

Competitor Information

Location: Schools Boathouse - The Embankment, Bedford Mk40 3PE

Arrival - You have a choice of parking -

- a. The Embankment right next to the start - this is metered...
- b. Aspects Leisure Complex - free.
- c. Longholme Way fairground car park - free.

Please note that Bedford High Street is closed to traffic this Saturday for a special event.

Changing - Unfortunately, facilities are very limited in this area so come prepared. There are no changing or showers. We don't have the luxury of Box End Park here sorry. :-(

There is one public toilet nearby.

Registration - Opens 9.30am - 10.10am

This will be in the marquee next to the finish line.

Give your name to the registrar and pick up your swim hat and timing chip.

The chip goes on your LEFT WRIST this time - make sure it's securely attached.

Entry - Online entry will close on Friday 26th July midday.

Entry on the day is available but will cost £23 - so get online and enter! Please arrive early if you intend to enter on the day. You'll need to fill out a paper form.

Wetsuits - Wetsuits are optional up to 25C water temperature.

Briefing - This will be at 10.15am - everyone must attend.

The course - The course is marked with large yellow/orange buoys - shown on the attached plan. It is a straight out and back route with the different distances turning at consecutive buoys. Always keep the buoys to your right and don't swim too close to mid-river in case you meet someone coming the other way! Front-crawl or breaststroke is allowed.

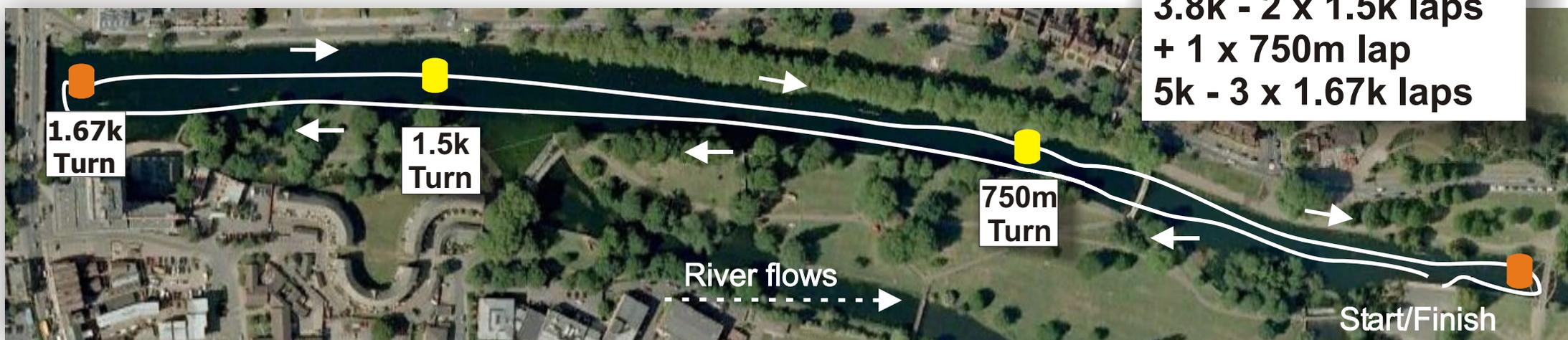
750m - 1 small lap - turn at first yellow buoy

1500m - 1 medium lap - turn at second yellow buoy

3.8k - 2 medium laps + 1 small lap - turn at second yellow buoy twice then once at first yellow buoy

5k - 3 large laps - turn at far orange buoy

Be aware this is a natural river and as such is affected by weather and climate. After the long dry spell there is always going to be a certain amount of weed around. If you encounter any weed (and you will) don't panic - just keep going. It can be annoying but it's the same for everyone. One bonus is there is unlikely to be much current.



Safety - Kayak marshals will be on the water for your guidance and safety. If you get into trouble turn on your back and raise an arm.

Warm-up - you'll be able to enter the water 5 minutes before the start. **DO NOT DIVE** into the water.

The Start - All swimmers will be started at 10.30am. The start line is below the Butterfly Bridge for the 3.8k and next to the finish line for the other events. If you don't fancy the rough n tumble then hang back.

Time Limit - There is a 2 hour time limit for the race. If you are still not finished by 12.30pm you'll be fished out.

Finish - The finish mat will be on the bank next to the marquee. You'll need to round the last buoy and swim to the mat (about 50m) where you place your left wrist (with timing chip) on the mat. After this you will be helped out of the river.

