

Hi,

Thanks for entering the swims / triathlons this weekend. Please ignore this email if you have deferred.

A few reminder points below, however, the main thing is to please read through the Final Competitor Information PDF which has everything you need to know about the races. Visit www.bewltriathlon.co.uk and click the red banner.

1.) Water Temp & Wetsuit.

The million dollar question! The water temperature was 23.5 degrees yesterday afternoon, so there is a strong possibility it will be non-wetsuit (triathlons), however that can only be confirmed on race morning. So, as per the race info, please come prepared for either outcome. The Saturday open water swims have different guidelines to the tri's so wetsuits should remain optional.

2.) Blue Green Algae.

Our testing returned from the lab, and levels are well below the 'low' threshold so all fine. As with any open water, don't swallow it, and put waterproof plasters on any open cuts.

3.) Heat

It is looking to be a hot one on Sunday. We will have a water station on the turn point of the run laps, which will be every 2.5K. Please be prepared and carry water if you need to supplement this, as the run is along the dam, mainly in the heat of the sun. Stay hydrated on the bike!

4.) Road Closure

If you cycle / drive the bike course before Sunday there are some long term gas works around Dale Hill golf club. However, cyclists can pass through it safely on Sunday morning, and we will have a marshal there. You just may not be able to pass in a car before the race.

5.) Compulsory Foot Touch Down on Bike Course (Rosemary Lane / A21 junction)

This is in the race info – please read so you are aware.

6.) Once again - Read Final Competitor Information (pdf) on www.bewltriathlon.co.uk (click red banner to open). Be aware of your race format, number of laps on bike and run etc.

As you can imagine, we are preparing the race at Bewl, we will check emails, but any urgent issues it would be best to text Jo on 07885980233. Any last minute deferrals please email and we can respond next week with the terms of % deferral at this stage.

We look forward to seeing you all at the weekend.

Paul, Jo and the whole team!