



thelakesman.com

#TheLakesman

#TeamLakesman

LAKESMAN

2022

SUNDAY
19TH JUNE



THE OFFICIAL ATHLETE GUIDE

2.4M

FULL
SWIM

112M

FULL
CYCLE

26.2M

FULL
RUN

1.2M

HALF
SWIM

56M

HALF
CYCLE

13.1M

HALF
RUN



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INTRODUCING THE LAKESMAN

Hello and welcome to Lakesman 2022, after the last few years we cannot wait to celebrate in style this year.

Thank you all for entering this year, making it the biggest race yet, we hope you enjoy the weekend whether it is your 1st or 6th time in Keswick. We would like to thank some very special people without whom this event would simply not go ahead, starting with our founder partners Allerdale Borough Council and Better (GLL) who have believed in us since day one.

To our wonderful, fantastic volunteers - #TeamLakesman, many of them having supported us since the first Lakesman in 2016, and many of who have gone on to be inspired to complete the event and become a Lakesman! Thank you doesn't seem enough but we hope you know how much you are appreciated by us and the athletes. This includes the local tri, running, and cycling clubs who man the world renowned aid stations, who make more noise than a crowd at Wembley – you guys are ace!

Next up our sponsors who, like us, work really hard to provide a quality service in their expert field. Friday night swim sponsor Eddie Shimmings Maryport, Lakesmini – Cartmell Shepherd Solicitors, Swim leg – Inter Fresh, Bike leg – Bendles Solicitors, Run Leg – Harris Active (Powerbar), Water from United Utilities and aid stations, David Allen and Co and Dodd and Co. Thank you all for your support.

Last, but by no means least, our Lakesman Core Team, who come together every year to support us, work their backsides off, genuinely love the event as much as we do, and care deeply about each and every one of you! You guys are like our family, and you mean the world to us.

Finally, we hope all of you racing have a safe and successful race and we look forward to seeing you at the finish line, to those spectating and volunteering, let's showcase our amazingly beautiful area and let the rest of the UK see the support a Cumbrian event can give!

Lakesman love to you all

Marie, Phil and Matthew x



MEET THE TEAM



Emma Bundock
Transition Manager

SWIM like you are gonna drown.
BIKE like you stole it.
RUN like they're chasing you
And... Smile because you're AMAZING.
Can't wait to see you all in Transition
and looking forward to cheering you
on till the end.
You've got This!



Kelly Donnelly
Assistant Event Director

We're excited to welcome you all to the biggest Lakesman to date. I've been privileged to be part of the team since 2016, representing event partner GLL. It is without doubt one of my favourite (and most tiring!) weeks of the year. Whether it's your first or 6th time, we're sure you'll love the changes will be with you every step of the way and we'll do everything we can to get you around the course and across the finish line. Race well and race safe.



Steve Connor
Logistics Director

Whether you're a first timer or a returning athlete, we can't wait to see you at Lakesman 2022 for what has become the most amazing weekend. The culmination of all your hard graft and dedication is here. Wishing you every success in your race and hope you enjoy every minute of being in the biggest and best Lakesman bubble yet. The very best of luck!



Marlene Johnston
Hospitality Manager

My name is Marlene and I am very proud to be part of the support crew . To each and every competitor for 2022, remember that you are amazing! We will be there to welcome you at the catering marquee with good food and heartfelt appreciation of all you have achieved.



Tracey McDonald
Entertainment Manager

You've all trained for hours per week, on race day be sure to find the beauty in the scenery around you... you've adapted body and mind to endure a challenge that motivates yourself and all who know you... be proud... enjoy and I'll see you all at the start and finish line lots of Lakesman family love.



Ian Johnston
Logistics Crew

Hi, I am Ian and for me, Lakesman is a family thing! The hard work and endless hours of training spent in preparing for any event is epic, but Lakesman is special. My wish for every athlete taking part in Lakesman 2022 is that you are able to achieve full potential - remember that the support crew will be with you every step of the way.



Rebecca Stamper
Swim Director

Good luck to you fabulous lot, looking forward to seeing you all on start line. Don't fret, we've got you covered, just enjoy it and don't forget to smile on your way out!



Georgina Slater
Merchandise Manager

Good luck everyone, I'll see you at the Merch tent when you come to pick up that finisher hoodie x



Kate Hurr
Run Manager

Good luck everyone, have an amazing day. Trust in your training, keep pushing on and enjoy the experience! Lakesman love.



