

The Severn Mile

Open Water Swim



11am - Sunday - 18th Aug 2019

See Shrewsburymasters.com for details

1500m & 700m Swims

**Welsh Bridge to Kingsland Bridge
With or Without a Wetsuit**

Venue: Quarry Park, Shrewsbury

Registration: Pengwern Boat Club, SY3 7BD

Facilities: Showers, changing rooms, toilets light snacks & refreshments.

Entry Fee: £15:00, Money on the day only, but Pre-Registration recommended.

Awards: Medal to all swimmers and trophy to fastest Male & Female.

1500m Course

Downstream 1100m from the Welsh bridge to just beyond Kingsland Bridge. Upstream 400m to Pengwern boat club. Waves of 40 to 50 ability graded by speed & sex.

700m Course

From the Welsh bridge to the Pengwern boat club (all downstream). Ideal training for Shrewsbury Triathlon.



Important: An entry should only be made by individuals who are 18 or over, fit enough to take part in the event and who have no record of health problems that might give rise to problems before, during or after the event.

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