



WINCANTON SWIMMING CLUB – OPEN WATER

Like most sports and activities swimming is best outdoors. The club does not yet have an open water section but below is a list of local (and not so local) events a number of which have been undertaken by the club's masters swimmers.

In general the events are geared towards the senior members of the swimming club and masters swimmers although this starting to change as we are seeing shorter events across the calendar.

Events can either be undertaken traditional swimming costumes or allow the use of swimming wetsuits. We would recommend using a swimming wetsuit until you are familiar with open water swimming events, it is normal for events to run in summer water temperatures of between 13 and 18°C. So it can be a bit fresh when compared to the swimming pool.

In the following pages is a table of swimming events, and some local multi-sport events that have some swimming component to them.

About as choppy it can get for a race:



Now that's a set of diving blocks!



About as dark as the water can be:



That's better a clear 'millpond':



Taking shelter behind the reef at Durdle Door



A perfect spot for a swim:



If you would like to know more about the delights of swimming outdoors or know of any events not listed below please contact Gavin Munnery, the club sec at munneryfamily@btinternet.com.



The following are also good sources of information:

Reading:

Wild Swim –Kate Rew

Wild Swimming – Daniel Start

Wild Swimming 'Coast' – Daniel Start

Web:

www.blDSA.org.uk (British Long Distance Swimming Association)

www.outdoorswimmingsociety.com (Outdoor Swimming Society)

www.h2openmagazine.co.uk (Outdoor Swimming Magazine)

SUMMARY OF SWIM & OTHER MULTI-SPORT EVENTS 2012

| Event | Type | Date(s) | Entry/contact | Comment |
|--------------------------------|---------------------|--|--|---|
| Spring Swim | Swim (0.5 to 1.5km) | 06/05/12 | www.humanrace.co.uk | Branksome, Bournemouth First of the speedo swim series; 27/5 - Eton 10/6 – Eton, women only 18/7 –Windsor 15/7 – Hampton Court 26/8 - Marlow 16/9 – Sandbanks, Poole |
| Castle to Castle Swim | Swim (1mile) | Early June | www.falriver.co.uk | Falmouth, Pendenis point to St Mawes castle across the river Fal. Part of the river Fal festival raising money for the RNLI. |
| Weymouth bay swim | Swim (1mile) | 17/06/12 | www.bhf.org | Along the edge of the bay, good for a novice. British Heart foundation swim series. |
| Henley classic | Swim (2.4km) | 24/06/12 | www.henleyswim.co.uk | 2.4km at sunrise – very British! |
| Seahorse Swim | Swim (3.8km) | 24/06/12 | East Dorset open water swimming club www.edowsc.org | Well run, over the Studland Seagrass beds. |
| ASAsouth west championships | Swim (various) | 01/07/12 | www.somersetasa.org/sasa/index.php?page=156 | New venue, a lake near Bradley Stoke, Bristol that should be warmer than the sea at Weymouth. No wetsuits. All ages. Distances 750m taster to full 10km. |
| Henley mile | Swim (1mile) | 08/07/12 | www.henleyswim.co.uk | Part of the h2open series, also qualification for the 2013 Henley classic. On the regatta course. |
| Weymouth Big Cove Swim series | Swim (1.9 / 3.8km) | 08/07/12 22/07/12 19/08/12 02/09/12 | www.bustinskin.com/events_66860.html | Bowlease cove, Preston Weymoth |
| Bournemouth Pier to Pier | Swim (1.4 miles) | 15/07/12 | www.bhf.org | British Heart foundation swim series. |
| Vobster race series | Swim (1.5 / 3.8km) | 25/07/12 29/08/12 | www.dbmax.co.uk | Vobster quarry, towards Frome. |
| Clevedon annual long swim | Swim (1mile) | 28/07/12 | www.wavesswimschool.co.uk/page15/page15.html | 83 years and counting, Ladye Bay to Clevedon Pier', 1mile in the Sea/Severn estuary. Visibility zero in the water. |
| Stert Island Swim | Swim | 29/07/12 | www.westcountrytriathletes.co.uk | A bit of history re-instigated as a millennium project. Zero visibility, a there and back race. |
| Portland harbour Mulberry Swim | Swim (1/3/5 miles) | July? TBC | www.weyportmasters.org.uk | First run in 2011, a variety of distances in loops near the WW2 D-day remains. |



