

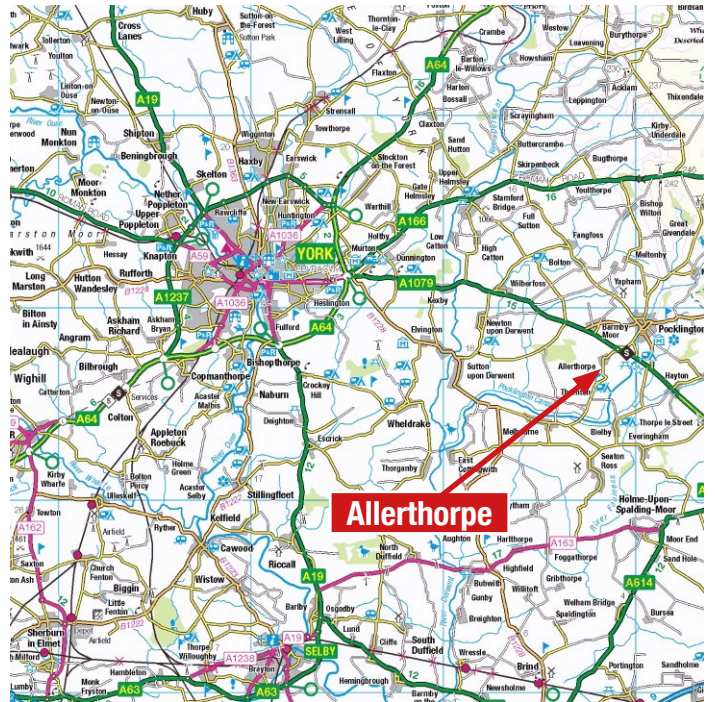


Competitor's Information Pack

17th - 29th July 2022

Event location:

Allerthorpe Lakeland Park, Melbourne Road, Allerthorpe, Pocklington York YO42 4RL



Lakeland Park Entrance

Parking:

You can park your car by your tent or in the area by the cafe / toilets.

Instructions for the Continuous Events:

Saturday 16th July: Athletes to arrive at Allerthorpe Lakeland Park and check in at reception. Set up your camping tents and also then crew gazebos (if required) near the main marquee (see page 9 for location of crew tents and no bigger than 3x3m). If you do not have crew and/or a gazebo, you can find a place in the main event marquee to use for the duration of the event. **No sleeping in the main marquee, you MUST have camping booked with the venue.**

Event registration / briefing: Sat 1700 in main event marquee - this is compulsory for all continuous events.

At registration, you will be marked off the reg sheet, given your race number, swim hat and goody bag. You will get your timing chip when you start the bike section, the swim timing will be manual.

Sunday 17th July: Brutal Events staff will be leaving the event HQ for the Deca swim start at 0500 to arrive at the pool at 0600. If you do not have transport to and from the pool, this can be arranged, but space is very limited and you MUST email claire@brutalevents.co.uk BEFORE the event to book a seat. Please do NOT use the transport if you have crew. **Support and crew athlete must be at the pool 0600.**

If you are taking part in the Quin, Triple or Double, you can arrive later in the day, closer to your start time. But please ensure you arrive **at least an hour before your start time**. Please contact claire@brutalevents.co.uk if you have no crew / transport (be aware that you will need to be transported at a time that is convenient with the staff).

Start times for Continuous Events: Deca: Sunday: 0700 / Quin: Sunday: 1900 / Triple: Monday: 0100 / Double: Monday: 0300

The swim location for the Continuous Events is St Alban's Sports Centre, York YO62 4HA. This is just under an hour from the main DecaUK venue - www.ampleforth.org.uk/sports/swimming-pool

Travel time: The clock will NOT stop for the travel back to Allerthorpe. Take this opportunity to eat and sleep. If you are taking part in the Quin or Deca, please do not attempt to drive back yourself.

Transition 1: Once back at HQ, you may start the bike. Before you begin, you must;

1. Walk with your bike to the bike timing tent (see site plan on page___) and the staff will fix the timing chip to your bike.
2. Go over the exit timing mat on the left hand side of the road (you will be shown where this is). This will indicate the end of T1 and the start of your bike section.

Bike section: This is an 8.10 mile course (see page 13 for laps). It is open to traffic and you must obey the highway code. It has two right turns (see bike course map) which may or may not be marshalled, depending on the time of day. **You MUST stop here to check for traffic before you cross.** The aid station for the bike course is in the main HQ field.

