



## FOREST OF DEAN SWIM SERIES

### 1500m Open Water Swim

### DRUMMONDS DUB LAKE

Welcome to the Forest of Dean open water swim series. We have 3 races taking place during the summer. These events are suitable for swimmers looking for a hard workout, a race, or an introduction to open water swimming.

Below is the information you require to have an successful evening. Please ensure that you have read all of the information before the race.

We look forward to seeing you at Drummonds Dub and hope you have an enjoyable time.

#### Directions:

Drummonds Dub lake is situated on the B4224 next to South Herefordshire Golf Club. From the direction of Gloucester, follow the A40 through the Village of Lea. Just after the speed camera take the right turn signed for South Herefordshire Golf Course. Drummonds Dub is situated about 2 miles down this road, just before you go under the motorway.

From the M50, follow the motorway junction 4 (roundabout) take the 3rd exit signed for Crow Hill. At Crow Hill take turn right at the T Junction and immediately turn right, signed for South Herefordshire Golf Course. The lake is situated just after you have gone under the motorway on your left.



A larger map is available at the end of this information

For Sat Nav users the postcode is HR9 7UA

#### Car Parking:

Car Parking will be situated in the field at the far end of the lake - please follow the car parking signs

#### What You Need To Bring:

You will need to bring your swimwear, wetsuit (if desired) and goggles.

#### Registration:

Registration will be available from 6pm till 6.45pm. Registration will be situated in the marquee on the grass area by the lake. You will be given a swim cap and timing chip. Please return both of these after the event.

#### Race Brief:

There will be a race brief at 6.50pm for any final information and any safety information. Please make an effort to attend if you are unsure on any aspects of this event.

#### Electronic Timing:

All of the athletes will be required to wear the microchip on their ankle.

This technology for the results will enable the athletes to get an instant time when they have finished. This system will also continually update the results as later finishers complete the event.

Once you have received your timing chip, do not cross the timing mats unless you are racing.

Athletes will be able to see their times on the screen situated in the timing van.

Once you have finished you must return your timing chip or you will be charged £25 for a replacement.

If you wear the timing chip anywhere else other than your ankle it is likely that you will not get a time for any of the race sections. NO CHIP = NO TIME

#### Swim:

Athletes will start in the water between the Island and the trees. They will swim up one side of the lake to the top corner, around the marker bouy and across to the other side. After going around the bouy they will swim down the opposite side of the lake. At the bouy they will turn and head between the islands and out onto the grassed area.

A Map is available of the swim on the next page.

#### Finish:

After you have completed the swim, exit the water and run across the finish line. This is located a short distance from the waters edge.

#### First Aid:

Should you require any medical attention on the day, SARA (Severn Area Rescue Association) will be in attendance.



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#### RESULTS:

These will be available on the screen next to the finish line straight after the event. They will also be available online the following day at [www.blacksheepsports.co.uk](http://www.blacksheepsports.co.uk)

#### MARSHALS:

For any event to run smoothly it requires the help of volunteers. If you have friends or family coming to watch then why not ask them to help marshal. No experience is needed as all information will be given to them on the day. It's great fun and lets them feel involved in the day. They will be given a drink and food and also receive an event top. For further information on marshal opportunities please contact us at [events@blacksheepsports.co.uk](mailto:events@blacksheepsports.co.uk)

#### FUTURE EVENTS:

Lydney Triathlon is the first of many events that Black Sheep Sports are organising this summer. If you enjoy triathlons then why not have a look at some of our other events.

Eastnor Castle Classic and Middle Distance Triathlon.  
5th July 2009

These fabulous events take place in the shadow of the impressive Eastnor Castle. The swim starts in the safe enclosed lake beneath the castle, whilst the bike route takes in the majestic Malvern Hills. The run finishes the event with a safe run through the Castle's deer park.

The Big and Little Woody Triathlon  
29th August 2009

These two events take place in the beautiful Forest of Dean. The only event in the UK to run a long course and middle distance event, these races are back for their 3rd instalment and a return Five Acres and Drummonds Dub.

MKOT  
20th September 2009

New for 2009 is our Milton Keynes Open Water classic at Caldecotte Lake. This race is a great way to end your 2009 open water triathlon season. With its picturesque bike route and flat run, this is also a great event for athletes attempting their first open water race. There will be a Novice Wave at this event for athletes new to open water triathlons.

#### BLACK SHEEP SPORTS EVENTS:

3rd June—Chicks Chase 5km Forest of Dean R1  
4th June—Forest of Dean Open Water Swim R1

10th June—Chicks Chase 5km Milton Keynes R1  
11th June—Milton Keynes Open Water Swim R1

17th June—Chicks Chase 5km Buxton R1

1st July—Chicks Chase 5km Forest of Dean R2  
2nd July—Forest of Dean Open Water Swim R2

5th July—Eastnor Castle

8th July—Chicks Chase 5km Milton Keynes R2  
9th July—Milton Keynes Open Water Swim R2  
9th July—Caldecotte Aquathlon

11th July—Big Woody Sportif  
11th/12th—Big Woody Training Camp

15th July—Chicks Chase 5km Buxton R2

5th August—Chicks Chase 5km Forest of Dean R1  
6th August—Forest of Dean Open Water Swim R1

12th August—Chicks Chase 5km Milton Keynes R1  
13th August—Milton Keynes Open Water Swim R1

19th August—Chicks Chase 5km Buxton R1

29th August—The Big and Little Woody

20th September—MKOT Classic Triathlon

4th October—Forest of Dean Duathlon

November 1st—Wye Ultra Series Race 2 Buxton

All race information and entries are available at [www.blacksheepsports.co.uk](http://www.blacksheepsports.co.uk)





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LOCATION



SWIM MAP

