

# GREAT SWIMRUN

A blue silhouette of a swimmer in motion, positioned to the right of the 'GREAT SWIMRUN' text.

**GREAT EAST SWIMRUN  
RACE MANUAL  
SATURDAY 17 JUNE 2017  
[GREATSWIM.ORG/EAST](http://GREATSWIM.ORG/EAST)**





## 1. INTRODUCTION TO SWIMRUN

Since its inception in 2006, SwimRun has become a popular choice around the world for endurance athletes and is now the fastest growing endurance sport in the UK.

The concept was born in Sweden, following a drunken bet among friends as to who could better navigate 20 islands and 75k of the Stockholm archipelago.

Runners and swimmers from across the UK, and triathletes seeking a change from the traditional triathlon format will enjoy stepping up to a new challenge.

Based on teamwork, passion, and closeness to nature, teams of two embark on a seamless journey across the landscape, taking on land and water, as they navigate their way around the course.

This outdoor running and swimming challenge is the new benchmark in adventure races. Not just for endurance athletes, the most important things you need are a sense of adventure, some determination and a lot of fun!

SwimRun is about enjoying the landscape we are lucky enough to inhabit. The rules are about being courteous and respecting the environment, and in this case the 'race' comes second. Anglian Water has given permission for this event, and we want to repay its faith. We take on the challenge as it is presented to us, and we leave no trace.

Read on for more details of the adventure that awaits

Best of luck and we look forward to seeing you in June

The Great East SwimRun Team

## 2. COURSE

- The course is approximately 11km with 4 swims and 3 runs.
- At the start of every Swim or Run section there will be a sign telling you the distance ahead for that section to help you pace yourself. You may also wish to write these distances on the back of your hand.

## TIMETABLE

### SATURDAY 17 JUNE

07:00	Site opens
09:30	Mandatory event briefing in the start area
10:00	Check-in opens
10:15	Check-in closes
10:30	Event start



# GREAT SWIMRUN

## GREAT EAST SWIMRUN COURSE MAP



**SWIM DISTANCE: 2.1km Approx**  
**RUN DISTANCE: 9.2km approx.**

Provisional Route - subject to change until day of the event



# GEAR GUIDE

## WETSUIT

THIS IS COMPULSORY! WE RECOMMEND A SHORT SUIT AS IT'S A BIT EASIER TO MOVE AROUND IN. VISIT OUR SITE FOR FURTHER INFO.

## SWIMRUN RACE BIB

YOU'LL BE PROVIDED WITH THIS PRE-EVENT SO HAVE A THINK ABOUT HOW IT MIGHT AFFECT YOUR KIT.

## PULLBUOY

AN ESSENTIAL PIECE OF KIT TO HELP YOU IN THE WATER, ESPECIALLY AS YOU'LL BE WEARING SHOES IN BOTH THE SWIM AND RUN. THINK ABOUT HOW YOU'LL ATTACH IT WHEN RUNNING - WE RECOMMEND BUNGEE CORD.

## SHOES

YOU WANT THESE TO DRAIN AND DRY QUICKLY. TRY TRAIL SHOES OR GO DIY AND DRILL HOLES INTO THE BASE OF OLD TRAINERS.

## SWIM CAP

SWIM CAPS MUST BE WORN DURING SWIM SECTIONS AND THEN STASHED AWAY DURING RUN SECTIONS.

## GOGGLES

WHICHEVER GOGGLES YOU USE, MAKE SURE THEY'RE TRIED AND TESTED AND FIT WELL.

## TETHER

YOU CAN USE A CORD UP TO 10 METRES LONG TO HELP YOU STAY TOGETHER DURING SWIMS. THIS WILL ALSO ACT AS AN AID TO PULL ALONG WEAKER SWIMMERS.

## HAND PADDLES

PADDLES CAN HELP YOU SWIM FASTER, MEANING YOU CAN SAVE SOME ENERGY IN YOUR LEGS FOR THE RUN SECTIONS. IF YOU'RE GOING TO BE USING THEM, MAKE SURE YOU'VE TRAINED WITH THEM SO THERE'S NO SURPRISES ON EVENT DAY!

## COMPRESSION SOCKS

GO FOR QUICK-DRYING SOCKS THAT WILL ALSO KEEP YOUR LEGS WARM WHILST WEARING YOUR SHORT WETSUIT.



