



## Letchworth Garden City Duck'N'Dash Aquathlon 2010

### Race Information

**Please check this file for updates 7 days prior to the event:**

As part of the 75<sup>th</sup> anniversary celebration of the unique Letchworth Outdoor Swimming Pool, FreedomTri, along with Stevenage Leisure and the Letchworth Garden City Heritage Foundation are pleased to stage this special sporting event 'with a difference' to mark the end of the Summer 2010 season. The Letchworth 'Duck'N'Dash' Aquathlon is a multisport event combining a 400m pool-swim with a 5k run in the local nature reserve of Norton Common.

This friendly event is open to a maximum entry of 150 participants and will feature timed, age-group, male/female competition for anyone between the ages of 18-80 years that would like to test themselves on land and in water. If you can swim 8 lengths of the outdoor 50m pool and can run 3 miles, then this is your chance to experience the fastest-growing participation sport in the UK today. For the more competitive athlete looking for a local training opportunity, you won't be disappointed with the superb venue and delightful setting that Letchworth Garden City has to offer.

#### Venue

Letchworth Outdoor Pool is located just off Norton Common at Icknield Way, Letchworth, Herts SG6 4UF and managed by Stevenage Leisure Ltd. You can obtain further information at: [www.stevenage-leisure.co.uk](http://www.stevenage-leisure.co.uk)

#### BTF Licences

All competitors must produce their race licence at registration. If you forget your licence you will have to pay the £1 levy. For non-BTF members, the entry-fee includes BTF day membership and gives access to Liability Insurance for race purposes. Please see further details in the event Terms & Conditions.

#### BTF Rules

We recommend that you read the BTF rules and regulations that will be applied to the race.

<http://www.britishtriathlon.org/events>

#### Safety & First Aid

Qualified Swim Life-Guards will be on duty at poolside throughout the swim, a club medical officer and an ambulance / paramedical service will also be in attendance throughout the event. Emergency Services have been alerted and remain on-call. The safety and the welfare of competitors remains our top priority and for this reason, any participant appearing to be in any form of extreme distress may be asked to retire by Race Marshalls who will call for assistance. Please pay careful attention to the notes on fitness to compete in the Terms & Conditions. Drinking water will be available during the run and at the finish. Hot drinks and further nutritional needs are available at the cafe, adjacent to the Outdoor Pool.

#### Car Parking

The Letchworth Outdoor Pool has car parking for approximately 50 vehicles while Birds Hill and Hillshott car-parks both located on Norton Way South offer free parking and are less than 5 minutes walk from the venue.

#### Facilities

Toilets, changing rooms and showers are all available at Letchworth Outdoor Pool. Lockers are available and take £0.50 or £0.20 coins which are returned after use. For anyone wishing to bring children to swim after the Aquathlon event is finished, Letchworth Outdoor Pool is offering an entrance fee of £0.75 to mark the 75<sup>th</sup> Anniversary event.

#### Registration

Registration will be open from 05:45am to 06:40am on the morning of Sunday 05 September 2010 at the Letchworth Outdoor Pool. Your race number and age-group will be marked on arm+/-or leg. Timing chips will not be used for this friendly event.

#### Race Briefing

The briefing will take place at 06h50 poolside, 10 minutes before the start. It is mandatory for all competitors to attend.



### Transition & Rules

Security will operate in the transition area, adjacent to the pool. Only competitors with marked body-numbers, race officials and safety personnel will be allowed in this area. No spectators, family or friends will be permitted in Transition. Nudity is not permitted within the transition zone and you should plan to run in your swim shorts/suit therefore only requiring a running top and shoes in a pre-allocated position within Transition. Please contact us if you have any questions but we recommend that you only take the exact items required for racing, into Transition. All competitors will be required to run the same distance through this zone and timing will continue during the change from swim to run.

### Swim Strokes & Equipment

Any stroke is permitted with the exception of back-stroke. Should you have a problem during the race, please turn onto your back and put one arm in the air to signal that assistance is required, our marshalls and life-guards will be on-hand to supervise all stages of the race and to monitor competitors at all times. Conventional swim and triathlon attire is allowed in line with BTF rules (wet-suits are not permitted). Letchworth Outdoor Pool is maintained at a minimum temperature of 24 degrees Centigrade.

### Swim

The first swimmer will enter the water just after 07h00 with a 10-second interval between swimmers. Numbers will be allocated according to your estimated 400m swim time, so please be as accurate as possible in your entry-time prediction. The 50m pool will be divided into 4 lanes and each competitor will swim 2 lengths in each lane before moving below the lane divider and repeating the procedure until 8 lengths have been completed. We will operate the system by which a competitor wishing to pass the preceding swimmer should tap the feet of the forward swimmer as a signal of intent to pass. The forward swimmer should then complete the current length of the pool before allowing the faster swimmer to pass at the end of the pool (either Deep End or Shallow End). No overtaking is permitted during the course of a single length and in the middle of a lane. Please DO NOT signal intent to pass unless you are 100% confident of being able to maintain the time advantage and new position throughout the course of the swim.

### Run

The run will start immediately after exit from Transition with a left-turn onto Norton Common. The race covers 2-laps over a distance of 5k using off-road tracks and semi-metalled pathways within the Common. The run does not touch the public highway at any stage. The 2 laps differ and a more detailed route map will be available on-line prior to the race but the route will be well-signposted and marshalled so that it is impossible to take a wrong turn. We have devised a spectator-friendly route to allow family, children and friends to easily view and provide support to runners both during the run and at the finish. Please note that the Common remains open to all users, dog-walkers, pedestrians and even cyclists. Please therefore exercise due caution and do not assume right-of-way by virtue of race participation. Please also pay attention to BTF Rules on Conduct; any competitor using foul or abusive language or behaving in a way that could potentially lead to a breach of the peace may be disqualified. Spectators should ensure that any dogs are kept on leads and refrain from ball-sports or other activities that may impede runners in any way.

### Timing & Results

A manual Race Timing System is being used, supported by computerised data-entry and results processing. Your finish time and splits will be available very soon after completing the event and will also be posted to the FreedomTri website within 24 hours of the race ending. Please take this into consideration when listening to instructions from Race Marshalls.

### Presentation

The presentation will take place within the Letchworth Outdoor Pool area approximately 30 minutes after all competitors have finished the race. Further information will be communicated prior to and during the event.

### Prizes

Prizes will be awarded for both Men and Women (A) According to age-groups and (B) for overall Male & Female winners. Only one prize can be awarded per competitor. A full breakdown of prizes and trophies will be provided prior to the event.

### Environment

Please do not leave litter of any sort either at the Pool or the Common. Freedom Tri is an environmentally-aware club and we wish to leave zero impact from this event upon our local surroundings. If you can manage to come to the venue by bike or on foot this would also contribute to environmental awareness. We intend to play music at a controlled level and to make announcements and commentary for the purposes of running such an event but both will have zero impact upon local residents of Letchworth.



#### Photography & Publicity

We will have an event photographer as well as our own club members taking shots of various aspects of the Aquathlon, some digital pictures may be used for the purpose of future club and event promotion. Local media will also be covering the event. Please read further details in the Terms & Conditions.

#### Retailers & Sponsorship

There are already a number of SME and private local businesses interested in becoming Partners and Sponsors of this inaugural event. We have some very low-cost sponsorship opportunities and are keen to hear from anyone interested in participating in any constructive or enterprising manner. You can gain coverage in local media as well as amongst competitors and families at a rate that will be difficult to match at any other community event. Alternatively, you could make a contribution to the materials, prizes or process of managing the event if any aspect of the Aquathlon or Multisport competition overlaps with your own business.

#### Cancellation & Refunds

We can only refund race entry fees up until Sunday 15 August 2010. Substitutions will also be permitted under certain circumstances. Please check the Terms & Conditions document for details of the policy for this race. Administration charges will apply.

#### Privacy

FreedomTri is committed to protecting your privacy online. During registration we collect various personal details solely for the purposes of safe and efficient organisation of the event. As part of our checkout process we request your name and date of birth, email and postal address. During the payment process your credit card details will be passed to No-Chex through their payments gateway. At no point in the process do we record any of your credit card details. Your credit card details remain unknown to us and are not retained or stored at any point in our database. No matter what your payment method FreedomTri does not retain any financial information you may provide.

We do not sell or share your personal information with others. Some other organisations' web-sites have links to our site and if you click-through to their sites, they may collect electronic information. Such sites are not within our control and are not covered by this privacy statement. Please also read the section of Privacy within the terms & Conditions.

If we believe that your use of our web-site is unlawful or damaging to others, we reserve the right to disclose the information we have obtained through the site about you to the extent that it is reasonably necessary in our opinion to prevent, remedy or take action in relation to such conduct.

#### Contacting FreedomTri

We are an amateur Triathlon club whose members are all working to deliver this Aquathlon to the local North Herts community simply because we believe in the value of 'Fitness for Life' and because we value the local environment and services available to us in Letchworth. As such we all have 'regular day-jobs' and do not employ full-time administrators.

If you wish to contact us on any matter please, we would prefer that you email us on: [race.admin@FreedomTri.co.uk](mailto:race.admin@FreedomTri.co.uk)  
For anything more urgent in the weeks leading up to the event, you can contact Chris McQue on M: 07896 419323 or Kevin Smart on 07818 036720.

Should you require any advice on training and race preparation or think that you might be interested to come and join FreedomTri, don't hesitate to drop us a line....

**FreedomTri: Enjoy It!**