

BOULTER'S TO BRAY SWIM
MAIDENHEAD

2017 Race information pack

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THE BOULTER'S TO BRAY SWIM TRUST

Website: www.boulterstobrayswim.org Twitter: @swim_the_thames Facebook: The Boulter's to Bray Swim

Registered Charity Number 1155159

Thank you for entering the Boulter's to Bray Swim. We're really looking forward to you joining us for this historic event. To ensure your day goes smoothly, please take the time to read these instructions.

Event summary

Date: Saturday 1st July 2017

Course: Start: Ray Mill Island, Maidenhead
 "Mile" Finish: The steps on the left (east) bank, just downstream of the Sounding Arch
 Classic (2.8km) Finish: Riverbank opposite the Waterside Inn, Bray

Categories: Open – men & women
 Masters 50+ – men & women (age on day of race)
 Junior 15-18 – men & women (age on day of race)
 Crew Challenge – team of 3 or more

By entering you have confirmed that you accept the Boulter's to Bray Swim Terms & Conditions, that you are a competent swimmer capable of swimming 80 lengths of a 25m pool and that you are aware of the inherent risks of open water swimming.

Timings

Time	Date	Activity	Location	Comments
6:30pm-8:00pm	Friday 30 June	Registration	Maidenhead Rowing Club, River Road, Taplow, SL6 0AT	It is only necessary to attend ONE of these.
5:15am-5:45am	Saturday 1 July	Registration	Maidenhead Rowing Club, River Road, Taplow, SL6 0AT	
6:00am	Saturday 1 July	Mandatory briefing and shoe drop	Ray Mill Island	
6:15am	Saturday 1 July	Race Start	Off Ray Mill Island	
7:45am	Saturday 1 July	River clear of swimmers		
8:00am	Saturday 1 July	Presentation and prize-giving	Maidenhead Rowing Club	

Parking

Car parking will be available in council car parks off the A4094 Ray Mead Road and where safe on surrounding roads. There is no parking or drop off for competitors or supporters at Maidenhead Rowing Club, River Road or Ellington Road. When parking on residential roads please be considerate and QUIET. More details of parking options are included later in this race pack.

Registration

Registration will take place at Maidenhead Rowing Club. You will pick up your swim hat and your timing chip, which is supplied with a Velcro band. The timing chip should be threaded through the Velcro band and then secured to your ankle underneath your wetsuit. It should not be worn on your wrist.

Once you have registered, make your way to Ray Mill Island for the safety briefing and start. **It takes 20 minutes to walk from Maidenhead Rowing Club to Ray Mill Island.** It is mandatory for all participants to attend the briefing. You must attend the safety briefing in your wetsuit and with your swim hat and goggles, ready to start the race. You may leave a pair of flip-flops here to be transported to the finish, and a car key for collection after the race. You may not leave any other items of kit.

Electronic timing

Timing mats will be positioned at the end of the swim. Your timing chip will provide you with an accurate time for your swim, and will also be used for security and identification purposes at the start and finish. All timing chips must be returned at the finish. If you lose your timing chip you will be charged £40. Please don't lose it!

Health and safety/First aid

Medical assistance will be available in case of accidents. There will also be plenty of water safety personnel on the river for the swim. To attract their attention simply raise one arm in the air and wave.

If you have any medical conditions such as diabetes, asthma or allergies which we will need to be aware of in case of emergency, please inform us prior to the race by email to contact@boulterstobrayswim.org, or alert us at registration.

Swimming in natural rivers and lakes carries a risk of infection. Good hygiene practice should be part of everyone's routine. Hand-sanitiser and a wetsuit-cleaning station will be provided at the end of the race.

IMPORTANT: If you feel unwell on race day, don't race. If you feel unwell after the race, report to a GP. If you do report to a GP feeling unwell, you are advised to inform them that you have been open-water swimming.

If for any reason throughout the swim you decide to stop swimming and get out, you **MUST** inform one of the marshals and return your timing chip so that we do not think you are still in the water.

Facilities

Toilets: outside the Rowing Club

Refreshments: upstairs inside the Rowing Club

Car-key drop: at Maidenhead Rowing Club or on Ray Mill Island at the start

We are fortunate to have access to the Maidenhead Rowing Club building. Access to the building is via the back stairs (the River Road side of the building). The front stairs (facing the river) are out of bounds.

Spectators

Spectators are encouraged to attend and can watch from any area at the Rowing Club and along the footpaths adjacent to the river. Spectators are not to park at the club, or on Ellington Road or River Road.

Under no circumstances are spectators to enter the water. Dogs are welcome but must be kept on a lead. Children must be kept under control and supervised at all times. And please don't leave any rubbish.

Refreshments

Post-swim bacon rolls and drinks will be available in Maidenhead Rowing Club.

Use of wetsuits

Wetsuits are mandatory. It is advisable to have practised swimming in the wetsuit prior to the event to ensure it fits and to be familiar with swimming in open water in a wetsuit.

