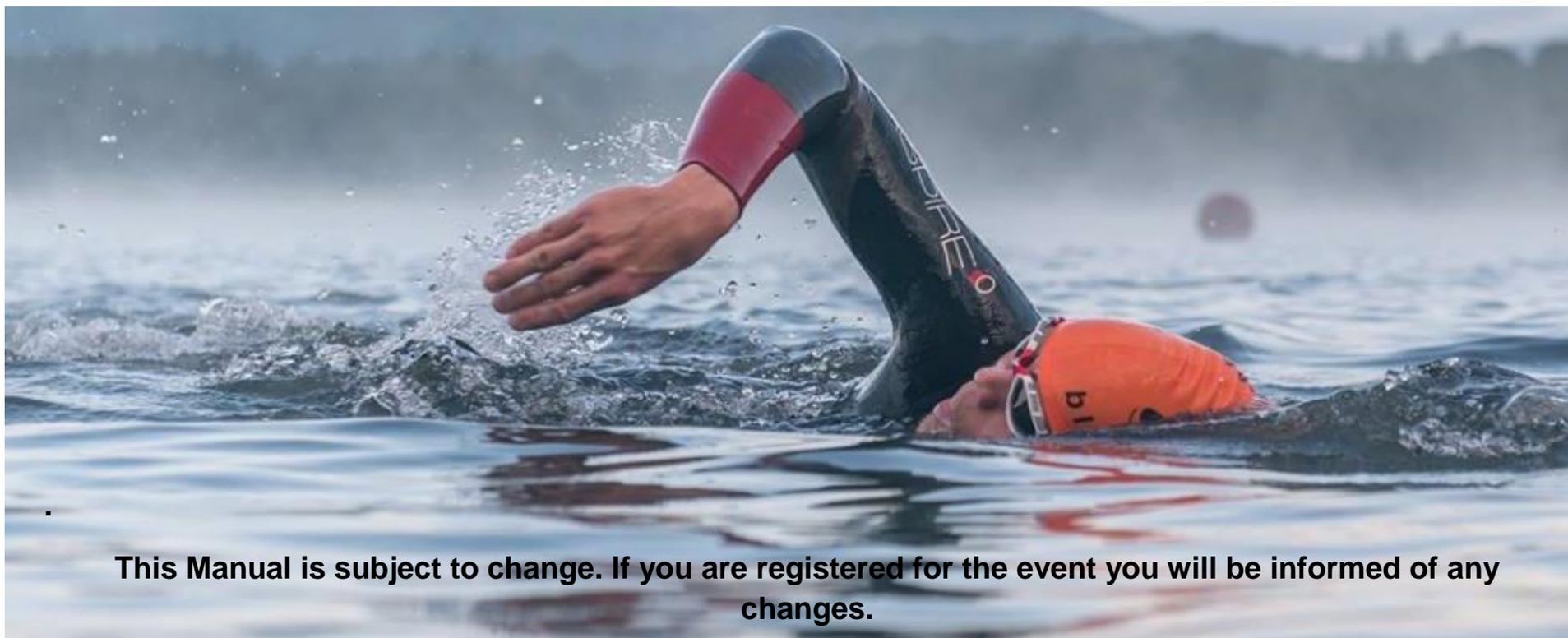


X **TRIATHLON**



This Manual is subject to change. If you are registered for the event you will be informed of any changes.

Race Manual

The nature of the local Cumbrian weather, the nature of the race, the course and the area it takes place in means that it is not possible to be 100% accurate on all matters at this stage. 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 minutes 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 X - The World's Toughest Iron Distance Race.

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



Contents

Race Description	
Distances	Page 4
Swim	Page 5
Bike	Page 6
Run	Page 8
Cut Off Times	Page 10
Race Day Information	Page 12
Program	Page 13
Medical Provision	Page 14
Registration	Page 14
Rules	Page 16
Relay Rules	Page 16
Athletes Equipment List	Page 17
Transfer and refund Policy	Page 21
Contact	Page 22

RACE DESCRIPTION

The X is an extreme Ultimate Distance Triathlon. Before entering the race it is essential that you read this document and understand the difficult and extreme nature of the event. There are mandatory cut off times that must be met. These are in place in order to ensure that you finish the event within the 20 hours of daylight available. No exceptions will be made.

DISTANCES

SWIM : WINDERMERE

2.4 MILES (3.8 km)

BIKE : The STRUGGLE to Kirkstone Pass; HONISTER; NEWLANDS; WHINLATTER; HARDKNOTT; WRYNOSE;

112 MILES (181 km)

ELEVATION GAIN 12,139ft (3,700 m)

RUN : LANGDALE PIKES; GREAT END; SCAFELL PIKE

26.6 MILES (42.7km)

ELEVATION GAIN 4,708 ft (1,435 m)

TRIATHLON X

140.8 MILES (226 km)

ELEVATION GAIN 16,994 ft (5,135 m)

SWIM

Windermere

Swim 2.4 miles.

