

Yellow.06:33.

Sam Pink · start list 10 Sep 19:58 · spelled correctly · triathlon open

BIB	WAVE	HORN	HAT
284	2	06:33	YELLOW

In the water 06:30 (3 min before the horn). Compulsory briefing 06:15 for everyone. Transition closes 06:25. Join the YELLOW queue at registration. Chip LEFT ankle, outside the wetsuit.

SUNDAY CLOCK	SATURDAY
05:35	Drive
06:15	Weymouth to cottage ~3h 45-4h 15. Then register.
06:25	17:00
06:30	Register upstairs, Harbour cafe. Photo ID + Race Pass.
06:33	17:05
08:15	Bike + helmet check-in. Helmet on and fastened.
12:15	18:00
14:00	Optional T tours from swim start (also 18:30, 19:00).
15:30	Jacket
	Sat evening is the wet slot. Dry bag over T kit.
	Night
	Mix 2x Beta Fuel 80 bottles. Sleep. Friday sleep was the one that mattered.

STAY · WEATHER · PACE

Cottage: Chater View Cottage, North Luffenham. Lockbox. Steep drive - park on the grass at the top. ~10-15 min to Whitwell LE15 8BL via Empingham. The Fox ~5 min. Edith Weston shop is on the bike course.

Weather 10 Sep 21:31: Sunday cool and dry. Swim 15C air, water 18C, vis Moderate, RH 98%, wetsuit on. Bike/run 19-21C, W/NW 7-9 mph, gusts ~18. Saturday evening wet (TWN ~5 mm, ECMWF 5 mm at 19:00).

Pace: bike HR 144-146 first 35 min, then 148-150, 152 only late. Do not chase the eastbound tail (loop is ~35% head / 28% cross / 35% tail in a west wind). First 3 km of the run at 6:15 no matter what.

Take this. *Tick it Saturday.*

Nothing new on race day. Mix the bottles Saturday night. Yellow hat goes on in the morning.

01 DOCUMENTS – CANNOT RACE WITHOUT

- ☐ Photo ID
Harbour cafe, upstairs. They check it.
- ☐ BTF Race Pass screenshot
Bought 6 Jul. Already paid. Or BTF licence. No exceptions.
- ☐ Phone + Airbnb lockbox code
Chater View Cottage, North Luffenham.
- ☐ Parking ticket
Take one at the barrier. EXIT ticket at registration. One covers Sat + Sun. They will not reissue.
- ☐ Waterproof jacket
Saturday 17:00 register is the wet slot.

02 THEY GIVE YOU – DO NOT PACK

YELLOW swim hat (wave 2) · numbered wristband
Bike stickers + helmet stickers (compulsory)
Timing chip - LEFT ankle, outside the wetsuit
2 race numbers (belt: one is a keepsake) · bib 284

03 BODY

- ☐ Trisuit
- ☐ Wetsuit + lube
Water 18C, optional above 16. Wear it: air 15C, vis Moderate, pre-sunrise.
- ☐ Goggles - clear + tinted spare
Clear is the race pair.
- ☐ Arm-warmers
T1 into the first 20 min of the bike.
- ☐ Race belt
Number BACK on the bike, FRONT on the run.
- ☐ Safety pins
Backup if the belt fails.
- ☐ Socks, bike shoes, run shoes
- ☐ Helmet
On and fastened at check-in. Stays fastened until T2 re-rack.

04 BIKE – RACK SAT 17:05–18:35

- ☐ Bike
Numbered spot. Overnight security. Stickers on. Bib 284.
- ☐ Two 500-600 ml bottles
Mix Saturday night: 1x SiS Beta Fuel 80 in each = 80 g/h hours 1 and 2.
- ☐ Spare tube + 2x CO2 + levers
You fix your own punctures.
- ☐ Multitool
- ☐ Floor pump (leave in the car)
Check tyres before you rack.
- ☐ Dry bag
Saturday rain. Cover shoes/helmet in T.

05 FUEL – COUNT IT, THEN STOP

- ☐ 2x SiS Beta Fuel 80 sachets
The two bottles. Not a new flavour.
- ☐ Breakfast ~140 g + 200 mg caffeine
Bagels, honey, banana, drink mix. Cottage. Eat ~03:30-04:00.
- ☐ 1 gel pre-gun (~30 g)
Practised brand only.
- ☐ Bike hour 3: 2-3 chews/gels
~80-110 g. On-course clear = water, yellow = energy.
- ☐ Run: 120 g (60 g/h x 2 h)
SIS Beta Fuel 45s or PH PF30 - whichever you practised.
- ☐ Optional: 1 PH tab
In a SEPARATE water bottle. Never in the BF80.

06 RACE-MORNING BAG – LEAVE 05:35

- ☐ Warm layer / throwaway hoodie
04:45 site. 15C, RH 98%.
- ☐ Towel, tape, spare goggles
- ☐ Watch + HR strap
Follow Course, not Use Map. Course 510787009.
- ☐ Car key, phone, gel
- ☐ Dry clothes for after
T is wet grass. Leave in the car.

On the day.

FUEL MATHS · PRACTISED BRANDS ONLY

WHEN	WHAT	GRAMS	WHERE
Sat night	Mix 2x BF80 bottles	160 g	On the bike in T
Sun 03:30	Bagel, honey, banana, drink, caffeine	140 g + 200 mg	Cottage kitchen
Pre-gun	1 gel	30 g	Pocket / hand
Bike h1-h2	The two bottles	80 g/h	Downtube + seat-tube
Bike h3	Chews/gels + on-course water	80-110 g	Pockets; Whitwell water
Run	Chews/gels 60 g/h	120 g	Belt; High5 / cola backup

Bike ~3 h x 80-90 g = 240-270 g. Run ~2 h x 60 g = 120 g. Not a heat race - do not add extra sodium.

TRANSITION · EVENT GUIDE

At the bike (race kit only)

- Helmet (stickers on) on the bars
- Bike shoes, under the bars or on pedals
- Two mixed bottles already on the bike
- Race belt + number (back for bike)
- Arm-warmers, sunglasses if you use them
- Watch if not already on
- No large bags at the rack

Bag dump / car

- Warm layer, towel, spare goggles
- Dry clothes + shoes for after
- Floor pump stays in the car
- Bags left at your own risk
- Changing tents in T; showers at Watersports
- Wristband on until you finish - collect the bike
- Chip not returned = 50 pound fine

OFFICIAL RULES · EVENT GUIDE 31 AUG

HELMET	On and fastened to check in. Fastened before you unrack. Fastened until you re-rack in T2.
CHIP	LEFT ankle, outside the wetsuit. Do not cover it.
NUMBERS	Back on the bike, front on the run. Stickers on bike + helmet. Wristband to enter T and to leave T.
DRAFTING	12 m. Open roads, Highway Code. You do not have ROW onto the A606. Litter only in the zone.
HAMBLETON	Timed U-turn. Keep left, single file, slow. 20 seconds here is not your race.
LAPS	Whitwell: keep RIGHT into the lap/feed. Lap 3: keep LEFT to T2. Neutral zone - sit up, off the bars.
FEED	Bike: clear = water, yellow = energy. Run: water, electrolytes, cola, High5 aqua berry caffeine + berry. Every ~2.5 km.
QUEUE	YELLOW hat, YELLOW queue. Relays are wave 7 green - not you.

LEAVE AT HOME

A new gel. A third bottle just in case. The 400s kit. Aero you have not raced. Extra salt.

Clock is not the race. Cap the bike. Negative-split the run. Watch on overnight. vitruvian-dossier.pages.dev/race · Garmin course 510787009 · Venue LE15 8BL