



EPIC LAKES SWIM ULLSWATER

The EPIC Lakes Swim Series starts at Ullswater for Race 1, starting from Jenkins Field, Glenridding.

We would like to wish all of you who have entered this event good luck with your final preparations and have a safe journey. We request that you read fully all the details outlined in this event information.

Directions to Event Headquarters

The event HQ will be at Jenkins field, just off the A592. Full Address: Jenkins Field, nr Ullswater Steamers, Glenridding, Cumbria CA11 0US.

Event Parking

Patterdale Cricket Club (King George V Playing Field) has kindly offered to open their doors to us again this year.

The cricket club is 800m further South down the A592 (Continue through Glenridding to Patterdale Valley) and turn right off the main road. 'TO THE START' signs will be in place to guide you to Jenkins Field, off the A592.

Car parking will be organised and marshalled by the cricket club staff who will advise you where to park. The cost for parking is £3.00 for the entire day. Please ensure you have the correct change ready upon arrival as there will be no entry to the car park without payment.

Event Entry

Competitors who entered online will have been automatically forwarded a confirmation of entry by e-mail and will be listed on the current entry list. Terms and conditions of entry are clearly stated on the website www.epicevents.co.uk. In making the application, competitors have agreed to abide by these terms and conditions.

Swapping of Entries

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event. If you are unable to take part, please follow the instructions outlined in the terms and conditions on the www.epicevents.co.uk website. Please note that you cannot change distances on the day due to the electronic chip system being pre-set, if you wish to change distance this must be done at least 1 week prior to the event.

Competitor Conduct

Competitors are reminded that they share the lake facilities with other citizens who may or may not be fully aware of the event. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect.

Endurance Revolution



Swim * Cycle * Run
#EnduranceRevolution

Wetsuits and Skin Swimmers

There will be the option when entering the mile or 3.8km swim to swim without a wetsuit. You must have previous event experience of swimming without a wetsuit which must be provided at the point of entry. There will be a separate Skin Swimmers wave for both the mile and 3.8km swims. **Tow Floats are compulsory for non-wetsuit swimmers.**

For all other swimmers' wetsuits are compulsory. Shortie type wetsuits are allowed, but because of lake temperatures full body cover is recommended. Neoprene hats may be worn, and hand or foot cover may be worn as long as it does not aid propulsion (paddle gloves or fins).

Water Temperature

At temperatures, less than 11°C it is recommended that the distance be reduced. However, on race day this will be considered in conjunction with the weather conditions. We will do our best to ensure the event happens. Please remember that various factors will impact upon how you deal with the temperature. A well-fitting, full-length swim specific wetsuit is recommended. Adults generally deal with cold better than youngsters.

The following maximum swim distances based on water temperature will be used as a guideline on race day:

- At 11°C max swim distance = 2000m
- At 10°C max swim distance = 1000m

Competitor Minimum Ages

- 500m: 11 years old on the day, supported by parental consent.
- 1mile: 14 years old on the day, supported by parental consent.
- 3.8k: 17 years old on the day.

Registration Opens Sunday 7.30am – 12.00pm

Registration will take place in the marquee on Jenkins field. Registration is not at the cricket club! Final registration times for each of the events will be as follows:

- 500m = 8.30am
- 3.8km = 9:30am
- 1 mile = 12.00pm

Race Day Schedule.

- 07.30 hrs cricket club open for parking
- 07.30 hrs athlete registration opens – all events
- 8.45 hrs 500m event race briefing (compulsory)
- 8.50 hrs 500m athlete warm up
- 9.00 hrs 500m swim start
- 9.45 hrs 3.8k event race briefing (compulsory)
- 9.50 hrs 3.8k athlete warm up
- 10.00 hrs 3.8k swim start
- **10.30 hrs 500m race presentation**
- 12.15 hrs 1-mile event race briefing (compulsory)
- 12.20 hrs 1-mile athlete warm up
- 12.30 hrs 1-mile swim start
- **12:45 hrs 3.8k race presentation**
- **13.45 hrs 1-mile race presentation**

Registration Procedure

1. Identification

Registration sheets will be by race distance and in alphabetical order. You will be required to show identification when you register.

