



FINAL SWIMMER INFORMATION PACK

**WELCOME TO THE 10th EDITION OF THE AQUASPHERE CHILLSWIM
CONISTON 5.25 MILES END TO END SWIM – Saturday 24th & Sunday
25th June 2023**

**Please note that every swimmer will be required to take the
participant bus from Registration at Race HQ to the start. This will be
approx. 1 hour before your start time.**

Please ensure that you register in good time to allow for this.

Good luck with your swim and we hope to catch up with you all at
some point during the weekend.

The Chillswim Team



Chillswim Coniston Competitor Information Contents:

<u>Sponsors</u>	3
<u>Key Event Timings</u>	4
<u>IMPORTANT INFORMATION ON YOUR START TIME AND SWIMMER PACE</u>	6
<u>Getting to the venue</u>	6
<u>Places to stay</u>	6
<u>Parking</u>	6
<u>Start Parking</u>	6
<u>Spectators</u>	6
<u>Key Steps to an enjoyable Chillswim Coniston 5.25 mile swim</u>	7
<u>Course Map</u>	11
<u>Feed Station Information</u>	12
<u>What's at each feed station:</u>	12
<u>Blue Green Algae</u>	13
<u>Water Safety</u>	13



Chillswim[®]
CONISTON
5.25 Miles End to End

Sponsors



THE
Endurance Store

Swim – Run – Triathlon
Mossy Lea Road, Wrightington, Wigan, WN6 9SA
www.TheEnduranceStore.com



Key Event Timings

Friday 23 rd June REGISTRATION OPENING TIME	
17:30 – 20:30	Registration opens at John Ruskin School, Lake Road, Coniston LA21 8EW (///treetop.stump.obey). It is a good idea if you can pick up your registration pack the night/day before the swim. John Ruskin School will be the Event HQ for the weekend and where you will be parking for the event.
Saturday 24 th June EVENT DAY REGISTRATION OPENING TIME	
06:30 – 18:00	Registration opens at Race HQ at John Ruskin School (Car Parking and Toilets are available at Race HQ). Priority is given to Saturday swimmers until 10am at registration to ensure they can get to their buses on time. Food is also available from the vendors at Race HQ.
Sunday 25 th June EVENT DAY REGISTRATION OPENING TIME	
06:30	Registration opens at Race HQ at John Ruskin School (Car Parking and Toilets are available at Race HQ). Food is also available from the vendors at Race HQ.

Bus and Start Times: Saturday

Bus Dept:	Transporting:	Pace Group:	Swim Start Time:
07:40am	Wave 1A (Purple)	65-60 Mins/Mile	In the water 08:40am
07:40am	Wave 1B (Yellow)	59-50 Mins/Mile	In the water 08:45am
08:10am	Wave 2 (Red)	49-41 Mins/Mile	In the water 09:00am
08:30am	Wave 3 (Orange)	40-38 Mins/Mile	In the water 09:20am
08:50am	Wave 4 (Light Blue)	37-35 Mins/Mile	In the water 09:40am
09:10am	Wave 5 (Pink)	34-31 Mins/Mile	In the water 10:00am
09:40am	Wave 6 (Blue)	30-28 Mins/Mile	In the water 10:30am
10:00am	Wave 7A (Green)	27-24 Mins/Mile	In the water 10:50am
10:00am	Wave 7B (Green)	Sub 23 Mins/Mile	In the water 10:55am

Bus and Start Times: Sunday

Bus Dept:	Transporting:	Pace Group:	Swim Start Time:
07:40am	Wave 1 (Yellow)	55-50 Mins/Mile	In the water 08:45am
08:10am	Wave 2 (Red)	49-41 Mins/Mile	In the water 09:00am
08:30am	Wave 3 (Orange)	40-38 Mins/Mile	In the water 09:20am
08:50am	Wave 4 (Light Blue)	37-35 Mins/Mile	In the water 09:40am
09:10am	Wave 5 (Pink)	34-31 Mins/Mile	In the water 10:00am
09:40am	Wave 6 (Blue)	30-28 Mins/Mile	In the water 10:30am
10:00am	Wave 7A (Green)	27-24 Mins/Mile	In the water 10:50am
10:00am	Wave 7B (Green)	Sub 23 Mins/Mile	In the water 10:55am

OTHER TIMINGS	
07:30 (both days)	Refreshments served at Race HQ at John Ruskin School. Please refer to page 6 for more info.
12:00 (both days)	Shuttle bus starts operating to and from Race HQ at John Ruskin School to the finish. Spectators are welcome to use this though priority is given to swimmers on the return journey. Alternatively, parking is available near to Monk Coniston car park for £5
15:00 – Saturday 14:00 – Sunday	All swimmers out of the water – THIS IS OUR CUT OFF TIME – OUR WATER SAFETY TEAM MUST FINISH AFTER THIS TIME – SO PLEASE LISTEN TO ANY INSTRUCTIONS FROM THEM.
15:30 – Saturday 14:30 – Sunday (approx.)	Age group prizes, overall wetsuit & non-wetsuit trophies! A great chance to catch up with fellow swimmers, and tuck into tasty food at John Ruskin School.

IMPORTANT INFORMATION ON YOUR START TIME AND SWIMMER PACE

If you are swimming too fast for the wave you have selected (i.e. a 30 min swimmer in a 50 minute wave) then the safety team will be forced to ask you slow down, as you are taking away safety resources from the rest of the swim group. So please make sure that you start in the correct wave for you!

Getting to the venue

- Event HQ, Event Car Park and Registration is situated at John Ruskin School, Coniston LA21 8EW.
- Coniston is approximately 29 miles from J36 of the M6. These 29 miles will take you about an hour on the country roads even if there is no traffic.
- The nearest railway station is Windermere and from there you can take the 505 bus to Coniston.

Places to stay

- Check out www.golakes.co.uk for accommodation advice.
- Check out [Coniston Sports & Social Club](#) for camping.

We recommend that you stay the night before the event in the local area if possible as the start time for some of you will be before public transport begins.

Parking

If the weather is good, we will be providing entrant's parking free of charge (very rare in the Lake District), on the field at John Ruskin School. There are payment signs, but Chillswim is covering these charges for our swimmers. However, if it is very wet, the school will not allow cars on the field and participants will have to use & pay for parking at one of the many pay and display car parks in Coniston and walk to the venue. Pay and display car parks are signposted around Coniston.

Start Parking

PLEASE NOTE there is **NO PARKING** available at the start (as we have to allow turning space for the buses). NO participant or spectator vehicles are allowed on the start field or in the small car park nearby any vehicles attempting to park could cause a delay to the event buses and will be requested to move on. **Please do not attempt to park at Crake Valley Holiday Park.**

Spectators

The buses to the start are only for swimmers, buses for spectators are available to and from the finish (swimmers do get priority). We recommend that spectators park at John Ruskin School and either walk



to the finish area (it is approx. 20 mins walk) or use the shuttle bus provided. Alternatively, a parking field is available approx. 100 metres past Monk Coniston car park at a charge of £5. This car park closes at 3pm when the last swimmer is out of the water.

Please stress to your supporters, that they should not park along the narrow roads to the finish area, as this prevents the buses from reaching the swimmers to take them back to the HQ at the School. We did have cars do this two years ago and this delayed the shuttle buses, and we had some very cold swimmers waiting for the buses. We appreciate your help with this!

Please also stress to your supporters, that they should not park along the narrow road that runs along the East side of the lake. This impacts on our medical team and our emergency buses as their ability to get up and down this road is hindered due to how narrow it is. It is not possible to see the swimmers from the shore and the best way to give you support is from the National Trust Gondola.

Food at John Ruskin School

Refreshments will be served from 07:30 at JRS.

At 11:30, a full hot food service begins, as well as cakes, crisps & biscuits.

Finish

The swim ends at Monk Coniston Car Park, however there is no parking here as the car park is closed to the public for the event shelters, medics, and our shuttle buses. Chillswim provides shuttle transport for all swimmers back to John Ruskin School. Please note that on the return shuttle buses priority will be given to swimmers.

Key Steps to an enjoyable Chillswim Coniston 5.25-mile swim

1. **PREPARE:** Arrive fully prepared for the swim having trained in various temperatures and in varying weather conditions. **NOTE: You can change to wetsuit or non-wetsuit on the day, just let the TIMING TEAM know when you collect your chip as the results categories will need to be updated.**
2. **REGISTER: On Friday evening/Saturday/Sunday, go to race registration – PLEASE BRING PHOTO ID TO COLLECT YOUR RACE PACK. NO ID = NO SWIM.**
 - The Registration area will be located within John Ruskin School.
 - Collect your Chillswim Coniston Hoody.
 - You will also receive your race envelope, inside will be:
 - Your swim hat (this is for safety and Wave identification purposes you can wear this over your own hat if needed, but please wear the hat provided).

- Two coloured wristbands with your personalised race number. One is for your wrist to allow you onto the correct bus and the other is to be used on the bag that you will take with you to the start and leave for us to transport back to the finish (more info below)
- A personalised race number to stick on your tow-float/dry bag. Please attach this to your tow-float once it is inflated and still dry (a job for whilst you are on the bus going to the start) – please note TOW FLOATS ARE MANDATORY
- Collect your timing chip to wear around your ankle for the swim - DON'T FORGET THIS! No chip, no time!
- Collect your official Chillswim Coniston t-shirt (if pre-ordered)



3. CHANGING & BAGGAGE

- **WETSUIT SWIMMERS:** get changed in the school and find the correct classroom for your wave to leave your bag (with one of the wristbands from your race envelope as an identifier). Once you have finished the swim you need to show our lovely volunteers your wristband and the corresponding wristband on your bag to remove it. Board the bus to the start in your wetsuit & swim gear. An old pair of flip flops will be handy for the 3-minute walk across some fields to the start area from the bus drop off point.
- **NON-WETSUIT SWIMMERS:** You should take a **SMALL** waterproof bag to the start with clothes in and this will be transported to the finish for you (there are no changing rooms at the start, so have your swim togs on ready to go). There will be changing shelters at the finish for non-wetsuit swimmers. Please ensure your bag is small. Bags have steadily been getting bigger and heavier each year. Our volunteers have to carry each bag across the start field to be transported to the finish for you and some bags now weigh more than a small horse. We don't want to impose weight restrictions so please use common sense when putting items in your skins bag. You only really need clothing to keep you warm on the 5 minute journey back to HQ from the finish area.

4. GETTING TO THE START:

- Park at John Ruskin School, ready for your shuttle bus. Start buses are strictly for swimmers only, and seats have been allocated for swimmers according to the waves. Please note that it is not possible for spectators to use the buses to the start (it will take up a swimmer's spot!). See the previous section for advice for spectators.
- Use the school toilets before you leave!
- There are a limited number of portable loos at the start drop off area.
- Wear some old flip flops/trainers for the short walk approx. 3 mins across a marked route (through fields) to the start area. Please note we are not offering a baggage transfer service for wetsuit swimmers but will return all footwear to the Finish
- NON-Wetsuit swimmers arriving at the start area should put everything you don't need into one small waterproof bag and leave it at the baggage drop with one of your numbered wristbands attached (don't put anything breakable in your bag!). Bag drop is located at the start marquee.
- You will be individually checked into the start area, please assist with this by listening to instructions and being patient. Your tow-float, timing chip, swim hat and wristband will all be checked at this point.
- Once the start is open for your wave, calmly walk into the water. It's a long way, so start off steady! There is no gun start, the timing system will record your start time as you pass the timing point when entering the water.

5. SWIM: The Course

- There are 5 x NUMBERED LARGE TRIANGULAR YELLOW buoys to indicate each mile, 4 SMALL TRIANGULAR YELLOW buoys to show you where the feed stations are situated, and one LARGE YELLOW DUCK (yes, a duck) buoy at the finish to help guide you to the finish. Keep all buoys on your left on the course.
- From the start you will gradually make your way across to the eastern shore/right hand side aiming to go right of Peel Island (or Wild Cat Island if you are Swallows & Amazons fan).
- You should stay on the right-hand side of the lake during your swim, approx. 50 metres or less from the shore. If conditions are choppy, then swim closer to the shoreline for shelter.
- Safety kayakers and powered boats will be moving along with the swimmers; if you need assistance, grab hold of your tow float and then wave one arm in the air.
- If you feel that you need to drop out, there is a medic on the shore at each of the feed stations. You can wait in a vehicle if cold until the event shuttle bus can pick you up and drop you off at the finish point (please return your timing chip to a member of staff).
- Any medical emergencies will be taken to the Blue Bird Café exit where the medical teams and ambulances are situated.

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5.25 Miles End to End

- The feed stations are situated at mile 1.5, 2.5, 3.5 and 4.5 miles. See the feeding station section for more information.
- Throughout the last ½ mile there will be aquatic plant life (long weeds) that you will see and feel as you swim – please do not be concerned.



- **Cut off time - Due to the safety cover requirements, there is a cut off time for completion of the swim. Swimmers still in the water at 15:00 on Saturday and 14:00 on Sunday will be taken to the finish in a support boat.**

6. FINISH:

- The finish is beside Monk Coniston Car Park. The level of the water will depend on how shallow the water is to get to the exit point. If it is shallow for up to 15 metres from the exit, stay on your front for as long as possible and kick until you can proceed no further (act like a whale beaching itself). Then carefully stand, we will have staff to assist you to exit the water.
- As you exit the water you will pass over a timing point. You will receive your medal then go on to the secondary finish area in the car park area for your warm drink.
- Non-wetsuit swimmers only - your bags will be waiting for you next to the changing shelter, you can collect your bag yourself, but please show your wristband along with your bag number to claim your bag. Please note, if the weather is “wet” you will need to ensure your bag is waterproof as it will be out in the elements at the finish line.
- Shuttle buses will be operating for the short trip back to John Ruskin School.

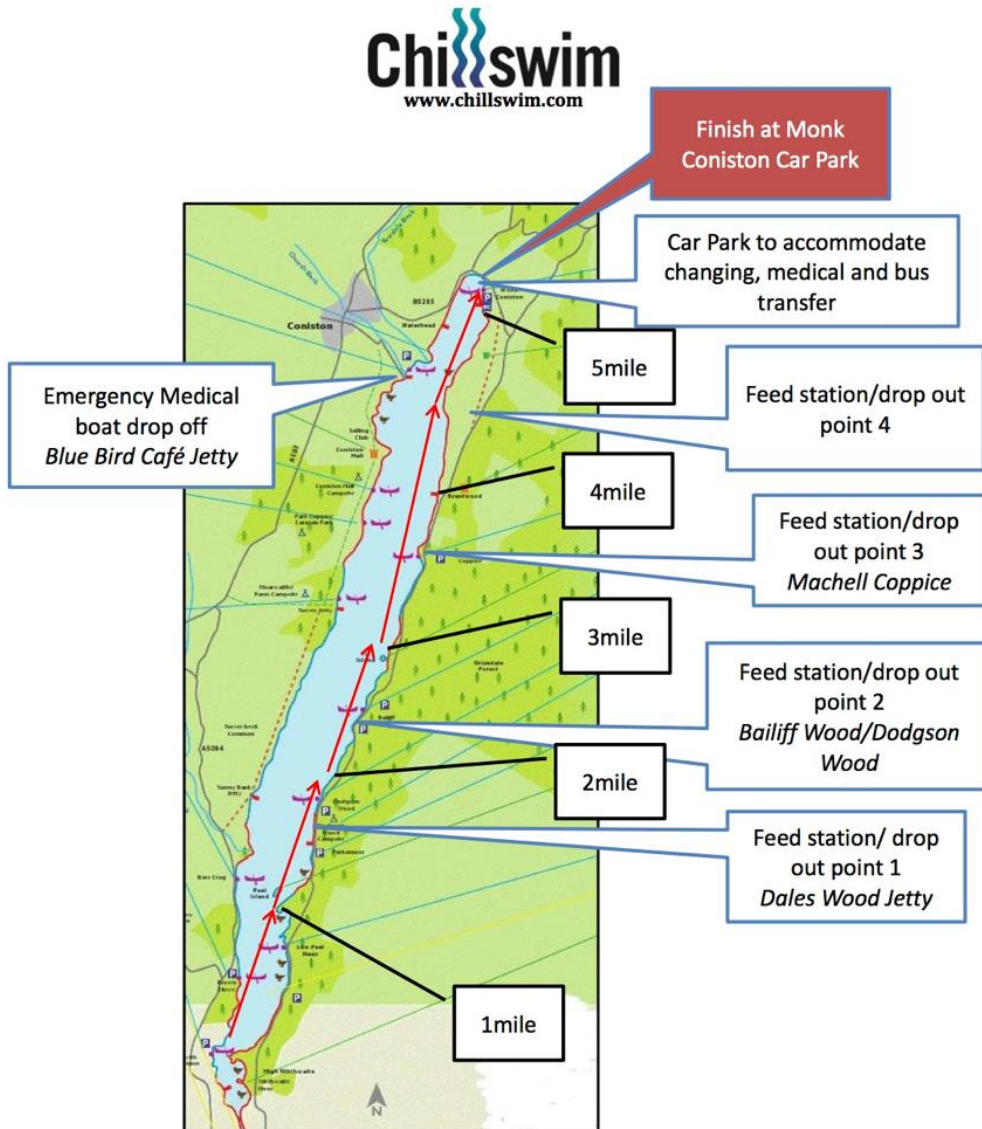
7. CELEBRATE: After the event

- We will have hot food available for purchase provided by the awesome Phoenix Caterers. It's also a good chance to meet other swimmers from the event and a few staff members/volunteers who aren't still stripping out the course. Prize giving will be around 15:30 on Saturday and 14:30 on Sunday (or sooner if we have the results earlier) **age group winner** prizes and top 3 overall prizes for wetsuit and non-wetsuit swimmers.

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5.25 Miles End to End

The Course Map



Chillswim Ltd
Company registration number 8062283

Feed Station Information

We have 4 feed stations on the water. You don't need to stop at the feed station, but they are there if you need a pick me up! These feed stations are being staffed by very kind volunteers who will hand you drinks and/or jelly sweets when you are within arm's reach of the boat. Getting a feed from the boat is simple, hold onto your tow-float for stability (not the boat!), and take your drink. Allow swimmers behind you to get to the boat. Give the EMPTY cup back to the boat and off you go.

What's at each feed station:

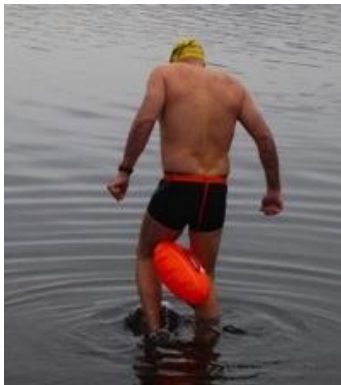
Each feed station will have HIGH5 Energy drink, water and jelly babies (and a vegan alternative). All of the cups at our drink stations this year (and previous years) are biodegradable, we are also not giving out plastic single use bottles at the finish this year.

Using a Tow-Float

We were the first UK company to have tow-floats as part of an event! A tow-float or inflatable dry-bag are mandatory for all swimmers at the Chillswim Coniston event. If you don't have one you can buy from [The Endurance Store](#) at the registration area n.b. tow-floats are NOT automatically included in the entry package. To buy in advance please [CLICK HERE](#).

Tow-floats:

- Increase visibility of each swimmer, which will assist the safety team.
- Provide some floatation, which the swimmer can turn around and hold onto if they need a rest during the swim.
- Help identify you during the swim; you will have a personalised race number sticker to attach to the float.



How to wear a tow-float:

- Inflate your float by putting an equal amount of air into the two valves.
- The short orange leash is attached to the float and to the belt.
- Adjust the belt so it is snug around your waist.
- Line the leash up in the centre of your back.
- If you have not used a tow-float before [watch this video](#)
- Please note that Tow Floats **are not** automatically included as part of your entry fee.

Blue Green Algae

As happens in most years there have been reports of blue green algae in most bodies of water around the UK. Although there are no concerns of any significant blooms that are likely to affect this event, if you do get ill, please consult your doctor asap.

Water Safety

The event has its own independent Water Safety Officer, provided by Swim Safety Limited, who will be looking at the water conditions on the day. The course is set up to run from South to North, which is with the prevailing wind. The nature of this event requires a level of competency in open water in varying weather conditions.

Our event will provide swimmers with a professional water safety team, and the course will stick close to the shoreline after crossing the first section (please swim a max distance of 50 metres from the shoreline). It is a mandatory requirement that all swimmers wear a tow-float (see above) and if you don't already have one you can get one at registration. The safety of our swimmers is always our priority, so we would like to make you aware of the possible contingency plans in case of extreme weather, which are detailed below:

1. If the forecast is bad for both Saturday and Sunday a 5-mile course will be set up in the bay to the South of the Blue Bird Café with as large a loop as possible (approx. 4 x 1.25 miles).
2. If weather conditions are extreme for Saturday but feasible for Sunday then the event will be moved to the Sunday (if we can provide sufficient water safety cover, medical cover, transport cover), with the normal course or the option above. Vice versa if the weather is extreme on the Sunday.

Please check in at registration as normal, whatever the weather!

If there is adverse weather, please check your emails, Twitter and Facebook/Chillswim to ensure you have the latest information.

Please note, as per the event terms and conditions, we will do everything that we can to offer participants a chance to swim on event day and that refunds will not be given to participants who are unwilling or unable to follow the contingency plans if weather conditions dictate that these must be followed.

Thank you for reading this and see you in the water soon!

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