



thelakesman.com

#TheLakesman

#TeamLakesman

# LAKESMAN

# 2023

SUNDAY  
18TH JUNE



## THE OFFICIAL RELAY 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 2023, we are delighted to have you join us in this beautiful part of the world.**

Thank you all for entering this year, we hope that you thoroughly enjoy the weekend, whether it is your 1st or 7th time racing with us. We would like to thank some very special people, without whom this event would simply not go ahead, starting with our founder partners Cumberland Council and Better (GLL), who have believed in us since day one.

Next, we would like to thank our race partners, who share our passion in providing top quality products and services;

Friday night swim sponsor - **Eddie Shimmings Maryport**

Lakesmini sponsor - **Cartmell Shepherd Solicitors**

Swim sponsor - **Inter Fresh**

Run sponsor - **Harris Active (Powerbar)**

Water sponsor - **United Utilities**

Volunteer area and lapband sponsors - **David Allen**

We also want to mention our amazing orange army of volunteers - #TeamLakesman. We hope you know how much you are appreciated by us, as well as the athletes. This race would not be possible without you, and we are so grateful for your hard work throughout the years.

Next up, our Core Team, who, over the last 7 years have become a genuine, Lakesman family. Not only do you support us with hard work and determination during race week, you support us throughout the year to ensure that Lakesman continues to get better each year. Your love of the event, generosity and hard work is unbelievable. Thank you!

Finally, we hope that all of you, the athletes, have the race you want, and achieve the results that you have worked so hard to achieve. We love seeing you cross the finish line, hearing your stories and celebrating your success with you. Good luck to you all!

Lakesman love to you all

**Marie, Phil and Matthew x**



**MEET...**

# TEAM LAKESMAN



**Marie**  
Event Director



**Phil**  
Race Director



**Bex**  
Swim Director



**Brian**  
Route Director



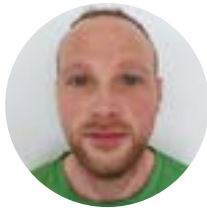
**Steve**  
Logistics Director



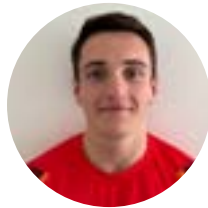
**Kelly**  
Assistant  
Event Director



**Mick**  
Assistant  
Race Director



**Josh**  
Assistant  
Race Director



**Matt**  
Assistant Run Director



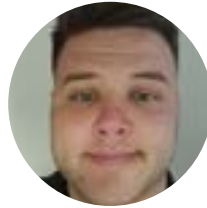
**Ann**  
Registration  
Manager



**Brian**  
Health and Safety  
Manager



**Charles**  
Logistics Manager



**Charlie**  
Run Zone Manager



**Claire**  
Bike Route Manager



**Darren**  
Run Manager



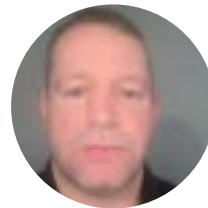
**Emma**  
Transition Manager



**G**  
Merch Manager



**Jay**  
Run Zone Manager



**John**  
Build Manager



**Martin Horne**  
Finish Manager



**Martin**  
Run Manager



**Spencer**  
Run Manager



**Heather**  
Assistant  
Registration Manager



**Jo**  
Assistant  
Transition Manager



**Jamie**  
Race Referee



**Kevin**  
Results Base



**Anya**  
Merch Team



**Docker**  
Finish MC



**Dawn**  
Bike Crew



**Louise**  
Bike Crew



**Matthew**  
Bike Crew



**Val**  
Bike Crew



**Paul**  
Swim Crew



**Josh**  
Run Crew



**Alan**  
Crew



**Amanda**  
Crew



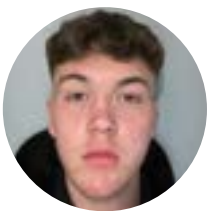
**Brandon**  
Crew



**Clare**  
Crew



**Eileen**  
Crew



**Ellis**  
Crew



**Frank**  
Crew



**Ian**  
Crew



**Katie**  
Crew



**Marg**  
Crew



**Marlene**  
Crew



**Sue**  
Crew



**Sue**  
Crew

# CONTINUE YOUR JOURNEY TO A HEALTHIER YOU

Congratulations on taking your place on the 2023 Lakesman start line.

