

The course - This is marked with large yellow/orange buoys and is shown on the attached plan. Swim clockwise. Front-crawl or breast-stroke is allowed.

750m - 1 small lap, 1500m - 2 small laps
3.8k - 3 large laps, 5k - 4 large laps.

Safety - Kayak marshals will be on the water for your guidance and safety. If you get into trouble turn on your back and raise an arm.

Finish - On completion of your swim you must climb out and cross the finish mat next to the marquee.

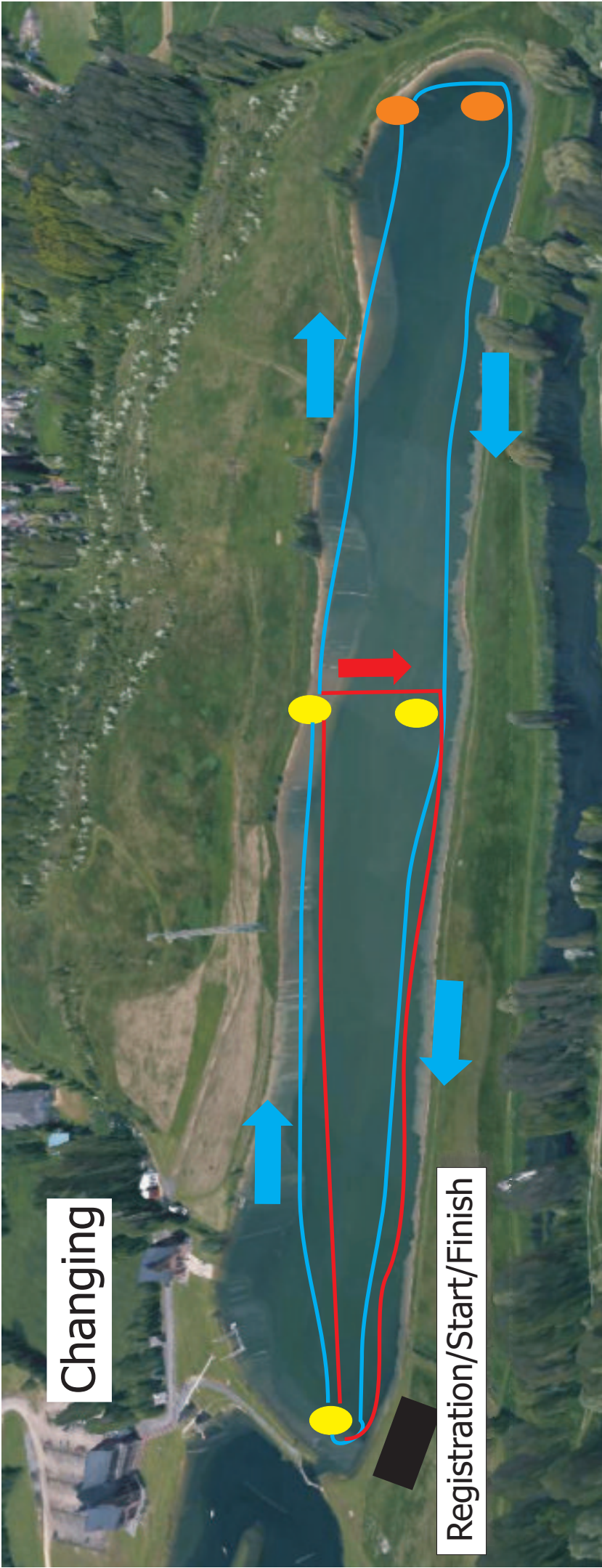
Presentation - This will be at 12.30pm at the finish line. Trophies for 1st & 2nd Male & Female in each distance will be awarded.

Time Limit - There is a 2 hour time limit for the race. If you are still not finished by 12:30pm you'll be fished out.

Refreshments - These are available from the café.

First-Aid - Paramedics are on hand throughout the event.

Results - Will be posted on the website asap after the event.

