

2018 Bude Surf Life Saving Open Water Swim

Sunday 8th July, starting at 2 pm

2km Open Sea Swim - Northcott Mouth to Bude

(Other 2km options available as conditions dictate)

Timetable

12 pm to 1 pm	Competitors check in at Bude Surf-Life Saving Club, Crooklets Beach, Bude.
1.15 pm	Competitors briefing at Bude Surf Life Saving Club
1.30 pm	Competitors walk across to the start at Northcott Mouth following the coastal path across the top of the cliffs
2 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 £19 per swimmer.