



## RACE INFORMATION

**THE BLUE LAGOON, NORTHFIELD LANE, WOMERSLEY, DN6 9BB**

**SATURDAY 6th SEPTEMBER 2025 – 1km to 10km**

Here's all the information you need to ensure your swim goes as smoothly as possible. Read it, remember it, and if you're not sure about it get in touch via [info@evolveendurance.co.uk](mailto:info@evolveendurance.co.uk).

## TIMELINE

08:30 - 0940 Registration

09:45 - Race Briefing

09:50 - Warm up swim / acclimatisation

10:00 - Race Start

14:00 - Race Close

**Please note that all swimmers will be required to show some form of photographic identification at registration.**

**Arrival, Registration & Car parking** – When you arrive at the Blue Lagoon please head to the main car park. Please note the speed limit on site is 5mph. **Also please be aware that no dogs are allowed onsite.** At registration you will receive your race pack, which contains your swim cap, optional race tattoo and your timing chip. Please remember that you will be required to show some form of photographic identification (photocopies are fine). **No photographic ID, NO RACE – sorry!**

## **Spectators – Where to go, what to do -**

Spectators are welcome and may assist you throughout the event and registration process. Your spectators will be able to watch/support you from specific designated areas but must adhere to race crew instructions and not enter the event course/participant areas. Children must be always supervised, and spectators must always remain away from the water's edge. Please note there is a bag drop area (unsupervised/at own risk) within the athlete/event area.

**Please let your spectators know that they must not enter the water of the lagoon and that no pets are allowed on site.**

### **Race Registration- 08:00 to 09:40**

The registration will take place near the cafe area of the main building. All competitors must be registered no later than 20 minutes prior to the race start time, please do not be late. Please remember that you will be required to show some form of photographic identification (photocopies are fine). At registration you will be issued with your swim cap, timing chip & Race Pack.

### **Changing Facilities**

Please arrive as ready as possible to participate but we do have beach hut style changing cubicles at the lake side near the swim exit. There are both male and female toilets in the café building. Please leave them as you would expect to find them.

### **The Swim**

This will be a **clockwise** swim around the lagoon. All participants will enter the water for a short acclimatisation swim to the deep-water swim start next to the jetty. The swim will be a mass start sounded by an air horn. The slipway will be matted into the water to the edge of the platform at which point it is deep enough to jump/dive into the water. The edge of the platform will be marked and marshalled.

### **Race Numbers**

All competitors will be issued with Swim cap with your race number written on both sides. Please ensure you wear the cap, so the numbers are visible on both the left- and right-hand side of your head. Some fun Amphibian temporary tattoos in your race pack which are optional to wear if you want. We'll have some sponges and water available should you wish to wear them.

### **Timing Chip**

Timing chips must be always worn on your ankle. Please ensure your chip is secure as a lost chip could result in missed timing splits. If you notice your chip is missing, please inform a marshal as soon as possible, stating your race number. Lost timing chips if not found will be invoiced at £50 to you the participant.

### **The wetsuit policy – PLEASE READ!**

Whilst the water temperature will more than likely mean wetsuits will be optional, we recommend wearing one for warmth and the additional buoyancy it offers. **If you decide to not wear a wetsuit – you must swim with a tow float.** Less confident swimmers will find using a wetsuit very beneficial. If you don't own a wetsuit, we have a hire service at the venue that can hire you one for the day (collect at registration) for £10. Please email [info@evolveendurance.co.uk](mailto:info@evolveendurance.co.uk) for more information or to reserve a wetsuit in advance.

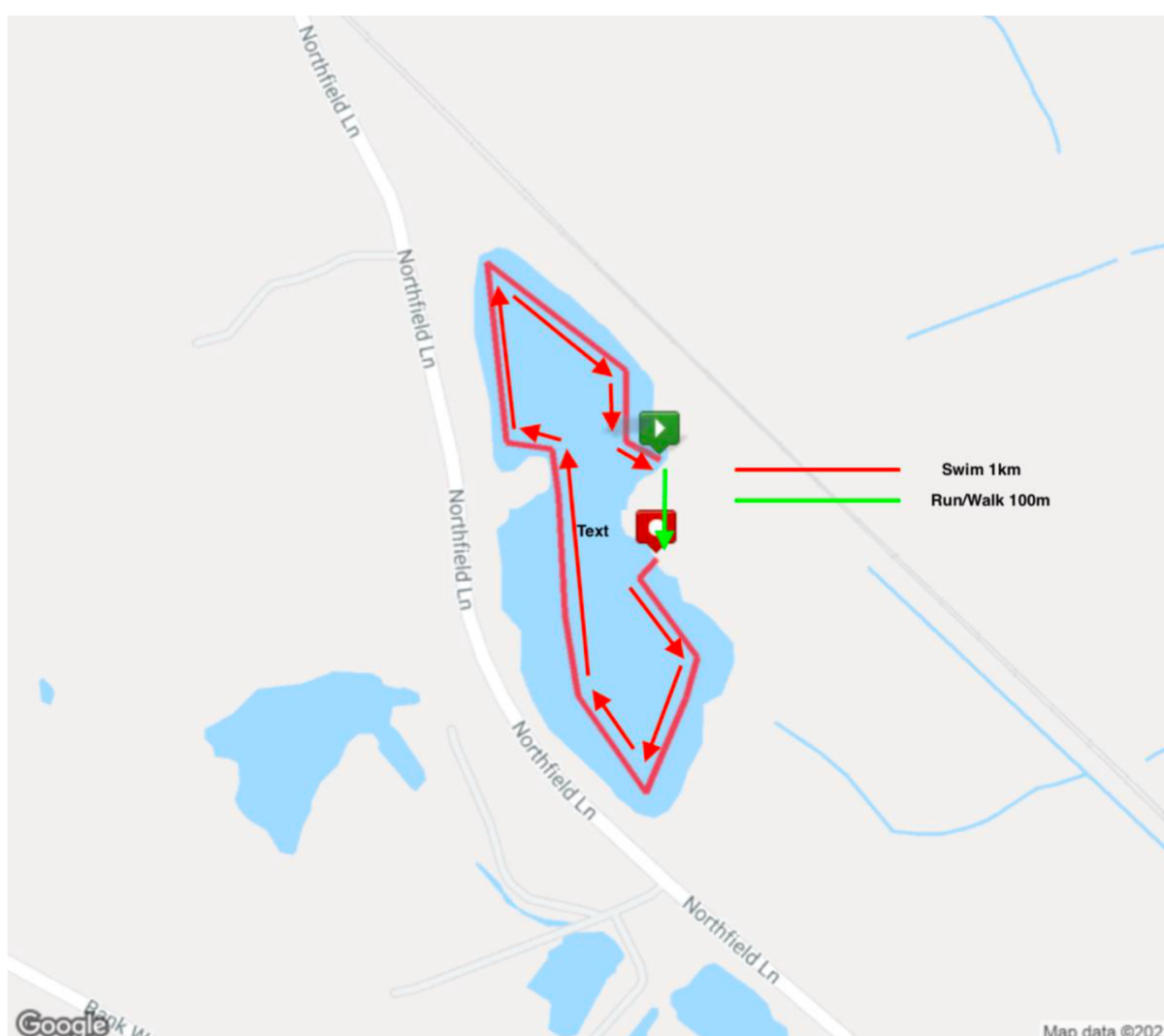
### **Wetsuit policy\* will be determined along the following guidelines:**

