

Sywell Aquathon 26th September 2020

This paper should tell you all you need to know and do on Race Day and I hope you really enjoy the event.

Arrival and Parking



The Race is based at Sywell Country Park, Washbrook Ln, Ecton, Northampton NN6 0QX. [Directions](#)

Please do not arrive before 09.30 as the bike section of the Triathlon will be in progress

Follow the signs to the car park and you will be directed to the designated car parking areas. From the Car Parking please make your way to Registration following the signs.

Toilets

There are toilets in the Country Park near the Café and there will also be portable toilets near the transition area. There will also be hand sanitisers at the porta loos and social distancing must always be maintained.

Registration

Due to the COVID-19 restrictions **please try and collect your race pack on Friday 25th September. Collection will be available from the signed area between 16:00 – 17:30 this will ease any congestion on race day or on 26th September or from 10:00 – 10:45**

- 1. Your Race Numbers, the race numbers to the front of your top.** Number belts are permitted.
- 2. Your timing chip which should be worn on your left ankle**
- 3. Your commemorative race Swim Hat**

Transition and Security



All run equipment needs to be in your designated space and transition clear by 07:45. See map above for transition location – we will sign the location with "To the Start" signs from the car parking area.

Due to the COVID restrictions only 4 sets of run gear will be allowed per pole. We will be using the bike racking for space allocation

Race Day Timings

- Race pack collection – 10:00 – 10:30
- Transition – 10:00 – 10:45
- **Race briefing at 10:50** at the swim entry
- **Start at 11:00** Please see start process details below with course diagram:-



In accordance with BTF guidelines all starts will be on a time trial basis.

- Competitors will be asked to form two lines meeting at the start point, **please self-seed to ensure the minimum of "swim over", fastest swimmers to the front.**

- Two competitors will be released every ten seconds and timing will commence as they cross the timing mat. See diagram left

- After the swim run into transition and change into your run gear
- Enter the run route (single lap of the lake) before crossing the finish line

Courses – Swim Course

The swim course is a single 750 meter lap in an clockwise direction. The start is from the shore on centre of the dam wall and heads out 170 metres towards the left bank and at the first turning along the bank for another 130 meters before heading across the lake mark for 220 meters.

Finally, you will turn right at the last turning mark and swim along the bank for 230 meters to the shore for the swim exit and then on to transition.

Water Temperature provided the water temperature is 12 degrees or above we will run the full course, if 11 degrees we will shorten the course to 400 meters. If the temperature is below 11 degrees, we will run the event as a Duathlon with an extra run replacing the swim. Wetsuits must be worn if the temperature is below 14 degrees. This is consistent with British Triathlon Competition Rules and Guidelines.

The expected temperature is between 15 – 17 degrees

Run Course

Head out from transition and run the marked single lap course; the course is very pretty with runs through woods and open tracks and always the stunning view over the reservoir.

Course Stats: 2.9 miles 128 feet of gain. For GPX course [Click Here](#)

Athletes Recovery area

Hot Drinks, food etc

Hot drinks and refreshments are available at café in the Country Park which and will be open earlier on the event days.

Prizes

Prizes will be awarded for the top 3 athletes in each gender.

In accordance with BTF guidelines there will be no prize giving, but we will announce prize winners and prizes will be available for collection

Race Results, Race Reports:-
Race Results will be posted [Here](#)

Race Photography
TBC