



LAKESMAN TRIATHLONS

THE OFFICIAL ATHLETE GUIDE

SUNDAY 16th JUNE 2019

2.4M

**FULL
SWIM**

112M

**FULL
CYCLE**

26.2M

**FULL
RUN**

1.2M

**HALF
SWIM**

56M

**HALF
CYCLE**

13.1M

**HALF
RUN**



WWW.THELAKESMAN.COM

**#TheLakesman
#TeamLakesman**



INTRODUCING THE LAKESMAN



Hello and welcome to Keswick Lakesman 2019. We have once again been overwhelmed with the support, feedback and comments about the race. We were absolutely delighted to win Racecheck top rated event of the Year, Tri 220 small event of the year and BTF North West Commercial event of the Year. Thank you all for your continued support.

You have all helped create something special in the race calendar and the family feel of Lakesman is a testament to our team, athletes and volunteers. We would like to do a few thank you's, first of all to the athletes who we rely on each year to trust us to put on a great experience.

Secondly, to #TeamLakesman volunteers who go from strength to strength each year. This includes our fab local tri and running clubs who man the now famous aid stations on the bike and run route.

Thirdly, to our amazing core team, some of who you will meet in this guide, and all of whom you will meet race weekend. Their support throughout the year and particularly on race weekend is amazing, we love working with you guys.

Lastly but by no means least, our partners Allerdale Borough Council and Better North, our race partners Sport in Action, supporters Theatre by the Lake and Cumbria County Council, and sponsors for this year Zone3, Power Bar, Carlisle Racecourse and Tractor Shed Brewing. We are delighted to have you all on board for 2019!

To those of you racing, race well, be safe and see you at the finish line. To those of you volunteering, let's raise the roof and make this another year to remember.
Lakesman love to you all

Marie, Phil and Matthew x

CONTENTS

PRE-RACE INFORMATION

Race Week Schedule
Local Area Information
Checklist
Race Pack Contents and Bags
Racking
Timing
Race Briefing
Bike Maintenance
Withdrawal
Rules and Regulations

RACE DAY INFORMATION

Transition
Swim
Bike
Run
Drafting
Mechanical Support
Run Course
Feed Stations
Personal Needs
Finish Line and Athlete Recovery
Social Media

POST RACE INFORMATION

Bike and Bag Collection
Results
Awards
Lost Property

BROUGHT TO YOU BY:



PRE-RACE INFORMATION

RACE WEEK SCHEDULE

FRIDAY 14th JUNE

14:30 - 20:00	Registration Open	Theatre by the Lake
18:30 - 23:30	Pasta Party	Finish Marquee

SATURDAY 15th JUNE

09:30 - 16:00	Registration Open	Theatre by the Lake
11:00 - Finish	Kids Races	Finish Area
13:00 - 17:00	Transition Open	Theatre by the Lake car park
15:15 & 17:00	Full Race Briefings	Finish Marquee
16:15 & 18:00	Half Race Briefings	Finish Marquee
16:00	Budgie Smuggler Run	Derwentwater Boat Landings
17:00	Transition Closes	Theatre by the Lake car park
	- no admission after this time	

SUNDAY 16th JUNE

04:30 - 05:50	Transition Open	
06:00	Full Race Start	
06:10	Half Race Start	
10:40	First Half Finishers expected	Theatre by the Lake car park
15:00	First Full Finishers expected	Theatre by the Lake car park
11:15 onwards	Bike Collect Half race stewarded	Theatre by the Lake car park
16:15+	Bike Collect Full race	Theatre by the Lake car park
22:45	Race Finishes	

MONDAY 17th JUNE

11:30	Prize Presentation
-------	--------------------

LOCAL AREA INFORMATION

KESWICK



A bustling and vibrant market town, Keswick offers a warm welcome to all. There can be few towns with a setting as beautiful as Keswick, situated on the shores of Derwentwater and surrounded by mountains. The compact and mainly pedestrianised town centre makes wandering round the shops a relaxing and enjoyable pastime with a wide range of independent retailers and galleries as well as cafes and restaurants. There is an award winning and very popular market which operates on Saturday all year round and on Thursday (mid Feb – Dec).

For those wishing to find out more about the rich cultural and industrial heritage of the area there is the opportunity to visit museums and historic houses. Mirehouse, just outside Keswick is a beautiful family run historic house with strong literary connections. Discover the history of slate mining at Honister Slate Mine or visit the home of the first pencil at Derwent Pencil Museum where you can trace the history of pencil making through displays and carefully restored machinery. Exhibitions and displays at Keswick Museum tell the story of Keswick's landscape, history and culture.