Bike timing: The timing chip will be fixed to your bike for the entire bike section. If you swap bikes at any point, you must go to the timing tent for staff to swap the timing chip. You must NOT do this yourself. However, it is your responsibility (and your crew) to ensure that *if* you swap bikes, this is done.

Once you have started the bike, it is down to you how you manage the laps and rest breaks. However, every continuous competitor's timing will be monitored to ensure that rest breaks are being taken every 24 hours. **If you have not taken a break and / or showing signs of extreme fatigue, a rest break will be enforced by the race director. If you refuse to take the break, you will be removed from the race.** This is for your safety due to the bike course being on open roads.

When you take a break*, you must;

1. Go over the entry timing mat (by the bike timing tent) to complete the lap you are on.
2. Rack your bike in the specific continuous area and inform the staff of the break you are taking. This is so we can account for you at all times. Every athlete's sleep time will be recorded, daily, (only for the bike section).
3. Once the break is over, you must return to the timing tent and inform the staff that you are back on the bike course, collect your bike, go around the turn point and continue on the bike course.

Continuous Events continued...

**There are two types of breaks on the continuous events. Sleep breaks and rest breaks; Sleep breaks are prolonged and rest breaks are short. If the athlete needs to stop and eat / drink or use the toilet during the bike, these are NOT classed as a proper sleep break, BUT they still need to rack their bike in the specific continuous racking opposite the bike timing tent whilst they go to the main marquee, toilet block or their own crew gazebo. They must always tell the timing crew what break they are taking, so it can be recorded and they can be accounted for.*

While you are on the bike route, the timing boxes, that are placed at regular intervals, will inform the timing staff of your approximate location. This is, firstly for your safety and to ensure;

1. You are making progress and have not stopped for any reason**
2. To stop any cheating that may occur. If any athlete is seen to be cheating, they will be removed from the race.

**If an athlete stops for a prolonged period on the course, the timing staff will;

1. Call the athletes and their crew
2. Send the medic out onto the course to check on them.

Bike lights must be activated before dusk. High visibility vests are to be worn at ALL TIMES. (see page 15 on safety on the bike course).

Nutrition on the bike:

There are a few options for getting nutrition whilst on the bike laps. There will be space in the bike timing tent for you to place a box of your food and drink to access when you stop.

- You must first go over the entry timing mat
- Rack your bike by the bike timing tent in the specific continuous racking area, and then you can get what you need.
- After you have finished your break, collect your bike and ride around the turn point and continue on the route.

You can also use the aid station in the same location or walk to your crew gazebo or the main marquee. The cafe is also open from 0900 - 1700 everyday and also the toilet is a short walk from the bike timing tent.

Transition 2: Once you are on your last bike lap, the timing staff will inform you. When the bike is finished, you MUST leave the bike by the bike timing tent and then return to your gazebo (or tent) and change for the run section (or sleep). The timing staff will then remove the timing chip (your crew can then collect your bike or event staff will move it to event HQ). Once you are ready to start the run, **you must go to the main marquee for the staff to give you your timing chip.** This will now be on a Velcro strap, so that it can be worn on either ankle for the entire run section. Once again, it is the responsibility of the athlete and their crew to ensure the timing chip is worn. Laps not timed, do NOT count.

Run section: The run is a 1.2 mile lap around the lake and on private, traffic-free paths (mainly trail). Be aware you will cross the main entrance to the park on every lap, there will be vehicles using this constantly. The aid station for the run is located in the event field.

On the run course there are track boxes to monitor your location for safety. When you need to take a break during the run, you will need to;

1. Go over the run timing mat, inform the staff that you are taking a break
2. Then continue on the lap until you reach the camping area
3. After your break, you must rejoin the course from the camping area and complete that lap

Whilst on the run section the timing chip does NOT need to be removed at any point for the run, but timing staff will ensure that no 'stray laps' occur whilst the athlete is off the course, taking a break.

When you are on your last but one lap, the timing staff will inform you and you will run the last lap in reverse. You will then go through the gantry for the final time and this will mark the end of your race. You will be given your finisher medal and a photo will be taken.

Instructions for the one-a-day events:

Monday 18th July: Athletes to arrive at Allerthorpe Lakeland Park and check in at reception. Set up your camping tents and then crew gazebos near the main marquee (see page 9) for location of crew tents and no bigger than 3x3m). If you do not have crew and / or a gazebo, you can find a place in the main event marquee to use for the duration of the event. **No sleeping in the main marquee, you must have camping booked with the venue.**

Event registration / briefing: Monday 1700 in main event marquee - this is compulsory for all Deca and Quin competitors.