# GREAT SWIMRUN



### 3. RUN SECTIONS

- The route will be clearly marked with directional arrows at regular intervals. The course will also be marshaled. If a marshal asks you to stop for any reason please do so. The most likely reason is so that we can capture your number enabling us to track you around the course.
- i. The course will also be marshaled. If a marshal asks you to stop for any reason please do so. The most likely reason is so that we can capture your number enabling us to safely track you around the course
- ii. There is a road crossing ahead
- **Litter:** Anyone dropping litter on course will be asked to leave the race. We need to respect the environment we are privileged to be in.
- **Giving Way:** We are sharing all trails with the general public, and we want to be a courteous event. If needed please step aside and let others pass, anyone seen to be disrupting other trail users will be disqualified.

### 4. SWIM SECTIONS

- All swims will have clearly marked entry and exit points, with a bright orange flying banner. They will also have a marshal at both entry and exit too.
- Swim hats can be stashed in your wetsuit or anywhere else you like for the run sections, as can your goggles. However you will not be allowed entry into any swim section until you are clearly wearing your swim hat. You are welcome to wear your own hat for warmth.
- Pull buoys and hand paddles are permitted.
- In Case of Difficulties:  
There will be safety cover on all the swim sections. If you get into difficulty roll on your back and raise one hand and they will come to your assistance.

### 5. FEED STATIONS

- A feed station will be located at Tattingstone Park. You will pass this point at the end of Run 1 / Start of Swim 2 and again at the end of Run 2 / start of Swim 3.





## 7. CUT OFF TIMES:

- There is no cut off time for this event

## 8. SAFETY

- **10m Rule:** Marshals will be checking that everyone obeys the 10m rule at all times. You must be within 10m of your team mate, and if you are not then you will be removed from the race. There will be no warnings or second chances. This applies to the Swim and Run sections. Tethers are allowed.
- **Assisting Others:** Whilst this is a race, our first priority is the safety of our selves and our teammates, and our second is to our fellow competitors. If you come across a team who are having an issue, please make completing the event your secondary focus, after helping them. This may mean running ahead (or backwards) to the nearest marshal point to raise the alarm.
- **Bibs:** You will be given a SwimRun bib at the briefing. This needs to be worn as an outer garment at all times. Please feel free to take it off while you adjust layers underneath but it must be put back on before you continue.
- **Compulsory Equipment:** We will provide a waterproof map for each team, and will be conducting spot checks on the 'compulsory items' as per OTILLO rules. These include;
  - i. 1 whistle per person
  - ii. Wetsuit

## 9. MEDICAL

### • Medical Cover on the route

There are first aiders on the route as well as paramedics. If you have any issues please notify the nearest marshal. The best place to look for minor ailments to be looked at is the feed station.

### Managing your temperature

Alton Water in June could provide a wide range of weather conditions.

On one hand if it is hot, you may need to strip your wetsuit down to the waist, and remove your hat for the run sections, but equally on a cool day cold could be the enemy. Hypothermia can occur in relatively warm water particularly in very thin or weaker swimmers.

Swim sections later in the course may feel colder than initial ones due to the depletion of carbohydrate stores.

Make sure you adhere to adequate, frequent fuelling whilst observing yourself and your team mate for signs of hypothermia (confusion, slurred speech, co-ordination problems, excessive irritability).

### • Minor issues

Make sure minor issues are addressed as soon as reasonably practicable. What may seem like a trivial blister/sprain/strain initially will likely develop into an issue which could affect you as the race progresses.

Cover all cuts and abrasions, however minor, with sticking plasters. You should consider not swimming if you have deep cuts.

### • Knowing when to stop

It is important you know your limits, and know when it's wise to stop. Utilise the feed station as a checkpoint to assess your current condition and ability to continue.

### • Suncream

Please make sure you are wearing water resistant sun cream with enough for re-application depending on weather forecast.

**IMPORTANT:** Both team members must be fit enough to complete the course as individuals will not be permitted to continue alone if their team-mate has to stop.

## 10. TIMINGS / HOUSEKEEPING

- **Pre-Race Briefing:** Will take place at 09:30 in the Start Area. Attendance is mandatory.
- **Race Day Arrival:** Please arrive on site early to be ready for the event briefing and check-in.
- **Site Opens:** 07:00, changing, baggage and toilets will all be available, as will customer services should you have any issues. please check your kit the night before the event.
- **Check In:** We will 'check you in' to our safety and timing system at the start. We will then check you out at the end of the event at the finish line. It is crucial that should you retire at any point on route you notify us, so we can check you out and we are not looking for you at the end of the day.



