



Athlete Guide

Welcome from Be Endurance

Welcome to Storm The Lakes - our first venture into the world of open water swimming events! After a great deal of planning and work we are very proud to introduce this festival of open water swimming and are excited to have adults and children taking on events over a variety of distances, plus our very own version of SwimRun.

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

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

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

The Be Endurance Team

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

Pre-Race Information

Timelines

Time	Event	Location
09:45	Registration opens	Race HQ - Marquee
11:00	Enduro 7500m starts	Lake 1
11:10	Single 750m starts	Lake 1
11:15	Double 1500m starts	Lake 1
11:20	Quad 3000m starts	Lake 1
13:00	Junior 250m starts	Lake 1
13:15	Junior 500m starts	Lake 1
13:30	Junior 750m starts	Lake 1
13:30	Registration closes	Race HQ - Marquee
14:00	SwimRun starts	Lake 1
17:00	SwimRun – final athletes estimated to finish	Lake 1

The Venue

The address for Storm The Lakes is Redricks Lakes, Redricks Lane, Sawbridgeworth, Hertfordshire, CM21 0RL

By Road:

Travelling north on the M11 exit at J7 and follow the A414 on the ring road around Harlow, as you exit Harlow heading towards Sawbridgeworth on the A1184 look for Redricks Lane on your left, turn left into Redricks Lane and the entrance for the lakes is approximately 500m down on your left.

Travelling south on the M11 exit at J8 and follow the A120 on the ring road around Bishops Stortford, then the A1184 signposted Spellbrook/Sawbridgeworth. Continue on the A1184 through Sawbridgeworth, as you exit Sawbridgeworth on the A1184 look for Redricks Lane on your right, and the entrance for the lakes is approximately 500m down on your left.

By Rail:

The nearest train station is Harlow Mill which can be found on the London Liverpool St to Cambridge/Bishops Stortford line. Contact www.nationalrail.co.uk for full timetables and services. The lakes are approximately a 15min walk from Harlow Mill station. You can alternatively get a train to Harlow Town train station and we would advise taking a taxi from there.

Parking

There will be adequate free parking at Redricks Lakes. You will be directed to the car park then follow signs to the Race HQ which is a couple of minutes walk.

Registration

Registration will be open from 09:45 in the large white marquee at Race HQ. Please bring a form of ID with you. Registration will stay open until 13:30.

At registration you will be issued with the following:

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

Changing Rooms & Toilets

There is changing room facilities at Redricks Lakes and there will be toilets available to use within the Race HQ marquee.

Race Briefing

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

Race Timing

All race timing will be done manually. You will have a race number on your swim cap and on your wristband, when you exit the water at the finish of your race you will be filtered down the finish chute and you must give your race number to the timing team.

We will not be using electronic chip timing so if your advertised race finish time is a couple of seconds different to your own recording please understand why.

Race Routes & Rules

The Single 750m Start time = 11:10

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

The Double 1500m Start time = 11:15

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

The Quad 3000m Start time = 11:20

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

The Enduro 7500m Start time = 11:00

- This is an adult only race.
- Participants will complete **10** full loops of the lake in an anti-clockwise direction.
- You must keep all marker buoys to your left as you swim.
- Due to the number of loops that you must complete it is possible that you may get tired and forget how many you have done. Therefore we do ask that each time you complete a loop you shout out your race number to a steward who will help you count and record your loops. If you fail to call out your number we cannot guarantee you will complete the correct distance.
- On exiting the water you will be filtered down the finishing chute where you call out your race number to the timing team.
- During The Enduro if you wish to refuel you can swim back to the beach area at the entrance/exit of the lake. There will be an area made available specifically for you to leave a drink/gels of your choice. We will also provide jelly babies if you wish to take some.

