

Chillswim[®]

CONISTON

5.25 Miles End to End

FINAL SWIMMER INFORMATION PACK

WELCOME TO CHILLSWIM CONISTON 5.25 MILES END TO END SWIM
Saturday 20TH June 2026

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

Please ensure to allow sufficient time to register and be ready in your swim kit to board the appropriate 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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Sponsors



THE
Endurance Store

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

Key Event Timings

Friday 19 th June		PARKING/REGISTRATION OPENING TIME
17:30 – 20:30	Registration opens at John Ruskin School, Lake Road, Coniston LA21 8EW (///treetop.stump.obey).	<p>It is a good idea to pick up your registration pack the night before the swim. John Ruskin School will be the Event HQ for the weekend and where you will be parking for the event.</p> <p>IMPORTANT Please do not arrive at John Ruskin School before 17:30hrs. You will be asked to leave. The school is open and will have pupils on site prior to this time. Arriving early could threaten the use of this venue in the future. The school have specifically asked us to ensure arrivals are from 17:30hrs only.</p>
20:30	Car Park closes. Please ensure you have left the school premises by this time. No competitor vehicles can be left on the premises overnight and there is no overnight camping at the school. Please use local campsites.	
Saturday 20 th June		PARKING/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:
07:30am	Wave 1A (Red)	65-60 Mins/Mile	In the water 08:40am
07:30am	Wave 1B (Green)	59-50 Mins/Mile	In the water 08:45am
08:10am	Wave 2 (Pink)	49-41 Mins/Mile	In the water 09:00am
08:30am	Wave 3 (Yellow)	40-38 Mins/Mile	In the water 09:20am
08:50am	Wave 4 (Purple)	37-35 Mins/Mile	In the water 09:40am
09:10am	Wave 5 (L Blue)	34-31 Mins/Mile	In the water 10:00am
09:40am	Wave 6 (Orange)	30-28 Mins/Mile	In the water 10:30am
10:00am	Wave 7A (D Blue)	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 SATURDAY TIMINGS	
07:00	Refreshments served at Race HQ (John Ruskin School) - please refer to page 6 for more info.
12:00	Shuttle bus starts operating to & from Race HQ (John Ruskin School) & the Finish. Spectator parking is available in a field near to the finish area at Monk Coniston car park for £7. This car park is open until the last swimmer is out of the water.
15:00	All swimmers out of the water – THIS IS OUR CUT OFF TIME – OUR WATER SAFETY TEAM MUST FINISH AFTER THIS TIME – PLEASE LISTEN TO ANY INSTRUCTIONS FROM THE WATER SAFETY TEAM.
16:00	Presentation inside the Hall at John Ruskin School. Trophies for 1 st – 3 rd Skins/Wetsuit plus 1 st place Age Group trophies! It's a great chance to catch up with fellow swimmers, and tuck into tasty food from the catering van to refuel post swim.

IMPORTANT INFORMATION ON 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, please ensure to start in the correct wave for your swim pace!

Getting to the venue

- **Event HQ, Event Car Park and Registration = John Ruskin School, Coniston LA21 8EW.**
- Coniston is approximately 29 miles from J36 of the M6. These 29 miles will take approx. 1 hour on the country roads, even if there is no traffic, please ensure to leave plenty of time.
- The nearest railway station is Windermere and from there please 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 swimmers stay the night before the event in the local area if possible as the start time for some swimmers will be before public transport begins.

Please note, it is NOT possible to stay overnight at Race HQ (John Ruskin School) whilst the event is taking place. Anyone still on site on the Friday once registration has closed will be asked to leave.

Parking at HQ

If the weather allows, 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, please be aware that if it is very wet the school will not allow cars on the field and participants will need to use & pay for parking at one of the many pay & display car parks in Coniston and walk to the venue, Pay and Display car parks are signposted around Coniston.

No Parking at the Start

PLEASE NOTE there is **NO PARKING** available at the start (we need to allow turning space for the shuttle 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 and will be requested to move on. **Please do not attempt to park at Crake Valley Holiday Park – ignoring these requests could jeopardise the future of the event.**

Spectators

The shuttle buses to the start are for swimmers only. Shuttle buses from HQ to the Finish for spectators are available but please note that swimmers do get priority. We recommend that spectators park at John Ruskin School and walk to the finish area (it is approx. 20 mins walk) or, alternatively, a parking field is available approx. 100 metres past Monk Coniston car park at a charge of £7 (paid directly to the owner of the parking field). This car park closes when the last swimmer is out of the water. When using this field, please note dogs must be kept on a lead at all times due to livestock being present.

Please stress to your supporters, that they should not park along the narrow roads to the Finish Area and, as this prevents the buses from reaching the swimmers to shuttle back to HQ at the School and will cause significant disruption to the event buses and the local residents which could result in some very cold swimmers waiting for the buses and jeopardise the future of the event. 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 evac buses as their ability to travel 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, and get the best view, is from the National Trust Gondola [CLICK HERE](#).

Food at Race HQ

Refreshments will be served from 06:30 from the Crazy Cow Caterer located on the field at Race HQ. There will be hot & cold food and drinks available all day. Grab that morning cup of coffee to wake you up before you swim and the refuel reward to celebrate your finish.

Finish

The swim ends at Monk Coniston Car Park. There is no parking here as the car park is closed to the public for the event, medics and shuttle buses but parking is available at the field adjacent at a cost of £7. Chillswim provides shuttle transport for all swimmers back to HQ at John Ruskin School.

Key Steps to an enjoyable Chillswim Coniston 5.25-mile swim

PREPARE: Arrive fully prepared for the swim having trained in various temperatures and in varying weather conditions. **NOTE: Swimmers can change to wetsuit or non-wetsuit on the day, just let the REGISTRATION TEAM know when collecting your chip as the results categories will need to be updated.**

REGISTER: On Friday evening/Saturday morning head to Race Registration – PLEASE BRING PHOTO ID TO COLLECT YOUR RACE PACK. NO ID = NO SWIM.

- The Registration area is located inside John Ruskin School.
- You will 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 for your bag (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 – 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!



CHANGING & BAGGAGE

- **WETSUIT SWIMMERS:** get changed at 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 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/shoes will be handy for the 3-minute walk across the fields to the start area from the bus drop off point. We will bring your shoes back to the finish area for you to collect at the end. You **cannot** take a bag on the bus to the start.
- **NON-WETSUIT SWIMMERS:** You should take a **SMALL** waterproof bag to the start with dry clothes in and this will be transported to the finish for you. Attach one of the wristbands from your registration pack to your bag as an identifier (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 and up a hill 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.

GETTING TO THE START:

- Park at John Ruskin School and get 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 Line (not Race HQ)
- 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 or valuable 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.
- When starting, 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.

SWIM: The Route

- There are **5 x LARGE NUMBERED 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** 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).
- 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 will be taken to the finish in a support boat.

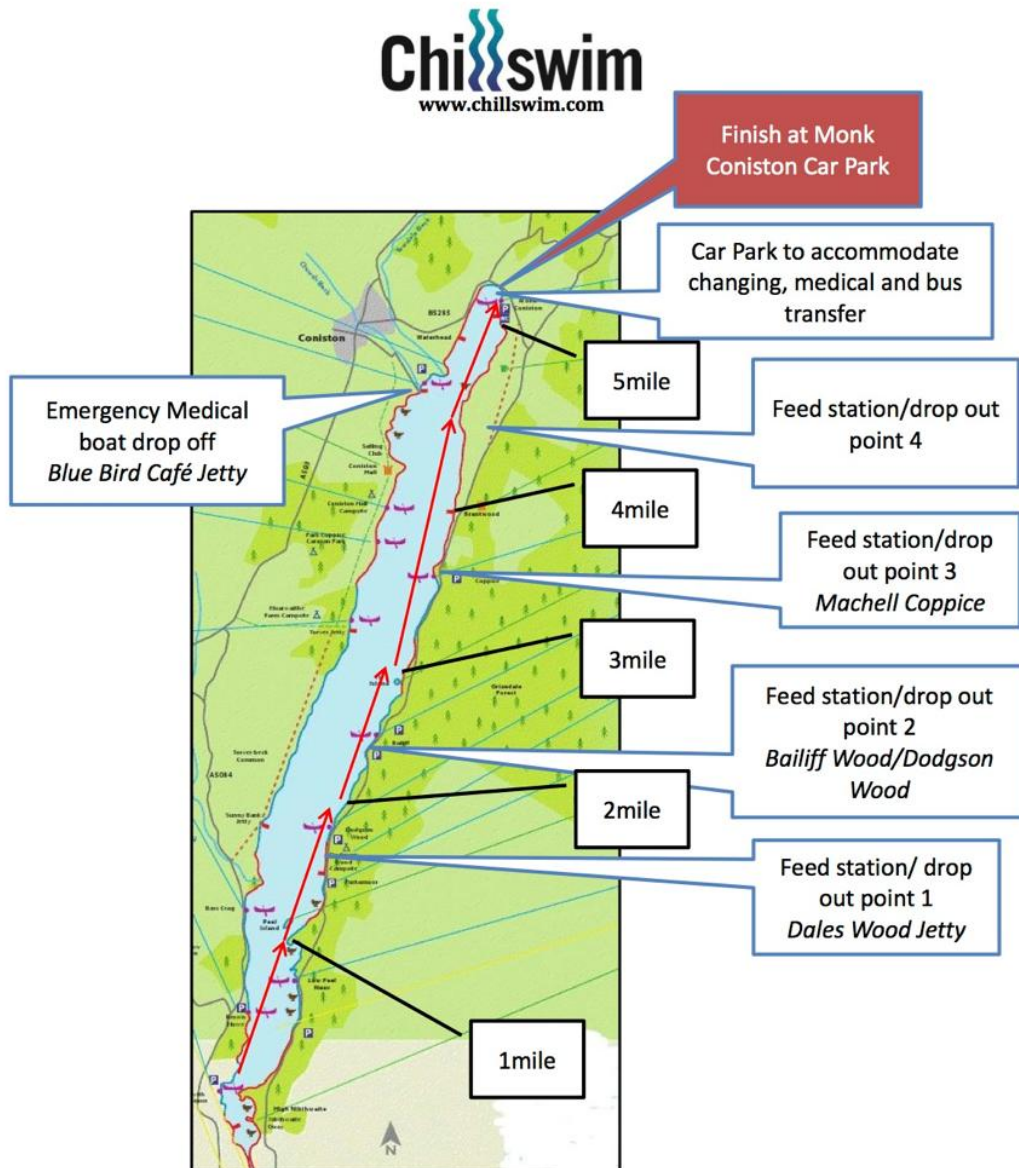
FINISH:

- The swim finishes at Monk Coniston Car Park. If the lake is shallow then for the last 15-20 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.
- On exiting the water, swimmers will pass over a timing point then go on to the secondary finish area for some water, a medal and a 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 the volunteers 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 but you can walk back should you prefer.

CELEBRATE: After the event

- We will have hot food available for purchase provided by the awesome Crazy Cow 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 16:00hrs on Saturday (or sooner if we have the results earlier) age group winner prizes and top 3 overall prizes for wetsuit and non-wetsuit swimmers.

Route Map



Chillswim Ltd
Company registration number 8062283

Feed Station Information

There will be 4 x feed stations located on feed boats in the water. Swimmers don't need to stop at the feed stations, 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 (vegan alternative available). All of the cups at our drink stations are biodegradable, we are also not giving out plastic single use bottles at the finish.

Using a Tow-Float

We were the first UK company to incorporate tow-floats into an event! A tow-float or inflatable dry-bag are mandatory for all swimmers at the Chillswim Coniston event (n.b. tow-floats are NOT automatically included in the entry package) – please ensure you bring your tow float with you to the event.

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 and Water Quality

As happens in most years there have been reports of blue green algae and pollution in most bodies of water around the UK. Although there are no concerns of any significant blooms or pollution events that are likely to affect this event, if you do get ill, please consult your doctor ASAP. Two areas along our swim route in Coniston have recently received designated Bathing Water Status and are now closely monitored by the Environment Agency see links [HERE](#) and [HERE](#).

Water Safety

The event employs a dedicated independent Water Safety Officer (provided by Swim Safety Limited) who will review the water conditions on the day of the event. 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. The event will provide support to swimmers whilst in the water via a professional water safety team from Swim Safety Limited.

The route will stay close to the shoreline after crossing the first section (please swim a max distance of 50 metres from the shoreline). It is mandatory requirement for all swimmers to wear a tow-float (see above). The safety of our swimmers is always our priority and 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 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 unsuitable 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 and transport cover) with either the normal course or the option 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 document and we will see you in the water soon!