Windermere is England's longest and second deepest lake. The swim is two laps of 1.2

From the entry point on the East side of Windermere you will see the famous Langdale Pikes, with Scafell Pike behind Bow Fell and Crinkle Crags. Windermere is Britain's most popular open water swimming destination, hosing the Great North Swim among many other annual events. Throughout the year over 10,000 swimmers will visit the lake. Windermere is a busy boating lake and while there will be no boats on race day, if you are intending to practise the swim prior to the event then take extra caution while crossing the ferry lanes that run from Bowness to Ambleside.

SWIM SAFETY

Triathlon X is run in accordance with the BTF open water swim temperature guidelines. Swim safety is covered by North West Paramedic Services who have a Paramedic and Medical Technician located on the shoreline. Swift water rescue boats are on hand to help any competitors in trouble.

TRANSITION

Is located at waterhead in the LDNPA car park adjacent to the head of Lake Windermere.

BIKE

The bike section is entirely on tarmac roads; however some sections of the route are on poorly maintained B roads. As organisers we warn riders of the worst potholes on route and publish a map to highlight the worst areas. We strongly recommend entrants make themselves familiar with the route before the race.

Ambleside, via Glenridding, Keswick, Gosforth, Eskdale and Coniston. This is a 112 miles bike ride from Ambleside via all the major road passes in the Lake District National Park. You will ascend over 3,700 m.

From transition head through the village of Ambleside to the start the Struggle, a series of steep switchbacks (25%) leading to the Kirkstone Pass. Heading North from Kirkstone, the ride becomes easier, following the shoreline of Ullswater before a long, slow drag past Aira Force (15%) up towards the A66 and onto Keswick.

From Keswick head South past Derwentwater towards Borrowdale (62 miles), from where you can see the back of Scafell Pike, the summit of the run route. Honister Pass (25%) swings you back north towards Buttermere. A short, steep pass, Honister, is a rude awakening after the easy riding from Keswick and hails the start of a series of the three consecutive mountain passes, followed by the steady climb of Newlands (20%) and finishing with the relatively easy ascent of Whinlatter (15%).

After Lorton village on the western side of Whinlatter, the ride takes you south towards Ennerdale Bridge via Loweswater. This section is deceptive, no major passes but a lot of climbing with constant undulating roads and some short steep sections. Ennerdale Bridge marks the start of Cold Fell, not a pass, not too steep, but one of the most arduous climbs on the route, with the prevailing winds predominately from the South West and with its proximity to the Irish Sea.

Past Gosforth onto Holmrook then turn East towards Eskdale Green onto Hardknott and Wrynose passes. Averaging 25% and topping out at 33%, Hardknott is the steepest of the passes on the bike route, followed by a relatively easy ascent of Wrynose at only 20%. Continue East to Little Langdale. Take the A593 to Coniston and return to Transition via Hawkshead Hill and the Knipe Fold to Ambleside.

Total 112 miles (180km) and climb 12,139 ft ft (3,700m).

BE WARNED this is the hardest bike section of any Ultra Distance Triathlon anywhere.

BIKE SAFETY

Bike Safety is in accordance with BTF rules. Your bike must be in good working order. We strongly recommend your bike is in excellent working order as the Lakeland passes are steep and can be very difficult to ascend and descend safely. **Disc brakes are permitted.**

The bike route is fully way marked however there are occasions when signs are moved or removed. It is highly recommended that you make yourself familiar with the route. **Electronic navigational devices are allowed** GPX files of the bike route can be downloaded from the website.

There are stationary Marshals located at the bottom of Kirkstone pass (Brotherwater side), Honister Pass (Buttermere side), Hardknott Pass (Cockly Beck), and Wrynose Pass (Langdale side). In addition to the stationary marshals, Mountain Rescue Trauma Services follow the event with two roaming rescue vehicles. There is a following blood wagon that sweeps the bike route and a lead marshal that checks the route prior to the first bike.

Your safety is our paramount concern and the race paramedic reserves the right to withdraw a competitor from the race at any time. In these circumstances a full refund will be offered to the competitor. If a competitor fails to meet the cut off times as described below, they will be asked to retire from the race and return to race HQ in Ambleside. In these circumstances, no refund will be offered.

