



Nene Park Peterborough Swimrun

Sunday 20th June 2021 Nene Park Peterborough PE2 5UU

COVID-19 INFORMATION

This event has strict guidelines and rules in place to safeguard you and others around you from Covid-19. We expect everyone to do as they are asked, read and familiarise yourself with all the rules and regulations and follow them without question. Failure to comply will result in your disqualification and you will be asked to leave the site.

You should not travel to this event if you are experiencing any coronavirus symptoms, are self-isolating as a result of coronavirus symptoms or sharing a household or support bubble with somebody with symptoms, are clinically extremely vulnerable and cannot shield during your journey or have been advised by the NHS test and trace service that you should self-isolate.

Plan your route, including any breaks, before setting out. Routes may be different as local areas make changes to enable social distancing.

People from a household or support bubble can travel together in a vehicle.

Limit the time you spend at garages, petrol stations and motorway services. Try to keep your distance from other people and if possible pay by contactless.

Wash your hands for at least 20 seconds or sanitise your hands often, and always when exiting or re-entering your vehicle.

When finishing your journey wash your hands for at least 20 seconds or sanitise your hands as soon as possible

Plan to arrive in plenty of time to allow time for parking and registration

Car parking

The car park is large enough for you to socially distance yourself when exiting your car.

You will be asked to park in a designated area of the car park as to avoid interfering with the public attending the area for other leisure activities.

Registration and event area.

To support the NHS track and trace program, we will be taking the name and telephone number of all visitors.

In line with guidance issued by the Department of health and Social care, we will keep your details safe and in line with GDPR for 21 days. On which date they will be securely disposed of. These details will only be shared with NHS track and trace, only if they are required, and only to aid in stopping the spread of covid-19. We will not use your details for any other purposes or pass them onto anyone else.

We will have two tents for registration. There will be taped areas and distance markers to queue for registration and more time will be allowed for registration to avoid crowding. You must wear a mask to register. Competitor packs will be pre-packed, placed on the table for you to pick up as you register. This area will be regularly sanitised

Number bibs have been replaced by armbands as they are easier to keep sanitised and remove.

Hand sanitiser and anti bac wipes will be available, positioned around the event area, with signage and you will be asked to regularly wash your hands.

No changing facilities will be provided to avoid cross contamination between competitors. On finishing, please remove your number arm band and timing chip and drop it into a bucket without touching anything. Move forward to collect your medal, t-shirt and goodie bag, it will be placed onto a table for you. You will be asked to move out of the area as quickly as possible. This area will be sanitised regularly.

There will be no live prize giving. When you have collected your goodie bag please leave the event and avoid crowding. Prizes will be sent to the winners by post.

There will not be a race day safety brief. The race safety brief will be pre recorded and sent to each competitor via email and it will be posted on social media. It will detail the usual race information as well as these extra covid-19 measures in place. **You must watch the race brief it is mandatory.**

Running

The transfer of the virus through airborne particles needs to be mitigated as this will increase with heavy breathing due to exercise.

We will be asking you to estimate your finish time to allow us to start you in the most logical 'Ability' order (fastest first). This would mean that the spacing established by the 10 second intervals would be maintained in the most part.

You will be reminded to stay at least 2 meters away from others on the run sections. Please only overtake others at a point where space allows.

The Water/aid stations area will be more spaced out to prevent crowding. There will be signage to remind you to social distance. We are only providing water and energy drink and it will be dispensed from large containers into your own cup. Hand sanitiser and anti bac wipes will be provided. PPE will be provided for marshal(s). Please bring your own nutrition/gels

Swimming.

Swimrun rules allow the use of flotation devices which makes the risk level lower than traditional open water swimming. Solo swimmers are advised to use a tow float if no other flotation device is being carried (pull buoy).

To mitigate the potential bottle neck at swim entry and exit points the entry and exit points will be wider to allow space for you to keep your distance from each other.

Water safety and rescue

The safety boats which will cover every 100m in the water. This means that you will be no further than 50 meters away from a safety craft at any time. You can use the front of the boat as a flotation device to hang onto to catch your breath or to be towed to the safety of the bank, that way the safety boat operators don't have to touch you.

With the constant monitoring by all of the safety boats and marshal on the bankside, the event of a situation reaching the point of critical is greatly alleviated as it should be spotted before it grows into a critical incident. In the event of a critical incident, including an unconscious casualty, the use of techniques including a Jacobs cradle and the motorised safety boat to rescue the casualty will reduce the amount of contact needed with the casualty whilst still executing a swift and effective rescue.

