



***GREAT NORTH SWIMRUN
RACE MANUAL
SATURDAY 9 JUNE 2018***

GREATSWIM.ORG/SWIMRUN



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. Many land-owners have kindly given permission for this event, and we want to repay their 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.

COURSES

- There are three different routes, **Short**, **Middle** and **Endurance**
 - i. **Short**: This is approximately 12.5km with 3 runs and 3 swims.
 - ii. **Middle**: This is approximately 24km with 4 runs and 5 swims.
 - iii. **Endurance**: This is approximately 39km with 6 runs and 7 swims.
- All share common sections, be courteous to each other
- 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

FRIDAY 8 JUNE

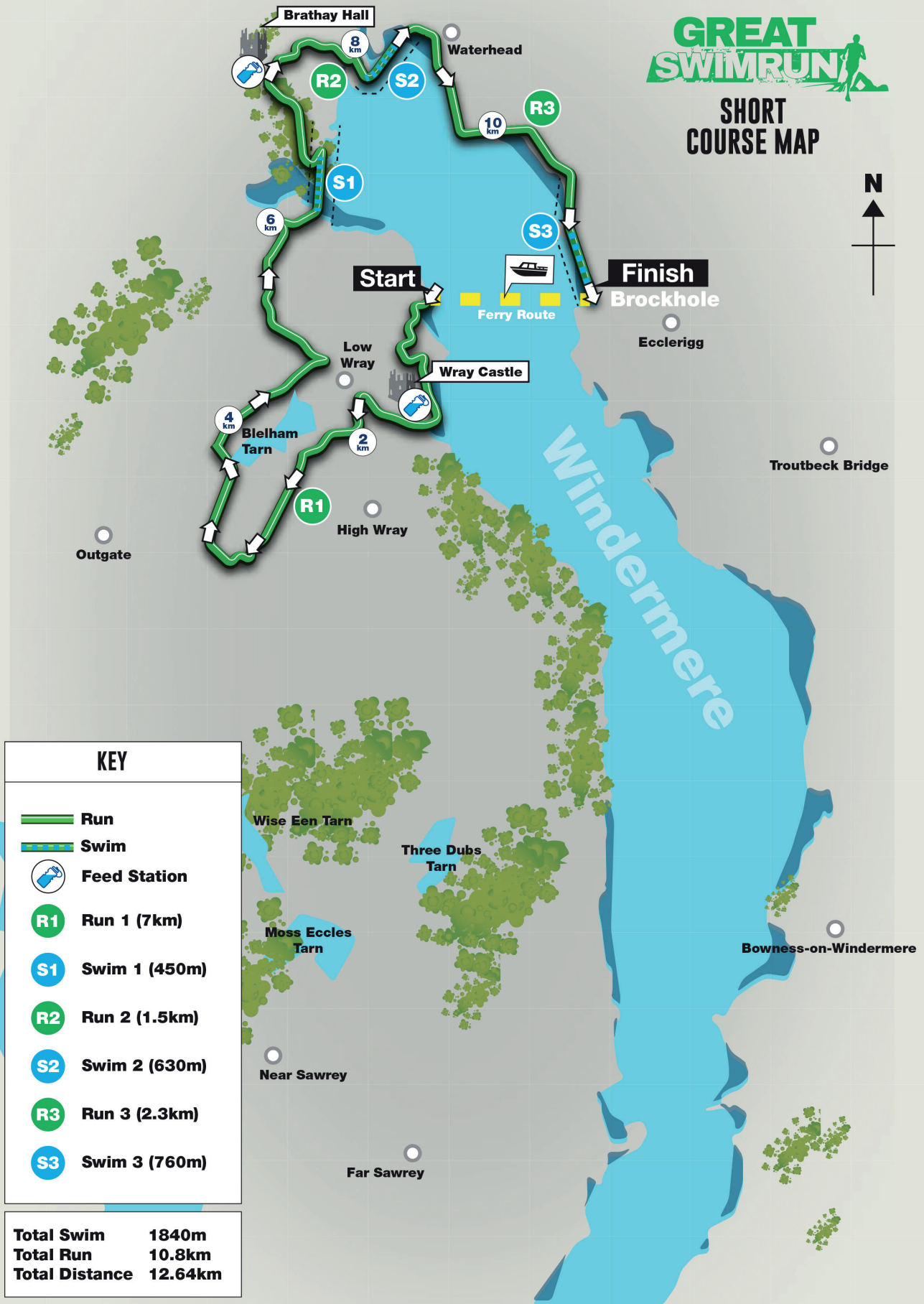
19:30	Pre-event briefing at Main Hall, The Lakes School, Troutbeck Bridge, Cumbria, LA23 1HW
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SATURDAY 9 JUNE

