

# 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

Wetsuits are compulsory for Tri starts - TS3. Optional for Youth & Junior.

Please see alternative wetsuit guidance on the event page.



## About The Event

**Car Parking** You will be directed where to park on arrival. Please consider car sharing.

**Access** You will only be able to access the site from the pedestrian entrance which is a short walk from the car park. You will be denied access through the main gates.

**Registration** When you arrive on venue, you will need to register to collect your timing chip and race numbers please arrive between 0930-1030.

**Number Belts** We will have our handy race number belts for £10 available at registration.

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

**Spectators** Spectators are welcome at this event.

**Dogs** Dogs are welcome at this event, they must remain on a short lead and may not swim. You will not be able to walk around the lake due to the run course being isolated. Please clear up after them 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

**LPSEVENTS**



## Start Times

**Registration 09:30 - 10:30**

**Transition 09:45 - 10:40**

**Race Briefing prior to each age group**

**Youth & Junior  
Open 10:40  
Female 10:43**

**TS3  
Open 11:05  
Female 11:08**

**TS2  
Open 11:35  
Female 11:38**

**TS1  
All 11:55**

**TSS  
All 12:10**

**Fun Run 12:30**

- ✦ Swim Caps issued during briefing
- ✦ Acclimatisation will take place up to 3 minutes prior to your start time.

**Changing** There will be no changing tent available, please come ready to race.

**Presentations** Podiums for each age group will take place approx 13:00

**Results** These will be available during the event. Simply scan the QR code at registration.

**Start Times** A mass start will be taking place for each age group.

**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 (go pros)

**Drinks** Water and squash will be supplied in compostable cups on the run course and finish line.

**Littering** We have a litter drop bag which is available at the start of the run course on each lap. Littering is not permitted anywhere else on the course. Please keep hold of gel wrappers and water bottles until this drop point, you will be disqualified if you litter on the course.

**Outside Assistance** Triathlon is an individual sport, any assistance from others (including parents) is not permitted at any point, this includes assisting in removing wetsuits, handing water bottles, or discarding of equipment.

**Results** Will be published and made available online after the event. [www.lpsevents.co.uk](http://www.lpsevents.co.uk)

**Sanitiser** Please ensure you bring your own hand sanitiser.



## Baggage & Boxes

Please leave all additional bags and equipment with your parents as this is not permitted in transition.

## Parents

Will not be permitted in transition for assistance.

## 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. Spikes are not permitted.

## Affiliation

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

## Identification

You will be required to show proof of identification at registration. This can be one of the following;

- Photo ID
- Race Licence
- Email confirmation of entry

## Acceptance to race

On arrival you will be requested to confirm that you are ok to race, you will need to sign in on arrival.

**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). We ask you to run on the left and overtake on the right.



## Race Briefing

Swim caps will be issued in the race briefing, each age group will be invited into the starting pen together, then separated for the starts.

You can acclimatise up to 3 minutes before your race start.

Please ensure you know the number of run laps you are required to do.

**Transition** You will have an allocated space in transition. Please ensure you keep your kit to the space you have been allocated. It will not be acceptable to leave your bag anywhere on site and this will be treated as suspicious.

## Envelope Contents

**Bib number** to be displayed on your front

**Timing chip** to be worn on your left ankle

**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 technical official team present on the day of the event which include but not limited to a chief official on site officials on the course.

**Adverse Weather** Please ensure you are appropriately dressed for the predicted weather, there is no shelter as we are in an open venue. Please ensure you have adequate warm clothing and also adequate drinking water as there are no facilities on site.

**After you have finished** Please stay for presentations and enjoy the day. Gates are locked at 15:00.

***Please respect all the rules and guidelines in this documents to ensure the event can run safely.***

### Questions?

If you have any questions during the event - please ask the staff around transition as they will be best equipped to answer your query.

### Refreshments

Light refreshments will be available at this event.

### Additional items to bring;

Hand sanitiser or anti bac wipes

Enough fluids to self support you during your race

Only 1 bag of equipment, additional bags and boxes will be refused and you will have to take back to your car.

Only equipment you require to race

Race ID or email with your entry for registration.

### Racecheck

Dont forget to post a review of the event on Racecheck.

Please visit [www.lpsevents.co.uk](http://www.lpsevents.co.uk) for more info including route maps.

### Distances

TSS - 50m / 600m

TS1 - 200m / 1.5km

TS2 - 300m / 1.5km

TS3 - 500m / 3km (2 laps)

Youth/Junior - 750m / 4.5km (3 laps)