If you are looking to maintain your overall fitness or push yourself to the next level, you'll find everything you need at your local Better leisure centre.

Join the movement at [better.org.uk](https://better.org.uk)



**BETTER**

Visit [better.org.uk/terms](https://better.org.uk/terms) for full membership terms and conditions. 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.

# Good luck to every Lakesman competitor from Cumberland Council



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the Lakesman**  
[cumberland.gov.uk](http://cumberland.gov.uk)

# pre-RACE INFORMATION

## Race Week Schedule

### FRIDAY 16th JUNE

12:00 - 19:00	Registration Open	Keswick Rugby Club Marquee
18:00	Lakes-Swim 2022	Lakeside (see full info on page 12)

### SATURDAY 17th 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
16:15	Full Race Briefing	Main Marquee (Keswick Rugby Club)
15:00 & 18:00	Half Race Briefings	Main Marquee (Keswick Rugby Club)
17:00	Relay Team Briefing	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 18th JUNE

04:30 - 05:50	Transition Open	Theatre by the Lake car park
06:00	Half: Wave 1 Start <40mins	
06:10	Half: Wave 2 Start >40mins	
06:15	Full Race Start	
10:20	First Half Finishers expected	Keswick Rugby Club
15:20	First Full Finishers expected	
22:45	Race Finishes	

### MONDAY 19th 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](http://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](http://www.visitkeswick.com)



#keswickreallakes

# CHOSEN KESWICK? CHOOSE TO BOOK DIRECT.

Save local businesses up to 20% commission by booking through [visitkeswick.com](https://www.visitkeswick.com) (we don't charge any commission!) or by booking direct. This way 100% of what you pay is going back into Keswick's economy.

*Stay in*

THE ENGLISH LAKE DISTRICT  
WORLD HERITAGE SITE

Visit  
**KESWICK**  
the lake district

[visitkeswick.com](https://www.visitkeswick.com)

# 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.

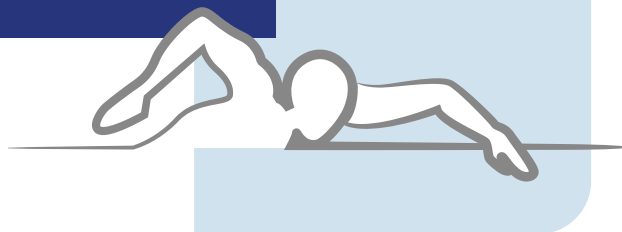
At registration you **MUST** provide proof of your membership or you will need to pay the **£6 fee** for a day licence.

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

N.B - One member of the team, irrespective of the discipline they are doing can register for the whole team.

- |   |   |
|---|---|
| <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 2023



## FRIDAY 16th JUNE, 6pm\*

This is the second 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 2023



Lakesmini is back for 2023 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 and 11 year olds
- 1200m 12 and 13 year olds
- 1500m 14 years and older

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

## Location

The races will take place on Saturday 17th 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 17th 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 16th June at 09:00.

Mapped directions Can be found here - <https://ridewithgps.com/routes/43127752>

## ID WRISTBAND

Your wristband will have your race number printed on it. 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.

## 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 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, it is recommended that you use a race belt to display this number.

## BAGS

You will be issued with three bags at registration. Please apply your numbered stickers on the bags firmly before you put your gear in them. Permanent markers will also be available should you wish to use them. You will get access to these prior to race start on Sunday morning.

**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 and red and blue kit bags 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.

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.

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.

## **TRANSITION - IMPORTANT INFORMATION**

NO BOXES will be allowed beside your bike in the transition area, however, we will allow you to have your BIKE HELMET and SHOES on your bike, although these are left at your own risk

The finish line is at the rugby club.

When in transition 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 a race briefing for the half and the full for relay teams only. These will take place in the main marquee at Keswick rugby club at 17:00 on Saturday 17th 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**

**Teams who register but then decide not to start the race, or 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.

## **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 This will be the time of day  
you personally started

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 enforces 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](http://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 17th 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!

