

RACE INFORMATION PACK – Aquathlon

Time	Type	Venue
6.00 pm till 6.45 pm	Registration	Next to the lake – down pathway from the top car park
6.00 pm till 6.50pm	Transition	To left of registration
6.50 pm	Briefing	By transition before water entry
7.00 pm	Race start	In the water – standing start
8.00 pm	Finish	Near watersports containers

There are male and female toilets in the main car park (parking fee is £1.20).

British Triathlon Competition Rules:

All competitors should be familiar with the latest version of the [British Triathlon Competition Rules](https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf) <https://www.britishtriathlon.org/britain/documents/events/competition-rules/british-triathlon-competition-rules-2019.pdf>. Please remember – no personal mobile devices, induction or ear phones to be used during the race or whilst transition is live. Please do not drop litter on the roads or the park. TMBC has a ‘Take your litter home’ policy.

Registration:

Registration will take place on the day and will open at 18:15. Please remember to bring your BTF licence if you registered with one and a bright coloured swim hat. Registration will close 19.15pm – 15 minutes before the race start time. You will be issued with a timing chip and a race number. The chip should be on the left ankle.

Race Timing:

Should you withdraw from the race you MUST return the chip to the RACE DIRECTOR or the BTF Race Official as soon as possible so every competitor can be accounted for. There is a £25 charge for failure to return chip.

Transition Area:

Put your running gear in transition – marshals will advise where. A small bag can be left in transition but it must be kept tidy. During the race only marshals will be allowed in.

SWIM:

Please remember to wear a **brightly coloured swim cap** at all times in the water. If this is your first event or you are not familiar with open water swimming or apprehensive please talk to the registration team and we will issue a white cap and any questions you may have. Our recommendation for slower swimmers or new to open water and mass starts is to congregate on the right side as you enter the water. Ideally you should have training in Open Water Swimming – see our additional information at the end of this pack. Let the others get away and then join in, this may only delay your time by a matter of seconds but make your Open Water experience more enjoyable.

Swimmers will be led around the **750m course** by a kayak in a triangle format with two large bright yellow/green inflatable turn buoys. If you are doing the **1500m** then when you complete the first lap continue back to do the 2nd lap.



Picture - LLWSC 750m Swim Course – 1500m x 2 laps



Should you require urgent assistance in the water, please turn onto your back and raise your arm to wait for assistance. Do NOT enter the safety boat, listen for instructions, wait and decide if you wish to continue. The kayaks are for course guidance. On finishing the swim give yourself time to regain balance and stability. A marshal will assist you to exit the lake via the steps at the jetty.

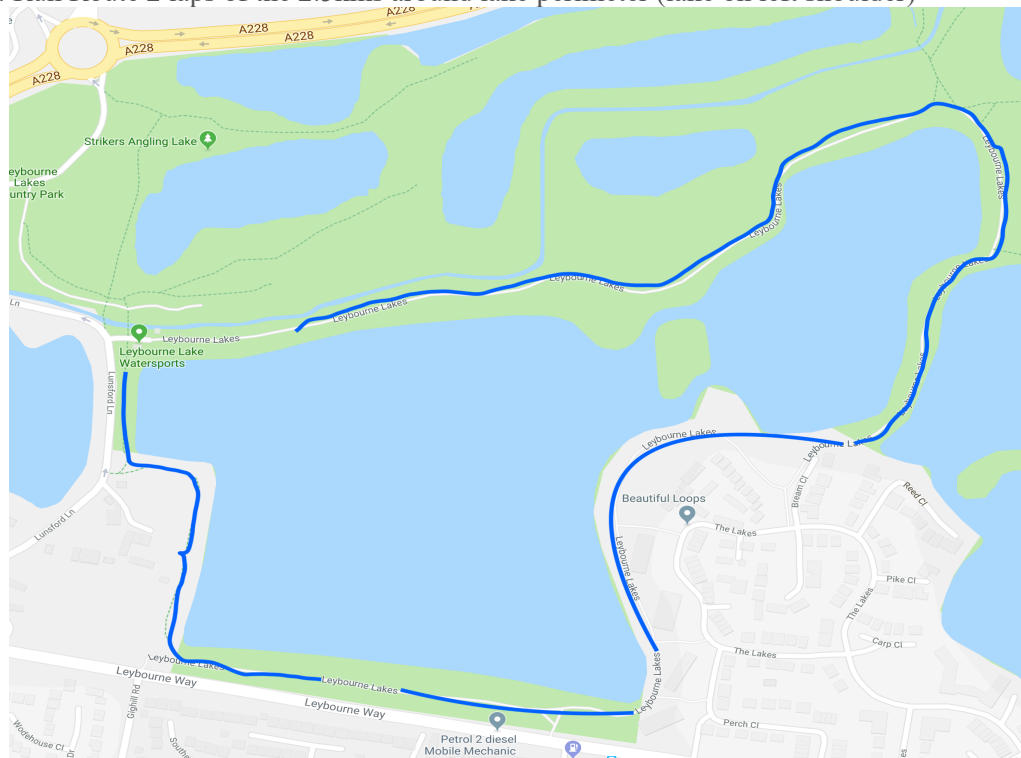
Transition 1 (T1):