Few people come to Keswick without a visit to Castlerigg Stone Circle. It stands on a superb natural plateau to the east of the town commanding a superb 360 degree view over the surrounding fells. Find out about how real ales are brewed at Keswick Brewery and see exactly how whisky, gin and vodka are made right here just outside Keswick at The Lakes Distillery. For the culturally inclined the Theatre by the Lake offers a summer season of six plays or step back in time and enjoy the red velvet seats of the traditional Keswick Alhambra Cinema.

Whether you want to learn something new or improve on your existing skills lots of outdoor experts are on hand in Keswick with a wide range of activities for you to try. On the water you can choose from sailing, windsurfing, canoeing, kayaking, paddle-boarding or just relaxing in a rowing boat. High adrenalin sports are in abundance in Keswick from paragliding to rock climbing to mountain biking. Up in England's only true Mountain Forest at Whinlatter you'll find mountain bike and walking trails.

Keswick offers a wide diversity of places to stay. Keswick Tourism Association's website www.visitkeswick.com offers a large selection of accommodation in guest houses, hotels, pubs and farmhouses as well as self-catering properties. Group accommodation is also available.

For more information on the local area please visit
www.visitkeswick.com



KEEP IT IN KESWICK. BOOK DIRECT.

You can save local businesses up to 20% by booking your stay through visitkeswick.com or by booking direct.

This way, 100% of what you pay goes back into Keswick's economy.

Visit

THE ENGLISH LAKE DISTRICT
WORLD HERITAGE SITE

For more information
visitkeswick.com

Visit
KESWICK
the lake district

MEET THE TEAM



Bex Jackson
Swim Course Manager 2016 - 2019

Wowsers, the 4th Lakesman! Why do I love it? Well, the venue is pretty amazing, but really it's the people - the athletes, volunteers, supporters who, together make the event what it is. Even my other half gets up at the crack of dawn on a Sunday to help, because it's just so good to be there and be a part of it.

I am really looking forward to this year's event, especially with the addition of the mini's which my 4 year old is taking part in. Go Laney!

Good luck to everyone, I look forward to seeing you on the start line!



Brian Allen
Bike Course Manager 2016 - 2019

My wife, Claire and I run Sport in Action - A Carlisle based Events Company organising road races from 5K to marathon distance along with Ullswater Triathlon.

A committed athlete, marathon runner and Ironman, I've been involved with the Lakesman since it was just a dream in 3 people's heads, long before it evolved into an actual event. It's fantastic to see it going from strength to strength and I'm delighted to be part of Team Lakesman. Remember to keep calm and enjoy the race, but if not during the race, certainly the finish!



Mick Barlow
Run Route Manager 2016 - 2019

Hi everyone and welcome to Lakesman 2019! Once again I feel privileged to be part of this wonderful event as I find it: Inspirational; by the time you read this I will have done my first 70.3!

Emotional; meeting so many great people from first hello's, cajoling on the Highway to Hell to the Awards presentation is a real rollercoaster! Camaraderie: what other event has its very special family? Budgie run? Kraken and Kazzoo corner ... I wish you all a great race and even better memories!



Kelly Crosbie - Registration Manager

I'll be heading up registration for the second year running. Following in my dad's footsteps, I have been running and cycling from a young age. I joined Carlisle Tri, but after competing in my first (and last) one, I decided I preferred to stand on the sideline, helping out and cheering on competitors.

A manager for Tropic Skincare, I'm bringing my organisational skills and sporting experience to Lakesman, to ensure your journey runs smoothly and you receive a warm welcome.

"I can't wait to meet you all again this year and cheer you on from the lakeside and in transition."



Mandy Norwood - Hospitality Manager

I'm born and raised in Cumbria and have a great knowledge, enthusiasm and passion for all things Cumbrian.

With vast experience as a large scale Event organiser in many guises, I'm delighted to have been with Team Lakesman from day one looking after the hospitality area.

My aim is to ensure an amazing experience for all competitors after they have completed the Lakesman and to go home with great memories of Cumbrian produce and hospitality.



Kelly Donnelly - Transition Manager

I've had the pleasure of being part of #TeamLakesman since the very first event in 2016. It's by far one of the highlights of my year! By day I'm GLL's Marketing Manager across the North and Central regions. GLL is the largest UK-based charitable social enterprise delivering leisure, health and community services and we're delighted to be a partner in this truly amazing event. You'll see the logo of our consumer facing brand Better when you cross the finish line on Sunday. Together with my team in Transition we'll do everything we can to get you around this spectacular course. Good luck to everybody taking part.

MEET THE TEAM



Charles Holmes - Allerdale

I'm delighted to be associated with Lakesman and proud to see how the Lakesman community spirit has grown over the recent years.

Having followed the social media leading up to the event each year it's clear to me that the athletes taking part are a special community. I had the pleasure of taking part last year in the full relay (Bike) and have complete respect for the athletes - you are all truly exceptional people.

