

# Event Guide



## Vale Tridents Open Water Aquathlon

**Saturday 24th May 2025**

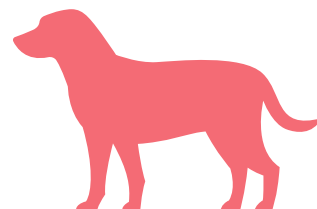
**Lake 62, Ashton Keynes, Wiltshire, SN6 6QX**

**[www.lpsevents.co.uk](http://www.lpsevents.co.uk)**

## Contents

**Dogs are welcome at this event, they must remain on a lead at all times and and mess cleared up anywhere on site.**

2	Contents
3	General Information
4	Athlete Information - Race Information
5	Athlete Information - Welfare & Safety
6	Athlete Information - Distances & Start Times
7	Spectator Information
8	Event Course Maps
9	Event Summary
10	Check List
11	Know The Rules - Summary
12	Age Categories Explained



Please read this event guide in conjunction with the information available on the dedicated event page at [www.lpsevents.co.uk](http://www.lpsevents.co.uk) along with any information emails which arrive in your inbox.

Whilst we strive to ensure all details are correct, there may be inaccuracies or omissions due to late changes in the event delivery plan.

Following the event, please leave us a great review on [Racecheck](#) and share your experience with others. It helps us to make an even better experience for athletes like you.



# Welcome

**Venue**

Lake 62, Ashton  
Keynes, Wiltshire, SN6  
6QX

What 3 Words ///  
talent.whisk.cage

Follow the blue car  
park signs.

**Parking**

Free parking is  
available 5 minutes  
walk from the venue.

Please do attempt to  
park in the venue as  
there is no capacity  
for vehicles.

**Travel**

Public transport to this  
event is possible.

The nearest bus stop  
is in South Cerney,  
with links from the  
closest train stations  
in Swindon or  
Kemble.

Prior planning will be  
required for public  
transport journeys.

## General Information

This guide will help you understand more about the event.

Welcome to the Vale Trident's Open Water Aquathlon, based at a private venue managed by LPS Events in the Cotswolds. For an exclusive race, join others in taking part in one of the options of multisport racing.

Children of any ability from the age of 8 to 16 are able to take part in the Aquathlon. All the swimming takes place in the private lake and running within the venue.

We have something for all the family, whether you are competing or supporting. Join in with the free family fun run, or enjoy a picnic.

**1****Event Guide**

A few days before the event, read through this guide and the event page on our website to help you understand the event.

**2****Start List**

Find your start wave & time in the start list, we aim to have this available a couple of days prior to the event.

**3****Rules & Check List**

Familiarise yourself with the rules of the event, pack your kit using the included check list so you have everything.

# Athletes

## Registration

The car park is open from 11:00 and registration is open from 11:30 on the day of the event. Athlete registration can also take place on Friday evening 17:00-18:00.

Please arrive with your race licence or photo ID to collect your number pack which includes a wristband, bib number and your timing chip for your left ankle.

**Please ensure you immediately put your timing chip on to avoid accidental mixing it up with a friend.**

## Transition

Once you have attached the relevant numbers and timing chip, head to transition where you will be shown to your racking location.

Transition is restricted to event staff and athletes only, spectators will not be permitted to enter. Each athlete will have an allocated space with odd numbers on the left, even on the right.

All your equipment should be laid in a small space, this includes your wetsuit once removed.

Boxes and large bags will not be permitted in transition and will have to be returned to your vehicle.



## Littering

Is prohibited on the event course and on the event site, unless it is a designated waste point or drop zone.

## Electronic Equipment

Is not permitted during the event, this includes headphones, mobile phones & video recording devices.

## Wetsuits

Wetsuits are compulsory for all Tri Start - Tri Star 3 athletes. A shorty is fine, no wetsuit, no swim.

Youth & junior will have the option to wear them.

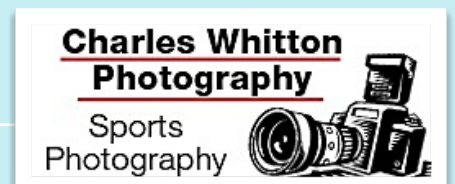
Please see alternative wetsuit guidance on event page.

## Photography & Filming

Our designated event photographers for this event are Charles Whittom Photography. Photos will be available a couple of days after the event.

Our media team will be capturing photos and videos throughout the event which may include the use of drones for advertising and publicity use.

