



LAKESMAN TRIATHLONS

THE OFFICIAL ATHLETE GUIDE

SUNDAY 17TH JUNE 2018

2.4M

**FULL
SWIM**

112M

**FULL
CYCLE**

26.2M

**FULL
RUN**

1.2M

**FULL
SWIM**

56M

**FULL
CYCLE**

13.1M

**HALF
RUN**

 WWW.THELAKESMAN.COM 

INTRODUCING THE LAKESMAN



Hi, we are Phil and Marie Whitehead, Race Director and Event Director, and are delighted to welcome you to the 3rd Lakesman and the first ever Half Lakesman.

The Lakesman concept was born in 2012, and it took 3 years to get the event to launch stage, and each year we have gone from strength to strength, and that's thanks to our amazing athletes, partners, sponsors, supporters and our army of #teamlakesman volunteers.

Our belief for the race was to create something that was very special, with the athletes, not profit, at the heart of all our decisions. We have been to events all over the world and

tried to pick up hints and tips about what makes a great race, and we hope this year is a great experience for you all. This has been made possible with the help of our partners Allerdale Borough Council, Better North and CN Events, our race partners Sport in Action, supporters Theatre by the Lake and Cumbria County Council, and sponsors for this year Zone 3 and Jennings.

Have a great race, a great weekend and look after yourselves and each other.

Marie and Phil
(and of course Matthew) x

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ZONE3

LOCAL AREA INFORMATION

ACCOMMODATION

KESWICK



The heart of Keswick is the Market Square, ringed round with shops and hotels. Except for the odd delivery van there are no cars in the pedestrianised area which makes for a very pleasant shopping experience. In the very centre you will find The Moot Hall, home to the National Park Tourist Information Centre, an excellent starting point for planning your adventures during your stay.

You can find lots of lovely shops both in the main Market Square and down every alley and side street. There are unique independent shops which you will not find in any other town. Most of the art galleries are off the main square and sell photographs, paintings, pottery and jewellery by local artists and craftspeople. A local produce market is also held on a Thursday for much of the year. If you need outdoor gear or equipment Keswick has the largest collection of specialist retailers in Britain. Visitors also have the choice of four museums, cinema, and the all year round Theatre by the Lake.

A short walk from the Market Square are two large public parks offering games facilities such as pitch and putt and crazy golf. Hope Park is one of Keswick's major attractions positioned between the town and Derwentwater with beautifully tended gardens. Fitz Park has a superb children's play area, space for running about and ball games as well as riverside picnic tables.

Few visitors come to Keswick without making the short walk to the lakeshore and the boat landings from where rowing and small motor boats can be hired; the regular launch service around the lake also starts from here. Another five minute walk brings you to Friar's Crag with its tremendous views across the lake and Borrowdale. The climbing wall is for the more adventurous while the leisure pool, tennis and bowls add to the list of activities for all. The Stone Circle on the nearby hilltop of Castlerigg is also a popular spot to visit, with stunning views overlooking Keswick in its lovely valley setting on the shore of Derwentwater.

MEET THE TEAM



My name is **Jamie Gordon** and I am a Triathlon England accredited National Technical Official (a race referee in old money) and I have had the privilege to be associated with the Lakesman from its inception. My involvement with triathlon

started with a sprint triathlon as a Christmas present from someone who I had previously regarded as a sane and rational mate and little did I know that his 'present' would lead on to spending most of my free time training and spending more money than sense on kit, travelling the world taking part in middle and long-distance triathlons!

Wind the clock forward several years and I am now semi-retired from completing races and spend most weekends up and down the country as well as in Europe, officiating at races. 2018 will see me officiate at 20+ events, including the WTS races at Nottingham and Leeds as well as the European Championships in Glasgow and the World Multi Sport Championships in Denmark. The high point of my season is, as always, the Lakesman!

As the race referee, my team and I are here for your safety first and foremost and to ensure that your race is fair and enjoyable. If we see you transgress, we will point out the error of your ways and ask politely that you amend your actions. However, like most people, I do have a couple of pet peeves, chief amongst these, relates to the humble gel! If you are seen dropping a gel wrapper or similar out on the course, outside of the littering areas (feed stations etc.), you will be stopped and asked to return and pick it up but please bear in mind that this could be a couple of miles down the road! Second pet peeve is Rule 17, Part 06.2018 of the JG Rule Book (2019) which states "... an athlete seen on the course not seeming to enjoy themselves (enjoy being defined as like, relish, adore or

love what they are doing) will be taken off the course by a race official or marshal and told to remember they paid for this and they WILL enjoy themselves or be disqualified..." You have been warned! I look forward to meeting you all in transition on the Saturday, when my team and I will be helping you check your loved ones in to T1, before sending you off for a good night's sleep, before an early start on Sunday. Finally, remember, you have put the hard miles in before the race starts, so that you can race easy... so enjoy your day in the Lakes and when you come across a fellow Lakesman in the race, either passing you or you passing them, say hello and offer encouragement to them, because we are all part of the family which is triathlon! See you at race briefing ...