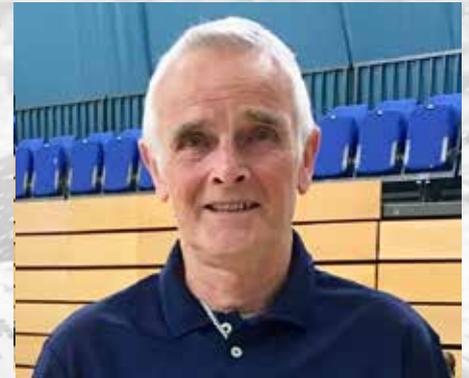


Joshua Bailey - Build Manager

Hi all, I'll be helping on transition again this year, I entered the Lakesman in its inaugural year but was forced to cancel due to injury. Each year it's a pleasure to work with the Lakesman family (organisers, volunteers and athletes) to help make an enjoyable weekend for everyone.

I love the camaraderie of this event and I would encourage all volunteers and athletes to continue this going forward.

I also compete at Olympic distance triathlons and coach at Ulverston tri club, so hopefully I can help as much as possible with the intricacies of transition or local knowledge. The ultimate aim is always to make sure everyone stays safe and enjoys it as much as possible. Have a great race!



Brian Stalker - Health & Safety Manager and Assistant Transition Manager.

Having been a regular attendee at Triathlons all around UK, supporting my daughter's efforts, it was clear Lakesman was so much more professional without losing that personal, friendly, athlete centric feel.

Now retired from my day job and international event management roles, I felt there was something I could offer the Lakesman team - and what a team it is!



Jamie Gordon - Race Ref

So, June the 16th 2019, is the day we will meet on the field of battle, where you will put your endurance to the test, in what I consider to be the best long-distance triathlon in the world! For me it will be my third outing at the event and my I extend a very warm welcome to you all.

As the Chief Technical Official for the event, my criteria of a successful event, is one where everyone got home safe and no one got the dreaded DSQ! So, together please let's make it a successful day.

I look forward to seeing you at one the race briefing, on Saturday and on race day, remember in order to be a lakesman, it's simple one arm over the other in the swim, one more peddle revolution on the bike and one foot in front of the other on the run... and i will see you at the finish...



George Whitehead - Dogs body

Hi everyone, I'm George the official Lakesman dog.

I can't wait to meet you all, and the bit I am looking forward to most is the Pasta Party!! I will help you eat anything you can't finish.

Good luck everyone, especially the kids doing Lakesmini.

Wags and woof from George x



Martin Horne - Finish Manager

A relative newcomer to Lakesman, I supported the event for the first time in 2018, working with the GLL team which ran the finish line. I'm Partnership Manager for GLL in Allerdale and am very proud of Lakesman Tri and its team, the impact it has on the region and the Partner support that GLL have been able to give to this fantastic event.

I'm greatly looking forward to the 2019 and meeting most of the athletes as they pass through the finish line.

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 14th June at 09:00.

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 overfill the bags.
The Lakesman cannot be 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 on-site overnight on Saturday and Sunday morning to oversee that bikes are not tampered with. However, you should ensure your bike and all of your equipment is fully insured. 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 on loan 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. The team cyclist must wait in transition for their swimmer, then the runner must wait for the cyclist beside the bike rack number.

RACE BRIEFING

There will be a mandatory race briefing in the finish marquee at **16:15 & 18:00** half then **15:15 & 17:00** on Saturday 15th June.

No other race briefings will take place.

Please note that the briefings are for **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, from Arragons Cycles who will be available on-site 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: 5 MINUTE PENALTY

**Black Card: 5 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 should 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 necessary.

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 06:10 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) Enter 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.

