

Lee Valley White Water Centre Aquathlon

250 swim/3km run or 500m swim/5.5km run

Lee Valley White Water Centre and River Lee Country Park
Station Road, Waltham Cross, Hertfordshire EN9 1AB

Thank you for entering the [Lee Valley White Water Centre Aquathlon Summer Series](#).

The following document provides you a range of information including:

- Getting to the event
- Timing
- The route
- Series scoring system
- Wetsuits
- Welfare facilities

We look forward to seeing you.

Getting There

By Car

Sat Nav post code to car park - EN9 1AB

From junction 26 of the M25 follow the A121 towards Waltham Abbey.

Straight over each roundabout. At T-junction (McDonalds on left) turn left towards Waltham Cross along Highbridge Street. The entrance is after approximately 100m on the right.

From junction 25 of the M25 join the A10 towards Hertford.

At the first roundabout turn right onto the B198 for Waltham Cross.

Turn right at the next and left at a further roundabout to join Eleanor Cross Road / Station Road for 1 mile.

The entrance is on your left.

By Train

Waltham Cross and Cheshunt stations are situated one and a quarter miles (20mins walk) from Lee Valley White Water Centre.

From Waltham Cross station, join the main road (A121) and turn right towards Waltham Abbey. The centre entrance is approximately a mile on the left hand side of the road.

From Cheshunt station, turn right out of the station towards the YHA and park. Proceed through the Pindar car park and join the towpath. Turn right and follow for approximately one mile. Leave the towpath at the bridge over the navigation and the centre is directly in front of you.

The following services are operated by Greater Anglia and stop at Cheshunt and Waltham Cross stations:

- London
- Stratford / Stansted
- Enfield / Cheshunt
- Broxbourne / Hertford east
- Harlow Town / Bishop Stortford / Cambridge

Event Timetable

	Site open all day
18.30 - 19.20	Registration opens for number / hat pick-ups / on the day registration
19.20	Race briefing (attendance mandatory)
19.30	Race starts
20:30	Race concludes
21:00	Venue closes

- Numbers and hats will need to be collected on the day at the registration area.
- Please write your full name and any medical conditions on the back of your number and pin it securely to your running shirt on the front. Please put a cross (X) on the front left of your number if you have noted a medical condition.
- Any participant unsure of their physical ability to take part in the event should take medical advice from a general practitioner, prior to the event. If you don't feel well on the day – don't race.
- **Please note these times will be bought forward by 30 minutes for the race on 3 September. We will have coffee, tea, cake and a price giving ceremony from 20:30 – 21:00.**

The Race and Route

The event will take place under.

[British Triathlon Competition and Technical Rules](#)

Distances are measured (but not certified) and are recorded as:

- Race 1 **250m** swim and **2.950km** run or a
- Race 2 **500m** swim and a **5.540km** run.

Route maps are attached.

Participants in the two race distances will be identified by different colored swim hats and race numbers.

The swim will take place in the lake at Lee Valley White Water Centre and will comprise of a 250m triangular loop around three buoys. 500m swimmers will be required to complete two laps.

The lake is on average six feet deep throughout (although it is significantly deeper in one part) and has gravel on its surface. The water is cleaned and subject to filtration processes. Entry to the lake is via the designated steps from the main beach area. There will be a group start (1 for short distance and possibly 2 for long distance) for the swim. Participants will be instructed to enter the water 5 minutes before the start, after the briefing for a short warm up. We request that freestyle and/or breaststroke are used by swimmers. Throughout the swim, water safety personnel will be on the water. If you feel you need to stop, turn onto your back and raise a hand. The start line is on the north end of the lake, adjacent to the building and transition area. At the start signal, swim in a forward direction, to the south end of the lake, turning left at the buoy and then left again at the second buoy returning to the start point to either complete a

For more information go to www.gowhitewater.co.uk

Alternatively, please contact whitewaterevents@vibrantpartnerships.co.uk or call 03000 030 616

second lap or to continue to the transition area. A marshal will be located at the designated point where you leave the lake, on the beach area via the steps.

The transition area will be located directly adjacent to the steps from the exit to the water, still within the Lee Valley White Water Centre venue. From the water, proceed to the transition, remove wet suit (if applicable) and put on your running shirt with the race number fastened on the front and proceed on the run.

The run route will continue directly out of the back gate of the centre into River Lee Country Park towards the bridge. Pass over the bridge across the navigation, directly across the field through the open gate and left onto the wide surfaced pathway. Follow this for a km. Turn left at the pathway junction directly after the large water sluice. Follow the main pathway to the west, keeping south of the lakes. At the T-junction turn left in a southwards direction (away from the bridge and follow this for, which sweeps south west for approx 500m. Turn right into the main Showground field, following the grass path back towards the main bridge over the navigation. To finish, cross back over the bridge and into the back gate of the centre to the finish line.