If you do not wish for any of your photos to be published, please ensure you request this at registration, a white wristband will need to be worn for identification. If safe to do so, when you see a photographer you may wish to cross your arms over your body as a sign you do not wish to have a photo taken. During registration you will be agreeing to our policy.





## Welfare Facilities

Toilets will be located near to transition.  
There will be no baggage store for this event. Car keys can be left with registration if they are placed in your envelope.

## Medical Provisions

The main medical centre will be next to transition check in, should you get into difficulty or require attention anywhere on course, you should request help from the nearest marshal or another competitor.

If you are asked for help from another athlete, please do your best to help them and provide your location as best as you can. Our medical team are able to provide immediate attention and are just as equipped as calling an ambulance.

## Covid-19

Whilst face masks are no longer mandatory, we fully support the use of these should you wish to wear them. Please be considerate of others before shaking hands, hugging or coming into close contact with them as they may prefer to be more cautious.

## Permit

We will be following the rules outlined by Triathlon England at this event. Please familiarise yourselves with them prior to attending to ensure you know what to do. Each competitor will be issued with a race pass(unless you are a member of the home nation), this will act as your insurance for the event.

If you have not purchased a race pass during registration and are unable to provide your race licence at registration when you collect your race pack, you will be required to pay for a race pass prior to racing.

To protect the event and the staff associated with it, any verbal or physical abuse from the athletes or their supporters will not be tolerated under any circumstances and disqualification will be instant. Any penalties referring to breaches of the rules will be awarded in line with the guidance.

## Run Course

Due to the extended dry weather in spring, it is likely the run course will be very hard so please choose the correct footwear accordingly. Our long term works programme will mean this run route is nicely grassed once it has bedded in. You may wish to bring an extra pair of shoes or boots for the walk in should it rain.





## Athletes Briefing

Please ensure you are ready to go 15 minutes prior to your start time and arrive to swim check in.

The athletes welcome briefing will be verbal and compulsory.

You will be provided with a swim cap once you are checked into the swim start area.

## Start Times

All start times below are approximate, you will be assigned a wave and each wave will rolling start to begin your race.

**11:00** - Car park & site open

**11:30 - 12:30**  
- registration open

**12:40** - Youth / Junior

**13:05** - Tri Star 3

**13:35** - Tri Star 2

**13:55** - Tri Star 1

**14:15** - Tri Star Start

**14:30** - Free Family Fun Run

**15:00** - Presentations

**16:00** - Site closed

**See details on the website  
for presentation categories.**

## Distances

**Youth / Junior** [no of laps]  
750m Swim, 4.5km Run (trail) [3]

**Tri Star 3** [no of laps]  
500m Swim, 3km Run (trail) [2]

**Tri Star 2** [no of laps]  
300m Swim, 1.5km Run (trail) [1]

**Tri Star 1** [no of laps]  
200m Swim, 1.5km Run (trail) [1]

**Tri Star Start** [no of laps]  
50m Swim, 600m Run (trail) [1]

**Free Family Fun Run**  
1.5km Run (trail)

It is the responsibility of the athletes to ensure you complete the correct course during the event. If you do not complete the correct course or enough laps you will be registered as DNF (did not finish).



# Spectators & Supporters

## Spectating

Whilst we wish for you to enjoy the event, the safety and fairness of all athletes is as much importance as the enjoyment.

Spectating of the swimming is only available from the banks of the lake, whilst the whole run route is accessible, please do not impede anyone racing if you walk around, you will be able to view transition from the barrier line, please ensure crossing points are used to get across the course.

On site please stay behind the rope or barrier and only cross where crossing points are set up.

When you arrive to this event, we will have another event taking place in the morning, please be considerate and do not access the run course until this event has finished, which is expected by 11:30am. Athletes are not permitted to run the route until after this time.

## Refreshments

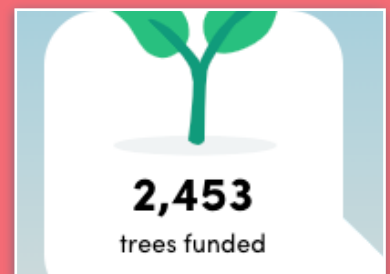
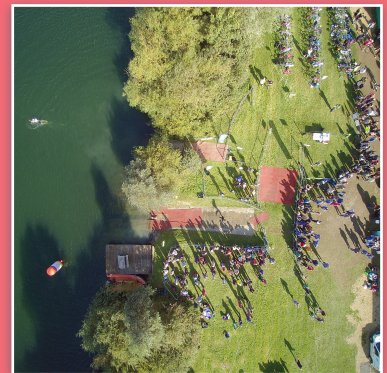
Cafe 2 U will be serving hot & cold drinks along with light refreshments.

