

**BRECON  
CARREG**

**STORM  
THE  
LAKES**  
SWIM FESTIVAL



Athlete Guide 2019



Welcome to Storm The Lakes - our festival of open water swimming. We are back for a 3rd year and excited to have adults and children taking on events over a variety of distances, plus our very own version of SwimRun.

We would like to ensure that each of you arrive at your race well prepared and this Athlete Guide is intended to answer any questions that you may have and maybe some that you had not thought of.

There is some important race information that you must know so please do take the time to read this guide. If your children are racing then please make sure that yourself and they are aware of their events and what is involved. We will continue to send out communications to athletes via email and social media so please do keep an eye out for all updates.

Finally, we wish you a successful race day and look forward to cheering you over the finish line, when you 'Storm The Lakes!'

**The Be Endurance Team**



Storm The Lakes is organised by Be Endurance Ltd. All information is correct at time of going to press. The organisers reserve the right to change any aspect of the event if necessary, due to unforeseen circumstances.



# Timeline

## Timeline

<b>Time</b>	<b>Event</b>	<b>Location</b>
08:30	Registration opens	Main Building
09:30	SwimRun Briefing	Main Building
09:45	SwimRun starts	Main Building
10:15	Enduro 7500m starts	Lake 1
10:30	Quad 3000m starts	Lake 1
10:35	Double 1500m starts	Lake 1
10:40	Single 750m starts	Lake 1
11:45	Registration closes	Main Building
11:45	SwimRun – first athletes estimated to finish	Main Building
12:00	Junior 250m starts	Lake 1
12:15	Junior 500m starts	Lake 1
12:30	Junior 750m starts	Lake 1
13:15	SwimRun – final athletes estimated to finish	Lake 1



# The Venue

## The Venue

The address for Storm The Lakes is Herts Young Mariners Base, 231 Windmill Lane, Cheshunt, Hertfordshire, EN8 9AJ.

### **By Road:**

HYMB can be found off the A10 which connects London to Hertford and Cambridge. Exit the A10 onto the B198 College Rd and continue to a mini roundabout. Take the 1st exit immediately followed by a right turn at traffic lights and head along Windmill Lane. You will cross over the railway line and immediately on your left you will see signs for HYMB and for Storm The Lakes.

### **By Rail:**

The nearest train station is Cheshunt which can be found on the West Anglian Main Line between London Liverpool St and Hertford/Cambridge. Contact [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for full timetables and services. The lakes are approximately a 3min walk from Cheshunt station. As you exit the train station walk back across the railway lines and HYMB is just in front of you and will be signposted.



# Pre-Race Info

## Parking

There will be adequate free parking at HYMB. You will be directed to the car park then follow signs to the Race HQ.

## Registration

Registration will be open from 08:30 in the main building at Race HQ. Please bring a form of ID with you. Registration will stay open until 11:45.

At registration you will be issued with the following:

- **1 x swim cap.** The colour of your swim cap will be co-ordinated to your race.
- **1 x identity wristband**
- Your swim cap and wristband will have your race number on them
- SwimRun athletes will be issued with their numbered race vests
- You can also collect a baggage label if you wish to store your bag with us during the race

## Changing Rooms & Toilets

There are changing room facilities at HYMB and there will be toilets available to use within the Race HQ.

## Race Briefing

A short race briefing will happen before you get in the water, so you must be down at the swim start approximately 10mins before your race start time. Listen out for exact timings of your briefing. This will cover an explanation of the race course, the rules and what to do on exiting the water. You must be at the race briefing in time and failure to do so may result in missing key information.

## Race Timing

All race timing will be done manually. You will have a race number on your swim cap and on your wristband, when you exit the water at the finish of your race you will be filtered down the finish chute and you must give your race number to the timing team. We will not be using electronic chip timing so if your advertised race finish time is a couple of seconds different to your own recording please understand why.



# Race Routes & Rules

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### **The Single 750m** Start time 10:40

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- Participants will complete 1 full loop of the lake in an anti-clockwise direction.
- You must keep all marker buoys to your left as you swim.
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.

### **The Double 1500m** Start time 10:35

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- Participants will complete 2 full loops of the lake in an anti-clockwise direction.
- You must keep all marker buoys to your left as you swim.
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.

### **The Quad 3000m** Start time 10:30

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- Participants will complete 4 full loops of the lake in an anti-clockwise direction.
- You must keep all marker buoys to your left as you swim.
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.