Demographic of those attending.

As it is a sporting event, and part of your entry is a declaration of your health, you should all be in the 'fit and healthy' category.

You are also required to provide any underlying health conditions (asthma etc). These people within the government guidelines are deemed to be within the 'at risk' group. With this in mind we advise all these people to consider not taking part. There will be no spectators allowed in the event area so please ask your loved ones to stay at home. You must observe the Rule of 6 at our events.

Impact of local lockdowns.

For the event, we will constantly be monitoring the local Covid-19 level and the pre markers or a local lockdown in the area of the event.

All information will be communicated to you on the lead up to each event.

In the event of a local lockdown the event would be cancelled/postponed. This would be communicated to you at the earliest opportunity.

You are requested to monitor your local area for local lockdown information, if you live in an area which is subject to a local lockdown please **not to** attend the event. You will be offered the opportunity to transfer or defer your entry for free or receive a refund.

Nene Park Peterborough Swimrun

Sunday 20th June 2021 Nene Park Peterborough PE2 5UU

5k solo Swimrun

10k solo Swimrun

21k Solo and Team Swimrun

Thank-you for entering As Keen As Mustard Nene Park Swimrun. We hope you have a brilliant race and enjoy your time with us.

We have an epic course in and around Nene Park and the surrounding area. We are extremely fortunate to have kind permission from Castor Parish Council and Alwalton Parish Council to use all the epic paths and trails around their beautiful villages. Without their support we just wouldn't have such an amazing course.

The swimming for the 10k is in the beautiful Gunwade Lake and the River Nene with easy entry and exit points. Running is predominantly flat, off road with tracks, field and compact trail. A great newcomers course.

The first half of the 21k is a little more demanding with up and downsteam river sections and heads out through woods and tracks. The running is more undulating and has a couple of quiet road sections before it joins the 10k course for the 2nd half of the race.

Please follow the Highway and Countryside code at all times.

Please observe and uphold the 2m social distancing rules on every part of the course.

Especially where the courses cross paths or you are running back along a path and meeting others coming the other way. We can only race because we have a Covid-19 Risk Assessed Secure Event. We have met with the approval of Huntingdon District Council SAG for all aspects of our race.

Our Intro Swimrun race is approx 5k and consists of approx. 1k of open water swimming and 4 km of mixed terrain running.

Our Mild Mustard Sprint Swimrun race is approx 10k and consists of approx. 1.8k of open water swimming and 8.2 km of mixed terrain running.

Our 21k Middling Mustard Half Swimrun race is approx. 21k and consists of approx. 3.8k of open water swimming and 17.2k of mixed terrain running

5k Solo Swimrun Course

Sunday 20th June 2021

Start time 1000hrs

Splits

Run1 1400m

Swim 1 400m

Run 2 1100m

Swim 2 140m.

