

WATERLAND AQUATHLON SERIES 2017 - INFORMATION

- **Dates and Time:** Wednesdays: May 17th, 31st May 28th, June 12th July, and August 9th.
All 750m Swim / 4.6km Run. Start at 19:00 prompt
 - **Venue** – Waterland, Lake 32, Spratsgate Lane, Shorncote, Nr.Cirencester. GL7 6DF
 - **Facilities** – Toilets and showers are close by for your use. There is `Café @ 32 on site for refreshments. Spectators and dogs are welcome. Please keep your dogs on a lead whilst the race is in progress.
 - **Parking** – There is limited free parking available at Waterland. Please take parking advice from staff at the gate. Try to car share where possible. Please park sensibly so as not to obstruct the course.
 - **Registration** – 18:00 – 18:45, near the Waterland Office. Even if you are pre-entered, you will need to sign in & collect your race number. If you don't sign in we will assume you are not there. Late Entries - please arrive earlier rather than later, first come first served. £13 entry fee. Registration closes at 18:45 sharp as we have a tight schedule to run to. **Race numbers must be pinned onto your front or attached to a number belt and be visible from the front.**
 - **If you are doing more than 1 race please keep your number for subsequent races. You will have the same number for the whole series.** We will have some spares just in-case.
 - **Compulsory Briefing** – 18:50 near the start (exact location will be confirmed at registration). Please make sure you are there and pay attention to the briefing, where we will give you further information on the course and safety points. You will then have a few minutes to warm up.
 - **The Course** – This will be explained in detail at the compulsory briefing. The swim will be a 750m, 1 lap anti-clockwise circuit in the lake commencing with a mass start. Location of the start may vary but will be advertised at registration. The swim course will be clearly marked with large flags or buoys. Please listen carefully as you will be instructed as to the exact navigation of the course. Transition will be on the grass area by the concrete exit ramp. The run course will be 2 x anti-clockwise laps of the lake, approximately 4.6km. Follow the footpath round the lake, keeping the lake to your left. When you reach the recreational area at KCP, please keep to the **right of the volleyball net** near to the hedge. From there follow the signs into the Keynes Country Park parking area where you must keep to the **right hand side**, and head back towards the start where you will commence your second lap. Please make sure your race number is visible as this will ensure you get your split times. Shouting out your number is helpful.
- Important Rule - Permission to take part in this series without a wetsuit is at the discretion of the organisers. The exception to this rule is when the water temperature exceeds 22 c.**
- **General Rules** – Waterland Aquathlons are designed to provide low key & fun training events. However, we do ask that you adhere to the following rules for your own safety and to ensure good conduct within the park area. We are very lucky to have the use of these facilities and want to continue to use them in the future.
 1. Wetsuits are mandatory unless advised otherwise at registration. Please also wear a brightly coloured swimming hat.
 2. No nudity in transition. The torso must be covered for the run.
 3. Please keep to the designated course
 4. No mobile phones, i-Pods, MP3's, to be worn on the run.
 5. Please show courtesy to members of the public, fellow participants, and event officials.
 6. Relay – The runner cannot commence until the swimmer has completely removed their wetsuit.

- **Relay** – The swimmer must exit the water, and remove their wetsuit completely before handing over to the runner in transition.
- **Results** – Full results & splits will be found on www.janet-whiting.com and the Waterland website 3-4 days after the event. In order for splits to be logged, please shout out your number to the timekeepers at the start of the run, after the first lap of the run, and most importantly at the finish. There will be no prizes for individual events, only for the series where your cumulative times for your best 4 events out of 5 will determine the final positions. There will be prizes for overall male & female 1st & 2nd, and 1st male & female 40+. Other age group prizes will depend on the number of entries in that age group.
- **Withdrawals** – Please make sure you have read the terms & conditions attached to the entry form, particularly regarding unplanned changes or cancellations by the organisers. As we have limited spaces for these events, we would appreciate it if you could let us know if you cannot make it. If we are notified by email 10 days before the event, you will be given a full refund (pro rata if entered multiple events). If you wish to give your place to a friend, that is fine, but please inform us as soon as possible. Your replacement will need to complete an entry form at registration.
email:jan@whiting1.plus.com

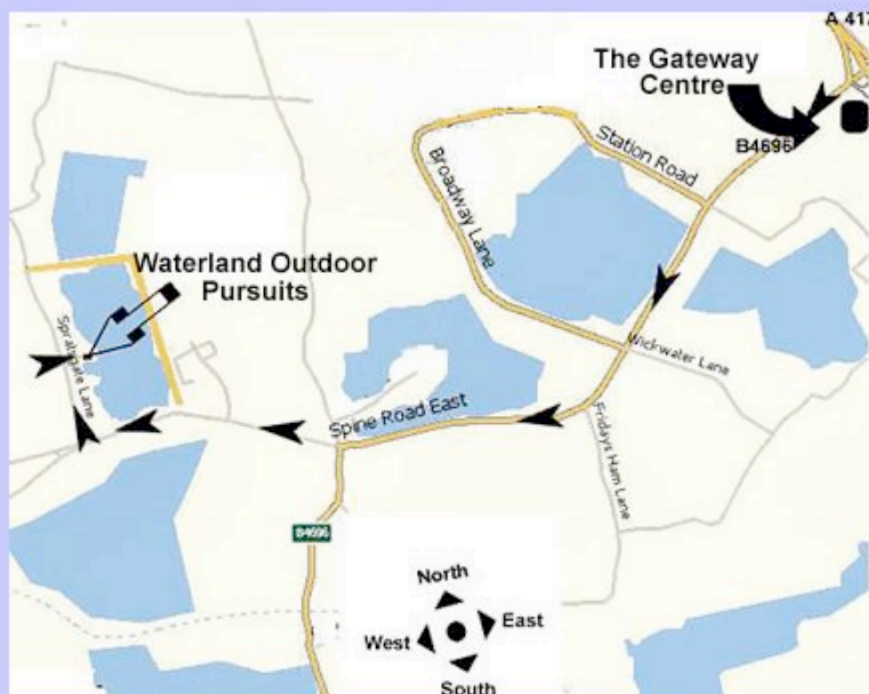
The Waterland Aquathlon Team hope you enjoy our events.

The Way to Waterland

Waterland Outdoor Pursuits can be found at Lake 32 Spratsgate Lane, Shorncliffe, Nr Cirencester GL7 6DF

Map Reference

SU 02557 95867.



Outdoor Pursuits Waterland Telephone (01285) 861202