

## The Total Motion Aquathlon – Final Participant Instructions.

What: The Total Motion Aquathlon  
Where: Tooting Bec Lido. SW16 1RU  
When: Saturday 25<sup>th</sup> May 2019

The Total Motion Aquathlon forms part of The London Senior Triathlon League and we are looking forward to seeing you there. 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.



### Registration

Registration will be open from 8:30am. We encourage you to get to the Lido in plenty of time for the race briefing at 9:45am ahead of the start at 10am.

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 licence via e-mail in advance. There is no requirement to print and bring with you but have it available on your phone if asked.

### Registration Pack

- Race number to pin to the front of your running top (safety pins will be provided) or attach to race belt. Please note that your race number will also correspond to the order in which you will enter the pool. (#101 is the first in to the pool)
- Wristband with your race number.
- Timing Chip on a neoprene strap to be worn around the ankle.
- If you are part of a team, your registration pack will be under the team name. The swimmer gets the wristband, and the runner gets the bib number. Your timing chip will be your baton to pass from swimmer to runner in transition.
- Spare swim caps will be available

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

### Race Briefing

There will be a compulsory pre-race briefing at 9:45am, which will take place adjacent to transition. Please be ready to go directly to poolside post briefing.

### Water

In an effort to drastically reduce the waste from single use plastics we will not be providing bottles of water at the finish. We will have some water and paper cups, but **we encourage you to bring your own drinks which you may leave at the finish line.**

### Start/Swim

**The Total Motion Aquathlon is run under BTF rules. It is possible that the pool temperature will be less than 14 degrees, and therefore wetsuits may be compulsory. Even if not compulsory it is advisable to wear one for your own comfort, safety and efficiency. Final decision will be made on the morning of the event.**

The start will be at 10:00am 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. This will be available on the event page from Wednesday. Your race number will also be your starting position (from #101 upwards). We have received an exemption on diving rules from British Triathlon for this event therefore diving **is permitted**, however it is 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 2 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, top 3 women and top 3 teams upon completion of the event at approximately 11.45am.

## Raffle

This year we will also hold a raffle draw for all finishers to be in with a chance of winning one of 10 £20 Swans UK vouchers so make sure you stick around to be in with a chance of winning!

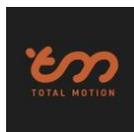
## Spectators

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 [@Total\\_Motion](#) on Instagram and use the [#TMAquathon2019](#) hashtag.

## Sponsors/Partners





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



Make the most of the expertise from [Body Logic Health](#) and get your free post-race massage. Offered on a first come first serve basis.



[KitBriX CityBriX](#) - Created for professionals who train hard and need a storage solution to get active on their way to or from work. Receive 20% off when you use code **totalmotion20** online.



50% OFF all [Sundried](#) gear - Whether you are looking for new running leggings, technical tops, or just want to freshen up your kit ready for the aquathlon, make sure to check out Sundried's impressive collection of premium sportswear. Use discount code: TOTALMOTION



[SwansUK](#) for racing, training, open-water, triathlon and prescription goggles and performance sunglasses. Thank you for kindly donating raffle prizes at this year's event. 10% off with code TotalMotion