BIKE DRINK STATIONS

There are three drink stations on the bike route located at Honister Pass Summit, Whinlatter Pass and Eskdale Green. Water and Mountain Fuel energy drink is available at all three. **No food is provided by the race organisers at any of the drinks stations.** In addition to the drinks available we will take your own food/drink/kit to the Whinlatter aid station, where you can swap/pickup/leave your own nutrition/food. We provide you with a drawstring bag (measuring 30cm wide x 40cm deep), you fill the bag with your own food/kit and bring it to registration, we then transfer this for you to Whinlatter Pass. After all the competitors pass through Whinlatter we return your bag to Transition 1 and leave it with your run kit.

DO NOT UNDER ESTIMATE THE EXTREME NATURE OF TRIATHLON X BIKE SECTION

TRANSITION 2

Located at Waterhead, Ambleside. Race Paramedic HQ is located in T2. In extreme circumstances the race paramedics reserve the right to retire a competitor on health grounds before they undertake the run section, or again when they pass through T2A as part of the run before the ascent of Scafell Pike. In these circumstances a full refund will be offered to the competitor. Competitors must make the T2 cut off times as described below. If a competitor fails to make these times they will be retired from the race and no refund will be offered.



RUN

Run 26.6 Miles from T2 to Scafell Pike and back via Great Langdale, Esk Hause and Great End.

Triathlon X run is 85% off-road with a serious mountain section to the summit of Scafell Pike Suitable footwear is essential. There are mandatory clothing requirements listed in the Athletics Equipment Requirements List below.

Run Start is located at the Race HQ at Waterhead Ambleside and follows Bog Lane, a paved road, to Skelwith Bridge where competitors join the off road trail shown on the OS maps as The Cumbria Way in a Westerly direction past Elterwater and onto Dungeon Ghyll.

T2A feed and safety station is located outside the New Dungeon Ghyll Hotel. **Water and Mountain Fuel energy drink only** are available in T2A; here you will be checked in and out as you enter the mountain section of the run. Your progress from here will be monitored by our mountain marshal team, who are located between T2A and Scafell Pike summit.

From T2A ascend Scafell Pike via Mickelden and Rossett Ghyll, onto Esk Hause and finally ascending Scafell Pike via Great End and Broad Crag.

Competitors return to the finish retracing their footsteps, being checked back safely from the mountain at T2A and back to the finish at Waterhead

Total Distance 26.8 miles 1450m ascent.

RUN DRINK STATIONS

There are two drink stations on the run, being available out and back, both have water and Mountain Fuel energy drink. **NO FOOD IS PROVIDED AT EITHER STATIONS** – However as on the bike leg, you can exchange food/drink/kit at T2A New Dungeon Ghyll Hotel (9 and 18 Miles). You will be given a drawstring Gym bag to put your own food/kit/drinks into at registration and we will transfer them to T2A for you, when passing either out or return on the run you can choose to pickup or drop of any item of food/drink/kit you require. **NOTE – YOU ARE REQUIRED TO CARRY ALL THE ITEMS LISTED ON THE KIT LIST FOR ALL OFF THE RUN SECTION – YOU CAN NOT SEND SOME ITEMS TO T2A**

RUN SAFETY

Triathlon X run is an extreme mountain marathon, and while the route has been chosen to minimise danger, the race is over rough mountain terrain. It is recommended that entrants make themselves familiar with the route prior to participating in the race.

Athletes are required to carry or wear all the items listed in the Athletes Equipment Requirements list. This is a minimum requirement and due to the unpredictability of Lakeland mountain weather and conditions, the race organisers recommend competitors avail themselves of additional clothing.

The run route is fully marshalled and way marked. There is the opportunity to refill water and energy drink at 9 miles and 18 miles at T2A. Mountain Safety is provided by Mountainrun.co.uk. All marshals monitor competitors as they pass and relay the information to race HQ, where progress is monitored by the safety team. Competitors may be required to be examined by the Race Paramedic who reserves the right to retire any competitor from the race. Full refund will be offered in these circumstances.

RUN NAVIGATION

On the lower section of the run route, T2 – T2A and back the run route is way marked with small arrows posted on finger post, on the mountain section the route T2A to the Summit and back, is way marked with red and white barrier tape attached to stone cairns. Whilst every care is taken to make the run route as easy to navigate as possible it is **your responsibility to familiarise yourself with the route**. There are maps on the web site and GPX files available, we highly recommend a recce of the route prior to the race. In the dark or fog the mountain section will become difficult to see and fatigue combined with hunger will affect your ability to make rational decisions. It is at these times you will appreciate having recced the run route.

RUN CUT OFF PROCEDURE

Mountain Checkpoints : When a competitor reaches a closed (by time) checkpoint their time will be recorded and they will be turned around to attempt to complete the return leg of the race.

