

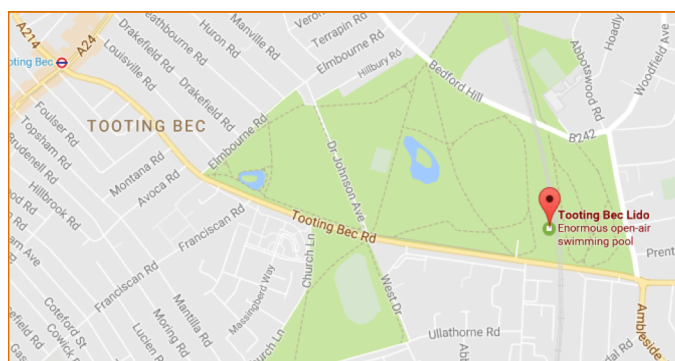
The Total Motion Aquathlon – Final Participant Instructions.

What: The Total Motion Aquathlon
Where: Tooting Bec Lido. SW16 1RU
When: Saturday 29th April 2016

The Total Motion Aquathlon is almost upon us. To help you get the most out of the event here are the final details.

Getting There

There is a small car park at Tooting Bec Lido and parking in the surrounding roads, although you are encouraged to arrive by other means if possible. Tooting Bec Lido is located 15 minutes walk from Tooting Bec Tube, or you can take the 319 bus along Tooting Bec Road.



Access to the lido is via the main turnstile located 100m from the car park.

In 2017 The Total Motion Aquathlon forms part of [The London Senior Triathlon League](#) and as such we are pleased to welcome league sponsors VonCrank, a revolutionary new app which will make ordering a bike service or repair as easy as a few clicks on your smartphone. The VonCrank platform links you to a vetted mobile bicycle mechanic who comes to you wherever you are!



VonCrank will be at the Total Motion Aquathlon offering you a free bike health check and tune up. The VonCrank Pitstop can also service or repair your bike while you race! If you would like to bring your bike along and take advantage of this offer, then please contact them at info@voncrank.com in advance quoting this event

Registration

Registration will be open from 6:15am. We encourage you to get to the Lido in plenty of time for the race briefing at 7am and ahead of the start at 7:15am.

If you have a BTF licence please bring it with you, or you will be charged £3 for a day membership.

If you purchased a BTF day licence online then you will receive this in PDF format via e-mail in advance. There is no requirement to print and bring with you. If you have not received this via e-mail by Thursday 27th April then please [contact us](#).

Registration Pack

- Race number to pin to the front of your running top (safety pins will be provided), Please note that your race number will also correspond to the order in which you will enter the pool.
- Wristband with your race number and race start time.
- Timing Chip on a neoprene strap to be worn around the ankle.
- Nuffield Health Swim Cap

Transition

Once registered please go directly to transition. Transition will not be laid out in number order, but will be organised into rows. Please find a suitable place to lay out your run kit ready for your transition.

Race Briefing

There will be a compulsory pre race briefing at 7:00am, which will take place adjacent to transition.

Warm Up

Our resident personal trainer will be leading the pre race warm up and stretching at poolside near to the start.

Start/Swim

The Total Motion Aquathlon is run under BTF rules. It is very possible that the pool temperature will be less than 14 degrees, and therefore wetsuits are likely to be compulsory.

The start will be at 7:15am and located at the deep end of the lido, farthest away from transition/cafe. The start is staggered so please check your specific start time – It will also be written on your wristband that you will receive in your registration pack. Your race number will also be your starting position. Diving is permitted, but optional.

The 810m swim is 9 lengths of the lido. The pool will be roped into 5 lanes. The first length will be towards the lido cafe in the lane closest to the common. At the end of the first length you will go under the rope and swim back, away from the cafe, up the right hand side of lane 2. At the end turn, and swim down the other side of lane 2, keeping the rope on your right. At the end of the 3rd length dip under the rope and repeat in lanes 3, 4 and 5. TIP: Only duck under the lane rope at the shallow/lido cafe/transition end, NOT at the deep end.

Transition

Transition will be entered from the far side of the café, and exited via the main gate.

Run/Finish

The run route will be signposted and marshalled and can be seen on the map below. Runners will follow 3 loops of the common before heading back to the lido, along the paths they ran out from, back in through the wide lido gate and on to the finish behind the transition area on the grass.



Prizes

Prizes will be awarded to the top 3 men and top 3 women upon completion of the event at approximately 8:45-9am.

1st Prizes -KitBrix CityBrix Bag
 -KitBrix Visor
 -Entry to The Windsor Triathlon (18th June) courtesy of Nuffield Health
 -Zondo Compression Top

2nd Prizes -KitBrix Visor
 -Zondo Compression Top

3rd Prizes -Zondo Compression Top

1st Place Male & Female Super Vets (50+) - Saddle Drunk London League 'Winners' Tshirts.

Spectators

Spectators are more than welcome and actively encouraged, so please bring your friends and family along to cheer you on. Spectators can watch from the lido cafe end of the pool, and at any point along the run route. Children must be supervised at all times.

Social

Please also encourage your supporters to take lots of photos and videos..we would love to see those, please tag us in your posts [@TotalMotionEvents](#) on Facebook, [@Total_Motion](#) on Instagram, [@TotalMotionEvts](#) on Twitter or use the #TotalMotion hashtag.

Sponsors/Partners



A huge thank you to everyone at Clapham Chasers for supporting the event with advice, participants and marshals!



Use TotalMotion2017 to get 10% off when you shop with [KitBrix](#)



The 2017 League results will be published on the new [Makesweat](#) website. Makesweat will also help triathletes and clubs stay up to date with their league positions and races throughout 2017.



[Nuffield Health](#) are supporting The Total Motion Aquathlon with personal trainers and prizes.



2017 London Senior League sponsors [VonCrank](#), a revolutionary new app which will make ordering a bike service or repair as easy as a few clicks on your smartphone.



Fantastic compression top prizes provided by Zondo - Use **Total30** to get 30% off when you shop with [Zondo](#)