07:00	Site opens / SwimRun Ferry departs Ambleside for start area at Brockhole on Windermere
07:15	Check-in opens (Short course)
07:45	Check-in closes (Short course)
07:45	Final ferry departs for start line (Short course)
08:00	Check-in opens (Middle and Endurance courses)
08:15	Check-in closes (Middle and Endurance courses)
08:15	Final briefing at all start lines
08:30	Race start (All)



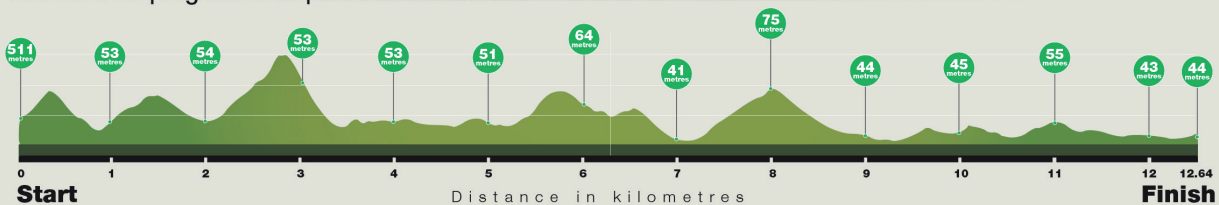
SHORT COURSE MAP



Great SwimRun - Short Course Elevation Chart

Lowest 51m | Highest 97m | Total ascent 192.40

Provisional Route -
subject to change until day of the event



MIDDLE COURSE MAP



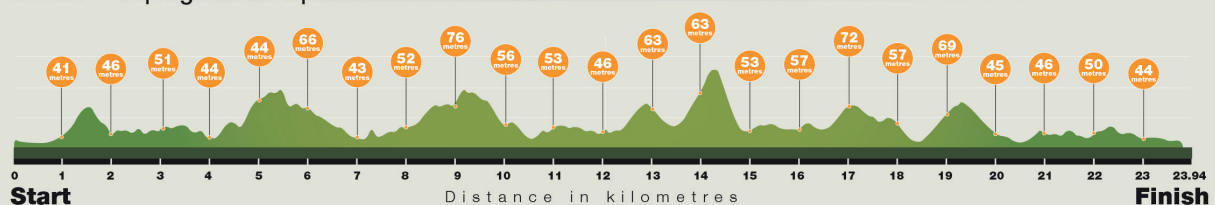
KEY	
	Run
	Swim
	Feed Station
	Swim 1 (1170m)
	Run 1 (5.7km)
	Swim 2 (330m)
	Run 2 (11.1km)
	Swim 3 (450m)
	Run 3 (1.5km)
	Swim 4 (630m)
	Run 4 (2.3km)
	Swim 5 (760m)

Total Swim	3340m
Total Run	20.6km
Total Distance	23.94km

Great SwimRun - Middle Course Elevation Chart

Lowest 41m | Highest 97m | Total ascent 490.60m

Provisional Route - subject to change until day of the event



Start

Distance in kilometres

Finish



GREAT SWIMRUN

ENDURANCE COURSE MAP



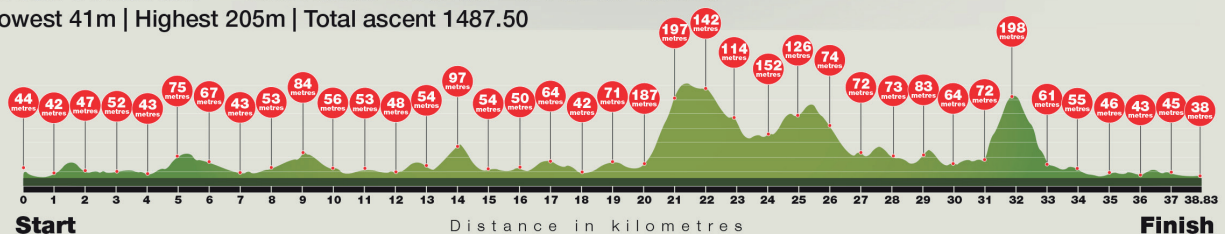
KEY	
	Run
	Swim
	Feed Station
	Swim 1 (1170m)
	Run 1 (5.7km)
	Swim 2 (330m)
	Run 2 (11.1km)
	Swim 3 (450m)
	Run 3 (8.8km)
	Swim 4 (270m)
	Run 4 (1.31km)
	Swim 5 (450m)
	Run 5 (5.56km)
	Swim 6 (630m)
	Run 6 (2.3km)
	Swim 7 (760m)
Total Swim 4060m	
Total Run 34.77km	
Total Distance 38.83km	

