

3 Plots 2020 – “Taking the Rut with the smooth.”

These are detailed plans for this event in aid of fun and the Rob Stephenson Trust but minor changes may occur in the next few months. If you supply your email to andrew.watson@niab.com you will be updated regularly.

3 Plots 2020 will be based around Rutland Water, west of Peterborough. Dates Sat 11th – Sun 12th July, 2020. This is a two day event but participants can just come along for a single day or event.

Saturday 11th July - 41 mile road cycling event for keen cyclists.

and/or

Sunday 12th July - Choice of family friendly events at various levels



If you want to stay for the weekend the hotel base is the Barnsdale Hall Hotel, Oakham, LE15 8AH

<https://www.barnsdalehotel.co.uk/> on the north side of the lake. The event has a special deal with the hotel and a number of rooms have been reserved until the 10th April. Accommodation cannot be guaranteed after this date. **Discounted room rates are available if you contact the hotel direct on 01572 724678 and quote “3 Plots 2020”.** Don't book online and booking is recommended ASAP. A 20% deposit is required at booking and the balance is payable at the end of your stay. Sorry, the hotel does not allow dogs. As in previous years, there will be an event dinner on the evening of Sat 11th July at the hotel. Alternatively, other accommodation is available locally including B+B and camping.

Cosy small double £100 or £88 for single occupancy

Standard double /twin room £120 or £95 for single occupancy

Deluxe double/twin £150. Superior room £170. All rates per room and night



Event Details

Sat 11th July is for the road cycling enthusiasts (as in previous years). Draft route below (all routes also on Strava). This is all tarmac and hilly country

and 41 miles in this terrain is designed as a reasonable challenge for keen road cyclists. There will be 2 refreshment stops and lunch stop (around every 10 miles). Escort vehicles will be in place for refreshments, safety and emergencies. Cycle helmets are compulsory.

Start/finish point at the Barnsdale Hall Hotel reception. Start at 10.15am. Lunch venue to be confirmed by likely to be in Oakham (after around 20 miles). If you wish to take part in this event, it is essential to email andrew.watson@niab.com

☆ Road Barnsdale Hall Start 41.3 miles

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Sun 12th July is for families/leisure activities using the existing cycle track around Rutland water and the peninsula (see below). The cycle route is signposted and 22 miles (15 miles if you choose to exclude the peninsula).

Start/finish point is NOT the hotel base but Rutland Cycling (1.8 miles away from the hotel) for 3 reasons.

1. This allows entrants to come for the day and park at the start point.
2. The start is on the cycle path route and next to an open cycle shop/bike hire. <https://www.rutlandcycling.com/>
3. At the start point there is also the ONLY place on Rutland water where one can do **open water swimming (see below)**

People staying at the hotel the night before could either drive to the start point and pay for parking or cycle to the start point (1.8 miles) and leave the car at the hotel. The route around Rutland Water takes you within ½ mile of the hotel near the end. Sunday 12th July has numerous options to choose from (or do the swimming plus another event to create your own biathlon).

All cycling and walking events on Sunday 12th July start at 11am in the car park outside Rutland Cycling, Whitwell Car Park, Bull Brig Lane, Whitwell, Nr Oakham, Rutland, LE15 8BL

