



# Immortal Stourhead Triple Crown

10K | MegaSprint | Middle Distance  
Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> May 2023

## Athlete Information

We look forward to welcoming you to Stourhead.

The final preparations are well under way. We need to make you aware of some important information prior to race day.

### Location

Stourhead House is in the village of Stourton. There are very clear brown directional signs to Stourhead from the A303 near Mere from the south and the B3092 from the north and then follow the B3092.

### Car Parking

Please follow signs to the National Trust Stourhead car park.

You will then be directed to the athlete parking area.

### Camping (pre-booked only via the National Trust [Book Camping HERE!](#))

Check in will be from 15:00 - 21:00 on Friday 12<sup>th</sup> and anytime after 09:00 on Saturday 13<sup>th</sup>

Please follow the road signs to Stourhead car park and signage will then direct you the short distance to the campsite. A National Trust staff member will be at the entrance to greet you upon arrival.

There will be warm showers and toilets in the camping area (for campers' use only).

Catering will be available from National Trust outlets across the weekend.

No fires are permitted on the camp ground.

These are basic grass pitches with no electric or hard standing.

### Toilets

Stourhead has toilets near the Visitor Centre and in the basement of the House. Additional temporary toilets will also be available.

### Registration - From 08:30 Saturday

The bright orange registration tent will be at the main entrance to Stourhead, signposted from the car park.

You will be issued with a Triple Crown race pack which will include:

10K race number and shoe timing chip

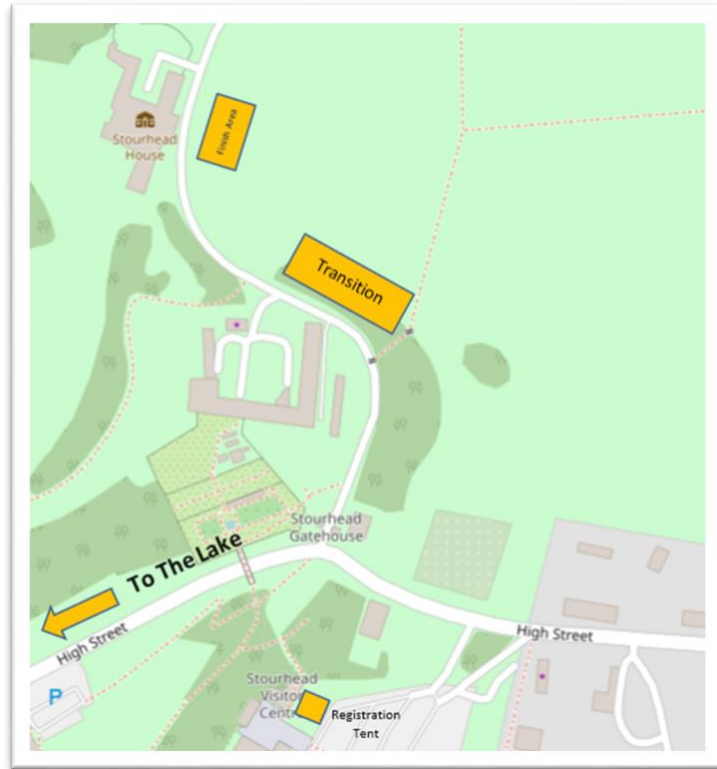
Triathlon Sticker Set

Triathlon Race Number (x2)

Food and drink vouchers

Triple Crown Hoodie

Swim hats will also be issued, and these must be worn during the swim so that you are easily identifiable.



## Race Equipment

You must have a roadworthy bike with handlebar end caps fitted. A suitable helmet, in good order, must be worn at all times when in contact with your bike. Random Spot Checks will be made in transition, any defective equipment may be withdrawn by order of the Race Director.

## BTF Members

Please bring your current BTF card if you are a member, or you may be charged an extra £5 for a Day Licence.

## Non-Affiliated Athletes

When you entered the event a £3 fee was included in your entry fee to cover your 'day licence' which is issued by BTF.

## Race Numbers and Timing Chips

### 10K

Ensure you fill in the medical information on the reverse of your race number.

Your race number must be pinned to the FRONT of your running top; please bring your own safety pins.

Failure to start and finish wearing your race number will result in no time or position being recorded.

Race numbers do not need to be returned at the end of the race.

The timing chip must be attached to your shoe and will be collected after you finish

### MegaSprint and Middle Distance

Ensure you fill in the medical information on the reverse of your race number.

We advise you attach the timing chip to your left ankle using the Velcro strap provided. Race numbers are to be displayed on your back on the bike section, and on the front on the run section. We strongly recommend you use a Race Belt. These will be available for purchase at registration.

Failure to start and finish wearing your race number will result in no time or position being recorded.

## Left Baggage (10K only)

There will be a left baggage area at the finish marquee outside Stourhead House (not at registration). Please use the tear off label on the bottom of your race number to identify your bag. We cannot take responsibility for any left luggage, so please avoid leaving valuables or car keys.

### Transition - Open from 15:00 Saturday and 05:30 Sunday

Note – your bike should be removed overnight between the MegaSprint and Middle Distance as the area will not be secured overnight.

