Event Guide

Vale Tridents Open Water Aquathlon

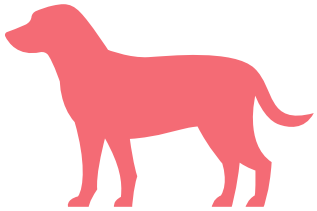
Saturday 23rd May 2026

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 Vale Tridents 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.

LPSEVENTS

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 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. Athletes are able to choose their space on the correct rows for the age group.

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 Whitton 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.

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 age group and cannot change. Each wave is mass start. The open race will start 2 minutes prior to the female race.

11:00 - Car park & site open
11:30 - 12:30 - registration

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]

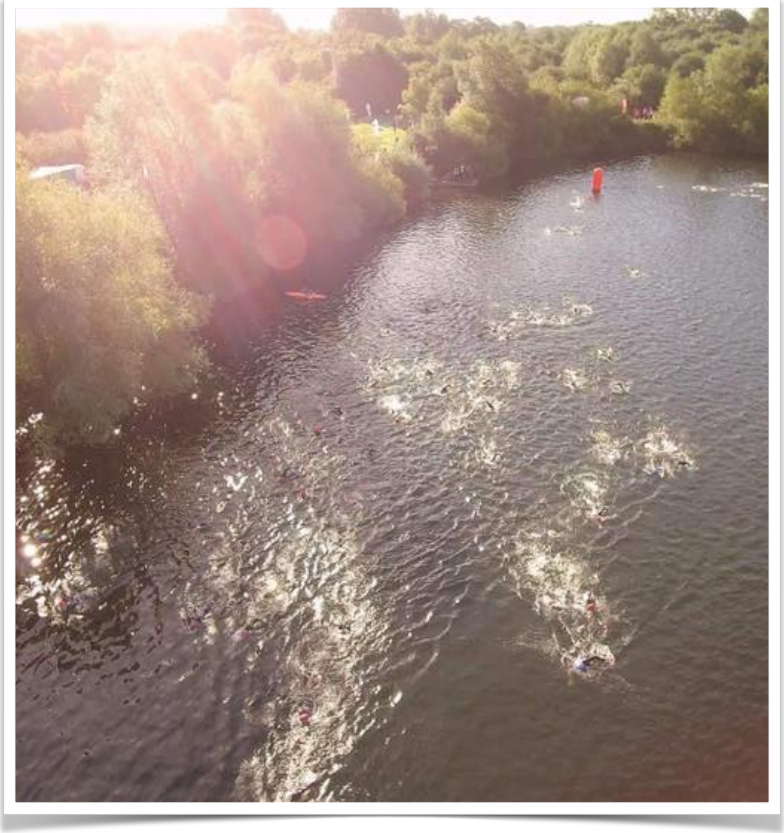
Tri Star 2 [no of laps]
300m Swim, 1.5km Run (trail) [1]

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 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.

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

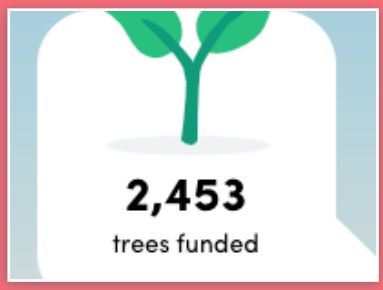
We are always looking for additional volunteers to help deliver this event, if you would like to get involved please let us know.

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

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Cotswolds Lake 62 Swim Courses

