

2023 Race information please read this.

Thank you for entering the Big South East Swim

Race information.

Registration will open at 8.30am and the swim will now start at 10.00am.

Please bring a swimming hat.

The water Temperatures has dropped it was 19 degrees on Wednesday so it will be a wet suit swim.

I will post the Temperatures on the web site next Saturday evening what it is.

As it's only a small race this year we are happy for you to wear a tow float if you wish but we would ask you to start at the back please.

There are toilets in the visitors centre about 150m away.

Parking will still be in the Crosswaters car park. Lake View House, Rennie Dr, Dartford

DA1 5FU.

Please don't leave any rubbish in the car park. We are very lucky to have the use of their car park.

This is about 300m from the race start.

Registration will be by the lake in the marquee.

There will be a short race brief before you enter the water to go over water safety.

To take part in this event you must have swam open water before. You will be asked to sign a race waver form before the race to confirm this.

As its only a small race this year so I will post list who will win Trophies on a board at registration.

We love giving out Trophy so over 30% of people taking part will receive one.

Everyone taking part will receive an event technical t-shirt.

I will send out a 2nd e-mail later next week as we always get a lot of late entry's.

We hope you enjoy the swim.

See you Sunday

John