T2A Valley Checkpoint : If a competitor fails to reach the cut-off time either on the out (18:30) or return (22:30) they will be 'Timed Out' and will receive a DNF.

CUT OFF TIMES

If you do not make any of the following cut off times, you will be asked to finish the race and return to the race HQ at Ambleside HQ. No refund will be offered. Sorry.

	Swim	Bike									Cut Off T2
	T1	Kirkstone	Keswick	Honister	Newlands	Whinlatter	Calder Bridge	Hardknott	Wrynose	Coniston	
Distance KM	3.8	6.5	44	58	67	81	118	141	147	159	180
Fastest	05:18:00	05:33:36	07:03:36	07:37:12	07:58:48	08:32:24	10:01:12	10:56:24	11:10:48	11:39:36	12:30:00
Qualifying Slowest	06:30:00	06:51:33	08:55:51	09:42:16	10:12:06	10:58:30	13:01:10	14:17:24	14:37:18	15:17:04	16:26:41
Cutt Off Times	06:30:00					11:00:00					16:30:00

Cut Off T2	Run							Finish	Race Time
	Elterwater OUT	T2A OUT	Esk Hause Shelter OUT	Scafell Pike Summit	Esk Hause Shelter RETURN	T2A RETURN	Elterwater RETURN		
180	7	11	17	21	25	29	35	42	
12:30:00	13:23:51	13:54:37	14:40:46	15:11:32	15:42:18	16:13:05	16:59:14	17:53:05	13:23:05
16:26:41	17:46:41	18:32:24	19:40:58	20:26:41	21:12:24	21:58:07	23:06:41	00:26:41	19:56:41
16:30:00		18:30:00	20:00:00	20:30:00		22:30:00	23:30:00	00:30:00	

RACE DAY INFORMATION

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 Friday. You will **not be able to register for your place in the race on Saturday**

Registration is open from 17:00 - 20:00 Friday.

Don't be late.

The swim is in Windermere. You will be accompanied by a water safety crew in kayaks.

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

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

On the bike section, in general, road surfaces are good, but there are some pot holes & where possible we will liaise with the Highways dept 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. Please be friendly to the locals. You have taken over their tiny villages with this crazy international entourage. We want them to welcome us back next year.

Entry information

As soon as you have registered with the system you will be able to see your name in the confirmed entrants list for the race.

PROGRAM

AMBLESIDE 2016	Day	Date	Time
Registration	Friday	June 16th	5 pm – 8pm
Transition opens	Saturday	June 17th	3.00 am – 4:15 am
Race Briefing	Saturday	June 17th	4:15 am
Swim start	Saturday	June 17th	4.30 am



MEDICAL PROVISION

North West Paramedics Ltd Provide the Medical Provision for Triathlon X.

Medical Provision is provided at the following locations.

T1 Lakeshore : Paramedic and Medical Technician

Bike : Two roaming rescue vehicles with Paramedic. Honister Pass. Wrynose Pass. Hardknott Pass

T2 Race HQ : Paramedic and Medical Technician

REGISTRATION

Registration at Waterhead Carpark Ambleside **BRING YOUR RUN KIT BAG WITH ALL THE KIT LISTED FOR INSPECTION**

Open 5pm Friday

Close 8pm Friday

At registration you will receive a race pack which will include the following

(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

4 x bike helmet sticker

1 x bike number sticker

2 x Food exchange bags, one for the bike (Whinlatter) and one for T2A (New Dungeon Ghyll)

2 x Numbered stickers to attach to the above bags

1 x waterproof map with both bike route and run route on either side

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 run section you must have your number visible on your front. It is not necessary to have your number visible on the bike

The map has the list of emergency contact details.

PARKING

Parking is available at race HQ Waterhead Carpark. Parking is £8 for 24 hours and can be paid either by cash or card at the carpark pay stations or online upto 24 hours after leaving the carpark. See carpark notice boards for details.

RULES

General Rules

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

Relay Rules

A team of two or three may participate in the triathlon as a relay team.

Each member will take part in one of the three disciplines of the triathlon. Team members will swap in Transition either between swim and bike or bike and run.

Relay teams are required to wear an orange vest to distinguish the team from the individual entrants during the bike and run leg with the race number clearly displayed on the reverse and front of the bib.

Relay teams will race in a separate race from the individual entries.

