

The Severn Mile

Open Water Swim



11am - Sunday - 22nd Aug 2010

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 & Bar providing light snacks & refreshments.

Entry Fee: £5:00, Money on the day only, but Pre-Registration recommended.

Awards: Medal to all swimmers who Pre-register, and trophy to fastest Male & Female.

1500m Course

Down stream 1100m from the Welsh bridge to just beyond Kingsland Bridge. Up stream 400m to Pengwern boat club

700m Course

From the Welsh bridge to the Pengwern boat club (all downstream) Novices & swimmers who feel that they cannot swim 1500m

We cannot predict the level of the river, and may need to cancel the event or alter the course, therefore money on the day only.
Pre-registration via Email to myles_swift@yahoo.co.uk

Surname

Phone No.

First Name

Email

Date of Birth

Age on Race Day

M or F

Club

Address and Postcode

Distance Entered

Wetsuit Y/N

Important: An entry should only be made by individuals who are 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.

I accept that the organisers are not responsible for any loss or damage to me or my property. I swim at my own risk, I can swim the distance entered in open water and have read the conditions of entry.

Signed..... Date.....

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Conditions of entry

Please ensure that you read the terms and conditions below before entering the Severn Mile Swim. In signing the entry form you agree to these conditions. Open water swimming is an adventure sport and participation in such sports necessarily involves a risk of injury or death regardless of the standard of training, supervision and equipment employed

1. I agree to comply with the Conditions of Entry, the event rules and all regulations laid down by the event organiser.
2. I acknowledge that I have sole responsibility for my personal possessions and equipment during the swim and related activities.
3. I voluntarily accept all the risks inherent in Severn Mile Swim and I agree for myself and my personal representatives to indemnify and hold harmless all people, clubs & organisations (including without limitation its officers, employees and agents) against any claim or claims whether on my own account or from third parties arising out of any accident or incident resulting in any loss or damage (including bodily injury and death).
4. I confirm that I am physically fit and have sufficiently trained for this open water swim.
5. I consent to receive any medical treatment which may be deemed advisable in the event of injury, accident and/or illness during the Severn Mile Swim event.
6. No guarantee can be given as to the level, quality or fitness for use of the River and its environs at any time.
7. Any entry form received that has not been signed by the participant will not be accepted and will be returned.
8. SAFETY: If you cannot make it to the bank, roll onto your back and if possible raise your arm and wait for help. Do not climb on to the canoes, follow any instructions given.
9. HYGEINE: SHOWER AFTER SWIMMING. To reduce the chance of any infection please shower after you come out of the river. This is also a precaution against Weil's disease. Wash any open wounds and ears, etc. If you develop any flu like symptoms it is important to see your GP and tell him that you have been swimming in open water.
10. Complete the entry form and click email button to Pre-Register details. If you are using a web based email program you will be prompted to save the details as an attachment. Send this to myles_swift@yahoo.co.uk. Print a copy of the form, sign and bring it with you on the day of the swim.