

# 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. This chip will provide your split times and race times. Any timing chips not returned will be charged at £25.00. Please note that the timing chip design varies and is the small plastic part on your velcro strap.

## Wetsuits

It is strongly recommended that you try swimming in your wetsuit before race day, to ensure your comfort and fit is correct.



## About The Event

**Registration** When you arrive on venue, you will need to register to collect your timing chip from 07:45, registration must be complete by 9:00am.

**Catering** CoffeeGang will be on site during the events selling a range of drinks & snacks.

**First Aid** Available during the event. If you require assistance whilst in the water, lay on your back and raise an arm. The first aid point will be set up near transition.

**Spectators** We welcome families and friends to the event, just watch out for competitors racing, bring your 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.



**TIMING CHIP  
GOLDEN RULES**

- ENSURE THE BLACK CHIP IS ATTACHED TO THE STRAP
  - WEAR ON YOUR LEFT ANKLE
  - ENSURE IT FACES OUTWARDS
  - MAKE SURE IT IS UNDER OR BELOW YOUR WETSUIT (if swimming is involved)
  - DO NOT TIE IT TO YOUR SHOE
- WHEN YOU COLLECT IT, PUT IT ON IMMEDIATELY
- DO NOT WALK OVER ANY RED TIMING MAT BEFORE YOUR RACE
- RETURN IT AT THE FINISH
- NO CHIP = NO TIME







## Start Times

### Standard Triathlon

**1500m (2 laps), 41km (2 laps),  
9km (6 laps)**

- ◆ **Registration 07:45 - 09:00am**
- ◆ **Transition closes at 09:15am, all must be racked by then**
- ◆ Swim Caps Given 15 minutes before, in pen
- ◆ Race Briefing 10 minutes before wave, in pen
- ◆ Water Entry 5 minutes before for acclimatisation
- ◆ Race Starts - Triathlon
  - Wave 1, 09:00am, White
  - Wave 2, 09:15am, Blue
  - Wave 3, 09:30am, Red
  - Wave 4, 09:45am, White
  - Wave 5, 10:00am, Blue
- ◆ Race Starts - Aquabike
  - Wave 6, 10:20am, Red
- ◆ Results & Presentation will be approximately 12:30.
- ◆ Prizes will be awarded for 1st, 2nd and 3rd male and female in each race. In addition the 1st M & F in categories A - M in the triathlon will be awarded.

## Car Park

There is no fee charged to park.

### Massage

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

### Photos

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

### Filming

AAIR will be filming this event with an aerial drone. The video will be available a couple of days after the event and posted on our social media channels.

### MP3 Players

Electronic equipment is not permitted during this event, this includes the use of;

- MP3 Players & audio equipment
- Mobile phones
- Personal video recording devices (such as go pros)

### Littering

We have a litter drop zone which is available for 50 metres after the water station. Littering is not permitted anywhere else on the course. Please keep hold of gel wrappers until the finish line, you will be disqualified if you litter on the course.

### Relay Teams

We have a large number of relay teams taking part in this event. There will be a relay change over box to the side of transition. The next relay team member must wait in this area. Team relay rules are displayed in this area.

**Lap Counting** It is your responsibility to count your own laps on the run course.



## Baggage & Boxes

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. Please note that boxes and large bags are not permitted in transition and will be moved by our race officials.

## Helmets

Whilst in contact with your bike, you must be wearing a correctly fastened cycle helmet. This will be checked when you check in to transition, **you won't be able to rack your bike unless your helmet is on and fastened before arriving at transition.**

## Day Entries

No day entries will be accepted for these events.

## Feedback

Email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk)

Share photos on our Facebook or Instagram pages

Tweet about us using the hashtag #Lake62

## Wetsuit Hire

We have a selection of wetsuits for hire during this event. A hire charge of £20 is applied.

There is no fee charged for the car park.



- Envelope      Bib number (displayed on your back for the cycle and front for the run) number belts available to purchase from £3  
2 x stickers: 1 - on your helmet, 1 - on your bike  
Timing chip - on your left ankle
- Transition      You will have an allocated space in transition. Please ensure you keep your kit to the space under your bike. Always rack your bike in the allocated space. Bags or boxes must be stored in the baggage area.
- Aquabike      Entrants to the Aquabike event will be racked together. To finish the race you will be required to run or walk to the finish line wearing your helmet. This is 100m distance. Please ensure that your helmet is worn to ensure you receive the correct instruction from our marshals.
- Next Event      Our final event of the season is Bowood House Duathlon. Enter your last race of the season.
- Bike Course**      **Please note the compulsory FOOT DOWN & STOP junction 3km into the bike circuit on each lap. Disqualification will be awarded if you DO NOT STOP.**



## Affiliation

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All events are affiliated with Triathlon England. Please familiarise yourself with the rules prior to competing.

## Identification

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You will be required to show proof of identification at registration. This can be one of the the following;  
- Photo ID  
- Race Licence  
- Email confirmation of entry  
- Text with race number

## Race Numbers

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Bib number - rear for cycling, front for running\*  
Sticker 1 - on your helmet  
Sticker 2 - on your bike  
Timing chip - on your left ankle

\*Race number belts will be available to purchase from registration for £3 or £4.

You will need your bib number to retrieve your bike at the end of the race. Please ensure you keep this after finishing.

## After Registration

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As soon as you have collected your race pack, you will need to have your sticker on your bike and helmet before accessing transition. Please ensure your timing chip is on too.

## Change of Details

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If any details are published incorrectly, these must be changed no later than Wednesday 6th September.

### Permitting

We will be following the rules as outlined by Triathlon England during the permitting process. These can be found available via a link on the website. Please familiarise yourself with them prior to the race. We will have a race referee present on the day of the event.

### The Village of Oaksey

Over the last few events we have been working with the village of Oaksey for safer cycling. We ask that you respect others who use the roads during the entire race, but we ask especially that you respect the village and the traffic calming measure. Follow the highway code throughout your race to prevent disappointment. We thank you for your cooperation.

### Results

These will be available shortly after the event. You can find them online at [www.lpsevents.co.uk](http://www.lpsevents.co.uk)

### Volunteers

Rope your friends into the event - we are recruiting our team for this event, to encourage the triathletes around the course. Not only do they get a great day out, they will also get a credit towards one of our events later in the year. Email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk) if you know someone who would like to be involved.

### Organisers

We not only organise our own events, we also supply many other events with equipment and services. If you require chip timing, inflatable gantries or other items to make your event more professional, please get in touch for a quote. We can cater for most types of event.

**Highway Code We would like to remind all competitors that we strongly support the highway code and that this should be followed at all times whilst out on the road. Please ensure you give way where appropriate, especially in the Village of Oaksey, which has traffic calming measure in the road. Failure to abide by the highway code will result in penalties or disqualification.**