When you register, you will receive a swim hat, timing chip, race number and goody bag. The timing chip must be worn on the left ankle the entire time they are on the courses. If you forget to wear it and ride / run laps, those laps will NOT count. You also need to wear the timing chip on the swim as you will cross the timing mat as you enter and exit the lake. This is for safety and also your transition times.

Day 1: Tuesday 19th July

Deca and Quin races day 1

0500: Transition opens and athletes can rack their bikes

0545: Short safety briefing and roll call on the lakeside

0600: Swim / event start

0830: Swim cut off

05:45: Event cut off for each day

Day 2 - Wednesday 20th July

Timings as above - Deca and Quin races day 2

Day 3 - Thursday 21st July

Timings as above - Deca and Quin races day 3 / Triple registration & briefing 1700 in main marquee

Day 4 - Friday 22nd July

Timings as above - Deca and Quin races day 4 / Triple day 1

Double registration & briefing 1700 in main marquee

Day 5 - Saturday 23rd July

Timings as above - Deca and Quin races day 5 (Quin finish) / Triple day 2 /

Double day 1 / Half & Full registration & briefing 1700 in main marquee

Day 6 - Sunday 24th July

Timings as above - Deca race day 6 / Triple day 3 (Triple finish) / Double day 2 (Double finish) /

Half & Full day 1 (1 day each)

Day 7 - Monday 25th July

Timings as above - Deca race day 7

Day 8 - Tuesday 26th July

Timings as above - Deca race day 8

Day 9 - Wednesday 27th July

Timings as above - Deca race day 9

Day 10 - Thursday 28th July

Timings as above - Deca race day 10 (finish - 05:45 Friday cut off)

One-a-day Events continued...

Before each day starts, you will rack your bike in the main racking area next to the event marquee and either change in your tent, crew gazebo or the main marquee, ready for the swim. There will be a short briefing and roll call before the start and then you must go over the swim timing mat before you enter the lake. After your swim, (once you have exited over the swim timing mat), you can choose to change in the main marquee or your own crew gazebo.

Once you are ready for the bike section, you will go to the main racking, pick up your bike and **walk** from there to the bike timing area (see plan on page 11). Before you begin, you must go over the timing mat at the exit to the park (you will be shown the location). This will indicate the end of T1 and the start of your bike section.

Bike section: This is an 8 mile course (see page 13 for details). It is open to traffic and you must obey the highway code. It has two right turns which may or may not be marshalled, depending on the time of day. **You MUST stop here to check for traffic before you cross.** The aid station for the bike course is in the main event field.

Nutrition on the bike:

There are a few options for getting nutrition whilst on the bike laps. There will be space in the bike timing tent for you to place a box of your food and drink to access when you stop.

- You must first go over the timing mat
- Rack your bike by the bike timing tent in the specific one-a-day racking area, and then you can get what you need.
- After you have finished your break, collect your bike and ride around the turn point and continue on the route.

You can also use the aid station in the same location or walk to your crew gazebo or the main marquee. The cafe is also open from 0900 - 1700 everyday and also the toilet is a short walk from the bike timing tent.

If the athlete stops at any point for a break that is longer than a nutrition / toilet stop, they must inform the timing staff. If an athlete stops for a prolonged period on the course, the timing staff will

1. Call the athletes and their crew
2. Send the medic out onto the course to check on them.

Bike lights must be activated before dusk. High visibility vests to be worn at ALL TIMES. (see page 15 on safety on the bike course).

Once you have completed the correct number of bike laps, (timing staff will alert you when you are on your last lap) you will cross the timing mat for the final time and dismount and walk your bike to the marquee to rack it. You can then get changed for the run section.

Run section: The run is a 1.2 mile lap around the lake and on private, traffic-free paths (mainly trail). Be aware you will cross the main entrance to the park, there will be vehicles and bikes using this constantly. The aid station for the run is located in the event marquee. Once changed and ready to start the run, you must go over the run timing mat, marked by the run out sign, to end T2 and start of the run.

For the one-a-day events, you will run all laps in the same direction but when you are on the **last lap of the last day**, the timing staff will inform you and you will run the final lap in reverse. You will then go through the gantry for the final time and this will mark the end of your race. You will be given your finisher medal and a photo will be taken.

Registrations / Briefings:

Continuous Deca, Quin, Triple and Double: Saturday July 16th at 1700 in main event marquee.

One a Day Deca and Quin: Monday July 18th at 1700 in main event marquee.