2. Hat & Shirt Collection

You will be given your swim hat and this must be worn on top of any other headgear. You will also be given your event shirt at this point (if ordered) as a memento of the day.

3. Chip Collection

You will be allocated an electronic timing chip, which will match your race number. Please place this on your right ankle and ideally this should go under your wetsuit to prevent it coming off. Please ensure this is returned to the timing team before leaving the finish area. Lost chips will be charged £10.

Electronic Timing

All races are using electronic timing allowing us to not only time the event, but also to use as a competitor logging in system.

Each race will be a deep-water start on the foghorn and a shoreline finish, where you will leave the water and walk towards the finish gantry and across the timing mat.

Please ensure you cross the mat as you finish to record a time and to log you back in. A member of the timing team will remove your timing chip.

Attaching Your Chip

The chip will be attached to a Velcro strap. Place the strap around your right ankle and fasten the Velcro securely. For added security of the chip it can sit on the strap beneath your wetsuit.

Changing Facilities

There are no specific changing facilities at this venue. There are public toilets close by but no showers are available on the day.

Route to Registration

Please follow the route marked in the appendices from the car park venue to the registration/start/finish area. Please follow the footpaths and footwear is recommended. The route is approximately 800m, so please leave sufficient time to register and change (if required) before your briefing start time.

Kit Storage

Following changing and registration there will be a gazebo in the 'counting in pen', this is where you may drop off your shoes and bag. **The storage is not secure** so please do not leave valuables in this area as all storage is at your own risk.

Briefings

You will be asked to enter the 'counting in pen'. This is where the compulsory briefing will be carried out and will start promptly at the time indicated on the race day schedule for each event. Once you have entered the pen you may not leave, unless cleared by a marshal.

Warm-Up

Once the briefing is finished, up to 10 minutes will be allowed for warming up prior to the event start time. You will enter the water through the narrow exit point from the 'counting in' pen and through the start/finish gantry. At this point you must be wearing your allocated swim hat colour and your timing chip.

Start Times

With 5 minutes to go a verbal warning will be given through the loud haler and at this point you should move from the warm up area to the deep water start point.

Start Times are as follows:

- 500m = 9:00am
- 3.8km = 10:00am
- 1 mile = 12.30pm

There may be more than 1 wave for your event, dependent upon how many swimmers take part. In the event of multiple waves, they will be separated by 1 minute and your cap colour will indicate your wave. All swimmers will enter the water together, the first wave will line up at the

start line and wave 2 will line up behind. Once wave 1 has started, wave 2 will move forwards and prepare to start.

The race will be started with a single long blast on a foghorn. The start will be given from the race support boat. Please obey the instructions given and ensure you maintain your position behind the start line indicated by the boat official.

Finish

When you have completed the prescribed no of laps and turned around the final buoy (close to start Location), you then head directly for the finish gantry on the shore. You will not be able to swim all the way from this point to the shore, so please be aware of stones and gravel beneath as you head for the finish line.

Once you leave the water, a finish chute will guide you to the line. We recommend that you do not run from the water to the line, please walk and take care upon exit.

Matting will be provided in the shallower water and along the finish shoot – this may be slippery when wet so take care. Please ensure you cross the timing mat. If the timing mat is not crossed at the end of the race no time will be recorded for you.

Upon crossing the line, take a breath, collect your medal, congratulate yourself and then return your electronic timing chip to the timing team.

Presentation

The prizes for each event will be given at the registration marquee, the timetable on page 3 shows the presentation times.

Personal Safety Information

The water in the Lake is cold; please use the warm-up session to acclimatise, even if just for a few

minutes. During the race, if you find yourself in trouble please do the following:

1. Roll onto your back and raise one arm continuously to attract a member of the boat/kayak safety team.

OR

2. If capable swim to the nearest shore where you will be able to stand or move towards a buoy. Continue to signal to the boat/kayak safety team.