Laura Boyle
PR and Comms Manager

I've had the pleasure of helping Team Lakesman in various guises and this year I'm looking after PR & Comms for race weekend.

What a family the Lakesman are, so, have the very best time, may your experience be amazing. see you at the finish line.



Martin Horne
Finish Manager

I'm partnership manager for GLL in Allerdale who are proud partners in the Lakesman event every year. I'm also the finish Manager for this year's Lakesman event and I'm assuming I'm the person that you are all most desperate to see! Good luck to all participants and volunteers on what is one of the standout days of the year!



Kelly Crosbie
Registration Manager

I'm Kelly, your registration manager, me and my team can't wait to meet you all in our brand new registration location this year. I'm sending you all loads of luck and look forward to seeing you all at this year's event. Hearing those words "You are a Lakesman" what a fantastic memorable achievement.



Brian Stalker
Welfare & Compliance Manager

Continuing and improving on Lakesman's athlete centric focus, I've taken on the responsibility for ensuring and maintaining our athlete welfare responsibilities. If I don't record any incidents it's been a good event.

You can be sure "You're safe in our Hands". Have a fabulous event.



Martin Palastanga
Run Manager

Enjoy every moment of the swim, bike, run with your Lakesman family. I'll be there for you on the Highway to Hell. Don't be s#it



Charles Holmes
Logistics Manager

I'm delighted to be back in Keswick for another fantastic weekend - Lakesman 2022. It's always a joy to be working with the wonderfully positive Lakesman Core Team and this year 1,200 athletes that to me are all Superheroes.



Daz Stephenson - Run Manager

Welcome back to the Lakesman. Hope you have had plenty of training to enjoy this amazing event. Good luck and we can't wait to see you at the start line.



Mick Barlow
Assistant Race Director

Hi everyone and a very warm welcome to Lakesman Events 2022. I sincerely hope you have a Wonderful, Safe Lakesman Experience. See you on 'The Highway!!'



John McGrath
Build Manager

Welcome to Lakesman 2022 Remember this is your day so enjoy your victory lap. I look forward to seeing you all on course and good luck - Smash it!



Joshua Bailey
Assistant Race Director

Wish everybody the best on race day, hope everyone enjoys the atmosphere, scenery and the epic challenge. Please stay safe and support each other!





MORE THAN EVER, WE ARE STRONGER TOGETHER.

Better is proud to be a founding partner of The Lakesman and we wish all 2022 athletes, volunteers and the event team the best of luck at this year's event. As the largest operator of public leisure facilities, gyms and swimming pools across the UK, we stand committed to creating healthy communities to bring people together through physical activity, grassroots initiatives and volunteering. We also believe that people should come before profits and if you agree, then you're already one of us.

To find a Better location near you,
visit better.org.uk

A winning team

Good luck to every competitor
from all of us at Allerdale



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the Lakesman



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pre-RACE INFORMATION

Race Week Schedule

FRIDAY 17th JUNE

14:00 - 19:00	Registration Open	Keswick Rugby Club Marquee
18:00	Lakes-Swim 2022	Lakeside (see full info on page 10)

SATURDAY 18th JUNE

09:30 - 16:00	Registration Open	Main Marquee (Keswick Rugby Club)
12:00	Lakesmini	Finish Area (see full info on page 11)
13:00 - 17:00	Transition Open	Theatre by the Lake car park
15:15 & 17:00	Full Race Briefings	Main Marquee (Keswick Rugby Club)
16:15 & 18:00	Half Race Briefings	Main Marquee (Keswick Rugby Club)
15:45	Budgie Smuggler Run	Boat Landings - Lakeside
17:00	Transition Closes no admission after this time	Keswick Rugby Club

SUNDAY 19th JUNE

04:30 - 05:50	Transition Open	Theatre by the Lake car park
06:00	Half Race Start	
06:20	Full Race Start	
10:20	First Half Finishers expected	Keswick Rugby Club
15:20	First Full Finishers expected	
22:45	Race Finishes	

MONDAY 20th JUNE

11:30	Prize Giving Presentation	Main Marquee (Keswick Rugby Club)
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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).