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| Bournemouth Long Swim | Swim (2.5 / 3.8km) | 05/08/12 | www.votwo.co.uk | Part of the national H2open series. |
| Brownsea Island Swim | Swim (4miles) | 19/08/12 | www.rlss-poole.org.uk/brownsea2.htm | Very popular iconic swim, entries open in the last week of February. Tidal so a current to push/pull you around. Full or half distance, with or without a wetsuit. |
| Sandown to Shanklin Pier Isle of Wight | Swim (2miles) | 19/08/12 | www.iowmarlinsswimclub.co.uk | 2 miles tidal assisted |
| Henley Bridge to bridge | Swim (14km) | 19/08/12 | www.henleyswim.com | 14km down the Thames in pods of similar ability swimmers. A swimming 'sportive' event. |
| South West swim | Swim (1.5 / 5km) | 08/09/12 | www.dbmax.co.uk | At the Vobster quarry dive centre, cold but clear. Part of the H2open national series. |
| Sandbanks swim | Swim (0.75 to 3km) | 16/09/12 | www.humanrace.co.uk | Sandbanks, Poole Last of the speedo swim series |
| Agatha Christie Swim | Swim (1mile) | September | www.daat.org | A 1 mile sea swim in Torbay, with proceeds to the air ambulance trust. |
| River Dart 10k | Swim (10km) | 22/09/12 | www.outdoorswimmingsociety.com | Down river with packs of similar speed swimmers |
| Multi-sport events - 1 hour from Wincanton | | | | |
| Burnham-on sea Aquathlon | Swim/run | 01/04/12 | http://www.bospool.com/events.htm | Kids events/ |
| Wincanton Triathlon | Tri | 29/04/12 | www.totalbuzzevents.com | New spring triathlon based at our sports centre |
| Weymouth Triathlons | Tri | May/June/September | www.bustinskin.com/events.html | 3 triathlons various distances all sea swims. |
| Taunton Triathlon 1 | Tri | May | www.tauntondeanetri.co.uk/ | 400m pool swim. Popular sprint triathlon |
| Weymouth Aquathlon series | Swim /run | June to September | www.bustinskin.co.uk | Wednesday nights/16 races, Sea swim 950m and beach runs 5km. |
| Taunton Triathlon 2 | Tri | June | www.totalbuzzevents.com | 400m pool swim. Second Taunton spring triathlon in it's second year |
| Wimbleball UK ½ Iron Man | Tri | June | www.ironmanuk.com/uk-ironman-703/home | Fantastic 1900m lake swim, challenging bike and run. |
| Clevedon Aquathlon | Swim / run | 8/07/12 | www.wavesswimschool.co.uk/page15/page15.html | Swim in the marine lake/ run along the prom. 400m/3km or 800m/6km |
| Millfield Olympic distance tri | Tri | July | www.freakevents.co.uk/events/Geeaky-Freaky-1-July-2012/ | Sprint and Olympic distance triathlons at Millfield |
| Sherborne Triathlon 1 | Tri | July | www.sherbornesports.co.uk/triathlon-3/ | 500m swim sprint triathlon based at the boys school. |
| Sherborne Triathlon 2 | Tri | August | www.wessexwizards.com/ | 400m swim sprint triathlon based at the Oxley. |
| Millfield Middle distance Tri | Tri | August | www.freakevents.co.uk/events/Millfield-School-Tri-26-Aug-2012/ | Half iron man ish distances. Pool swim for 1900m. |
| Langport Triathlon | Tri | September | www.huishleisure.co.uk/content.asp?c=60 | 400m pool swim outside at Huish Episcopi sports centre |
| Clevedon Splash and dash | Swim / run | October | Clevedon Swimming Club or www.wavesswimschool.co.uk/page15/page20/page20.html | Pool swim various distances and combinations – for ages |
| There are more: Salisbury Triathlon / Dorchester Triathlon / Wimborne Triathlon / Burnham-on-Sea Triathlon - the list goes on ! | | | | |