### DJ's

Local DJ Ryan Harbage will be entertaining you on Saturday and all day Sunday at the main marquee as well as DJ's and music on the Highway To Hell and transition.

### 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.

The bar is open Saturday 12:00 - 18:00 and Sunday 11.30 - 23:00

**TRACTOR  
SHED  
BREWING** 



# RACE DAY INFORMATION



## Transition

We recommend you arrive in transition kit. It is better to be prepared and relaxed before the race starts than to be rushing should you arrive late.

Take time to familiarise yourself with your surroundings, where your bike is etc. 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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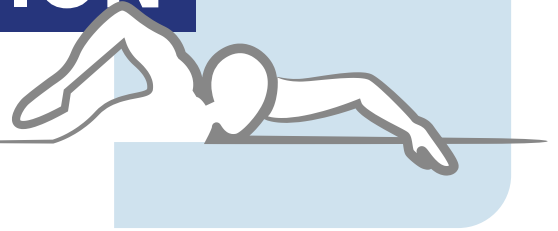
**01228 642 510**

[sales@inter-fresh.co.uk](mailto:sales@inter-fresh.co.uk)

[inter-fresh.co.uk](http://inter-fresh.co.uk)

# RACE DAY INFORMATION

## THE SWIM



**THE FULL SWIM:**  
1.9KM X 2 laps

**THE HALF SWIM:**  
1.9KM

<https://ridewithgps.com/routes/42066680>

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

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**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.

# RACE DAY INFORMATION

## THE SWIM

**THE FULL SWIM: 3.8KM (2.4M)**

**THE HALF SWIM: 1.9KM (1.2M)**

- 06:00 - Half distance deep water mass start
- 06:15 - Full distance deep water mass start

**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 respectively, 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. Where a wetsuit is mandatory, socks may also be worn providing the wetsuit comes over the top of the sock
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.



# KESWICK LAUNCH CO.

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Derwentwater*

## Day Pass / Round Trip

Use for a 50 minute trip around the lake, or use as a day ticket – hop on and off as much as you like until you return to your point of departure.

Ticket	Price
Family (2 + 3)	£34.00
Adults (16+ years)	£13.50
Children (5-15 years)	£7.00
Children (Under 5s)	Free

## Single Fares

Single fares are available for journeys part way round the lake.

Distance	Adults 16+ years	Children 5 - 15 years
1 stage	£2.75	£1.40
2 stages	£5.50	£2.75
3 stages	£7.70	£3.85
4 stages	£9.95	£5.00
5 stages	£11.50	£5.75
Round trip	£13.50	£7.00

[keswick-launch.co.uk](http://keswick-launch.co.uk)





# 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.



# RACE DAY INFORMATION

## THE BIKE

### THE FULL BIKE

**180KM (112M)**

<https://ridewithgps.com/routes/42394406>

A new two loop format for 2023 due to Highways works affecting the existing routes.

Departing Keswick and heading immediately west you will see one of England's highest mountains, Skiddaw to your right followed very quickly by Bassenthwaite Lake. The course makes good use of the A66 at a time of day when traffic is light, travelling towards Cockermouth before heading onwards towards the former steel town of Workington.

Once nearly at Workington a left turn onto another fast section along the A595, before going inland and visiting the pretty little villages of Branthwaite, Dean and Ullock.

An out and back section on the A595 brings the course eventually back towards the north and the A66 ready for a super quick return to Keswick. This is a time trialists dream on the A66, this final section along Bassenthwaite Lake is stunning.

A 360° turn at Crossthwaite roundabout just outside Keswick starts loop 2.

Repeating loop one in exactly the same way until just after Ullock when an extra 3.6miles has been added to achieve the correct course distance. You will, on loop two, visit the small village of Gilligan. After this loop you repeat everything performed on loop one.

#### **Important information:**

**The section in blue is only ridden on loop 2, it is your responsibility to navigate the course correctly. This left turn come 80.4miles into your ride**

112 miles bike route around the superb Cumbrian countryside with the potential for some quick times.

