



**28 SEPTEMBER**  
**2014**



## Race Manual

The nature of the local Cumbrian weather, the actual race, course and the area it takes place in means that it is not possible to be 100% accurate on all matters. The important details are correct though. We intend to issue an updated version of the manual shortly before race day and will make clear any changes. There will also be a compulsory race briefing where any last minutes changes will be brought to your attention.

The organisers reserve the right to alter any element of the manual and the race.

This manual will provide you with the information you need to compete at Wasdale - the worlds hardest half Iron distance race.

Competitors **must** read this document and follow all advice.



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**Version 03/10/13**

## 1 : Introduction

The race start at 7am 28th September 2014 in Wasdale, Cumbria. There will just be one wave.

Wastwater is a Half Iron Distance Triathlon comprising of a 1.2 mile( 1,900m) open water swim in Wastwater, a 56mile (90km) out and back cycle in The Lake District from transition over Hardknott Pass, Wrynose Pass, Langdale and back the same route to transition, and a 13.1mile(21km) run around over Scafell Pike, England's highest mountain.

Race HQ, Transition 2 and Race Finish is at The Wasdale Head Inn

Transition 1 is laid out on the grass the in the field beside the eastern shore of Wastwater

Transition 2 & finish is at Wasdale Head Inn

**NOTE : New for 2014. All items of clothing, wetsuit and gear will be transported from T1 to T2 whilst you are on the bike leg. You must have all your personal items stored in suitable plastic boxes with lids. You can use up to 2 boxes and will be given large, numbered and barcoded labels to stick to the boxes for identification.**

**Transition 2 is erected in an identical layout to Transition 1 and your racking place will be the same as in T2. Transition marshals are on hand to help identify your location.**

## Registration

Registration at the Wasdale Head Inn, Wasdale on Saturday only. (please contact us prior to Saturday 27<sup>th</sup> Sept if you cannot make this time)

Open 5pm Saturday 27<sup>th</sup> September

Close 8pm Saturday 27<sup>th</sup> September

At registration you will receive a race pack the pack will include the following

Please take the time to inspect your race pack, If any items are missing please us know immediately

1 x swim hat

1 x race number

1 x race number with detachable luggage label

1 x small bike helmet sticker

2 x large sticker for transition boxes

1 x waterproof map with both bike route and run route on either side

Your timing chip will be issued Sunday morning at T1 prior to the race briefing. It needs to be placed on your left ankle prior to the race start

Helmet sticker is to be positioned on the front of your bike helmet. Bike number to be folded back on its self and wrapped around either your seat post or rear brake cable.

During the bike section you must have your race number visible on your back and during the run section you must have your number visible on your front. Either or both race numbers can be used.

The map has the list of emergency contact details.

Once you have gone through T1 and are on the bike route we will be transporting all of your belonging to T2. You will need to identify all you belongings, to do this we have provided you with a luggage label and large sticker

Please detach the luggage label from the number and secure it around any bags you will be taking to transition.

Please place the large sticker to your transition boxes

### **TRANSITION 1 and SWIM**

**NOTE : Transition 1 will be moved in it's entirety to Transition 2. This will include all your gear.**

Is located at the head of the lake and opens at **5.30 am**. It will be dark so please bring head torches.

T1 closes at **6.45 am** . you will not be allowed in after this time.

Race Briefing for competitors is at 6.45 and will be given by Christine Johnson. Race Starts at **7.00 am**

**There is a 300 m run from the lake to T1. We advise you take a pair of trainers to make the run**

## **Transition 2 and Finish**

Is located opposite the Wasdale Head Inn and will not be open until the race starts. You can not leave any gear in T2, all items must be left in T1.

## **BIKE ROUTE**

Please take the time to study the maps on display and familiarise yourself with the highlighted danger spots and the examples of the direction and warning signs found on the bike route.

In addition to the sign we have marked the road where the worst pot holes are. Please heed any caution signs, and take extra care when you see them.

The route is well signed and you will not pass more than 1km without seeing either a direction sign or an ahead arrow. If you have failed to see either of these after a few KM, please check your map.

We have check points On Hardknott Pass, Skelwith Bridge, Hardknott Pass on your return. There is water available both ways on Hardknott Pass.

