ADULT RACE PACK

THE BURGH ISLAND RACE 2024

Welcome to the Burgh Island Race, being held in South Devon on **Saturday 22nd June 2024**.

It's really important you read through this race pack, even if you are a confident sea swimmer.

Run by Kate and Ivan Burton from Open Water Devon. Burgh Island provides the stunning backdrop for this exhilarating race. Whether you're a seasoned athlete or a novice participant, this event caters to all skill levels, offering a range of race categories to choose from 8 years and up. But it's not just about the race - we're hoping to raise money for some fantastic charities. Join us for a memorable day of sportsmanship, community, and mindful environmental practices at the Burgh Island Race.

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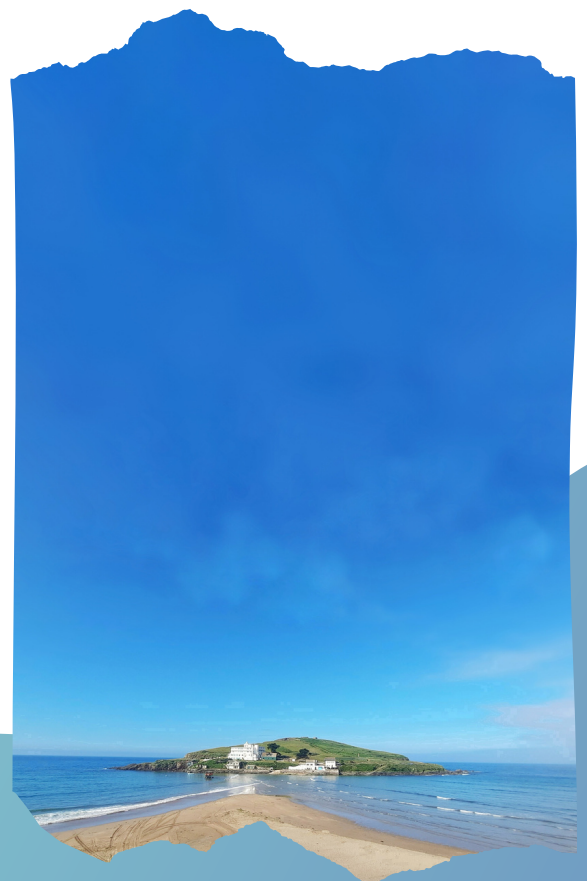
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SCHEDULE

4pm Registration Opens for all - collect your timing chip, and race hat, drop your bag off if needed. Registration closes for your race 15 mins before.

5pm Nippers and Youth Race Start (parents present)

5.30pm Pilchard Inn BBQ Available

5.45pm Kids Races Prize Giving for 1st, 2nd, 3rd

6.30pm Race Swimmers (Mass Start)

6.35pm Charity Swimmers Start (Trickle Start)

8pm Adult Race Prize giving for 1st, 2nd, 3rd male and female

9.30pm Sun down

Please be aware these times may change slightly on the day, you need to be on the Island slipway ready to swim 10 minutes before the start of your swim. We will call the Race Swimmers to join the mass start first.
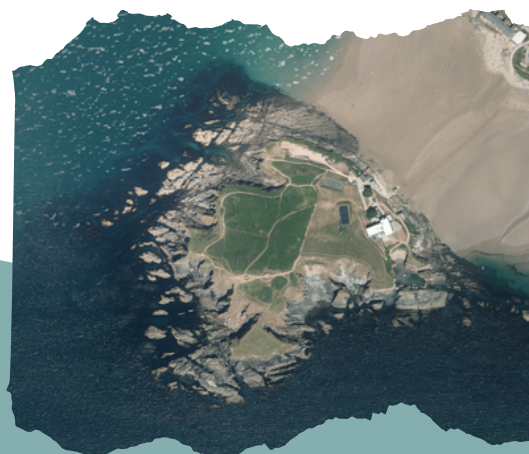
PRE RACE INFO

You will need to park, and get yourself to Burgh Island in time to register for your event. Please leave plenty of time. You will need to show ID at registration for adult events, that matches the name you booked with (either passport, driving license, government issued ID). You cannot register for someone else.

At registration you will receive
- A swim hat, colour coded for your entry type
- A timing chip for your ankle, for outside your wetsuit
- A tag for your bag

If you need to drop off a bag before your race, please make sure it is one small rucksack with your bag tag easily displayed around a strap or handle. Bag drop will close at 9pm, any bags after this might be taken back to HQ, and you will need to collect from Ivybridge, or have the bag posted to you at your cost. Our bag drop is monitored, or you can leave items with friends/family. You will only be able to recover your bag with your numbered swim hat (swim hat #18 will only be able to retrieve bag #18).

You need to be on the slipway ready to enter the water 10 minutes before your race.

