

# EVENT INFORMATION

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

**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.**

## Chip Timing

You will be given a timing chip and velcro strap, this must be worn on your left ankle for the duration of the event. This chip will provide your split times and race times. Any timing chips not returned will be charged at £25.00. Please note that the timing chip design varies and is the small plastic part on your velcro strap.

## Wetsuits

It is strongly recommended that you try swimming in your wetsuit before race day, to ensure your comfort and fit is correct.



## About The Event

**Registration** When you arrive on venue, you will need to register to collect your timing chip from 07:45, registration must be complete by 9:00am.

**Catering** Coffee Gang will be on site before, during and after the events selling a range of drinks & snacks.

**LPS Food** Will be selling a range of hot food items including gluten free, vegetarian and vegan options. Other snacks will also be available.

**Number Belts** We will have our handy race number belts for £4 (normal) or £5 (gel holding) in registration.

**Medical** Available during the event. If you require assistance whilst in the water, lay on your back and raise an arm and stay calm.

**TIMING CHIP  
GOLDEN RULES**

- ENSURE THE BLACK CHIP IS ATTACHED TO THE STRAP
  - WEAR ON YOUR LEFT ANKLE
  - ENSURE IT FACES OUTWARDS
  - MAKE SURE IT IS UNDER OR BELOW YOUR WETSUIT (if swimming is involved)
  - DO NOT TIE IT TO YOUR SHOE



- WHEN YOU COLLECT IT, PUT IT ON IMMEDIATELY
- DO NOT WALK OVER ANY RED TIMING MAT BEFORE YOUR RACE
- RETURN IT AT THE FINISH
- NO CHIP = NO TIME









## Start Times



### Standard Triathlon

**1500m (2 laps), 40km (2 laps),  
9km (6 laps)**

- ◆ **Registration 07:45 - 09:15am**
- ◆ **Transition closes at 09:15am, all must be racked by then**
- ◆ Swim Caps Given 15 minutes before, in pen
- ◆ Race Briefing 10 minutes before wave, in pen
- ◆ Water Entry 5 minutes before for acclimatisation
- ◆ Race Starts - Triathlon
  - Wave 1, 09:00am, White
  - Wave 2, 09:15am, Blue
  - Wave 3, 09:30am, Red
  - Wave 4, 09:45am, White
  - Wave 5, 10:00am, Blue
  - Wave 6, 10:15am, Red
- ◆ Race Starts - Aquabike
  - Wave 7, 10:30am, White
- ◆ Results & Presentation will be approximately 13:00.
- ◆ Prizes will be awarded for 1st, 2nd and 3rd male and female in each race.
- ◆ Category awards will be given to 1st M & F in categories A - M in the triathlon. Along with the 1st team relay.

- Spectators** We welcome families and friends to the event, just watch out for competitors racing, bring your 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.
- Massage** South West Sports Massage will be available during the event. £5 for 10 minutes or £10 for 20 minute treatment.
- Photos** A link will be available after the event for the photos which are being provided by Charles Whitton Photography.
- 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)
- Littering** We have a litter drop zone which is available for 50 metres after the water station. Littering is not permitted anywhere else on the course. Please keep hold of gel wrappers until the finish line, you will be disqualified if you litter on the course.
- Relay Teams** We have a large number of relay teams taking part in this event. There will be a relay change over box to the side of transition. The next relay team member must wait in this area. Team relay rules are displayed in this area.



## Baggage & Boxes

Please put all bags in your vehicles, a small bag can be left in transition if required, but bear in mind, you do only get a limited space for this. We will allow car keys to be left in your race envelope at registration. Once registration has closed, these will be moved to the finish line.

## Helmets

Whilst in contact with your bike, you must be wearing a correctly fastened cycle helmet. This will be checked when you check in to transition, **you won't be able to rack your bike unless your helmet is on and fastened before arriving at transition.**

## Day Entries

No day entries will be accepted for these events.

## Feedback

Email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk)

Share photos on our Facebook or Instagram pages

Tweet about us using the hashtag #Lake62

## Run - Footwear

The running terrain is around a lake path, which has been developed over time. Off road trainers are allowed, if dry, racing flats will be sufficient, if you have not raced here before, bring two pairs and decide on the day.



**Lap Counting** It is your responsibility to count your own laps on the run course.

Our staff will not count these. We will have a run lap split point available and anyone who has not completed the required number of laps will be registered as DNF (did not finish).

