forest gravel tracks. 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. Race cut-off time (20:00hrs)

Please avoid littering, as this is as the route follows an area of outstanding natural beauty.

We look forward to welcoming you to the start on 14th May. Have a great race, and we will see you at the finish.

Steve Elliott

Race Director

Immortal Sprint