If you approach or are approached by a kayak, please only hold on to the front or the rear of the kayak as holding onto the side may capsize the kayak.

Emergency Situation

In the event of an emergency affecting the whole race the rescue boat will patrol the course and repeatedly complete 3 blasts on the foghorn/loud haler. In this situation swim, directly to the nearest shoreline to safety and a competitor retrieval plan will be put into operation. Please familiarise yourself with the nearest shore line around the course

THE COURSES

The courses have been designed and measured accurately using GPS. The marker buoys (large yellow 1.5m high x 0.9m wide) will be set in position and checked on the morning of the race. The level of the tide may slightly increase or decrease the distance into the finish.

Ditch the Hitchers

As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, we are asking all swimmers to follow a simple 'Ditch the Hitchers' procedure.

All competitors are asked to ensure that your wetsuit, goggles, hats etc. are clean and dry before attending the event. Following your swim, please

clean them in the bins provided and ensure that there are no foreign objects attached to your suit.

Refreshments

Refreshments will be available from the village cafe. There will be a choice of sandwiches, cakes and hot and cold beverages.

Results

A set of provisional results will be emailed to all competitors and will be available to download later the same day from www.epicevents.co.uk

Photography

As part of your entry fee you will receive free to download pictures. The pictures will be available to download from our Facebook within 48hrs of the event finishing.

FINALLY

On behalf of Epic Events, all the team would like to wish you well and hope you have a safe and enjoyable event.

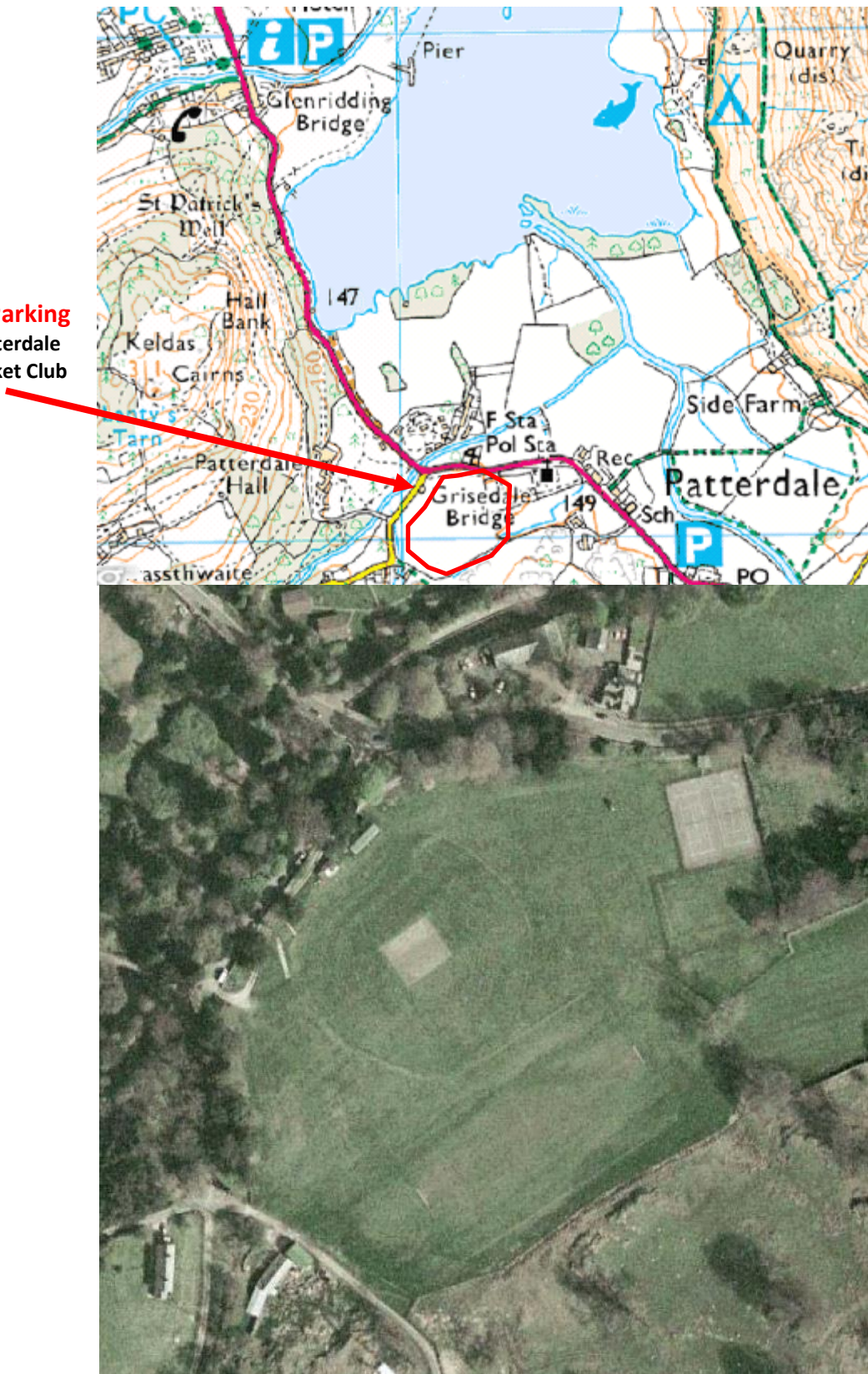
Yours in sport
Epic Events

e-mail: events@epicevents.co.uk

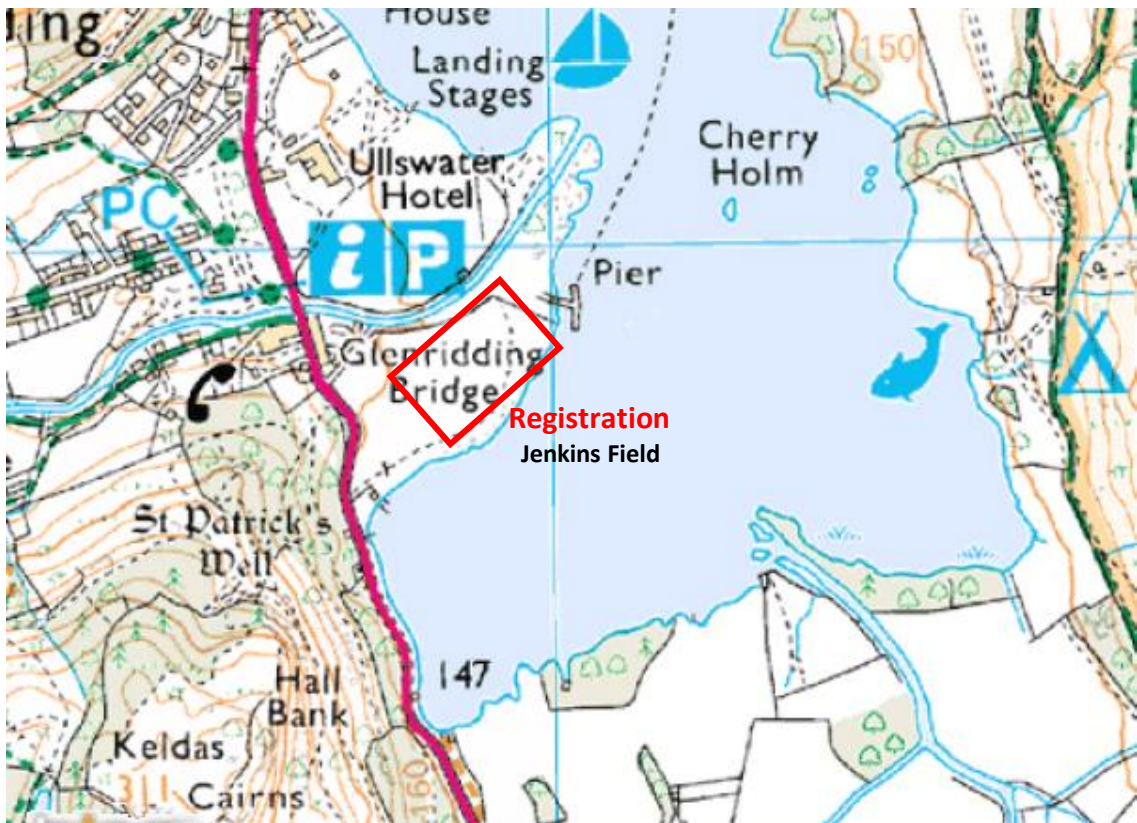
website: www.epicevents.co.uk

CAR PARKING – Patterdale Cricket Club, St George V Field

Car Parking
Patterdale
Cricket Club



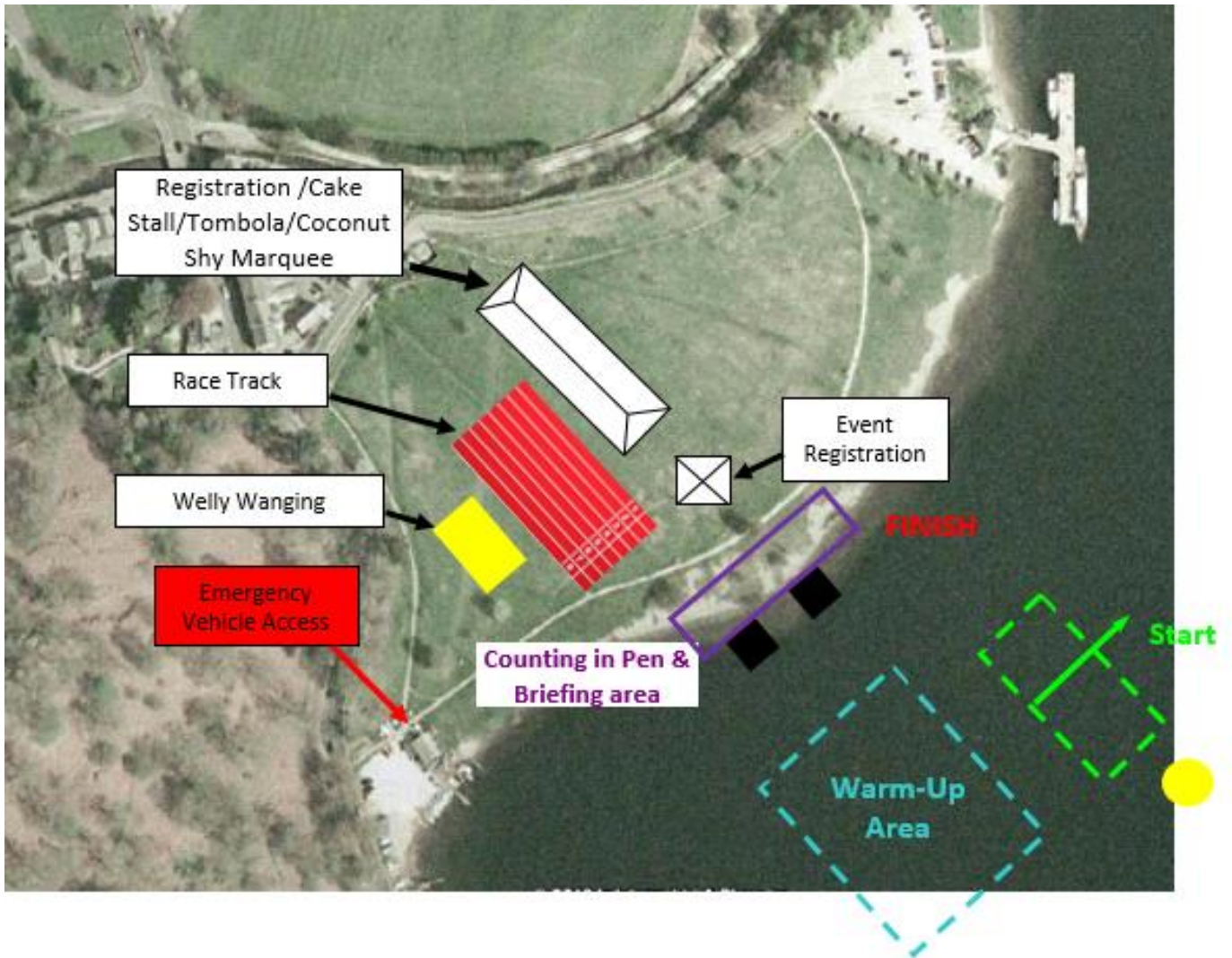
EVENT HEADQUARTERS – Jenkins Field



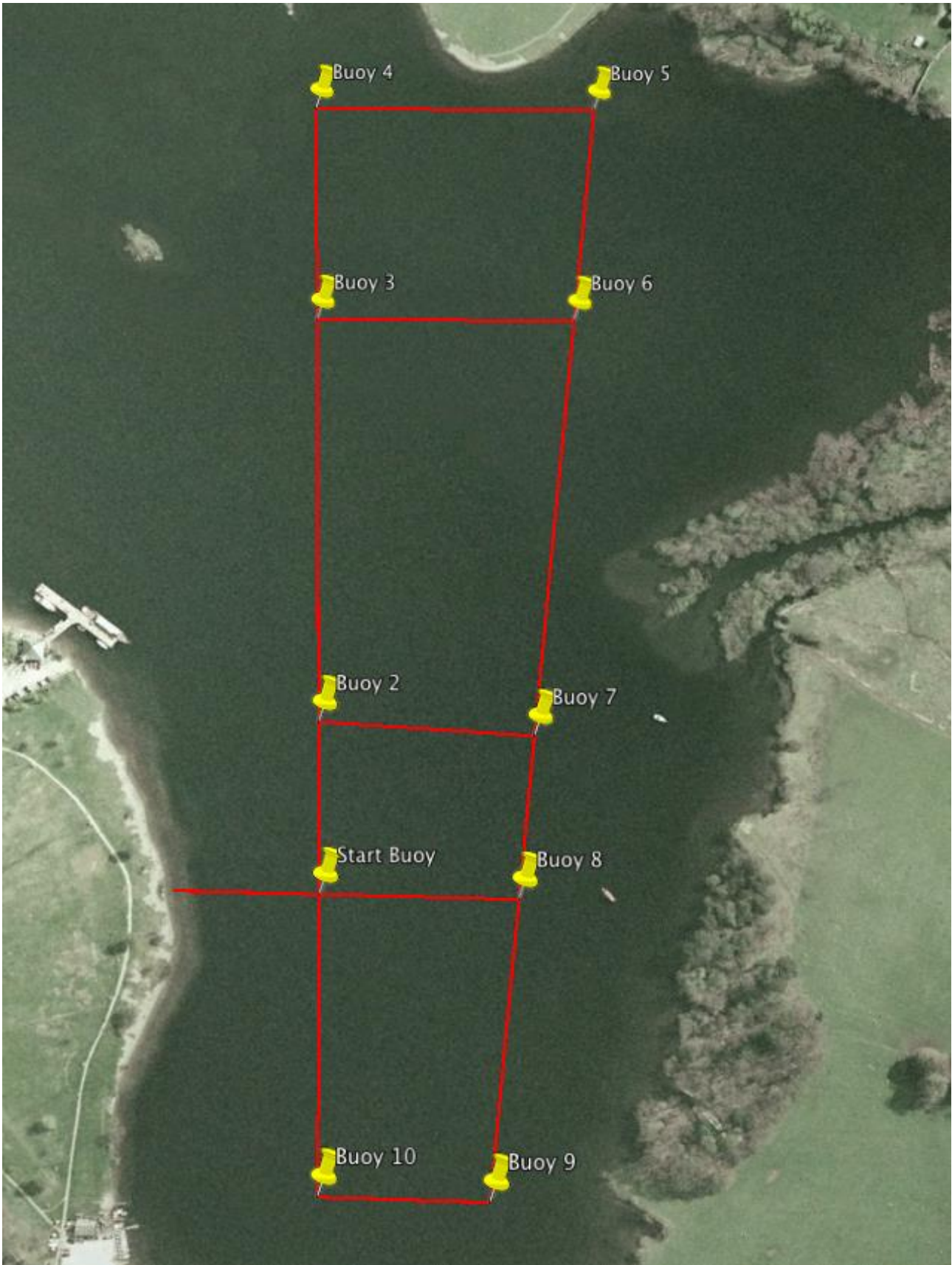
ROUTE FROM CAR PARK TO REGISTRATION & RACE START



REGISTRATION / START / FINISH AREA DETAILS



SWIM COURSE LAYOUT



500m course is **ONE** clockwise loops from 'start buoy' to buoys 2, 7, 8 in that order, returning back to start buoy, then heading directly for shore. Buoys will be on your right hand side at all time **WITH ONE EXCEPTION**: When you have completed one full lap and return to start buoy, you will round this buoy with it on your left and turn left to head to finish.

