



SPRINT X

OLYMPIC X

RACE MANUAL

Race Manual

The nature of the local Cumbrian weather, the actual race, course and the area it takes place in means that it is not possible to be 100% accurate on all matters. The important details are correct though. We intend to issue an updated version of the manual shortly before race day and will make clear any changes. There will also be a compulsory race briefing where any last minute changes will be brought to your attention.

The organisers reserve the right to alter any element of the manual and the race.

This manual will provide you with the information you need to compete in the Sprint X and Olympic X triathlons

Competitors **must** read this document and follow all advice.

Introduction

The Sprint X and Olympic X are mix terrain triathlons organised by Lakeland Races in conjunction with Triathlon X, organisers of the Half X, Ultra X and Extreme X long distance triathlons. The Sprint and Olympic distance races have the same DNA as their longer distance cousins, being challenging and spectacular but over a shorter distance.

Both races start in Lake Windermere, with a deep water start, following a triangular anti-clockwise 750m course. The Sprint X completes one lap, the Olympic X completes two laps.

Transition at waterhead, where the competitors change from swim to bike.

Both races follow a 20km looped bike route. The bike route starts from Transition, heading North through the village of Ambleside before heading Northeast onto Kirkstone Pass. Kirkstone Pass is the longest and second steepest Pass in the Lake District National Park, with an average climb of 25% over 3 miles. The uppermost section of the pass is known as 'the struggle' comprising of a series of hairpin switch back to the summit. From the summit of the pass (1500 ft) competitors head South, descending to Lake Windermere via the picturesque hamlet of Troutbeck. The long descent has spectacular views over Lake Windermere towards the Langdale Pike and Bow fell mountain ranges. Once reaching the valley bottom at Troutbeck Bridge, competitors follow the A591 along the shores of Windermere back to Transition.

Competitors return to the Transition area to change from bike to run. Bikes are left in the racking area before heading out on the run leg

Rules

General Rules

The Triathlon X general rules are based on the rules and regulations of Triathlon England – you can find these at: <http://www.britishtriathlon.org/>

Rules on the bike leg

The bike course is open to normal traffic.

Road traffic regulations must be strictly observed at all times.

Be particularly careful and observant at all junctions and while descending the passes. Keep to the left at all times and remain in control on steep descents.

The bike section is waymarked with large (24 inch x 18 inch) yellow signs at every junction and every 2 miles between junctions. Whilst every effort has been made to ensure the signs remain in place during the race it is advised competitors download a GPX file of the route and if possible reccie the route prior to race day.

Rules on the run leg

The run course is open to other trail and mountain users, please give respect to these. All runners must follow the correct trail. The run is waymarked at all junctions with Large (24 inch x 18 inch) yellow signs on the road sections and flagged with hi-viz taped on the mountain sections, all of the route follows well defined pathways.

Runners are responsible for their own safety, Parts of the route are tricky and runners are advised to take extra caution on the downhill sections. All runners must always observe the instruction of the mountain marshals.

Equipment

Full wetsuits are mandatory for the swim

Your race numbers are waterproof and tear proof and can be worn underneath your wetsuit during the swim.

Bikes must be serviced and breaks in perfect working order and UK road legal. **If you plan on using deep section wheels please also bring an alternative, the wind can be very strong and the course may become unsuitable for deep section wheels.**

Helmets are compulsory whilst riding your bike and must be approved by a national accredited testing authority, or have the CE stamp.

No change of bike or wheels are allowed except due to mechanical failure. In this case the Race Office must be informed.



Cut Off Times

Cut offs are necessary because we are concerned about your safety. It is very dangerous to be on the mountain after dark or if you are too exhausted. You cannot continue in the race on your own or at your own risk. The following cut off times will be enforced

Times (LEAVING TRANSITION)

Start	Sport	SPRINT X CUT OFF	OLYMPIC X CUT OFF
8.00am	Swim (T1)	9:00	10:00
	Bike(T2)	10:30	12:00
	Finish	11:00	13:00

Medical

Medical crew or Mountain Marshals appointed by the organisers may remove a competitor from the race should they suspect that there is a health or injury risk to the competitor at any time during the race.

The use of non-legal performance enhancement supplements/drugs is forbidden.