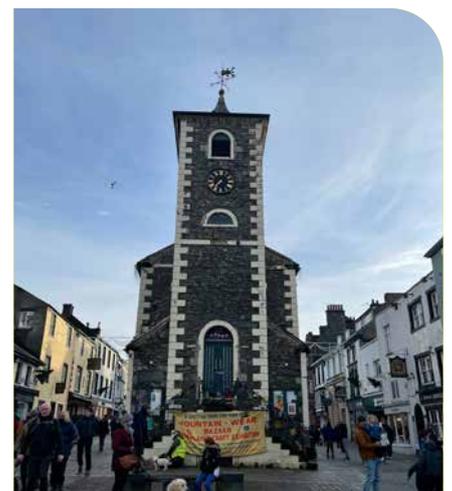
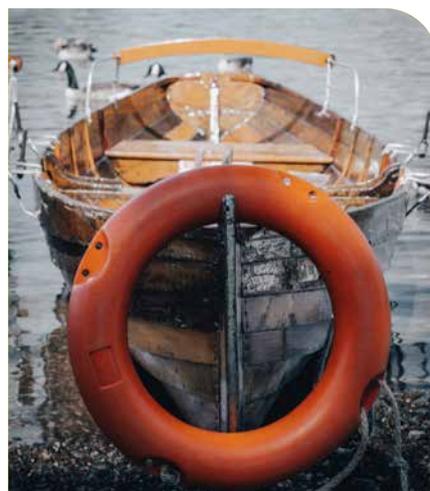
For those wishing to find out more about the rich cultural and industrial heritage of the area there is the opportunity to visit museums and historic houses. Mirehouse, just outside Keswick is a beautiful family run historic house with strong literary connections. Discover the history of slate mining 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



#keswickreallakes

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KESWICK
the lake district

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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.

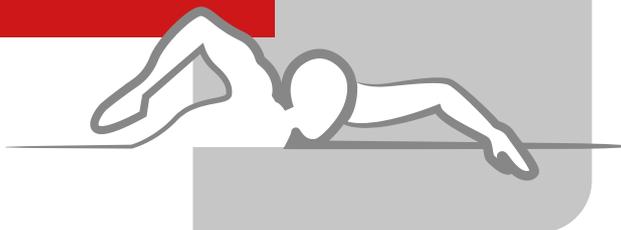
All Athletes require a **BTF (British Triathlon Federation) DAY LICENCE** if they are not BTF members.

At registration you **MUST** provide proof of your membership or you will need to pay the **£6 fee** for a day licence.

This will be emailed to everyone prior to the race if you have stated on your entry that you are **NOT** a **BTF** member

- | | |
|---|---|
| <input type="checkbox"/> PHOTO ID | <input type="checkbox"/> INNER TUBES |
| <input type="checkbox"/> RACE LICENCE - emailed | <input type="checkbox"/> BIKE TOOLS |
| <input type="checkbox"/> BIKE | <input type="checkbox"/> BIKE PUMP |
| <input type="checkbox"/> BIKE HELMET | <input type="checkbox"/> BIKE WATER BOTTLES |
| <input type="checkbox"/> WETSUIT | <input type="checkbox"/> WARM CLOTHING |
| <input type="checkbox"/> RUNNING SHOES | <input type="checkbox"/> SWIM GOGGLES |
| <input type="checkbox"/> TRISUIT/Race Clothing | <input type="checkbox"/> RACE NUMBER BELT |
| | <input type="checkbox"/> SOCKS |
| | <input type="checkbox"/> HAT |
| | <input type="checkbox"/> SUNGLASSES |
| | <input type="checkbox"/> NUTRITION |
| | <input type="checkbox"/> SUN CREAM |
| | <input type="checkbox"/> VASELINE |

LAKES SWIM 2022



FRIDAY 17th JUNE, 6pm*

This is the first year we have held an official Lakes-Swim event and we are delighted that so many of you are taking the opportunity to join us.

All events will start and finish in the shallow waters by the boat launch and will be a walk in start.

Swimming without a wetsuit is permitted but you **MUST** use a tow float if you are swimming without one. You will not be permitted to swim if you do not have one. Tow floats will not be provided.

There are 3 distances which set off at the following times:

- 1900 metres - 6pm - 1 full lap of the Lakesman half course which goes round Derwent Island
- 500 metres - 6.45pm - This will be an out and back route following the first straight of the Lakesman loop to the left of the island, turning around at 250m.
- 1000 metres - 6.45pm - This will be an out and back route following the first straight of the Lakesman loop to the left of the island, turning around at 500m.

