



EPIC LAKES SWIM CONISTON – GUIDANCE NOTES

Sunday 7th June 2026

Location: Monk Coniston Car Park, Coniston, LA21 8AA

What3Words for the location: [covering.whirlwind.fiction](https://www.what3words.com/covering.whirlwind.fiction)

Distances: 5km - 3km – 1500m - 750m

The EPIC Lakes Swim Series opens at Coniston for Race 1. The event is based at Monk Coniston at the northern tip of the lake, and the Epic Team are looking forward to seeing you there on event weekend. Please read through the information contained in this document, which will ensure that you have a safe and enjoyable day.

ENTRY CONFIRMATION

All entrants receive an automatic email from the Resultsbase entry system confirming their entry and will be included in the list of participants. [CLICK HERE](#) – please ensure that you are listed as a participant before travelling to the event.

TERMS AND CONDITIONS OF ENTRY

The Terms and Conditions of entry are clearly stated in the entry process and on the website [HERE](#) - all entrants are required to agree to abide by these terms and conditions as part of the online entry process.

SWAPPING OF ENTRIES

Please note that the swapping of entries between competitors is strictly forbidden as it invalidates the insurance undertaken by Epic Events to cover the event. If you are unable to race please follow the instructions outlined in the terms and conditions on the website [HERE](#).

COMPETITOR CONDUCT

Competitors are reminded that they share the lake facilities with other lake users who may or may not be fully aware of the event. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect.

TIMETABLE AND EVENT SCHEDULE

- 06:30 Event Car Park opens at the field to the rear of Monk Coniston Car Park (see site plan below)
- 07:15 Registration opens at Monk Coniston Car Park
- 08:20 5km and 3km Swimmers to the Start Pen
- **08:30 5km Swim Start**
- **08:35 3km Swim Start**
- 09:50 3km race cut-off at the end of lap 2 (*n.b. cut-off is at 2k in 1 hr 15 mins from the start time*)
- 10:00 3km Swim Prize Presentation
- 11:00 5km race cut-off at the end of lap 4 (*n.b. cut-off is at 4k in 2 hrs 30 mins from the start time*)
- 11:00 5km Swim Prize Presentation
- 11:20 1500m Swimmers to the Start Pen
- **11:30 1500m Swim Start**
- 12:30 1500m Swim Prize Presentation
- 12:45 Registration closes
- 12:50 750m Swimmers to the Start Pen
- 13:00 1500m race cut-off (*1 hour 30 minutes from the start time*)
- **13:00 750m Swim Start**
- 13:30 750m Swim Prize Presentation
- 14:00 750m race cut-off (*1 hour from the start time*)

DIRECTIONS TO EVENT CAR PARK

Event is located in the National Park's Monk Coniston Car Park at the very northern tip of the lake just outside the town of Coniston - access is along the B5285 either via Coniston or from Hawkshead.

On the approach to Event HQ participants will be directed by marshals to the Event Car Park field which is approx. 100 metres past Monk Coniston, with a short walk back down to Event HQ after parking. Please note that Event HQ does not have parking available for competitors or spectators. Please do not park along the roadside as it can create an obstruction for local farmers and residents which will cause issues for the event returning to the area in future years.

EVENT PARKING

Event parking will cost **£7 per car** for the entire day. This will be paid directly to the local car park field owners to help sustain the local area and is payable in cash or by card (cash preferred). The car park will open at 06:30 hrs on Sunday morning and closes at 16:00 hrs – **all vehicles must leave the Event Car Park by 16:00 hrs.**

NO OVERNIGHT PARKING is permitted either at Monk Coniston Car Park or in the Event Car Park. There are numerous local campsites in the area, all of which would be glad to accept bookings from our swimmers – the closest camping facility is based at <https://coniston-sports.co.uk>.

T-SHIRTS

If you have pre-ordered an Event T-shirt, it will be posted out directly from our event partners, Scimitar. There is still an opportunity to order one of our Epic custom Event T-shirts for delivery after the event by [CLICKING HERE](#) – n.b. T-shirts can be ordered up to 12th June 2026.

Tech T-shirt



Cotton T-shirt



RULES GOVERNING THE EVENT

A combination of British Swimming and British Triathlon Competition rules have been used to develop the specific event rules and guidelines.

