

Announcing this year's Isle of Bute Triathlon series, happening on Sunday 10th May, with Sprint and Novice distances offered. This is a small and deservedly popular and well-established Triathlon event. The ethos of the event is very much taking part, with a wide range of abilities signing up each year. Team entries are welcome (please enter via the 'Teams' events)!

This is a chip-timed event with medals awarded in each category and prizes to the overall male and female winner. Event mementos to all participants; and fabulous buffet afterwards. Results will be posted online as soon as possible within 24 hours of the event.

Start/Times:

Sprint: 12:00

Novice: 13:45

Sprint (750m swim/20km cycle road/5km run)

Novice (400m swim/13km cycle road/2.5km run)

Entry Limit: Sprint: 100 entrants, Novice: 40

How to get there:

Ferry from Wemyss Bay (<http://www.calmac.co.uk/timetables/summer-timetables.htm?id=summer-bute--wemyss-bay-rothesay.png>) or from Colintrave (<http://www.calmac.co.uk/timetables/summer-timetables.htm?id=summer-bute--colintrave-rhubodach.png>) The event H.Q. is Rothesay Leisure Centre, a 10 minute walk from ferry terminal.

Accommodation:

If participants would rather stay the night before the organisers happily recommend Bute Backpackers www.butebackpackers.co.uk supporters of our event and cycling in general! There are of course many other fine establishments in Rothesay and elsewhere on the island.

Parking: There is limited and restricted parking in the H.Q. car parking in the George VI park and nearby area.

Registration:

Starting at approximately 10:45 am for the SPRINT event and 11:00 for the NOVICE event, you will be issued with:

electronic chip, swimming cap, Race Number and Safety Pin

TS/BTF members must present their membership ID in person.

The Race:

Approximately fifteen minutes prior to the Race Start the Race Director will call a Briefing of the final race details. No Helmet-No Race. No drafting on the cycle route - remain 5 bike lengths or more apart. Only authorized persons allowed into the Transition Area during the race - Marshals & Athletes. You MUST obey the Highway Code on your bike at all times.

After The Race:

Limited showers and changing available. A Prize-giving will take place as soon as all participants have completed their event: prizes awarded to category winners; all the participants will receive individual race mementoes. A buffet will be provided.

Swim:

SPRINT: 750m pool swim. 5 waves of 20 will be employed, slowest lane off first. Caps provided.

NOVICE: 400m pool swim. 2 waves of 20 will be employed, slowest lane off first. Caps provided.

Cycle:

SPRINT: Bikes to be racked in transition area, outside HQ. The route is 20 km of quiet country roads; the course is hilly. It is an out and back route with a marshalled dead turn in the road. Fabulous views of Isle of Arran.

NOVICE: This is same route, just not as far! (13km)

Run:

SPRINT: On departure from the Transition Area, follow a 3-lap course, terrain is mixed: road, gravel, track.

NOVICE: On departure from the Transition Area, follow a 2-lap course, terrain is mixed, road, gravel, track.

RULES:

This event will be held under the rules of Triathlon Scotland. Your bicycle must be in a mechanically safe condition. No helmet no race. No swimming costume, no race.