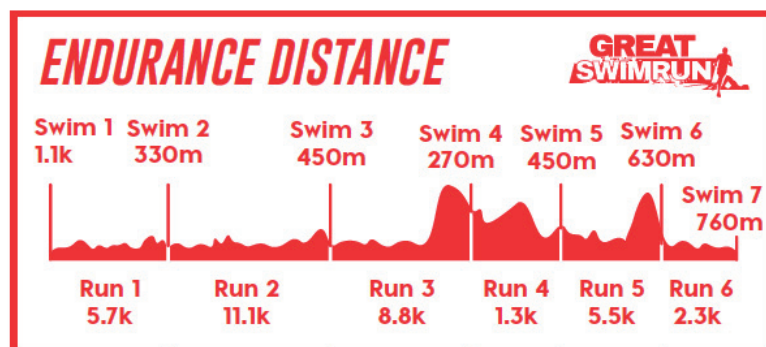
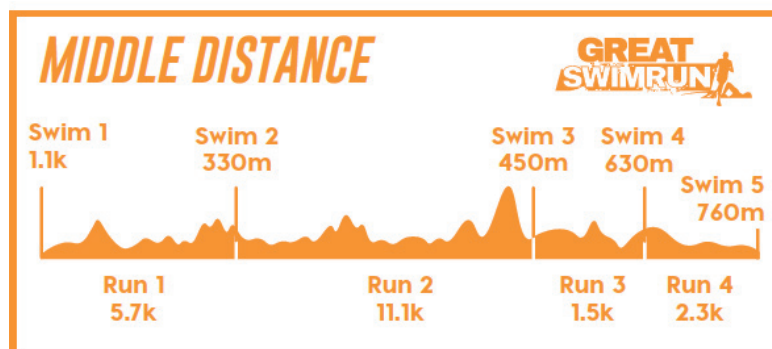
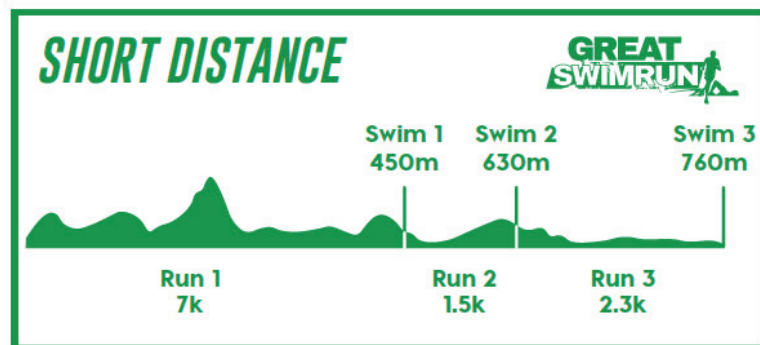


Great SwimRun - Endurance Course Elevation Chart

Lowest 41m | Highest 205m | Total ascent 1487.50

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 WEBSITE FOR FURTHER INFO.

SWIMCAP

SWIMCAPS MUST BE WORN DURING ALL PARTS OF SWIMRUN FOR VISIBILITY.

GOGGLES

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

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.

COMPRESSION SOCKS

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

SHOES

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

TOW ROPE

A TOW ROPE OR TETHER HELPS TO KEEP YOU AND YOUR PARTNER TOGETHER ON THE SWIM SECTIONS AND CAN BE USED TO REGULATE AND OPTIMISE YOUR SPEED ACROSS ALL SWIM AND RUN SECTIONS.

HAND PADDLES

PADDLES CAN HELP YOU SWIM FASTER, MEANING YOU CAN SAVE SOME ENERGY IN YOUR LEGS FOR THE RUN. CHECK OUT OUR FAQS FOR FURTHER INFO & RECOMMENDED KIT.



**GREAT
SWIMRUN**



1. RUN SECTIONS

- The route will be clearly marked in two ways. At any junctions there will be a small arrow. On all other sections there will be marking flags. These will correspond to the colour of your event (**Red = Endurance/Orange = Middle/Green = Short**). If you see these in the ground or similar, you know you are going the right way. They will be every few hundred metres so if you have run for 500m or more and not seen any then retrace your steps as you may have gone off course.
- If a marshal asks you to stop please listen, this could be for any reason but the two main ones are
 - i. So we can capture your number, enabling us to safely track you around the course
 - ii. There is a road crossing ahead
- There are some crossings of roads on all courses, and on the Endurance you will run along a short section of road. Please respect the roads as you would on any other day. There will be traffic that you must give way to.
KEEP TO THE LEFT AT ALL TIMES on road sections.
- **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. If you take anything from a feed station please keep the litter with you until the next point, or hand it to a marshal.
- **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.