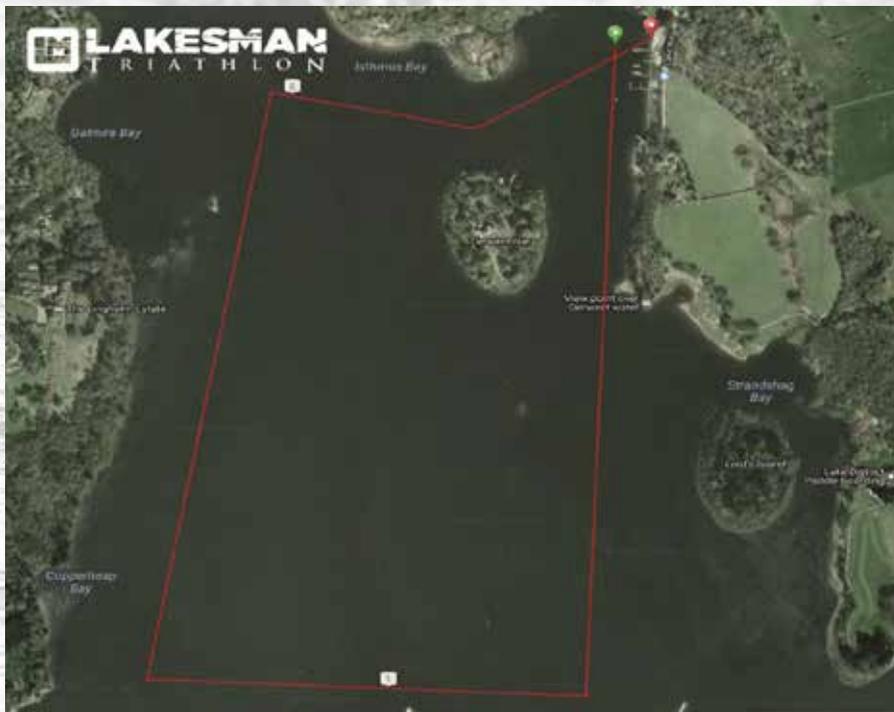
SWIM RULES

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 is not permitted on the race site. If you wish to change please use the changing facilities provided.

THE SWIM

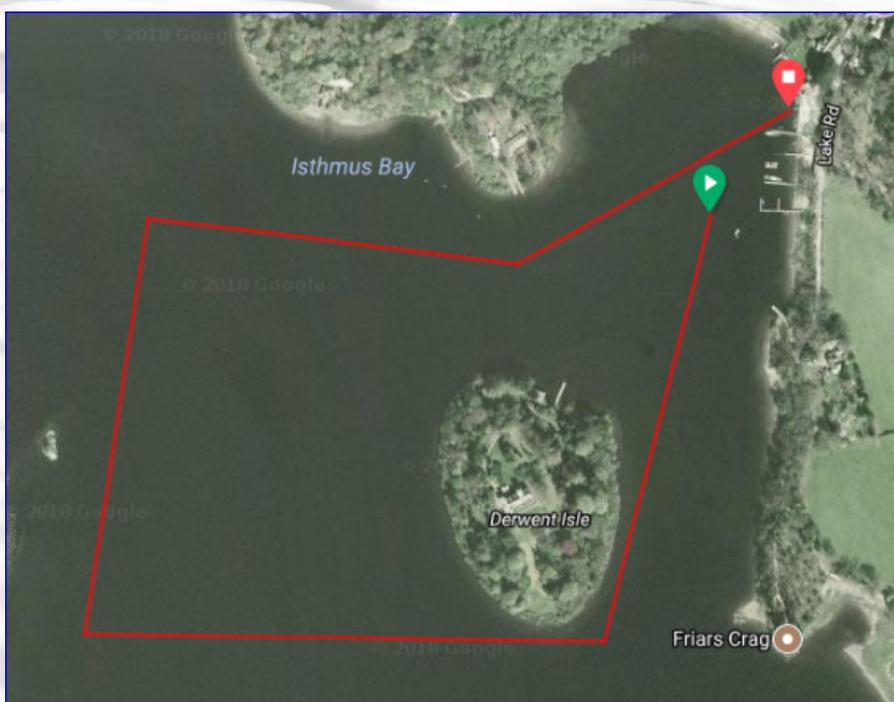
THE FULL SWIM: 3.8KM (2.4M)

<https://ridewithgps.com/routes/14733489>



THE HALF SWIM: 1.9KM (1.2M)

<https://ridewithgps.com/routes/22054395>



WORKING TOGETHER TO

REACH NEW LIMITS



Shop now and enjoy 20% off at www.zone3.com

CODE: **LAKESMAN2019**

ZONE3 

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 4428 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 trend 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.

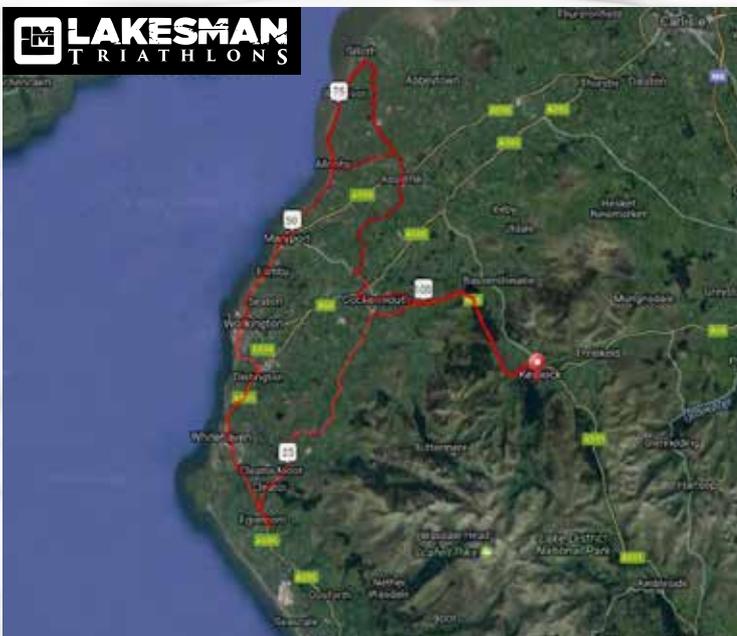
BIKE COURSE ROUTE: : <https://ridewithgps.com/routes/29742829>