**Envelope Contents** Your bib number to be displayed on your front  
 Sticker 1 - for your helmet  
 Sticker 2 - for your bike  
 Your timing chip to be worn on your left ankle.

**Transition** You will have an allocated space in transition. Please ensure you keep your kit to the space under your bike. Always rack your bike in the allocated space. Bags or boxes must be stored in the baggage area.

**Aquabike** Entrants to the Aquabike event will be racked together. To finish the race you will be required to run or walk to the finish line wearing your helmet. This is room distance. Please ensure that your helmet is worn to ensure you receive the correct instruction from our marshals.



## Affiliation

All events are affiliated with Triathlon England. Please familiarise yourself with the rules prior to competing.

## Identification

You will be required to show proof of identification at registration. This can be one of the the following;

- Photo ID
- Race Licence
- Email confirmation of entry
- Text with race number

## Race Numbers

Bib number - rear for cycling, front for running\*  
 Sticker 1 - on your helmet  
 Sticker 2 - on your bike  
 Timing chip - on your left ankle

\*Race number belts will be available to purchase from registration for £4 or £5.

You will need your bib number to retrieve your bike at the end of the race. Please ensure you keep this after finishing.

## After Registration

As soon as you have collected your race pack, you will need to have your sticker on your bike and helmet before accessing transition. Please ensure your timing chip is on too.

## Change of Details

If any details are published incorrectly, these must be changed no later than Wednesday 29th September.

**Next Event** Our final event of the season is Bowood House Duathlon. Enter your last race of the season.

**Permitting** We will be following the rules as outlined by Triathlon England during the permitting process. These can be found available via a link on the website. Please familiarise yourself with them prior to the race. We will have a race referee present on the day of the event.

**New Bike Course for 2018**  
**The new bike course consists for a 2 lap format.**  
**Lap 1 - 8km (signed with pink arrows)**  
**Lap 2 - 32km (signed with yellow arrows)**  
**You will be required to complete lap 1 and then complete lap 2. Failure to complete these in the correct order will result in a disqualification.**

**Results** Will be published and made available online after the event. [www.lpsevents.co.uk](http://www.lpsevents.co.uk)

**Volunteers** Rope your friends into the event - we are recruiting our team for this event, to encourage the triathletes around the course. Not only do they get a great day out, they will also get a credit towards one of our events later in the year. Email [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk) if you know someone who would like to be involved.

**Organisers** We not only organise our own events, we also supply many other events with equipment and services. If you require chip timing, inflatable gantries or other items to make your event more professional, please get in touch for a quote. We can cater for most types of event.

**Camping** We have BBQ friendly camping available for this event between. If you wish to camp, please contact us [info@lpsevents.co.uk](mailto:info@lpsevents.co.uk) for details.

# What to look out for on the day

## Performance Cycles

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At Performance Cycles we understand that not everyone is ready to take the plunge and spend out a chunk of money on their first road bike or pair of aero wheels, but you might still want to use them for your target event of the year – and just see what a difference it can make. So during 2018 we'll be attending a number of events in and around the Cirencester area (and beyond) to enable you to hire a bike or pair of race wheels from us. Or, If you're visiting the area on holiday we can save you the hassle of bringing your bike with you – and give you advice on the best rides and routes to use to see what the Cotswolds has to offer.

Over the years we've also built up an impressive array of kit to help you organise your event – so have full-on team roof racks (6 bikes at a time) and bike trailers (12 bikes at a time) available should you need those as well.

### *Bikes*

Our hire bikes all come from Orbea, with aluminium Avant models from £11/day, and carbon framed Orcas from £17.50/day.

### *Wheels*

As a Mavic Demo Centre, we can offer pairs of wheels (with tyres included) at various price points to allow you to experience the benefits of posh wheels without having them sat around at home for a couple of big race days a year.

### *Wetsuits*

For 2018 we will be offering a range of Orca wetsuits for hire. You can choose to rent one for a specific event or weekend, or choose to try it out for the whole season before you commit to a purchase.

### *Event Equipment*

If you are organising a cycling event or trip then we can provide almost everything you need in terms of moving bikes, providing feed stations etc. Give us a call to discuss your requirements

We can offer discounts for extended hire periods – if you have any queries, or would like to book a product for hire please contact us on 01285 851946.