## Volunteering

We are always looking for additional volunteers to help deliver this event, if you would like to get involved please let us know.

Event credits and refreshments are provided in return. Please email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk) if you are interested.

Results online following the event,  
[www.lpsevents.co.uk](http://www.lpsevents.co.uk)



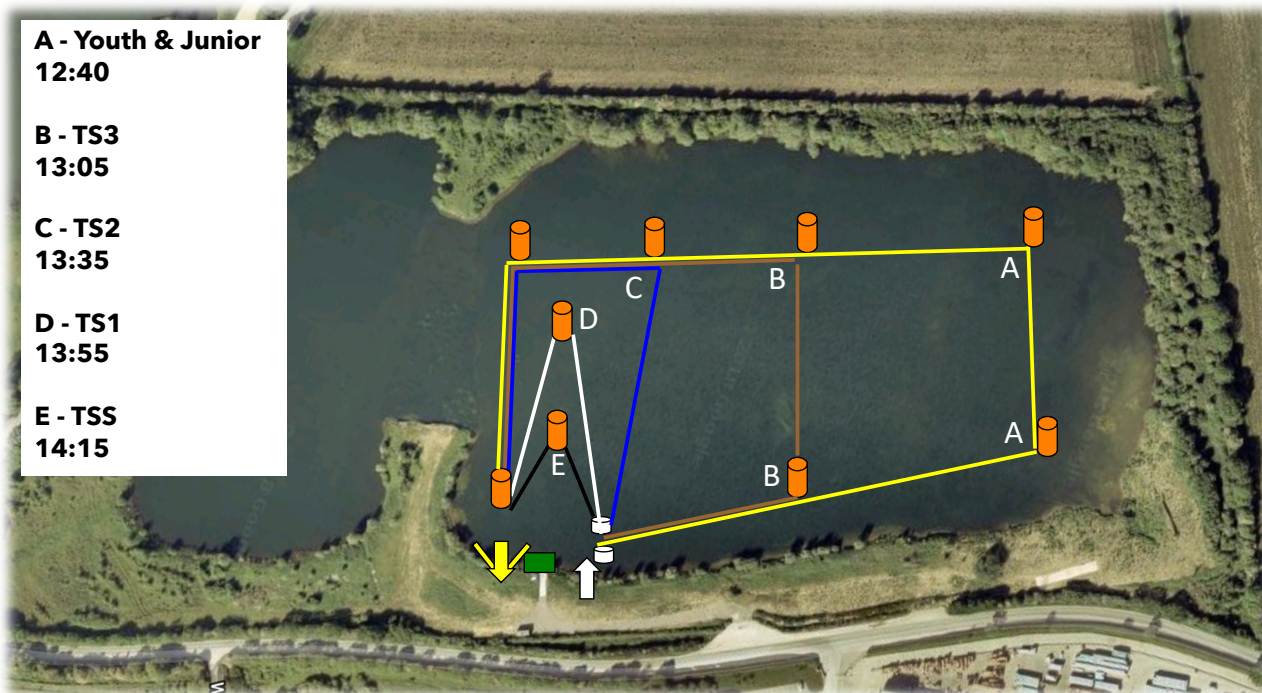
In our steps to continue reducing our environmental impact, our swim caps are not mandatory so if you wish to wear your own you are welcome to do so, this helps us reduce the amount being used.












If using your own, dark colours will not be acceptable.