One a Day Triple: Thursday July 21st at 1700 in main event marquee.

One a Day Double: Friday July 22nd at 1700 in main event marquee.

Full and Half Iron: Saturday July 23rd at 1700 in main event marquee.

Race start times:

Continuous Deca: Sunday July 17th 07:00

Continuous Quin: Sunday July 17th 19:00

Continuous Triple: Monday July 18th 01:00

Continuous Double: Monday July 18th 03:00

One-a-Day Deca: Tuesday July 19th 06:00

One-a-Day Quin: Tuesday July 19th 06:00

One-a-Day Triple: Friday July 22nd 06:00

One-a-Day Double: Saturday July 23rd 06:00

Full / Half: Sunday July 24th 06:00

Event timing:

Live timing for all the races will be available throughout the event, the link will be available shortly.

Please ensure you are wearing your chip for the entire event (apart from the continuous swim). Laps completed without it, will not count.

You will be told when you are on your last lap of the bike / run. During the event, the timing will be shown on screens in both of the timing tents.

Timing mat placement as above. If you retire from the event, you must return the chip to one of the staff asap.

Location plan:



Bike Course (all events)

Run Course (all events)

Swim Course (one a day events)

Event field layout:

The event HQ field has changed from 2019 and will be signed from the main entrance of the campsite. Below is a rough idea of the layout, and the blue / red strips show the bike in and out. The red lines are the run course and the lake is a few minutes walk away. **There is no parking on this field.**

The pink lines are where you can pitch a SMALL (3mx3m) gazebo that you and your crew can use to store food and kit. **These tents are not to sleep in overnight.**



Bike in and out from the road.

Swim venue for continuous events:

The swim location for the Continuous events is St Alban's Sports Centre, York YO62 4HA. This is just under an hour from the main DecaUK venue www.ampleforth.org.uk/sports/swimming-pool

The water temperature will be between 28 - 30 degrees.

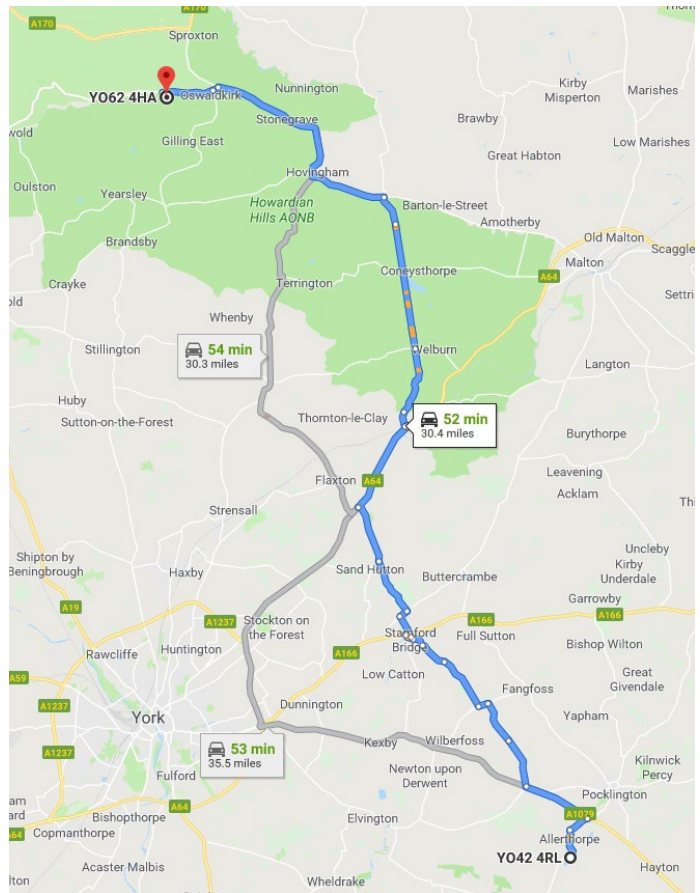
You may place small amounts of nutrition on the side of the pool and a box on the seating surrounding the pool. Showers and toilets are available poolside.

Swimmers will be told which lane to swim in, each athlete will have a coloured swim hat and laminate lap counter sheet, that will travel with them should they switch lanes. You **MUST** wear the coloured hat provided and must not change lanes, unless told to.

Swim timing: Swim timing is manual (this will still show on the live results) so you will **NOT** need to wear a timing chip for the swim. Once the swim is over and you have returned to HQ to start the bike, you must show your race number to the timing staff at the bike timing tent and they will fix the timing chip on your bike.