Run3 1220m

Swim 3 200m

4 150m

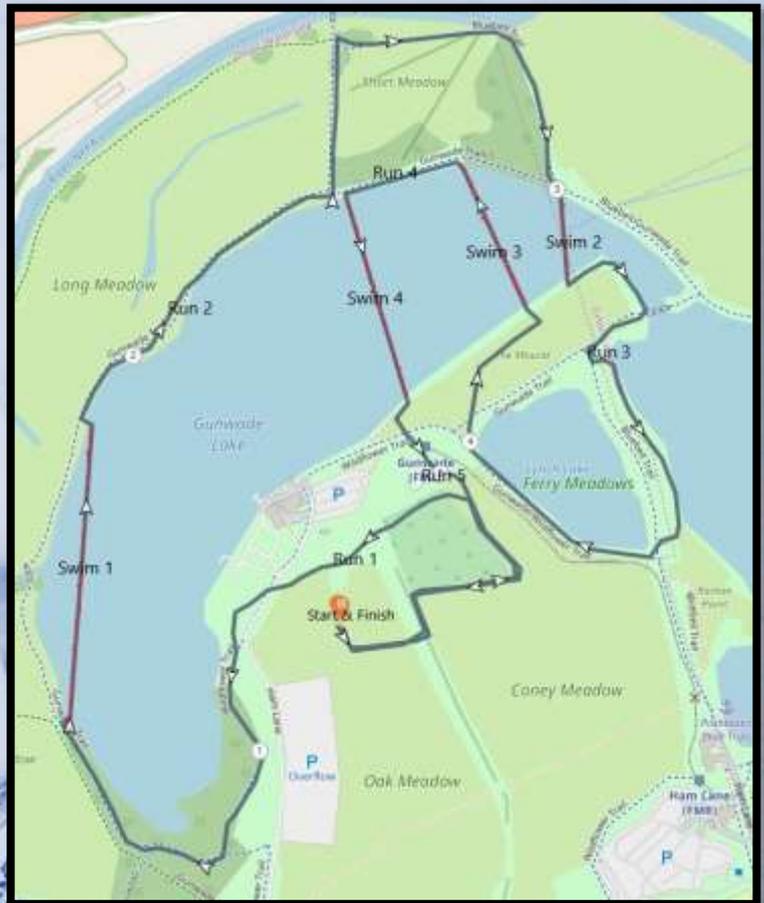
Swim 4 300m

5 650m

Cut off 1130hrs into the water

Run

Run



10k Solo Swimrun Course

Sunday 20th June 2021

Start time 0930hrs

Splits

- Run 1 1980m
- Swim 1 400m
- Run 2 780m
- Swim 2 480m
- Run 3 1500m
- Swim 3 320m
- Run 4 1000m
- Swim 4 140m
- Run 5 1220m
- Swim 5 200m
- Run 6 150m
- Swim 6 300m
- Run 7 1620m

Cut off 1130hrs into the water



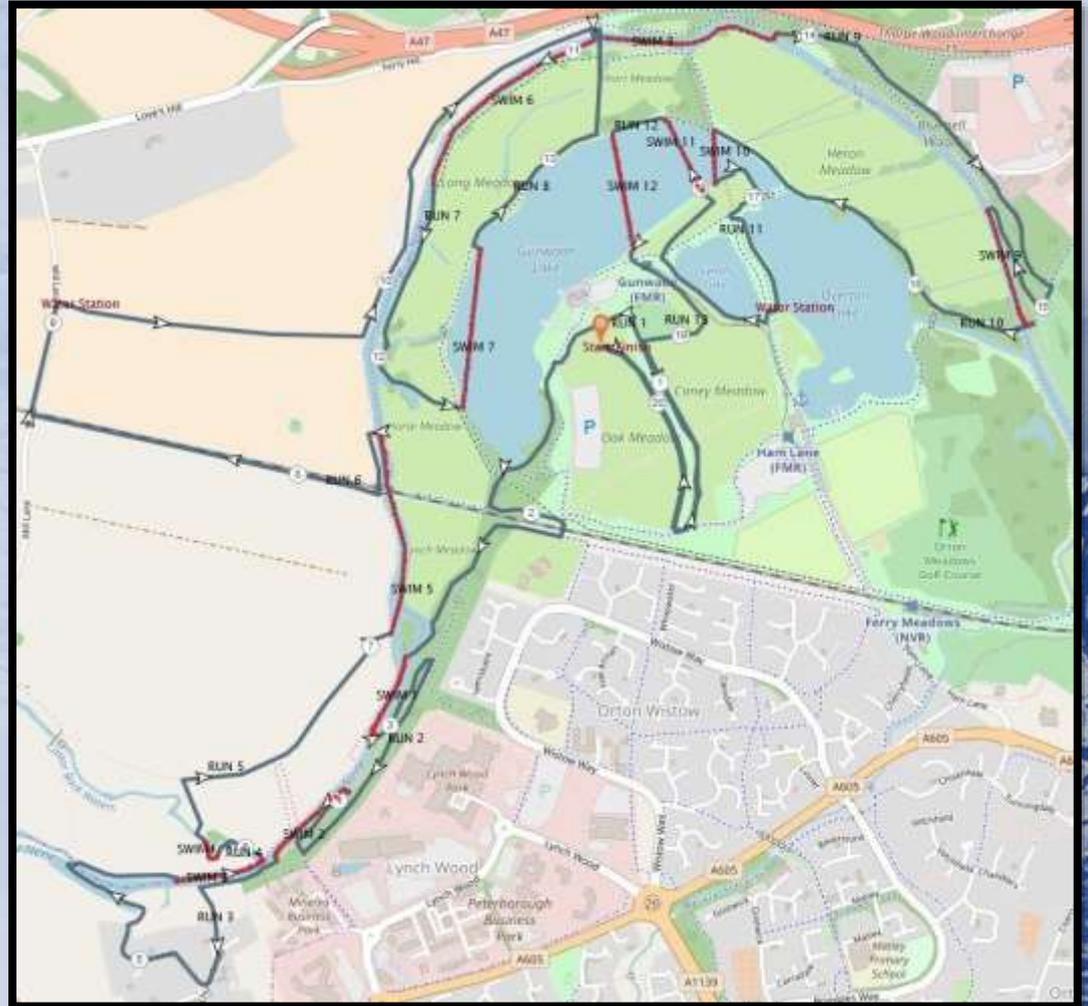
Nene Park 21k Swimrun
Solo & Team Course