Hi, I'm **Mick Barlow**, and I am proud to be the Lakesman Run route manager. What started as a quick meeting with Phil in a draughty railway station in London turned out to be one of my most anticipated events of the year ... and I can't even compete! I originally volunteered to be a route marshal, but Phil and Marie spotted my enthusiasm and experience and asked me to be the run manager, I thought ... "this will be good for a year, I can have a look round, see what its like, and enter next year". Now in our third year, the racing can wait, the pre-event build and race day emotions are amazing, and with the introduction of the Half distance events, my team and I will have to be ready for action even more. Why me?? Well, I've ran, swam, biked, walked and clambered my through hundreds of activities since I was seven years old - with some great results ... and some not so good! But fantastic memories! I'm an experienced race director - road running, triathlon and aquathlon - qualified to Level 4 Endurance official and rep on too many running based committees ... but that's the boring bit. My bucket list 'must complete an Ironman' can wait a bit, watching you guys get round our course is enough for now, being part of the Lakesman Family is more that just an event, and one I feel privileged to be part of. Al the Very Best with the Training and I look forward to meeting you ALL in June.



Bex Stamper
- Swim Course Manager - 2016, 2017, 2018

Hello!
What can I say about me? Born and raised in West Cumbria, married to Gaz, mam to 3 year old Laney, and have a 9 year old loopy lab called Archie. I play hockey for Wigton Hockey Club, and currently coach the clubs ladies and the U14's teams and the County U18 squad, hockey is my favourite but I will pretty much get involved in any sport anyone asks me to, or slightly hints at, even did my first triathlon (and sadly my last!) in 2016!

I am currently Sport, Art and Leisure Officer for Allerdale Borough Council and have been here for 13 years. Over the years I have been involved in some great events, but the Lakesman stands out as being up there as one of the best, which is why I love being involved and particularly my role as swim Manager, as I get to see everyone as they take their 1st steps into the water with anticipation, determination and excitement all over their faces!



Brian Allen
- Bike Course Manager - 2016, 2017, 2018

Married to Claire with 4 children
In 2007 at age 49, I became really motivated about marking my 50th year with a tough achievement. I decided to have a go at the London Marathon, but like thousands of others, I didn't get a place. After some reassuring discussions with a couple of triathlete friends, I decided to take on the 2008 Ironman UK - a bit tougher than the original plan, but your only 50 once! I'm glad to say I finished it with the words "Brian Allen, you are an Ironman" echoing in my ears! I have competed 5 Iron Distance events to date Ironman UK 2008, Challenge Roth 2009, Ironman Wales 2011, Outlaw Triathlon 2012 and Ironman Barcelona 2015. February 2017 I turned 60 so another big challenge planned with 2 Ironman races in the same year, Ironman Texas in April and Ironman Wales in September. I have also assisted in the running of several events so being on both sides of racing and organising, I understand what triathletes require to make their race day hassle free. Remember to keep calm and enjoy the race, but if not during the race, certainly the finish.

ATHLETE CHECKLIST

Below is a list of the items which we recommend you bring with you to the race.

THE ITEMS LISTED IN RED ARE MANDATORY.

- PHOTO ID
- RACE LICENSE
- BIKE
- BIKE HELMET
- CYCLE SHOES
- SPARE INNER TUBES
- BIKE TOOLS
- BIKE PUMP
- BIKE WATER BOTTLES
- WETSUIT
- RUNNING SHOES
- TRISUIT/CLOTHING
- WARM CLOTHING
- SWIM GOGGLES
- RACE NUMBER BELT
- SOCKS
- HAT
- SUNGLASSES
- NUTRITION
- SUN CREAM
- VASELINE

RACE PACK CONTENTS AND BAGS

RACE HQ

All functions for the race weekend will be based at Keswick Theatre by The Lake. Event HQ, Medical tents, Transition tents and racking etc will be erected in the car park adjacent to Crow Park and the theatre. Please be advised no parking will be available here from Friday 16th June at 21:00.

Athletes are advised that the exact location of each function will be displayed by way of map closer to the event date.

