

Welcome to the Bute Wheelers Isle of Bute Triathlon series!

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 (includes team entries)

How to get there:

Calmac ferry from Wemyss Bay or from Colintrave The event H.Q. is Rothesay Leisure Centre, a 10 minute walk from Rothesay 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 parking in the H.Q. car-park and nearby area.

Registration:

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

- electronic chip
- swimming cap
- Race Number
- Safety Pin
- Details of facilities, bike racking, Transition Area, course map, etc.

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 for category winners; all the participants will receive individual race mementos. 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.

The 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!

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.