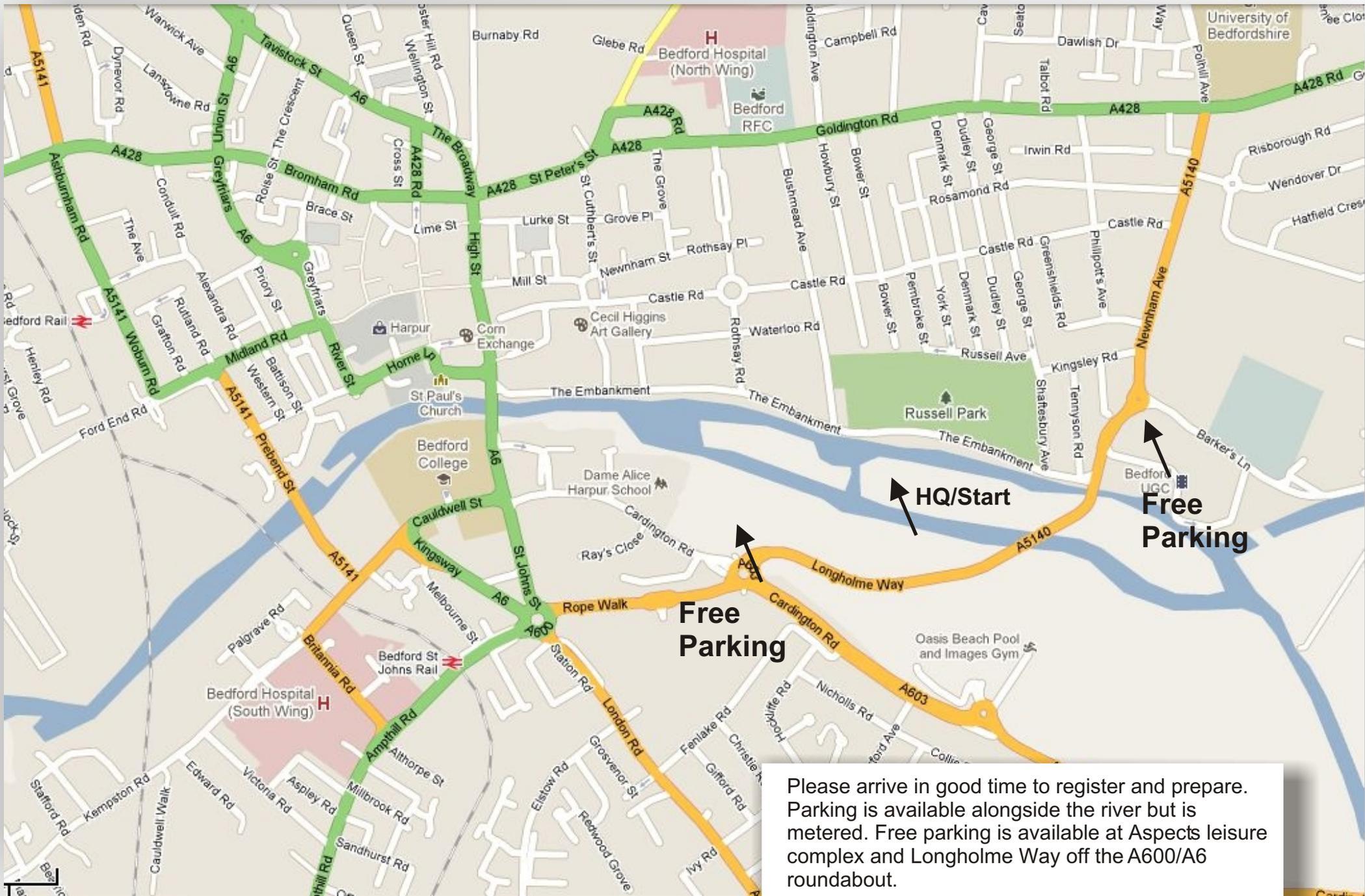
Presentation - This will be at 1pm at the finish line. Trophies for 1st, 2nd & 3rd Male & Female in each distance will be awarded.

First-Aid - Paramedics are on hand throughout the event.

Start List - A link to the start list is available on the website.

Results - Will be posted on the website asap after the event.

Have a good race!



HQ/Start

Free Parking

Free Parking

Please arrive in good time to register and prepare. Parking is available alongside the river but is metered. Free parking is available at Aspects leisure complex and Longholme Way off the A600/A6 roundabout.