2. 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 but **Middle** and **Endurance** competitors please be careful during the mass start.
- **In Case of Difficulties:**
 - i. The majority of Swims out on course track shorelines, so please only go as deep as required to swim comfortably. This means that if you are in difficulty you need only come in a short distance to a depth where you can stand up. This of course isn't possible on all swims.
 - ii. 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.

3. FEED STATIONS

- There are 3 Feed Stations on all routes providing CLIF Bars and Bloks, and later on, bananas and chocolate. They are located at Wray Castle (everyone), the Southern most turn around point (**Middle** and **Endurance** only) and at Brathay Hall (everyone). There are also an additional 2 Feed Stations on the **Endurance** course around Grasmere and Rydal Water - see course map for details. Please take your time to refuel and say hello to our volunteer marshals. If you are having any equipment or medical issues mention it at a feed station and they will be able to help you out.
- As well as the feed stations, course marshals will have basic supplies.

4. DECISION POINTS

- There are two key decision points on course where you must make sure you take the correct turn according to your distance. These will be clearly signed and marshalled. These are just beyond Wray Castle (**Short turn right** and everyone else left) and at Brathay Hall (**Short** and **Middle straight on**, **Endurance left**).
- Please note you can decide that you would like to cut your distance short, please just notify a marshal. You cannot however decide to take the longer route!



5. CUT OFF TIMES:

- There is no cut off time for **Short Distance** teams
- For **Middle** and **Endurance** distance teams there is only one point where we will be enforcing a cut off on safety/medical grounds if necessary. This is at Brathay Hall.
- **Middle Distance:** Anyone taking part in the mid-distance who takes longer than 4 hours to reach Brathay Hall will only be allowed to continue if deemed fit enough to do so by the medics.
- **Endurance Distance:** The northern loop of the course is extremely challenging, with harder terrain and much steeper climbs. For this reason we will be keeping an eye on all participants at this check point and giving them a quick medical assessment before being allowed on. After 4 hours no-one will be allowed to start this section but you may be allowed to continue to the finish following the mid/short course route if deemed fit enough by the medics.

6. 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 ourselves 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. Pressure Bandage
 - ii. Compass or watch compass
 - iii. 1 whistle per person
 - iv. Wetsuit

7. MEDICAL

• Medical Cover on the route

There are plenty of first aiders on the route, as well as paramedics and doctors. If you have any issues, however small, please just ask the nearest marshal. The best place for minor ailments to be looked at are at the feed stations.

• Managing your temperature

The Lake District 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. Frequent transitions from swimming to running over fells in possible inclement weather, then further swimming will hasten this process. 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. Consider your environment and the possible need for rescue if you get into difficulties in a remote location. Utilise the feed stations 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. Put some in a clear sealable bag and carry it in your wetsuit.

• Race Doctor, Paramedics and the right to prevent participants continuing

Although you may feel ok to proceed, the Race Doctor and Paramedics have the final say on your condition and your ability to continue. We have your wellbeing at the centre of our decisions.

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.

8. TIMINGS / HOUSEKEEPING

- **Pre-Race Briefing:** Will take place on Friday 8 June at 19:30 at The Lakes School, Troutbeck Bridge, Cumbria, LA23 1HW, around 1 mile away from the event site. Attendance is mandatory. Please contact info@greatswim.org if you have any queries regarding the briefing.
- **Race Day Arrival:** Please arrive on site early to be checked in in plenty of time.
- **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.
- **Getting to Site:** No parking will be available at Brockhole unless this has been pre-booked. We recommend using the ferry that departs Ambleside at 07:00 for Brockhole.
- **Check In:** We will 'check you in' to our safety and timing system at the start at Brockhole. 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. **Short Distance** competitors you will be checked in before you board the ferry, but your race time will only start when the gun goes and the chips are activated.
- **Endurance and Middle:** Check in will open from 08:00 for an 0830 start from the main Great North Swim start.
- **Short:** Check in will open at 0715 and close at 0745. Launches will then take you to your start point on the Western shore of the Lake for your start at 0830. Please don't be late as we cannot delay the Launches. You cannot come straight to Wray Castle as you won't be able to be checked in.
- **On the day briefings:** There will be a short supplementary safety briefing before you start / get on the ferry. You will also be given the details of each swim as you arrive, please listen to the briefing as there will be some key points for each one.



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