Event Guide



Cotswolds Lake 62 Spring Triathlon

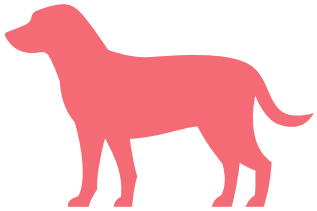
Saturday 23rd May 2026

Lake 62, Ashton Keynes, Wiltshire, SN6 6QX

www.lpsevents.co.uk

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



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Please read this event guide in conjunction with the information available on the dedicated event page at 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



General Information

This guide will help you understand more about the event.

Welcome to the Cotswolds Lake 62 Spring Events, based at a private venue in the Cotswolds. For an exclusive race, join others in taking part in one of the options of multisport racing.

Choose from a Triathlon, Duathlon, Aquabike, Aquathlon or the swim only event. All the swimming takes place in the private lake, with cycling on the Cotswolds roads 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.

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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.

Athletes

Registration

The car park is open from 07:30 and registration is open from 07:45 on the Saturday. 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, helmet sticker, bike sticker 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, please put your helmet on and fasten, then head to transition where you will have a visual bike check carried out and 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 check the stickers on the racking bars.

Your bike should be racked by your seat post with the handlebars facing outwards. Any equipment should be placed under or to the side of your front wheel.

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



Helmets

At all stages during the event where you are in contact with your bike, you should have your bike helmet on and correctly fastened. You are only permitted to remove your helmet once your bike is racked in transition.

Littering

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

Drafting

Is not permitted during the cycle element at any time during this event. Please refer to the poster 'Drafting Rules Explained' for a full explanation.

Electronic Equipment

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

Photography & Filming

Our designated event photographers for this event are Charles Whitton Photography. Photos will be available shortly 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.

Towels

Towels may not be used to mark space. However, a single small flannel-sized towel no larger than 12" x 12" (30cm x 30cm) may be used at any non-elite events that include a swim element, including adults and tri stars.

The flannel must either:
-Be placed inside the competitor's shoes at all times, or
-If the competitor is using the same shoes for all elements, be rolled up and placed directly under the horizontal bar of the transition racking (or in the transition box if one is supplied).

Larger towels are permitted; however, they must remain inside the competitor's bag and be placed back inside the bag after use. Failure to do so may result in a time penalty being applied.

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.



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 fixed, you will be assigned a wave depending on your race then age group and cannot change. Each wave is mass start.

07:30 - Car park & site open
07:45 - 09:15
- registration open

09:00 - Triathlon, wave 1, cat J-Q
09:15 - Triathlon, wave 2, cat F-I
09:20 - Duathlon
09:15 - Triathlon, wave 3 cat A-E & Team Relays
09:45 - Aquabike & Aquathlon
10:00 - Swim
10:50 - Free family fun run - this is for those attending the morning event.

11:00 - Presentations
16:00 - site closed

See details on the website for presentation categories.

Distances

Triathlon [no of laps] & **Team Triathlon**
Sprint - 750m Swim [1], 24km Cycle [2], 6km Run (trail) [4]

Duathlon [no of laps]
Sprint - 4.5km Run [3], 24km Cycle [2], 3km Run (trail) [2]

Aquabike [no of laps]
Sprint - 750m Swim [1], 24km Cycle [2], 100m Run* please note the finish time will be taken when you enter transition after the bike. Please progress to the finish line for chip return.

Aquathlon [no of laps]
Sprint - 750m Swim [1], 6km Run (trail) [4]

Swim [no of laps]
1500m Swim [2]

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 DQ.



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.

The full bike course is possible to spectate, however if you are travelling to points on the course, be mindful of residents and other road users. Ensure if you are travelling by vehicle that you do not park in a location that obstructs or provides a risk to you, or others.

On site please stay behind the rope or barrier and only cross where crossing points are set up, due to site changes for the bike mount and dismount - safety is paramount and you will not be able to stand the road side of the fence.

Refreshments

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

Hire, Bike Shop & Massage

Discover Bikes & Performance Cycles will be available for pre booking. If you require any of these items, please find more information here. They are situated a few minutes away from the venue.

Massage therapy will be provided by Ascend Endurance.

Volunteering

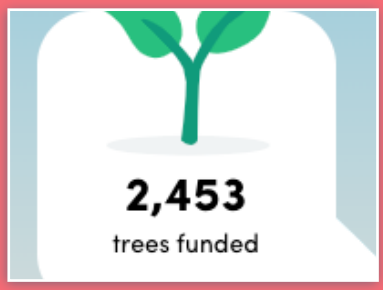
We are always looking for additional volunteers to help deliver this event, if you would like to get involved please let us know.