WETSUITS AND SKIN SWIMMERS

When entering the event swimmers can choose to swim with or without a wetsuit – **n.b. Tow Floats are compulsory for non-wetsuit swimmers.**

“Shortie” wetsuits are permitted but we do recommend full wetsuits wherever possible. Neoprene hats, gloves and boots may be worn providing that they do not aid propulsion (e.g. paddle/webbed gloves or fins).

WATER TEMPERATURE

At lake temperatures of less than 11°C it is recommended that the distance be reduced. However, on race day this will be considered in conjunction with the weather conditions and we will of course endeavour to ensure the event can go ahead.

Please be aware that various factors can impact how swimmers cope with the water temperature and as mentioned we recommend the correct size, full-length, swim specific wetsuit. The following maximum swim distances based on water temperature will be used as a guide on race day:

- At 11°C max swim distance = 2000m
- At 10°C max swim distance = 1000m

COMPETITOR MINIMUM AGES

- 750m: 11 years on the day, supported by parental consent.
- 1500m: 14 years on the day, supported by parental consent.
- 3km: 16 years on the day.
- 5km: 16 years on the day

EVENT BRIEFING

All entrants are required to read through this document in full. There will also be a compulsory briefing on the lakeside prior to your swim.

Please ensure that all swimmers or spectators that may be attending the event with you who may not have read through this document are aware of the information in this document, including the event site layout and the various safety procedures, to ensure all have a safe and enjoyable day.



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and Open Water Swimming Store**

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Just Off Junction 27 M6

REGISTRATION PROCEDURE

Registration will take place at Event HQ on Monk Coniston Car Park from 07:15am at one of our large event shelters, signs will be in place directing swimmers to Registration. The Registration process is below:

1. Identification

Registration data will be sorted by race distance and in alphabetical order. Swimmers will be required to confirm which distance and name and to show photo identification when registering.

2. Hat Collection

Swimmers will be handed a swim hat (n.b. this must be worn on top of any other headgear).

3. Timing Chip Collection

Swimmers will be handed a pre-allocated electronic timing chip. Please attach this using the Velcro strap provided to the **right ankle** under the wetsuit (if applicable) to help prevent the chip coming loose. Please ensure the timing chip and strap are returned to the Finish team before leaving the Finish area. Lost chips will be charged at £20.

Please remember to allow plenty of time to register before your swim start time.

KIT STORAGE/CHANGING ROOMS

There will be a kit/storage Event Shelter close to the Start/Finish, but please be aware this will not be a fully secure area and we cannot be responsible for any loss of valuables. Please note - there are no changing and shower facilities at the Start/Finish area - please use changing robes or change at your car.

SWIM START TIMES

Please see the anticipated start times below for each distance (n.b. Start Times may be adjusted if required due to weather or other factors);

- 5km = from 08:30hrs
- 3km = from 08:35hrs
- 1500m = from 11:30hrs
- 750m = from 13:00hrs

SWIM START

Swimmers are required to be in the start pen 10-15 minutes prior to the advertised start time. Swimmers will enter the water from the start pen and down the Start/Finish chute. This will be a mass land start and swimmer's start time will commence when crossing the timing mat on the shoreline at the Start.

There will be a lead and a sweeper kayak in addition to supporting kayakers to guide swimmers throughout the swim.

ATTACHING YOUR CHIP

The chip will be attached to a Velcro strap. Place the strap around your right ankle and fasten the Velcro. For added security, fasten the strap on the ankle beneath the wetsuit.

THE ROUTES

The swim routes have been designed and measured accurately using GPS devices. The marker buoys (large yellow triangular buoys 1.5m high x 0.9m wide) will be set in position and verified on the morning of the race. The level of the lake may slightly increase or decrease the distance to the finish on the lake shore - **the routes are published at the end of this document:** 750m = 1 x lap, 1500m = 1 x lap, 3k = 3 x 1k laps, 5k = 5 x 1k laps and there will be safety kayakers situated at regular intervals throughout the course along with the support boats.

FINISH

On completing the required number of laps for the distance, after passing the Duck/Final buoy swimmers should immediately head directly for the Finish Arch on the shoreline. When exiting the water on the shoreline please be aware of stones and gravel which may be sharp as you head for the finish line - there will be matting in place to assist. Please be aware of the matting and take care not to trip. Swim times will finish as swimmers pass the Timing Point at the Finish Arch on the shoreline.