Registration will take place on the plaza area outside Theatre by the Lake from 5pm.

You will be provided with:

- a swim cap which must be worn for your safety
- a timing chip which should be worn on your right ankle (please note this must be returned after the swim to register your time and to avoid a replacement cost)

You can also collect your T Shirt here if you ordered one.

Belongings are left at your own risk but we will have staff on Lake Shore throughout the event and a table to leave glasses, shoes, flip flops etc.

The Lakesman transition tent will be available for changing and the Merch Tent will be open so you can browse this years Lakesman offerings.



*Advance entry only.
You cannot enter this on the day.



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LAKESMINI 2022



Lakesmini is back for 2022 and is a fun run for kids to get in the Lakesman spirit, and get their own Lakesmini finisher T-shirt and Lakesmini finisher medal.

There are different events as below:

- 400m up to 5 years old
- 600m 6 and 7 year olds
- 800m 8 and 9 year olds
- 1000m 10- 15 year olds

Parents can run with their children in the 400m and 600m events.

Location

The races will take place on Saturday 18th June at 12 noon on the second team pitch at Keswick Rugby Club.

Registration

All children should register in the marquee at the finish line between 11.30am and 12 noon on Saturday 18th June and they will be given their personalised number.

At this point they will be directed to a 'pen' where they will warm up and wait until called for their race.

PLEASE NOTE - ALL CHILDREN REMAIN THEIR PARENTS RESPONSIBILITY THROUGHOUT THE WARM UP AND THE RACE, CHILDREN SHOULD BE COLLECTED FROM THE FINISH LINE IMMEDIATELY AFTER THEIR RACE

Medals and tshirts can be collected at the finish line following the race.

Good Luck everyone and enjoy, we can't wait to see your finisher photos.



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ATHLETE INFORMATION

RACE HQ

All functions for the race weekend registration will be based at Keswick Rugby Club along with Event HQ, Medical tents, Finish Line and Hospitality area. Transition and racking will be erected in the car park adjacent to Crow Park and the Theatre by the Lake. Please be advised no parking will be available here from Friday 17th June at 09:00.

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 event ends 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 bag 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.

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. If you would like your bag at the finish area, you must leave this bag in the designated area on Sunday morning prior to the walk down to the swim start. This bag will then be transported to the finish area for you. 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.

ATHLETE INFORMATION

Continued



RACKING

You must rack your bike on Saturday between the times stated in the race weekend schedule. Your bike, helmet and kit 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. Racking will be zoned into either HALF or FULL areas, each rack will be numbered but no specific location will be allocated this year, following feedback from athletes last year that this worked better for you.

A one way system for entry and exit will be in operation, signs will be posted and volunteers on hand to help guide you.

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 – Three timing chips will be issued to each relay team, no passing of timing chips between athletes is permitted this year. The team cyclist must wait in transition for their swimmer, then the runner must wait for the cyclist beside the bike rack number.

TRANSITION - IMPORTANT INFORMATION

This year we will revert to bags in the transition tent and NO BOXES will be allowed beside your bike in the transition area.

There is a split site this year and the finish line is at the rugby club, and your white (dry) bags if required will be there at the finish, but MUST be dropped off at the collection vans on race morning.

When you go back to transition to collect your bike and bags please be aware that there will still be lots of athletes out on the course and we need you to be courteous and respectful that their race is still in progress.

Access to transition will be from Lake Road only and access will not be permitted through the back of Hope Park on the run route.



ATHLETE INFORMATION

Continued

RACE BRIEFING

**There will be two race briefings per race distance this year.
These will take place in the main marquee at Keswick rugby club.**

16:15 & 18:00 half then 15:15 & 17:00 full on Saturday 18th 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 transition 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.

CUT OFFS

The following cut offs will apply on race day:

HALF

Swim - 1:10hrs after race start.
Bike - 5:00hrs after race start
Run - 8.15hrs after race start

FULL

Swim - 2:20hrs after race start.
Bike - 10:00hrs after race start
Run - 16.45hrs after race start

N.B - You must be past 61miles in the full bike after 6hrs 40mins 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 21:50

RULES & 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**

Yellow Card:
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.

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.

LITTERING

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.

Please avoid spitting in any area where members of the public are near you.