Event credits and refreshments are provided in return. Please email info@lpsevents.co.uk if you are interested.

Results online following the event, www.lpsevents.co.uk





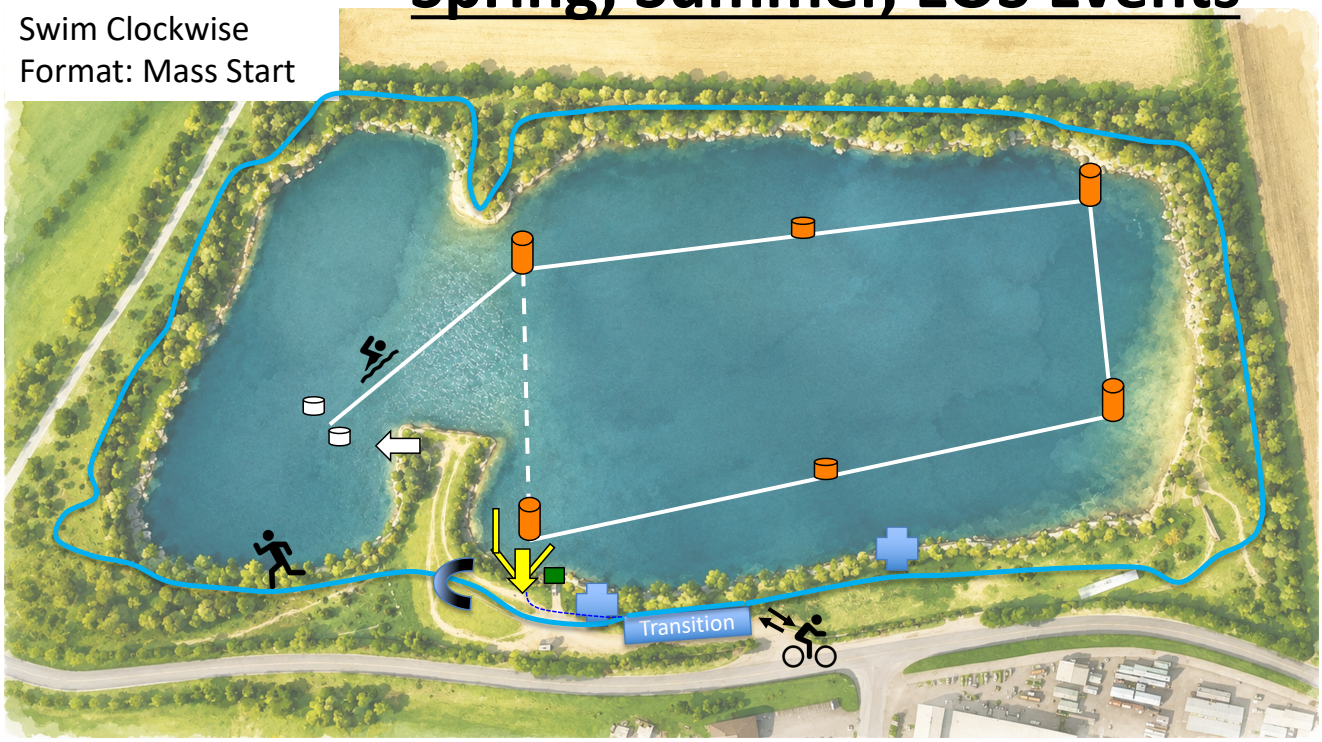


In our steps to continue reducing our environmental impact, our swim caps are not mandatory so if you wish to wear your own you are welcome to do so, this helps us reduce the amount being used.

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

Cotswolds Lake 62 Swim Courses
Spring, Summer, EOS Events

Swim Clockwise
Format: Mass Start



Start Buoys
750m Course
Run Course
Turn Buoys
Safety Boom
Exit Steps
Slipway
Entrance Steps
Medivac Point