On returning to Wasdale Head at the end of the bike section, **DO NOT** turn into T1 but continue onto T2 located 1.5km north the opposite the Wasdale Head Inn.

## **RUN ROUTE**

Please take the time to familiarise yourself with the map on display. The run route is flagged with red and white marker tape. Either attached to wooden stakes or rocks. Please see example on display.

## **CUT OFF TIMES**

If you do not make any of the following cut off times, you will be asked to finish the race and return to the race HQ at Wasdale Head Inn

**2.00 pm T2**

**3.00 pm Styhead Tarn**

**4.00 pm Lingmell Col**

**4.30 pm Scafell summit**

**6.00 pm Eel Tarn**

## **MEDICAL PROVISION**

**Paramedics are sited in T1, Between Harknott and Wrynose passes (bike Section), T2 and on Lingmell Col (Run Section)**

Transition 2 and the Finish is at Wasdale Head Farm

Due to there having to be a longish run (200m) on stoney path . we recommend you leave a pair of trainers at the swim exit. Unless you have leather feet this is fully recommended . you have been warned!!



## **Results**

Results will be available to view on the race website on the Monday after the race. [www.wasdale-tri.co.uk](http://www.wasdale-tri.co.uk) . Results will not be mailed out.

In the results participants will be given their timing splits for each discipline, therefore timing chips must be worn and race numbers must be clearly visible at all times.

## **Lost Property**

Please hand in any items found to the Competitor Help Desk located in the registration tent. Lost property will be held for 2 weeks at the Run 3 shop in Ambleside office after the race, before being taken down to the charity shop. Please contact Mark at [info@wasdaletri.co.uk](mailto:info@wasdaletri.co.uk) to register any lost items.

## **Changing facilities & toilets**

### **Toilets**

Don't leave it to the last minute! Extra toilets will be positioned outside the transition area. These will only be available on Sunday morning. There will be Portaloos on site and there are public toilets on the main road leading to the Wasdale Inn.

### **Medical**

Competitors are instructed to write medical details on the back of their race numbers and put a small indelible red cross on the front of their number to indicate a known medical issue.

Competitors are asked pre race to inform us of any known medical conditions, these are then forwarded on to our medical cover pre race.

### **Contact**

If you still require further information, here are contact details for the event:

**By Post: Mark Blackburn Run3, Central Buildings, Ambleside, Cumbria, LA22 9BS**

**By Email : [mark@run3.co.uk](mailto:mark@run3.co.uk)**

**By Phone : In emergency contact Wasdale Head Inn 019467 26229**

You should be receiving important email updates from us, if you are NOT, please send your email address to the above address.

For your race number and any last minute changes, please check out the race website on: [www.wasdale-tri.co.uk](http://www.wasdale-tri.co.uk)

## 2 : Program

WASDALE 2013	Day	Date	Time
Registration	Saturday	September 27	5 pm . 8pm
Transition opens Wasdale	Sunday	September 28	5.30 am
Transition closes Wasdale	Sunday	September 28	6.45am
Swim start WASDALE!	Sunday	September 28	7 am

## 3: The Course

**The Swim (1900M)** is a 1 lap (out & back) route at the east end of Wastwater, England's deepest and coldest lake. However, in the case of extreme weather conditions, the organisers reserve the right to shorten or abandon the swim course, in which case the event would become a Duathlon.

**The Cycle Route (90KM)** will exit transition and follow the road west along the lake and then to Easkdale valley. The mount line for the cyclists will be as soon as they reach the road from transition. The route will follow an out and back route over Hard Knot Pass and Wrynose Pass with a loop around the Langdale Valley before returning to transition back over Wrynose Pass and Hardknott Pass. The Dismount line will be the same as the mount line before re-entering transition.

**The Run Route (21KM)** will exit transition and follow the valley North towards Styhead Tarn, turning South East onto the Corridor Route before summiting Scafell Pike. From Scafell Pike competitors descend to Mickledore and to the foot of Foxes Ghyll. Ascend through Foxes Ghyll via Foxes Tarn to the Summit of Scafell. The run then descends to Eel Tarn via Slightside in a Southerly direction. At Eel Tarn turn North West to return to the Start/Finish via Burnmoor Tarn.