FUN STUFF

Budgie Smuggler Run

15.45 Saturday 18th June, meet on Lakeside

The now infamous Budgie Smuggler run started in 2017, and has grown in stature since then. Expertly choreographed by Captain Budgie – Lee Kennedy and Captain Kazoo – Sean Fisher, the run is a fun way to relax and meet other athletes before the focus of race day. It's a short run from the lake back to the rugby club, and the whole family can take part. Spot prizes for best outfits this year too!!

Live Music

There will be live music from some of the areas finest talent all day Sunday at the main marquee as well as Dj's and music on the Highway To Hell!

The Bar - Main Marquee, Keswick Club

The important bit...

This years bar is once again provided by Tractor Shed Brewing who will be serving up the finest ales, wines, ciders and if you must... a soft drink.

The bar is open Saturday 12:00 - 23:00 and Sunday 11.30 - 23:00

TRACTOR SHED BREWING



RACE DAY INFORMATION



Transition

We recommend you arrive in transition with all kit already prepared on the Saturday, please don't leave it until just before the swim starts. It is better to be prepared and relaxed before the race starts than to be rushing should you arrive late.

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. If you can avoid the on site toilets as much as possible, instead using your accommodation facilities this will help keep queues to a minimum.

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.



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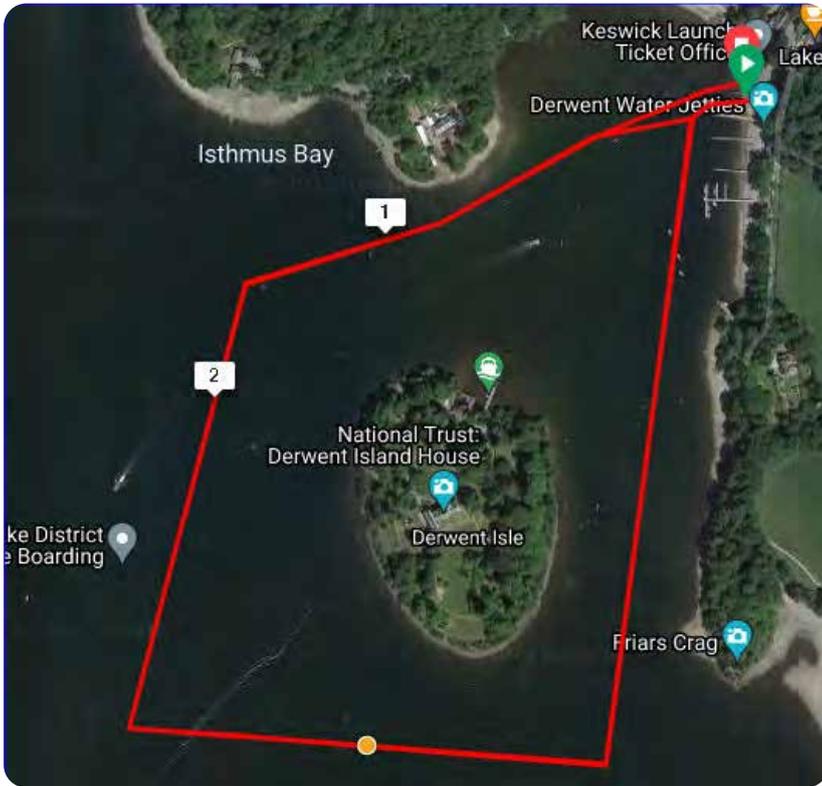


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RACE DAY INFORMATION

THE SWIM



Check your equipment and clothing for live organisms - particularly in areas that are damp or hard to inspect



Clean and wash all equipment, footwear and clothing thoroughly.

If you come across any organisms, leave them at the water body where you found them.



Dry all equipment and clothing - some species can live for many days in moist conditions. Make sure you don't transfer water elsewhere.

THE FULL SWIM:

1.9KM X 2 laps

<https://ridewithgps.com/routes/35841569>

THE HALF SWIM:

1.9KM

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

The course will be marked out using 1M high orange marker buoys. The three right turns will be marked with 2M high yellow buoys.

Inter
Fresh

Premium Fresh Food Service

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RACE DAY INFORMATION

THE SWIM

THE FULL SWIM: 3.8KM (2.4M)

THE HALF SWIM: 1.9KM (1.2M)

The swim this year has changed, due to popular demand the mass starts are returning. Each race distance will have a deep water mass start followed by a period where you can start at your leisure from the shore line.