RACE PACK CONTENTS

ID WRISTBAND

Your wristband with your race number printed on will be placed on your wrist during registration. You must wear this wristband at all times from this point until the prize ceremony on Monday. This is essential as it will ensure you gain access to the athletes' only areas. Teams will be issued with three wristbands, one for each member.

RACE NUMBERS

You will be issued a sheet of stickers; these are for you to number your kit with. Your bike, your helmet and bags must have your race number stickers on them. You will also have a race number on your back for the

bike and on the front for the run. You can use safety pins to attach this if you wish. However because you need to change the position in transition it is strongly recommended that you use a race belt to display this number. This will save time and prevent you putting holes in your clothing.

TATTOOS

You will also have two temporary race number tattoos in your race pack. The number tattoos are for both your arms, between your shoulder and elbow.

To apply: Ensure the skin is clean and free from sun cream or oil. Remove protective film from the front and place the tattoo ink side down to your skin. Wet the paper with a damp cloth for about 30 seconds until the paper is wet through. Gently peel over the paper backing and pat dry your skin. We suggest you apply both tattoos at home, the night before or morning of the race.

BAGS

You will be issued with three bags at registration. Please ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You should ensure that all the items you need are in the bags on Saturday. You will get access to these prior to race start on Sunday morning.

BLUE BIKE BAG

This should contain all the kit you need for the bike leg, including your helmet and your race number attached to a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

RED RUN BAG

This should contain all the kit you need for the run leg. After you have used your red run bag for bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

WHITE GEAR BAG

This is your after race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. You must leave this bag in the designated area on Sunday morning prior to the walk down to the swim start. The bag will be in the change area at the transition. If you prefer to give your kit to your spectators then you do not need to use this bag.

NB Do not leave valuables or over fill the bags. The Lakesman are not responsible for the contents of the bags.

RACKING

You must rack your bike and bags together on Saturday between the times stated in the race weekend schedule. Your bike, helmet and bags must have your race number stickers on them and your corresponding wristband will also be checked. Without these you will not gain access into transition. Be ready before you get to the entrance to transition. You should have your helmet on with the strap fastened and race number displayed.

Athletes are responsible for ensuring that their bike and helmet are in safe and working order. The Lakesman will not be held responsible for any bike failures. Security will be onsite overnight on Saturday and Sunday morning to ensure bikes are not tampered with. When racking your bike take your time to familiarise yourself with the transition, knowing where your bike is and the entries and exits are for each discipline.

TIMING

You will collect your chip at registration on either Friday or Saturday. Your timing chip is loaned to you, failure to return the chip will result in a £50 fee being charged.

You need to wear your chip on your left ankle during the entire race.

Timing results will show your swim time, bike time, run times, finish time, transition splits, and overall position.

If you lose your timing chip during the race you must notify a timing official in transition. They will issue you with a replacement so you can continue the race.

Important – If you do not have split times verified by a timing chip you cannot be guaranteed a prize.

Teams – the timing chip must be worn by each member on their section of the race. You will hand over the chip in transition.

RACE BRIEFING

There will be a mandatory race briefing in the finish marquee at 16:15 + 18:00 half, and 15:15 + 17:00 on Saturday 17th June. No other race briefings will take place.

Please note that the briefings are for the athletes only as space is limited.

There will be detailed information about the event and procedures, including transitions bags and cut off times. Any last minute changes will be announced during this briefing.

BIKE MAINTENANCE

You must ensure your bike is road worthy before you get to the race venue. For any last minute issues prior to the race, please report to the bike mechanics, who will be available onsite to offer assistance.

WITHDRAWAL

Athletes who register but then decide not to start the race, or athletes who withdraw during the race, MUST inform an official either at registration, transition or the finish line and hand in their timing chip.

It is crucial that we know if you are not racing or have stopped racing, so that all athletes are accounted for and we know you are safe.

Any athlete who fails to report their withdrawal may result in suspension from future Lakesman events. Athletes who receive medical assistance from our medical team are exempt from this rule. If you do not return your timing chip you will be charged £50 for its replacement.

RULES AND REGULATIONS

Every sport requires rules and regulations to ensure fair and safe competition. The Lakesman enforce a series of regulations for this very purpose. Every athlete should ensure that they are aware of and adhere to, the key rules for their own safety and that of the athletes around them.

Penalties will be issued by referees and marshals on the bike course, using the card system below:

YELLOW CARD: STOP/GO PENALTY

You must report to the penalty box in the transition area

BLACK CARD: 4 MINUTE PENALTY

**Black Card: 4 minute Penalty
You must report to the penalty box in the transition area,
and serve the time penalty**

RED CARD: DISQUALIFICATION

Red Card: Disqualification

Failure to report to the penalty box after being shown a card will result in disqualification from the race.