**Sunday 20th June
2021**

Starting 0900hrs

Splits

Run 1	2780m
Swim 1	335m
Run 2	1250m
Swim 2	265m
Run 3	1480m
Swim 3	330m
Run 4	170m
Swim 4	150m
Run 5	900m
Swim 5	525m
Run 6	3280m
Swim 6	560m
Run 7	850m
Swim 7	400m
Run 8	780m
Swim 8	480m
Run 9	1500m
Swim 9	320m
Run 10	1000m
Swim 10	140m
Run 11	1220m
Swim 11	200m
Run 12	150m
Swim 12	300m
Run 13	1620m



Cut off 1300hrs into the water

5k solo race is a qualifier for the Fenland Runner Race Series Championship

10k and 21k races are qualifiers for the HEAD UK Grass Roots Swimrun Series

Race Day Time Table

(Subject to change in exceptional circumstances)

Saturday 19th June

Watch race safety brief

Sunday 20th June

0800hrs Competitors start to arrive and park in the overflow car park

0800hrs Registration Opens

0830hrs 21k start organisation. Race order according to ability, fastest first. Competitors released at 2 second intervals

0900hrs 21k Race start

0900hrs 10k start organisation. Race order according to ability, fastest first. Competitors released at 2 second intervals

0930hrs 10k Race Start

0930hrs 5k start organisation. Race order according to ability, fastest first. Competitors released at 2 second intervals

1000hrs 5k Race Start

1300hrs Last 21k finishers

The Race HQ is situated adjacent to the overflow car park at the Watersports Centre. The postcode PE2 5UU will get you onto the entrance road into the park. Head for the Watersports Centre..

Registration will be inside the yellow gazebo. At registration check your number on the board and then collect your number arm band, swim cap and timing chip from the ladies in registration.

Please use you numbered competitor pack envelope to put your keys in, seal the envelope and leave the envelope with your keys inside at Registration. Collect your envelope at the end of your race before you walk back to the car park. **There is strictly no bag drop only key drop in your race pack envelope**

You need to wear your number arm band and timing chip at all times and your swimcap is compulsory in every swim. Failure to wear you swimcap in the swim sections will result in disqualification. We are using number arm bands as a more comfortable alternative to a race bib and as an easy to remove option to reduce contact at the finish line. We would like you to wear the arm band on you right hand side. You can wear it on your upper arm, forearm or leg, as long as it is firm and secure and will not come off. You will be charge £10 for lost number bands.

You need to wear your number arm band at all times and your swimcap is compulsory in every swim. Failure to wear you swimcap in the swim sections will result in disqualification

The race will start in ability order (fastest first) at 2 second intervals from the event area and finish under the yellow race arch. Be honest about your ability

Please stay away from the event village until it is time for your race start to be organised. Please be super careful about social distancing and avoid crowding

Registration, Rules and Race Briefing:

All participants must report to the registration desk on event day.

At registration you will collect your swim hat, number arm band and timing chip.

All participants must watch the race briefing. Participants that do not watch the race briefing will not be allowed onto the course to compete.

The race briefing will be sent via email and will be posted on social media before race day

All participants must be physically fit and capable of competing over the race distances.

Race organisers, marshals and the medical team have the right to refuse a participant permission to continue through the event if they judge them to be so fatigued or such bad physical condition that they could not carry on.

Participants must be familiar with open water swimming and mixed terrain running.

There will be aid stations with water and energy drink, one on the 10k course and two on the 21k course.

Swimrun events have risks. As part of the entry process the participants acknowledges these risks.

We advise using a tow float if you are a solo racer and you are not using a pull buoy. This is not mandatory but we do **strongly recommend the use of a tow float for solo racers.**

Mandatory Equipment:

You must carry any equipment you require for the event from start to finish.

You will not be eligible for any prizes if you fail to carry all your equipment from start to finish.

