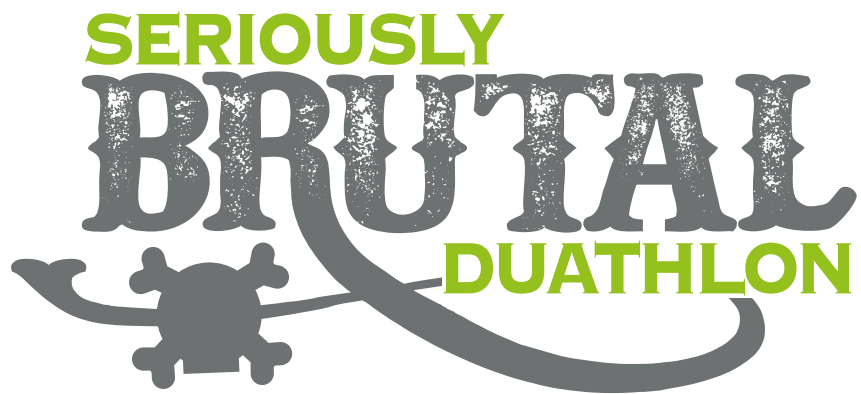


SERIOUSLY
BRUTAL
DUATHLON



Race Information

September 9th 2023

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

Registration and Race Briefing - Friday 8th September

Once you have arrived make your way over to Brutal HQ to get familiar with the event HQ layout.

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.



**Remember we are
a cupless event!**

At registration you will collect the following...

- Race number
- Map of the Llanberis path to Snowdon summit
- Labels for your transition bags, hat & bike (please supply your own bags - no suitcases please!)

You will also be given your timing chip and event slate coaster.

The race briefings will be held in the event marquee. **The Seriously Brutal Duathlon briefing will be at 6pm.** Attendance is compulsory. You will be able to ask questions once the briefing has finished or speak to one of the race crew.

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 brief.

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



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 parking page)

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

ALL RACES START AT 7AM. PLEASE BE AT THE START / FINISH GANTRY AT 6.45AM READY TO START YOUR RACE.

Distances / laps

Full SBD

3 laps around the Lake (15.6m)

116m road bike (4 laps)

Ascent / decent of Snowdon (9.5m)

Half SBD

1 lap around the Lake (5.2m)

58m road bike (2 laps)

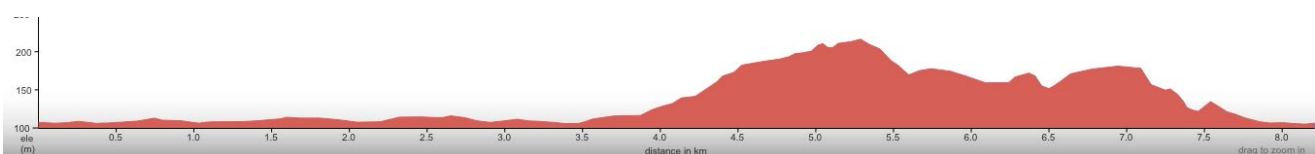
Ascent / decent of Snowdon (9.5m)

The Run Course - Lake Lap

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.

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)





