



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.

Timing Chips

For this event you will receive swim accurate race times with lap times. It is essential that you wear your timing chip on your right arm, like a watch. This can be worn under or over your wetsuit. All timing chips must be returned after the race.

Wetsuits

It is strongly recommended that you try swimming in your wetsuit before race day, to ensure your comfort and fit is correct. If you wish to swim without a wetsuit, you may. With the recent bout of warm weather, you may not wish to wear a wetsuit. Wetsuits for the 5 & 10km will be optional, we will follow the guidelines for open water swimming for the 3.8km and 1.5km swims.

Wetsuits banned if;

1.5km - over 22 degrees
3.8km - over 24 degrees

Hydration

Swimming in open water is easy to become dehydrated without realising. We will have a bottle storage area for the 5km & 10km swim distances.



About The Event

Registration* When you arrive on venue, you will need to register to collect your timing chip during the allocated times for your race. If you are in the 5 & 10km race you must be registered 30 minutes before your start time.

Catering We will have a Coffee Gang at the event selling a range of hot drinks and tasty snacks.

Massage South West Sports Massage will be available after the event for £5 for 10 minutes or £10 for 20 minutes.

Results We will be collecting a full set of results including lap times for this event. It is essential you tag your timing chip on the pontoon for each lap.



Start Times*

10km Marathon Swim

10 x 1000m laps

- ✦ Registration 07:45 - 08:15*
- ✦ Numbered swim caps given in race pack
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Water Entry 5 minutes before for acclimatisation
- ✦ Race Starts at 08:45 prompt
- ✦ Cut off is 14:45 (6 hours)

5km Swim

5 x 1000m laps

- ✦ Registration 07:45 - 08:45*
- ✦ Numbered swim caps given in race pack
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Water Entry 5 minutes before for acclimatisation
- ✦ Race Starts at 09:15 prompt

3.8km Swim

1 x 750m, then 3 x 1000m laps

- ✦ Registration 10:15 - 11:00*
- ✦ Swim caps given in race briefing
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Water Entry 5 minutes before for acclimatisation
- ✦ Race Starts at 11:15

1.5km Swim

2 x 750m laps

- ✦ Registration 11:15 - 12:00*
- ✦ Swim caps given in race briefing
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Water Entry 5 minutes before for acclimatisation
- ✦ Race Starts at 12:15

First Aid	Available during the event. If you require assistance whilst in the water, lay on your back and raise an arm.
Changing	We will have a changing gazebo available for the event both mens and ladies. Toilets will also be available. Unfortunately no showers.
Spectators	We welcome families and friends to the event, there are some areas around the lake where you can view the swimmers, bring a camping chair or picnic blanket.
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.
Prizes	Will be awarded to the 1st, 2nd & 3rd placed male and female in each of the events. Age categories for over 40, 50, 60 & 70 male & female will be awarded for each race.
Results	Will be published and made available online after the event. www.lpsevents.co.uk
Photos	We do not have a designated photographer for this event, but we welcome you to share any photos on our Facebook page.
Lap Times	For the each of the swims, there will be lap times for your race. You must approach the pontoon and tag your timing chip on the red mats for every lap.
10km Swim	We will have a numbered bottle storage which will provide enough room for 2 x 750ml drinks bottles and some gels. You must only use this space to keep the area tidy, please provide your own selected nutrition.



Please ensure you refer to the main race information for the bulk of information.

1. Please ensure you wear your timing chip on your right arm.
2. Car parking – this is free, please follow the blue signs from the event, the car park will open at 07:15 ready for registration at 07:45.
3. Weather – please be advised if the weather forecast is not so great, we will enlist additional water crew for your safety during this event and in case of heavy rain.
4. Rescue procedures – whilst we don't anticipate these will be required, should you require assistance in the water, please lay on your back, raise an arm and keep calm. Assistance will be with you immediately. Stay calm.
5. Hot drinks – we will have a coffee van on site serving hot drinks and snacks to warm up after the event.
6. Changing and baggage – there will be designated changing tents for male and female. You may leave non valuables in here. Bags and car keys may be left with registration or in the finish tent.
7. The start and finish area will be linked, so you may leave your flip flops from prompt return after the event.
8. Current water temperature is 19 degrees.
9. Wetsuit hire is available for £20.00 – there are limited sizes available so please arrive early if you wish to hire one.
10. Full results will be published after each race
11. There will be some areas of shelter, however we advise any family or spectators bring an umbrella for the event in the event of poor weather.
12. We have camping facilities available, if you wish to stay please get in touch.

We hope you enjoy the event, and good luck.