After finishing please keep moving along the finish chute to clear the area for other swimmers finishing. As swimmers make their way along the chute you will be awarded a Finisher's Medal and should then remove the timing chip and place it in the container at the end of the Finish chute.

PRESENTATION

Presentations will take place close to the finish line, for 1st, 2nd and 3rd male and female overall in each distance. Approximate presentation times are as follows:

1. 3km presentation 10:00hrs
2. 5km presentation 11:00hrs
3. 1500m presentation 12:30hrs
4. 750m presentation 13:30hrs

MEDICAL ADVICE

If you have any known medical conditions (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us before the event. If you feel unwell after the event, please report to one of the lakeside event staff, medics will be in attendance to assist.

PERSONAL SAFETY INFORMATION

During the race, if you find yourself in trouble, please follow the instructions below:

1. Roll onto your back and raise one arm continuously to attract a member of the boat/kayak safety team, OR
2. If able to, please swim to the nearest shore where you will be able to stand or move towards a buoy. Continue to signal to the boat/kayak safety team.

N.B. If swimmers approach or are approached by a kayak, please only hold on to the front or the rear of the kayak, as holding onto the side may capsize the vessel.

EMERGENCY SITUATION

In the event of an emergency affecting the entire race, the rescue boat will patrol the course and repeatedly sound three blasts on an air horn. In this situation, swim directly to the nearest shoreline to safety and the swimmer retrieval plan will be put into operation. Please familiarise yourself with the nearest shoreline around the course.

DITCH THE HITCHERS

As part of a scheme to help prevent the spread of foreign invaders into UK freshwater we are asking all swimmers to follow a simple 'Ditch the Hitchers' procedure.

All competitors are asked to ensure that your wetsuit, goggles, hats, etc. are clean and dry before attending the event. Following your swim, please clean them in the bins provided and ensure that there are no foreign objects attached to your suit. Please see the "Stop the Spread" poster in the appendices.

RESULTS

Provisional results are published **LIVE** to the results page on the Epic website [HERE](#) as swimmers cross the finish line.

Any queries relating to provisional results should be e-mailed to info@epicevents.co.uk by the end of Monday following the event; after this time, all results will be deemed final.

PHOTOGRAPHY

Race-day photos will be taken by the Official Event Photographers and will be **available as FREE hi-res digital downloads**, approx. 12–24 hrs after the event, via the Official Photographer's site [Click Here](#).

There are often 1000s of photos taken at our events, if you are finding it difficult to locate your pictures please try the "Search by Selfie" option on the aforementioned Official Photographer's website. Please be aware that all images will be published online.

FINALLY

On behalf of Epic Events the team would like to wish you well and hope you have a safe and enjoyable event.

Yours in sport
Epic Events

E-mail: info@epicevents.co.uk
Website: www.epicevents.co.uk



STOP THE SPREAD

Invasive plants and animals harm the environment and block waterways. They can be small and hard to spot so are easily spread on damp clothing and equipment.

Protect the environment you enjoy:

CHECK

Check your equipment, boat, and clothing after leaving the water for mud, aquatic animals or plant material. Remove anything you find and leave it at the site.

CLEAN

Clean everything thoroughly as soon as you can, paying attention to areas that are damp or hard to access. Use hot water if possible.

DRY

Dry everything for as long as you can before using elsewhere as some invasive plants and animals can survive for over two weeks in damp conditions.