The lap counting staff will inform you when you have two laps to go. Once you have finished, you can exit the pool at this point and change. **The athlete must have pre-arranged their transport, should they not have crew. They must NOT drive themselves.** The drive time is approx 50 minutes back to race HQ. The clock does not stop for this) and you are advised to make the most of it by eating and sleeping. There is a 24 hour shop / garage on the way back from the pool.

There are multiple changing rooms, toilets and showers. Your crew can also use the kitchen (but they must clean up after themselves).



Swim course for one a day events:

The swim starts at 06:00 each day and you will complete 9 laps of a 444m course

Course - <https://ridewithgps.com/routes/27924464>

Water temperature is likely to be between 18 and 20 degrees depending on weather and rainfall during the days leading up to the event.

It will be a floating start and is a clockwise course, you swim keeping the buoys on your right. The entry / exit will be marked by Brutal flags.

We will be manually counting your laps and you will be required to wear a coloured hat.

Whilst you are swimming, there will be kayakers in the water and a RIB on the lakeside 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 of the kayaker, but follow the instructions they give you.

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 be removed from the race. **The medics decision is final.**

When you have finished your swim please make your way to the main marquee or change tent. There will be marshals to assist you out of your wetsuit, should you need it.

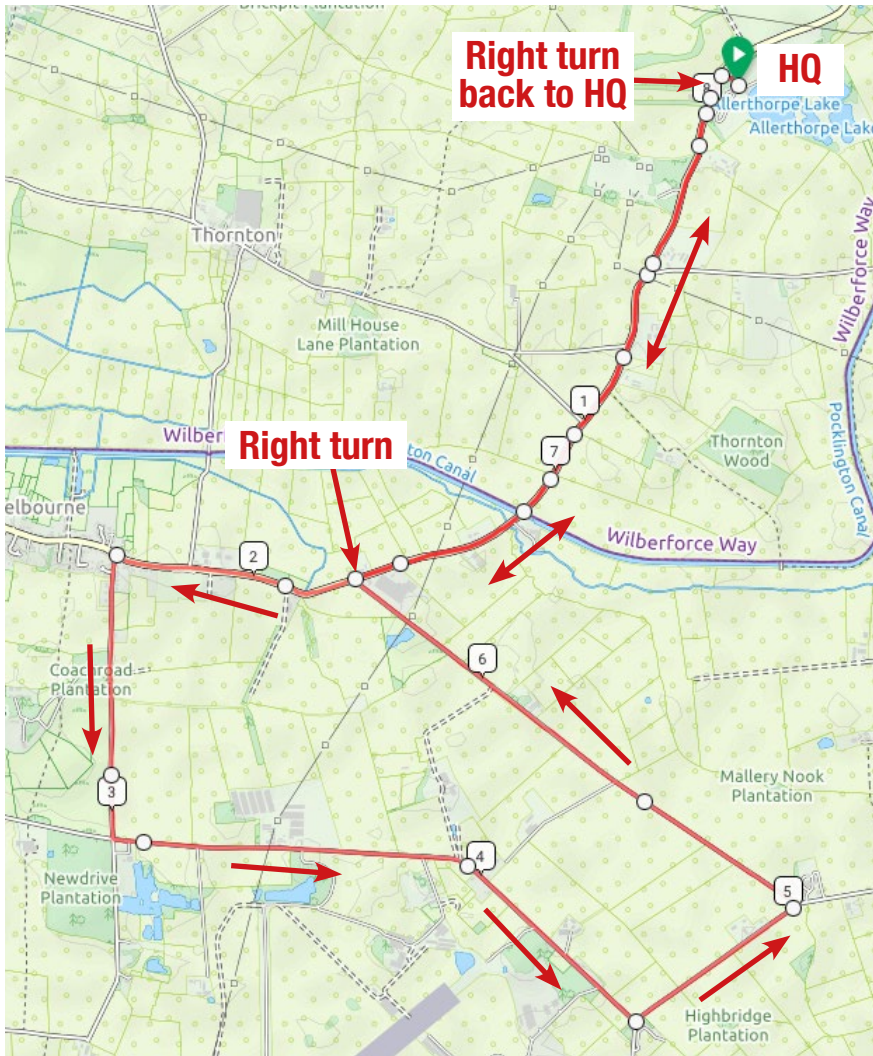
Wetsuits are compulsory. Please wear the swim hat provided. You may wear a thicker hat underneath. Booties, gloves and vest are also permitted.

If you need to exit the swim for nutrition or toilet break you may, but please avoid the timing mat if possible and let a member of crew know.