On leaving the water take care as the route is a grass incline and may be wet and slippery. Make your way to the 'SWIM IN' around the top end of transition. Put your running gear on and the race number to the front of your body. Exit at the 'Run out' point and then run with the lake on your left side.

RUN:

You will need to complete **2 laps** of the lake, this surface is a mixture of path and hard packed type 1 finish. Juniors will do a shorter distance and this will be discussed on the day. There may be members of the public in the park and loose dogs be careful around dogs and polite at all times to other park users. Please run on the left side of the track and take care when passing. Please be courteous at all times to other park users. The track is gravel and a bit chalky but drains well if it is wet. It is even in most places but there is a camber at the start of the run. At the end of the first lap go to the left of transition and start your second lap – there will be a drink station at the water sport centre. At the end of your second lap go to the right of transition and then to the finishing line.

Picture : Run Route 2 laps of the 2.5kms around lake perimeter (lake on left shoulder)



Finish:

As you cross the finish line please move to the left to clear the area for other competitors to finish. Please return your timing chip and collect your medal.

Remember to take all your kit and dispose of rubbish. If anyone leaves equipment then it will be left at the Water Sports Centre for collection however this will only be held for 1 week.

Penalties:

Penalties will be posted at race HQ at the end of the race. Right of appeal against a penalty will only be allowed if British Triathlon Competition Section 13 is adhered to.

Leybourne Lakes Country Park

The Country Park is a public area and you must always be courteous to other park users. There may be a mobile refreshment shop open on site. From the A228 access is via the Ham Hill roundabout and into the main entrance to the park. Please use the overspill car park first do not drive to the Watersport Car Park. Do not go down Lunsford Lane or park on that road.

The Health Commitment Statement

Our mutual agreements to this race were in the terms and conditions of acceptance when you registered on-line. Please note the comments below.

Your health is your responsibility. The Organiser is dedicated to helping you take every opportunity to enjoy your participation in the Events safely. With this in mind, we have carefully considered what we can reasonably expect of each other. This event has a basic first aid cover and an emergency response Hospital 3 miles away.

Concussion within 4 weeks of the event, seek medical advice before racing, concussion within 14 days of start our recommendation is to withdraw and race another day. Some other useful information for medical conditions can be found from your GP and:

Epilepsy Society - <http://www.epilepsysociety.org.uk/swimming-and-water-sports#.VsGxiFnLITI>

Open Water Swimming and its effect on your body-

<https://www.outdoorswimmingsociety.com/category/features/survive/cold/>

Feedback

We welcome any feedback about our races and how we can improve so please contact us. Thank you for reading to the end. We hope you enjoy the race.

The OLT TEAM.