



Immortal Middle Distance Wimbleball

Sunday 23rd June 2019

7am start

Athlete Information

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

Location and Venue

Wimbleball Lake and Activity Centre is located on the edge of Exmoor National Park in Somerset. Please use postcode TA22 9NU and once you are near the location, you'll pick up directional arrows - it is best to follow these to the venue.

There is a café on site, close to the parking area, which will be serving hot and cold food and drinks throughout the event.

Check, Clean, Dry

Invasive plants and animals harm the environment, block waterways, clog equipment, and can be costly to manage. They can be small and hard to spot so are easily spread on damp equipment and clothing. Once established they become extremely difficult and expensive to eradicate, which is why it is so important to prevent their spread in the first place.

There is a greater risk of invasive plants and animals being spread during an event or competition, where participants could be unknowingly introducing them on their kit or taking them away to the water bodies they usually visit. The risk is even higher if participants are visiting from abroad.

Please **Check** your kit before you arrive on site, **Clean** your kit as well as you can (using hot water where possible) and **Dry** your kit for as long as you can to minimise the risk of spreading invasive species.

Car Parking

Car parking will be available on site and will be clearly marked as you drive into Wimbleball Activities Centre. There will be no charge for parking.

Site Layout



Registration

From 3pm - 4.30pm Saturday 22nd & 5.30am - 6.30am Sunday 23rd June only

This will take place in a registration gazebo adjacent to transition.

Here you will collect your race pack which includes your race number, timing chip, swim hat, wrist band for access to transition and sticker set for your kit.

We advise you attach the timing chip to your **left ankle** using the Velcro strap provided.

Your race number is to be displayed on your back on the bike section, and on the front on the run sections.

We recommend using a race belt so that you can easily change your number from your back to front in T2.

Swim hats will also be issued and must be worn. If you are a very nervous swimmer, or have a medical condition please advise us on the day and we will issue an alternative coloured swim hat

BTF licenses need to be available for inspection if you are affiliated. A £5-day licence 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.

Relay Teams

Please nominate a representative from your team to collect your team race pack from registration.

There will be a dedicated Relay Team area in transition, and the next member of the team must wait here for the next team member to arrive.

Transition

Open from 5.30am – 6.30am SUNDAY ONLY

Please make sure you have the supplied Helmet and Bike stickers in place.

Your helmet and bike will be checked on entry to transition so please ensure you have your helmet on and fastened as you approach transition, ready for inspection.

Numbered racking will be in place, and you may keep your kit with your bike in a small bag (no bulky boxes please)

Transition is in a grass meadow and can be uneven underfoot.

Athletes and officials only in transition.

Racking will only be possible on Sunday morning.

Medics and Marshals

St John Ambulance will be on site should there be a need for medical assistance.

We are lucky to have an incredible team of marshals at Immortal Sport, without whom our events would not be the same. Please give them a smile and a thank you if you can!

Toilets

There will be portable toilets available near the registration gazebo.

Left Luggage

There is no left luggage area as cars will be parked very close to registration.

BTF Rules

This event is run under the rules of British Triathlon:

Rules of Competition 2019

<https://events.britishtriathlon.org/uploads/content/British%20Triathlon%20Competition%20Rules%202019.pdf>

Changes Overview 2019

<https://events.britishtriathlon.org/uploads/content/2019%20Competition%20Rules%20Changes%20Overview.pdf>

Swim

Start at 7am prompt

There will be a short safety briefing at 6.45am at transition, which is important for you all to hear.

Please remain at transition for the briefing – do not go directly to the lake or you will miss important safety information.

You are advised to consider an additional pair of old shoes/flip-flops which you may leave at Lakeside to aid the run from Swim exit to T1. These should be left neatly alongside the marked path or left with a friend/supporter to collect as you pass them.

There 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.

On leaving the water, it is permissible only to remove your wetsuit to your waist before making your way to transition.

Swim cut-off 1 hour 30 minutes

Bike Course

The bike route will be ridden in an anti-clockwise direction.

You must put on, and fasten your helmet, before removing your bike from the numbered rack, then push your bike until you reach the Mount Line.

The bike course will be two laps.

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 or Raynet Radio operator.

A sweep bike/ support vehicle will accompany the final competitor.

The route is mainly on open public roads, so please obey the rules of the road.

There are two closed road areas on the course; the first on Blagdon Lane near the start of the course.

The second will be at Blights Hill

Drafting is not permissible. Please avoid riding within 10m of the rear wheel of the rider in front of you.

You have 15 seconds to overtake another rider. 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.

Potholes, surface changes, mud etc are all a possibility.

On returning to Transition, please dismount at the line, and push your bike to your numbered racking location before removing your helmet.

Bike cut-off 6 hours' total race time, 1pm

Strava Bike Route Link:

<https://www.strava.com/routes/10308888>

Run Course

The run route includes footpaths, tarmac roads and trails.

Follow the route ahead, any changes of direction will be clearly way marked, and may be marshalled.

There will be a drink station which will be visited at 2k, 4k, 9k, 11k, 13.2k, 18.5k & 20.5k, which will have water and HIGH5 energy drink available in biodegradable cups.

Run cut-off 9 hours' total race time, 4pm

Strava Run Route Link:

<https://www.strava.com/routes/12997487>

Absolutely **NO littering**, as the event takes part in an area of outstanding natural beauty. Any reports of dropped litter, particularly gel and bar wrappers will result in exclusion of the offending athlete and put future events at risk.

We look forward to welcoming you to the start on 22nd June.

Have a great race, and we will see you at the finish.