Numbered stickers need to be attached to both your helmet and bike before you are allowed into transition. Numbered racking will be in place. You may keep your kit with your bike in a small bag. Transition is in a grass meadow and can be uneven underfoot.

You will need your bike, helmet, bike shoes, run shoes and any additional items needed for the bike or run.

Make sure you take some time to look at the entrances/ exits and make a mental note of where your bike is racked.

This area is restricted to competitors only.

### Drinks

There will be no drink stations on the 10K, MegaSprint (bike or run) and Middle Distance bike course so please ensure that your bike is fitted with bottle cages so that you can carry enough water for the bike course, you may also wish to leave a drink in transition. A drink station on the Middle Distance run will be located outside Stourhead House and will be available on each lap. Please bring your own drinking vessel (readily available online: [example](#)).

### Swim MegaSprint 17:00 start Middle Distance 07:00 start prompt

There will be a short lakeside safety briefing at 16:45 for the MegaSprint and 06:45 for the Middle Distance. It is important for everyone to hear. The lake is approximately 500m from Transition, please leave sufficient time to get to the briefings.

The route from the swim is on a mix of tarmac, grass, and gravel paths. You are advised to consider an additional pair of old shoes or flip flops which you may leave at lakeside to aid the run from the swim exit to T1. They should be left neatly alongside the path or left with a friend or supporter.

The swim entry will be via a floating pontoon. This is also the exit point.

There will be a mass start in the water, signaled by a klaxon horn. The route for the MegaSprint is one lap and two laps for the Middle Distance in a clockwise direction, marked by large swim buoys.

Should you experience difficulty, please roll on to your back, and raise your hand and one of the Water Safety team will attend. No backstroke is 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 time is 45 minutes for the MegaSprint and 1 hour 15 minutes on the Middle Distance**

### Transition - T1

Entry into T1 will be clearly marked and marshalled. Locate your bike. **You must put your helmet on and fasten it before you remove your bike from the rack.**

Ensure your race number is clearly visible to the rear.

You may take as long as you like in transition but bear in mind the clock continues to run.

Leave transition and push your bike to the bike course.

### Bike Course

The bike route is one lap on the MegaSprint and three laps on the Middle Distance, 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.

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

**There is one split junction toward the end of each lap on the Middle Distance. A sign will advise you to follow straight on at the end of Lap 1, and 2, and turn left at the end of lap 3.**

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 on open public roads, so please obey the rules of the road.

**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.

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 time is 2hr30 from race start time or 1930 on the MegaSprint, and 6hrs from race start time or 13:00 on the Middle Distance.**

Bike Route [Link](#)

## Transition - T2

Entry into T2 will be clearly marked and marshalled. Ensure you dismount at the dismount line and push your bike to transition. If you are wearing cleats, please be careful especially if the surface is damp.

Rack your bike before you undo your helmet.

Proceed to exit transition "Run out".

Please ensure you have your race number on your front.

## Run Course

The one or three-lap run route includes footpaths, tarmac roads, and forest gravel tracks.

Follow the route ahead, any changes of direction will be clearly marked and may be marshalled. The finish line is at the house at the end of the third lap.

**Race cut-off time 20:00 on the MegaSprint, and 16:00 on the Middle Distance.**

Run Route [Link](#)

Absolutely no littering. Any reports of dropped litter, particularly gel and bar wrappers will result in exclusion of the offending athlete.

## Post-Race

Please collect your kit from transition as soon as possible to allow this secure area to be cleared.

## Results

Results will be streamed live on the event website (subject to signal).

## Awards Presentation

Trophies for the top three male/open and top three female finishers in each individual event will be presented near the finish line outside Stourhead House once the top three in each gender have finished the race. There will also be age category trophies which will be posted out within one month of the race weekend. Also a prize for the winning Male and Female Triple Crown Athlete (quickest cumulative time).

We would like you to join us in thanking the many volunteer marshals, without whom this and all events would not be possible.

With many thanks also to Stourhead and The National Trust.

If you have any questions or queries, please do not hesitate in dropping us a line at [info@racenationevents.com](mailto:info@racenationevents.com)

*Good luck with your training and we look forward to seeing you on the 13<sup>th</sup> May!*



EVENT  
PERMIT  
2022



PERMITTED EVENT  
ORGANISER 2022

### **RaceNation Events is proud to be a Permitted Event Organiser 2023**

We are able to:

- Demonstrate that the event will be conducted in accordance with the British Triathlon (& ITU) rules, as outlined in the current Competition Rules.
- Demonstrate that the event will be conducted in a fair and safe manner.
- Demonstrate that the events planning, and preparation meets the standard of quality required by British Triathlon.
- Ensures the event has the appropriate volunteer and participant insurance.
- Signifies that the Event Organiser has completed a thorough review of the swim, bike and run courses and has evaluated and considered all medical, safety and emergency requirements for the event.
- Maintain a positive image of the sport of triathlon by setting minimum standards for staging of safe races which are accessible to the public.
- Provides a route for regress for members and competitors.