Those opting for a mass start need to be in the water before the times stated below. All those opting for wave start must be back on the shore line behind the timing mats at this point.

- 06:00 - Half distance deep water mass start
- 06:00 - Half self seeded wave start from the shore
- 06:20 - Full distance deep water mass start
- 06:20 - Full self seeded wave start from the shore

Please do not congregate around the swim start area unless it is specifically to get in line to start

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 follow the guidance below.

- A.** 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 kayaks instruction and, if necessary, a rescue boat will come to return you to the swim start area.
- B.** Always remain calm.
- C.** If you are due to swim the full 3.8km - 2 lap course and decide to exit after one lap you must notify a race official on shore before starting your cycle leg.

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.



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ATHLETE INFORMATION

THE BIKE



Drafting

Drafting is when you enter someone's slip stream. The minimum distance between two athletes is 12 metres (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 metres. 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 metres 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.

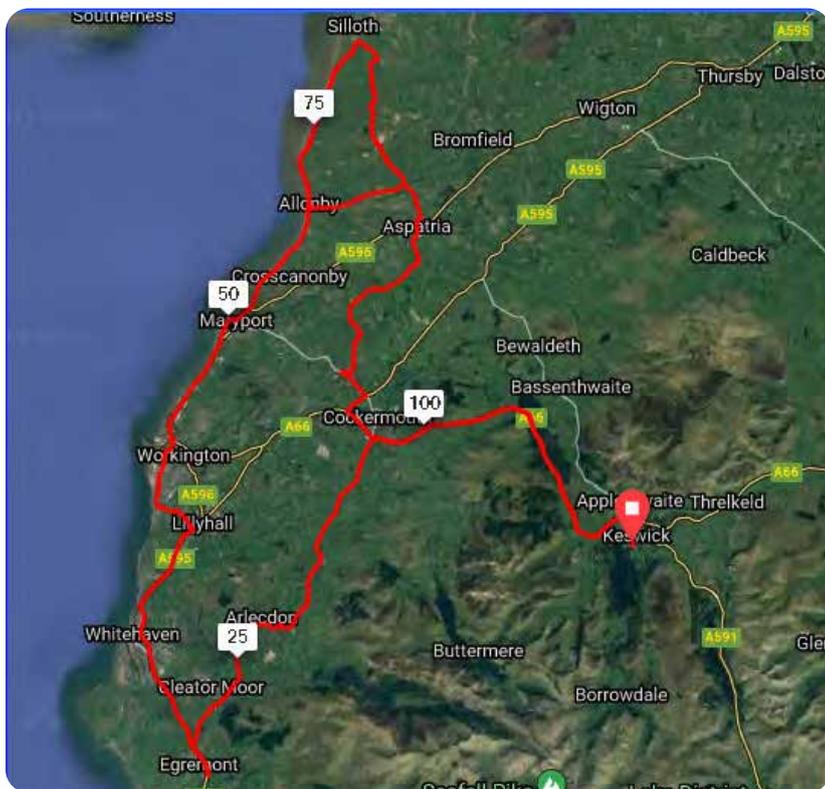
During the race at various locations on the bike leg, cycle support will be available should it be required. However, please be aware this could be subject to a long wait.



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RACE DAY INFORMATION

THE BIKE



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THE FULL BIKE:

180KM (112M)

<https://ridewithgps.com/routes/14733479>

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 minimised the elevation and it currently comes in at less than most of the other UK based races of this distance, at 4428ft 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.

ATHLETE INFORMATION

THE BIKE

THE FULL BIKE: 180KM (112M)

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

After 67.6miles 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.