Bike course:

This is a 8.2 mile course [Bike Route link: https://ridewithgps.com/routes/29531701](https://ridewithgps.com/routes/29531701)



Bike course info:

The bike course for all events is an 8.10 mile course. It is open to traffic and you must obey the highway code. It has two right turns (see above) which may or may not be marshalled, depending on the time of day. **You MUST stop here to check for traffic before you cross.** The aid station for the bike course is at entrance of Allerthorpe Lakeland Park by the bike timing tent. The course will be well signed.

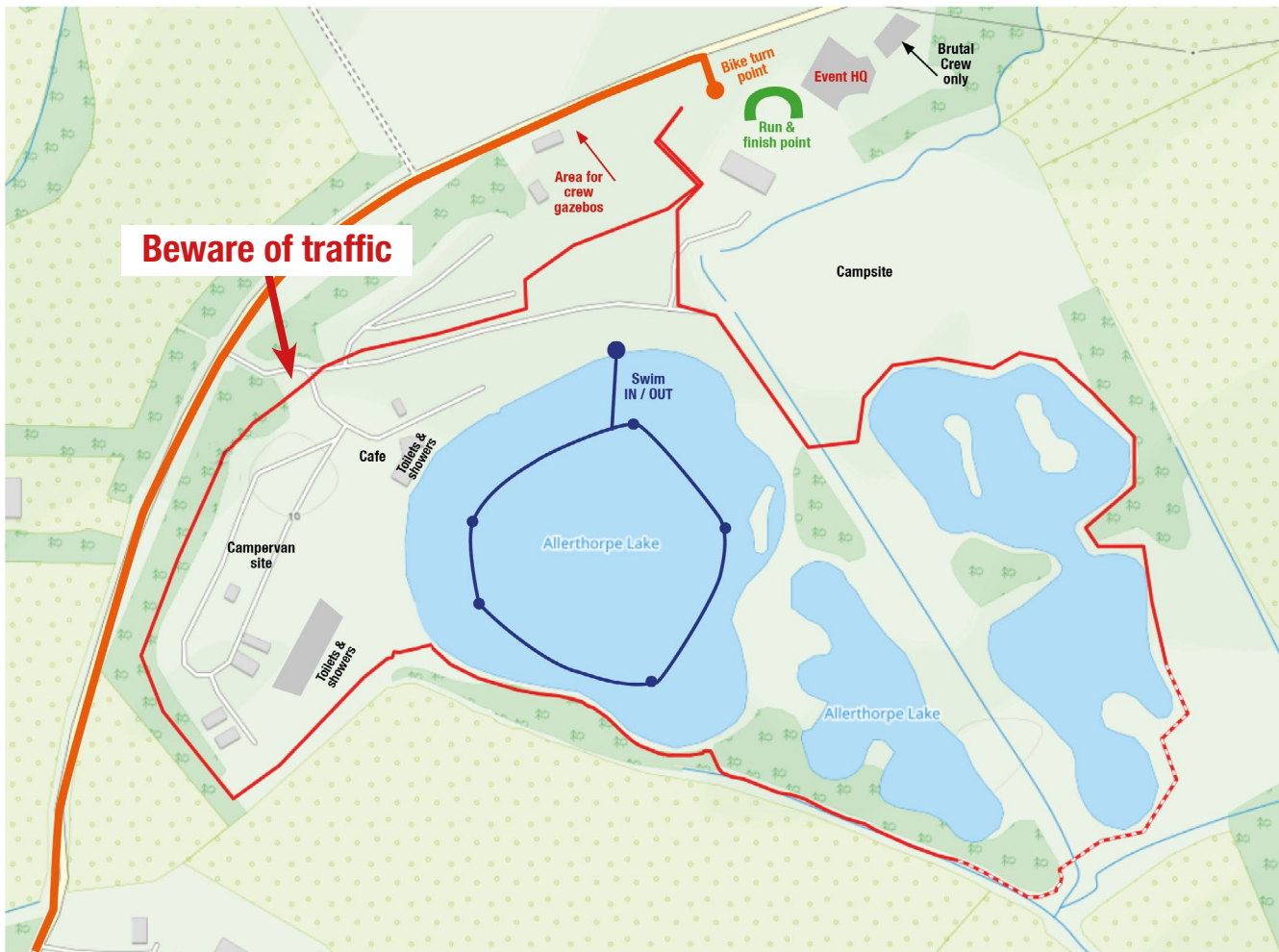
Please be very considerate of local residents, especially at night. If we have complaints, we will not be able to put this event on again.