The small number of experienced open-water swimmers who have requested that they swim in the 'Classic' style (without wetsuits) will be required to sign a disclaimer form at registration. These will be collected at the start. We will not allow you to enter the water until you have handed in your completed disclaimer form.

The Swim will not be cancelled if the temperature falls below 14 degrees

Access to the water

Once briefed, you will enter the water at the designated point. You may need to climb over a low railing to access the water. There will be buoys to indicate where to swim. All competitors start in the same place, irrespective of which swim you have entered. Once you have completed your swim, you will cross the timing mat as you exit the water. A course map is included in this pack.

The start

The start signal will be a horn blast. The swim will start in either one or two waves. You should position yourself within the wave according to your swimming ability. For example, stronger swimmers should position themselves at the front of their wave, less confident swimmers near the back.

After the swim

Once you have completed the swim and left the river at the designated exit point, you will be able to collect your flip-flops before walking back to Maidenhead Rowing Club to collect your goody-bag, and for refreshments and prize-giving.

Cut-off time and removal from water

The river will be cleared of swimmers at 7:45am. If it looks likely that you will not finish in that time, or if you appear to need a disproportionate amount of cover from the safety team, we reserve the right to remove you from the water at any stage.

Results

Results will be available in Maidenhead Rowing Club from 8.00am and will subsequently be posted on our website.

Prizes

Prizes will be awarded to the winning male and winning female in each of the three categories, for both swims.

Cancellation

Should weather or environmental conditions cause the event to be postponed, we will let you know by email and publish this information on the website, our Facebook page and on Twitter (@swim_the_thames). If you hear nothing, and there is no note on the website, then the Swim is going ahead.

Contact us

If you need to contact us before race day, please email contact@boulterstobrayswim.org

Please note

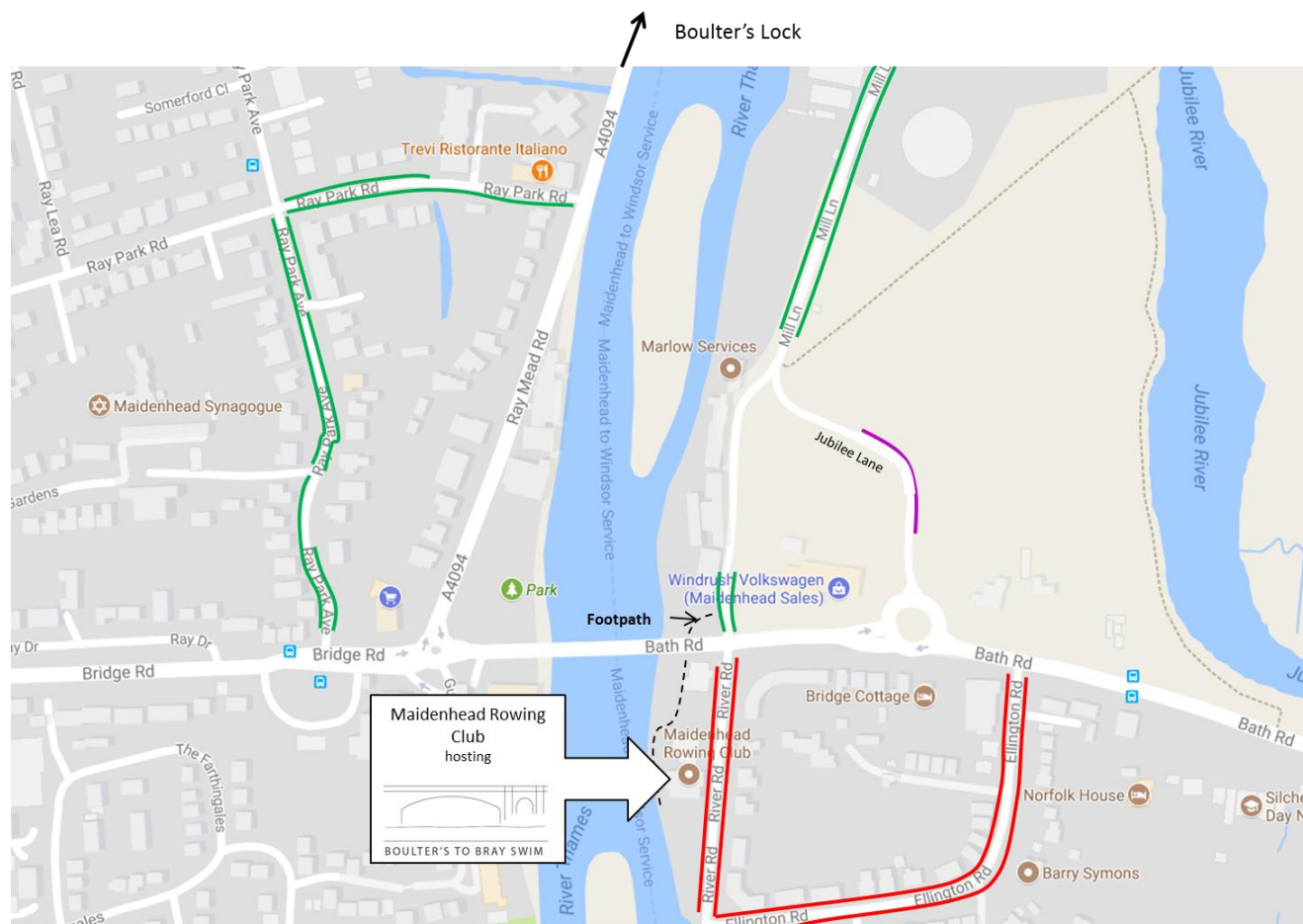
We are privileged to be able to hold the event in such a beautiful environment. Please respect the area, keep it clean and tidy, take your rubbish home with you and be considerate to local residents. The marshals are there for your safety, and most of the people working at the event are volunteers. The occasional thank you does wonders!

