

The 5th annual Henley Swim

29th June 2008 at dawn



Important Race details



WELCOME - YOU ARE NEARLY IN THE RACE!

We look forward to welcoming you to the 5th Annual Black Sheep Henley Swim.

By completing the attached waiver, and returning it to us with the race fee, you will be entered into the swim. On receipt of confirmation from us, your entry will have been confirmed.

Registration will begin at **3 am** on the day of racing and close at **4 am** sharp - no late entries will be accepted, either on the day or after the entry closing date **Wednesday 25th June**.



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RACE LOCATION & PARKING

The race is focused around Upper Thames Rowing Club (UTRC) who have been kind enough to let us use their facilities once again. Please make sure you leave their club in a better state than you found it - this is possible with a bit of imagination!

If you can car-share, please do so as spaces at UTRC are limited.

We have to vacate the clubhouse and car park area by **7.00 am**.

Please note there is no baggage storage area, so leave unwanted items in your car.

Here is a link to UTRC

www.multimap.com/maps/?&hloc=GB|RG93DB



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IDENTIFICATION & SECURITY

Once we have received your entry fee and signed disclaimer, we will issue your race cap during the morning registration - you will not be able to race on the day without it.

Please bring identification with you to registration on the morning of the race to check against your entry details.

ON RACE DAY

We advise that you arrive at UTRC in plenty of time to wake up and get into your wetsuit and down to the start - it is a good 10-minute walk/jog to the start.

At the start area, we will be providing bags for sandals/flip flops ONLY. These will be taken down to the finish where it is your responsibility to collect your own shoes - we accept no responsibility for lost items; we suggest you mark your

shoes carefully, or even better, rough-it up to the start barefooted!

Please do not dive or jump in the river at any time - luckily there are no prizes for style and we cannot guarantee there are no hidden dangers lurking beneath the surface, and the depth is variable.



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RACE RULES

There will be a one-wave start this year, at precisely 4.30 am. We will give you a 10 minute and 5 minute count down for those of you who want to warm up - but not on the race course please. **Please warm up heading towards the weir at Temple Mill** (away from Henley) - do not go any further than 50 metres from the start line as there will be no safety measures beyond that point.

On the start line, we expect the faster swimmers to be **on the far side of the river** i.e. nearer to The Island. You will need to be sensible - there are some very fast swimmers this year. If you know you are not one of the faster entries, hang back as the water does not taste too good.

Please stay within the Regatta course at all times - and look out for gaps in the booms.

When you finish, please exit beyond the Regatta finish line and make way for incoming swimmers.

Please note that the minimum age for the event is 14 years of age, as recommended by British Swimming.



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AFTER THE RACE

Please head back to UTRC for prize giving. There are rumours that we will meet at a secret location somewhere else in Henley for breakfast - details to be confirmed.

WITHDRAWALS

We are very sorry but it will not be possible to guarantee a refund of your entry fee once it has been paid. But if you know you cannot make the event, please give us as much notice as possible

to enable us to reallocate your place to another swimmer in reserve. This is more likely to result in some kind of refund if at all possible.



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MEDICAL ADVICE

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin) please inform us prior to the race by letter. **Whether you have a medical condition or not, if you feel unwell on race day - don't race!**

All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer may be susceptible to infection through

immune suppression, particularly if he or she is not in good health at the time of swimming. Be careful entering any open water swim if you are unwell.

Statements concerning the suitability of water for swimming should be interpreted cautiously. The river will be cold and triathlon wetsuits will be compulsory if the temperature is below 14°C. You are advised not to drink the river water!



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SAFETY

There will be various safety measures taken on the day along the towpath, and on the water. For safety reasons please try to swim near the booms, on the towpath side of the river - **swim on the left hand side in other words.**

Canoes will be on hand to provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. If you appear to be struggling in the swim, or if you have been in the water for a long time, you may be pulled out, at the discretion of the safety crews.

CANCELLATION

The race organisers reserve the right to alter the direction of the swim, shorten the distance, change the start time or cancel the event at any time.



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OFFICIAL CHARITY

The official Charity is CLIC Sargent.
They would love your support so if
you would like to do some fund raising
please contact Tom Kean for information
or have a look at their website:

www.clicsargent.org.uk/Home



WHO TO CONTACT ABOUT THE RACE

The Organising Committee of The Henley
Swim (Jeremy Laming, Tom Kean,
Michael Woolhouse and Iain Edmondson)

Jeremy Laming (07771 864828)
Tom Kean (07770 438592).

They can be contacted on
Henley.swim@googlemail.com



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FINALLY

We hope you will have a terrific morning in Henley. No other race has such a glorious setting and scenic backdrops. We strive to make this a great event, and your patience and consideration are required to make everything work. The Race organisers and volunteers look forward to seeing you and we hope you will have a fantastic experience.

Special thanks must go to all the authorities and individuals who have made this event possible. Especially, but not exclusively; Upper Thames Rowing Club, Black Sheep Brewery, Mailsports, the Old Windsor Lifeguard Club, time-keeping volunteers and others too numerous to mention.



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