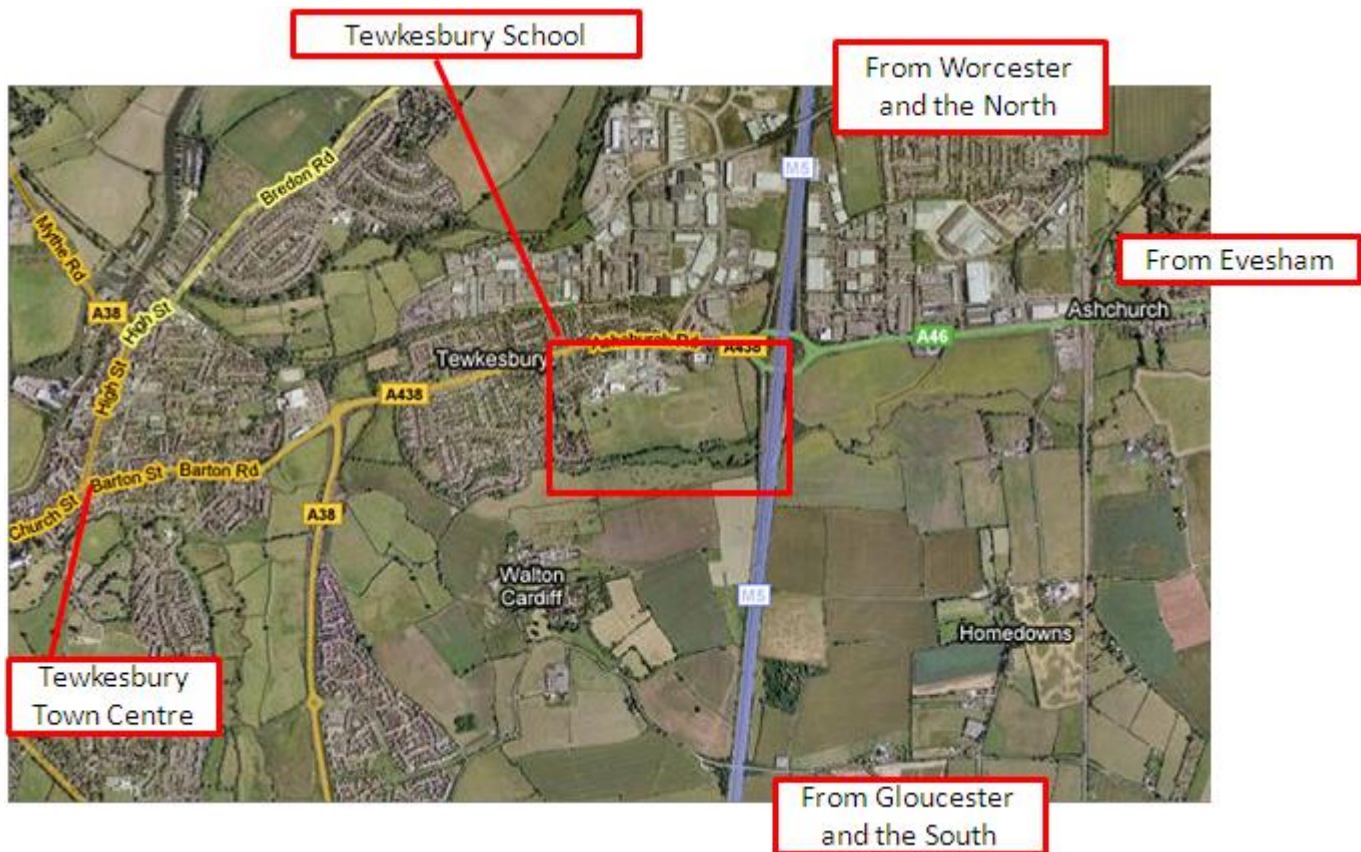


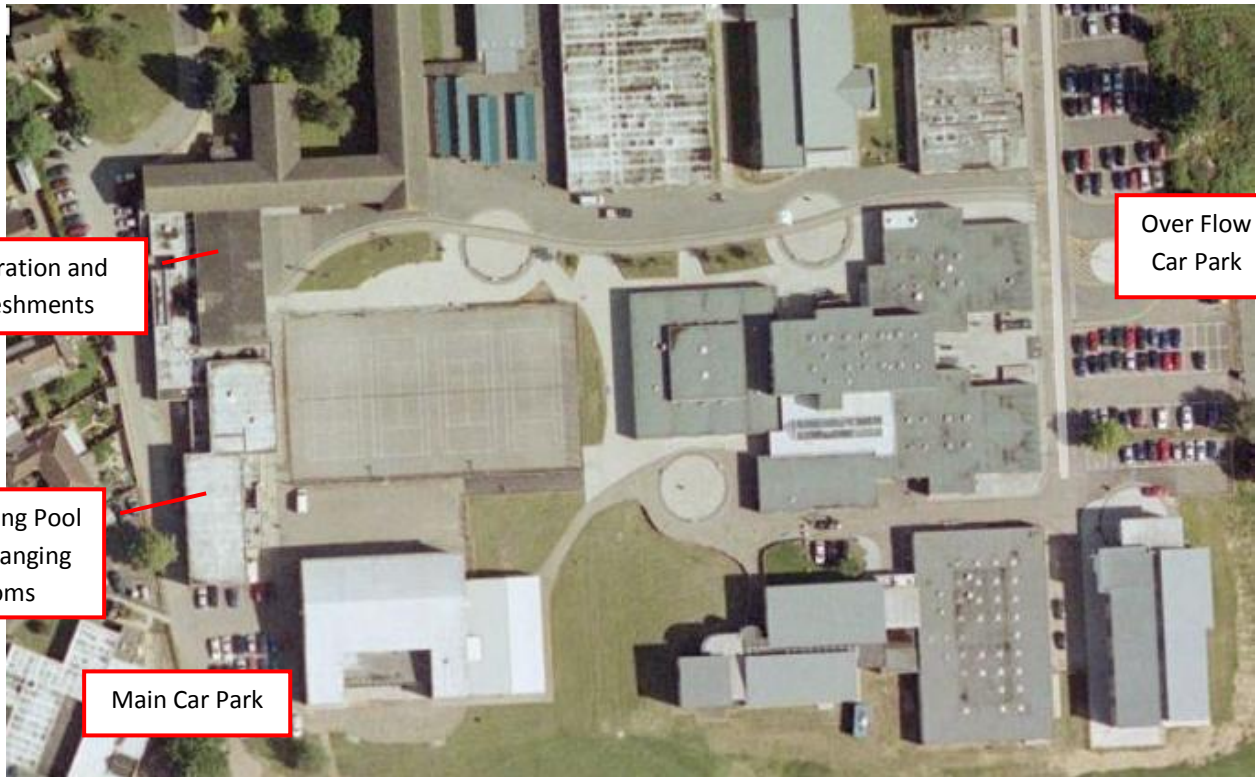


# Tewkesbury Aquathlon Series 2009 - Race Information Pack

## Location

The race is being held from Tewkesbury Secondary School, Tewkesbury, Gloucestershire and is just metres from Junction 9 of the M5.





## Car Parking

There is limited parking next to the Swimming Pool, taking the second left when approaching Tewkesbury from the motorway, which can be seen in the picture above. Overflow parking is available by taking the first left from the motorway and can be seen to the right of the school building in the picture above.

## Registration

Registration will be open in the School's Gym between 11.30 a.m. and 12.15 p.m. Please allow plenty of time to arrive and register prior to your start time to give you plenty of time to familiarise yourself with the course. The Gym is located next to the Swimming Pool and will be clearly sign posted from both carparks.