Paramedics are positioned in Transition, all treatments must be reported and logged by the paramedic team

Expected weather conditions

Water temperature in Windermere averages 15 C in September, Air temperature on the bike leg: 9 to 20 C Air temperature from 8 to 28 C

The extreme changeable weather in the mountains can make changes to the race necessary.

The swim may be shortened or abandoned if the water temperature is unseasonably cold. The run course may be changed if the weather is bad, if the visibility is low due to fog or rain, high waves, or any other reason.

Bad weather can make it impossible to enter the mountain. The mountain checkpoint will then be closed and the competitors will have to finish on the lower course. The checkpoint might close at any time during the competition.

Drinks on the course

A water station is positioned in Transition for the Bike and at the 2.5km and 5km checkpoints on the run. Water and Energy drinks are provided.



Race Program

HALF X	Day	Time
Registration	Saturday	5:00 pm – 8:00 pm
Transition opens	Sunday	6:30 am - 7:45 am
Swim start	Sunday	8.00 am

Please take the time to inspect your race pack, If any items are missing please us know immediately

1 x swim hat

1 x race number

1 x sticker sheets for helmets etc

Helmet sticker is to be positioned on the front of your bike helmet. Bike number to be folded back on itself and wrapped around either your seat post or rear brake cable.

During the bike section you must have your race number visible on your back and during the run section you must have your number visible on your front. Either or both race numbers can be used.

Race day

Prepare for a very long and restless night before the race as, you will no doubt be nervous and excited.

Race registration is only available on Saturday morning

Transition is open in the morning is between 6.30 am and 7:45 am only.

Leave your bike in your numbered slot in the transition zone.

Don't be late.

The swim is 750m loop in Windermere. You will be accompanied by a water safety crew in kayaks and RIB.

There will be a lead kayaker to keep you on the racecourse – please follow them. This is very important for safety reasons. Please follow any instructions from kayakers as they are there for your safety.

If you have any kind of problems, signal to the water safety crew.

In general, road surfaces are good, but there are some potholes (will be marked with paint) & where possible will liaise with the Highways to fill in before the race day. The roads are constantly rolling up and down, and there are lots of 'very hard' climbs. The roads are NOT closed, and you will have to obey UK traffic rules. Take care on the single-track sections of road, and the steep descents.

TRANSITION 1 and SWIM

Transition closes at **7.45 am** – you will not be allowed in after this time.

Race Briefing for competitors is at **7.45**

Race Starts at **8.00 am**

Parking

LDNPA Waterhead carpark next to the race start. Short grid reference: NY 376 032. Postcode: LA22 0ES The cost is £10 for the day

Results Results will be available to view on the race website on the Monday after the race. Results will not be mailed out.

In the results participants will be given their timing splits for each discipline, race numbers must be clearly visible at all times.

Lost Property

Please hand in any items found to the Competitor Help Desk located in the registration tent. Lost property will be held for 2 weeks before being taken down to the charity shop. Please contact Mark Blackburn 07979262784 to register any lost items.

Toilets

Don't leave it to the last minute! Public toilets are located in the LDNPA carpark

Medical

Competitors are instructed to write medical details on the back of their race numbers and put a small indelible red cross on the front of their number to indicate a known medical issue.

Competitors are asked pre race to inform us of any known medical conditions, these are then forwarded on to our medical cover pre-race.

RACE TRANSFER & REFUND POLICY

PLEASE READ CAREFULLY PRIOR TO ENTERING THE RACE. **NO EXCEPTIONS WILL BE MADE**

Cancellation before 31st January midnight

Cancellation: Full refund of entry fee minus £25 administration fee

Transfer to other competitor (No Charge)

Deferral to following year race (No Charge). Competitors can only defer their entry once.

After the **1st February** there are **no options to cancel**. We apologise in advance, but we have limited numbers of places available for each race and late cancellations restrict the number of competitor places in future races.

RETIRING

Competitors who fail to meet the cut off time detailed above will retire from the race and return to Transition Timing area.

Competitors can retire from the race at any time, they must return to the Transition Timing area and inform the timing officials. Retiring competitors are required to **ring the freedom bell** to indicate their intention to retire. Once the bell is rung race bib and timing chip must be returned to the timing officials.

CONTACT:

Mark Blackburn

Lakeland Races, Forcebank, Burneside, Kendal, Cumbria, LA9 6QX

Race contact phone 07979262784 on race days please text race phone for general enquiries and phone for emergencies.