

# **Fritton Lake SwimRun Event**

## **Race Information and Rules**

**Summer Edition 15<sup>th</sup> July 2018**

**Autumn Edition 7<sup>th</sup> October 2018**

### **Location:**

The event headquarters will be Fritton Lake Outdoor Centre located within the privately owned Somerleyton Estate. Address; Fritton Lake Outdoor Centre, Church Lane, Fritton, Norfolk, NR31 9HA Much of the race will take part within the grounds of the Somerleyton estate with a small amount of running taking in part of the Angles Way long distance footpath.

### **Car Parking:**

On arrival on site follow the signs to the competitor car parking area marked as "EVENT CAR PARK" Once parked up follow the signs to the Outdoor Centre by the lake side.

### **Race organisation:**

This event is based on the Swedish Style SwimRun endurance event (Otillo) and is brought to you by Active Outdoor Sport. This event is a sprint version of the race format consisting of 1800m of open water swimming and 8.2km of mixed terrain running.

Competitors take part in teams of two and during the event the two members of each team have to stay together at all times and must not be more than 10 metres apart at the entrance and exit of each swim section. Competitors will NOT be tethered together but must both be within the 10m long chute at the entry and exit of each swim section before progressing on. Any questions please email us at [info@activeoutdoorsport.co.uk](mailto:info@activeoutdoorsport.co.uk)

### **Entry:**

Entry is made for teams of two via Entry Central. If your team needs to withdraw or if you need to change the details for one of your team you must contact us via email at [info@activeoutdoorsport.co.uk](mailto:info@activeoutdoorsport.co.uk) You may not transfer your entry to another team. Refunds where applicable are made according to our Terms and Conditions of entry as published on <http://www.frittonlakeoc.co.uk/swim-run-fritton-lake/>

## **Entrants**

All entrants must be physically fit and capable of competing over the race distances. Race organisers, marshals and the medical team have the right to refuse a team permission to continue through the event if they judge either member to be so fatigued or such bad physical condition that they can not carry on.

Entrants must be familiar with open water swimming and cross country running. SwimRun events have inherent risks. As part of the entry process the entrant acknowledges these risks.

## **Tmings**

Registration:	11:30 to 12:30
Race Briefing:	12:40 to 12:50
Make your way to Start Line:	12:50 to 13:00
Race Start:	13:00
Prize Giving:	15:00

There are no cut off times but we expect competitors to take between 1hr 20mins and 2 hrs 30mins to complete the course

## **Registration and Race Briefing:**

All competitors must report to the registration desk on event day. At registration you will collect your numbered swim hat and your numbered tabard.

All competitors must attend the race briefing. Teams that do not attend the race briefing will not be allowed to compete.

Both registration and the race briefing will take place at the Outdoor Centre

## **The Event Route:**

The route comprises approximately 1800m of open water swimming and 8.2km of mixed terrain running. The routes will be clearly signed for competitors to follow. All teams must adhere to the signed routes without deviation.

The route map will not be published before event day as much of the route takes place on private land not normally accessible to the public. The planned route includes 6 run stages and 5 swim stages. The longest run stage is 2.9km and the longest swim stage is 650m

Distances of each stage are:

- Stage 1 – Run 2.9 km
- Stage 2 – Swim 650 m
- Stage 3 – Run 1.4 km
- Stage 4 – Swim 400 m
- Stage 5 – Run 0.6 km

- Stage 6 – Swim 180 m
- Stage 7 – Run 0.6 km
- Stage 8 – Swim 160 m
- Stage 9 – Run 0.4 km
- Stage 10 – Swim 430 m
- Stage 11 – Run 2.3 km

Both races will use the same course with the same swim and run sections. The summer edition will go clockwise around the lake with the stages in order as above. The autumn edition will go anti clockwise in the opposite direction and the stages will be undertaken in reverse order.

The race organiser reserves the right to change the race route at any point up to and including the day of the event.

Competitors will be entering and exiting the lake at various points, which will be marked. Whilst every effort will be made to ensure competitors safety you must be aware that being a natural environment there is every possibility of debris being present underfoot. For this reason the wearing of trainers / running shoes is mandatory throughout the race. Diving is not permitted.

Much of the run will take place on marked woodland trails. Due to the proximity of the lake these can be extremely wet and muddy especially in the event of wet weather.

### **Check Points:**

The course will be marshalled. At the beginning of each run, each swim and at the finish. The two members of each team must be no more than 10 metres apart at the start and finish of each swim section. This will be monitored and the lead team member will be asked to wait until their team member is with them before proceeding further.

If you require first aid assistance for yourself, your partner or another team you must alert the marshal at the first available check point.

### **Equipment:**

At registration all competitors will be issued with a tabard and a swim hat marked with your team's number. All competitors must wear the numbered tabard throughout the race and the swim hat for each swim section of the race.

All competitors must wear trainers/running shoes throughout the event.

Competitors may compete wearing a wetsuit, tri-suit or swimming costume.

You can use additional equipment to help in the swim such as paddles, buoyancy aids etc. Floatation devices MUST NOT be larger than 100cm x 60cm

You must carry any equipment you require for the event from start to finish.

Wrappers from nutritional products must be carried or deposited safely if there is

facility to do so at check points. If you litter the course or fail to carry all your equipment from start to finish your team will not be eligible for any prizes.

### **During the race:**

All participants take part at their own risk.

You are obliged to do your best to help another team if they are in difficulty and to alert the closest marshal as soon as possible.

If you abandon the race you must report to a marshal or member of the event management team as soon as possible as we need to keep account of all teams on the course.

If you abandon any equipment or leave any litter on the course (except at designated refuse collection points) your team will not be eligible for any prizes.

Your team can not accept assistance from anyone other than the race organisers throughout the race. Team mates may of course provide assistance to each other for example when getting in and out of the lake.

### **Race Timing:**

Your time will be measured from the start until the second team member has crossed the finish line.

### **Prizes:**

Prizes will be awarded to the top 3 male teams, the top 3 female teams and the top 3 mixed teams comprising one male and one female.

All competitors will receive a finishers medal.