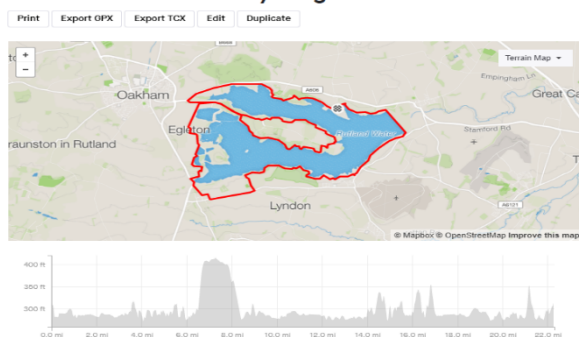
On Sunday 12th July, Choose from:-

- 1. Open water swim between 8am and 10am** (250 or 500m route which I guess you could repeat if you wish or operate as a team relay).- <https://anglianwaterparks.co.uk/rutland-water-park/other-activities/open-water-swimming> and <https://inspire2tri.com/new-home/swim-for-sport/ow-swim> which you can only do on a Sunday between 8am and 10am from the Rutland Water Sports centre at Whitwell Car Park . Cost is £8.50 Inc parking/refreshments. Wetsuits are compulsory if water is below 14 degs and can be hire for £3.00 on the day.. Bright swim hat and goggles are also compulsory. If you wish to do this event, contact andrew.watson@niab.com to book asap

and/or

- 2. 22 or 15 mile Off-road cycling, run or walk starts at 11am** around the banks and peninsula of Rutland Water (route below). This route is signposted and dogs on the lead are allowed on this route. Bikes can

☆ Non-road Rutland Cycling Start 22.3 miles



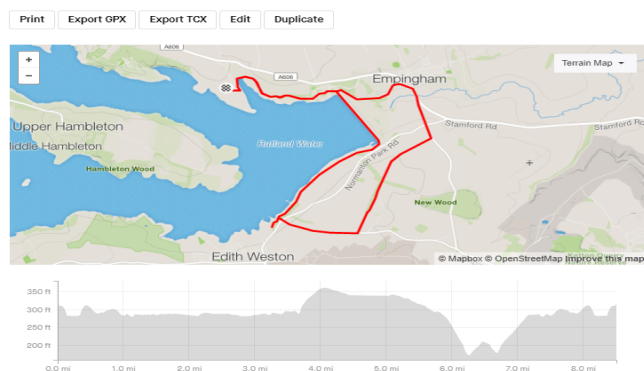
be hired from the start point ie mountain or hybrid bikes or even electric bikes <https://www.rutlandcycling.com/pages/cycle-hire-whitwell/> or bring your own bikes. **This route is NOT suitable for full road bikes.** This cycling is a leisure ride and can't be done at speed as the route is shared with runners/walkers. Short stretches are on quieter public roads. The route takes you along the top of the dam in the east and appears to be relatively flat with a few short climbs

Event participants are encouraged to bring a packed lunch and drinks although there will be refreshment stops provided along the route. Cycle helmets are compulsory

OR

- 3. 3.5 or 8.5 Mile Walk or Run starts at 11am** This event option allows a shorter walk or run. The route (shown below) follows the same route as the full Rutland Water loop for the first 3.5 miles to the Waterside Café, Normanton. There is a car park here and participants can

☆ Whitwell to Normanton and back Walk 8.5 miles



stop here (a lift back to the start point may be possible by prior arrangement). Alternatively, there is a ferry which runs across the lake back to the start point. This leaves at 20 minutes past the hour all day but booking is recommended (sorry, no dogs are allowed on the ferry). <http://rutlandwatercruises.com/> The third alternative is to continue your walk back to the start across country via Empingham on the route shown (total 8.5 miles). Please bring your own packed lunch or you can eat at the Waterside Café at Normanton. There will be event refreshment stops along the entire 8.5 mile route. Dogs on the lead are allowed along the entire route.

3 Plots 2020 is all about fun. Enjoy some active time with friends and family as well as maybe meet some new ones along the way. You can stay for the weekend or just turn up for the day. Get the kids away from their games consoles, create a group from work, enjoy the countryside or even just walk the dog. Participants will be asked to make a donation to the Rob Stephenson Trust at the start and all proceeds go to the trust <https://www.robstephensontrust.com/>



If you wish to take part in any of the events or volunteer as an event helper, email andrew.watson@niab.com you will then be added to the event email list for regular event updates. Your contact data will only be used for this event and will not be used or shared in any other way. Alternatively if you just want to ride or walk on Sunday 12th July, come along to Rutland Cycling, Whitwell Car Park on the day for an 11am start

Why not give it a try? - Laugh, Live, Learn and Play