See maps attached



# Corridor Route Piers Ghyll

#### **4: Race Transfers & Refund Policy**

All entrants wishing to transfer or withdraw from the event must do **one** of the following.

Requests must be by email to [wasdale@run3.co.uk](mailto:wasdale@run3.co.uk) by the following dates.

#### **Cancellation Before 30<sup>th</sup> June midnight**

Entrant wishing to cancel their entry shall be allowed to do so upon emailing such a request to [wasdale@run3.co.uk](mailto:wasdale@run3.co.uk) (**NO** administration charge £7.50 Credit Card Refund Charge)

Transfer to another competitor (£25.00 administration Charge no credit card charges)

Postpone entry to 2014 race (£25.00 administration Charge no credit card charges)

#### **Cancellation from 1<sup>st</sup> July and before 31<sup>st</sup> August midnight**

Cancellation : Refund half entry fee (£7.50 Credit Card Refund Charge)

Transfer to another competitor (£25.00 administration Charge no credit card charges)

Postpone entry to 2014 race (£25.00 administration Charge no credit card charges)

### **Cancellation from 1<sup>st</sup> September and before 15<sup>th</sup> September midnight**

Postpone entry to 2014 race (£25.00 administration Charge no credit card charges)

### **Cancellation after 15<sup>th</sup> September 5.00 pm**

**No refund or Transfer**

### **5: Cut off times for Race**

Cut offs are necessary because we are concerned about your safety. It is very dangerous to be on the mountain after dark or if you are too exhausted. You cannot continue in the race on your own or at your own risk. The following cut off times will be enforced

#### **Cut Off Times (LEAVING TRANSITION)**

Start	Sport	Cut Off Time	Time Taken
7am	Swim (T1)	<b>8.30am</b>	1hr 30 mins
	Bike(T2)	<b>2.00pm</b>	7 hrs
	Run Beginning Corridor route	<b>3.00pm</b>	8hrs
	Run Lingmell Coll	<b>4.00pm</b>	9 hrs
	Run Eel Tarn	<b>6.00pm</b>	11hrs
	Finish	<b>7.00pm</b>	12hrs

# Scafell to Eel Tarn



## 6: Rules

### General Rules

The Wasdale Triathlon general rules are based on the rules and regulations of Triathlon England . you can find these at:  
<http://www.britishtriathlon.org/>

### Equipment

- Full wetsuits are mandatory for the swim if the water temperature is 18°C or below (and it will be)  
Wearing of wetsuits in triathlon is governed by British Triathlon rules and is totally dependent on water temperature one hour before the start of the race.
- Water temp = less than 18 degrees - - wetsuits are COMPULSORY  
Water temp = between 18 degrees and 22 degrees -- wetsuits are OPTIONAL (ie you can choose whether to wear one or not).
- Wetsuits help with buoyancy and warmth, so we strongly recommend that all participants wear one.
- Competitors are kept updated with water temperature as we get closer to the event via the website.
- You are advised to try swimming in your wetsuit before race day, and it's a good idea to practice taking it off when wet!
- ~ Your race numbers are waterproof and tear proof and can be worn underneath your wetsuit during the swim.
- ~ Start number belt must be worn (and visible) on the back during bike segment and in front during the run at all times.
- ~ Bikes must be serviced and breaks in perfect working order and UK road legal. If you plan on using deep section wheels please also bring an alternative, the wind can be very strong on the West coast and the course may become unsuitable for deep section wheels.
- ~ Helmets are compulsory whilst riding your bike, and must be approved by a national accredited testing authority, or have the CE stamp.
- ~ No change of bike or wheels are allowed except due to mechanical failure. In this case the Race Office must be informed.
- ~ There is mandatory equipment that must be carried by the athlete during the first run section from T2 (Wasdale) Be prepared for a random kit check at T2 , or the aid station/s between these two points. **Your bag will also be checked at registration so please ensure you have all the kit listed . it is for your own safety.**