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

After 56 miles of the bike course you arrive at a road closed area, you will enter the closed area and will see ahead a marshal where a cone in the road will signal to perform a 180degree turn and return to Allonby. In Allonby a traffic officer will be present just before a small hump back bridge and will direct you to turn left. You then follow the signed route and marshals as normal.

After 72 miles of the ride you will arrive again at a road closure, again proceed into the closed road area and continue until you meet the marshal and turn cone. Retrace your route until 76 miles where a further traffic officer will help you navigate a right turn. Riders will be passing in both directions on the coast road sections mentioned, do not worry. You then follow the signed route and marshals until the rides end.

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



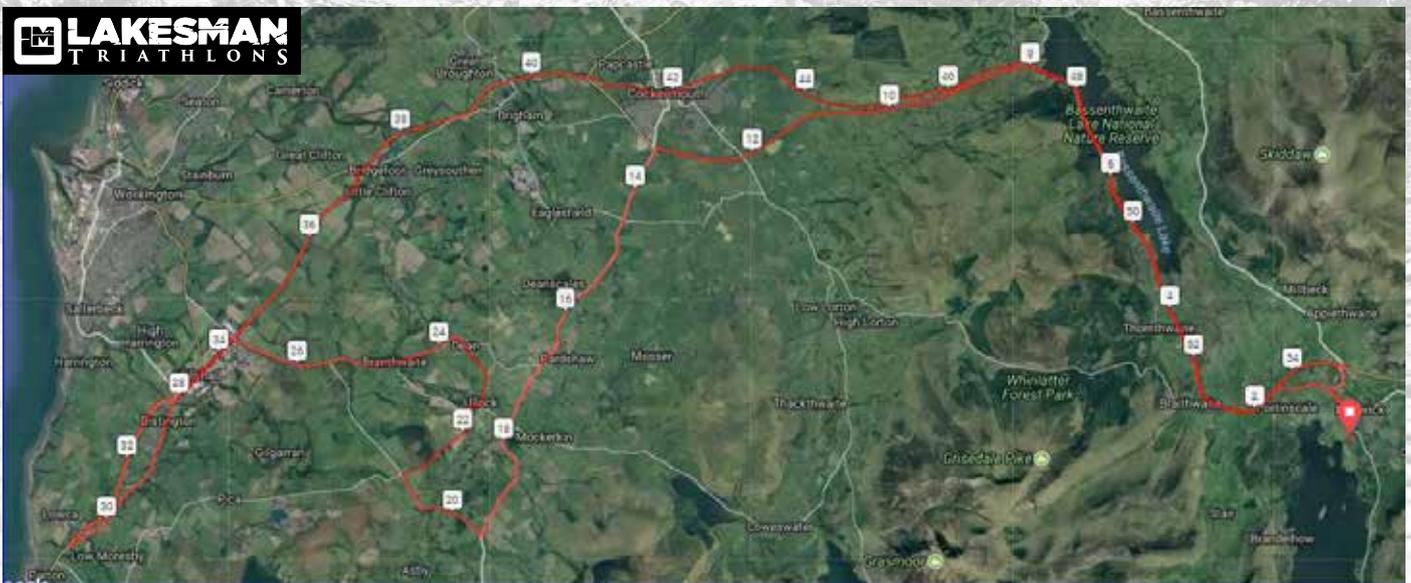
THE BIKE

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 2619 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. Once back in Keswick a breathtaking half marathon awaits.

<https://ridewithgps.com/routes/27857598>



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 location on the bike leg, cycle support will be available should it be required.

HALF

Swim - 1:10hrs after race start. (07:20am)

Bike - 5:00hrs after race start (11:10am)

Run - 08.15hrs after race start (14:25pm)

FULL

Swim - 2:20hrs after race start. (08:20am)

Bike - 10:00hrs after race start (16:00pm)

Run - 16.45hrs after race start (22:45pm)

CUT OFFS

N.B - You must be past 61miles in the full bike by 12:40 otherwise you will be directed back to transition and retired from the race

Nobody will be permitted to start another lap of the run after 21:30

THE RUN

THE FULL RUN:
42.2KM (26.2M)

THE HALF RUN:
21.1M (13.1M)

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

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 its 3053ft of glory. Overlooking and protecting Keswick in equal measure.

The routes then split while the full utilizes 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 traffic.

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 wristband per lap and must have 5 bands before entering the finish chute.

