

Swashbuckler Swim Course

Likely water temperature is 13-14 degrees. Please note wetsuits will be compulsory. Neoprene swim hats are recommended under your coloured swim hat. We also allow booties to be worn.

Middle Distance 1.9km

Mass start or wave starts depending upon final entry numbers. The swim course will be 2 laps in the river & marked by buoys & patrol kayaks. You will exit on the same slipway and then follow a matted path up through the village and into the transition area. The river is tidal so there will be a bit of a current in places!

Safety

There will be a number of rescue canoes and motorised safety boats patrolling the swim. If you wish to attract the attention of one of these boats turn onto your back and raise one arm in the air. You will be close to the river banks for much of the swim course so you can always swim to the side if you need to.

Competitors are reminded that no inland waterways in Britain are considered safe for swimming. Do not swim if you have an open wound, feel unwell or are recovering from a virus or infection, as your immune system may not be strong enough to ward off infections. In the event of illness after swimming, medical advice and treatment should be sought from your GP.

Furthermore to avoid the possible spread of weed between bodies of water, athletes should always ensure that their wetsuits are rinsed & dried thoroughly between swims at different venues.

Transition

There is an uphill run of approx 400metres up to transition in the village. We will mat the run section so you will be ok in bare feet but if you prefer you can leave a pair of running shoes to be put on after the swim. Wetsuits must be worn or taken to transition – do not discard on the way!