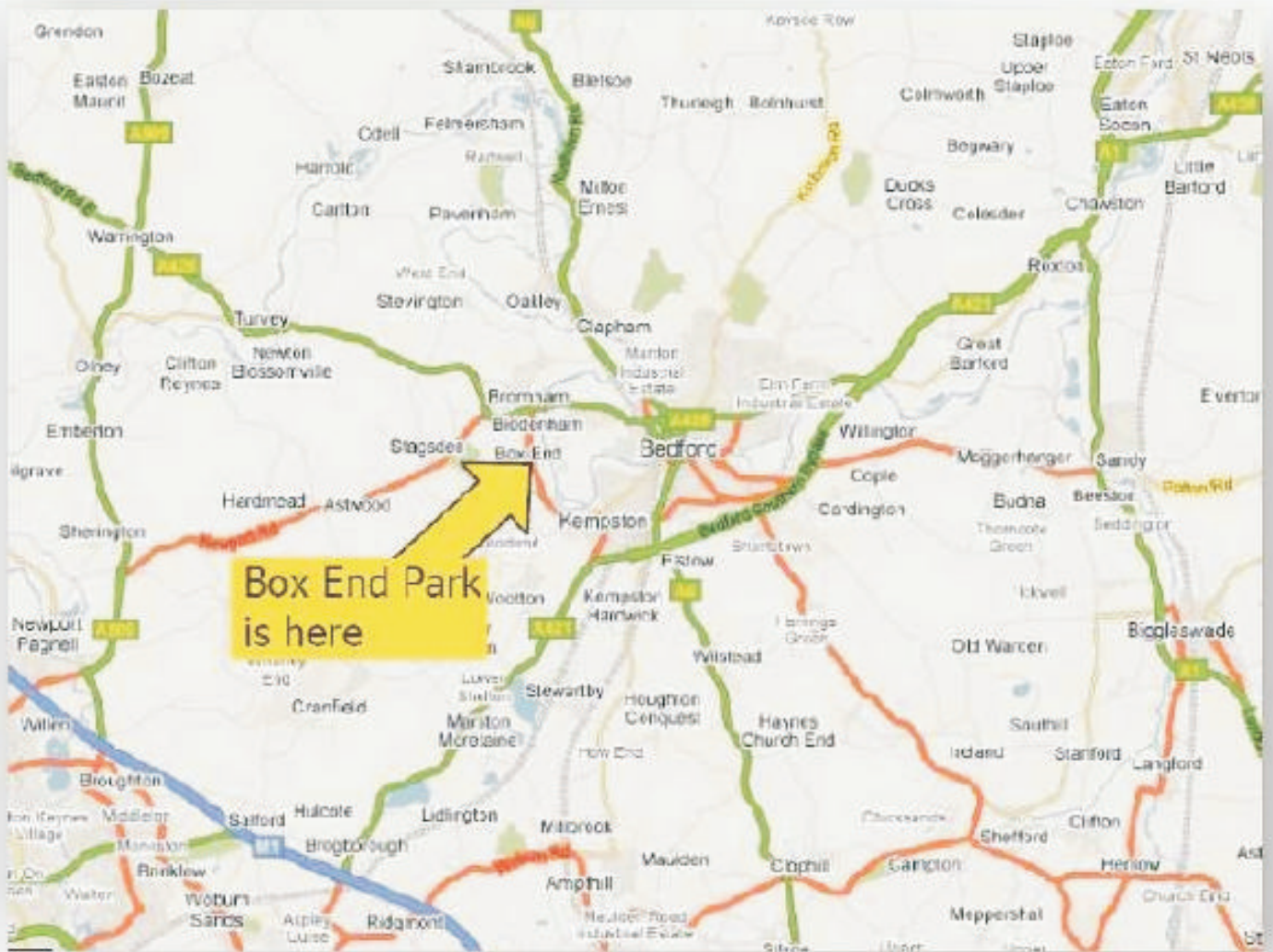


Changing

Registration/Start/Finish

- 750m 1 Lap
- 1.5k 2 Laps
- 3.8k 3 Laps
- 5k 4 Laps

Box End Park Location



Box End Park, Kempston, Bedford MK43 8RQ
Website: <http://www.boxendpark.com/>

Have a good race!