Vale Tridents Aquathlon

Swim Clockwise
Format: Mass Start

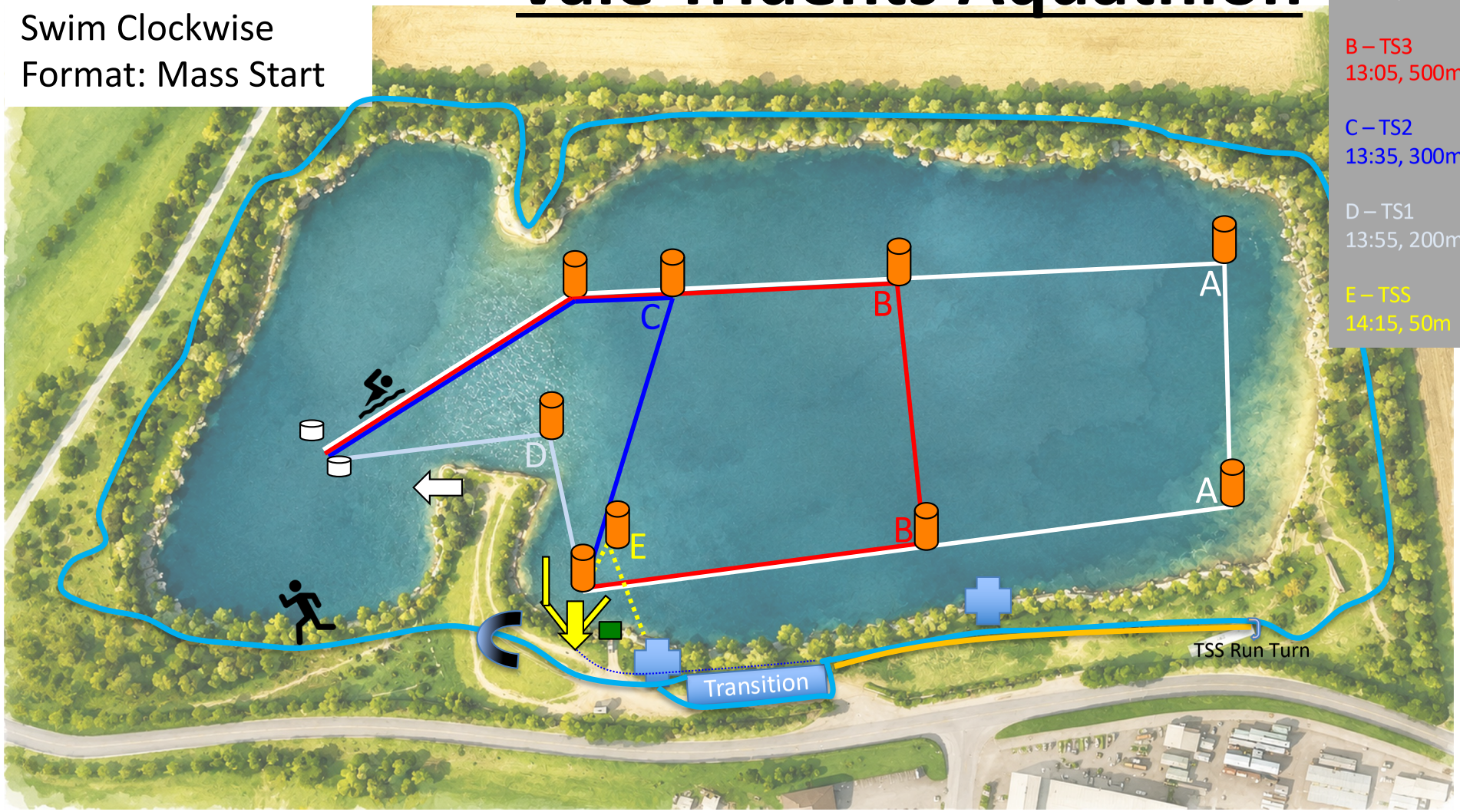
A – Youth & Junior
12:40, 750m

B – TS3
13:05, 500m

C – TS2
13:35, 300m

D – TS1
13:55, 200m

E – TSS
14:15, 50m



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

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.

Distances

TSS - 50m / 600m

TS1 - 200m / 1.5km

TS2 - 300m / 1.5km

TS3 - 500m / 3km (2 laps)

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

Please visit www.lpsevents.co.uk for more info including route maps.

racecheck
FIND YOUR RACE - LIST YOUR RACE

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.

TRIATHLON ENGLAND

Racecheck

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

Vale Tridents
Junior Triathlon Club

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.

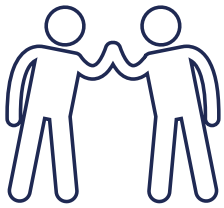
RULE 2.1 Littering



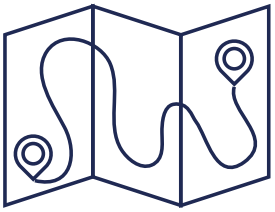
All litter must be placed in bins or elsewhere specified by the Event Organiser – keep hold of it until you can dispose properly.

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!



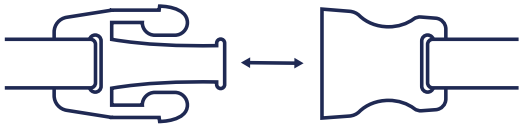
RULES 4.11|5.2|6.4 Illegal Equipment

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.



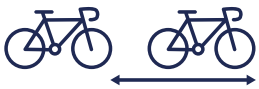
RULE 5.2 Helmets

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

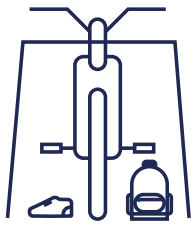
Competitors must keep their distance from the cyclist in front of them, so as not to gain an advantage.



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.

TRIATHLON ENGLAND · TRIATHLON SCOTLAND · WELSH TRIATHLON CYMRU

SAFEGUARDING AND WELFARE



Your Safeguarding Officer for this event is:

Vanessa Kitchener

Location: Transition

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	

BRITISH TRIATHLON

LPSEVENTS

Event Guide

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