



thebrutal
extremetriathlons



Race Handbook

September 9th 2023

Dear competitor,

As you are probably very aware, The Brutal Extreme Triathlons are almost here! I hope your training has gone well and you are looking forward to the event.

The main purpose of this Race Handbook is to explain the timings, routes, event layout and safety points that have all been put in place to ensure smooth and safe running of this event. Your safety is our absolute priority and even if you have taken part in The Brutal in previous years it is essential that you read and fully understand this briefing document and that you attend the compulsory registration, kit check and briefing.

It is appreciated that there is a lot of detail to understand in the following document. Take your time and read the instructions thoroughly in order to avoid any misunderstandings. If after reading the details below you have any questions or problems, please email info@brutalevents.co.uk

See you soon!

Claire and Jim

Mobile: 07968 976116

Email: info@brutalevents.co.uk

IMPORTANT!
There is a new event field
which is next to the old one!

IMPORTANT NOTICE ABOUT THE DINORWAC POWER STATION WORKS

There are ongoing traffic works around Llanberis, which will be in place for the next few years. They will change as the work progresses; as such, we will have to adapt our routes to fit these plans.

You will be fully briefed on whatever changes we may need to make to the race routes on the Friday before you start, and you can also ask questions at the end of the briefing.

Please be understanding of any delays these may cause you on race day, as this is completely out of our control.

Distances:

The exact event distances are as follows:

The Half Brutal - 1.2 mile swim - 57.98 mile bike - 14.7 mile run

The Full Brutal - 2.4 mile swim - 115.96 mile bike - 25.1 mile run

The Double Brutal - 4.8 mile swim - 231.92 mile bike - 51.1 mile run

The Triple Brutal - 7.1 mile swim - 347.88 mile bike - 75.3 mile run

The swim is in open water and held in Llyn Padarn.

The half athletes will complete **2 laps** in the lake, the full athletes will complete **4 laps**, the double athletes will complete **8 laps** and the triple will swim **12**. The lap is 0.95k and will be marked clearly with buoys. (all athletes will get out every second lap).

The bike takes place on open roads over a 28.99 mile lap course.

The half athletes will complete **2 laps**, full athletes will complete **4 laps**, the double athletes will complete **8 laps** and the triple will complete **12**. The course will be clearly marked with signs.

The run has 2 sections, a 5.2 mile lap that goes around Llyn Padarn and an ascent and descent of Snowdon, which is approx 9.5 miles from transition and back.

The half athletes will complete **1 lap** around the lake and then an **ascent / descent of Snowdon**.
The full athletes will complete **3 laps** around the lake and then an **ascent / descent of Snowdon**.
The double athletes will start with their **ascent / descent of Snowdon** followed by **8 laps** around the lake. The triple athletes will start with their **ascent / descent** of Snowdon followed by **13 laps** around the lake.

All races start at 7am on Saturday 9th September 2023

Registration and Race Briefings - Friday 8th September

Once you have arrived make your way over to Brutal HQ to get familiar with the event HQ layout. **Please note the new event field location.**

THERE IS NO BIKE RACKING AVAILABLE ON FRIDAY NIGHT. THIS IS BECAUSE OF SECURITY / STAFFING ISSUES

Registration and race briefing takes place on the event field from 4 - 8pm. You will be signed in and have your mountain bag checked. Do not forget to bring your mountain bag as you will not be registered until that has been checked.

At registration you will collect the following...

- Race number
- x3 labels for your transition bags, hat and bike (please supply your own bags - no suitcases please!)
- Swim hat **(you must wear this if you are doing the half / full, but double/triples must wear the red or yellow hat supplied)**
- Map of the Llanberis path to Snowdon summit

You will also be given your timing chip.

PLEASE BRING PROOF OF YOUR BTA OR WTA MEMBERSHIP. IF YOU ARE NOT A MEMBER, YOU WILL NEED TO PAY £6 TO OBTAIN A DAY LICENSE. THIS WILL NEED TO BE PAID AT REGISTRATION, PLEASE BRING EXACT FEE IN CASH ONLY. NO LICENSE - NO RACING.

The race briefings will be in the event marquee. The half / full briefing will be at 7pm and the double/triple briefing is at 8pm. Attendance is compulsory and please bring your support crew along (double/triple). You will be able to ask questions once the briefing has finished or speak to one of the race crew.

If your crew cannot make the briefing, please ensure you pass any information on to them.

Race Day - Saturday 9th September

Transition opens from 5am and you will be able to rack your bike from then. It will close at 6.30am so make sure you have plenty of time to get your kit organised. **Only competitors will be allowed into the bike racking area upon showing the marshal your race number.**

There will be a toilet block in transition area and a catering van open from 5am for hot drinks and breakfast.