5.5k runners need to pass the marker on the path in the Showground field by the bridge and then complete a second lap before finishing.

The route will be mainly run on surfaced pathways, although there will be some unmade paths / grass paths. The route will be traffic free and very flat.

The route will be sign posted and marshaled in key points (all turn points) to ensure that you follow the correct pathways and for your safety.

Series Scoring System

The series Scoring System offer you the opportunity to compare your results against others in your age group and add that extra competitive edge right up to the end of the season.

!This year you can only score points on the first 4 races. The race in September will be a standalone celebration race!

Age Categories

The series will consist of 4 male and 4 female categories as outlined below:

MALE	FEMALE
16 - 29	16 - 29
30 - 39	30 - 39
40 - 49	40 - 49
50+	50+

Scoring

The competitor with the highest score in each category will win the age group and subsequent prize.

1. Every competitor who enters an Aquathlon will automatically be entered into the series and will receive points based on their finishing position at the event(s).
2. Each competitor will receive a score based upon their overall finishing position in each event. Starting with 150 points for 1st place, 149 for 2nd place 148 for 3rd place right through to the final competitor who completes the course.
3. The best 3 point results out of 4 races count.
4. Each competitor's score will then be taken into their age category. An example is outlined below:

Scoring Example Aquathlon

OVERALL PLACE	COMPETITOR	POINTS	CATEGORY
1st	L. Green	150	Male: 20-24
2nd	R. Brown	149	Female: 25-29
3rd	P. Red	148	Male: 20-24
4th	B. Yellow	147	Male: Under 20
5th	T. White	146	Male: 20-24

Age Category: Male 20-24

NAME	POINTS SCORED	NO. OF RACES
L.Green	150	1
P. Red	148	1
T. White	146	1

Presentation

The Celebration race and prize giving ceremony will happen on 3 September in the café in the Lee Valley White Water Centre at 20:30. There will be coffee, tea and cake available for all competitors.

Wet Suits

Wet suits will be optional if the water temperature is over 14C.

Wetsuits can be hired (£5) from the Lee Valley White Water Centre if required. Please note these are not Triathlon specific. Please ensure that you arrive in plenty of time for registration and to pick up a wetsuit. After use wetsuits should be placed in the large white 'bin' in the changing area's.

Welfare Facilities

Toilets and Changing Facilities

There are toilets and changing facilities and showers at Lee Valley White Water Centre and lockers (free of charge) are available. Competitors are advised not to bring valuables where possible.

The transition area will be marshaled throughout the event and competitors will need to show their race number to gain access into the area prior to and following the race.

Transition will close at 20:40 by which time all kit / belongings must be removed.

Car Parking

As an entrant of the Aquathlon, you are eligible for free parking at Lee Valley White Water Centre.

First Aid

Specialist life guards will be on the water during the swim and first aiders will be available at the start / finish and on the run route.

Catering

The café will be open before and after the competition. Participants will receive a bottle of water on completion of the race.

Spectators

Spectators are welcome to attend the event. The swim can be viewed from the pathway around the lake or from the 'beach' area in front of the building (away from the transition area). The run route can be viewed from a variety of areas around the course, although it will not be easy to visit multi locations due to the layout of the route in a wide loop.

About Lee Valley White Water Centre

Lee Valley White Water Centre

Lee Valley White Water Centre, located between Waltham Cross and Waltham Abbey was the first London 2012 venue to open to the public before and after the Games. Over 50,000 spectators attended the centre during the canoe slalom event at London 2012, which culminated in gold and silver medals for GB on the final day.

The centre is open from Wednesday to Sunday for white water rafting. No experience is necessary and the thrill of a lifetime is guaranteed. Courses are also provided at the centre for beginner kayakers and the Olympic and Legacy courses are also available for those more experienced paddlers in sessions throughout the week.

For more information on Lee Valley White Water Centre go to www.gowhitewater.co.uk or call **03000 030 616**

Your local triathlon clubs

There are a number of local running or swim clubs with triathlon sections or specific triathlon clubs which provide a range of training sessions accommodating novices to GB Age Group level.

For more information on clubs in the region visit triathlonengland.org





Lee Valley Aquathlon Route Maps

Route distance		
1 lap	250m / 3km	
2 laps	500m / 5.5km	
Run		
	Leg length	Accumul
Transition to M2	180m	180m
M2 to M3	280m	460m
M3 to M4	1040m	1500m
M4 to M5	300m	1800m
M5 to M6	525m	2325m
M6 to M2 (lap point)	445m	2770m
M2 to finish	180m	2950m
second lap - M2 to finish		5540m