<b>Swim Length</b>	<b>Forbidden Above</b>	<b>Mandatory Below</b>
1km & 2km	23°C	15°C
3km, 4km & 5km	24°C	16°C
6km to 10km	24°C	17°C

\*Any deviation from these guidelines will be at the discretion of the swim safety manager.

**The swim route** is very simple. Each of the swims will follow a clockwise direction round the 1km swim circuit keeping the marker buoys on your right. For most of the swim you will be following the shoreline of the lagoon. Regular sighting is essential to ensure you don't stray into shallow water. You must always swim to the left-hand side of the large **Red Triangular** swim marker buoys, any competitor who cuts inside a buoy will have their result neutralised to the bottom of the results and marked as "course incomplete". The only exception will be the **Orange Round** swim marker buoys which are to guide you around hazards. **These must be kept on your left-hand side.**

**Remember Red on your Right, Orange on your Left.** Both the swim entry and exit points will be marked with large blue gantries.



**The swim exit** is at the shallow beach area and will be matted. Marshals will be present, but they will not be able to physically assist you. We suggest you swim as far as possible until your hands touch the bottom. A gantry will mark the exit.

**The Run/Walk** – will take you from the beach and right in front of the spectator area. The full length of the run/walk will be matted so is suitable for bare feet. About halfway along the run there will be a **Feed zone** with tables where you can leave your own nutrition prior to the event start. Please ensure you clearly mark your nutrition and hydration with your name, so it isn't mistakenly consumed by another swimmer. Water will be available but any nutrition you require must be left in the feed zone. Participants with specialist medical equipment such as walking stick, crutches, wheelchair, prosthetic, etc... must let us know as soon as possible to allow us to make provision to move your equipment between the swim entry & exit. Ideally the participant can fetch a helper to move their equipment between laps.

**The swim re-entry** down the slipway is a jump/dive start back into the water. Please note where the platform ends it is a sheer drop down to approximately 2 meters, this will be marked by two traffic cones and will be marshalled. Please jump/dive forward clear of the platform.

Whilst the slipway and platform will be matted, please take care as you run down. Once in the water bear left towards where you did the deep water start to start the next lap. You will immediately pick up the large marker buoys, which you keep on your right throughout the swim.

**Finish** - Once you've completed the required number of swim laps (swimmers must count their own laps) you will exit the water and run the final run/walk leg. At this point you head towards the finish gantry. Your Amphibian time only stops once you cross the finish line, and you will collect your finishers medal. You choose how many laps you complete within the event time (min 1 lap, max 10 laps). If you are still swimming at the event cut off, you will be allowed to complete your final lap and cross the finish line. The cut off time is 4 hours from the event start (10am to 2pm). Please note that swimmers under the age of 18 will be restricted to the maximum number of laps they can do. These are as follows.

12 & 13 years old 2 laps (2km)

14 & 15 years old 3 laps (3km)

16 & 17 years old 5 laps (5km)

### **Swim Safety**

There will be a swim safety team with medical support during the swim. If you require any assistance, then if you are able, please make yourself known to one of the safety team by rolling onto your back and signalling with one hand and if possible, making a noise. The water safety team will then help & support you. If required, the safety boat will transfer you back to the finish area. If you require any help at all, then please make as much noise as possible to attract attention. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling or swimming on your back, you will be taken into one of the safety boats & then taken to the finish area. It is the swim safety teams decision as to whether they think it is safe for you to continue.

### **Medical Conditions**

If you have any type of medical condition or are taking any type of medication, please write a large 'MC' on the front outside of your swimming hat. Please write your medical condition fully on the inside of your swim hat. This will only be used in the event of you being involved in an incident or if you are taken ill. Also, if you wish please speak to our medical team about any concerns prior to entering the water. **Please also ensure your contact details, emergency contact details and medical information is up to date on our booking system.**

### **Results**

Full provisional results will be emailed to all participants later in the day.

Any Questions please drop us a line at [info@evolveendurance.co.uk](mailto:info@evolveendurance.co.uk) or give us a call on 0113 328 1239.

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision.