



Thank you for entering Kendal Castle Aquathlon, based from the Leisure Centre. Below are competitor notes which will aid your enjoyment to the event. **Please read thoroughly.**

Venue:

Kendal Leisure Centre
Burton Road
Kendal
LA9 7HX
Free parking at the centre

Registration

Outside in the blue easy up from 17:00.
Registration closes at 17:45
Here you will collect your race number.
You will also collect t-shirt (if pre ordered)

Transition

This area will be open from 17:15 outside the fire exit doors from the Leisure Centre. This will be numbered. Here you will leave your running trainers, race number, head torch and any additional clothing you may wish to run in.

Event start time

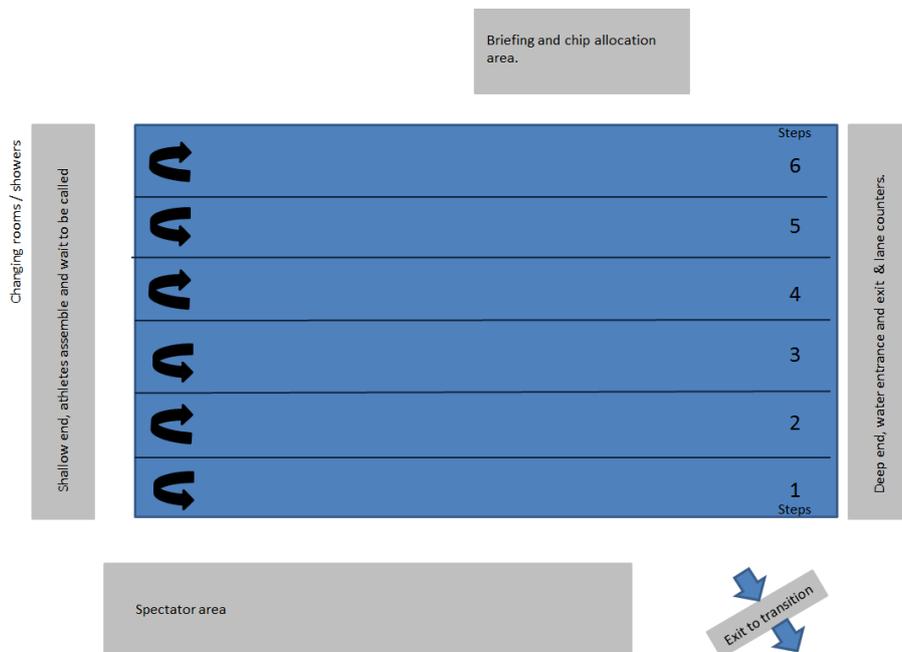
Swim waves from 18:00. When you registered you will have given your estimated 400m swim time. Based on this we have grouped swimmers according to speed. These start times will be issued in the week building to the event. Please be on poolside 15 minutes before your start time. You will be given your timing chip on poolside and reminded which lane and position.

Swim 400m



The swim is 400m in distance, 16 lengths of the pool, starting at the deep end. Lane counters will assist your counting, but ultimately it is your responsibility to count correctly. They will place a float in front of your when you have two lengths remaining.

You will start in waves, 10 seconds apart with a maximum of 4 people per lane. If you catch someone, touch the feet of the swimmer and they will wait at the end of the length for you to pass. Tumble turns are permitted.



Run Route 5km

For the run signs will be in place similar to those pictured with reflective tape high lightening the arrow direction. The route is a mixture of path and trail. Depending on weather trail shoes might be preferred.

Dusk run so remember those head torches.



The route starts at the back of the Leisure Centre, takes you along the old canal path which is now a cycle/ pedestrian path. Be aware of other members of the public, dogs and bikes. You do have a road crossing on Parkside Road. This will be marshalled and you will be instructed to make use of the central island. Continue along the path until you reach a right turn which will take you through the allotments. Follow the signs staying below the castle. A marshal will then direct you up a long grass stretch which will take you to the castle. Follow the directional arrows around the castle and then descend a steep slope towards the football pitches. Follow the path and signs until you reach Parkside Road. Do not cross the road until you reach the previous crossing. This is for your own safety. Follow the old canal path past the leisure centre until a short uphill slope followed by a right turn down Burton Road to enter the Leisure Centre by the front pedestrian entrance and finish to the right under the start finish gantry.



Strava Run link

<https://www.strava.com/routes/16443031>

Strava segment

King Of the Castle / Queen Of the Castle

<https://www.strava.com/segments/19468586>

You must be a member of the T2.Events Strava Club and you must upload your stats no later than the Tuesday following the event.

You can join the club here:

<https://www.strava.com/clubs/T2Events>

Relays

Each relay team will need to register together. Each team will be issued with a timing chip, which will act as the relay baton. The swimmer will start with the timing chip and pass this over in the transition area to the runner. The runner will attach the race number to their front. You may of course cross the line together.



SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the organisers to cover the event. If you are unable to race, please follow the instructions outlined in the terms and conditions on the T2.events website.

RULES GOVERNING THE EVENT

The event will be held under the guidelines of the British Triathlon Federation and competitors are advised to familiarise themselves with the rules and regulations that will be applied to this race, otherwise you may be penalised for breaking any rule. Ignorance is no defence! If you require further information about Race Rules, please visit www.britishtriathlon.org

COMPETITOR CONDUCT

Competitors are reminded that they share both the pool facilities and the highway with other citizens who may or may not be fully aware of the event. We request that you treat both members of the public including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in an immediate DQ from the event and a ban from all future events hosted by the promoters. Please try to remain courteous on the road even if some other road users may not offer you the same respect.

RULES GOVERNING THE HIGHWAY

Please recognise that Race Marshals are not permitted under British law to stop the traffic and will not do so under any circumstances. Marshals are there to give direction only. Competitors are responsible for making their own decisions as to whether it is safe to proceed or not. If in doubt competitors should stop!

You must take the utmost care at junctions and should note in the course details that you do not have right of way at a number of sections, check that the junction is clear before continuing. You must obey the Highway Code, which is also the Law.

Results will be text to each participant post event and full live results are available via this link <https://my.raceresult.com/147347/results?lang=en>

We look forward to seeing you on event day and wish you well with your training

Kind wishes

Tasha and the T2.Event Team