The penalty box will be situated in transition. If you break a rule on the course a referee will show you a card and report your race number to the penalty box staff. When you enter transition you must stop at the penalty box to report your number and serve the penalty as required.

Failure to report to the penalty box after being shown a card will result in disqualification from the race. The Lakesman will operate under the rules as stated by British Triathlon. The British Triathlon Rulebook can be accessed at www.britishtriathlon.org, where a downloadable document will also be available. This will highlight key rules and penalties.

Please note that we will not enforce the rule stating front fastening tops and tri-suits must be fully fastened at all times. However, we would strongly recommend that zips are fastened for the finish line.

LITTERING

We are privileged to be able to hold this race in the Lake District, an area of outstanding natural beauty. We all have a responsibility to leave it unspoiled. Therefore please ensure you do not discard litter and items including water bottles and gel packs on the courses, tracks and surrounding areas. Please use the bins provided.

Events like this in the Lake District are hard to achieve, we hope it continues year on year and therefore do not wish to upset local residents. Offenders put the future of the event at risk by their actions. Therefore the Lakesman take this offence very seriously, with zero tolerance. Athletes seen to be littering will be disqualified immediately. There will be marshals on the course to ensure this is monitored and enforced.

RACE DAY INFORMATION



TRANSITION We recommend you arrive in transition at least 60 minutes before the swim starts. It is better to be prepared and relaxed before the race starts than to be rushing if you arrive late.

You will have access to your bike, and your bags prior to the race start. This is the time to put your drinks bottles and nutrition on your bike, check it is in the right gear to start, and pump up your tyres if needed.

Again take this time to familiarise yourself with your surroundings, where your bike is located etc. Please do not attempt to mark your bike or bags, any markings will be removed by race officials. You must wait in transition to be called to the race start. A race official will then accompany you down to the swim start area.

If you discover you have forgotten anything important for instance your timing chip, please notify an official as soon as possible. This will allow staff enough time to find you a replacement.

THE SWIM

THE FULL SWIM:
3.8KM (2.4M)

THE HALF SWIM:
1.9KM (1.2M)

IN DERWENTWATER



The swim will include a single lap of Derwentwater, with a mass start from the shallows by the boat launch. Swimmers will swim clockwise around the buoys and be treated to views like nowhere else.

Athletes will start at 06:00 full or 07:15 half prompt. Just before the starting gun goes off the safety canoes will part. There will be a 10 second countdown, however you will be given a warning roughly a minute before the start horn goes off also.

A table will be located at the swim entry/exit for glasses, inhalers etc. Please place your items in a plastic bag provided and write your race number on it. Do not wear shoes to the swim start. The walk from transition will be matted where needed. Any items left at the swim start will be disposed of immediately after the swim has finished.

Athletes have 2:20/1:10 for the full race and half races to complete the swim course and exit transition on the bike. After the swim there is a short carpeted run to transition which is adjacent to Theatre by the Lake.

NB If you are not an experienced open water swimmer, we strongly recommend that you:

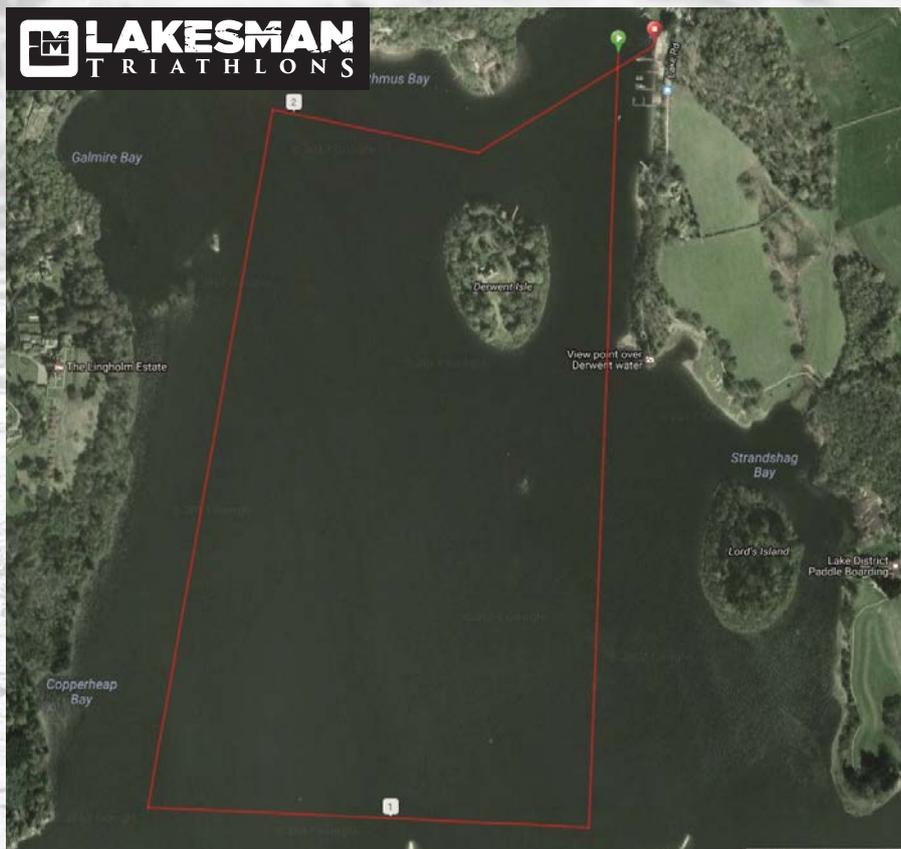
- a) Ensure that you place yourself at the back of the swim start area.
- b) mEnter the water in good time to allow yourself time for a warm up swim, to get acclimatised and comfortable in the water.
- c) Try to avoid the mass of athletes and allow them time to set off at the gun. Letting the start area clear for a few moments will enable you find space.
- d) If you find yourself in trouble, lie on your back and hold an arm in the air. This will attract the attention of the safety kayaks. You may wish to hold onto the kayak whilst you catch your breath and then continue with the swim. Always follow the kayak's instruction and if necessary a rescue boat will come to return you to the swim start area.
- e) Always remain calm.

SWIM RULES

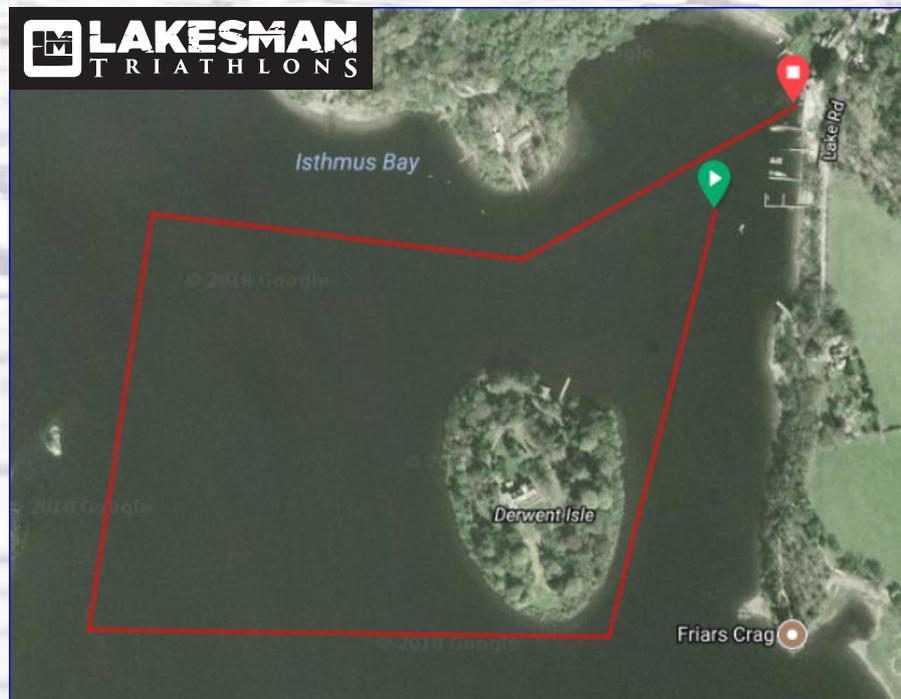
1. A wetsuit is mandatory
2. Swimmers must wear the swim cap provided
3. No fins, paddles, snorkels or flotation devices of any kind
4. Swimmers must follow the course; failure to stay on course may result in a penalty.
5. Wetsuits may only be removed once in the transition tent, they can be stripped to the waist at swim exit for run up to transition.
6. Nudity it not permitted on the race site. If you wish to change please use the changing facilities provide.

THE SWIM

THE FULL SWIM:
3.8KM (2.4M)



THE HALF SWIM:
1.9KM (1.2M)



THE BIKE

THE FULL BIKE: 180KM (112M)

This is a superb route for a Lake District long distance event, featuring everything North and West Cumbria has to offer along the way. The course crosses a number of known time trial routes and offers some extremely fast sections of tarmac. Whilst not flat, we have minimized the elevation and it currently comes in at less than most of the other UK based races of this distance, at 4043 ft of elevation.

Departing Keswick and heading immediately west you will visit many towns and villages in and around the Allerdale and Copeland boroughs. These are places not normally enjoyed by visitors and are kept as secrets of the locals. However, we wanted to offer a race that bucks the trends for Lake District triathlons, we are not aiming for the toughest route, or most mountain passes. We want a fast and as flat as possible bike route; one which sets all out competitors up with the legs for a blistering marathon finish.

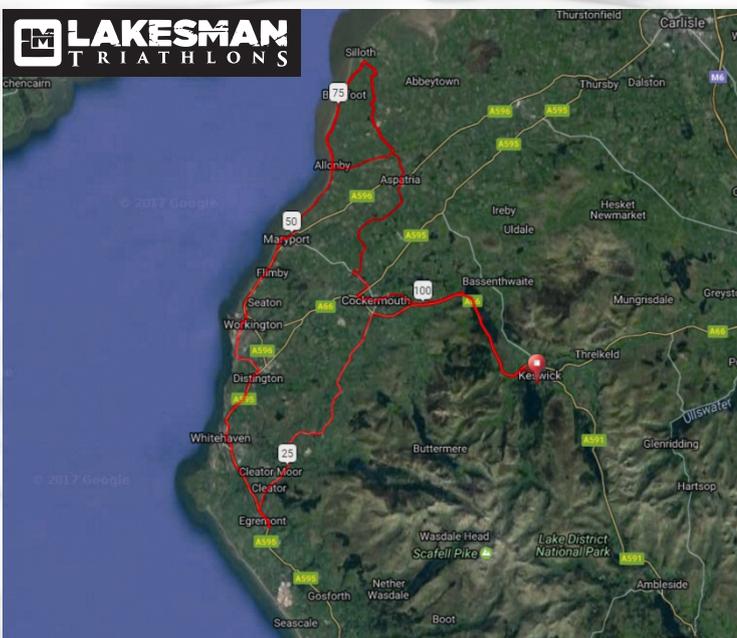
BIKE COURSE ROUTE: <https://ridewithgps.com/routes/14733479>

Important information on the looped section, it is your responsibility to navigate the course correctly.

After 67.6 miles of the bike course you arrive at the junction pictured below. At this point you turn right and follow the **lap 1** arrows

Marshals will be in place to help you at all changes of direction, you will after 71.2 miles of the ride turn right and begin on a section already completed with other riders coming from your left who are further back in the field. Follow the arrows and marshals instructions until you return to the same junction as shown above after 84.2 miles of the ride. This time follow the arrow as shown below for **Lap 2**.

You can view video footage of the approach here:
<https://www.youtube.com/watch?v=EIQ5OEARXZ4>



For clarity this is how both sets of signs will look.



