



RACE INFORMATION PACK – Aquathlon

Leybourne Lakes Country Park is constructing a Coffee Shop and Water Sports Centre and therefore changes will need to be made to the swim entry and run course as the construction develops during 2022. The route for each event will be clearly marked. Competitor Parking is the public car park.

Time	Type	Venue (during construction works)
6.15 pm till 6.45 pm	Registration	Water Sport Car Park – down pathway from the top pulic car park
6.15 pm till 6.50pm	Transition	Near the water entry ramp
6.50 pm	Briefing	By transition before water entry
7.00 pm	Race start	In the water – standing start
8.00 pm	Finish	Near the water entry point

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](#). 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. Our events have a BTF Rule Exemption allowing the use of wetsuits when the water temp is <25.

Registration:

Registration will take place on the day and will open at 18:15 the temporary location during Construction Phase will be the WaterSport Car Park. Please remember to bring your BTF licence if you registered with one and a bright coloured swim hat. Registration will close 18.45pm – 15 minutes before the race start time. You will be issued with a race number. The event will be manually timed.

Transition Area (There are no changing rooms):

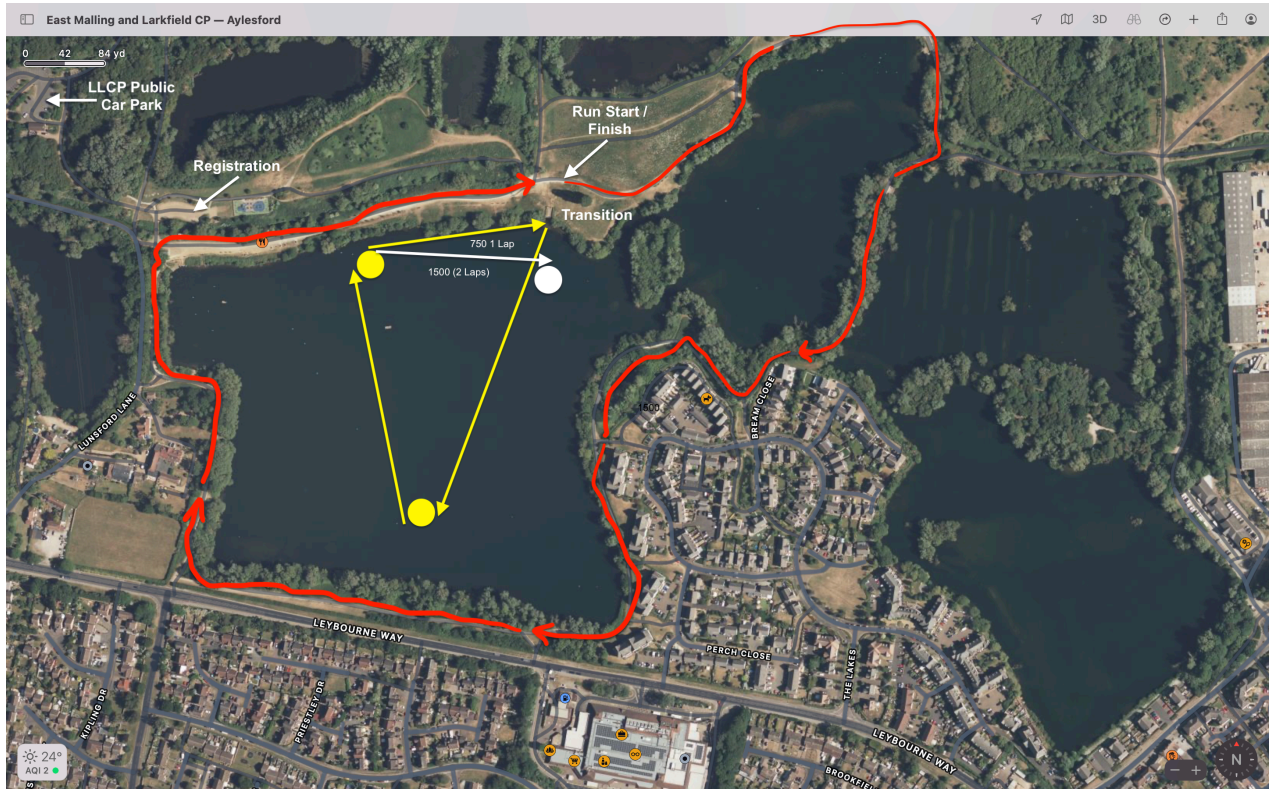
Put your running gear in transition and change ready to swim – marshals will advise where to find transition. A small bag can be left in transition but it must be kept tidy and not create any trip hazard. During the race only marshals and athletes will be allowed in the transition area.

SWIM:

Please remember to wear a **brightly coloured swim cap** at all times in the water, back strok is **not** permitted. If this is your first event or you are not familiar with open water swimming or apprehensive please talk to the registration team they will and try to answer 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 and count to ten let the others go and make your own progrss. 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.

Water Safety Team will be availabel to help and monitor your progress on the course.. Large bright yellow/green inflatable turn buoys will indicate the layout of the course. If you are doing the **1500m** then when you complete the first lap continue back to do the 2nd lap the turn around for 1500 is a small white plastic float.

Picture - LLWSC 750m Swim Course (1 lap yellow)– 1500m x 2 laps (white line around white floats)
Run Course – 2.5km red line



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 kayakers 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 slope.

Transition 1 (T1):

On leaving the water take care as the route is the grassed transition area. 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 the prescribed course.

RUN:

You will need to complete **2 laps around the lake**, keeping the lake on your **LEFT**. The race official has the authority to restrict this to 1 lap to ensure completion of the event before **PARK CLOSURE** Time (displayed by LLWCP on entry to park). This surface is a mixture of path and hard packed type 1 finish and can be uneven in places. To avoid the construction works the first part of the run is over a small footridge and along a grass trail and passed where registration was and then left across another ridge. Juniors will do a shorter distance and this will be discussed on the day. There will be members of the public in the park and loose dogs – please 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. Complete the course by passing the finishing line.

Finish:

As you cross the finish line please move to the left to clear the area for other competitors to finish. Timing is manual so please shout your NUMBER. Please 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 Transition 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 pay and display car park. Please use the overspill car park first do not drive to the Watersport Car Park. Do not attempt to get to the park via 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 online. 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 or dizzy spells within 8 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.