



Chillswim® ULLSWATER 7.5 Miles End to End

FINAL SWIMMER INFORMATION PACK

Aquasphere Chillswim Ullswater 7.5 Miles End to End Swim

Welcome to the 7th Edition of this special event taking place on Saturday 11th July 2026, sponsored by [Scimitar Custom Sportswear](#)

Please ensure you allow sufficient time to register and be ready, in your kit, to board your shuttle bus to the start. Good luck with your swim and we hope to catch up with each and every swimmer at some point during the weekend.

The Chillswim Team

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Key Event Timings

Friday 10 th July – Registration Opening Time	
16:00 - 20:00	Camping opens at Park Foot Holiday Park, Howtown Road, Pooley Bridge, CA10 2NA. Please do not arrive outside of these times, the field will be closed. Camping ///overcomes.freedom.apples
17:00 – 20:00	Registration & Event Parking opens at Park Foot Holiday Park, Howtown Road, Pooley Bridge CA10 2NA. <u>Please do not arrive prior to this time.</u> Registration ///works.according.chainsaw Parking ///overcomes.freedom.apples It's a good idea if you can pick up your pack the day before the swim to make your race day relaxed and as simple as possible. Park Foot Holiday Park will be host to the Event HQ, Event Parking & the Finish Line for the event weekend.
20:00	Car Park & Camping closes.
Saturday 11 th July – Event Day Registration Open Time	
06:30	Registration & Parking opens at Park Foot Holiday Park Registration ///works.according.chainsaw Parking ///overcomes.freedom.apples

Shuttle Bus and Start Times:

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

OTHER TIMINGS	
13:30 / 15:15	All swimmers must be passed mile 4 by 13:30hrs & mile 6 by 15:15hrs to ensure you meet the final 17:00hrs finish line cut off.
17:00	All swimmers must be out of the water at 17:00hrs – THIS IS THE SWIM CUT OFF TIME and the Water Safety Team must Finish the Event at this time – PLEASE PAY ATTENTION TO ANY INSTRUCTIONS FROM THE WATER SAFETY TEAM.
17:30 approx	Presentation of trophies to all prize winners. We will aim to have this ready for as close to this time as possible.
18:30	SITE CLEAR – please return to your vehicles so we can hand the site back to Park Foot Holiday Park

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 to slow down, as you are taking away safety resources from the rest of the swim group. Please ensure that you start in the correct wave for you! Check the start list if you have forgotten the pace you submitted.

CHANGING YOUR DETAILS:

1. **PACE:** Thanks to those of you that updated your pace via the registration system over the past months. This system is now closed, and no further changes can be made online. Buses and water safety ratios have been calculated on the existing data for the hundreds of registered swimmers. If your pace is incorrect on the start list and you will be swimming too fast for your wave, please see the timing crew at registration who will update your details and swim start group if possible/necessary. **YOU WILL STILL NEED TO BOARD YOUR ORIGINALLY ALLOCATED BUS TO THE START.**
2. **CATEGORY:** We have two categories of swim: wetsuit and non-wetsuit. If you have forgotten which category you entered please check the start list. If you wish to change category, please see the timing crew at registration who will update your details.

Getting to the venue

- Event Car Park, Camping, Registration & Race HQ is situated at Park Foot Holiday Park, Pooley Bridge, CA10 2NA. Car Park & Camping [///overcomes.freedom.apples](http://overcomes.freedom.apples), Registration Marquee [///works.according.chainsaw](http://works.according.chainsaw)
- Pooley Bridge is approximately 6 miles from J40 of the M6. These 6 miles will take approx. fifteen minutes to drive on the country roads.

Places to stay

- Camping is available in the Event HQ Field on the Friday night prior to your swim. You can purchase this when you get to registration. The cost for camping is £35. Please note it is cash only.
- Park Foot Holiday Park has a variety of accommodation options available. It is also possible to extend your camping in the event field either pre Friday or post Saturday should you wish to stay a little longer and enjoy the area. To camp for any additional days other than the Friday evening, contact Park Foot directly <https://parkfootullswater.co.uk>.
- Check out www.golakes.co.uk for any other accommodation advice.

We recommend that you stay the night before the event in the local area as the start time for some of you will be before public transport begins. The contingency plans for the event are explained later in this document.

Parking

Event parking is available on the field at Park Foot Holiday Park [///overcomes.freedom.apples](http://overcomes.freedom.apples) **FREE OF CHARGE FOR PARTICIPANTS** (this is very rare in the Lake District). If you have family/friends arriving in separate vehicles they are able to park on the event field, if there is space, at the cost of £5 (please bring exact cash as no change given). Please follow the signs and marshal instructions when you arrive to ensure you are parked correctly. These are privately owned/managed fields at the Holiday Park but Chillswim is covering the parking charges for our swimmers. However, if it is very wet, the fields may become waterlogged/impossible to use and participants may have to use one of the many Pay and Display car parks in Pooley Bridge then walk to the venue. Pay and display car parks are clearly signposted around the area of Pooley Bridge and it is a short walk along the lake shore to race HQ.

Camping

Event camping is possible on the Friday night at Park Foot Holiday Park in the event camping/parking field next to the registration/finish marquee. Upon arrival you will be parked up by the event volunteers whereupon you will walk to registration to collect your race pack. If you have pre booked camping within your race entry you will be given a camping pass with your race pack. You can then return to your car, show your camping pass and you will be directed to your camping spot. Once set up please attach your camping pass to your tent or vehicle so that the team can see you have paid and registered.

If you have not pre booked camping but wish to camp on the Friday night it will be possible to pay for camping at registration. The cost to camp is £35 for one car & 1 tent (campervans are fine too but motorhomes are not allowed on the field). Payment on the night is cash only and please bring the exact amount as giving change may not be possible. Upon payment you will be given a camping pass and you can follow the steps above to get set up.

Start Parking

There is a pay & display car park in the centre of Glenridding Village, CA11 0PD [///octopus.lollipop.glades](http://octopus.lollipop.glades), which is a short 2 minute walk to the start area on Jenkins Field.

Spectators

The Registration, Start and Finish areas will only be accessible for swimmers, event officials and marshals. The buses to the start are for swimmers only.

Spectators are welcome at the start on Jenkins Field (but not in the start marquee). Spectators are welcome at the Finish at Park Foot Holiday Park. Please note that space is limited on the Lake Shore directly by the finish line. Access is required here for emergency vehicles, event staff and the water safety team so you may be asked to move on should the area become too crowded and access is blocked but it is possible to follow the lake footpath south from the finish line where you will get a perfect view of all the swimmers swimming up the lake and into the finish area.

Please stress to your supporters, that they should not park along the narrow roads approaching Park Foot Holiday Park & they should avoid parking along the main road between Glenridding and Pooley Bridge as this prevents the buses from reaching the swimmers, blocks evacuation points and could cause hazards for other road users. It is nearly impossible for spectators to spot you whilst you are mid swim. Please encourage them to watch you at the start & finish only. Event staff will be in the area to ask vehicles and supporters to move on. Thank you!

Finish

The swim ends at Park Foot Holiday Park. Please note, there is no spectator access into the Finish Marquee other than for Swimmers and Event Staff/Marshals/Medics.

Suggested Guidelines to taking part in the Chillswim Ullswater End to End 7.5 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 REGISTRATION TEAM know at Registration when you collect your chip as the Results Categories will need to be updated to reflect Wetsuit/Non Wetsuit.**
2. **REGISTER:** On Friday Evening/Saturday morning head to Race Registration – **PLEASE BRING PHOTO ID TO COLLECT YOUR RACE PACK. NO ID = NO SWIM.**
 - You will receive your Race Envelope and inside will be:
 - Your Event Swim Cap (this is for safety and identification purposes you can wear this over the top of your own cap if needed, but please ensure you wear the Event Swim Cap 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 for skin swimmers to be used on your 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!



3. CHANGING & BAGGAGE

- **WETSUIT SWIMMERS:** You can change at your vehicle in the Event Car Park adjacent to Event HQ or the campsite shower block and leave your bag either in the wetsuit baggage shelters near to the finish/registration marquee or in your vehicle. If leaving a bag in the baggage shelters please make sure you have attached your 2nd wristband to your bag so that it can be identified upon collection post swim. Once your bag is dropped off, board the shuttle bus to the start in your wetsuit & swim gear – don't forget your goggles. An old pair of flip flops will be handy for the 2 minute walk across from the event car park field and/or the registration field to the start buses and also across the field to the start area from the bus drop off point – we will return all footwear from the start back to the finish.
- **NON-WETSUIT SWIMMERS:** You will need to wear a swim robe or something similar to keep warm on the trip from Race HQ to the start area. You should take a **SMALL** bag with you to the start so that you can put your warm clothing into it before you start and we will have your bag returned back to the finish baggage area for you. You need to attach your 2nd wristband with your number on to your bag - this will enable you to identify your bag at the skin swimmers baggage collection area located by the entrance to the finish marquee so you can pop your warm clothing back on and relax (there are no changing rooms at the start, so have your swim gear on ready to go).
- **EXCEPTIONS:** Should you have medical reasons or a disability that means you need an item of kit to be directly at the finish line on the edge of the lake for when you exit the water please make sure your item is clearly marked with a large label which states that your item is to be placed at the finish line and not finish baggage collection in the finish area. Things like wheelchairs, crutches, prosthetic limbs etc would fall under this category. Should you need your item at the finish line please ensure it is clearly marked up with these instructions to help the finish team as the team at the start who will take your item will be different to the team at the finish who will be returning your items to you.

4. GETTING TO THE START:

- Park at the Event Car Park at Park Foot Holiday Park (<http://overcomes.freedom.apples>) and if you have already registered, walk to the main reception area of Park Foot Holiday Park for your Shuttle Bus to the start (<http://retrain.insert.germinate>). If you have not yet registered, walk to the large registration marquee adjacent to the Event Car Park field (<http://works.according.chainsaw>) to register for your swim then follow the signage to the Shuttle Bus Pick Up Point.
- Shuttle Buses are strictly for swimmers only, and seats have been allocated for swimmers according to the waves.
- Try to use the toilets in the Event Car Park before you leave!
- There are a limited number of portable loos at the start area.
- It is suggested that you should wear some old flip flop/sliders or even socks for the short walk approx. 2 mins across a marked route. Please note we cannot transfer baggage for wetsuit swimmers but we will transfer your flip flops/shoes.
- Non-Wetsuit swimmers arriving at the start area should put everything you don't need into one **SMALL** bag and leave it with the start team with one of your numbered wristbands attached.
- Each swimmer will be individually checked into the start area, please assist with this by listening to marshal instructions and being patient..
- 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 as the timing system will record your start time as you pass the timing point when entering the water providing that you are wearing the timing chip collected at Registration n.b. do not forget your timing chip – No Chip = No Time.

5. SWIM: The Course

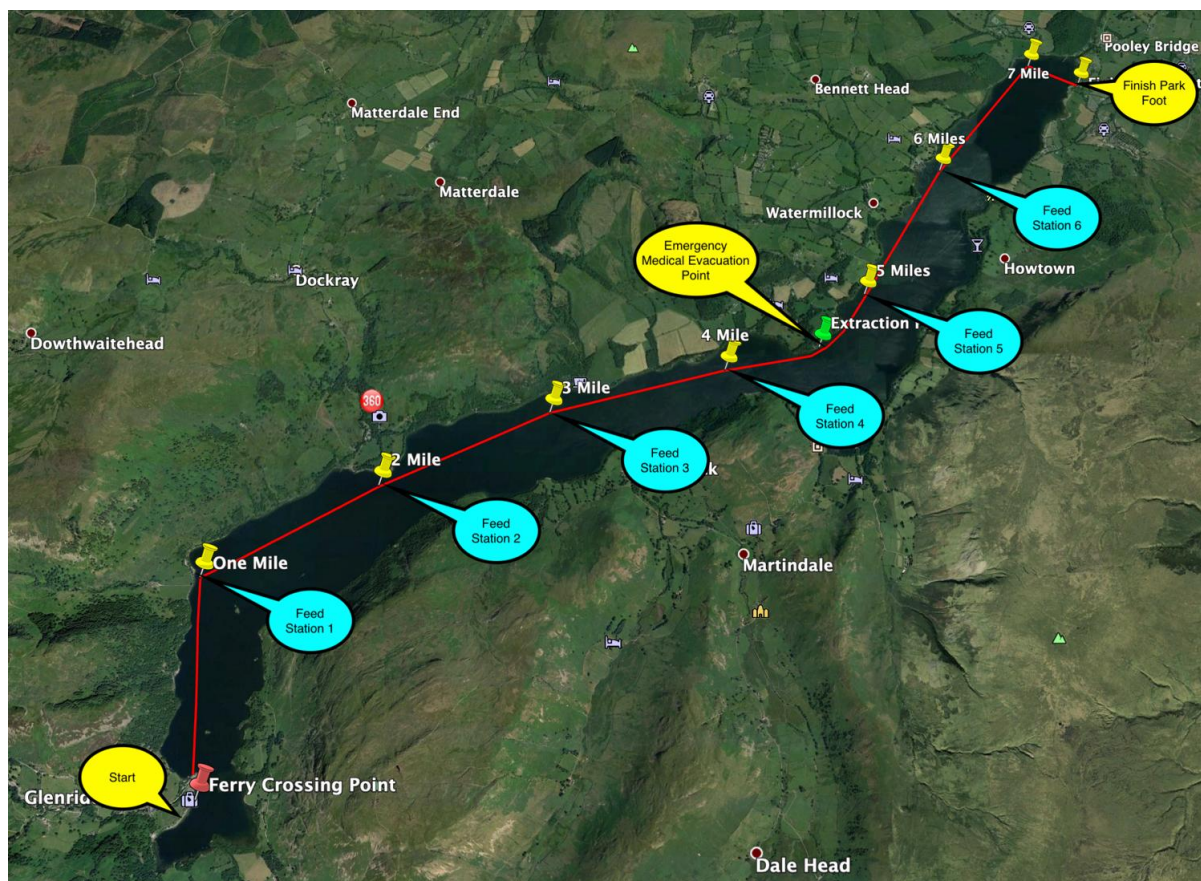
- There are 7 x NUMBERED LARGE TRIANGULAR YELLOW BUOYS to indicate each mile and smaller YELLOW TRIANGULAR YELLOW BUOYS to mark the route in between the mile buoys n.b. the 6 x feed stations are situated at each of the Mile Markers 1-6. Keep all buoys on your right on the course. You swim between the shoreline & the buoys, maintaining as straight a line between the buoys as possible.
- From the start you will gradually make your way around the Ullswater Steamers Ferry Pier and across the bay towards the North Western shore/left hand side of the lake.
- The route follows the left hand side of the lake and swimmers should keep the buoys on their right shoulder. When swimming across the bays, please maintain a straight line between each of the buoys.
- 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 are 5 evacuation points along the lake which are manned by a medic. You can wait in a vehicle if cold until the event shuttle bus can pick you up and return you to race HQ (upon returning to race HQ you MUST return your timing chip to a member of staff at the Event HQ Marquee so that we know you are safely back).
- Any medical emergencies will be taken to Oldchurch Bay or Fairfield Marina exit where the medical teams and ambulances are situated.
- The feed stations are situated at mile 1, 2, 3, 4, 5 & 6 see the feed station section below for more information.
- **Cut off time - Due to the safety requirements of this swim there is a cut off time for completion. Swimmers must be passed the 4mile buoy by 13:30hrs, mile 6 by 15:15hrs and swimmers still in the water at 17:00hrs will be taken to the finish in a support boat or to one of the evacuation points to be collected by the event shuttle bus.**

6. FINISH:

- The finish is lakeside at Park Foot Holiday Park. The lake water level will determine 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 through the Finish Arch and a Timing Point where your finish time will be recorded. You will be asked to move through the Finish chute to the secondary finish area in the large white marquee (where you originally registered) behind the Finish Area for water, a warm drink and to collect your medal (n.b. don't forget your medal, we cannot post these out after the event)
- Non-wetsuit swimmers only - your kit bags from the Start will be waiting for you in the secondary Finish Area as mentioned above - you can collect your bag yourself but please show your wristband along with your bag number to claim your bag.
- After a drink and collecting your medal all swimmers will be asked to make their way back to the Event Car Park in the adjacent field.
- Showers are available in the hard standing camping field next to the Event Camping/Parking Field.
- Swimmers cannot congregate at the Finish Area on the lake shore as space is limited and you will block the exit for other swimmers.

- Hot Food & Drinks will be available to purchase from Park Foot Holiday Park's catering venues close to where you boarded the shuttle buses and from Robin's Café located close to the finish area.
- A formal Prize Giving Presentation will take place in the finish area marquee once all swimmers are finished (spectators will be able to enter the marquee to cheer you on once the swim has finished). Prize Winners must attend the presentation to collect their Trophies. Trophies cannot be posted out after the event. There will be trophies for all Age Group Winners and Top 3 Overall Winners for both Wetsuit/ Non-Wetsuit swimmers.

Course Map



Feed station information

We have 6 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.

Getting a feed from the boat is simple, hold onto your tow-float for stability (not the boat!) and take your drink/sweets. 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). We do not provide gels to cut down on non-recyclable rubbish. All of the cups at our drink stations this year (and previous years) are biodegradable, we will not be using any plastic single use bottles at the finish area or on the food boats.

Using a Tow-Float

We were the first UK company to include tow-floats as part of an event! A tow-float or an inflatable dry-bag are mandatory for all swimmers at the Chillsim Ullswater event.

If you don't have one you can buy from [The Endurance Store](#).

Tow-floats are NOT included in the entry package, you must purchase one in advance. We also recommend you check your tow float, check the waist band is secure etc. You don't want to find yourself with a broken tow float at race start!

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** given out 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 follow the western shoreline but swimmers will swim directly across any bays rather than into them, following the swim buoys. It is a mandatory requirement that all swimmers wear a tow-float (see above). 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 poor, a course will be set up close to the finish area at Park Foot with the largest loop possible to allow swimmers a safe environment to complete laps up to the End to End distance, if desired.
2. If weather conditions are extreme for Saturday but feasible for Sunday then the event may be moved to the Sunday (if we can provide sufficient water safety and medical cover), with the normal course or a shorter loop course as mentioned above.

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!

The Chillswim Team