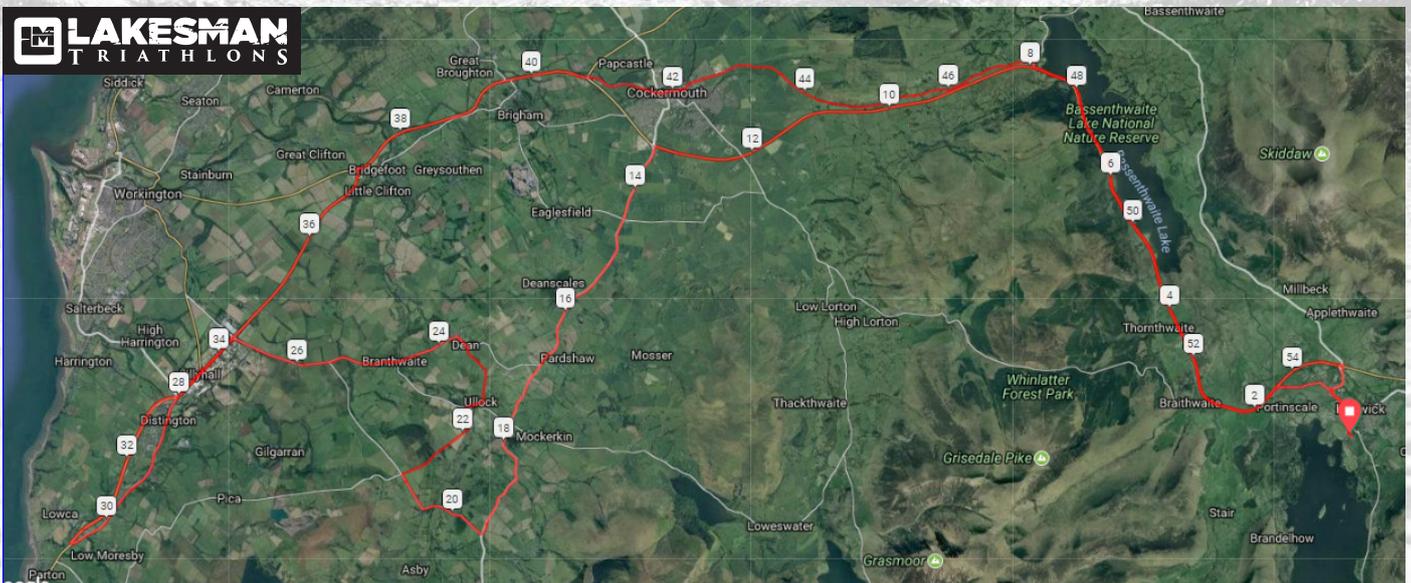
THE BIKE

THE HALF BIKE: 90KM (56M)

This is a superb half distance route, sharing a lot of features with its big brother THE FULL. Showcasing north and West Cumbria at its best. Using everything from time trial routes to quiet country roads far from the beaten track. This promises to offer some extremely fast sections of tarmac. Whilst not flat, the elevation is still minimal at 2593 ft for a Lake District race.

Departing Keswick and heading immediately west you will visit many villages in and around the Allerdale borough. These are places not normally enjoyed by visitors and are kept as secrets of the locals. You will also get to enjoy Cockermouth town centre on your way back to Keswick. Where a breathtaking half marathon awaits.

<https://ridewithgps.com/routes/21487797>



IMPORTANT INFORMATION, THIS IS WHERE YOU SPLIT FROM THE FULL ROUTE 19.5MILES FROM THE START, JUST AFTER YOUR FIRST AID STATION. A TRAFFIC OFFICER WILL STOP THE TRAFFIC FOR YOU TURNING RIGHT.



IMPORTANT INFORMATION, THIS IS WHERE YOU SPLIT FROM THE FULL ROUTE AGAIN 33.6MILES FROM THE START, JUST AFTER YOUR SECOND AID STATION.

THE BIKE

DRAFTING

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 meters (back tyre to front) and the width of the road to the side. If you enter this zone you will receive a black card.

Athletes cannot block another athlete from passing. You have 25 seconds to get your front wheel in front of the front wheel of the athlete that you are overtaking. He/she then has 25 seconds to get back 12 meters. Failure to do this will result in a penalty if you do not drop back. The overtaken athlete is responsible for dropping back so that they are not drafting. Only once they have dropped back 12 meters can they attempt to overtake the cyclist in front of them.

MECHANICAL SUPPORT

During race weekend there will be mechanical support available within the transition area and also in Keswick itself. This will be chargeable to the athlete.

During the race at various locations on the bike leg, cycle support will be available should it be required.



THE RUN

THE FULL RUN: 42.2KM (26.2M)

This five loop run courses we feel have everything, breath taking views, huge spectator friendly potential and also areas of peace and serenity. Passing through Keswick each time we feel will give you the lift of seeing loved ones and soaking up the atmosphere.

THE HALF RUN: 21.1M (13.1M)

Leaving transition the route takes in some little known hidden areas of the town before heading north on the Cumbria Way, on the approach to Portinscale the mighty Skiddaw comes into view in all 3053ft of glory. Over looking and protecting Keswick in equal measure.

The routes then split while the full utilises the A5721 for an out and back section, the half will run directly back to the town centre. High Hill and Church Lane are closed to traffic allowing athletes the chance to keep tabs on their competitors and also enjoy support from friends and family without worrying about cars.

The full route then also heads back towards Keswick town centre, before crossing The Heads where the breathtaking lake view reappears. A slight change this year athletes will come back down Lake Rd to complete each lap rather than down towards Hope park. Athletes must complete five laps before entering the magical red carpet finish chute where you will all hear the words that make it all worthwhile "You Are A Lakesman"

You will be given a wrist band per lap and must have 5 bands before entering the finish chute.