Parking is plentiful surrounding the Brutal HQ. Parking is **NOT** permitted on the event field (see car parking info later in pack)

Please take your swim, bike, run and mountain kit bags to the main event marquee. Find a free space and place your kit there. (you can also leave them the night before)

You may want to take a pair of shoes down to the lake as it is aprox 250 metres from transition. There will be an area for shoes.

Competitors support, family and friends are encouraged to watch the swim, but there will be a taped off area for staff only.

ALL RACES START AT 7AM. PLEASE MEET AT THE LAKESIDE AT 6.45AM FOR THE COMPULSORY SAFETY BRIEFING BEFORE THE SWIM STARTS.

YOU WILL BE COUNTED INTO THE LAKE - DO NOT GET IN TO THE WATER BEFORE.



ALL athletes must now wear a hi-viz vest whilst on the bike section, day or night. This is something we have agreed with the council and the BTF for your safety and is compulsory.

The hi-viz vest pictured is ideal for this event, but as long as the item you wear is florescent yellow/orange and is fit for purpose (i.e. not just a yellow top) it will be accepted and you do not need to email us about this.

The Swim

Water temperature in Llyn Padarn is likely to be between 16 and 18 degrees depending on weather and rainfall during the days leading up to the event. We will put the temperature on Facebook the day before.

The Brutal swim is a floating start and is a anti clockwise course, you swim keeping the buoys on your left. The entry / exit will be marked by Brutal flags. Everyone will exit every 2 laps over the timing mat. If you are taking part in the half then make your way back to transition, but if you are doing the full or double/triple please re-enter the lake to continue your swim.

Whilst you are swimming, there will be kayakers and a RIB in the water for your safety and should you require assistance, float on your back and raise one arm in the air. A kayaker will then approach you, please do not grab hold on to the kayak, but follow the instructions they give you.

There will be hot drinks and some nutrition on the lakeside for anyone who requires them. If you are feeling the cold, a cup of tea will help. You may also place personal items on this table, such as glasses or inhalers. There will be medics close by and anyone who is showing symptoms of hypothermia will be attended to. If the medics feel it is unsafe for you to continue, you will removed from the race.

The medics decision is final.

Family or friends are allowed to pass you nutrition/assist you when you have exited the lake.

When you have finished your swim please make your way to the change tent and find your bike bag. Place all your swim kit, inc. your wetsuit into your swim bag and leave in the change tent. There will be marshals to assist you out of your wetsuit should you need it.

Wetsuits are compulsory. Please wear the swim hat provided. You may wear a thicker hat underneath. Booties and gloves are also permitted.

If you have to pull out of the swim for any reason, please make sure you tell one of the race organisers or a marshal and remember to return your timing chip.