The racing swimmers set of first, by mass start. This means you will all wade into the water together, line up, and start on the whistle blast.

The charity swimmers set of second, by trickle start. This means a few swimmer cross the timing mat at a time, and more casually enter the water in a line/small groups.

People who are 16 and 17 years old can enter the race or charity swims, but they need a guardian or parent with them for the whole swim.

EVENT DAY INFO

There will be a race briefing 5 mins before each group sets off, which you need to be present for. There is also an orientation/briefing video available on the website.

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals. It is your responsibility to know the route and to ensure your own safety on course. Marshals are there purely for reference.

Our safety crew on the water are stationed approximately every 200m. Should you need help, raise your hand, and shout/whistle for help.

The start and finish are at the same place, you will need to walk back over the timing mat on the slipway. Your timing chip is to be returned to registration. Failing to return your timing chip on the day incurs a £100 fee.

We run a 'leave no trace' policy, we will have bins available at registration, please use them or take everything home with you to minimize our environmental impact.

POST EVENT INFO

Your swim hat is yours to keep. We need the chip timer handed back to registration. On exit of the water you will be given a medal.

Photos and Videos will be posted on social media, find the race event on Facebook, or www.theburghislandrace.com

Your chip timing will be available to view on the website shortly after the event:
www.theburghislandrace.com/results

We will be holding the trophy celebration after the swims have finished, if for some reason you cannot attend, we can post your trophy to you at a cost of £5.

WINNING CATEGORIES
Race Entry Male 1st, 2nd, 3rd
Race Entry Female 1st, 2nd, 3rd
Nippers 1st, 2nd, 3rd
Youth 1st, 2nd, 3rd
(charity places do not get awarded a trophy)

THE COURSE

The course around Burgh Island is 1600m, for this event you need to swim around all visible rocks. You must not use any cut throughs or gullies, and doing so will result in disqualification. The only rocks you can bypass are the Murray Rocks to the East of the island, you may swim between these and the main island.

P Parking
S Start/Finish/Registration
M Murray Rocks

Adult Route

RULES AND SAFETY

It is your responsibility as a competitor to know and correctly complete the full course.

- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, or the water safety teams will lead to disqualification.

- Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.

- Wetsuits are mandatory if the water is below 14C. We aim to test the water at frequent periods before the race, please check the website, and your emails 2 days pre race for a final decision.

- Only Front Strokes are allowed.

- You must not use any cut throughs, and swim around all rocks and gullies. You are permitted to swim between the Island and the Murray Rocks.

- No fins or floatation devices are allowed, unless it is a tow float carrying medication.

- Please remove your rubbish and dispose of it appropriately.

- You MUST wear the swim hat provided at registration. You can wear your own hat underneath, but the official swim cap must be on top.

- The Water Safety Team are there to guide and assist, please make sure you follow any instructions they give you.

- Any swimmers still in the water at 8.30pm will be picked up and escorted back to the start.

KIT LIST

We recommend you only bring the following items, leaving the bulk of your personal belongings in the car:

In a small rucksack to be left at bag drop:
- Change of warm clothes
- A robe/towel
- An ID for registering
- Any snacks or drinks for post swim
- Card/Cash to purchase food drinks at pub

For the swim:
- A wetsuit/costume/trunks (depending on water temp and personal preference)
- Goggles
- Your own swim hat, or neoprene hat if needed
- Neoprene gloves if needed
- Neoprene Socks if needed
- Ear plugs if needed
- A tow float if you need to carry medication

MERCHANDISE

You can pre order your race shirt and hoodie when you book your entries to collect on the day. They can also be ordered post race but will need to be purchased direct, and will include an extra cost for postage.

Measurements	XS	S	M	L	XL	XXL	3XL
1/2 Chest	49cm	51cm	56cm	61cm	65cm	69	73cm
Body Length	64cm	67cm	70cm	73m	76cm	79cm	82cm
Sleeve Length	57.5cm	59cm	60.5cm	62cm	63.5cm	65cm	66.5cm

Age:	1~~2~~	~~3~~	~~5~~	7-8	9-11	12-13
Chest (to fit):	24	26	28	30	32	34

T shirts - £12
Hoodies - £25

Kids 7-8, 9-11, 12-13
Adult XS, to XXXL

USEFUL PLACES AND MAPS

The easiest parking is in Bigbury car park right on the waters edge, it takes RingGo or cash
WHAT 3 WORDS puppets.zealous.ringside

You can also park at Folly Farm Parking Field which is £5 all day, cash only
WHAT 3 WORDS diplomas.trip.organisms

CHARITIES

The Burgh Island Race is raising money for 2 amazing charities. The money raised will be split 50:50 between the RNLI and Bantham Surf Lifesaving Club. The money raised from charity places, and 100% of all profits will be collected and donated.