### **The Enduro 7500m** Start time 10:15

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- Participants will complete 10 full loops of the lake in an anti-clockwise direction.
- You must keep all marker buoys to your left as you swim.
- Due to the number of loops that you complete it is possible that you may get tired and forget how many you have done. Therefore we do ask that each time you complete a loop you shout out your race number to a steward who will help you count and record your loops. The steward will be located on the pontoon closest to the swim exit. If you fail to call out your number we cannot guarantee you will complete the correct distance.



- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.
- During The Enduro if you wish to refuel you can swim to the pontoon area at the exit of the lake. There will be an area made available specifically for you to leave a drink/gels of your choice. We will also provide jelly babies if you wish to take some.

### **The Junior250** [Start time 12:00](#)

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- This is a race only for children aged 8-16
- Participants will complete 1 loop of a 250m course
- You must keep all marker buoys to your left as you swim
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.

### **The Junior500** [Start time 12:15](#)

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- This is a race only for children aged 8-16
- Participants will complete 1 loop of a 500m course
- You must keep all marker buoys to your left as you swim
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.

### **The Junior750** [Start time 12:30](#)

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- This is a race only for children aged 8-16
- Participants will complete 1 loop of a 750m course
- You must keep all marker buoys to your left as you swim
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.



## The SwimRun [Start time 09:45](#)

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This race has more rules than the regular swim events so please do read this section carefully if you are taking part in the SwimRun.

- This is an adult only event.
- Participants compete in pairs.
- The pairs of athletes must stay within 10 metres of each other at all times. Failure to do so will result in a time penalty of 1min for each time you are spotted separated.
- Swim caps **MUST** be worn at all times when swimming.
- Wearing running shoes during the swim section is optional. Wearing running shoes during the run sections is mandatory!!
- You will be issued with a numbered vest and **MUST** wear this at all times during the race
- The use of hand paddles is optional.
- The use of a pull buoy is optional.
- Wearing a wetsuit is optional. If you choose to not wear a wetsuit you **MUST** use a tow float.
- If you choose to use hand paddles, or a pull buoy, or a tow float you **MUST** take these with you on the run sections. What you start with, you must finish with!!
- The pair will be timed by checking into a timing station at various points throughout the race. Each time you pass the timing station you must provide your race number to the timing team. Both competitors must be no more than 10m apart when arriving at the timing station.
- There will be water, energy drink & gels and sweets available at this timing station.
- The routes for the SwimRun will be made clear during the race briefing and there will be a map available at Race HQ. The run courses will be clearly marked out and stewards will be on the course to assist you.





## Optional Wetsuits

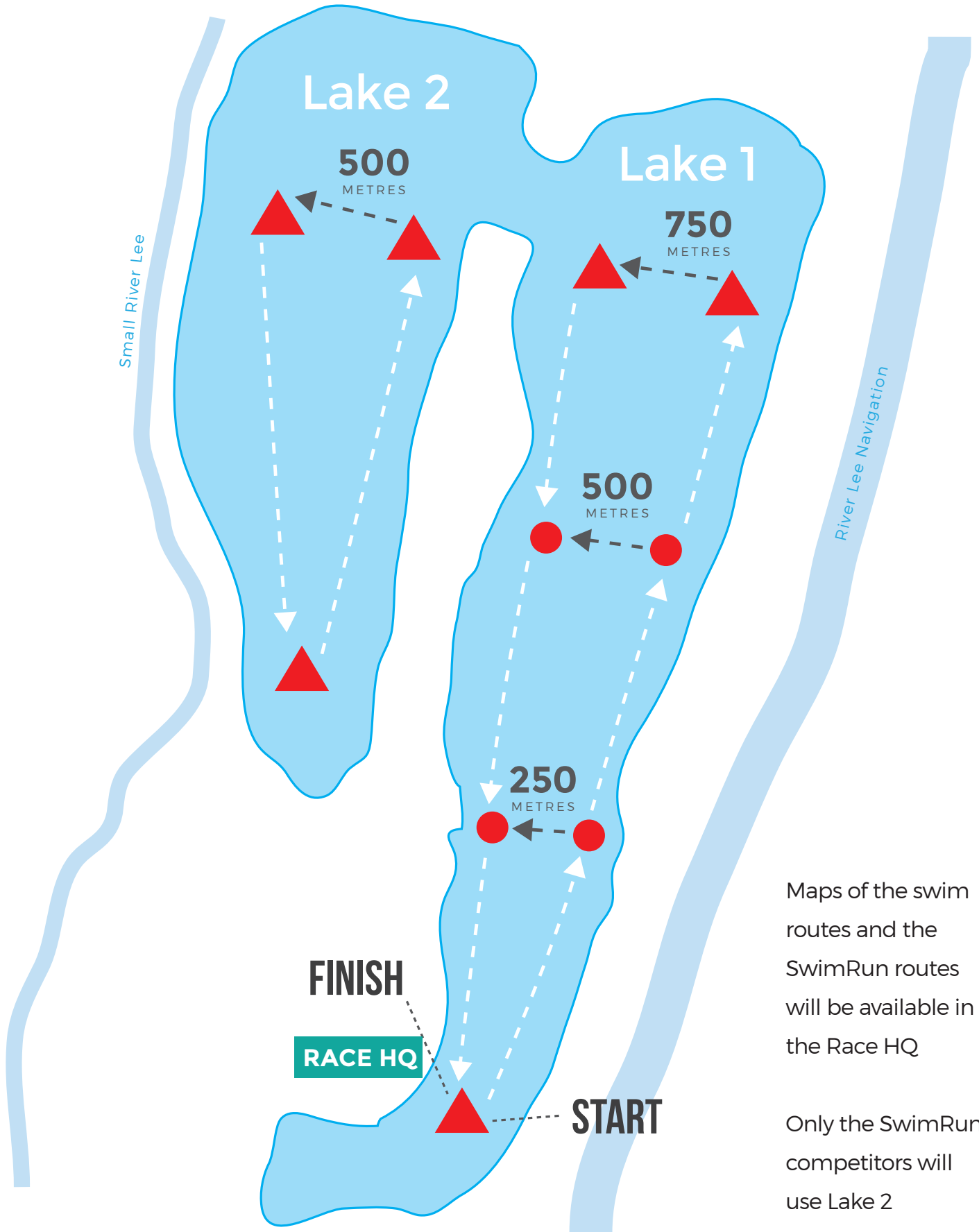
Adults may choose to swim without a wetsuit if they wish, water temperature permitting. If you do choose to swim non-wetsuit then you must use a tow float, which can be provided.

