



Immortal Middle Distance Farmoor

Sunday 21st July 2019

7am start

Athlete Information

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

Location and Venue

Farmoor Reservoir is located 5 miles west of Oxford and is just a few minutes' drive off the A40 and A34. If using a Sat Nav, please use postcode OX2 9NS, the entrance is slightly South of this. There is a café on site which will be serving hot and cold food and drinks throughout the event. No dogs are allowed on site.

Car Parking

Car parking will be available on site and will be clearly marked as you drive onto Farmoor Reservoir. There will be no charge for parking.

Site Layout



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.

Registration

From 3pm - 4.30pm Saturday 20th & 5.30am - 6.30am Sunday 21st July

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 BTF 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 changeover of timing chip.

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 on a tarmac surface.

Athletes and officials only in transition; please only use the official entry and exit. No jumping barriers.

Racking will only be possible on Sunday morning.

Medics and Marshals

St John Ambulance will be on site and around the course 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 registration, and there are public loos situated around the site.

Left Luggage

There is no left luggage area.

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, which is important for you all to hear.

You are advised to consider an additional pair of old shoes/ flip-flops which you may leave at the top of the swim exit ramp to aid the run from Swim exit to T1. These should be left neatly alongside the 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 in the water 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 three laps.

Stay on the road ahead, unless directed otherwise by Cycle Route arrows.

The route will be well marked, and marshals may also be at each direction change.

Should you see a fellow competitor in difficulty, please relay this information to the next marshal.

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

The route is on open public roads, and you must obey the rules of the road.

There are two sets of traffic signals on the route. The first will be manually operated in order to give priority to approaching triathletes. The signals will still be live, so if you see a red light you must stop.

The second set of signals will be switched off for the duration of the event and vehicle movements will be managed by qualified operatives. Please obey their instruction.

Drafting is not permissible. Please avoid riding within 10 metres 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 one drinks station on the bike course which will be located just past the entrance/ exit to Farmoor Reservoir and so will be visited by each triathlete 3 times. There will be water, High5 energy drink & flat cola available here.

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/14803313>

Run Course

The run route is 4 laps of mainly tarmac roads with a small section on a footpath and a very short section on grass.

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

There will be two drink stations on the run course (one on each side of the causeway that bisects the Reservoir). They will be visited at approximately 2k, 5k, 7k, 10k, 12k, 15k, 17k and finish. This will have water, High5 energy drink and flat cola in biodegradable cups. Please ensure empty cups end up in the recycling bins provided. **Any athlete seen deliberately littering will be excluded from the results.**

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

Strava Run Route Link:

<https://www.strava.com/routes/14803346>

Absolutely **NO littering** will be tolerated. 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 21st July.

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