- **All participants must** wear a number bib, timing chip and a swim hat in the swim sections. These will be provided by AKA Mustard Events at registration.
- **All participants must** carry a whistle to attract attention in an emergency.
- **All participants must** wear trainers/running shoes throughout the event.
- **All participants must** carry a soft/collapsible cup for use at water/aid stations.
- **All participants must** carry a sealed compression bandage (small).
- Wetsuits will be mandatory if water temperature is below 14 degrees
- Participants may compete wearing a wetsuit, tri-suit or swimming gear and light weight T shirt.

There will be random kit checks at the race brief, if you are not properly kitted you will not be permitted to race.

Optional equipment

You can use additional equipment to help in the swim such as paddles, buoyancy aids, etc. flotation devices MUST NOT be larger than 100cm x 60cm

Timing:

Your time will be measured by timing chip from the moment you cross the start until you cross the finish line. The timing chips are quite sensitive. **Once you have your timing chip please avoid the start and finish area until you are called up to start.** We need a separate start and finish area to keep you safe but this means we need to be careful as the equipment will pick up chip signals easily.

Teams members must stay within 10m of each other in the swim sections and 100m is the run sections.

We have a zero tolerance policy on litter. Nene Park, Ferry Meadows is a registered nature reserve and a place of outstanding beauty, please respect that. There will be lots of bins available for rubbish. If you are using gels as you are racing please pass your rubbish to the next marshal you see.

At the water station there will be bin bags available to put your rubbish in. If you are caught dropping litter you will be asked to leave the course.

Marshals and race directors' decisions are final. Abusive language and/or behaviour towards the marshals, organisers or directors will not be tolerated.

If you decide to retire/stop during the race please report to the nearest marshal. **Do not leave the course without telling a marshal.** Please be aware the race will still be going on. **Please return to race finish to hand in your bib and timing chip.**

A proportion of the run is off road and through some rough ground. Please be aware that there may be unexpected natural hazards i.e lumps, bumps, holes, mud.

Please only enter and exit the water where you are directed to do so. The swim entrances and exits have been chosen firstly to limit ecological damage to the lake and the river. They are also chosen to ensure whilst they are safe they are also a challenge and add an element of adventure to the race. Marshals will be on hand to help you. Please note that you may feel disorientated as you stand up to exit the swims. Please take your time and listen to the marshal's instructions.

You may use any stroke to swim as long as you swim on your front.

If you feel you are struggling in the swim or need any assistance in the swim please roll over onto you back and put your arm in the air. This will attract attention and the safety team will attend to you.

You may hold onto any safety boat and when you are ready, continue with the swim as long as you make no forward progress whilst you are resting.

On finishing you will need to drop your number arm band and your timing chip in the bucket and collect your goodie bag, your T shirt and Medal will be in the goodie bag.

The park will be open to the public so please be courteous, considerate and polite to other park users and **socially distance yourselves at all times.**

The Event Course:

The course will be clearly signed for competitors to follow

Green tape and arrow directional signs for the 5k course

Yellow tape and arrow directional signs for the 10k course

Red tape and arrow directional signs for the 21k course

The route will have coloured tape approximately every 300/400m...if you have not seen your coloured tape for a more than 400m, you may have gone wrong. Turn back and re-trace your route until you find coloured tape. Don't loop round, you may get lost, just turn around. This is an adventure race please be observant and watch for signs and tape. There are marshals on swim entry and exit points but signs will guide you over the rest of the course. Floor paint will be used in more public areas as signs often get moved or destroyed. Taking the wrong course may result in disqualification.

The route map will be available on the day.

There are no transitions.

The Race Director or Safety Officer reserves the right to change the race route at any point up to and including the day of the event.

Participants will be entering and exiting the bodies of water at various points, which will be marked and marshalled. Whilst every effort will be made to ensure participants safety you must be aware that being a natural environment there is every possibility of debris being present underfoot. For this reason the wearing of trainers / running shoes is mandatory throughout the race.

Diving is not permitted.

Much of the run will take place on marked trails. Due to the proximity to the water these can be extremely wet and muddy especially in the event of wet weather.

First Aid

If you require first aid assistance for yourself or another participant you must alert the nearest marshal. Use your whistle to attract attention if you are unable to move to a marshal.

Camping

To book camping at this venue please contact Nene Outdoors

Email: visitor.services@neneparktrust.org.uk or phone 01733 234193

Please quote: As Keen as Mustard Swimrun Camping.

For all rules regarding the race please visit www.akamustard.events/rules