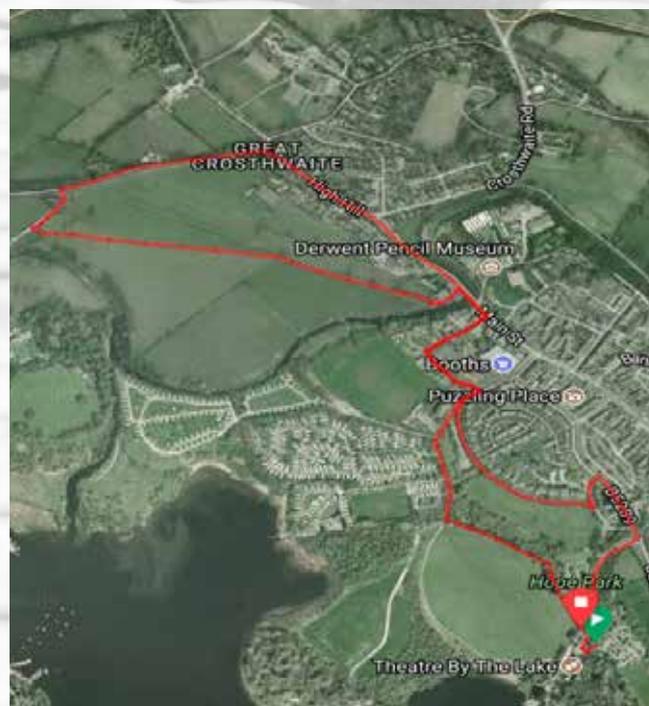
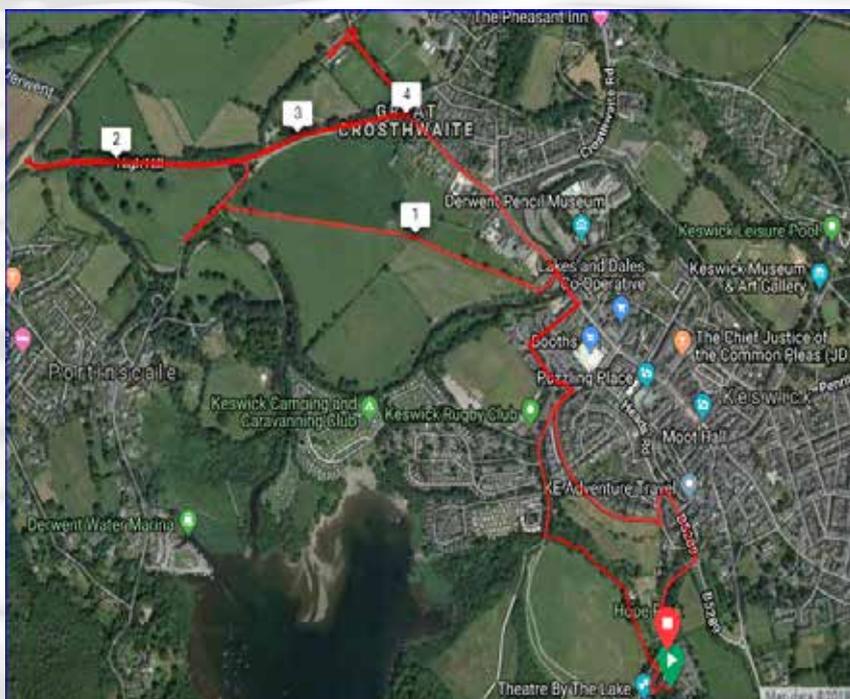
RUN COURSE ROUTES -

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

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

FULL COURSE

HALF COURSE



ENTER
ONLINE NOW

GREAT CUMBRIAN RUN 2019

SATURDAY 5TH OCTOBER - FAMILY FUN RUN
SUNDAY 6TH OCTOBER - 13.1 MILE HALF MARATHON

Starting and finishing at The Sheepmount Athletics Stadium.

To find out more or to enter this year's Great Cumbrian Run visit
better.org.uk/gcr

In partnership with

**CARLISLE
CITY COUNCIL**



www.carlisle.gov.uk

Great
Cumbrian
Run 2019



BETTER
the feel good place

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R.

Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398

FEED STATIONS

FULL BIKE There are six Feed Stations on the bike course, at the following distances in to the race: 17.7Miles, 37.4Miles, 49.2Miles, 62Miles, 82Miles, and 95Miles

HALF BIKE There are three Feed Stations on the bike course, at the following distances in to the race: 17.7Miles, 32.2Miles, 41Miles
Each Feed Station will offer the following:

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

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

Each Feed Station will offer 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 your overall finish time.

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





PowerBar

THE TASTE OF SPORT

**AS NEVER
SEEN BEFORE.**

**BRAND NEW STYLE.
SAME GREAT PERFORMANCE.**

Decades of experience refreshed and renewed. Tackle your goals with our new look Performance & Endurance range.

