



**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, Full 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 distances.

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 is located in the Waterhead Car Park, 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 North East 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 a distance of 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.

The Sprint X completes one loop the Olympic X completes two loops.

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.

The Run leg of both the Sprint X and Olympic X follow the A592 road North, crossing the river Rothay before joining the local road known as 'under loughrigg' This minor paved road follows the Western Bank of the Rothay river to Millers Bridge. Here competitors leave the road to start the steep ascent of Loughrigg Fell.

The Sprint X competitors follow the paved road to the top of the climb, where they have a time check (2.5km) and then turn around to retrace their steps back to the Finish on the Shores of Windermere Lake (5km).

Olympic X competitors continue past the checkpoint onto the open fell, where the terrain turns to wide off-road trails. The route continues over the brow of Loughrigg, descending to Loughrigg Tarn (5km), where they are time checked and turn around to retrace their steps back to the finish on the shores of Windermere Lake (10km)

## **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 observe the instruction of the mountain marshals at all times.

## 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 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
<b>8.00am</b>	Swim (T1)	<b>8:30</b>	<b>9:00</b>
	Bike(T2)	<b>9:45</b>	<b>11:30</b>
	Finish	<b>10:30</b>	<b>13:00</b>

## 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

<b>HALF X</b>	<b>Day</b>	<b>Time</b>
Registration	Saturday	6:00 am - 7:30 am
Transition opens	Saturday	6:00 am
Swim start	Saturday	8.00 am

### Registration

Registration at the Watershead Carpark Borrans Rd, Ambleside LA22 0EP, on Saturday morning only.

Open 6:00am Saturday

Close 7:45am Saturday

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 its self 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 6.00 am and 7:45 am only.

You will be marked with your race number by a pen on your arms and legs!

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 race course – 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 pot holes (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**

Is located at the head of the lake in the grounds of the Watershead Carpark and opens at **6.30 am**. It will be dark so please bring head torches.

T1 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**

## **Transition 2 and Finish**

Is located at the Watershead Carpark

## **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 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 Transfers & Refund Policy**

All entrants wishing to transfer or withdraw from the event must be made by email to [run3.co.uk@gmail.com](mailto:run3.co.uk@gmail.com) by the following dates.

### **Cancellation Before 31<sup>th</sup> JULY midnight**

Cancellation (£50 Administration Fee)

Transfer to another competitor (No administration Charge no credit card charges)

Postpone entry to next year race (No administration Charge no credit card charges)

### **Cancellation after 31<sup>st</sup> JULY Midnight**

**No refund or Transfer**

## **Contact**

If you still require further information, here are contact details for the event:

**By Post: Mark Blackburn, Lakeland races, Force Bank, Burneside, Kendal, LA9 6QX**

**By Email : [run3.co.uk@gmail.com](mailto:run3.co.uk@gmail.com)**



