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.

IMPORTANT INFORMATION

All SwimRun participants across the Short, Middle and Endurance distances must go to the main Great North Swim event site at Brockhole where you will need to check in and start the event. You cannot arrive at Wray Castle.
### TIMETABLE

#### FRIDAY 7 JUNE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>19:30</td>
<td>Pre-event briefing at Main Hall, The Lakes School, Troutbeck Bridge, Cumbria, LA23 1HW</td>
</tr>
<tr>
<td></td>
<td>The briefing is compulsory for all <strong>Middle</strong> and <strong>Endurance</strong> participants, and optional for <strong>Short</strong> distance participants. Event bibs and pack collection will be available at the briefing.</td>
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</tbody>
</table>

#### SATURDAY 8 JUNE

**Middle and Endurance** participants

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00</td>
<td>Site opens / SwimRun Ferry departs Ambleside for start area at Brockhole on Windermere</td>
</tr>
<tr>
<td>08:00</td>
<td>Check-in opens (<strong>Middle</strong> and <strong>Endurance</strong> courses)</td>
</tr>
<tr>
<td>08:30</td>
<td>EVENT START for <strong>Middle</strong> and <strong>Endurance</strong> distances</td>
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</tbody>
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**Short** participants - WAVE 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00</td>
<td>Site opens</td>
</tr>
<tr>
<td>09:00</td>
<td>Briefing for <strong>Short</strong> - WAVE 1</td>
</tr>
<tr>
<td>09:30</td>
<td>Check-in opens for <strong>Short</strong> - WAVE 1</td>
</tr>
<tr>
<td>10:00</td>
<td>Ferry takes <strong>Short</strong> - WAVE 1 to start line at Wray Castle boathouse</td>
</tr>
<tr>
<td>10:15</td>
<td>EVENT START for <strong>Short</strong> - WAVE 1</td>
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</tbody>
</table>

**Short** participants - WAVE 2

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>07:00</td>
<td>Site opens</td>
</tr>
<tr>
<td>09:30</td>
<td>Briefing for <strong>Short</strong> - WAVE 2</td>
</tr>
<tr>
<td>10:00</td>
<td>Check-in opens for <strong>Short</strong> - WAVE 2</td>
</tr>
<tr>
<td>10:30</td>
<td>Ferry takes <strong>Short</strong> - WAVE 2 to start line at Wray Castle boathouse</td>
</tr>
<tr>
<td>10:45</td>
<td>EVENT START for <strong>Short</strong> - WAVE 2</td>
</tr>
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</table>

**Short** participants - WAVE 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>07:00</td>
<td>Site opens</td>
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<tr>
<td>10:00</td>
<td>Briefing for <strong>Short</strong> - WAVE 3</td>
</tr>
<tr>
<td>10:30</td>
<td>Check-in opens for <strong>Short</strong> - WAVE 3</td>
</tr>
<tr>
<td>11:00</td>
<td>Ferry takes <strong>Short</strong> - WAVE 3 to start line at Wray Castle boathouse</td>
</tr>
<tr>
<td>11:15</td>
<td>EVENT START for <strong>Short</strong> - WAVE 3</td>
</tr>
</tbody>
</table>
GREAT SWIMRUN - MIDDLE COURSE ELEVATION CHART
LOWEST 51M | HIGHEST 97M | TOTAL ASCENT 192.40M

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.

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.

COMPRESSION SOCKS
Go for quick-drying socks that will also keep your legs warm whilst wearing your short wetsuit.

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.

SWIMRUN RACE BIB
You'll be provided with this pre-event so have a think about how it might affect your kit.
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 you 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.
   - **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 providing CLIF Bars and Bloks, and later on, bananas and chocolate. The stations are located at Wray Castle (Middle and Endurance only), 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. Dressing bandage (1 per team)
  ii. Compass or watch compass (1 per team)
  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.

8. TIMINGS / HOUSEKEEPING

- Pre-Race Briefing: Will take place on Friday 7 June at 19:30 at The Lakes School, Troutbeck Bridge, Cumbria, LA23 1HW, around 1 mile away from the event site. Attendance for Middle and Endurance participants is mandatory and optional for Short Distance.
- 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.
- 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.