And finally...

Enjoy the race! Good luck – we hope you have a really good day.

Ben, Keith, Fi, Jen and Rob

Event Parking



There is no parking available for competitors or spectators in Maidenhead Rowing Club's car park. Please allow plenty of time to find a parking space and to walk to the clubhouse. Out of consideration to our neighbours, please do not park on River Road or Ellington Road. Parking can be found as follows:

Boulter's Lock Car Park: free from midnight to 9 a.m.; 50p for three hours thereafter.

On-street parking highlighted in green on the map:

- Along Mill Lane – no restrictions where highlighted green. Please do not park in designated residents' parking spaces;
- Ray Park Avenue – no restrictions on single yellow lines at the weekend;
- Ray Park Road – no restrictions along most of the road.

Jubilee Road, area highlighted pink: No parking Mon-Sat, 8 a.m. to 6 p.m.

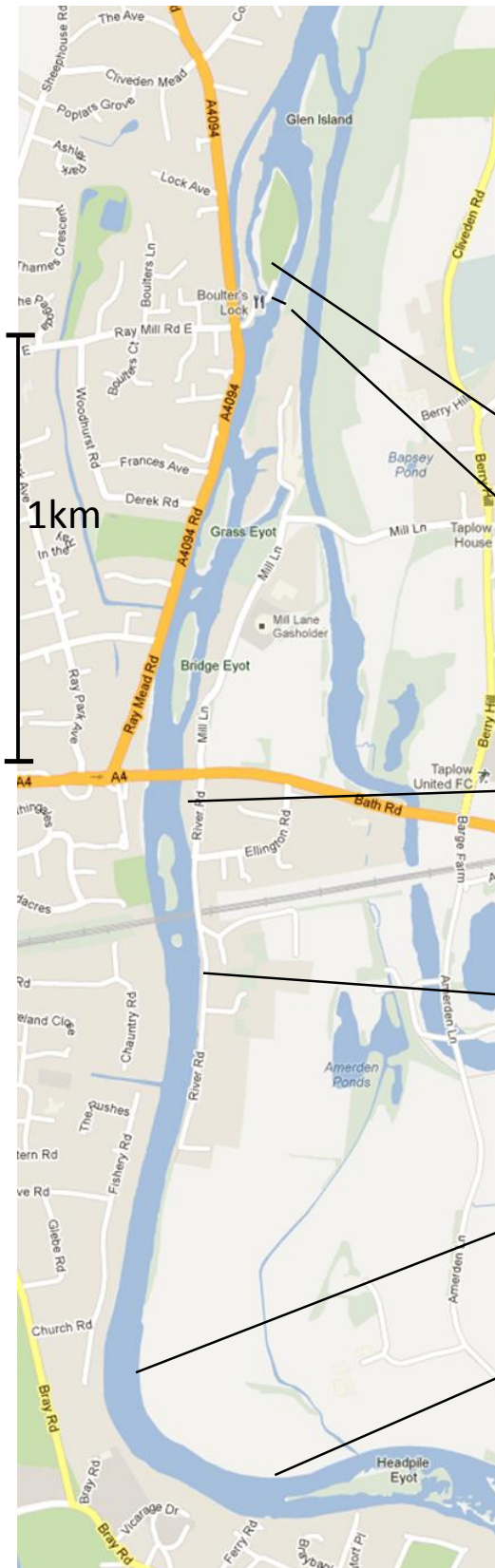
River Road and Ellington Road – marked in red on the map - are out of bounds for event parking.

Please ensure that you are not blocking a driveway or impeding access in any way.

This is a rough guide. You are responsible for checking and ensuring you park considerately, safely and legally.

Thank you for your cooperation.

Course Map



Mandatory pre-race briefing

Start line



Finish point for the 1.4km swim (left bank)

400m to go marker for the 2.8km swim (left bank)

Finish point for the 2.8km swim (left bank)