

EVENT INFORMATION

Venue - Lake 62, Cotswold Water Park, Ashton Keynes, SN6 6QX

Note: the car park is situated a 5 minute walk away from venue, please refer to the car park location map.
NO PARKING IN THE LAKE ENTRANCE OR THE CONCRETE WORKS ENTRANCE.

Chip Timing

You will be given a timing chip and velcro strap, this must be worn on your left ankle for the duration of the event. Once received, please put this on and do not walk over any timing mats until your race. Any timing chips not returned will be charged at £25.00 for replacement.

Swim - Wetsuits

For the swimming events it is strongly recommended that you try swimming in your wetsuit before race day if you plan to wear one, to ensure your comfort and fit is correct. If you wish to swim without a wetsuit, you may.

Run - Footwear

The running terrain is around a lake path, which has been developed over time. Off road trainers are allowed, if dry, racing flats will be sufficient, if you have not raced here before, bring two pairs and decide on the day.

Coaching Day

There are still places on our coaching sessions on Saturday.



About The Event

Registration When you arrive on venue, you will need to register to collect your race pack.

Catering Coffee Gang will be on site before, during and after the events selling a range of drinks & snacks.

Number Belts We will have our handy race number belts for £3 (normal) or £4 (gel holding) in registration.

First Aid Available during the event. If you require assistance whilst in the water, lay on your back and raise an arm and stay calm.

Spectators We welcome families and friends to the event, just watch out for competitors racing, bring your camping chair or picnic blanket.





Start Times

Car park opens at 7:30am

Registration is open between
07:45am - 09:00am

Duathlon

- ◆ Race Briefing for all competitors 8:50am
- ◆ Race Starts - 9:00am

Triathlon

- ◆ Swim caps given during brief
- ◆ Race Briefing for all competitors 9:05am
- ◆ Water entry 9:10am for acclimatisation
- ◆ Race Starts - 9:15am

Aquabike & Aquathlon

- ◆ Swim caps given during brief
- ◆ Race Briefing for all competitors 9:30am
- ◆ Water entry 9:35am for acclimatisation
- ◆ Race Starts - 9:40am

Dogs Dogs are welcome at this event, but they must remain on a lead and may not swim. Please clear up after them anywhere on site.

Results Will be published and made available online after the event - www.lpsevents.co.uk.

Photos A link will be available after the event for the photos which are being provided by Charles Whitton Photography.

Massage South West Sports Massage will be available during this event and will charge a small fee for their service. £5 for 10 minutes or £10 for 20 minutes will be charged.

MP3 Players During this race, the use of MP3 players or personal listening devices is forbidden and you may be disqualified if you are using one.

Water Station There will be a water station on each lap of the run, if you do not need to drink, please save a cup. Cup deposits will be available just after the water station, please bin your cup here.

Transition Each race will have its own respective racking area in transition. Please ensure you use only your space.



Baggage

Please put all bags in your vehicles, a small bag can be left in transition if required, but bear in mind, you do only get a limited space for this. We will allow car keys to be left in your race envelope at registration. Once registration has closed, these will be moved to the finish line.

Late Entries

Entries will be accepted up until Friday 19th May.

Day Entries

Day entries will not be accepted for these events.

Feedback

Email info@lpsevents.co.uk

Share photos on our Twitter, Facebook or Instagram pages

Build an audience and use the hashtag #Lake62

Want to get involved

Email info@lpsevents.co.uk to earn yourself a race entry by volunteering at an event.

Racecheck

Following your experience during our event, please post your rating on Racecheck and share this with other novices.



Lap Counting It is your responsibility to count your own laps on the run course. Our staff will not count these. We will have a run lap split point available and anyone who has not completed the required number of laps will be registered as DNF (did not finish).

Envelope Contents Your bib number to be displayed on your front
 Sticker 1 - for your helmet
 Sticker 2 - for your bike
 Your timing chip to be worn on your left ankle

Camping We have BBQ friendly camping available for this event between. If you wish to camp, please contact us info@lpsevents.co.uk for details.

Presentations We will be awarding the winning 1st - 3rd male and female in each race which will take place around 11:00am, please hang around.

Good luck to all taking part.

If you have any questions, please speak to a helpful staff member on the day. They will be more than happy to help.

When you reach the finish line, you will receive a bespoke medal and finishers t shirt to wear with pride.