Cotswolds Lake 62 Spring Triathlon

Bike Course – 2 laps

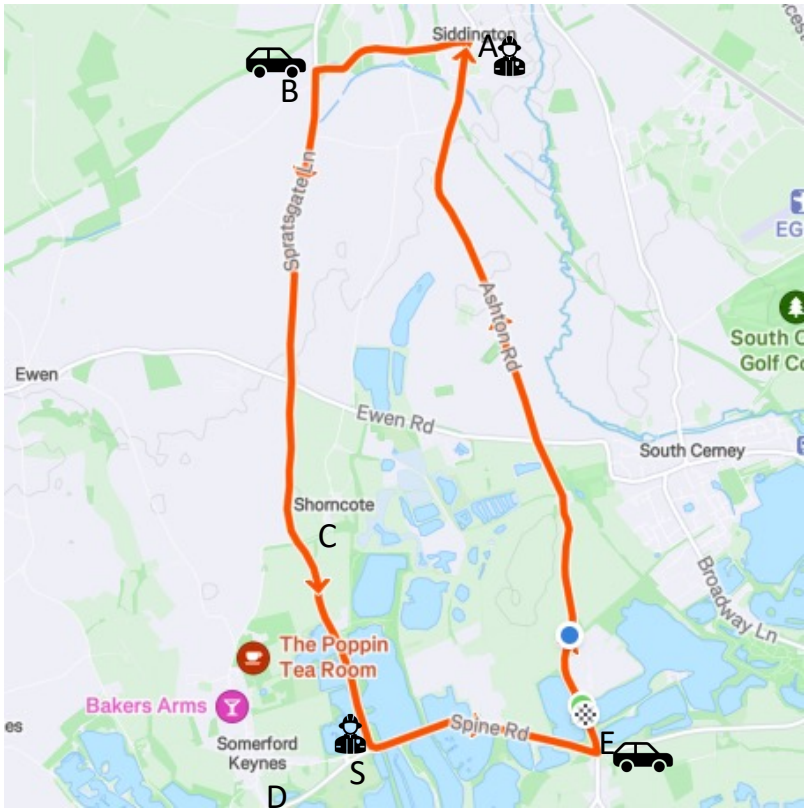
www.lpsevents.co.uk

This bike course is measured at 12.3km. The course is flat and comprises of 4 left turns.

Reference Locations:

A	WILSAR
B	GW4X4R
S	WILSAR
E	GW4X4R

To view an interactive version of this route, please visit our website.



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.

Course Signage

The directional signage on the bike route will be signed in pink and black.

The warning signage on the bike route will be signed in yellow and black.

Additional signage may be used.

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.

Break down on the bike course

We will have some static marshals on course and also motorcycle officials on course too.

They will aim to get you back up and running to be able to finish the cycle element.

Should a medical emergency occur, if possible first contact one of our event marshals, and a medical unit will be deployed to your location.

We will have the facility to collect you if you are unable to complete the cycle element however please bear in mind that this may take considerable time.

Please carry at a minimum a spare tube or puncture kit, small pump and tyre levers.

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SEARCH AND RESCUE WILTSHIRE

Racecheck

Place a review within 30 days of the event to be in with a chance for a free entry for 2027.

racecheck
FIND YOUR RACE - LIST YOUR RACE

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)

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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

- ☐
- ☐
- ☐

BRITISH TRIATHLON

KNOW THE RULES

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

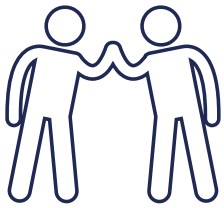
RULE 2.1 Littering



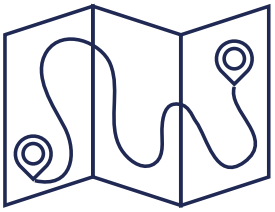
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

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!



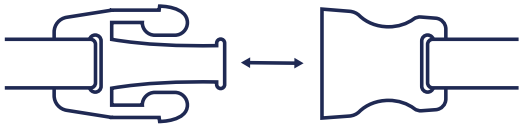
RULES 4.11|5.2|6.4 Illegal Equipment

Certain items are banned during the race – this includes headphones or earphones (including bone conduction), mobile phones and personal video recording devices. Leave these outside transition.



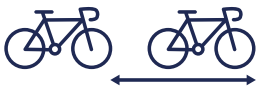
RULE 5.2 Helmets

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



RULE 5.4 Drafting

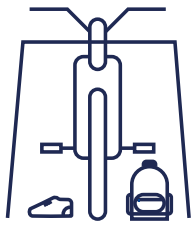
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



In all races, the gap between the front wheel of the leading bike, to the front wheel of the following bike should be 12 metres – if overtaking a competitor, you have 25 seconds to pass through their draft zone.

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.



This document does not feature all the rules.
A full set of rules can be found at www.britishtriathlon.org
- This document is for guidance purposes only.

