



Swim the Lake Festival Race Day Information



Wednesday 3rd June 2026

Wednesday 1st July 2026

Registration 17:30

Race Start 19:00

Event Staged by Mid Sussex Tri Club in conjunction with Sussex Search & Rescue

Venue :

Ardingly Activity Centre

Ardingly Reservoir

RH17 6SQ

Contact mstc@swimthelake.co.uk

Prior to Race Day

- Online entries will be open until 10:00am on 9th July 2025

The Race Options

Aquathlon	750m Swim 1 Lap of the triangular course -Transition – 5km Run Minimum age 17 Years
3km	Swim 4 Laps of the Triangular Course Minimum Age 18 Years
1.5km	Swim 2 Laps of the Triangular Course Minimum Age 15 Years
750m	Swim 1 Lap of the Triangular Course Minimum Age 15 Years



Competitors Under 18 Years

Please note competitors under the age of 18 years must report to the event welfare officer and be accompanied to the event by a responsible adult who must remain onsite during the event to ensure proper safe guarding of youth competitors.

Wetsuits

If the water temperature is **16°C or above** then **Wetsuits** will be **optional** for the swim only event. If you choose to swim without a wet suit then you must have a TOW FLOAT.

NO WETSUIT = TOW FLOAT COMPULSORY

AQUATHLON – BTF Rules Apply

Timetable

17:30	Registration Open
18:30	Registration Closes
18:40	Water Acclimatisation
19:00	Race Start – Order Aquathlon, 3km, 1.5km. 750m
20:45	Water is cleared of all swimmers

Parking

Please carshare where possible. There is parking at the Reservoir with overflow space at the Ardingly College. Please park responsibly and do not park on the entry road as this could cause delays for any emergency vehicles.

Registration on the Day

- This will be at the entrance to the Activity Centre
- You will be given a swim cap for your event
- Both hands will be marked with your race number
- Aquathlon participants will also be given a numbered Bib which should be pinned to the front of your race shirt/vest
- Registration will open at 17:30 and close at 18:30

The Race

Your race will be called in groups for each of the events above. Please get into to RACE number order when your event is called so you can be checked into the water.



Entry to the water will be via the floating pontoon **NO DIVING**. Make your way to the start line. IF you are swimming with a TOW FLOAT please position yourself towards the rear of the starters to avoid any entanglement at the start. Feel free to overtake once the event is underway.

Swimming Conduct & Rules

Aquathlon – BTF Rules Wetsuits are optional between 15.9°C - 22°C. Wetsuits are not allowed above 22°C (<59 years) Above 24.6°C (60 years+).

All Swimmers

- Swim in a clockwise direction keeping the large cylinder/pyramid marker buoys on your right
- Do not impede other swimmers
- If you need assistance then turn on your back and attract the attention of the kayak or power boat support team
- ONLY SWIM FRONT CRAWL or BREASTSTROKE
- If you are new to open water swimming please ensure you practice before the race. It is recommended that Novice open water swimmers wear a wet suit as this does provide buoyancy.

Finish

- Water exit is via the main jetty. Please shout out your number to the marshal at the water's edge.
- If you withdraw from your race early please let the marshal know on exit.

Aquathlon

- Make your way to transit to get ready for your run, ensure you keep your kit in your own area. Wet Suits must be removed.
- Exit via Run Out following marked course and directors from the marshals.
- Complete 2 Laps
- Terrain – Grass and Gravel footpath with some narrow sections.

Timing

- All manual timing, so please ensure your number is visible on your hands and in the aquathlon your BIB is on your front
- Times are taken at the Start and End of your swim.
- Aquathlon – Timing is also recorded at the end of your run



Results

- Draft results to determine the prize winners will be available at the end of the race
- After 24 hours the results will be declared final

Basic Race and Site Rules

- Littering is not allowed, there are bins available for all waste. Aquathlon use the bins provided at the transition exit for water bottles and gel packs. You will be penalised if you throw litter down as per event rules.

<https://www.britishtriathlon.org/competitionrules>

Toilets/Changing

There are limited toilets and changing facilities at the Ardingly Activity Centre.

Refreshments

There will be water and fruit available at the end of the race and the New Ardingly Activity Centre Café will also be open.

First Aid

Supplied by WANT/East Sussex Medical and will be positioned next to the transition

Officials

British Triathlon Technical Official (Aquathlon only) will be declared near the time of the event.

Spectators

Spectators are not allowed on the floating pontoon or the jetty. Please ensure that the footpath is clear for Aquathlon participants. Dogs are allowed at Ardingly and there are dog waste bins on the site. Please keep your dogs under control and enjoy the local scenery.

Any questions please email mstc@swimthelake.co.uk

Mark Walton

Race Director