A beautiful marathon awaits you on your return to T2

# RACE DAY INFORMATION

## THE BIKE



Full Bike - Loop 2 ONLY: Left turn just after Ullock (80.4 miles into ride)

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### THE HALF BIKE:

**90KM (56M)**

<https://ridewithgps.com/routes/42160782>



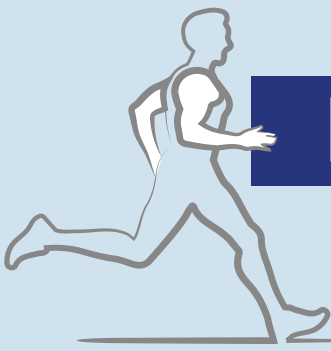
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# RACE DAY INFORMATION

## THE RUN

**THE FULL RUN: 42.2KM (26.2M)**

**THE HALF RUN: 21.1KM (13.1M)**

These 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 is 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 finish area is where your 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 six 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 6)**

**RUN COURSE ROUTES -**

<https://ridewithgps.com/routes/39790738>

# 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 Feed Stations on 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.

### BLACK BAG COLLECTION

Your black 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

# David Allen

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# 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.

**IF YOU DO NOT COLLECT YOUR BIKE BY 11PM ON SUNDAY 18TH JUNE, IT WILL BE REMOVED TO A LOCAL COLLECTION POINT AND A £50 CHARGE WILL BE MADE FOR RELEASE.**

**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](http://www.resultsbase.com/lakesman)

### AWARDS

PRIZES WILL NOT BE POSTED UNLESS THIS IS PAID FOR AND ARRANGED AT THE MERCH TENT ON RACE DAY. Everyone is welcome to join us at the presentation.

### LOST PROPERTY

Any lost property will be kept or stored at the Rugby Club.

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!



@TheLakesmanTri



The Lakesman





# SPORT IN ACTION

**Events 2023**

**Castle 5K Series**

**Wednesdays July 12th, Aug 9th & Sept 6th**

**Sport in Action Festival of running Sunday July 2nd**

**Including 10K, Half Marathon & Marathon**

**Solway Coast Cycle Sportive Sunday July 23rd**

**3 distances 36.6 miles, 70.8 miles & 100.3 miles**

**Sport in Action 10k—Sunday September 17th**

**Perfect warm up for the Great Cumbrian Run**



**Great Cumbrian Run — Sunday October 1st 2023**

**For more information and to enter go to**

**[www.sportinaction.co.uk](http://www.sportinaction.co.uk) — [www.better.org.uk](http://www.better.org.uk) — [www.resultsbase.net](http://www.resultsbase.net)**



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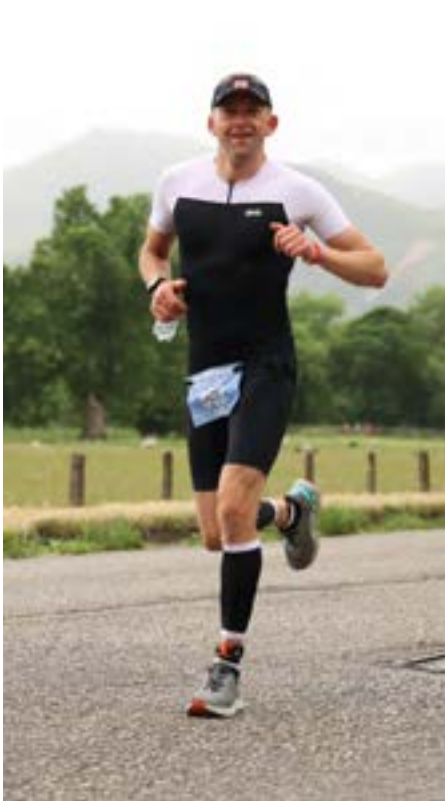
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WE WISH YOU A SUCCESSFUL AND SAFE RACE.  
ENTRY FOR NEXT YEAR'S RACES OPEN ON  
MONDAY 19TH JUNE 2023

[WWW.RESULTSBASE.NET](http://WWW.RESULTSBASE.NET)