The Junior250 Start time = 13:00

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

The Junior500 **Start time = 13:15**

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

The Junior750 **Start time = 13:30**

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

The SwimRun

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

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

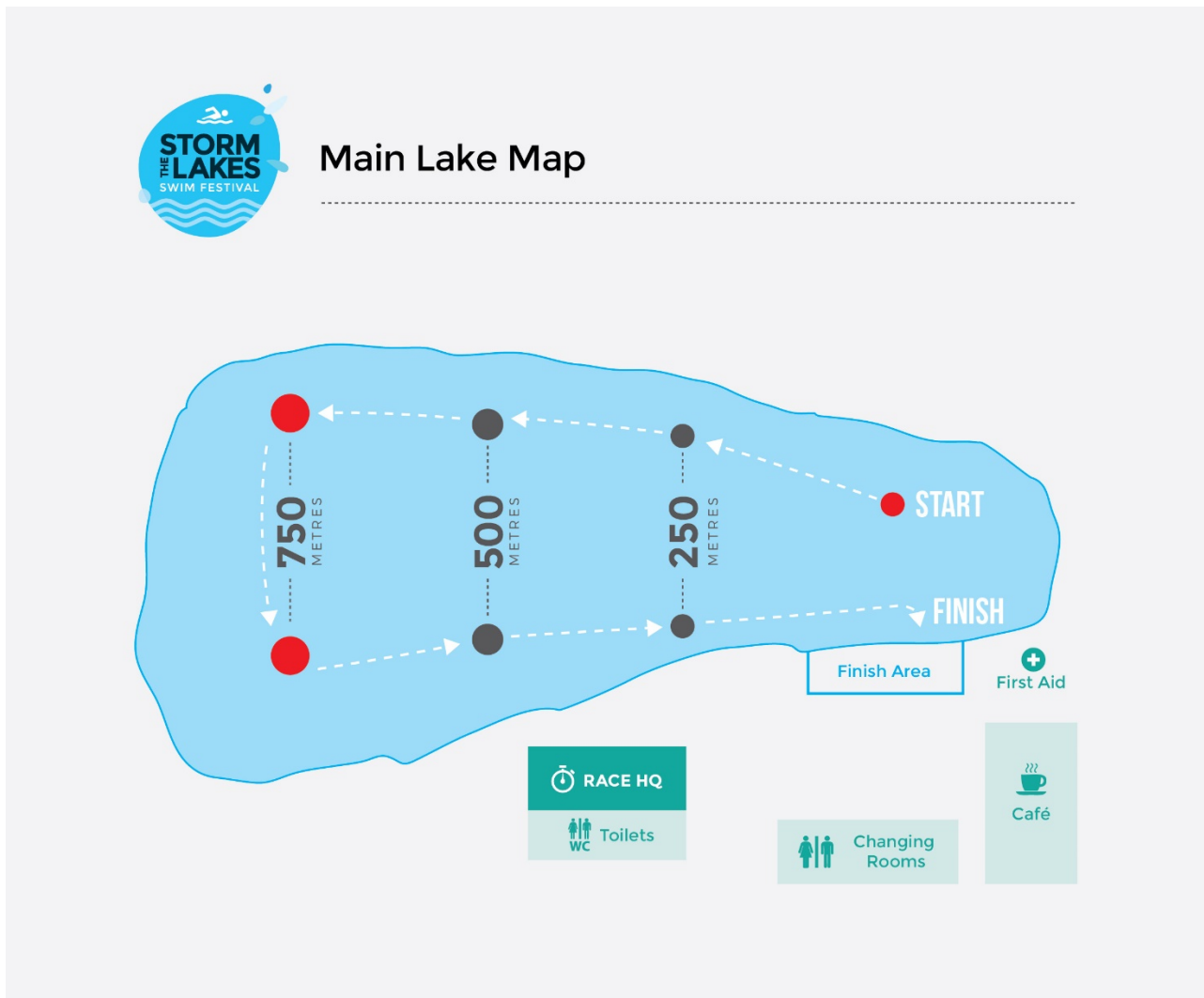
Optional Wetsuits

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

Children are not permitted to swim without a wetsuit unless clear evidence can be provided that they are capable of covering the distance without a wetsuit. If your child is permitted to swim non-wetsuit then they must use a tow float, which can be provided. If you wish to discuss your child swimming non-wetsuit then please contact the Race Director, Dermott Hayes on dermott@beendurance.com

Storm The Lakes Maps

Below is a map of the main lake (Lake 1) and how the lake will be marked out on race day



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

Additional Race Information

Safety

The safety of all participants is a priority and there will be water safety and a designated medical team.

Water Safety – will be provided by Peter Nash and his team from Whoosh Explore. There will be a team of canoeists in the water with the swimmers at all times.

Medical Team – we will be joined by First Aid Training Associates from Harlow. They are skilled in providing event cover.

Withdrawals

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

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

Aid Stations

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

Littering

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

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

Bag Storage

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

Race Day Checklist

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

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

Spectators

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

Food & Drink

There is a café at Redricks Lakes managed by Porky Pete. Hot and cold foods are available so do remember to bring some money for a drink and a roll after your race.

Post Race Information

Results

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

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

Prizes

We have a variety of prizes and goodies for finishers.

- All finishers will receive a medal
- 1st / 2nd and 3rd in each race will receive a winners medal
- We have a selection of other prizes provided by Zone3, TrueStart Coffee, Decathlon & Hammer Nutrition
- There will be post race sweets and treats provided by Budgens Abridge, courtesy of Goran Raven
- We also will have some spot prizes so do stick around for a chance of winning these
- Information on the timings of the prize giving will be advertised on race day

Photography

We will have a roaming photographer who will offer race photography. This is not an official professional photographer. Photos will be available after the race on the Be Endurance and the Redricks Lakes Open Water Swimming Facebook pages.

Sponsors & Partners

Without the following businesses it would not be possible to host events like Storm The Lakes. We would like to take this opportunity to thank them for their significant support.

Zone3 – a national swim brand with a desire for excellence in putting the athlete at the forefront of all their products.



www.racezone3.com

Hammer Nutrition – a global brand providing cutting edge nutrition for athletes they will be supporting us with energy gels for the Enduro and SwimRun events and some great prizes.



ENDURANCE FUELS
& SUPPLEMENTS

www.hammernutrition.co.uk

TrueStart Performance Coffee – a long time partner of Be Endurance. Their revolutionary coffee products are shaping the future for athletes.



www.truestartcoffee.com

Woodhouse Water – a local business providing all of our hydration needs for the race. They offer so much more than just water.

www.woodhousewater.co.uk

Budgens Abridge – local swimmer and triathlete Goran Raven is the director of Budgens Abridge and is providing all of our post race treats

Budgens

www.budgens.co.uk

Decathlon – the Harlow based store have everything for sports you could possibly need under one roof. Whatever your sport you can stock up at Decathlon. They are offering some fantastic prizes.



www.decathlon.co.uk