Bike lights must be activated before dusk. High visibility vests are to be worn at ALL TIMES. (see page 15 on safety on the bike course).

If you have any problems, either phone Claire on 07968 976116 or let one of the other competitors know that you need help.

Run course:

This is a 1.2 mile course <https://ridewithgps.com/routes/29856731>



Bike Course (all events)

Run Course (all events)

Swim Course (one a day events)

Run course info:

The run course is a 1.2 mile lap around the lake and on private, traffic-free paths (mainly trail).

Be aware you will cross the main entrance to the park on every lap, there will be vehicles and bikes using this constantly (see above).

The aid station for the run is located in the event marquee. There are two toilets you can use, but you will need to leave the course to do this (see above).

On the run course there are track boxes to monitor your location for safety. When you need to take a break during the run, you will need to;

1. Go over the run timing mat, inform the staff that you are taking a break
2. Then continue on the lap until you reach the camping area.
3. After your break, you must rejoin the course from the camping area and complete that lap.

Head torches will be required at dusk.

Number of laps:

The bike and run courses have been measured using a 'Cook Jones Counter' (www.cookjonescounter.com). This distance is final, regardless of what your own gps states.

Swim Laps - 25m pool or 444m lake lap

Continuous Deca - 1520 lengths
Continuous Quin - 760 lengths
Continuous Triple - 456 lengths
Continuous Double - 304 lengths
1x10 Deca - 9 laps per day
1x5 Quin - 9 laps per day
1x3 Triple - 9 laps per day
1x2 Double - 9 laps per day
Full Iron - 9 laps per day
Half Iron - 4.5 laps per day (start from far buoy)

Bike Laps - course 8.10 miles

Continuous Deca - 139 laps
Continuous Quin - 70 laps
Continuous Triple - 42 laps
Continuous Double - 28 laps
1x10 Deca - 14 laps per day
1x5 Quin - 14 laps per day
1x3 Triple - 14 laps per day
1x2 Double - 14 laps per day
Full Iron - 14 laps per day
Half Iron - 7 laps per day

Run Laps - course 1.2 miles

Continuous Deca - 220 laps
Continuous Quin - 110 laps
Continuous Triple - 66 laps
Continuous Double - 44 laps
1x10 Deca - 22 laps per day
1x5 Quin - 22 laps per day
1x3 Triple - 22 laps per day
1x2 Double - 22 laps per day
Full Iron - 22 laps per day
Half Iron - 11 laps per day

Bike Racking:

There are two areas of bike racking. The racking by the main HQ marquee is for the one a day athletes to rack while on the swim and run.

The racking by the bike timing tent is for anyone stopping whilst on the bike course. There will be two sets of racking here, one continuous and one for the one a day (signed), this is so the staff can monitor the continuous competitors.

Athletes can leave their bikes in the racking areas for the duration the event on the understanding that Brutal Events are not responsible for any theft that may occur. The racking will be manned for the entire event, but there is not 24 hour security available. If you are concerned, please lock your bike in your vehicle when you are not using it.

Crew Gazebos:

The athlete may set up a **small (3mx3m) gazebo** in the gazebo area, but must first come and speak to a member of staff before putting it up, to ensure it's the right size and in the correct area. Otherwise it will be removed. This gazebo is for the athlete and their crew to use during the event to store food, bike spares etc. It is NOT to sleep in. They must have booked camping through the venue.

Please do not leave your gazebo behind after the event for the event staff to dispose of.

Support:

Support riders are NOT allowed on the bike course in the day. During the hours of 2200 and 0500, they ARE permitted, but they must only cycle behind the competitor and not side by side. And must obey the Highway Code.

You may drive on the bike course and park (not obstructing any roads or driveways) and support your athlete, BUT you MUST NOT drive in front or behind them at any time. If you are caught doing this, there will be time penalties for your competitor.

Support runners are allowed, but not for entire event.

Safety on the bike course:

You will need high quality lights for your bike (All athletes riding into the evening/ night).

Every cyclist will need;

1. A static white light (powerful enough for you to see clearly) and flashing white front light (for other road users to see you)
2. A static red and a flashing red rear light
3. A high visibility vest (see images for acceptable vests - **not strips or bands**) to be worn at all times.

The bike course gets extremely dark at night and you are advised to buy powerful beams that illuminate the road in front of you so that you can see any debris, potholes or animals that may be in front of you. **We recommend a minimum of 200 Lumen for your lights.**



Medic / Massage:

There will be a medic on-site for 24 hours for the duration of the event to help with any medical issues / blisters etc you have.