At registration you will receive your race number, there will be a limited number of pins so please bring some with you just incase we do not have enough. If at the time of the race have any form of medical condition then please let us know here.



## Race briefing

The race briefing will take place at 12.15 p.m. in the same hall where registration takes place. Note that whilst most vital information is stated in this pack, there will be only 1 race briefing so it is important that all competitors attend. If there are any last minute changes to the course, we can inform you of any safety / relevant issues that may affect your race.

## The Course

### Swim

Please arrive on poolside at least 10 minutes before your start time, this is very important as we cannot be held accountable for a competitor missing their slot. However, in the event you do miss your start time, then talk to a marshall and we will try and slot you into another space. The swim takes place in the School's 20 metre indoor swimming pool. A 400 metre swim means that you will have to do 20 lengths. You will be given a coloured swim cap that you must wear and leave at the end of your lane on completion of the swim. The lane marshal will let you know when you have 2 lengths to go. **Spectators wishing to go on poolside are asked to leave their shoes at the door.**

### Transition

The transition area from the swim to the run disciplines will take place just outside the main doors as you exit the pool, please note that there is limited space so only take what is necessary and that no running on poolside is allowed. Any competitors seen running on poolside will be penalised. Your time for the swim will be taken as the moment you pass through the main doors, please shout your number as you pass the timekeeper. After you have changed into your running kit, follow the course out onto the run. If we can't see your number, you won't get a time!

### Run

From the pool building you will turn left past the tennis courts, along to the Over flow Car Park and then out onto the school's playing fields where you will complete 3 laps to total 5 kilometres. The course will be well signposted and marshalled. The fields are flat and smooth but note that for the time of year, the course could be a little muddy and wet. Prior to the race, we will let you know the condition of the course at the race briefing.



## Photography

Official Photographers for the Tewkesbury Aquathlon Series [www.yourraceday.co.uk](http://www.yourraceday.co.uk) will also be in attendance so be sure to smile / grimace / gurn etc as these pictures will be available to buy after the event.

## Refreshments

The Tewkesbury School Duke of Edinburgh Awards Group will be providing refreshments after the race in the hall where registration takes place. The proceeds go towards funding some amazing trips for these school pupils so be sure to pay them a visit.

## Medical Cover

There will be a lifeguard on poolside at all times and members of St. John's Ambulance Service will also be in attendance.



## Results and Prize Giving

We hope to produce the results as quickly as possible after the last competitor has finished. We will try to publish a copy of the results on our website [www.gogglepedaltrainer.com](http://www.gogglepedaltrainer.com) the same day as the race, otherwise they will be uploaded on the Monday.

Prizes will be awarded to:

- Top 3 Male and Female Overall
- First Male and Female Vet (40 - 49)
- First Male and Female Super Vet (50 +)
- A couple of spot prizes

Please note prizes will not be forwarded on after the event so if you think you may have won something then it is up to you to make arrangements to have it collected.

## Future Events

Enjoyed this race? Want to try and beat your time? Have you entered all events in the Aquathlon Series? If not then get an entry from [www.gogglepedaltrainer.com](http://www.gogglepedaltrainer.com) and enter the remaining races:

**15<sup>th</sup> February 2009 Tewkesbury Aquathlon Series Race 2**

Closing date for postal entries 14<sup>th</sup> February 2009

**22nd March 2009 Tewkesbury Aquathlon Series Race 3**

Closing date for postal entries 21<sup>st</sup> March 2009

**19<sup>th</sup> April 2009 Tewkesbury Aquathlon Series Race 4**

Closing date for postal entries 18<sup>th</sup> April 2009

We hope you have a great days racing and that we can see you at one of our future events very soon. Remember, we only organise races that we would love to enter ourselves!

## Any Questions?

Still unsure please email me at [info@gogglepedaltrainer.com](mailto:info@gogglepedaltrainer.com) or call on 07852175228

Chris McMahon