WWW.POWERBAR.COM



FINISH LINE

BIKE AND BAG COLLECTION HALF

We would ask you very kindly to please listen and bear with the transition staff. We will endeavour to allow you to retrieve kit from transition as soon as possible after 11:15. However, due to the Full athletes returning to T2 we will need to steward you in and out. Please be patient and keep your wits about you at all times. We aim to provide a safe, happy and enjoyable race for everyone and this includes getting your 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.

Please be aware that you will be asked to wash your wetsuit with the buckets and brushes provided to help stop the spread of invasive species into other Lakes.

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 11:30am Monday 17th in the athlete hospitality area if wish to collect yours.

LOST PROPERTY

Any 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 you have all your belongings before you leave.

We hope you enjoy the fourth Lakesman Triathlon, Half Event and our first ever Kids Race. We wish you a successful and safe race. You will be given priority notification when entries open for the Lakesman 2020 on Monday 17th 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!



SPORT IN ACTION

UPCOMING EVENTS IN 2019...

SOLWAY COAST MARATHON

Sunday 21st July 2019

New in 2019, Sports in Action are proud to reveal the Solway Coast Marathon, starting and finishing at The White Heather Hotel in Kirkbride, Cumbria.

Set to become one of the flattest marathon courses in the UK, the 26.2 mile route follows quiet country roads through friendly Cumbrian villages with spectacular views of the Solway Firth before a grandstand finish.

**THE UK'S
FLATTEST
MARATHON?**

**NEW
IN 2019**



**SPRINT &
STANDARD
DISTANCES**

ULLSWATER TRIATHLON

Saturday 13th July 2019

The A.W.Jenkinson Ullswater Triathlon is based at Park Foot Camping site near Pooley Bridge with both Sprint and Standard distance options for triathletes of all abilities.

A sociable Saturday afternoon start and the option to camp gives this picturesque event a carnival feel and incredible atmosphere. Medal for all finishers and prizes to be won!



ALL EVENTS INC: **CHIP TIMING, BESPOKE MEDALS & PRIZES!!!**

Find out more and enter online: sportinaction.co.uk



THE JOCKEY CLUB

Since 1750

CARLISLE RACECOURSE
EXHILARATING, INSPIRED, MAGICAL



RACE ON



CARLISLE

A Jockey Club Racecourse

carlisle.thejockeyclub.co.uk
0344 579 3002

TRACTOR SHED BREWING

WE BREW OUR BEER IN A SHED WHERE
THE FARMER KEPT HIS TRACTORS.

WE PREFER TO BREW GREAT BEER THAN THINK
OF A COOL NAME FOR OUR BREWERY.

THERE'S NO DOGMA, IT'S ABOUT KICKING BACK,
DRINKING WHAT YOU FANCY AND HAVING FUN.



 HELLO@TRACTOR-SHED.CO.UK

 01900 68860

 TRACTOR SHED BREWING

 @TRACTORSHEDBREW

THE TRACTOR SHED, CALVA BROW, WORKINGTON, CUMBRIA



We're **Allerdale**

Two World Heritage Sites
One Fantastic Place



We're **Allerdale**

Aspatria Cockermouth Keswick Maryport
Silloth Wigton Workington

www.visitallerdale.co.uk



Proud Sponsors



Excellent customer service and clear practical advice are at the heart of everything we do ...

01228 516666

enquiries@cartmells.co.uk

Carlisle • West Cumbria • Penrith • Haltwhistle • Brampton   

www.cartmells.co.uk

We are authorised and regulated by the Solicitors Regulation Authority (618960)

More than Accountants



Debt Recovery



Agricultural Services



Tax Consultancy



Financial Services



IT Solutions



Employer Services



Accountancy

David Allen

Accountancy • Tax • Business Services

01228 711888

www.david-allen.co.uk

Supporting, advising & protecting Cumbrian businesses and individuals for over **150 years**

To find out how **we can help you** and your business call us now

Workington - 01900 310440

Kendal - 01539 942030

Penrith - 01768 222030

Carlisle - 01228 690100

ArmstrongWatson
Accountants, Business & Financial Advisers
www.armstrongwatson.co.uk

Accounts, Tax & Business Advisers

Business Well Planned

www.doddaccountants.co.uk



dodd&co
know how

Independent Financial Advisers

Life Well Planned

www.doddwealthcare.co.uk

dodd&co
WEALTHCARE

Dodd Wealthcare Limited is an appointed representative of Network Direct Limited which is authorised and Regulated by the Financial Conduct Authority.



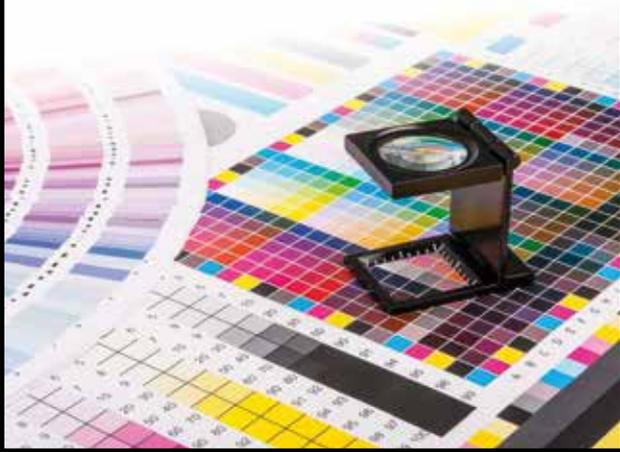
Border Offset Printers

Quality Printing - Trusted Service

Rigg St, Caldewgate,
Carlisle, Cumbria CA2 5TN

T: 01228 526675

sales@borderoffset.co.uk
www.borderoffset.co.uk

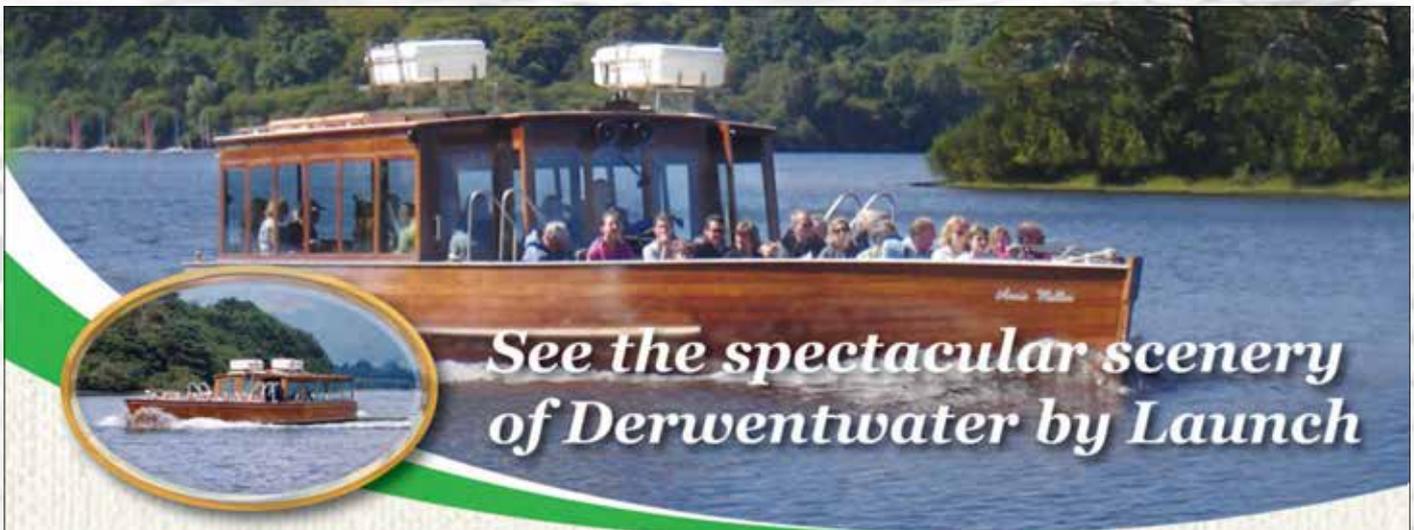


EDDIE SHIMMINGS

CARPETS · BEDS · FURNITURE

1 Jubilee Retail Park, Grasslot, Maryport, Cumbria CA15 8BE
Tel: 01900 815836 Fax: 01900 812882 Email: sales@eddieshimmings.co.uk

Open 7 days Mon-Fri 9-5.30 Sat 9-5.00 Sun 11-4.00



*See the spectacular scenery
of Derwentwater by Launch*

Use our around the lake tickets to take a 50 minute trip around Derwentwater or use to hop on or off as you like all day until you reach your point of departure.

Adults £11.00 • Child £5.70 • Family Ticket £27.50 (2 adults and up to 3 children)

Single tickets also available on all landing stages around the lake.

KESWICK ON DERWENTWATER LAUNCH COMPANY LTD

Telephone : 017687 72263 Web : www.keswick-launch.co.uk FIND US BY SATNAV CA12 5DJ



**WE HOPE YOU ENJOY THE FOURTH EDITION OF
LAKESMAN TRIATHLONS**

**WE WISH YOU A SUCCESSFUL AND SAFE RACE
ENTRY FOR LAKESMAN & LAKESMAN HALF 2020
OPENS ON MONDAY 17TH JUNE 2019**



SUPPORTED BY:

