



## **EPIC LAKES SWIM ULLSWATER – GUIDANCE NOTES**

**Saturday 27<sup>th</sup> June 2026**

**Location: Park Foot Holiday Park, Pooley Bridge, CA10 2NA**

What3Words for the location: <https://what3words.com/nooks.dared.rises>

*Distances: 5km - 3km – 1500m – 750m*

The Epic Lakes Swim Series moves to Ullswater for Race 2 – the event is based at Park Foot Holiday Park, Pooley Bridge at the northern end of the 2<sup>nd</sup> largest Lake in the National Park 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 help to ensure that you have a safe and enjoyable day.

### **ENTRY CONFIRMATION**

All competitors 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 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 [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

- **07:00 Car Park Opens at Park Foot, Pooley Bridge**
- **07:15 Registration Opens at Park Foot, Pooley Bridge**
- 08:15 5km Swimmers to the Start Pen
- 08:20 3km Swimmers to the Start Pen
- 08:25 Race briefing for 5km
- **08:30 5km Swim Start**
- 08:35 3km Race Briefing
- **08:40 3km Swim Start**
- 09:40 3km Swim Prize Presentation
- 10:30 5km race cut off end of lap 4 (2 hours 20 min from the start)
- 10:40 5km Swim Prize Presentation
- 10:45 3km race cut off (2 hours 30 minutes from the race start)
- 11:30 5km race cut off (3 hours 30 minutes from the start)
- 11:50 1500m Swimmers to the Start Pen
- 11:55 1500m Race Briefing
- **12:00 1500m Swim Start**
- 13:00 1500m Swim Prize Presentation
- **13:15 Registration closes**
- 13:20 750m Swimmers to the Start Pen
- 13:25 Race briefing Swim Start for 750m
- 13:30 750m Swim Start/ 1500m race cut off (1 hr 30 min from start)
- 14:00 750m Swim Prize Presentation
- 14:30 750m race cut off (1 hour from the start)

### PARKING & CAMPING INFORMATION

#### Parking

Parking opens at 07:00hrs in the same field as Event HQ. The cost is £5 per car for the entire day. To help us reduce queues and keep things running smoothly, please purchase your parking online in advance via your Resultsbase account → Shop Products.

If you're unable to book online, please bring exact change on the day. No vehicles will be permitted without payment and having the correct amount will help us avoid delays.

Once payment is confirmed, our marshals will guide you into the parking field. Please follow their instructions carefully and only park where directed.

#### Camping (Saturday Night)

If you've booked camping for Saturday evening, please note:

The **camping area will open after 14:00hrs on Saturday**. Before then, please park in the event car park. You'll need to **collect your camping pass from Registration when you check in**.

Thank you for your cooperation – we can't wait to welcome you!

**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 3<sup>rd</sup> July 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 NON-WETSUIT (SKINS) 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 recommend full wetsuits. 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.

The event briefing will take place within our starting pen after you have been checked in by our race marshals. Please listen and pay attention. If you're at the front of all the competitors, you may receive a more detailed instruction from the Race Director before starting so that you can lead the pack. Please only be at the front if you are an experienced open water swimmer and fully understand the course.

### **ROUTE FROM REGISTRATION TO THE START**

Please see the map in the appendices from the car park at Park Foot Holiday Park to the registration/start/finish area. **Please follow the footpaths and note that footwear is required – do not attempt the route barefoot.**

### **REGISTRATION PROCEDURE**

Registration will take place on Park Foot Event Field from 07:15hrs at one of our large event shelters, signs will be in place directing you 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 their 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 your right ankle, under your wetsuit if wearing one to help prevent the chip coming loose.

Please ensure the timing chip and strap is 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 & 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 0830hrs**

**3km = from 0840hrs**

**1500m = from 1200hrs**

**750m = from 1315hrs**

### **SWIM START**

Swimmers are required to be in the start pen 15 minutes before the advertised start time. Swimmers will enter the water from the start pen and then walking down the Start/Finish chute. This will be a mass land start and the swimmer's start time will commence when crossing the timing mat on the lake shore at the Start. There will be a lead and sweep kayak in addition to support kayakers to guide swimmers throughout the swim. Swimmers will Finish in the same Start/Finish chute and Finish times will be taken on reaching the Timing Point on the lakeshore. 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, they will collect a medal and should then remove the timing chip and place it in the container at the end of the Finish Chute.

### **ATTACHING YOUR TIMING CHIP**

Timing chips will be attached to a Velcro strap. Place the strap around your right ankle and fasten the Velcro. Please ensure the soft side is against your skin. For added security of the timing chip, fasten the strap on your ankle beneath your wetsuit.



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### **THE COURSES**

The courses 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 checked on the morning of the race. The level of the tide may slightly increase or decrease the distance into the finish. Scroll down to see the routes.

**The swim courses are clockwise in direction.**

- 750m = 1 x 750m lap
- 1500m = 2 x 750m laps
- 3k = 3 x 1k laps
- 5km = 5 x 1k laps

**Please see images of each course & the course description at the end of these event notes.** There will be kayaks situated intermittently through the central area of the course along with the support boats.

### **FINISH**

On completing the prescribed number of laps for the swim distance swimmers should pass the duck/final buoy then 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, they will collect a medal and should then remove the timing chip and place it in the container at the end of the Finish chute.

### **PRESENTATIONS**

Presentations will take place adjacent to the finish line for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Male and Female overall in each 4 x distances – approximate presentation times are as follows:

1. 3km presentation 10:00hrs
2. 5km presentation 10:40hrs
3. 1500m presentation 13:00hrs
4. 750m presentation 14:00hrs

### **MEDICAL ADVICE**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to 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.

3. 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 3 blasts on an airhorn. 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.

### **REFRESHMENTS**

Refreshments will be available from the catering unit onsite at Park Foot Holiday Park.

### **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](mailto:info@epicevents.co.uk) by the end of Monday following the event, after this time, all results will be deemed as final

### **PHOTOGRAPHY**

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

There are lots of photos taken at our events and 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.

### **DITCH THE HITCHERS**

As part of the initiative 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 swimmers are requested to ensure that wetsuit, goggles, hats etc. are clean and dry before attending the event. Following the swim please clean all kit in the water containers provided on exiting the Finish and ensure that there are no foreign objects attached to your suit - please see the "Stop the Spread" poster below.

### **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](mailto:info@epicevents.co.uk)

Website: [www.epicevents.co.uk](http://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.



**EVENT SITE OVERVIEW**



**SWIM COURSES**

**5km Swim Route – 5 x 1k Laps**



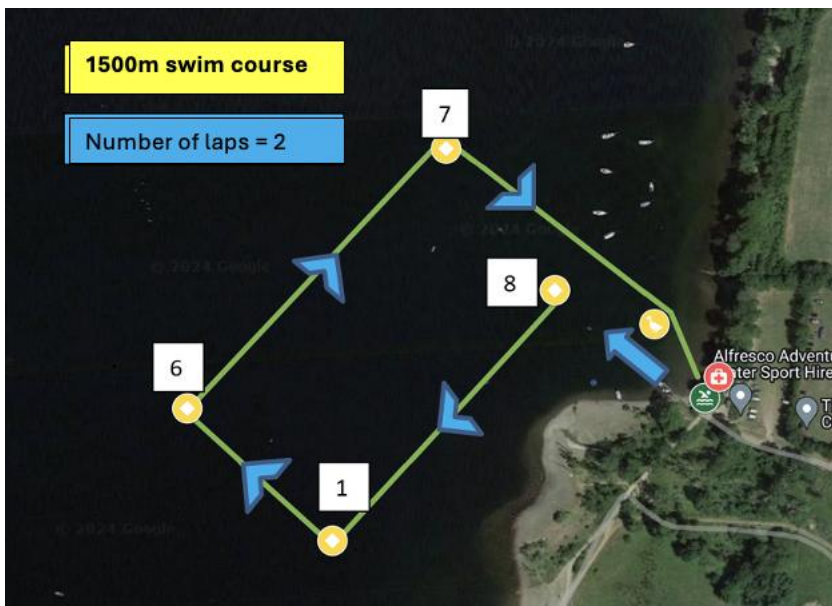
The 5km course is **FIVE** clockwise loops from buoy 8 to buoys 1, 2, 3, 4, 5, 6, 7, 8 in that order, *(Please ensure you attend and listen carefully to your course briefing, changes to the course and/or of Buoy numbers may be necessary and you'll be notified in your briefing.)* Returning to start buoy. Buoys will be always on your right-hand side **WITH ONE EXCEPTION**: When you have completed **5 x full laps** and return towards buoy 8, you will swim passed buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.

**3km Swim Route – 3 x 1k Laps**



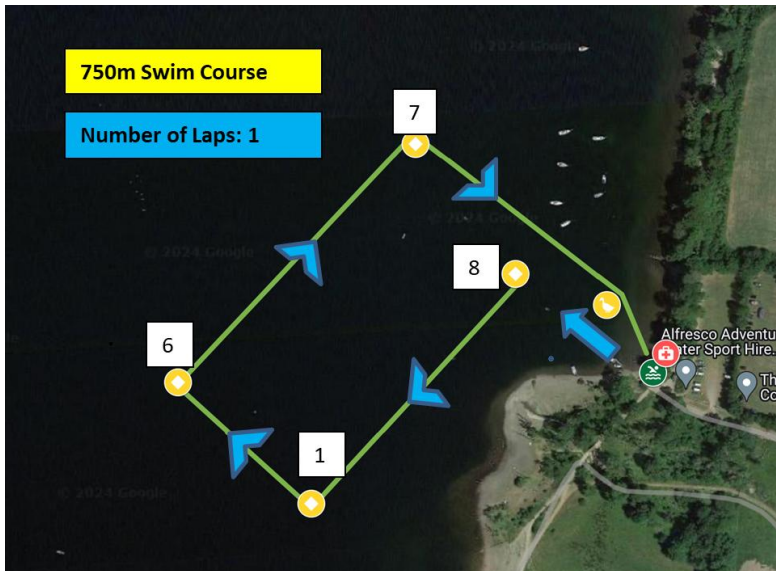
The 3km course is **THREE** clockwise loops from buoy 8 to buoys 1, 2, 5, 6, 7, 8 in that order, *(Please ensure you attend and listen carefully to your course briefing, changes of Buoy numbers may possibly be made and you'll be notified in your briefing.)* Returning to start buoy, then heading directly for shore. Buoys will be on your right-hand side at all time **WITH ONE EXCEPTION**: When you have completed **two full laps** and return towards buoy 8, you will swim passed buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.

**1500m Swim Route - 2 x 750m Lap**



The 1500m course is **TWO** clockwise loops from between buoy 8 and the duck to buoys 1, 6, 7, 8 in that order, *(Please ensure you attend and listen carefully to your course briefing, changes of Buoy numbers may possibly be made and you'll be notified in your briefing.)* Returning to start buoy, then heading directly for shore. Buoys will be on your right-hand side at all time, **WITH ONE EXCEPTION**: When you have completed one full lap and return towards buoy 8, you will swim passed buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.

**750m Swim Route - 1 x Lap**



The 750m course is **ONE** clockwise loop from between buoy 8 and the duck to buoys 1, 6, 7, 8 in that order, *(Please ensure you attend and listen carefully to your course briefing, changes of Buoy numbers may possibly be made and you'll be notified in your briefing.)* Returning to start buoy, then heading directly for shore. Buoys will be on your right-hand side at all time, **WITH ONE EXCEPTION**: When you have completed one full lap and return towards buoy 8, you will swim passed buoy 8 to head to finish between buoy 8 and the duck. The loop is indicated by the blue arrow.