<b>ATHLETE EQUIPMENT REQUIREMENT</b>
<b>Map (supplied) + Compass</b>
<b>Full Water Proof, seam sealed Upper body cover (With Hood) and <b>Lower Body Cover</b></b>
<b>Additional Long Sleeve Thermal Layer (e.g. microfleece)</b>
<b>Whistle</b>
<b>Foil Blanket</b>
<b>Gloves &amp; hat</b>
<b>Min 2 energy bars (<b>emergency food recommended</b>)</b>
<b>Min 750ml of water in bladder or bottle (water stations positioned on route)</b>
<b>Torch</b>
<b>Transition Boxes to hold all clothing and wetsuit (up to 2)</b>

**Your bag will also be checked at registration so please ensure you have all the kit listed – it is for your own safety.**





**View from  
Scafell  
(not part of route)**

## **Medical**

Medical crew or Mountain Marshals appointed by the organisers may remove a competitor from the race should they suspect that there is a health or injury risk to the competitor at any time during the race.

The use of non-legal performance enhancement supplements/drugs is forbidden.

## **Rules on the bike leg**

The bike course is open to normal traffic.

Road traffic regulations must be strictly observed at all times.

Be particularly careful and observant at all junctions and while descending the passes. Keep to the left at all times and remain in control on steep descents.

## **Rules on the run leg**

The run course is open to other trail and mountain users, please give respect to these. All runners must follow the correct trail. Parts of the route are flagged or hi-viz tapped on the ground, most of the route follows well defined pathways.

Runners are responsible for their own safety, Parts of the route are tricky and runners are advised to take extra caution on the down hill sections. All runners must observe the instruction of the mountain marshals at all times.

## **8. Expected weather conditions**

Water temperature in Wastwater averages 15 C in September, Air temperature on the bike leg: 9 to 20 C Air temperature on the Scafell 8 to 28 C

The extreme changeable weather in the mountains can make changes to the race necessary.

The swim may be shortened or abandoned if the water temperature is unseasonably cold. The swim course may be changed if the weather is bad, if the visibility is low due to fog or rain, high waves, or any other reason.

Bad weather on Scafell can make it impossible to enter the mountain. The mountain checkpoint will then be closed and the competitors will have to finish on the lower course. The checkpoint might close at any time during the competition.

### **Drinks on the course**

A water station is positioned at the top of HardKnott Pass on the Bike route (both directions) with an additional water station at Blea Tarn if the weather is hot.

There are water replacement stations in Transition.

There are two water stations on the mountain providing filtered and purified fell water.

## 10. Mountain safety checkpoint on Scafell Pike

There is always a risk of extreme weather conditions on the mountain in September. Therefore, if it is deemed by mountain marshals and the Race Director that the race should be shortened, the run will be turned back to transition from the summit of Scafell Pike.

The route will only be switched to the bad weather alternative only in the most severe weather circumstances.

All mountain marshals will be Mountain Leaders and Wilderness First Aid qualified and will be used to dealing with the worst weather the Lakes has to offer.

You will have the necessary equipment in a backpack containing the equipment listed above as a **minimum to cope with and continue through bad weather**. you may elect to carry more and we would encourage this as the mountain can be a hostile environment. You must carry your own equipment at all time and outside help is not permitted.



## 11. Description of race day for the competitor

Prepare for a very long and restless night before the race as, you will no doubt be nervous and, excited.

Race registration is only available on Saturday 27 September. You will **not be able to register for your place in the race on Sunday 30 September.**

Transition is open in the morning is between **5.30 am** and 6:45am only in Wasdale.

Leave your bike in your numbered slot in the transition zone.

**Don't be late.**

The swim is 1900m in Wastwater. You will be accompanied by a water safety crew in kayaks.

There will be a lead kayaker to keep you on the race course . please follow them. This is very important for safety reasons. Please follow any instructions from kayakers as they are there for your safety.

Wastwater is a Site of Special Scientific Interest, therefore powered craft are not allowed on the water. A Mountain Rescue rib will be on standby in case of emergencies but all safety will be carried out by kayak.

If you have any kind of problems, signal to the water safety crew..

In general, road surfaces are good, but there are some pot holes (will be marked with paint) & where possible will liaise with the Highways to fill in before the race day. The roads are constantly rolling up and down, and there are lots of ~~v~~very hard climbs. The roads are NOT closed, and you will have to obey UK traffic rules. Take care on the singletrack sections of road, and the steep descents. Please ensure you stay to the left as there could be some two way bike traffic on Wrynose as well as cars.

Please be friendly to the locals. You have taken over their tiny villages with this crazy international entourage. We want them to welcome us back next year.

## Entry & General Participant Information

### Entry information

**Wasdale** is supported by an **online entry system** which will allow instant online registration for this event. Powered by the Lakeland Races

As soon as you have registered with the system you will be able to see your name in the confirmed entrants list for the race.

### TO CONTACT US

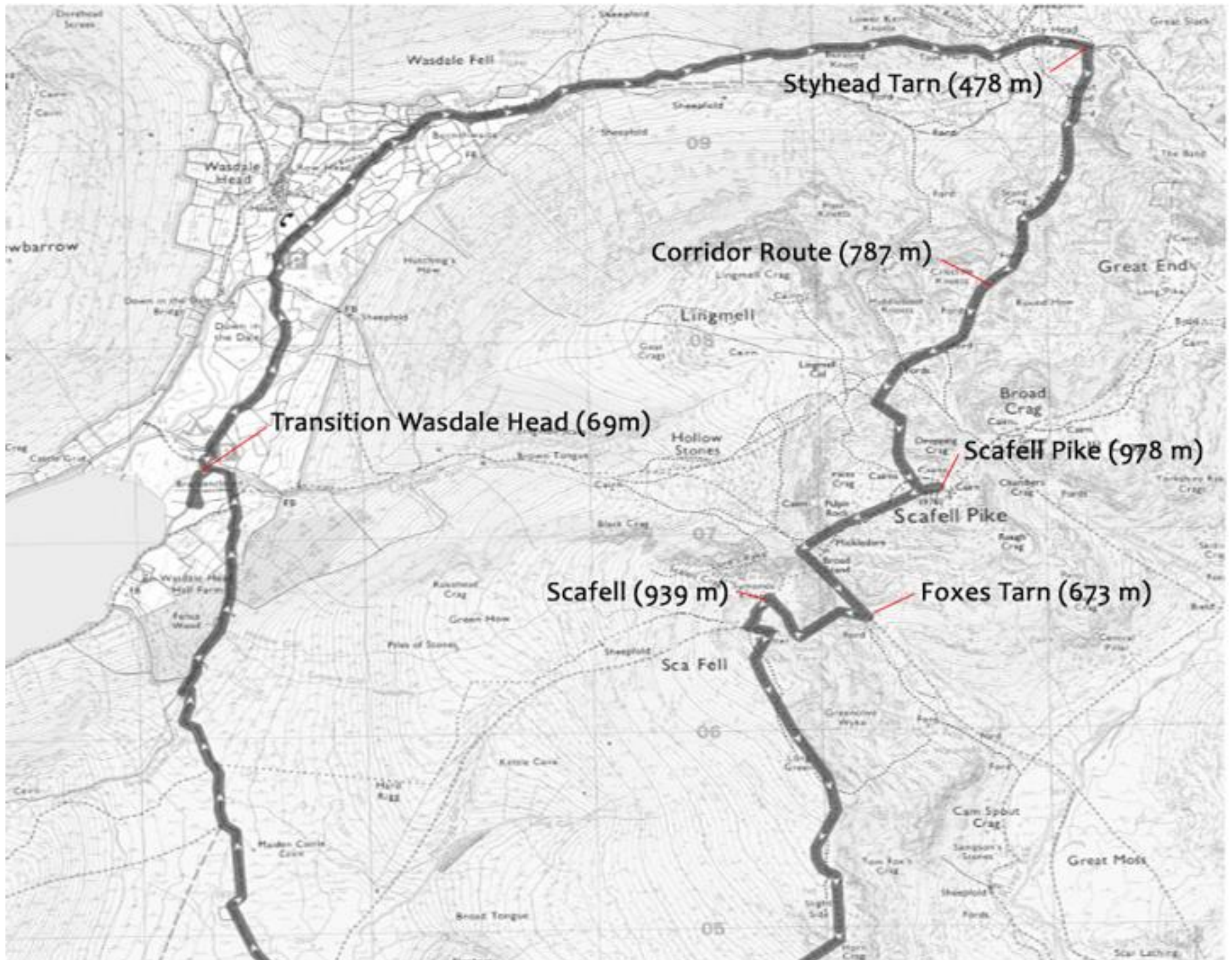
If you still require further information, here are contact details for the event:

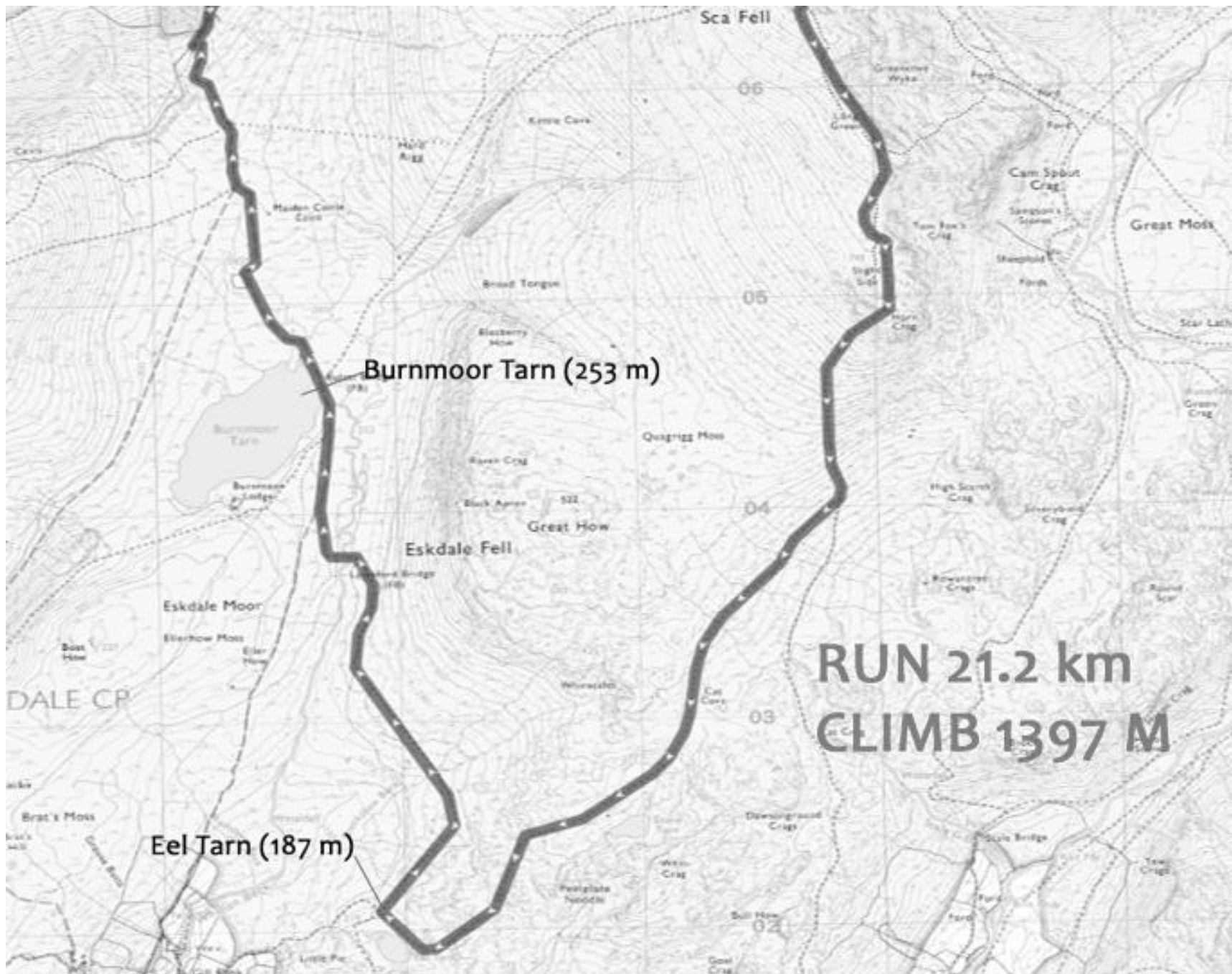
**Race Director:** Telephone: Mark 07979 262784 or (mobile reception is limited at Wasdale, in emergency use wasdale Head Inn CA20 1EX +44 (0)19467 26229

**Email:** You should be receiving important email updates from us, if you are NOT, please send your email address to: [wasdale@run3.co.uk](mailto:wasdale@run3.co.uk)

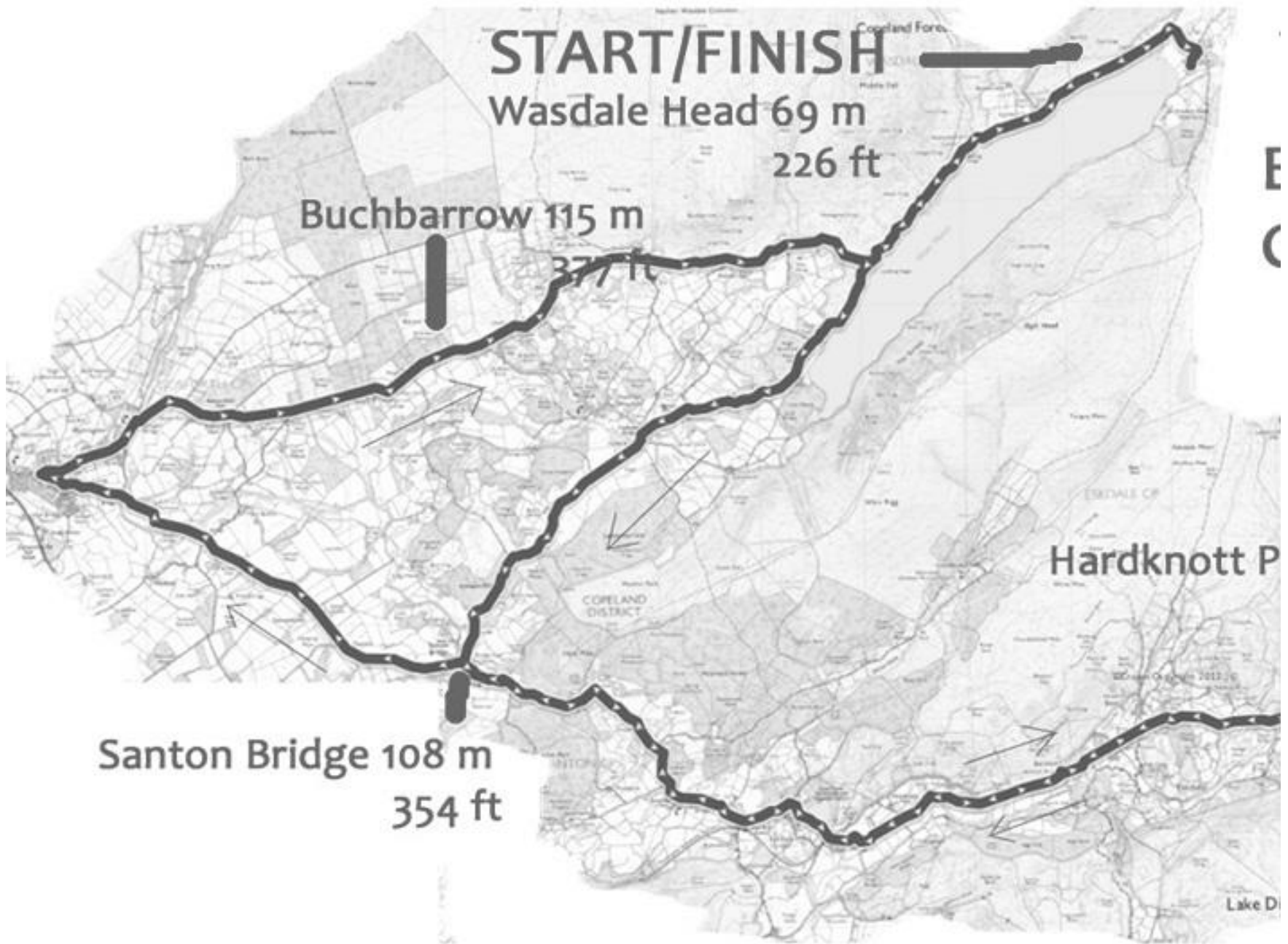
For last minute changes, please check out the race website on: [www.wasdale-tri.co.uk](http://www.wasdale-tri.co.uk).