Equipment

- Full wetsuits are mandatory for the swim if the water temperature is 18°C or below (and it will be)
Wearing of wetsuits in triathlon is governed by British Triathlon rules and is totally dependent on water temperature one hour before the start of the race.
- Water temp = less than 18 degrees - - wetsuits are COMPULSORY
Water temp = between 18 degrees and 22 degrees -- wetsuits are OPTIONAL (ie you can choose whether to wear one or not).
- Wetsuits help with buoyancy and warmth, so we strongly recommend that all participants wear one.
- Competitors are kept updated with water temperature as we get closer to the event via the website.
- You are advised to try swimming in your wetsuit before race day, and it's a good idea to practice taking it off when wet!
- Your race numbers are waterproof and tear proof and can be worn underneath your wetsuit during the swim.
- Bikes must be serviced and brakes 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 on the West coast 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 is allowed except due to mechanical failure. In this case the Race Office must be informed.
- There is mandatory equipment that must be carried by the athlete during the first run section from T2. Be prepared for a compulsory kit check at T2 and 2 minute time out. **Your bag will also be checked at registration so please ensure you have all the kit listed – it is for your own safety.**

ATHLETE EQUIPMENT REQUIREMENT LIST
Map (supplied) + Compass
Full waterproof, seam sealed upper body cover (with hood) and lower body cover (does not have to be seam sealed)
Additional long sleeve thermal layer (e.g. microfleece)
Whistle
Foil blanket
Gloves & hat
Min 2 energy bars (emergency food recommended)
Min 750ml of water in bladder or bottle (water stations positioned on route)
Torch (must be working spare batteries recommended)

Your bag will also be checked at registration so please ensure you have all the kit listed – it is for your own safety.

BRING YOUR RUN KIT BAG WITH ALL THE KIT LISTED FOR INSPECTION AT REGISTRATION

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.

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.

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. Parts of the route are flagged or hi-viz taped on the ground; most 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 down hill sections. All runners must observe the instruction of the mountain marshals at all times.

All items listed in the Athletes Equipment List must be carried or worn for the **WHOLE** run section

EXTREME WEATHER CONDITIONS ALTERNATIVES

Swim

Water temperature in Windermere averages 16 C in June, Air temperature on the bike leg: 9 to 20 C; air temperature on the summit of Scafell Pike, 4 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 swim 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 on Scafell Pike can make it impossible to ascend 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.

Mountain safety checkpoint on Scafell Pike

There is always a risk of extreme weather conditions on the mountain in June. Therefore, if it is deemed by mountain marshals and the Race Director that the race should be shortened, the run will be turned back to transition from the summit of Scafell Pike.

The route will only be switched to the bad weather alternative only in the most severe weather circumstances.

All mountain marshals will be Mountain Leaders and Wilderness First Aid qualified and will be used to dealing with the worst weather the Lakes has to offer.

You will have the necessary equipment in a backpack containing the equipment listed above as a **minimum to cope with and continue through bad weather** – you may elect to carry more and we would encourage this as the mountain can be a hostile environment. You must carry your own equipment at all time and outside help is not permitted.

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, therefore timing chips must be worn and 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.

CHANGING FACILITIES AND TOILETS

Toilets

Don't leave it to the last minute! Extra toilets will be positioned outside the transition area. These will only be available on Saturday morning. There will be Portaloos on site and there are toilets located at T2A on the run

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.

CONTACT

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

By Post: Mark Blackburn Force Bank, Burneside, Kendal, Cumbria, LA9 6QX

Email run3.co.uk@gmail.com

Phone 07979262784

You should be receiving important email updates from us. If you are NOT, please send your email address to the above address.

For your race number and any last minute changes, please check out the race website

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 £100 administration fee

Transfer to other competitor (£25 administration fee)

Deferral to 2018 event (no fee applied)

After the **1st February** there are **no options to cancel or defer or transfer entry**. 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.

SUPPORT

Whilst it is not necessary to have a run support person as in Norseman and Celtman it is permitted to have support runners accompany you on any section of the run, however they are not permitted to carry any of your kit items or your food. It is also permitted to have support vehicles on the bike however they must not hand you food or drink apart from at on of the three designated drink stations or T2. Support vehicles must not interfere with other races but are allowed to offer assistance if it is within the rules of the race

FOOD AND DRINK

Water and Sports energy drink are provided at Honister Pass Summit, Wrynose Pass and Eskdale Green on the bike and at the Wainwrights Inn (out and back) and New Dungeon Ghyll Hotel (out and back) on the run. **No nutrition or food is provided at any drinks station. You are required to carry you own and use the exchange bags provided.** At registration you are given two drawstring bags (measuring 30 cm x 45 cm), you put your own food requirements into these. They are taken to Whinlatter Pass for the bag and New Dungeon Ghyll for the run, you can access the run bag both out (8 miles) and return (18 miles).

