



Race Information Pack

Llanberis Community Field LL55 4UR

August 14th 2016



REGISTRATION:

Registration is open from 07:00 and you will be issued with:

- Timing Chip.
- Swim hat.
- Goody bag

Your hand will be marked with race number

ENTRIES ON THE DAY:

Entries will be taken on the day. Entry forms will be available in registration.

Price is normal fee plus £2. Only cash accepted.

RACE TIMING:

The event is chip timed, please ensure you pick up your chip at registration on the morning of the race and wear it on your left ankle for the duration of the event. We will be removing them on the finish line. Please do not take them home!

If you retire early, please do not leave the event without returning your timing chip to the finish staff. This is how all runners are accounted for and the chips cost £36.

RACE BRIEFING:

This will be held in by the lakeside approx 15 mins before the race start. **It is your responsibility to be present for the race briefing/start.**

START:

On completion of the briefing you will be starting. You must be ready to race in all respects when you arrive for the briefing. All races start at 09:00 (If you miss the start please inform registration staff immediately)

FINISH:

Once you have passed through the finish gantry, it's all over! You will be given your Brutal Swim T-shirt and have your timing chip removed.

MEDICAL:

There will be medics based at the race HQ area and on the lake.

TOILETS / CHANGING:

These are located on the event field. There will be male / female areas to change in and you can leave your bags in the main marquee. There will be a secure area for valuables should you require it, please ask at the registration desk.

TROPHIES / T-SHIRTS:

There will be trophies for the first male / female in each distance. All swimmers receive a Brutal Swim T-shirt.

RESULTS:

Live results will be displayed on the www.brutalevents.co.uk website during the event.

THE COURSE:

Water temperature in Lake Padarn is likely to be between 12 and 14 degrees depending on rainfall during the days leading up to the event.

The Brutal swim is a running start and is an anti clockwise course, you swim keeping the buoys on your left. The entry / exit will be marked by Brutal flags. **All swimmers have to exit every 2 laps.**

The swim course is a 1.25k lap.

The 2.5k swimmers will complete 2 laps The 5k swimmers will complete 4 laps The 10k swimmers will complete 8 laps

The cut offs are as follows: 2 hours for the 2.5k, 3 hours for the 5k and 5 hours for the 10k.

Whilst you are swimming, there will be kayakers and a RIB in the water for your safety and should you require assistance, float on your back and raise one arm in the air. A kayaker will then approach you, please do not grab hold on to the kayaker, but follow the instructions they give you.

There will be hot drinks and some nutrition on the lakeside for anyone who requires them. You may also place personal items on this table, such as glasses or inhalers. You can bring shoes and place them in the designated area by the lakeside.

There will be medics close by and anyone who is showing symptoms of hypothermia will be attended to. If the medics feel it is unsafe for you to continue, you will be removed from the swim - The medics decision is final.

If you have to pull out of the swim for any reason, please make sure you tell one of the race organisers or a marshal and remember to return your timing chip.





The red arrows above show the parking close to the event field. These are pay and display car parks.

FINAL WORDS:

Wetsuit hire from Zone3 - <http://www.racezone3wetsuithire.co.uk/>

Please support the local shops and restaurants in Llanberis.

If you still have any questions after reading this, then please contact us - info@brutalevents.co.uk

The Brutal organisers wish you luck and hope that you love Llyn Padarn and surrounding area as much as they do.

If you are happy for us to use them, we would also love to hear and see your race reports and photos. Please email them to info@brutalevents.co.uk

See you soon!

Claire Smith
Race Director