After 71.2miles of the ride, you will 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 84.2miles 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=ElQ5OEAxZ4>

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



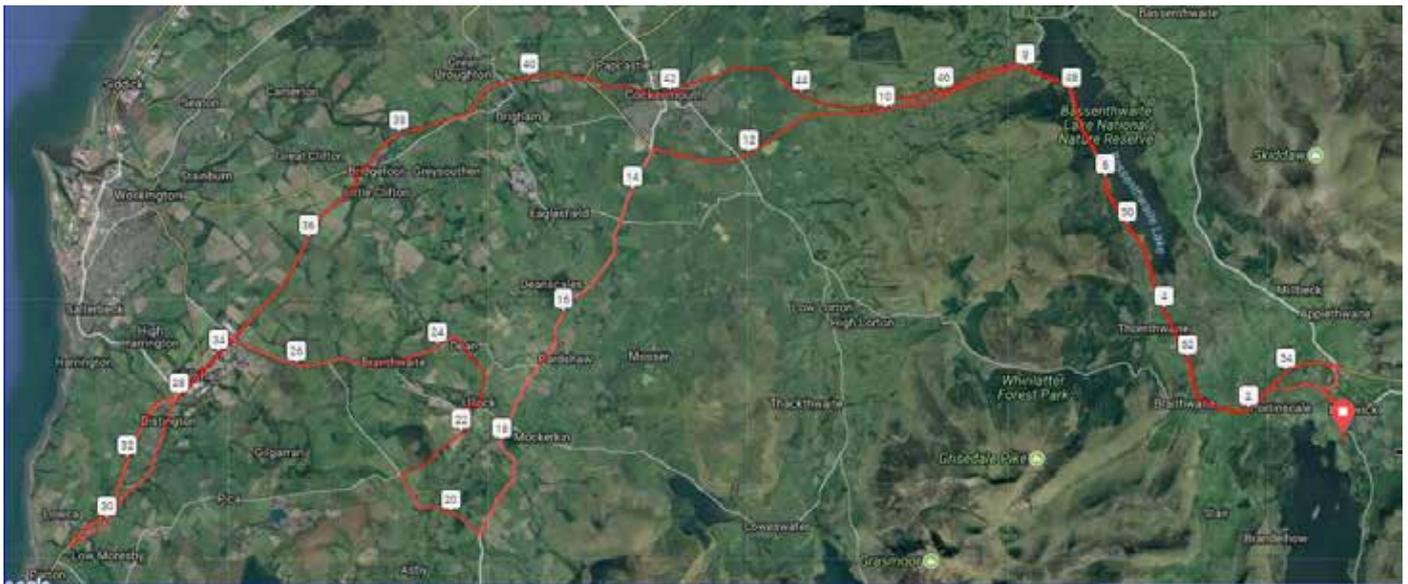
RACE DAY INFORMATION

THE BIKE

THE HALF BIKE:

90KM (56M)

<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.



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RACE DAY INFORMATION

THE RUN



THE FULL RUN: 42.2KM (26.2M)

THE HALF RUN: 21.1KM (13.1M)

These five/three lap run courses have everything, breathtaking views, spectator hotspots 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. Both routes also now take in the infamous "HIGHWAY to Hell"

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 utilise the fully closed A5721 for an out and back section. 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.

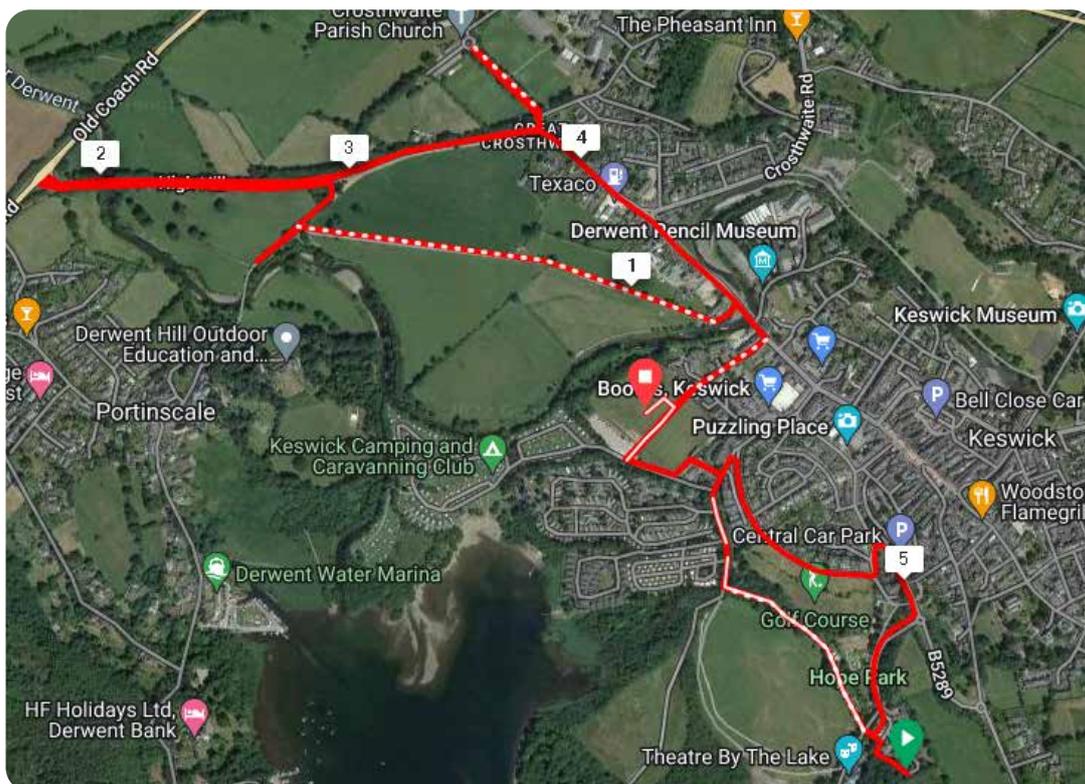
SPECTATOR HOT SPOT - The change to the finish area this year means spectators can enjoy the live music and open space of the rugby club whilst seeing their runners twice on each lap