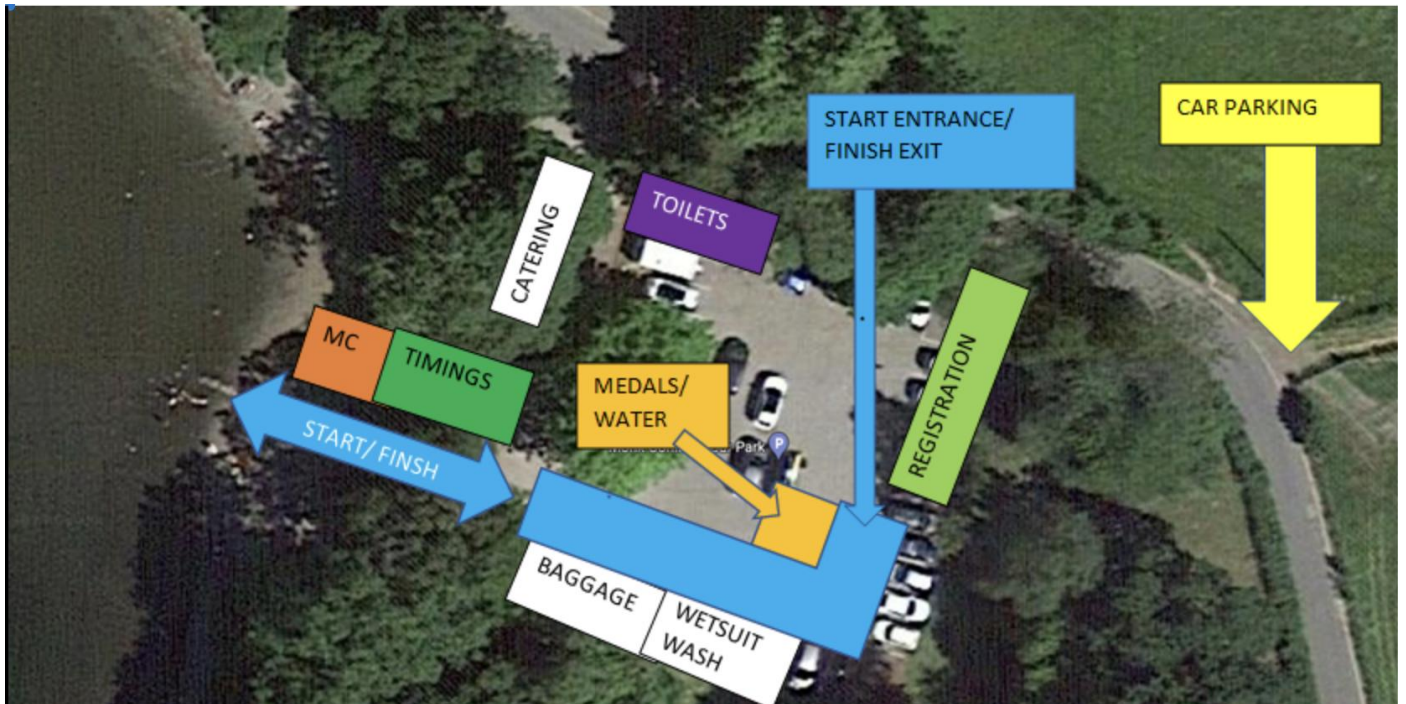
Find out more about invasive plants and animals and how you can help to stop the spread at:

nonnativespecies.org/checkcleandry



COURSES AND SITE MAP

CAR PARK & REGISTRATION SITE MAP



SWIM COURSES

5km Swim Route - 5 x Laps

The 5km course is **5 x 1k clockwise loops** from the Start to Buoys 1, 2, 5, 6, 7, 8 in that order, then returning to the Start Buoy to start the next lap. Buoys should always be kept on your right-hand side **WITH ONE EXCEPTION**: after completing **5 x full laps**, upon the return towards Buoy 8, after passing Buoy 8 head towards the Finish on the lakeshore, swimming between Buoy 8 and the Duck.

NB – 5k and 3k swimmers, when starting lap 2+, please swim to the right-hand side of the “duck” (keep the duck on your left).



