



OUTDOOR
Swimmer
EVENTS GUIDE 2023

Make a splash for WaterAid

Secure **FREE** entry in your next swim event with WaterAid – help reach others around the world with the joy of clean drinking water in 2023!

Join our swim community of like-minded people, live your values, help tackle injustice and feel great. **By swimming and raising funds this year you can help change lives.**

Great North Swim 9–11 June: **FREE ENTRY**

Join us as we return to the beautiful Windermere in the Lake District for the third year of our official charity partnership. Choose from a range of distances – from the family-friendly to the Olympic-level!

Discount code OSGNS2023



Swim Serpentine 16 September: **FREE ENTRY**

Enjoy a late summer swim in Hyde Park's beautiful Serpentine. Take in the views with a leisurely half mile or push yourself to complete one or two full laps!

Discount code OSSS2023



Henley Swim Festival 9 July: **FREE ENTRY**

Join Team WaterAid for a bumper weekend of swimming for the whole family. Choose from a range of swimming challenges at this iconic outdoor swim event, set in a stunning location on the banks of the Thames at Henley.

Discount code OSHSF2023



Winter Dip 25 December – 5 January

Gather your friends and family and head out for an exhilarating Winter Dip.

Choose your favourite day from 25 December to 5 January, or challenge yourself to a dip on each of the 12 days of Christmas!



Swim Marathon 1 August – 24 October

Have you ever swum a marathon before? Well, here's your chance! Swim a marathon or half marathon distance over 12 weeks: take your health, wellbeing and fitness to the next level with WaterAid's very own swim challenge.



Join Team WaterAid at a challenge this year and you'll achieve so much more than your swim goals, you'll be helping to reach more people like Mary (pictured left) with life changing clean drinking water.



Follow the QR code or sign up at www.wateraid.org/uk/swimmer

Editor's Letter

ON THE COVER - SWIM SERPENTINE



In 2008, years of enjoying outdoor swimming led me to want to swim my first open water event. Back then outdoor swimming events were not common and there were very limited places to train or swim that were not a river, or the sea. I pored over charity event webpages and found a mile sea swim in Brighton hosted by the British Heart Foundation. Perfect, I love the sea and a mile seemed achievable. I entered, and then spent mornings before work ploughing up and down the lanes at my local pool. I wasn't a very good swimmer, but I could easily swim a mile of breaststroke so that is what I did three times a week at the pool until event day that August.

On the day of the swim the conditions were perfect. A flat-calm sea, which I now know is rare for Brighton, blue sky and sunshine. As it was August, I never thought about being cold or water temperature. At the start line, I was the only one in a swimsuit, I instantly felt out of place. I waded into the sea regardless, stumbling on the pebble beach and set off towards Brighton pier. I had no watch, no thought of how fast or how long I was taking until I was pretty much alone in the water. I could see other red-hatted swimmers around, but I was certainly not going to win prizes for speed. I was blissfully unaware of how long it was taking me. Although I was comfortable and happy, sun on my back, sea stretched in front of me, I couldn't finish the swim. The safety team started to circle me, one encouraged me to hang onto the back of his kayak so he could pull me closer to the beach. I was drifting further out into the English Channel. Once back on course I carried on, but not for long. Eventually I was asked to leave the water, I was taking too long, the tide had changed and it would be tough for even the strongest of swimmers to beat it and get to the finish. I will never forget walking along the promenade to find my family who

were waiting at the finish with a home-made banner. I was so embarrassed. Other swimmers who had finished were walking back to the start, some smiled weakly and others nodded knowingly.

I look back on that event fondly today. If you had told the 25-year old version of me who couldn't finish a mile swim event that she would go on to swim great distances, in great places and shape her life around the water, I am not sure she would believe you. But what that event did was give me an appetite for more. A year later, after some lessons to improve my front crawl and some training in open water, I went back and conquered the mile sea swim event. But once I had that medal around my neck I was hooked. I started to take part in similar events but before long I wanted to swim further and longer. In 2011, I discovered *H2Open* magazine, known today as *Outdoor Swimmer*. I would read about other swimmers, different places to swim and how to swim better. I would sit down with a pen and the event listings highlighting swims I wanted to enter and train for. It was the best way to plan and discover what was possible and I like to think the magazine still does this today.

This month's event supplement is designed to inspire and ignite an interest in open water events. Boil the kettle, grab a pen and work out what you want to achieve and where you want to swim this year. I will be doing my first long-distance event since I gave event swimming a break in 2016 – I am already both nervous and excited for what race day may bring. If you haven't ever swam an event, it is certainly worth considering. No matter what distance or type of swim you choose, achieving your goal, swimming alongside other swimmers and immersing in a journey is a special feeling – one that all outdoor swimmers should experience!

Ella Foote, Editor

A photograph of two swimmers in the water. The swimmer in the foreground is wearing a white cap and is captured mid-stroke, with their arm extended forward. The swimmer in the background is wearing a yellow cap and is also in a swimming posture. The water is dark blue with some white foam from the swimmers' strokes. The overall scene is dynamic and captures the intensity of a swim.

MACMILLAN CANCER SUPPORT and Henley Swim

Join Team Macmillan for the 4 Henley Swim events on offer this summer. More details:
<https://www.macmillan.org.uk/fundraise/charity-swim>

HENLEY SWIM EVENTS 2023



SELKIE HENLEY CLASSIC | SUNDAY 25 JUNE



SELKIE HENLEY CLASSIC

Since 2004 Henley Swim has had exclusive once-a-year access to the Henley Royal Regatta course, allowing you the opportunity to swim the stunning, world-renowned 2.1km course at dawn.

Henley Swim is privileged to be able to stage the Selkie Henley Classic on this beautiful reach of the Thames. This is the **ONLY** time you will be able to have a safe supervised swim on the course, while it is completely closed to boat traffic.

OUTDOOR SWIMMER HENLEY SWIM FESTIVAL | SATURDAY 8 & SUNDAY 9 JULY



HENLEY SWIM FESTIVAL

Outdoor Swimmer is thrilled to once again partner with Henley Swim for our annual celebration of outdoor swimming on the beautiful banks of the River Thames just outside Henley. The festival is an outdoor swim event like no other. There is live music, entertainment, food, drink, camping, swim experts, demos, retailers and an atmospheric event village all together in one place – giving you access to everything you need to know about outdoor swimming. And with swimming challenges for all ages and a free river lido it is a really family-friendly event.

Choose your distance: 200m, Half Mile, Henley Mile, Suits vs Skins, 4 Mile Challenge

CLUB TO PUB | SATURDAY 22 JULY



CLUB TO PUB

The 1.6km swim will start at Henley Rowing Club. The first 400m is upstream towards Marsh lock. Swimmers turn at 2 large marker buoys and hug the Mill Meadow bank, travelling downstream all the way to the Angel on the Bridge.

How many people do you know that can say they have swum to the pub on a Saturday night? Here you will be presented with your well earned beer and your bottle opening medal. There will be a BBQ (pre-order only) and more drinks available to purchase, and a post-swim party to celebrate your achievement.

THAMES MARATHON | SUNDAY 13 AUGUST



THAMES MARATHON

The Thames Marathon is an endurance swim between Henley-on-Thames and Marlow with a choice of two distances (approx. 13km and approx 5.5km). It covers a beautiful stretch of the Thames and has become one of open water swimming's most prestigious marathon swims.

Swimmers will be transported by coach to the full or half distance start, and will swim back to Marlow where they will be welcomed by cheering supporters at the event village. There is also the option to walk or run to the start of the half-marathon.

SIGN UP NOW: [HENLEYSWIM.COM](https://www.henleyswim.com)

Sign up now to take advantage of early bird prices and
FREE charity places with Macmillan Cancer Support.



WHY DO AN OPEN WATER EVENT?

AND SOME FREQUENTLY ASKED QUESTIONS



Simon Griffiths,
founder and
publisher, Outdoor
Swimmer magazine



The big change we've seen in outdoor swimming recently is the growth in recreational swimming. Fifteen years ago, the majority of people we saw in open water wore wetsuits, swam head-down front crawl and were often training for a triathlon. Now it's mostly people dipping and swimming for the joy of being in the water and the health and wellbeing benefits of being active in nature.

If the latter describes you, it's legitimate to ask, why should I do an event? Events are for fast, competitive people, aren't they? Triathletes who can no longer run, for example.

Actually, no.

As outdoor swimming has evolved, so have events. Racing has become less of a feature (although it's still available if you want it) while the importance of the overall experience, for all swimmers,

has improved. So, even if you're not an 'events' person in general, it's worth considering an outdoor swimming event. Here's why:

AN OPPORTUNITY TO SWIM SOMEWHERE DIFFERENT

Some events are held in places where it can be difficult or dangerous to swim on your own, perhaps due to tides, boat traffic or access. When you do an organised event, the safety and access issues will be taken care of.

THE CHALLENGE

While you can test how far or fast you can swim yourself, there's something special about doing it in an event scenario. I

can usually swim further and faster in an event than in training.

IT'S SOMETHING TO FOCUS ON

There's nothing like having an event in your calendar to give you focus and get you thinking about how to swim the required distance. Even if you're not racing, taking on an event can be a great push to help you access more of the fitness benefits of swimming.

THE ATMOSPHERE

Events are supportive and social occasions. Most people are not in it to win it but to savour the occasion and do something fun and challenging in the company of like-minded people.

THEY CREATE MEMORIES

When I look back on my year, it's often the events I've done that stand out. I love my regular river swims in my local spot, but they merge in my mind, while the unique experiences of events stand out.

THEY TAKE YOU TO NEW PLACES

Swimming events often take me to places I wouldn't have considered visiting yet turn out to be places I would have wanted to visit, if only I'd have known about them. Don't just look local. Seek out an event further afield and make a break out of it.

RAISE MONEY FOR A GOOD CAUSE

Many swimmers use events to raise money for causes close to their heart, either independently or through a dedicated slot from an event charity partner. As well as reserving spots for their swimmers, event charity partners often provide additional support, such as training advice and refreshments on the day. Alternatively, pick an event organised by a charity. WaterAid, Macmillan and British Heart Foundation have charity slots at popular events this year.

Outdoor swimming offers a lot but some of my best swimming experiences are linked to events. There are events to suit a wide range of swimming abilities. We hope this guide helps you find a few to create fond, lasting memories.

EVENT FAQs

Do I have to be a fast swimmer?

Not usually. A few events have cut-off times because of tides or access requirements so you should always check, but most will accommodate swimmers of any speed.

Do I have to swim front crawl?

No. You can swim breaststroke, butterfly or side stroke. Backstroke is sometimes not allowed because it's harder to navigate, and someone swimming on their back may be





mistaken for someone in need of help (or vice-versa).

Do I have to wear a wetsuit?

You'll have to check the event rules. You will find the full range:

- Wetsuits forbidden
- Wetsuits optional
- Wetsuit use dependent on conditions
- Wetsuits compulsory

Why do events cost so much?

Organisers need to cover a lot of costs

including (but not limited to): staff, volunteers' travel expenses, medical cover, safety cover, water quality testing, access to private land, marquee hire, timing system hire, website build and maintenance, payment processing fees and bank charges.

Will the event be accessible?

Most event organisers are keen to support and encourage swimmers with different access requirements but due to the nature of outdoor swimming sometimes

find it difficult to cater for all scenarios. It's best to contact the organiser directly and discuss your requirements.

Will I get pushed under in a mass start?

If you want to avoid a mass start, hang back at the beginning and wait for the competitive swimmers to race ahead. It will only hold you up by 5 to 10 seconds. Some organisers now offer rolling starts and your time is only recorded when you enter the water or cross the start line.

Will faster swimmers swim over me?

Most collisions in outdoor swimming are unintentional. Organisers sometimes send slower swimmers off first, with faster swimmers following behind. They could potentially swim over you, but they will do their best to avoid it as it would slow them down. If you wear a bright hat and use a tow float, they'll be more likely to see and avoid you.



JUBILEE RIVER SWIM

SUNDAY 4TH JUNE 2023

10k river swim from Taplow to Eton (nr Windsor).
Relay option for 2,3 or 4 swimmers!



mstevents.co.uk/jubilee-river-swim

24hr Swim Relay

levelwater.org/24hr

LEVEL
WATER

A full weekend of swimming, camping, hugging & laughing with friends & family of all abilities.

Teams up to 8
£30 entry fee

"What a fantastic event. Our team loved it. The challenge. The atmosphere. The community. The camaraderie. We felt privileged to have been part of it."





Eton Dorney | Nr Windsor
25th June | 24th Sept

Now in its 5th Year, Votwo's Swim Long event returns to the Olympic Rowing lake at Eton Dorney Nr Windsor. The lake 2.5k in length offers clear water, excellent facilities with showers, toilets, free parking and good spectator viewing. Distances are 2.5k / 3.8k / 5k / 10k. Marquee bag store, feed station on the pontoon, cake and drinks at the finish, water safety team, timing, event hoodies and T-Shirts for sale.



Enter at votwo.co.uk



Alton 11/06/23 | Grafham 30/07/23 | Rutland 06/08/23

Open water adventure awaits in the heart of the country across three extraordinary venues. We've created some exciting adventures exploring some really beautiful locations. Each event has a range of distance options, includes chip timing, silicone swim hats, free float hire, comprehensive swim safety and advanced medical cover.

Each venue has great facilities and beautiful scenery. Alton and Grafham are new for 2023. Can you conquer these epic locations?



www.pacesetterswim.com

Swim surrounded by the mountains...



The Big Brutal Swim is held in the stunning Llyn Padarn, which is known for being one of the deepest lakes in Wales.

Now in its 8th year, this friendly, relaxed swim event welcomes new and experienced swimmers alike. The distances available are 2.5k, 5k and 10k and it is open to wetsuit and non-wetsuit swimmers.



September 10th - 9am
Llanberis, North Wales

brutalevents.co.uk

OUTDOOR SWIMMER MAGAZINE GIFT SUBSCRIPTION

Save up to 28% on Outdoor Swimmer magazine with our gift subscription options.

Gift a 3, 6 or 12 month Outdoor Swimmer magazine gift subscription and let the receiver be inspired by swim stories, training tips and nutrition advice, delivered to their door each month.

All gift subscriptions come with a gift card, an Outdoor Swimmer fabric supporter badge and access to exclusive offers from our partners for the length of the subscription.

Customise the gift card by getting the first issue delivered to yourself or get the gift subscription sent straight to the receiver.

Price: from £19.99



LET'S SWIM!

UK AND INTERNATIONAL EVENT LISTINGS

England & Wales

APRIL

- 1 Tal-y-llyn - Cool Mile (1 mile)**, Tal-y-llyn, weswimrun.org
- 4 Night Glow Swim for RUHX (200m)**, Bristol, westcountrywaterpark.co.uk/charity-events/
- 29 Long Distance Open Water Event (2hr, 6hr)**, Wragby, oceanwalkeracademy.com

MAY

- 7 The Stu Plane Swim Charity Challenge and Fun Day** (26 mile Marathon Group Open Water Swim Event), Melton Mowbray, swim@themtc.co.uk
- 14 BLDSA Thrybergh Country Park** (1km, 3km, 5m), Thrybergh Country Park, Rotherham, blds.org.uk
- 20 Greater Manchester Swim!** (1 mile, 500m, 3 miles), Salford Quays, Salford, uswimopenwater.com
- 20 Keswick Mountain Festival Derwent Swims** (750m, 1500m, 3.6km), Keswick, keswickmountainfestival.co.uk
- 27 The Swansea Swim** (750m, 1.9km, 3km), Swansea, swanseaswim.com
- 21 Roadford Lake Swim** (1500m, 2500m, 5km), Broadwoodwidge, Lifton, sportivaevents.co.uk

JUNE

- 3 Salty Sea Dog Long Swims** (2.5km, 3.8km, 5km), Boscombe, Bournemouth, votwo.co.uk
- 3 The BIG Bala Swim** (1.5km, 4.5km, 9km), Bala, loveswimrun.co.uk
- 3 Northumberland Festival of Sport OW Swim Challenges** (750m, 1.5km, 3km), Morpeth, vo2maxracingevents.co.uk, NS
- 4 Aquasphere Epic Lakes Swim Ullswater** (500m, 1 mile, 3.8km), Nr Ullswater Steamers/St Patricks Boat Landings, Glenridding, epicevents.co.uk, NS
- 4 Tal-y-llyn - Two Miles** (2 miles), Tal-y-llyn, weswimrun.org
- 4 Jubilee River Swim** (10km), Windsor, mstevents.co.uk
- 7 Capernwray Open Water Swim** 1 (500m, 1000m, 1500m, 3.8km), Carnforth, t2.events
- 9-11 Great North Swim** (250m, 1/2 mile, 1 mile, 2 miles, 5km, 10km), Windermere, greatswim.org

- 10 Bradford-on-Avon Slow Swim and Picnic** (1.7km), Bradford-on-Avon, hamiltonsfitness.co.uk
- 10 Dartmouth Open Water Swim** (750m, 1500m), Blackpool, Dartmouth, sportivaevents.co.uk, NS
- 10 BLDSA Wykeham Lake** (near Scarborough) Night Swim (5km), Scarborough, blds.org.uk
- 10-11 24hr Swim Relay**, (swim on rotation for 24 hours), Shepperton, levelwater.org
- 11 SwimAlton** (0.5 miles, 1 mile, 2 miles, 5km), Alton, swimrutland.com
- 11 BLDSA Wykeham Lake** (near Scarborough) (1km, 3km, 5km), Scarborough, blds.org.uk
- 11 Swim Your Swim Bala** (3 miles), Llangower, Bala, swimyourswim.com
- 11 The Gwineas** (3.8km), Gorran Haven, Saint Austell, madhatterssportevents.co.uk
- 17 Swim Your Swim 12 Hour Swim and Marathon Swim** (12 miles, 26.2 miles), Rotherham, swimyourswim.com
- 17 BLDSA Champion of Champions** (South) Dover Harbour (1 mile, 3 miles, 5 miles), Dover, blds.org.uk, NW
- 17 River Arun 3.8km Swim** (3.8km), Littlehampton, rawenergypursuits.co.uk, NS
- 17 Castle Swim Series** - Cholmondeley Castle (1 mile, 2.5km, 5km), Malpas, castletriathlonseries.co.uk
- 17 Cheshire (12 HR) Swim Challenge** (12 miles, 6 miles), Allostock, uswimopenwater.com
- 17 Swim The English Channel Up North Challenge** (36km), Allostock, uswimopenwater.com
- 18 4k Lock to Lock Swim** (4km), Eynsham, Witney, swimoxford.co.uk
- 24-25 Aquasphere Chillswim Coniston End to End** (5.25 miles), Coniston, chillswim.com
- 24 Aquasphere Cardiff Try a Tri Swim** (750m, 1500m, 3000m, 4500m), Cardiff, alwaysaimhigherevents.com
- 25 Selkie Henley Classic** (2.1km), Henley-on-Thames, henleyswim.com
- 25 Breakwater Swim** (4km), Plymouth, chestnutappeal.org.uk
- 25 Seahorse Swim** (2km, 3.8km), Studland, Poole, eastdorsetowsc.org
- 25 Swim Long Eton Dorney** (2.5km, 3.8km, 5km, 10km), Eton, Windsor, votwo.co.uk
- 25 English Riviera Swim** (750m, 1500m, 3000m), Youngs Park, Paignton, sportivaevents.co.uk
- 28 IGLA London 2023 - International LGBTQ+ Aquatics Championships Open Water** (2.5km, 5km), London Docklands, london2023.org
- 30 The Wales Swim** (1.2 miles, 2.4 miles), Tenby, thewalesswim.com, NS

NW = No Wetsuits Allowed
NS = No Skins Allowed
(Wetsuits Compulsory)

List of events compiled by outdoorswims.co.uk. All UK & Ireland events are regularly updated at outdoorswims.co.uk and can also be accessed using the related Android app.

Event organisers, if your event is not listed please email details to production@outdoorswimmer.com

JULY

- 1 Bournemouth Pier to Pier Swim** (1.4 miles), Bournemouth, bhf.org.uk
- 1 Boulter's to Bray Swim** (1.4km, 2.8km, 5km), Maidenhead, boulterstobrayswim.org, NS
- 1-2 BLDSA Bala** (3km, 2km, 1km, 6 miles, 3 miles), Gwynedd, blds.org.uk
- 3 Fugitive Open Water Swim** (750m, 1500m, 3000m), Marlow, f3events.co.uk, NS
- 5 Capernwray Open Water Swim 2** (500m, 1000m, 1500m, 3.8km), Carnforth, t2.events
- 8 MediaCityUK Swim Challenge** (1500m, 5km, 10km, 15km), Salford Quays, Salford, uswimopenwater.com
- 8 Bantham Swoosh** (6km), Kingsbridge, levelwater.org
- 8 Salty Sea Dog Long Swims** (2.5km, 3.8km, 5km), Boscombe, Bournemouth, votwo.co.uk
- 8 BLDSA Torbay** (8 miles, 4 miles), Torquay, blds.org.uk, NW
- 8 The BIG Welsh Swim** (1.3km, 3km, 6km, 9km), Llanberis, loveswimrun.co.uk
- 8 Cambridge Slow Swim and Picnic** (2.5km), Grantchester, Cambridge, hamiltonsfitness.co.uk
- 9 Outdoor Swimmer Henley Swim Festival** (1 mile, 200m, 800m), Henley-on-Thames, henleyswim.com
- 9 Aquasphere Epic Lakes Swim Derwent Water** (500m, 1 mile, 3.8km), Opposite the Theatre by the Lake, Keswick, epicevents.co.uk, NS
- 9 Hever Castle Festival of Endurance** (1.9km, 3.8km, 10km), Hever, Edenbridge, castletriathlonseries.co.uk
- 14-16 The Lakes - Ullswater Cross Country Swim** (2-4km per day), Glenridding, eventbrite.co.uk/o/above-below-2665968052
- 15 Canary Wharf 1 Mile Swim** (1 mile, 2 miles), Canary Wharf, London, findarace.com, NS
- 15 Aquasphere Chillswim Ullswater End to End** (7.5 miles), Howtown, Pooley Bridge, Penrith, chillswim.com
- 15-16 24hr Swim Relay**, (swim on rotation for 24 hours), Clevedon, levelwater.org
- 16 Cawsand Swim** (2km, 4km), Cawsand, Torpoint, chestnutappeal.org.uk
- 16 Swim Your Swim Coniston** (8km), Coniston, swimyourswim.com

EVENTS

20 Rutland TowerSwim (2km), Whitwell, Oakham, swimrutland.com

22 BLDSA Coniston (5.25 miles), Coniston Water, bldsa.org.uk, NW

22 Clevedon Long Swim (1 mile), Clevedon, clevedonopenwater.uk

22 Pier2Pier Sea Swim (1.8 miles), Sandown, iowmarlinsswimclub.co.uk, NS

22 Castle Swim Series - Castle Howard (1 mile, 2.5km, 5km), York, castletriathlonseries.co.uk

23 BLDSA Coniston Short Course (3.85 miles), Coniston Water, bldsa.org.uk, NW

23 Drakes Island Swim (1.5km), Plymouth, chestnutappeal.org.uk

29 Brighton Pier Open Water Swim (1.2km), Brighton, brightonsports.co.uk/

30 Active Life Pier to Pier Swim (750m, 1.5km, 3km), Herne Bay, activelifeltd.co.uk

29 Aqua Sphere Snowman Swim (1000m, 2000m, 2.4 miles), Capel Curig, Betws-y-Coed, alwaysaimhigherevents.com, NS

30 SwimGrafham (1km, 2km, 3km, 5km), Marlow Park, Grafham, swimrutland.com

AUGUST

2 Capernwray Open Water Swim 3 (500m, 1000m, 1500m, 3.8km), Carnforth, t2.events

4 Mumbles Centurion Open Water Swim (1km, 2km), Mumbles, mumblescenturion.com, NS

5 Salty Sea Dog Long Swims (2.5km, 3.8km, 5km), Boscombe, Bournemouth, votwo.co.uk

6 Big South East Swim (1km, 2km, 4km, 5km), Dartford, bridgetriathlon.co.uk, NS

6 SwimRutland (Mini, 2km, 4km, 8km), Whitwell, Oakham, therutlandmarathon.co.uk

6 Lock to Lock 10K Swim (10km), Eynsham, Witney, swimoxford.co.uk

12 Swim for Hope (1.3 miles), Milford on Sea, Lymington, wessexcancer.org.uk

12 BLDSA Ullswater (7 miles), The Pier House, Glenridding, bldsa.org.uk, NW

12 St Michael's Mount Swim (2.5km), Marazion, chestnutappeal.org.uk

13 BLDSA Derwentwater (2 miles, 5 miles), Keswick, bldsa.org.uk, NW

13 Thames Marathon and Half Marathon (5.5km, 13km), Marlow, henleyswim.com

13 Aquasphere Epic Lakes Swim Coniston (500m, 1 mile, 3.8km), Coniston, epicevents.co.uk

13 Dedham Vale Mill 2 Mill Swim and Picnic (2.3km), Dedham, hamiltonsfitness.co.uk

17 Aspire River Arun Swim (4 miles), Bury, West Sussex, aspire.org.uk

19 Windermere One Way Swim (11 miles), Fell Foot Park, Windermere, t2.events

19 Beat The Tide 4K (4km), Aberdovey, weswimrun.org

19 River Adur 5km Swim | Fin Swim (5km), Shoreham-by-Sea, rawenergypursuits.co.uk, NS

20 Cotswolds Lake62 Swims (750m, 1.5km, 1.9km, 3.8km, 5km, 10km), Ashton Keynes, lpsevents.co.uk

20 The Dyfi (13km), Aberdovey, aberdoveyswim.co.uk

20 Windermere 1500m (1500m, 3 x 500m relay), Ambleside, t2.events

SEPTEMBER

2 Aquasphere Chillswim Windermere End to End (11 miles), Ambleside, chillswim.com

2 River Adur 'Beat The Tide' 4.4km Swim (4.4km), Shoreham-by-Sea, rawenergypursuits.co.uk, NS

2 Rutland Night Swim (250m, 600m), Whitwell, Oakham, therutlandmarathon.co.uk, NS

3 Looe Island Swim (1 mile), Looe, chestnutappeal.org.uk

4 Dorney Lake Swim (750m, 1500m, 3000m), Eton, Windsor, f3events.co.uk, NS

6-7 Scilly Swim Challenge 2-Day Event (15km), St Mary's, scillyswimchallenge.co.uk

9 BLDSA Windermere (10.5 miles), Newby Bridge, bldsa.org.uk, NW

9 Scilly Swim Challenge 1-Day Event (15km), St Mary's, scillyswimchallenge.co.uk

9 Dock2Dock (1.5km, 3km, 5km, 10km, 15km), London, lovesportevents.co.uk

9 Blackpool Pier Swim (1.4 miles), Blackpool, getset4success.co.uk

9-10 24hr Swim Relay, (swim on rotation for 24 hours), Bedford, levelwater.org

10 The Big Brutal Swim (2.5km, 5km, 10km), Llanberis, brutalevents.co.uk

16 Aquasphere Epic Lakes Swim Windermere (500m, 1 mile, 5km), Stoller Campus, Newby Bridge, epicevents.co.uk, NS

16 Swim Serpentine (1/2 mile, 1 mile, 2 miles, Super Six), London, swimserpentine.co.uk

17 Burgh Island Swim (1 mile), Bigbury-On-Sea, chestnutappeal.org.uk

17 The Swim Festival (3km, 2km, 1km, 500m), Saint Ives, madhatterssportevents.co.uk

18 Conquer the Chilterns River Swim (750m, 1500m, 3000m), Henley-on-Thames, f3events.co.uk, NS

22-24 The Lakes - Ullswater Cross Country Swim (2-4km per day), Glenridding, eventbrite.co.uk/o/above-below-2665968052

23 Castle Swim Series - Hever Castle (1 mile, 2.5km, 5km), Hever, Edenbridge, castletriathlonseries.co.uk

23-24 24hr Swim Relay, (swim on rotation for 24 hours), Cirencester, levelwater.org

24 Dawlish Swim (750m, 1.5km, 3km), Dawlish Warren, Dawlish, sportivaevents.co.uk

24 Exmoor Open Water Swim (1km, 2km, 4km, 6km), Brompton Regis, Dulverton, exmoorswim.co.uk

24 Swim Long Eton Dorney (2.5km, 3.8km, 5km, 10km), Eton, Windsor, votwo.co.uk

29-3 Oct Lake District Cross Country Swim (9km plus 41km hiking), Buttermere, Cumbria, levelwater.org

NOVEMBER

4 Fireworks 500 (500m), Capernwray, t2.events

DECEMBER

2 beatSCAD Santa Swim (As little or as much as 500m), Carnforth, t2.events

Scotland

JUNE

10 Scurry Swims Lochore (250m, 750m, 1.5km, 1.9km, 3.8km), East Lothian, scurryevents.co.uk

11 YeAABA Club Single Tay (1 mile), Dundee, yeaaba.org, NW

17 YeAABA Harbour Relay (4 miles), Dundee, yeaaba.org, NW

25 Kessock Ferry Swim (1200m), Inverness, aban.scot

JULY

1 YeAABA Monifieth (3.25 miles), Dundee, yeaaba.org, NW

14 YeAABA Tayport Cup (1 mile), Dundee, yeaaba.org, NW

15 YeAABA Kirkton of Balmerino (8 miles), Dundee, yeaaba.org, NW

22 YeAABA Stannergate (1.46 miles), Dundee, yeaaba.org, NW

30 YeAABA Woodhaven (4.5 miles), Dundee, yeaaba.org, NW

AUGUST

13 YeAABA Discovery Mile (1 mile), Dundee, yeaaba.org, NW

19 YeAABA Loch Earn (6.5 miles), Lochearnhead, yeaaba.org, NW

19 Go Swim Loch Tay (250m, 750m, 1500m, 3000m, 5000m, 10000m), Kenmore, Aberfeldy, go-swim.uk

20 YeAABA Crannog Isle (1 mile), Lochearnhead, yeaaba.org, NW

20 YeAABA Half Loch Earn (3.25 miles), Lochearnhead, yeaaba.org, NW

26 Fidra Island Swim (2km), East Lothian, scurryevents.co.uk

26-27 BLDSA Loch Lomond (1km, 21.6 miles), Arrochar, bldsa.org.uk, NW

SEPTEMBER

2 BLDSA St Mary's Loch (1km, 3.25 miles, 6.5 miles), Selkirk, bldsa.org.uk

2 Go Swim Loch Lomond (250m, 750m, 1500m, 3000m, 5000m, 10000m), Balloch, Alexandria, go-swim.uk

2 Loch Ken Wild Swim (500m, 1km, 2km, Kids Splash, 4km), Parton, Castle Douglas, lochken.co.uk, NS

16 Go Swim Loch Morlich (250m, 750m, 1500m, 3000m, 5000m, 10000m), Glenmore, Aviemore, go-swim.uk

Ireland

MAY

20 Gaelforce Great River Swim (800m, 3.1km, 5.8km), Lanesborough, gaelforceevents.com

20 BISRA GaddinAbtGarnish Swim 2023.1 (1km, 3km, 5km), Glengarriff, ossischmidt.wix.com

27 Castle Swim Series - Lough Cutra Castle (1 mile, 2.5km, 5km), Gort, castletriathlonseries.co.uk

28 SwimAthy (250m, 750m, 1500m, 3000m, 3850m), Athy, swimathy.com, NS

28 Dunmore East RNLI Open Water Swim (1600m, 800m, 500m), Dummore East, rnli.org, NS

JUNE

21 Myrtleville to Church Bay Swim in aid of the RNLI (2km), Myrtleville, myrtleilleswimmers.com

JULY

15 Frances Thornton Memorial Galway Bay Swim (13km), Salthill, Galway, galwaybayswim.com

22 Gaelforce Great Lake Swim (750m, 2km, 3.9km), Lough Derg, Mountshannon, Co. Clare, gaelforceevents.com

AUGUST

19 BISRA GaddinAbtGarnish Swim 2023.2 (1km, 3km, 5km, 7km), Glengarriff, ossischmidt.wix.com

SEPTEMBER

9 Gaelforce Great Fjord Swim (750m, 2km, 3.9km), Connemara, gaelforceevents.com

International

APRIL

1-2 Oceanman Salvador Bahia (2km, 5km, 10km), Salvador, Bahia, Brazil, oceanmanswim.com, NW

9 Kyrö Ice Swimming Challenge 5, Pöytyä, Finland, internationaliceswimming.com, NW

15-16 Oceanman Cam Ranh (2km, 5km, 10km), Cam Ranh, Khanh Hoa, Vietnam, oceanmanswim.com, NW

22-23 Oceanman Cartagena Colombia (2km, 5km, 10km), Cartagena, Bolivar, Colombia, oceanmanswim.com, NW

29 Cayman Bogue Swim (10km, relay), Cayman Brac, Cayman Is., reefresearch.org/get-involved/reefreliefsquad/bogue-swim/

30 TRB Ametlla de Mar (2.5km, 5km), Tarragona, Spain, tunaracebalfego.com

MAY

7 Neda el Món Medes Islands Crossing (1.7km, 3.9km, 5.1km), Estartit, Spain, nedaelmon.com

13-14 Oceanman Costa Azahar (2km, 5km, 10km), Oropesa del Mar, Castellon, Spain, oceanmanswim.com

19-21 El Cruce Cancun (1.9km, 3.8km, 10km), Cancun, Mexico, elcruce.mx

20 Copa Marnaton eDreams - Formentera (2km, 4km, 8km), Formentera, Balearic Islands, Spain, marnatonedreams.com

20-21 Swimtheisland Sardinia (800m, 1.1km, 1.8km, 3.2km, 6km), San Teodoro, Sardinia, Italy, swimtheisland.com

20-21 Oceanman Pattaya (2km, 5km, 10km), Pattaya, Thailand, oceanmanswim.com

21 Castle Swim Series - Château de Chantilly (1 mile, 2.5km, 5km), Chantilly, France, castleraceseries.com

26-27 Oceanman Cattolica Emilia Romagna (2km, 5km, 10km), Cattolica, Rimini, Italy, oceanmanswim.com

27 Open Swim Stars Agde (1km, 2.6km, 5.2km), Agde, France, openswimstars.com

27-3 Jun BEST Fest (1.5km, 2.5km, 3km, .5km, 7.5km, 10km), Colonia Sant Jordi, Mallorca, Spain, bestopenwater.com

JUNE

3 Oceanman Tabarca (2km, 21km), Tabarca, Spain, oceanmanswim.com

10 Copa Marnaton eDreams - Begur (1.5km, 3.5km, 7km), Gerona, Spain, marnatonedreams.com

10-11 Oceanman Manta (2km, 5km, 10km), Tabarca, Spain, oceanmanswim.com

17-18 Open Swim Stars Paris (1km, 2km, 5km, 10km), Paris, France, openswimstars.com

16-17 Oceanman Lago d'Orta (1.5km, 5.5km, 14km); Gozzano, Italy, oceanmanswim.com

17 Flowers Sea Swim (1 mile), Grand Cayman, Cayman Is., flowersseaswim.com, NW

24 PRIDE Swim Manhattan (1.5 miles), New York City, USA, urbanswim.org

24 Race for the Conch Eco-SeaSwim (Half mile, 1 mile, 2.4 miles), Providenciales, Turks & Caicos Is., ecoseaswim.com, NW

24 Open Swim Stars Laval (1km, 2.5km, 5km), Laval, France, openswimstars.com

24-25 SWIMTHEISLAND - Sirmione (800m, 1.8km, 1.5km, 3.2km), Lake Garda, Italy, swimtheisland.com

JULY

1 Copa Marnaton eDreams - Sant Feliu de Guixols (1.5km, 6km, 12km), Gerona, Spain, marnatonedreams.com

1-2 Open Swim Stars La Baule (1km, 2.5km, 5km), La Baule-Escoublac, France, openswimstars.com

1-2 Oceanman Panama (2km, 5km, 10km), Panama City, Panama, oceanmanswim.com, NW

6-8 Oceanman Bali (2km, 5km, 10km), Bali, Indonesia, oceanmanswim.com, NW

8 Open Swim Stars Gerardmer (1km, 2.5km, 5km), Gerardmer, France, openswimstars.com

8-9 Oceanman Almaty-Kapchagy (2km, 5km, 10km), Almaty, Kazakhstan, oceanmanswim.com

15 Trans Tahoe Relay (17km), Lake Tahoe, NV, USA, transtahoerelay.com

23 Parry Sound Open Water Swim (2km, 4km, 10km), Parry Sound, ON, Canada, canaquasports.com

30 Open Swim Stars Léman-Prangins (1.25km, 2.5km, 5km), Prangins, Switzerland, openswimstars.com

Would you like to become an observer for the

Channel Swimming Association

Please contact:
secretary@channelswimmingassociation.com



2023



EVENTS

AUGUST

- 3-6 La Traversée du Lac Tremblant** (1km, 2km, 3km, 5km, 10km, 15km), Mont-Tremblant, Quebec, Canada, traverseelactremblant.ca
- 5-6 Oceanman Cozumel** (1.5km, 5km, 10km), Cozumel, Mexico, oceanmanswim.com, NW
- 6 Canaqua Sports Midsummer Classic** (1km, 2.5km, 5km, 10km), Welland, ON, Canada, canaquasports.com
- 7-13 Cap de Creus 30k** (28.50km), Girona, Spain, nedaelmon.com
- 12 Statue of Liberty Swim** (1 mile), New York City, NY, USA, urbanswim.org
- 12 Vidösternsimmet** (0.5km, 6km, 21+km, 42+km), Värnamo, Sweden, vidosternsimmet.com
- 19-20 Nova Scotia Open Water Swim** (2km, 5km, 10m), Lower Sackville NS, Canada, canaquasports.com
- 26 Rose Pitonof Swim** (17 miles), New York City, NY, USA, urbanswim.org
- 26-27 Oceanman San Andrés** (2km, 5km, 10km), San Andrés, Colombia, oceanmanswim.com, NW
- 26-27 Oceanman Redang** (2km, 5km, 10km), Redang, Malaysia, oceanmanswim.com, NW
- 25-26 TrygFonden Copenhagen Swim** (Christiansborg Rundt) (1km, 2km, 10km and 4.5km relay), Copenhagen, Denmark, copenhagenswim.com
- 30 Brooklyn Bridge Swim** (0.6 miles), New York City, NY, USA, urbanswim.org

SEPTEMBER

- 2-3 Open Swim Stars Lyon** (1.1km, 3.5km, 5.5km, 7km), Lyon, France, openswimstars.com
- 9 Liberty to Freedom Swim** (2.2 miles), New York City, NY, USA, urbanswim.org
- 9 Open Swim Stars Neuchâtel** (1.25km, 2.5km, 5km), Neuchâtel, Switzerland, openswimstars.com
- 10 TRB Caldes d'Estrac** (2km, 4km), Barcelona, Spain, tunaracebalfego.com
- 10 Project Zero The Big Splash** (0.8km, 3km, 5km), Ibiza, Spain, ibizabluechallenge.com
- 10 Welland Canal Open Water Swim** (1km, 3km, 5km, 10km), Welland, ON, Canada, canaquasports.com
- 16 Copa Marnaton eDreams** – Cadaqués (2.5km, 4.5km, 6.5km), Gerona, Spain, marnatonedreams.com
- 29-3 Oct UltraSwim 33.3 #2 Montenegro** (33km, 6 swims over 4 days), Herceg Novi, Montenegro, <https://ultraswim333.com/>
- 30 Copa Marnaton eDreams** – Barcelona (2km, 4km, 6km), Barcelona, Spain, marnatonedreams.com
- 30-1 Oct Oceanman Palermo** (2km, 25km), Palermo, Sicily, Italy, oceanmanswim.com
- 2-3 SWIMTHEISLAND** – Golfo dell'Isola (800m, 1.1km, 1.8km, 3.5km, 6km), Bergeggi, Italy, swimtheisland.com

OCTOBER

- 1 Posidonia Race 2023** (5km, 10km), Ibiza, Spain, ibizabluechallenge.com
- 7 Swim the Suck** (10 miles), Chattanooga, TN, USA, swimthesuck.org
- 7-8 Oceanman Curaçao** (2km, 5km, 10km), Curaçao, Netherlands Antilles, oceanmanswim.com, NW
- 8 Prom'Swim Traversée de Nice à la Nage** (500m, 1km, 2km, 5km, 10km), Nice, France, promswim.com
- 14 Copa Marnaton eDreams** – Ibiza (2km, 4km, 6km), Balearic Is., Spain, marnatonedreams.com
- 13-15 Oceanman Yucatan** (1.5km, 5km, 10km), Yucatan, Mexico, oceanmanswim.com, NW
- 20-21 Oceanman Soma Bay** (1.5km, 5km, 10km), Soma Bay, Egypt, oceanmanswim.com, NW
- 21 Great Barrier Reef Ocean Swim Series** (1km, 3km, 5km), Cairns, Australia, greatbarrierreefswims.com.au

NOVEMBER

- 3-4 Oceanman Galapagos** (2km, 5km, 10km), Galapagos Is., Ecuador, oceanmanswim.com
- 8-12 Barbados Open Water Festival** (1.5km, 3.3km, 5km, 10km), Carlisle Bay, Barbados, barbadosopenwaterfestival.com
- 11-12 Oceanman Dubai** (1.5km, 5km, 10km), Dubai, UAE, oceanmanswim.com, NW

DECEMBER

- 2-3 Oceanman Phuket** (2km, 5km, 10km), Phuket, Thailand, oceanmanswim.com, NW

UK Swimrun Events

MAY

- 7 Hokey Cokey St. Austell Bay**, Short (swims, 2.5km; runs, 7.8km), Strong (swims, 5.2km; runs, 13.8km), Cornwall, madhattersportsevents.co.uk
- 21 South East Swimrun Series Race 1** (2km, 5km), Richmond, eventrac.co.uk/e/south-east-swimrun-series-8266

JUNE

- 10 Great North Swimrun, Short** (12.6km), Middle (23.9km), Endurance (38.8km), Windermere, greatswim.org
- 11 Nene Park Swimrun** (10k, 21k, 39k), Peterborough, akamustard.events
- 17 Love Swimrun Llanberis, Sprint** (swims, 1.3km; runs, 4.7km), Full Course (swims, 3.5km; runs 12.5km), North Wales, loveswimrun.co.uk
- 18 South East Swimrun Series Race 2** (2km, 5km), Egham, eventrac.co.uk/e/south-east-swimrun-series-8266

- 18 Tal Y Llyn Swimrun** (swims, 2km, runs 9.8km), North Wales, weswimrun.org

JULY

- 2 Grafham Water Swimrun** (5k, 10k, 21k), Huntingdon, akamustard.events
- 8 Hokey Cokey Roseland**, (swims, 8; runs, 28km), Cornwall, madhattersportsevents.co.uk
- 8 Clevedon Swimrun** (swims, 1km; runs, 5.85km), Clevedon, clevedonopenwater.uk
- 9 South East Swimrun Series Race 3** (2.6km, 5.2km), Marlow, eventrac.co.uk/e/south-east-swimrun-series-8266
- 22 The Wales Swimrun** (swims, 7km; runs, 24km), Pembrokeshire, thewallesswimrun.com

AUGUST

- 26 Scurry Yellowcraig Swimrun** (swims, 4km; runs, 14.5km), East Lothian, Scotland, scurryevents.co.uk

SEPTEMBER

- 2 Hokey Cokey The Gribbin Short** (swims, 3.2km; runs, 7.1km), **Long** (swims, 4.7km; runs, 17.98km), Cornwall, madhattersportsevents.co.uk
- 9 Swimrun Jersey**, Experience (swims, 1.6km; runs, 2.4km), Sprint (swims, 4.5km; runs, 15.5km), Full (swims, 7km, runs, 46km), Jersey, Channel Islands, 3d-events.co.uk
- 10 South East Swimrun Series Race 4** (2km, 5km), Egham, eventrac.co.uk/e/south-east-swimrun-series-8266
- 17 Bewl Water Swimrun** (6k, 10k, 21k), Lamberhurst, akamustard.events
- 17 Lock to Lock Swimrun** (swims 4km, runs 14km), Eynsham, swimoxford.co.uk
- 23 Dyfi Swimrun** (swims, 4km; runs, 14km), Aberdovey, Wales, weswimrun.org

OCTOBER

- 1 Nene Swimrun Survivor** (complete as many 3km laps as you can), Peterborough, akamustard.events

SWIM THE ISLAND

SWIMTHEISLAND is the Granfondo of open water swimming, it is the appointment that all swimmers look forward to, it is the event to keep in your own heart and to share with friends, family and teams. Not a simple race, but an experience to remember. It involves competitors of all ages and levels.

SWIMTHEISLAND has also become an excuse to spend a weekend together and satisfy everyone's needs. The classic format of SWIMTHEISLAND events is developed in 2 days: Saturday is dedicated to shorter distances and Sunday for longer ones.

2023 DATES

SWIMTHEISLAND SARDEGNA
San Teodoro • 20-21 May

SWIMTHEISLAND LAGO DI GARDA
Sirmione • 24-25 June

SWIMTHEISLAND MAIN EVENT
Golfo dell'Isola • 30 September - 1 October



Entries are open:

www.swimtheisland.com



SWIMTHEISLAND EUROPEAN SERIES

Join SWIMTHEISLAND circuit with your race!
Apply at

info@swimtheisland.com



GREAT BARRIER REEF OCEAN SWIM SERIES

21 OCTOBER 2023

The 2023 Great Barrier Reef Ocean Swim Series is simply the most beautiful, spectacular swim you will ever do - the ultimate bucket list swim too! Located on the stunning Agincourt reef off Port Douglas, North Queensland, we bring you the opportunity to escape the cold and swim over one of the seven great natural wonders of the world - the Great Barrier Reef. Crystal-clear waters, marine wildlife and glowing coral surround you as you compete in an ocean swim like no other. We bring you this fantastic opportunity and urge all ocean swimming enthusiasts to venture to this wonderful part of the world and enjoy it with us.

Entries are now open - you won't want to miss out!
greatbarrierreefswims.com.au/the-2023-swims/



TRAVERSÉE DU LAC TREMBLANT

ULTRASWIM CANADA

AUGUST
3-6
2023

Be part of the adventure. 7 distances, 1 swim camp, 1000 swimmers and a magnificent lake located at the heart of the Laurentian region in Mont-Tremblant, Canada. Whatever your level, there is a distance for you at the Traversée du Lac Tremblant: **1 km, 2 km, 3 km, 5 km, 10 km, 15 km ULTRASWIM and TEAM 15 km.** It's the challenge of your summer!



www.traverseelactremblant.ca/en

LOCH TAY

Come and join us in the beautiful Aberfeldy and Kenmore, the home of Go Swim Loch Tay. Loch Tay is a freshwater loch in the central highlands of Scotland, 23km in length.

The swim is based at Taymouth Marina at the east end of the Loch and provides an easy access and exit points for the swim. From the 250-metre family friendly option right up to 10km marathon swim, there's something for everyone!



LOCH LOMOND

Join us for an Open water swimming experience you will never forget.

World famous Loch Lomond is our venue – a truly spectacular location in the shadow of the mighty Ben Lomond. We are working closely with Loch Lomond and The Trossachs National Park and have their full support.

The loch has a proud history of swimming events, and we will be using the familiar entrance and exit points and course associated with the main slipway at Drumkinnon Bay.



LOCH MORLICH

In the heart of the Cairngorms and in the shadow of Cairngorm Mountain, join us for an open water swim in this truly spectacular location.

At 300 metres above sea level, you can swim in a freshwater loch that has one of the highest beaches in the UK!



ENTER AT [GO-SWIM.UK](https://www.go-swim.uk)

MUST-DO EVENTS IN WALES THIS YEAR



THE SWANSEA SWIM – 27 MAY 2023

www.swanseaswim.com

The Swansea Swim provides an excellent open-water event experience for new and experienced athletes. Set in the Prince of Wales Dock, athletes can benefit from a calm and enclosed swim, with a choice of 750m, 1.9k or 3k distance. The 750m is open to swimmers 14+ and the 1.9k and 3k open to 16+, presenting a great opportunity for younger athletes to put their training to the test. Samba Tawe kick-start the event with a unique and uplifting performance, establishing an incredible atmosphere that is maintained throughout by spectators. An excellent experience from start to finish for both athletes and supporters.



THE WALES SWIM – 30 JUNE 2023

www.thewalesswim.com

Renowned for its incredible opening ceremony, astounding atmosphere and unrivalled spectator efforts, The Wales Swim kicks off multi-sport festival Long Course Weekend Wales. 2500+ athletes take on Wales' biggest open-water swim event on Tenby's beautiful North Beach beside historical landmark, Goscar Rock. A performance by Pembrokeshire's Samba Doc to commence the opening ceremony, before athletes set off on an Australian exit swim course, taking on either 2.4 mile two-lap swim course, or the 1.2 mile single-lap course. Spectator efforts are continuous till the last athlete finishes, it's a truly valuable experience that showcases community which is at the heart and soul of the race.



THE WALES SWIM RUN – 22 JULY 2023

www.thewalesswimrun.com

The ultimate endurance adventure race across the trails and shores of Pembrokeshire's only Coastal National Path. Athletes will traverse across Pembrokeshire, taking on continuous interchanges of coastal trail runs and open-water swims. Setting off on the clifftops of Freshwater East, athletes will travel east covering Manorbier, Lydstep, Tenby, completing in Amroth. The race is open to individuals, or teams of two, enabling athletes to paddle against the flow with their partner in crime in true camaraderie. Take on the full distance (7km Swim and 26km Run) or the Sprint (4.7km Swim and 14km Run). Both distances provide athletes an incredibly intimate and valuable experience of Pembrokeshire's beautiful coastline.



SIGN UP NOW – SCAN THE QR CODES

 [activitywalesevents](#)  [Activity Wales Events](#)  [activitywalesevents](#)  [Activity Wales Events](#)

LONG DISTANCE SWIMMING EVENTS



BALA SWIM WEEKEND | SATURDAY 1 & SUNDAY 2 JULY 2023



Saturday 1st: Distances 1km, 2km, 3km and 6 miles (Two Way)

Sunday 2nd: Distance 3 miles (One Way)

Generous time limits for all swims

Our annual Llyn Tegid (Bala) swims will take place over the weekend of the 1st and 2nd July in the beautiful Snowdonia National Park. Simply pick your distance and favourite stroke!

There is a progressive circular course for novice swimmers and those wishing to improve their distance. This will be followed by the biggest challenge of the weekend – the Two Way swim – beginning and ending at the jetty in the car park near the Loch Café. The following day we will host our One Way swim beginning at the beach near Llangower railway station. For the One Way and Two Way swims, all swimmers must provide their own safety cover – either a canoe, kayak or rowing boat with crew.

CONISTON | SATURDAY 22 & SUNDAY 23 JULY 2023

Saturday 22nd July: Distance 5.5 miles **Sunday 23rd July:** Distance 3.85 miles (Approx)

Coniston Water was first swum in 1958 by Jack Kerwin from Bradford and the first two-way swim was in 1961 by Derek Gill, also of Bradford. In 1993, the BLDSA took over the Coniston Water Championship from Warwickshire Long Distance Swimming Club who had organised it for many years.

The short course was originally designed for the more senior members of the BLDSA but has now been opened to all ages. For some, this will become a stepping stone to the full length swim, for others this shorter length will be sufficient. The start is at Brown Howe car park, with the finish being approximately 3.85 miles away close to the river inlet near the Bluebird Café.



ULLSWATER SWIM – 12 AUGUST | DERWENTWATER TRIANGLE – 13 AUGUST DISTANCE: 7 MILES DISTANCE: 5.25 MILES



Why not enjoy a weekend of swimming by entering our North Lakes Challenge and participating in both our Ullswater swim on the Saturday and our Derwentwater swim on the Sunday? This can be completed as a solo swimmer or as a duo swapping role of swimmer and paddler on the second day.

Ullswater is the second longest lake in the Lake District, at 7 miles long, and is often deemed the most beautiful. The ribbon lake nestles within the foothills of the Helvellyn and High Street ranges, leading to chillier temperatures and bumpier waters as the wind channels down the valley. With this in mind, Ullswater can be considered one of the toughest Lake District swims, with stunning views along the entire length of the course.

Derwentwater nestles under Cat Bells with Borrowdale at the southern end. The river Derwent comes into the water here, adding a refreshing surprise during the triangular swim.

Each swim can also be entered separately – there is no obligation to do both.

WINDERMERE FULL LENGTH | 9TH SEPTEMBER 2023 DISTANCE: 10.5 MILES

Windermere is the longest Lake in England, with a rich history of people completing the swim.

The swim starts at Fell Foot Park and finishes at the top end of Windermere just after Ambleside Pier. At 10.5 miles, it is a challenging and iconic swim but you will be treated to beautiful scenery all the way up this beautiful body of water.



ORGANISERS, ARE YOUR EVENT RULES GIVING COMPETITORS THE BEST CHOICE?

Being a big advocate of tow floats for open water swimmers, the RLSS UK President Mark Smith was one of the few to wear one in his attempt at doing a four-mile charity version of the Henley Mile. Pitted against Olympic athletes he knew he was somewhat at a disadvantage to start with! However, by mile two the tow float was unstrapped and thrown to the side...

He knew there was a need for an alternative at organised swim events, so went in search of the solution. With that he found Restube. Accepted at over 70 swimming, kite, SUP and triathlon events internationally, the small discreet pouch was a viable alternative. Mark still had the comfort of knowing there was 75 Newtons of buoyancy instantly available, a long tube to signal the lifeguards with or – being an originator of the Open Water Lifeguard qualification – something to help others with. Although, pitted against Jazz Carlin and Greg Whyte in the same category, that was unlikely to be an issue!

Of course, while the tow float had benefits like constant visibility, this is only useful when worn. The hope is that competitors engaging with Restube in competition will realise it's simple enough to wear when training when they might not otherwise use an alternative.

Internationally, Restube has a strong presence on the events circuit. Philipp Kennedy, co-founder of the Austrian Swim Open said: "Restube gives our athletes security, creates equal terms across the starting field and supports water rescue".

In Germany, where the brand was designed and is manufactured, Restube is a familiar sight at the Allgäu SwimRun. Barbara Seidel from the competition said: "We are convinced of Restube and as a



result feel more secure as an organiser."

At the pan-European multi-event EuroTourSup, organiser Belar Diaz explains: "The reason why we chose Restube is that it is very easy to use and does not affect the performance of the athletes during the race."

The rules of World Triathlon now recognise Restube as an allowed device in competitions, opening opportunities to national bodies and their local events to also include Restube as an option. Members and events should petition their governing body to ensure acceptance of the option.

Reflecting on swimrun race rules that allow both tow floats and Restube for solo competitors, the team at swimrunner.world concluded that

selecting a new race option they'd choose the Restube over the tow float.

The subtle pouch can be worn in 'sport mode' with the included spine alignment tool, which is preferred by many speed swimmers; then, if it's needed, just one quick tug and instantly 75 Newtons of buoyancy will inflate into a large bright yellow sausage. Ideal to rest on, signal to the safety team or offer support to others.

To discuss your event requirements and how you can incorporate Restube into your rules we suggest speaking to Mark Smith: mark@restube.co.uk

 **RESTUBE®**

VIDÖSTERNSSIMMET



REGISTER
TODAY!
vidosternssimmet.com

THE LONGEST OPEN WATER RACE IN SWEDEN

The longest and toughest open water race in Sweden takes place in the fresh waters of the Lake Vidöstern. Note: There is no guaranteed finish in this event! You will have to struggle with the forces of nature, focus on every stroke and count the big yellow buoys as you navigate past them on your way to the finish line. The wind often blows with a strength of 4-7 m/s. Fog is quite common.

Your ability to be well prepared, persistent and to navigate on your own are up for test. Your ability to swim long distances on your own, to withstand cramp, seasickness, cold, fatigue and pain, and handle lack of nutrition and liquid is a part of the race. The safety cover is well organised but on purpose leaves part of the responsibility to you, as a swimmer.

Swimmers who manage this swim will for sure be ready for even bigger challenges like the English Channel.



Name: Vidösternssimmet

Where: Värnamo, southern Sweden

When: Annually, the second weekend of August

Water type: Freshwater lake

Distances: +42km (Sold out!) / +21km / +6km / +500m point-to-point

Wetsuit policy: Optional. Separate categories for wetsuit and non-wetsuit swimmers.

Tow floats: compulsory, provided by the organiser

Water temperature: 16°C-21°C

Medal and finisher T-shirt included in the starting fee

Find out more:

fb.com/vidosternssimmet

www.vidosternssimmet.com

THE OUTDOOR SWIMMER HENLEY SWIM FESTIVAL

A family-friendly day by the river with swims for everyone

I need to declare upfront that I have a conflict of interest when writing about the Outdoor Swimmer Henley Swim Festival; we are the headline sponsor and have worked with the Henley Swim team for around seven years to create the festival. It's a working relationship I'm proud of, and Outdoor Swimmer has played a significant role in making the event as good as it is. While our focus is primarily on the festival rather than the swimming side, some of the ideas for events – such as the 'suits versus skins' challenge – came from us.

But I will try to be objective. Every year I do at least one event at the Henley Swim Festival. Some years I do several. I've raced against the super-fast juniors (and lost) in the clubs' wave, I've done suits versus skins, and one year I swam the mile eight times. When my daughter was younger, she did one of the children's swims. I know this swim well. And I like it. It's in a beautiful location, it's well organised and friendly. It's a good place to catch up with swimmers I only see a few times a year as well as all the Outdoor Swimmer readers who go along.

A few years ago, Henley Swim made a seemingly minor change to the course. Originally, the full mile was contained with the boomed section of the river where the Henley Regatta takes place

over the preceding two weeks. The finish was in the event village. In the current format, only the first half mile is within the booms. You now swim past the event village and follow the curves of the river another half mile downstream. I prefer the new format. It's more exciting and natural once you move beyond the booms, but I have to admit that the second part seems longer than the first.

During the pandemic, Henley Swim introduced a rolling start to avoid crowding people together in a mass start. It proved popular and has been retained. This means you can start your swim at any time within your designated window and avoid the stress of swimming among a crowd of other swimmers. But recognising that some swimmers enjoy the competitive thrill of head-to-head racing, the mass start has been reintroduced in one wave for those who want it.

But set aside the swimming for a minute. Where this event comes to life is the atmosphere. With swims taking place from around 9 in the morning until mid-afternoon, there's always something happening in the water. Many people hang around for the day, either to do several swims themselves or because they are there with their friends or family, and they're all doing different swims at different times. With plenty of food



and drink concessions on site, there's no shortage of choices for refreshments while waiting, plus there's the exhibitors' village where you might do anything from replacing your goggles or renewing your subscription to Outdoor Swimmer to booking a swimming holiday. It's a family-friendly festival of swimming, with many participants returning every year for a fabulous day by the river and a highlight of the swimming year.

I warned you I was biased. If you want an unbiased opinion, check out the reviews for this event on Racecheck, where it has a 4.8/5 rating.

Find out more about the Outdoor Swimmer Henley Swim Festival 2023



See other Henley Swim events and register to be the first to hear event news.



DOCK2DOCK



**REGISTER
TODAY!**

[lovesportsevents.co.uk/
dock2dock-2023](https://lovesportsevents.co.uk/dock2dock-2023)

Now in its eighth year, Dock2Dock is one of London's most iconic swim events offering a fun and friendly atmosphere and a challenging swim for all ages and abilities. It's your chance to swim in the magical urban setting of London's Royal Docks with its imposing historical cranes lining the docks and Canary Wharf and the O2 in the background. Swimming alongside the London City Airport runway is a unique experience you won't soon forget!

Whether you are new to open water swimming events taking on your first 1.5k or a seasoned distance swimmer looking to tackle the epic 15k distance, Dock2Dock offers the opportunity to swim in the

heart of one of the world's great cities. This iconic swim event has been sold out for the past three years so make sure you register now to avoid disappointment!



Date: Saturday 9 September 2023

Registration: NOW OPEN

Registration closes: 4 August 2023

Location: London Royal Docks

Wetsuit/Skins
Mass/Rolling start
12+ years old
All swim abilities welcome

Distances: 1.5km, 3km, 5km, 10km,
and the EPIC 15km

Costs:

Registration cost:
From only £30 (+booking fee)

Groups 10+ (in any distance):
10% discount

Swim for Sea Cadets:
40% off with £200 fundraising pledge



“The whole adventure was utterly brilliant, challenging & one for the special treasure memory box. Stunning country, beautiful kind people & gorgeous vistas both above & below the water”

BECKY, UK

AN EPIC ADVENTURE SWIM RACE™

A new category of open-water event

33.3KM

The iconic English Channel distance, 'off-road' format, timed point to point

6 SWIMS

Split over a 4 day long weekend

#2 MONTENEGRO

The UltraSwim 33.3 global series kicks off in stunning Montenegro on 29 September, with its unique combination of fjord and coastal swimming

INCENTIVES

For coaches and groups

3 SPORTING FORMATS

Solo (the big one), Duo Relay (share distance, max 5km per swim), Team of 4 (Full solo distance, cumulative time)

SWIM LIKE A PRO

Premium support package including recovery massages and 1:1 professional pool technique video analysis

NON-SWIMMER PACKAGE

Bring a partner. Swimming all finished by lunchtime, time to relax or explore



Secure your place
29.09.2023 - 02.10.2023
ultraswim333.com



**GREAT
NORTH
SWIM**
WINDERMERE



WHICH OPEN WATER SWIM CHALLENGE WILL YOU CHOOSE?

250M | 1/2 MILE | 1 MILE | 2 MILE | 5K | 10K

9 - 11 JUNE 2023

BROCKHOLE ON WINDERMERE

Sign up today at

GREATSWIM.ORG