The routes then head back towards Keswick town centre, before crossing The Heads where the breathtaking lake view reappears. Athletes must complete five laps full or three laps half 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 the required bands before entering the finish chute. (3 or 5)

RUN COURSE ROUTES -

<https://ridewithgps.com/routes/30344546>





ATHLETE INFORMATION

FEED STATIONS and finish line

FULL BIKE

There are six Feed Stations on the Full 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 Half bike course, at the following distances in to the race: 17.7Miles, 32.2Miles, 41Miles.

Each Feed Station will offer the following:

- I. PowerBar Isotonic Sports Drink - lemon flavour
- II. PowerBar Energize Bar - Berry, Cookies & Cream, Banana + Chocolate
- III. PowerBar Hydro Gels - Orange + Cola (caffeinated)
- IV. PowerBar Ride Bars - Chocolate Caramel + Peanut Caramel +
- V. PowerBar Power Gel Shots - Orange + Cola(caffeinated) + Raspberry
- VI. Water
- VII. Bananas

There are three Feed Stations throughout the run course, these will be spread evenly apart. Each Feed Station will offer the following:

- I. PowerBar Isotonic Sports Drink - lemon flavour Sports Drink
- II. PowerBar Hydro Gels
- III. Water
- IV. Coca-Cola
- V. Bananas
- VI. Savoury Snacks

All items from these Feed Stations will be placed on tables for you to collect. 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 at High Hill, Keswick.

FINISH LINE AND ATHLETE RECOVERY

If your nearest and dearest wish to run down the finish line with you they should wait at the allocated area on the approach to the finish chute. In terms of spectators, we have created a spectator zone at Keswick Rugby Club which will be open all day and will have live music, as well as entertainment and music on the run course at High Hill.

WHITE BAG COLLECTION

Your white dry kit bag will have been taken to Keswick Rugby Club, near the finish line. You can collect this post race from the team by showing your wrist band and race number. Please be aware we are not responsible for any items left in the bags, so phones, wallets, car keys etc should not be stored here. Please be patient with the team during busy periods when trying to collect your bags

RACE DAY INFORMATION

BIKE COLLECTION AND AWARDS



BIKE COLLECTION

We would ask you very kindly to please listen and bear with the transition staff. We would ask that half athletes try and remember the full race is still underway and pay close attention around transition. 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.

To exit transition you will need to show your ID wristband with the corresponding number to your bike and bags. We recommend you check you have all your items before you leave transition.

Please be courteous to staff and athletes alike. We recommend you arrange to meet family and friends away from the transition area post race. We will have a one way system in place for you to exit.

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.

N.B You should not swim in any other water course until your suit and equipment has been checked, clean and dried.

RESULTS

Confirmed results will be published the day after the event. 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

If you finish in the top five of either race or are shown as age group winners 1st - 3rd we would ask that you attend the hospitality tent on Monday 20th June for the prize presentation at 11.30am to collect your prize. PRIZES WILL NOT BE POSTED. Everyone is welcome to join us at the presentation.

LOST PROPERTY

Any lost property will be kept or stored 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.

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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