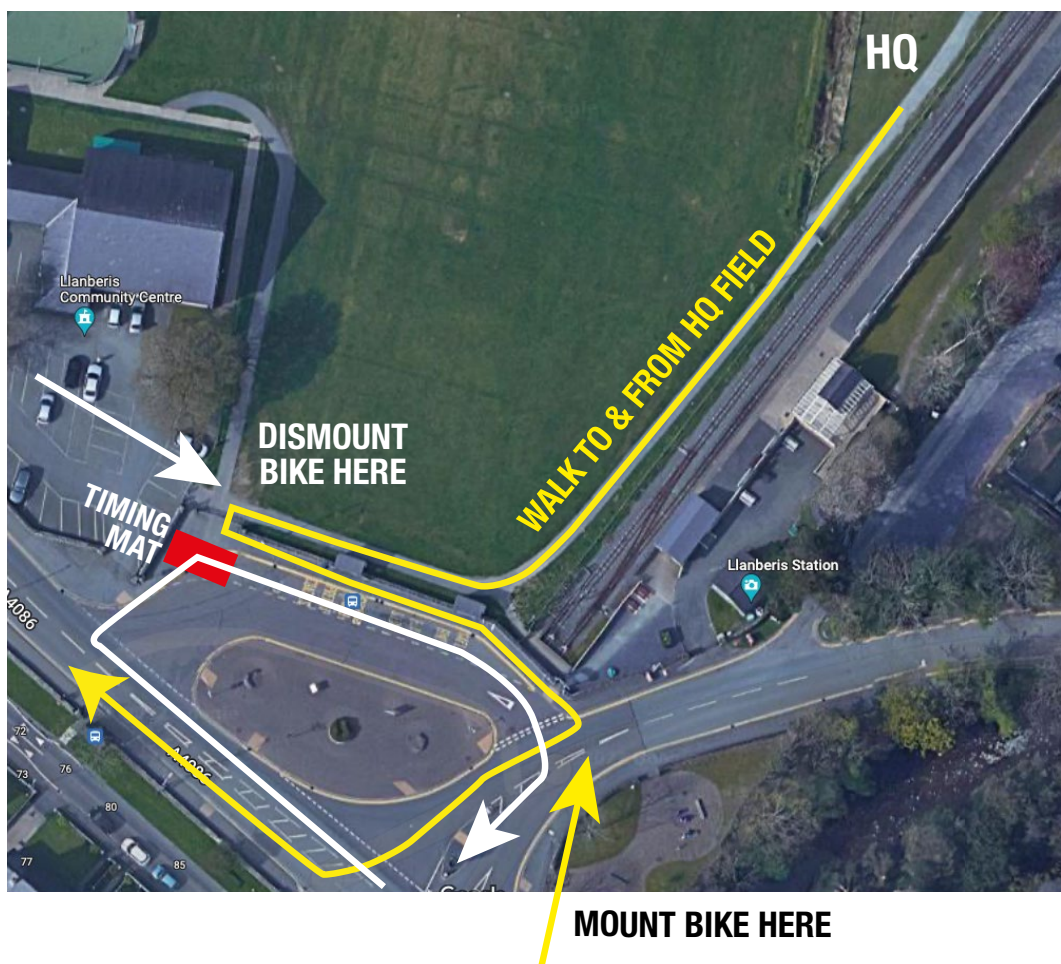
The Bike

Once you are in your bike kit, collect your bike from the rack and walk with it, following the safety cones to the marshal. You will then be able to mount your bike and begin the bike leg. Llanberis can be busy on a Saturday morning, so please listen to the marshals. Ultimately though, it is your decision as to when to cross the road safely.

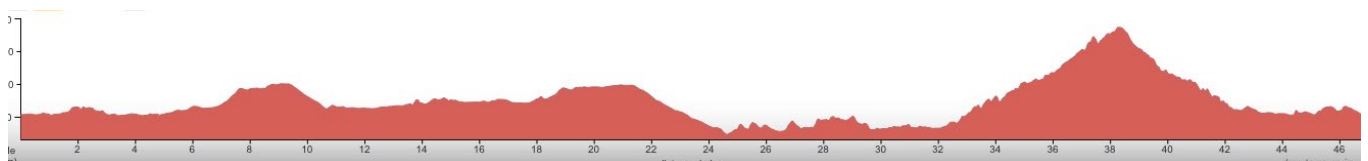
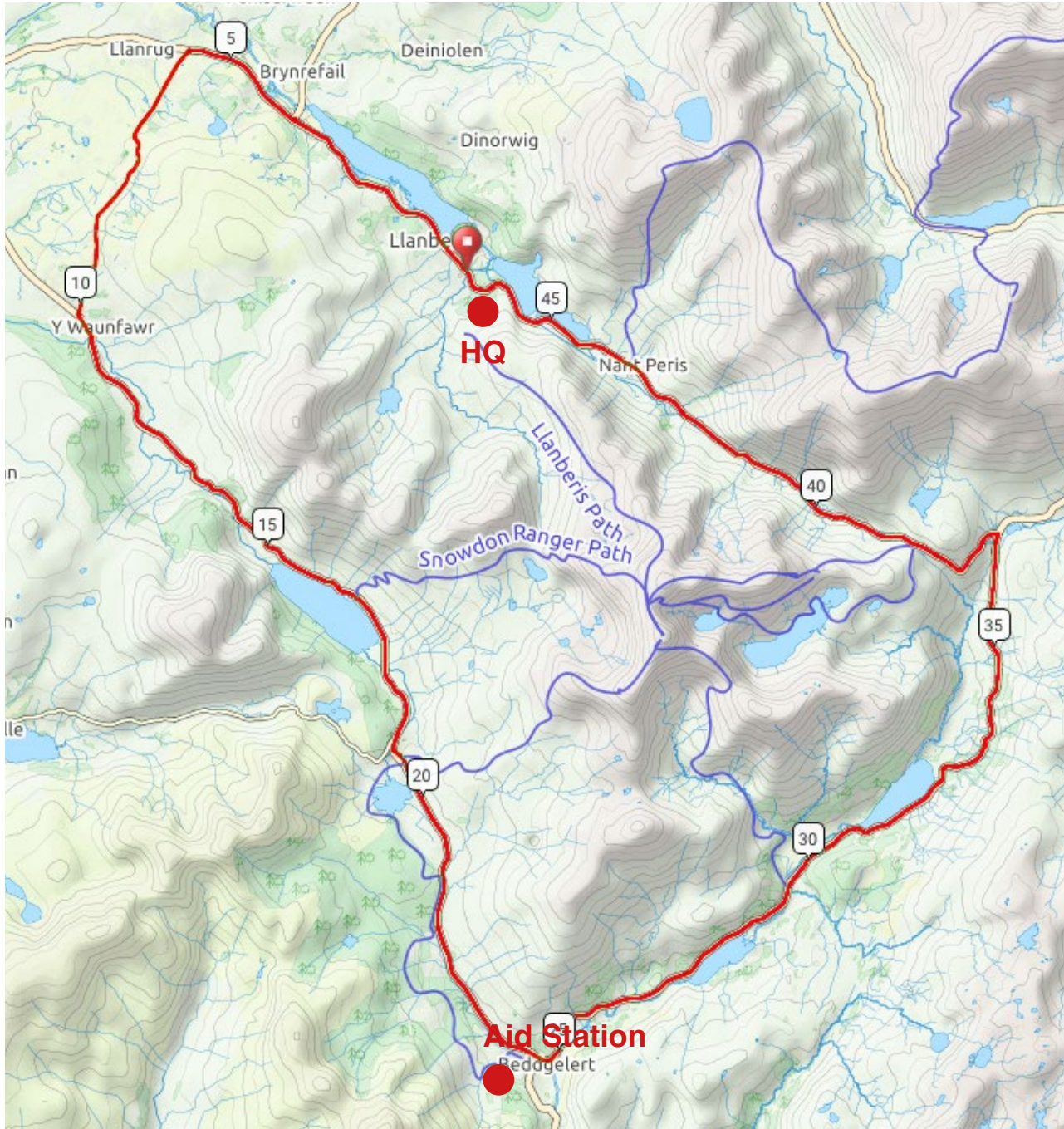
1. Walk with your bike. **2.** Mount your bike and stop at the road junction. **3.** Ride across the road when safe, advised by marshal. **4.** Begin the bike course.

When returning to transition, whether you have finished the bike or if you need the aid station, you must obey normal road rules. You must move to the centre of the road when safe and then cross only when clear of traffic. Please dismount once you have crossed the timing chip mat and walk into transition.

All competitors MUST pass over the timing mat (see below) every circuit you complete in order for the organisers to count your laps.



The Bike Course



Please take care through the village of Beddgelert. You will see signs before you reach the village asking you to slow down - please do not ignore them!

The Run Course

The lake lap section of the run is a 5.2 mile course that goes clockwise around Llyn Padarn. About a third of the course is on tarmac, the rest is trail. After mile 4 (from the waterfall) there is a tricky, rocky section. Please take particular care at this point. If it has been raining (which is likely!) the path will be very slippery. Slow down! If you are running this in the dark, you are advised to walk.

There is also a road you will need to cross just before the 5 mile mark, it is not a busy road but please take care.

There will be an aid station at roughly 3.5 miles. The run course goes through transition / HQ and there will also be an aid station situated there as well. (see site plan)

Once you have completed either 1 lap (half) or 3 laps (full) you will head to the change tent to collect your mountain bag, change into your mountain kit. **Before you leave transition it is compulsory for all competitors to check in with the HQ medics. They are located next to the timing mat by the 'To Snowdon' signs. The medics will perform a quick check to confirm that you are safe to go up Snowdon.**

THE Double/triple COMPETITORS MUST COMPLETE THE MOUNTAIN SECTION BEFORE RUNNING THEIR LAKE LAPS.



The Snowdon Section

After you have finished your lake laps (or before, for the double/triple), you need to follow the arrow signs from transition to the start of the mountain path. When you have left the town, you will go up a road called Victoria Crescent, this takes you to the beginning of the Llanberis path. It is a man made path and easy to follow. **IF YOU FIND YOURSELF ON GRASS AT ANY POINT, STOP AND RETRACE YOUR FOOTSTEPS BACK TO THE PATH.**

The main medics will be at the Halfway house, Bwlch Glas and at the summit and they will be on the mountain for the entire race in tents marked 'medic'.

It is compulsory that you tell the medics on the summit your race number so they can check you off. After you have done that, make your way down and back to the finish line or to start your lake laps (Double/triple)

Race Cut offs

Half cut-offs

Exit the water - 1 hour after start of race

Exit transition from bike to run - 6 hours after start of race

Exit transition from lake lap to start mountain section - 9 hours after start of race

Overall cut off - 12 hours after start of race

Full cut-offs

Exit the water - 2 hours after start of race

Exit transition from bike to run - 12 hours after start of race

Exit transition from lake lap to start mountain section - 18 hours after start of race

Overall cut off - 21 hours after start of race

Double cut-offs

Exit the water - 4 hours after start of race

Exit transition from bike to run - 26 hours after start of race

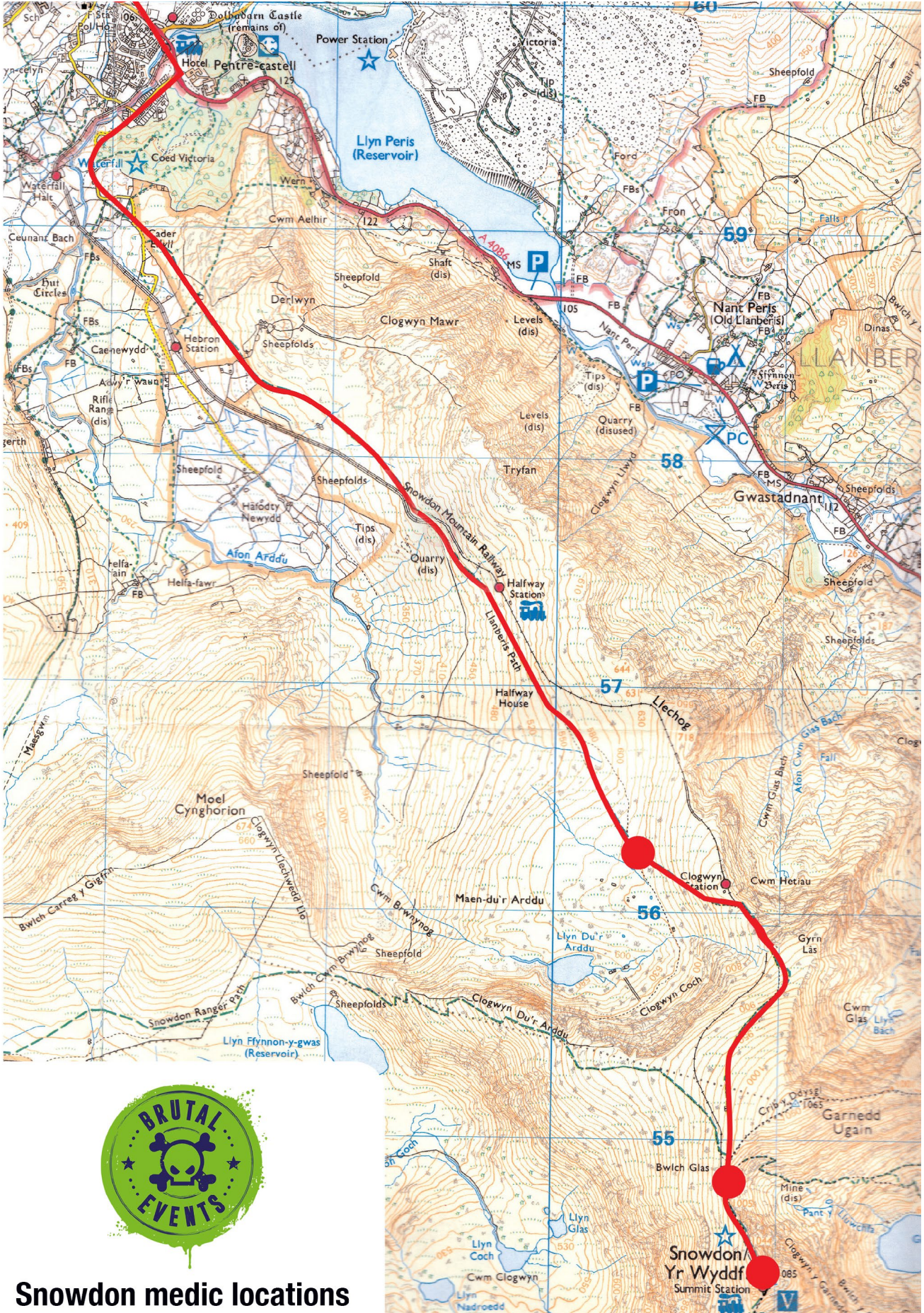
Overall cut off - 42 hours after start of race

Triple cut offs

Exit the water - 6 hours after start of race

Exit transition from bike to run - 38 hours after start of race

Overall cut off - 64 hours after start of race



Snowdon medic locations

2023 MEDIC POSITIONS (competitors will be given a copy of this map)

Extreme weather and emergency information

The weather in Snowdonia and on Snowdon is recognised as being very changeable. The winds can pick up and the temperature drop very quickly. **You will see in the kit list that you have to bring full waterproofs (over trousers plus jacket) and an extra top layer for the mountain section. This is compulsory for ALL races.**

Should there be severe weather warnings leading up to the days before the event, an emergency meeting will be called between the race director/event medics to decide on how to proceed and you will be contacted with the amended race plans.

During the event should the weather go beyond what is deemed safe, the race will be stopped and all athletes collected from the bike or run course if necessary. This will be done via event crew, athletes support crew and event medical crew. Also, the aid stations will be told to not allow athletes to continue.

Should athletes be on the Snowdon part of the course, they will be contacted via mobile phone and told to return to race HQ. Mountain Rescue will be informed should there be any problems with athletes on Snowdon. The medical crew which will be situated on the summit, will then 'sweep' any athletes and crew from the mountain.

The weather on Snowdon will be closely monitored during the event and should it become too dangerous to enter the mountain area, the run will continue around the lake.

It is compulsory that all athletes fill out their emergency contacts / medical information on the reverse of their race numbers

To contact the race director - phone 07968 976116

IF YOU WITHDRAW FROM THE RACE AT ANY POINT AFTER THE BRIEFING, IT IS MANDATORY TO INFORM THE RACE DIRECTOR ON 07968 976116

Compulsory mountain kit

Athlete

- Issued map (waterproof pouch/bag needed)
- Compass
- Whistle
- Waterproof/wind-proof coat
- Waterproof trousers
- Extra warm clothes
- Gloves
- Hat
- Nutrition
- A fully charged mobile phone (water proofed) with emergency numbers programmed in (below)
- Red tail light or glow stick (full and double/triple)
- Survival foil blanket
- Head torch (full and double/triple)
- More than 400ml of water or other drink
- Blister kit

Support crew

- Waterproof/wind-proof coat
- Waterproof trousers
- Extra warm clothes
- Gloves
- Hat
- Nutrition
- Head torch (full and double/triple)
- More than 400ml of water or other drink

The reason why all athletes / crew (including the half) have to take full waterproofs, is because if everyone taking part has them, we can get away with the more ‘interesting’ weather that Snowdon may throw at us. Prepare for the worst and hope for the best!

Race director - 07968 976116 HQ

Aid Stations

There will be aid stations at the lakeside, HQ, mile 14 on the bike and halfway round the lake lap. Drinks available will be Torq, Electrolyte, Water, Squash, Tea / Coffee (Lakeside & HQ) and Coke. Food available will be flapjack, bananas, cake, crisps, peanuts and Jellybabies.

The is no aid station or water on Snowdon!

There will be hot soup available and there will be a kettle / microwave / toaster in the main event marquee for athletes and crews use. Please feel free to bring your own soup, bread and meals to prepare using the above, but remember to tidy up after yourselves.



www.torqfitness.co.uk



****To order extra boxes of Dorset Flapjack for yourself (or a gift to your crew!) use the code is Brutal NW (Boxes normally 19.99 with code are £12) You will be able to collect them from race registration. Order deadline is 1st Sept****

Warning: If you forget to pick them up at the event, they will get eaten by the crew - so remember to collect them!



**Remember we are
a cupless event!**

Bike Support

Cycle Tech will be onsite from Friday 3pm for any early bike emergencies and he will be at HQ until midnight on Saturday. If you have any issues whilst on the bike course, please phone the Race Director and if possible, Andy will drive to your location to help you.

If you require help on the course, you will need the following:

1. Your location or estimated mileage into the lap
2. The issue with the bike
3. To remain visible for easy location



www.cycletechbournemouth.co.uk

Sports Massage

Sports Massage will be available during the event and they will be set up in a gazebo near the main marquee.

Sessions are free to all competitors and are available during the event on Saturday

Sessions are available on a first come first serve basis.



Brutal Rules

Race Marshals can issue time penalties or disqualify athlete for any of the below...

Not wearing a hi-viz (bike)

Violating traffic regulations.

Use of MP3 players or mobile phones while on the bike.

Pacing on the bike leg, either by car or bike

Drafting of another athlete or motor vehicle

Littering the course (if you are caught deliberately littering, you will be disqualified)

Being abusive to marshals or local residents

The support team causing dangerous traffic situations

Support from a moving car (All support must be given from outside of the car while parked)

Parking of support car in the road. Lay bys and safe areas must be used to park.

Obstruction of normal traffic (Never attempt to drive slowly to keep the pace of the athlete)

Time penalties

Minor violations - 5 minutes Second violation - 15 minutes

Third violation, major violations or dangerous behaviour - Disqualification

The bike/run course is open to normal road users so road traffic regulations must be strictly observed at all times.

Please be polite and respectful to the local residents - we want to come back next year!

Site Plan 2023

Swim start / finish

To / from Swim

Marquee

Toilets

Catering

Finish

Aid Stat

Bike Racking

Lake Lap Run

Bike-route

Electric Mountain

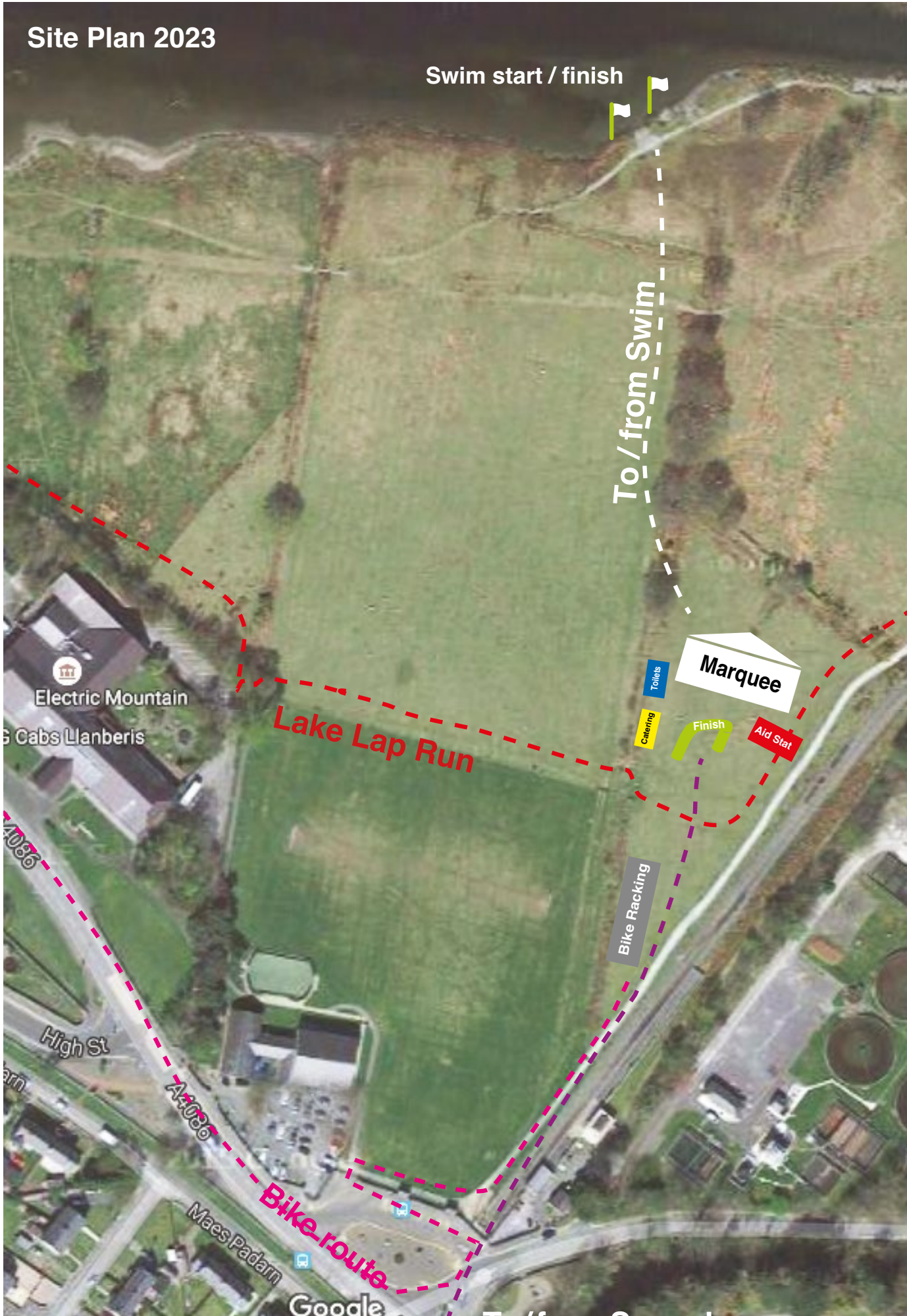
6 Cabs Llanberis

High St

A14026

Maes Padarn

Google



IMPORTANT! Please read.

Free Event Parking



hushed.inherit.rationing

**THERE IS NO CHARGE FOR PARKING HERE FROM FRIDAY
AFTERNOON UNTIL TUESDAY MORNING**

In the unlikely event of the event parking being full, please use the car parks shown on the next page. **Do not park in the surrounding roads.**

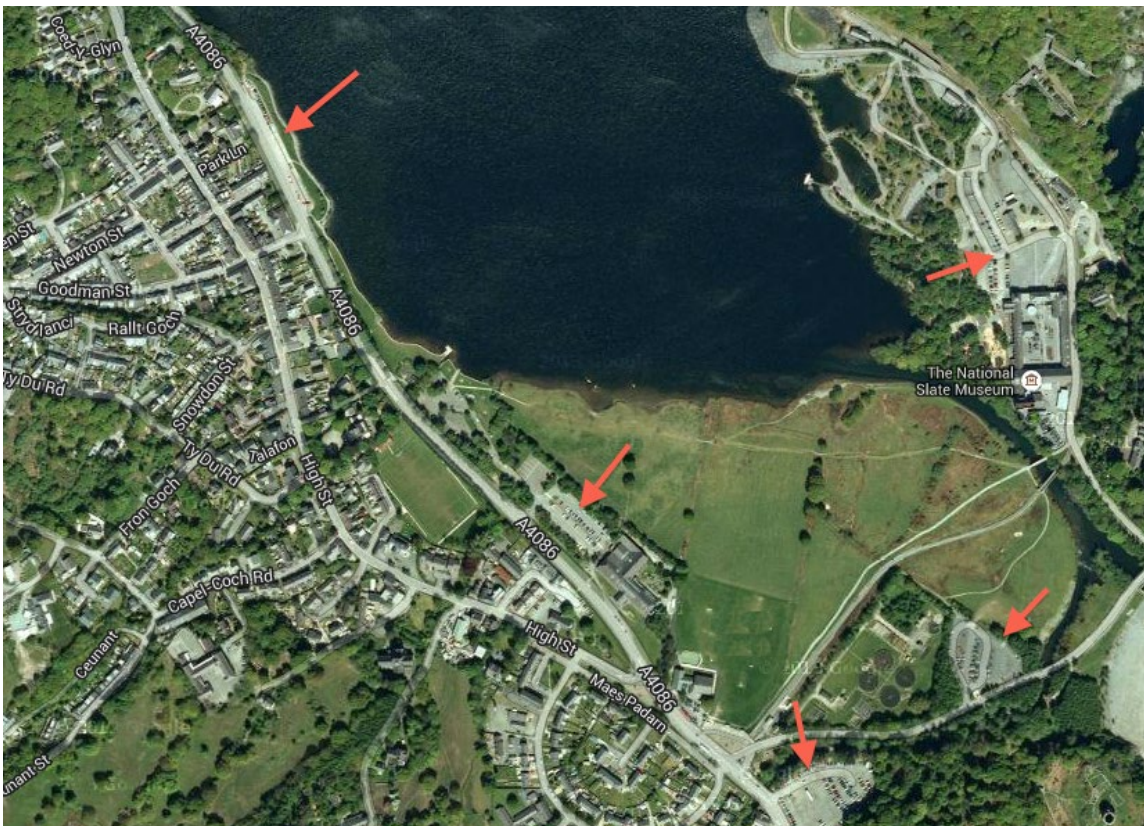
General Car Parking Info

There is NO parking on the event field. And as part of the Brutal rules, competitors and their supporters **must only use the event parking (see below) or formal car parks** and avoid parking in residential areas at all costs.

Overnight parking is not permitted at any of the Padarn Country Park sites i.e. Dolbadarn, Gilfach Ddu and Y Glyn. And none of the Gwynedd Council car parks allow people to sleep/stay overnight in camper vans etc.

However, Gwynedd Council's Lakeside car park allows overnight parking, the lagoons car parks and Nant Peris campsite are also options.

You can pay for parking at Gwynedd Council Car Parks either using coins or by using the services of Pay By Phone – it's advisable to download the Pay By Phone app before arriving on site. Payment by bank card is currently available at our Dolbadarn Car Park and hopefully, by September, at our Gilfach Ddu car park.



The red arrows above show the parking close to the event field. These are pay and display car parks.



The event is based in Llanberis (LL55 4UR) **next** to the community field.

Final words

Double/triple athletes and crew please keep the noise to a minimum during the night part of your race. Be respectful of all the villages you pass through.

Please support the local shops and restaurants in Llanberis. Please use the bins in transition for your litter.



Beware of sheep on the road! (especially during the night). They do not care that you are doing The Brutal!

The Brutal organisers and crew wish you luck and hope that you love the course and surrounding area as much as they do.

If you are happy for us to use them, we would also love to hear and see your race reports and photos. Please email them to info@brutalevents.co.uk

Any questions you have not covered in this race pack, please feel free to email, phone or text.

See you soon!

Claire and Jim - Race Directors

07968 976116

info@brutalevents.co.uk