1 mile course is **ONE** clockwise loops from 'start buoy' to buoys 2, 3, 4, 5, 6, 7, 8, 9, 10 in that order, returning back to start buoy, then heading directly for shore. Buoys will be on your right hand side at all time **WITH ONE EXCEPTION**: When you have completed one full lap and return to start buoy, you will round this buoy with it on your left and turn left to head to finish.

3.8k course is **THREE** clockwise loops from 'start buoy' to buoys 2, 3, 6, 7, 8, 9, 10 in that order, returning back to start buoy. Buoys will be on your right hand side at all time **WITH ONE EXCEPTION**: When you have completed **THREE** full laps and return to start buoy, you will round this buoy with it on your left and turn left to head to finish.

ULLSWATER VILLAGE FETE

Following a very successful debut last year the village fete will return on Jenkins Field, where all the money raised will be donated to the Patterdale School.

Patterdale School will be managing the following stalls:

- Cake Sale
- Sandwiches and Refreshments
- Face Painting
- Splat 'a' Rat
- Tombola
- Coconut Shy

The following activities/competitions will be taking place:

Registration is on the day and the cost of entering is 50p per event.

- Egg & Spoon Race – There will be qualifying 8 heats leading into the final. There will be a maximum of 8 teams per heat. You must race in a team of 2 and you will register with your partner. The course is an out and back 30m track. The first runner will complete the out and back 30m course, then hand over to their partner. The winner of each heat will go through to the final and you will be allocated a wave time when you register.
- Welly-Wanging - Competitors are required to hurl a Wellington boot as far as possible from a seated start. There will be an area of the field cordoned off for this competition. You will be given a warm up attempt followed by your competition throw. You must throw the welly over the top of your head. The leading attempt will be displayed on the field using a plastic stake. There will be a children's welly available for those under 16.
- Three Legged Race – The Three Legged Race involves two participants attempting to complete an out and back 30m course with the left leg of one runner strapped to the right leg of another runner. The object is for the partners to run together without falling over and beat the other contestants to the finish line. There will be 8 heats followed by a final. There will be a maximum of 8 teams per heat. You will register with your partner.

Timetable:

- 0730 – Registration opens for all events
- 0830 – 1200 Egg and Spoon/Three Legged Race Heats
- 0830 – 1245 Welly-Wanging competition
- 1230 – Egg and Spoon Race Final
- 1240 – Three Legged Race Final
- 1300 – Presentation for Egg & Spoon Race, Three Legged Race & Welly Wanging

Egg and Spoon Race Heat Times	Three Legged Race Heat Times
Heat 1: 08:30	Heat 1: 08:40
Heat 2: 08:50	Heat 2: 09:00
Heat 3: 09:10	Heat 3: 09:20
Heat 4: 09:30	Heat 4: 09:40
Heat 5: 09:50	Heat 5: 10:00
Heat 6: 10:10	Heat 6: 10:20
Heat 7: 11:20	Heat 7: 11:30
Heat 8: 11:40	Heat 8: 11:50
Final: 12:30	Final: 12:40