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DRAFTING RULES EXPLAINED

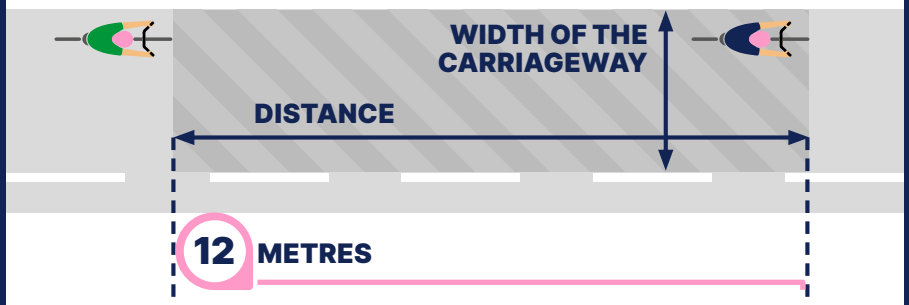
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WHAT IS DRAFTING?

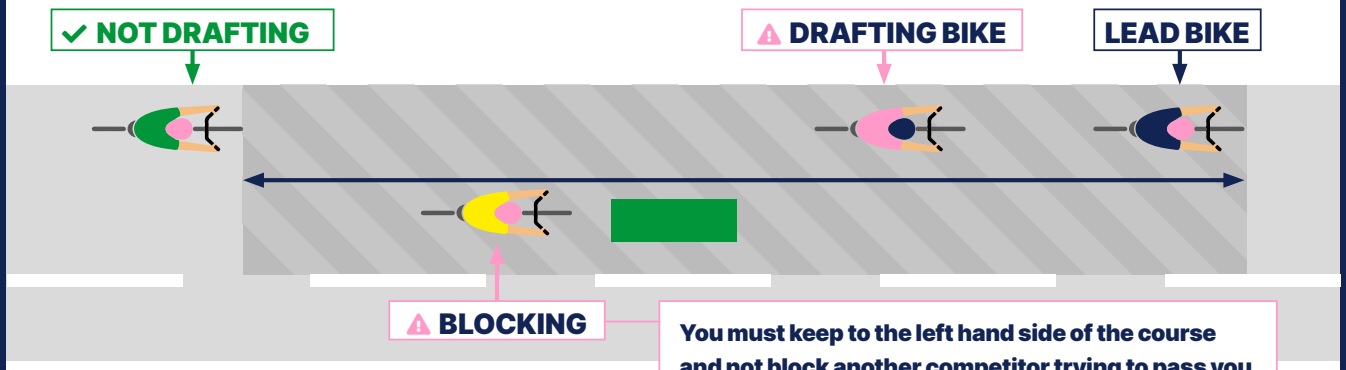
IT'S AGAINST THE RULES

Taking shelter behind another competitor or motor vehicle during the bike phase to gain a competitive advantage.

THE DRAFTING ZONE



DRAFTING & NOT DRAFTING



You must keep to the left hand side of the course and not block another competitor trying to pass you.

MAKING A PASS

You may enter the draft zone to make a pass within the time allowed.

25 SECONDS

If the pass cannot be made you must drop back. Any overtaken cyclist must drop back once passed.



OTHER VEHICLES

You must remain 15 metres behind motorcycles and 35 metres behind other vehicles to prevent drafting.

PENALTIES

	1st Offence	2nd Offence	3rd Offence
SPRINT (OR SHORTER)	30 SECS PENALTY	DISQUALIFICATION	N/A
STANDARD	1 MIN PENALTY	DISQUALIFICATION	N/A
MIDDLE / LONG	3 MINS PENALTY	3 MINS PENALTY	DISQUALIFICATION

Motorcycle Officials do not have to provide a warning about drafting for safety reasons.

This document does not feature all rules regarding drafting.
A full set of rules can be found at www.britishtriathlon.org
- This document is for guidance purposes only.

TRIATHLON ENGLAND · TRIATHLON SCOTLAND · WELSH TRIATHLON CYMRU

SAFEGUARDING AND WELFARE



Your Safeguarding Officer for this event is:

Luke Campbell

Location: Transition/Finish Line

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
TSS	Tri Star Start	8
TS1	Tri Stars 1	9-10
TS2	Tri Stars 2	11-12
TS3	Tri Stars 3	13-14
A	Youth A	15-16
B	Youth B	17
C	Juniors C	18-19
D	Seniors 1	20-24
E	Seniors 2	25-29
F	Seniors 3	30-34
G	Seniors 4	35-39

Key	Category	Age
H	Veterans 1	40-44
I	Veterans 2	45-49
J	Veterans 3	50-54
K	Veterans 4	55-59
L	Veterans 5	60-64
M	Veterans 6	65-69
N	Veterans 7	70-74
P	Veterans 8	75-79
Q	Veterans 9	80+
TR	Team Relay	

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Saturday 23rd May 2026

Lake 62, Ashton Keynes, Wiltshire, SN6 6QX