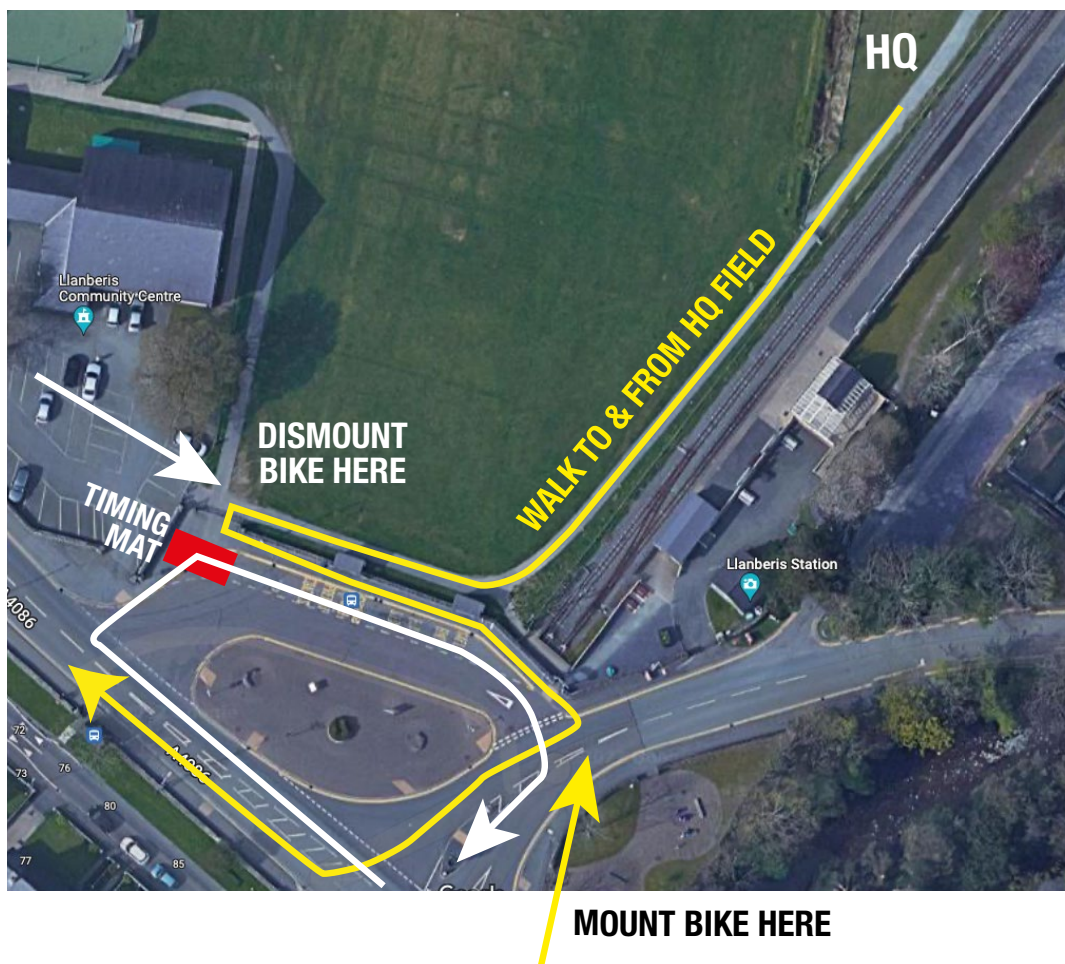
The Bike

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.

