

EVENT INFORMATION

Venue - Lake 62, Cotswold Water Park, Ashton Keynes, SN6 6QX

What 3 Words: Venue - Visa.Tango.Lightly, Car Park - Secure.Questions.Bronzed

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.

Timing Chips

For this event you will receive swim accurate race times with lap times. It is essential that you wear your timing chip on your right arm, like a watch. This can be worn under or over your wetsuit. All timing chips must be returned after the race to avoid £50 replacement fee.

Wetsuits

It is strongly recommended that you try swimming in your wetsuit before race day, to ensure your comfort and fit is correct. We will be working to the temperature guidelines set by Triathlon England for distances 3.8km & below.

Wetsuits banned if;

750m, 1.5km - over 22 degrees
3.8km - over 24.6 degrees
10km & 5km - over 25 degrees
Long events will be monitored throughout by the medical team should wetsuits be worn. If you wish to remove your wetsuit after starting, you can.

Hydration

Swimming in open water is easy to become dehydrated without realising. We will have a bottle storage area for the 10km & 5km swim distances.



About The Event

Registration* When you arrive on venue, you will need to register to collect your timing chip during the allocated times for your race. If you are in the 10 & 5km race you must be registered 30 minutes before your start time.

Refreshments Cafe 2 U will be providing hot drinks, cold drinks and snacks.

Medical Available during the event. If you require assistance whilst in the water, lay on your back and raise an arm. The medical tent will be located near the entry/exit of the lake.

Results We will be collecting a full set of results including lap times for this event. It is essential you tag your timing chip on the pontoon. Your finish time will be recorded on your final lap.



Start Times*

10km Marathon Swim - PINK 10 x 1000m laps

- ✦ Registration 07:45 - 08:15*
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Mass start from 08:45
- ✦ Cut off is 13:45 (5 hours)

5km Swim - PURPLE 5 x 1000m laps

- ✦ Registration 07:45 - 08:45*
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Mass start from 09:15

3.8km Swim - WHITE 1 x 750m, then 3 x 1000m laps

- ✦ Registration 10:00 - 10:30
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Mass start from 10:45

1.9km Swim - GREEN 2 x 1000m laps

- ✦ Registration 11:00 - 11:30
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Mass start from 11:45

1.5km Swim - BLUE 2 x 750m laps

- ✦ Registration 11:45 - 12:15
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Mass start from 12:30

750m Swim - RED 1 x 750m laps

- ✦ Registration 12:15 - 12:45
- ✦ Race Briefing 10 minutes before wave, in pen
- ✦ Mass start from 13:00

All swim caps issued in briefing.

Changing We will have a changing gazebo available for the event both male and female. Toilets will also be available.

Spectators We welcome families and friends to the event, there are some areas around the lake where you can view the swimmers, bring a 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.

Prizes Will be awarded to the 1st, 2nd & 3rd placed open and female in each of the events. 1st Age categories for over 40, 50, 60 & 70 open & female will be awarded for 10km, 5km & 3.8km. 1st Juniors in 1.9k, 1.5km & 750m.

Results Will be published and made available online after the event. www.lpsevents.co.uk

Photos Charles Whitton Photography will be capturing events and these will be available online shortly after the event.

Lap Times For the each of the swims, there will be lap times for your race. You must approach the pontoon and tag your timing chip on the blue board for every lap. Note you MAY NOT hear this beep.

Swim Course, please note that the lap point is factored into the course distance, and so you must approach this each lap regardless of the distance for fairness. If you don't approach the lap point you will be registered as disqualified for not completing the course.



Swimming Events

10km Swim

We will have a numbered bottle storage which will provide enough room for 2 x 750ml drinks bottles and some gels. You must only use this space to keep the area tidy, please provide your own selected nutrition. All bottles must be numbered.

5km Swim

We will have a bottle storage area which will provide enough room for 1 x 750ml drinks bottle. You must only use this space, please provide your own selected nutrition. All bottles must be numbered.

3.8km Swim

We will have a bottle storage area which will provide enough room for 1 x 750ml drinks bottle. You must only use this space, please provide your own selected nutrition. All bottles must be numbered.

All Events

Please ensure you refer to the main race information for the bulk of information.

1. Please ensure you wear your timing chip on your **right arm - like a watch.**
2. Car parking – this is free, please follow the blue signs from the event, the car park will open at 07:15 ready for registration at 07:45.
3. Weather – please be advised if the weather forecast is not so great, it is advisable you consider extra clothing to warm up following the event.
4. Rescue procedures – whilst we don't anticipate these will be required, should you require assistance in the water, please lay on your back, raise an arm and keep calm. Assistance will be with you immediately. Stay calm.
5. Hot drinks & snacks – we will have a coffee van outlet serving hot drinks to warm up after the event. A range of cold drinks and snacks will also be available.
6. Changing and baggage – there will be designated changing tents for male and female. You may leave any baggage at your own risk in the baggage tent.
7. The start and finish area will be linked, so you may leave your flip flops for a prompt return after the event.
8. Full results will be published after each race
9. There will be no areas of shelter, so we advise any family or spectators bring an umbrella for the event in the event of poor weather.
10. We have camping facilities available, if you wish to stay please get in touch.

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.

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)

Fundraising

If you wish to fundraise for this event, we are encouraging support of the Cotswolds Lakes Trust, which works hard to protect and enhance the landscape and valuable wildlife of the Cotswold Lakes (formerly known as Cotswold Water Park).

It's staff and volunteers manage an array of nature reserves, country park, paths and car parks, as well as a Visitor Centre providing information to the public, and provide educational activities for adults and children of all ages.

The Trust receives no local or government funding and relies on donations and grants to carry out its vital work.

For further information, please visit their website [here](#).