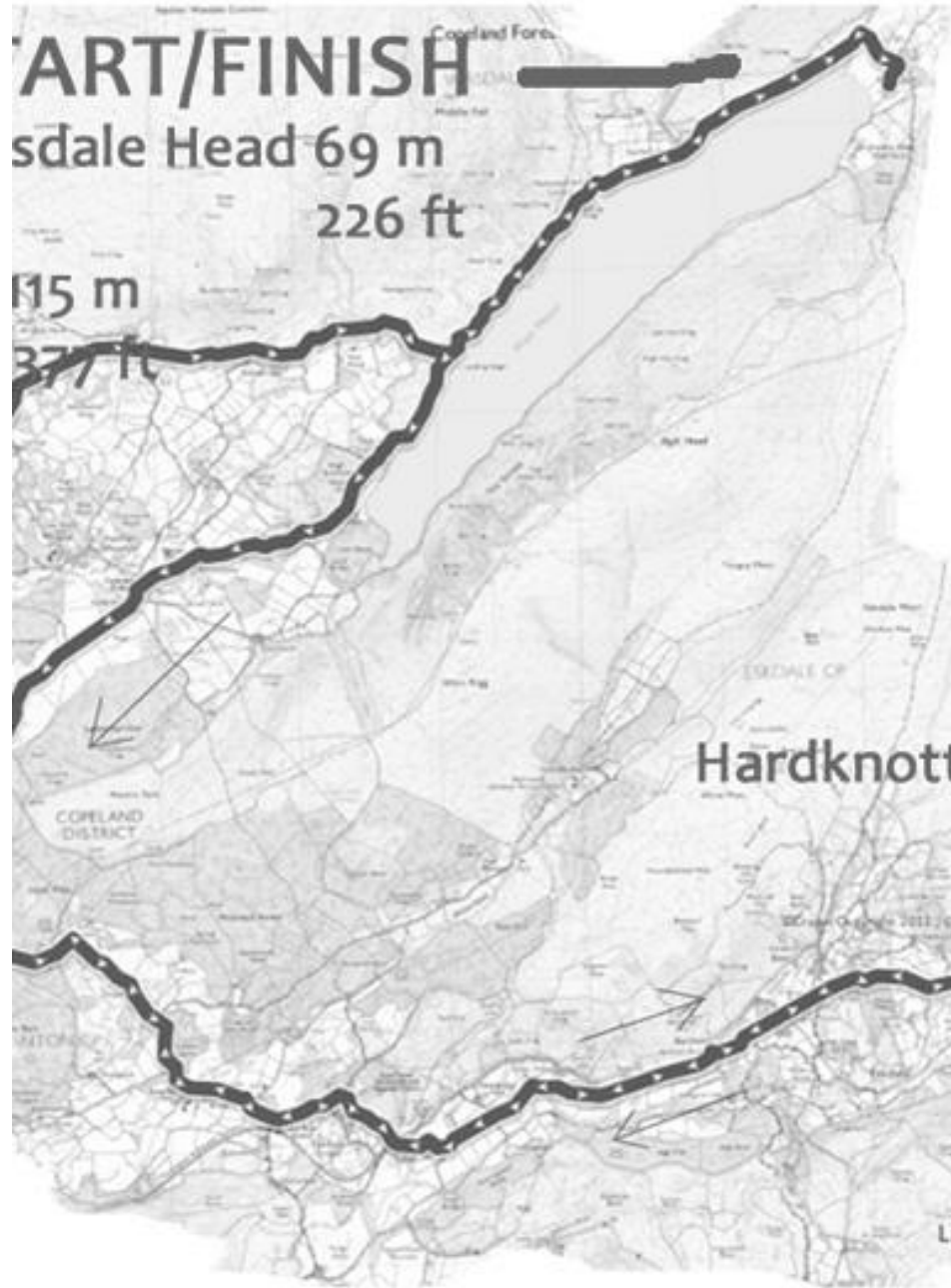




E  
C

Hardknott P

Lake D



**START/FINISH**

Wasdale Head 69 m  
226 ft

115 m  
377 ft

Hardknott Pass 393 m  
1289 ft

Wrynose

# WASDALE

BIKE 56 miles (90 Km)

CLIMB 7,217 feet (2,219 m)

Cumbrian Mountains  
Lake District National Park

# ALE

(90 KM)  
eet (2,200 m)