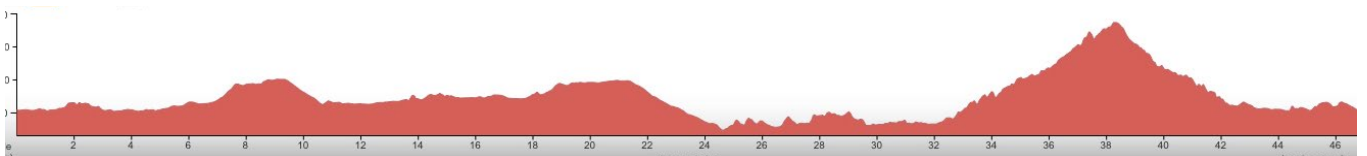
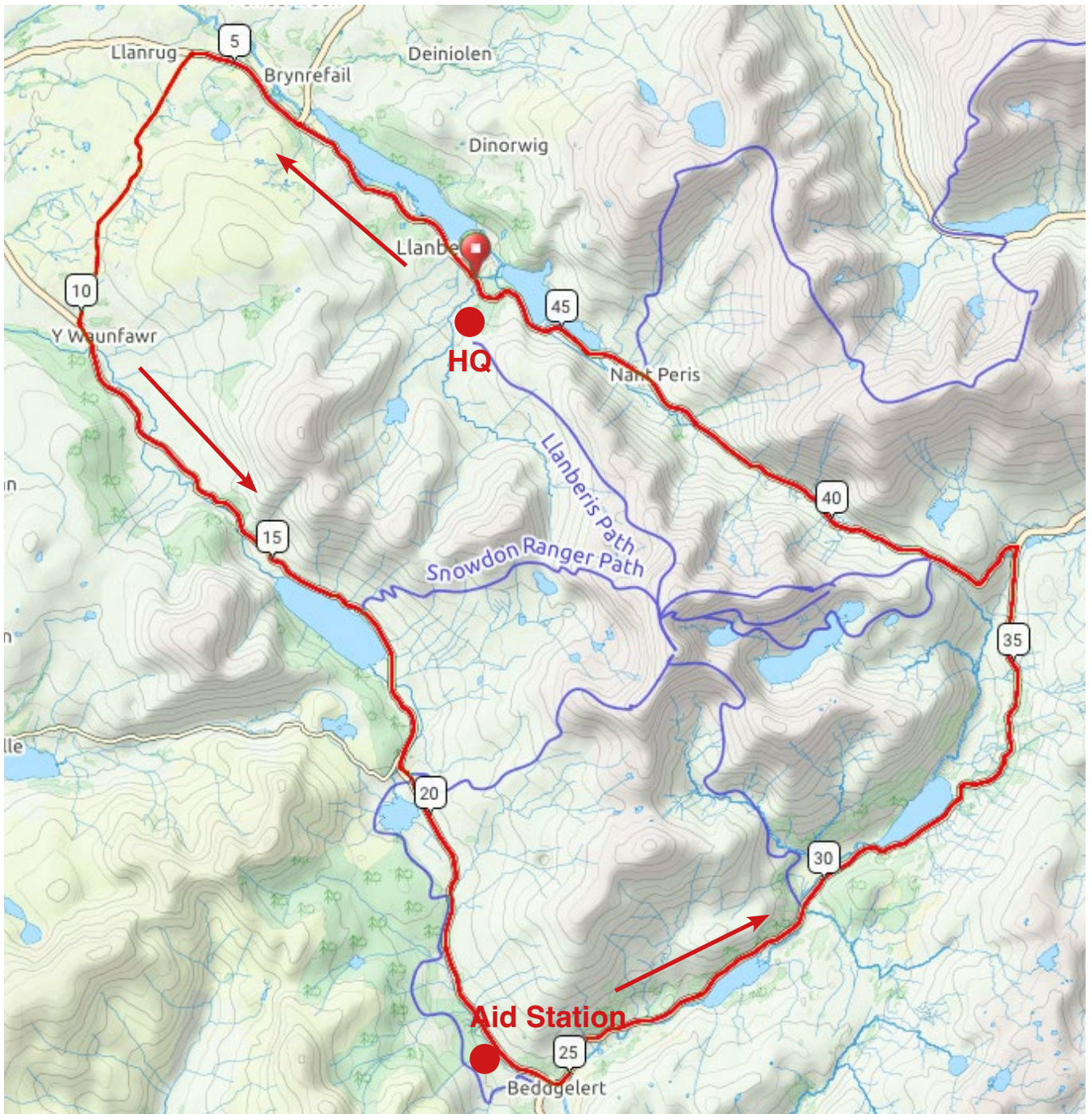
1. Walk with your bike. **2.** Mount your bike and stop at the road junction. **3.** Ride across the road when safe, advised by marshal. **4.** Begin the bike course.

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 us 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 Snowdon Section

After you have finished the bike, you will head to the black tents to collect your mountain bag and 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.**

You then 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. There will be other medics on the route between these points 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.

*Note: It is NOT compulsory to take crew for the mountain section for either of the races, but if you would like to have some company, this is permitted - **but please ensure they have appropriate kit for the mountain (no flip flops!!)***

Competitor Info Seriously Brutal Duathlon 2023



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/windproof 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 distance only)
- Survival foil blanket
- Head torch (full distance only)
- More than 400ml of water or other drink
- Blister kit

The reason why all athletes 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!



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.

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!

Race Cut offs

Half SBD cut offs

Lake lap - 1.5 hours after start of race

Exit transition from bike to Snowdon - 6.5 hours after start of race

Overall cut off - 14 hours after start of race

Full SBD cut offs

Lake laps - 5 hours after start of race

Exit transition from bike to Snowdon - 15 hours after start of race

Overall cut off - 21 hours after start of race



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

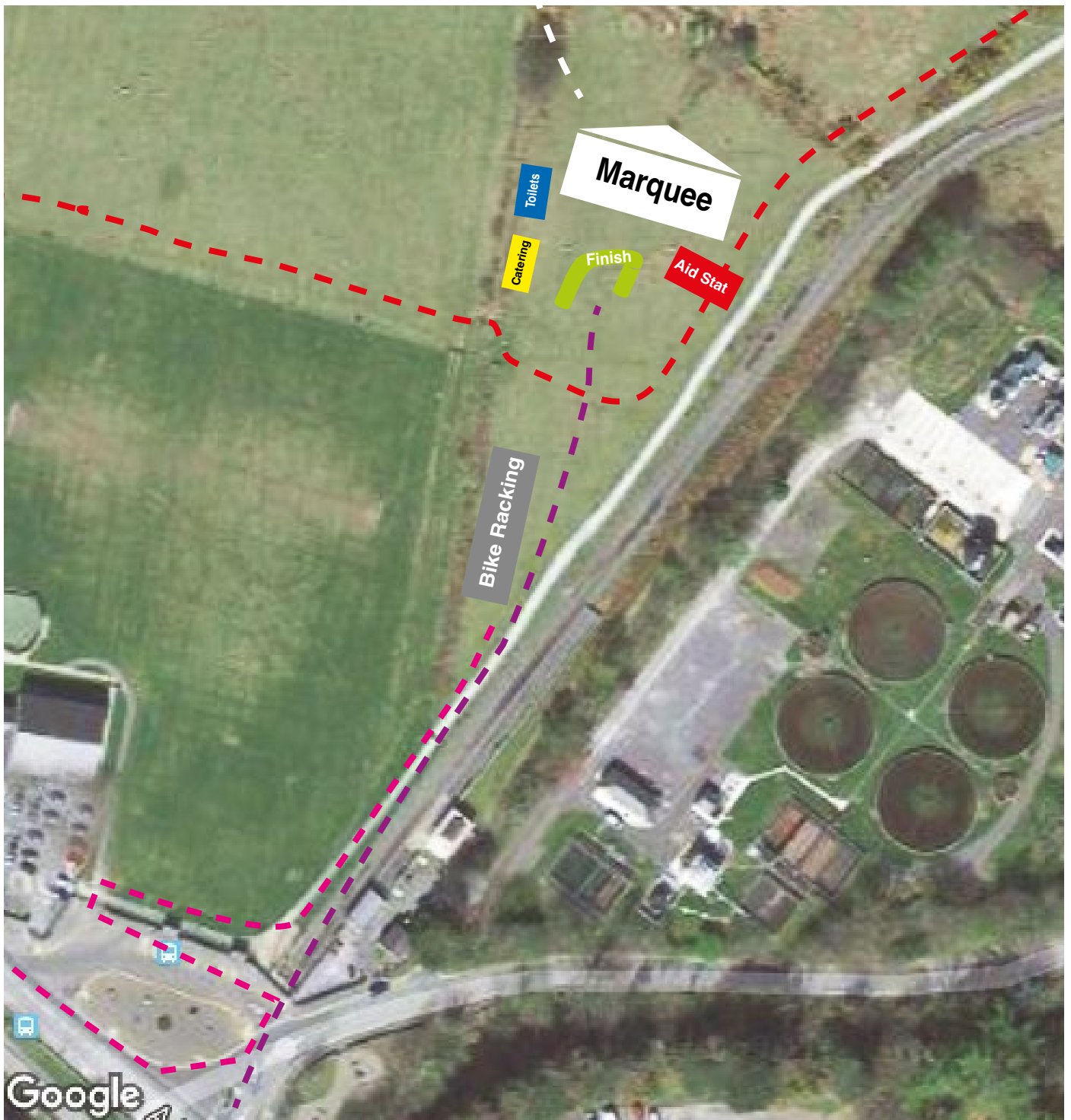
Third violation, major violations or dangerous behaviour - Disqualification

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



IMPORTANT! Please read.

Free Event Parking



hushed.inherit.rationing

THERE IS NO CHARGE FOR PARKING HERE FROM FRIDAY AFTERNOON UNTIL MONDAY MORNING (DOUBLE ATHLETES AND CREW)

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

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

Beware of sheep on the road!

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