RUN COURSE ROUTES -

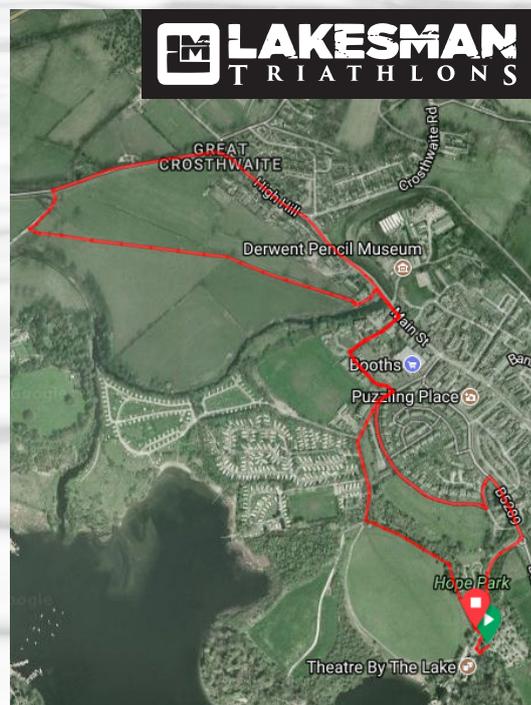
<https://ridewithgps.com/routes/17974267>

<https://ridewithgps.com/routes/22309584>

FULL COURSE



HALF COURSE



FEED STATIONS

FULL BIKE There will be six feed stations on the bike course, at the following distances in to the race: 17.7Miles, 37.4Miles, 49.2Miles, 65.5Miles, 85.3Miles, and 97.3Miles

HALF BIKE There will be three feed stations on the bike course, at the following distances in to the race: 17.7Miles, 32.2Miles, 42.8Miles

Each Feed Station will contain the following:

- ✓ PowerBar Isotonic Sports Drink
- ✓ PowerBar Energize Bar
- ✓ PowerBar Hydro Gels
- ✓ Water
- ✓ Bananas

RUN There will be three Feed Stations throughout the run course, these will spread evenly apart.

Each Feed Station will contain the following:

- ✓ PowerBar Isotonic Sports Drink
- ✓ PowerBar Gels
- ✓ PowerBar Hydro Gels
- ✓ Water
- ✓ Coca-Cola
- ✓ Bananas
- ✓ Savoury Snacks

Drinks from these Feed Stations will be handed out in cups.

Cups, gels and other litter should be thrown in the bins provided – not on the ground.

PERSONAL NEEDS There will be a personal needs zone on the run course. Only in this area can a spectator hand food, drinks or other items to an athlete.

FINISH LINE AND ATHLETE RECOVERY

A family holding area will be created for anyone wishing to cross the line with their family, friends or team mates. You will be directed by a marshal as to when you can enter the finish tunnel. Be Aware if bringing spectators this may affect you overall finish time.

Once through the finish line, athletes will be allowed to meet their loved ones and get a with their coveted finisher medal and T shirt.



BIKE AND BAG COLLECTION HALF

We would ask you very kindly to please listen and bear with the transition staff. We will endeavor to allow you to retrieve kit from transition as soon as possible after 13:30. However due to the full athletes still retuning to T2 we will need to steward you in and out. Please be patient and keep you wits about you at all times. We aim to provide a happy and enjoyable race for everyone and this includes getting you kit at the earliest opportunity as we recognize some athletes will need to travel home. To release your items for collection, you will need to show your ID wristband with the corresponding number to your bike and bag. We recommend you check you have all your items before you leave transition.

BIKE AND BAG COLLECTION FULL

Transition will be open at 16:00 for collection of bikes and bags. Please be courteous to staff and athletes alike. To release your items for collection, you will need to show your ID wristband with the corresponding number to your bike and bag. We recommend you check you have all your items before you leave transition.

RESULTS

Results will be available live on www.thelakesman.com the day after the event. Paper copies of the provisional results will be printed and displayed on site once the race has finished on race day. If you have any queries with your results after the race, please see a member of the Lakesman event team. Live tracking during the race will be via the results base website at www.resultsbase.com/lakesman

AWARDS

There will be awards for the numerous categories, please note trophies cannot be posted. Therefore please attend the awards presentation 11:30 Monday 18th in the athlete hospitality area if you would like to collect yours.

LOST PROPERTY

Lost property will be available at the Transition Tent.

If you find any lost property please take it to lost property so the owner can retrieve it. Items will not be posted after the event so please check all your belongings before you leave.

We hope you enjoy the third Lakesman Triathlon and our first ever Half Event. We wish you a successful and safe race. You will be given priority notification of when entries open for the Lakesman 2019 on Monday 18th June at 9am.

SOCIAL MEDIA

There will be live news feeds and updates on both Twitter and Facebook during the race weekend. Please 'like' and share our pages with friends and family to keep updated with latest news and photographs!



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The Lakesman

GREAT CUMBRIAN RUN 2018

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SATURDAY 6TH OCTOBER - FAMILY FUN RUN
SUNDAY 7TH OCTOBER - 13.1 MILE HALF MARATHON

Starting and finishing at The Sheepmount Athletics Stadium.

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At Approx. 73mtrs of gain

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Official measuring takes
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