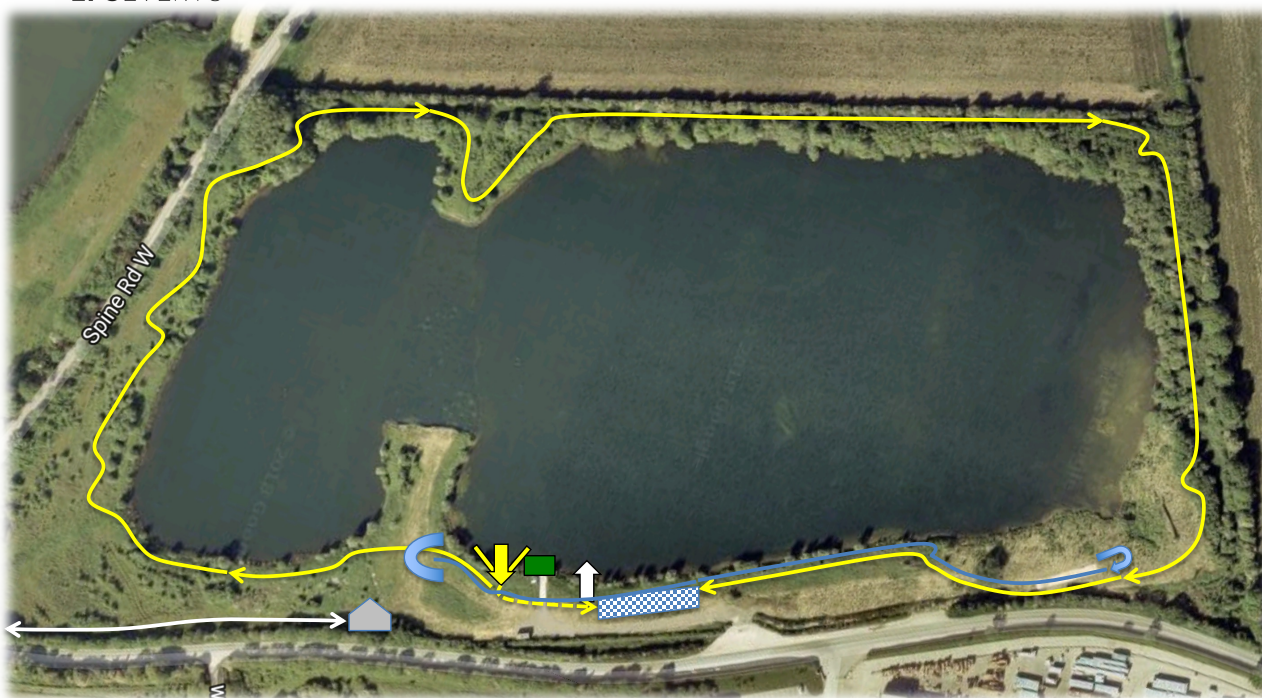
# Cotswolds Lake 62 - Vale Tridents











<b>A - Youth &amp; Junior</b>
<b>12:40</b>
<b>B - TS3</b>
<b>13:05</b>
<b>C - TS2</b>
<b>13:35</b>
<b>D - TS1</b>
<b>13:55</b>
<b>E - TSS</b>
<b>14:15</b>



 50m course	 Start Buoy	 Entrance Steps	Swim Anti Clockwise
 200m course	 Turn Buoy	 Exit Steps	
 300m course	 Safety Boom	 Rescue Platform	
 500m course	 750m course		

# Cotswolds Lake 62 - Vale Tridents



 600m course	 Registration	 Entrance Steps	Run Clockwise
 1.5km course	 Entry from car park	 Exit Steps	
 Finish	 Medical	 Rescue Platform	
 Transition			



### **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, text message or email with your entry for registration.

### 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.

### **Race Licence**

**Don't forget your Triathlon England race licence if you are a member. If you forget or haven't purchased a race pass you will have to buy one at pack collection.**

### **Distances**

**TSS - 50m / 600m**

**TS1 - 200m / 1.5km**

**TS2 - 300m / 1.5km**

**TS3 - 500m / 3km (2 laps)**

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



**TRIATHLON  
ENGLAND**

### **Racecheck**

Place a review within 30 days of the event to be in with a chance for a free entry for 2026.

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



# Check List

## Personal Items

- ☐ Required medication (inhalers)
- ☐ Spare contact lenses or glasses
- ☐ Hand sanitiser or wet wipes
- ☐ Small transition bag (no boxes)
- ☐ Personal ID/race licence (registration)
- ☐ Phone or camera for post race selfie (not in transition)

## Useful Items

- ☐ Post race clothing
- ☐ Sun screen (check weather)
- ☐ Water
- ☐ Watch
- ☐ Heart rate monitor

## Nutrition

- ☐ Pre race energy (banana)
- ☐ Race energy (bars or gels)
- ☐ Post race recovery
- ☐ Water bottle (pre filled)



## Run

- ☐ Suitable running shoes
- ☐ Cap or visor
- ☐ Sunglasses
- ☐ Talc

## Swim

- ☐ Goggles
- ☐ Swim suit (tri suit)
- ☐ Ear plugs & nose clip
- ☐ Swim cap (provided by LPS Events)
- ☐ Small towel
- ☐ Anti-chafe prevention
- ☐ Wet suit (if open water)

## Bike

- ☐ Bike
- ☐ Suitable bike shoes
- ☐ Helmet
- ☐ Race belt (available to purchase)
- ☐ Socks
- ☐ Sunglasses
- ☐ Spare inner tube/small pump
- ☐ Small multi tool
- ☐ Cycling gloves
- ☐ Rubber bands (for cleated shoes)
- ☐ Gilet or jacket (check weather)

## Additional Items

- ☐
- ☐
- ☐

# KNOW THE RULES

All the below are taken from the British Triathlon Competition Rules, available to download from the British Triathlon website.