Sports massage will be available at certain times during the event. Times will be confirmed at the briefing.

HQ facilities:

There will be the following facilities available for athlete and crew to use during the event:

- Kettle / Toaster / Microwave / Gas cookers
- Sports drinks (Torq - www.torqfitness.co.uk), water, coke, squash, tea and coffee
- Snack food (bread / toast, jam, butter, bananas, biscuits, jelly babies, chocolate and flapjack etc.)
- Power to charge lights and phones
- TV / use of laptop to view results / laps
- Heater for warming up post-swim and any other time
- Area in main marquee to leave any kit / food (marquee will be manned for entire event). Only use minimum space as there are many athletes using the same space.
- Toilets / showers

Nutrition / meals:

Nutrition will always be available in the main marquee (hot / cold drinks, soup, toast, cereal, porridge, cake etc.) There will be **one hot meal** made for the athletes each day (**only for multi day athletes**). This will be available from 11am each day (we can re-heat for when you want to eat it) and will be a substantial meal with a pudding. There is seating and tables within the main marquee.

The crew can buy meals from the campsite cafe or local services (see Services section).

Cut offs / Rules:

Continuous Deca:

Swim cut off: Monday 18th July 0700

Bike cut off: Sunday 24th July 0700

Overall event cut off: Fri 29th July 0700 (total 288 hours)

Continuous Quin:

Swim cut off: Monday 18th July 0700

Bike cut off: Thursday 21st July 0700

Overall event cut off: Saturday 23rd July 1900 (total 144 hours)

Continuous Triple:

Swim cut off: Monday 18th July 0700

Bike cut off: Tuesday 19th July 1700

Overall event cut off: Wednesday 20th July 1700 (total 64 hours)

Continuous Double:

Swim cut off: Monday 18th July 0700

Bike cut off: Tuesday 19th July 0700

Overall event cut off: Tuesday 19th July 2100 (total 42 hours)

One-a-day events:

The Swim cut off is 2.5 hours. The cut off is 23 hours and 45 minutes for each day. (Half Iron: Cut off: 12 hours)

- No iPods etc. in swim or bike course, but music is allowed on the run section (be aware of entrance and other road users)
- No mobiles to be used whilst on the bike (you may carry one though)
- No drafting on the bike course
- If you have to pull out of the event for any reason, please make sure you tell one of the race organisers and remember to return your timing chip
- Be aware / considerate to other park users / campsite staff during the event - **time penalties will be issued if you are found littering the course or being abusive to staff or park users.**
- **There is a 'three strikes and out' rule in place on this event.**

Bikes / Mechanic:

We advise you bring a spare bike / wheels and other spares / inner tubes etc. There is a local bike shop that can help with anything that cannot be fixed in HQ. **CycleLane, 6 Clarkes Lane, Pocklington YO42 2AW - Tel 01759 306770**



Airport Pick ups:

Airport pick ups and drop off must be arranged before the event. Email your flight details to claire@brutalevents.co.uk - Manchester Airport only and this is only available at the start and end of your event.

Local services:

There is a Starbucks, Subway, KFC and garage (YO42 1AD) which are a few minutes drive away. Sainsbury's (large superstore - YO42 2GG) is an 8 minute drive from the campsite. If you have no crew, the staff will be able to help you with buying supplies. Please talk to us about this when you get to the event and you will need to have cash upfront for this.



Weather:

Should the weather go beyond what is deemed safe, the race will be suspended for however long is necessary. The clock will NOT stop.



Race declaration

You must sign this and bring it with you to registration.

Competitors name:

RACE DECLARATION

I understand and agree that I participate in the event entirely at my own risk and that no responsibility whatsoever shall attach to any event sponsors, race directors or any persons involved in the organisation of the event for any injury, accidents, loss or damages suffered by me in, or by reason of the event, however such may be caused. I AM PHYSICALLY CAPABLE OF COMPETING IN THIS EVENT AND DO SO ENTIRELY AT MY OWN RISK. NOTE: All athletes MUST obey the Highway Code and have a roadworthy bike, MUST wear a cycle helmet and provide details of any medical condition and next of kin contact number on back of race number.

I HAVE READ AND UNDERSTAND THE DECLARATION AND AGREE TO ABIDE BY THE RACE RULES AND REGULATIONS

I understand that photography will be used at this event and give my consent to photo's being taken and posted on the triathlon and photography websites and other publications after the event.

SIGNED

DATE