

2019 Bude Surf Life Saving Open Water Swim

Sunday 14th July, starting at 4.30 pm

2km Open Sea Swim - Northcott Mouth to Bude

(Other 2km options available as conditions dictate)

Timetable

1 pm to 3 pm	Competitors check in at Bude Surf-Life Saving Club, Crooklets Beach, Bude.
3.30 pm	Competitors briefing at Bude Surf Life Saving Club
3.50 pm	Competitors walk across to the start at Northcott Mouth following the coastal path across the top of the cliffs
4.30 pm	Start at Northcott Mouth

The Course

Plan A is to start at Northcott Mouth, just north of Bude, and to swim back to Crooklets Beach parallel with the coastline. A slight dog-leg at the start will give 2km of swimming.

We do recognise that conditions on the day may make this route impossible and so there are alternate plans which will create 2 km sea swims. Plan B is a swim from Crooklets Beach to Summerleaze Beach and back and Plan C is a circuit swim within Summerleaze Bay.

Essential Information

Bude Surf Life Saving Club are hosting this event. Their club house at Crooklets Beach contains changing rooms and showers. Refreshments, hot drinks, soft drinks and a BBQ will be available at the end of the race.

Due to the nature of sea conditions along the North Cornish Coast we can only accept entries from competent open water swimmers. As a minimum you should have experience of swimming in choppy open sea conditions and be able to swim out and back through breaking surf.

Wetsuits are strongly recommended.

Under 18 competitors must be at least 16 years old and must have an over 18 year old swimming with and taking responsibility for them during the event.

Event fee is £25 per swimmer.

Bude Surf Life Saving 2 km Swim 2019 Application Form

Name _____ Age on race day _____

Date of Birth _____ Male / Female

Club or Home Town _____

Additional information _____

Event entry fee £25 for all categories.

Select (circle) one category from the list below (men & women will be in separate categories)

Over 60 born in or before 1959

50 - 59 born in or between 1960 and 1969

40 - 49 born in or between 1970 and 1979

Senior born in or between 1980 and 2000

Youth (minimum age 16 up to 18 years old born in 2001 or sooner) all under 18's must have an over 18 swimming with them during the event.

Declaration for all competitors

I declare that to the best of my knowledge myself and any team mates are fit to take part in this event and agree that the organisers are not responsible for any injury, including fatal injury, loss, accident or damage sustained to either my person, my team mates, other members of the public or property as a result of my participation in this event.

signed _____ date _____ (parent/guardian if 17 or under)

Send entry fee of **£25** and SAE for next years information to:-

Simon Hammond, 11a Crooklets Beach, Bude, Cornwall, EX23 8NE.
email info@shorelineactivities.co.uk Cheques to '**TNT Explosive Sports**'