**RULE  
2.1**

## Littering

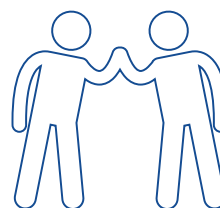


All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

**RULE  
2.1**

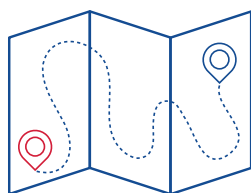
## Racing Conduct

Everyone involved in your race is there to ensure you have a safe and enjoyable experience, so we ask that you respect your fellow competitors and treat all Technical Officials, Event Organisers, volunteers and spectators with courtesy. Any abuse towards these people will not be tolerated.



**RULE  
2.1**

## Know the Course



Make sure you know which route to take – check out course maps and if it's unclear, ask the Event Organiser before race day. Marshals are there to ensure the safety of the event, not just to point you in the right direction!

**RULE  
2.9**

## Race Numbers

During the cycle stage, race numbers must be visible from the back; during the run stage, race numbers must be visible from the front. Race numbers do not need to be worn during the swim segment. Take care not to fold or damage your number!



**RULES  
4.10|5.2|6.4**

## Illegal Equipment

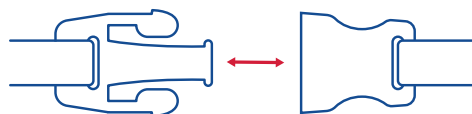
Certain items are banned during the race – this includes MP3 players, mobile phones and personal video recording devices. Leave these outside transition.



**RULE  
5.2**

## Helmets

Helmets must be clipped before the bike is touched, and remain done up until the bike is racked after the cycle stage.



**RULE  
5.5**

## Drafting

Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



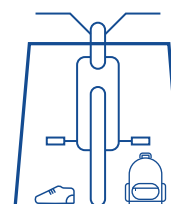
In standard distance and shorter events, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 10 metres – if overtaking a competitor, you have 20 seconds to pass through their draft zone.

In middle and long distance events, the gap is 12 metres and the time allowed to pass through is 25 seconds.

**RULE  
7.1**

## Transition

Competitors should only bring into transition what is needed – a small bag can remain but large, bulky boxes are to be taken out of transition whilst the race is live.





## What is Age-Group Triathlon?

The non-elite format of the sport is known as Age-Group competition. Age-Group allows athletes to compete for medals and titles against fellow competitors within pre-defined age group categories. These age group categories are divided by age and are set apart by five year age bands, from 20-24 upwards to 80+.

There are also Tri Stars, Youth and Junior categories from ages 8 through to 19, with international competition starting at age 16 for sprint distances and 18 for standard distance and long distance. For international age-group competitions and age-group qualification all 16-19 year olds will be grouped as one Under 20 age category.

The age band category that you fall into depends on your age on December 31st in the year of competition. Example: If you are 35 on December 29th 2024 then for the whole of 2024 you will compete in the 35-39 age groups.

**The categories will be preceded by MALE (age 12 & under), FEM (for athletes who were female sex at birth) and OPEN (for all other athletes).**

Key Category	Age	Key Category	Age
TSS Tri Star Start	8	H Veterans 1	40-44
TS1 Tri Stars 1	9-10	I Veterans 2	45-49
TS2 Tri Stars 2	11-12	J Veterans 3	50-54
TS3 Tri Stars 3	13-14	K Veterans 4	55-59
		L Veterans 5	60-64
A Youth A	15-16	M Veterans 6	65-69
B Youth B	17	N Veterans 7	70-74
C Juniors C	18-19	P Veterans 8	75-79
		Q Veterans 9	80+
D Seniors 1	20-24	TR Team Relay	
E Seniors 2	25-29		
F Seniors 3	30-34		
G Seniors 4	35-39		



# Event Guide

---

**Vale Tridents Open Water Aquathlon**

**Saturday 24th May 2025**

**Lake 62, Ashton Keynes, Wiltshire, SN6 6QX**



**LPSEVENTS**