Children are not permitted to swim without a wetsuit unless clear evidence can be provided that they are capable of covering the distance without a wetsuit. If your child is permitted to swim non-wetsuit then they must use a tow float, which can be provided.

If you wish to discuss your child swimming non-wetsuit then please contact the Race Director, Dermott Hayes on [dermott@beendurance.com](mailto:dermott@beendurance.com)



# Route Map



Maps of the swim routes and the SwimRun routes will be available in the Race HQ

Only the SwimRun competitors will use Lake 2



# Additional Race Info

## Safety

The safety of all participants is a priority and there will be a water safety team made up of kayakers and a first aid team provided by the staff at Herts Young Mariners Base.

## Withdrawals

If at any point you wish to withdraw from the race you must make it clear to one of the race staff. If you are in the water and wish to withdraw we ask that you wait where you are, lay on your back and float, raise your arm in the air to call over one of the water safety team.

Once you are out of the water you must inform one of the race staff who will keep a record of your withdrawal.

## Aid Stations

This only applies to The Enduro and The SwimRun participants. An aid station will be made available for you and it will be clearly designated to you during the pre-race information.

## Littering

We do not accept littering on any level. There will be adequate bins near the aid stations. If you wish to dispose of any litter you must do this at a bin.

Any participant caught littering outside of a permitted area will be disqualified.

## Bag Storage

There will be an area set aside for bag storage if you would like to leave your bag with us during the race. You will be able to collect a baggage label at Registration. The bag storage area will be at Race HQ.



## Race Day Checklist

It is worth ensuring you have the correct equipment for your race. Below is a handy checklist:

- Wetsuit
- Wetsuit lubricant
- Swimsuit / Trisuit
- Goggles (and spare goggles just incase)
- Towel
- Flip Flops
- Trainers (SwimRun only)
- Warm clothes for post race
- Money for post race food and drinks

## Spectators

Storm The Lakes is a completely spectator friendly event. There are a number of points around the lakes that you can stand and watch the racing and you will be able to be there right at the finish to offer support.

## Food & Drink

There will be a stand serving hot food, drinks and snacks. So please bring a bit of money for your post race refreshments.



# Post-Race Info

## Results

All timing for the races will be done manually. As soon as each race is completed we will advertise the results. Please allow 30mins for this to be done.

Results will also be emailed out to all athletes later in the day and in the following week they will be accessible on the Storm The Lakes website.

## Prizes

We have a variety of prizes and goodies for finishers courtesy of Zone3.

- All finishers will receive a medal
- 1st / 2nd and 3rd in each race will receive a winners medal
- There will be post race sweets and treats provided
- Information on the timings of the prize giving will be advertised on race day



See you there!