3km Swim Route - 3 x Laps

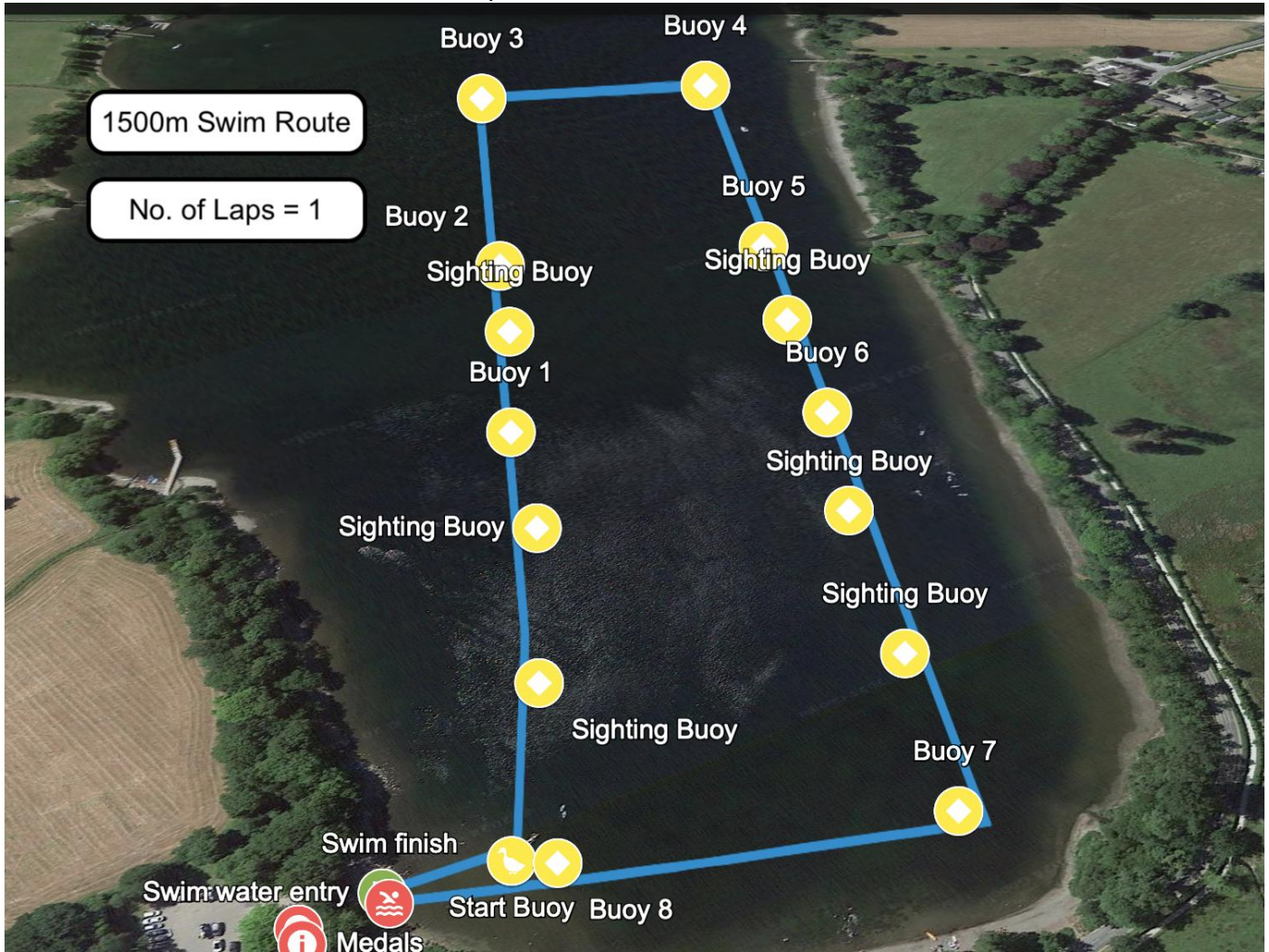
The 3km course is **3 x clockwise loops** from the Start to Buoys 1, 2, 5, 6, 7, 8 (in that order), then returning to the Start Buoy to start the next lap. Buoys should always be kept on your right-hand side **WITH ONE EXCEPTION**: after completing **3 x full laps**, upon the return towards Buoy 8, after passing Buoy 8 head towards the Finish on the lakeshore, swimming between Buoy 8 and the Duck.

NB – 5k and 3k swimmers, when starting lap 2+, please swim to the right-hand side of the “duck” (keep the duck on your left).



1500m Swim Route - 1 Lap

The 1500m course is **1 x clockwise loop** from the Start to Buoys 1, 2, 3, 4, 5, 6, 7, 8 in that order, returning to the Start Buoy, then heading directly for shore. Buoys will be on your right-hand side **WITH ONE EXCEPTION**: on completion of 1 x full lap, return towards Buoy 8, then after passing Buoy 8 head towards the Finish on the lakeshore between Buoy 8 and the Duck.



750m Swim Route - 1 Lap

The 750m course is **1 x clockwise loop** from the Start to Buoys 1, 6, 7, 8 in that order, returning to the Start Buoy, then heading directly for shore. Buoys will be on your right-hand side **WITH ONE EXCEPTION**: on completion of 1 x full lap, return towards Buoy 8, then after passing Buoy 8 head towards the Finish on the lakeshore between Buoy 8 and the Duck.