We have set up a JustGiving, Crowdfunding page which you can find at www.justgiving.com/crowdfunding/theburghislandrace

Because we are splitting the money between 2 charities, a normal JustGiving page won't work for us as it only allows funds to 1 charity. We will collate all the funds into the business bank account and then split equally.

To raise money you can ask people to donate direct to Just Giving mentioning your name, or collect cash/transfers yourself and then donate to JustGiving in one lump sum. You can use the sponsorship form to help collect your funds if you'd like (in this pack).

If you are in the Charity Swimming Section, we ask you raise a minimum of £50, if you are a race swimmer, you can still raise money and donate too, but there is no obligation to.

ABOUT THE CHARITIES

Bantham Surf Lifesaving Club

The club provides lifesaving training to all and works closely at Bantham with the RNLI, providing volunteer lifeguard who patrol during busy seasons.

BSLSC run a Lifeguard training program for their volunteers, alongside lifesaving training for, Youth (aged 13-17) and Nippers (aged 7-12).

Bantham SLSC can only continue its important water safety training with the help of willing and enthusiastic volunteers, who are essential for teaching younger members vital lifesaving skills. This comes at a price, and with our help raising important funds, the club can continue their local work.

The RNLI

Every summer, RNLI lifeguards hit the sand to keep people safe across the beaches of the UK. Providing safety advice to beachgoers, casualty care to injured people, and saving the lives of those in danger of drowning. The volunteer lifeboat crews are ready to launch 24/7. With 238 lifeboat stations around the coasts of the UK and Ireland, the RNLI have created a ring of safety to help protect and save those in peril at sea.
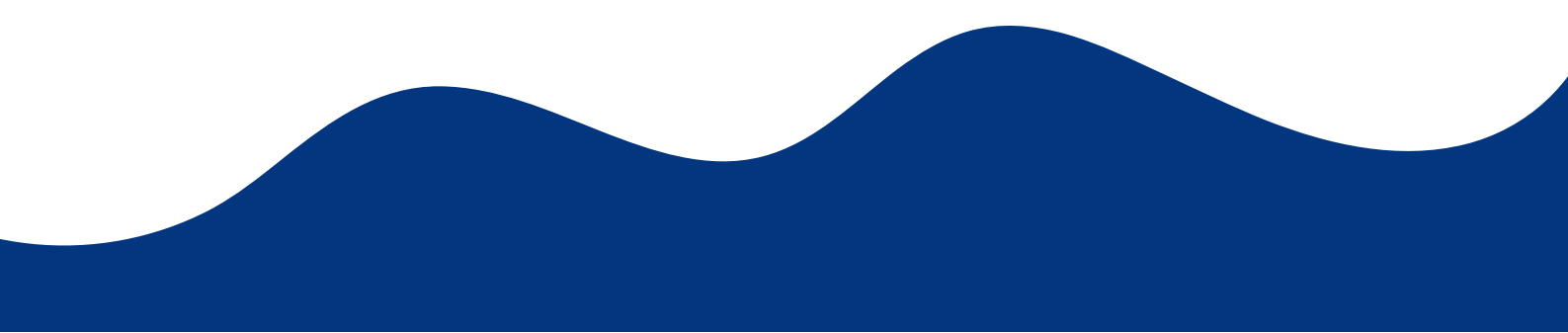
The RNLI can't save lives at sea without the support of people of charity donations - less than 1% of their funding comes from government, so they need charitable donations to keep providing their excellent service.

FUNDRAISING IDEAS

You can ask your friends, family and colleagues for donations, but if you'd like to get inventive with your fundraising then see a few ideas below:

1. Organise a bake sale or coffee morning, inviting friends, family, and colleagues to indulge in delicious treats for a donation.
2. Host a themed costume party or fancy dress day, encouraging attendees to donate to support your race.
3. Organize a pub quiz night with entry fees and prizes, attracting local trivia enthusiasts and supporters.
4. Approach local businesses for sponsorship.
5. Partner with a local restaurant or cafe to host a charity brunch, with a portion of the proceeds donated to the race.
6. Create and sell handmade crafts or artwork, such as, paintings, or pottery
7. Organise an auction or raffle, seeking donations of items or unique experiences to be bid on by supporters
8. Host a garage sale or car boot sale, selling unwanted items and donating the proceeds to the race.
9. Offer a weekend car wash service
10. Ask for a set amount per 100m - 50p per 100m would be an £8 donation!

Remember, the possibilities are endless when it comes to fundraising. Embrace your creativity, engage your community, and make a lasting impact through your fundraising initiatives for the Burgh Island Race. Together, we can achieve great things!

SPONSORSHIP FORM

I am swimming the Burgh Island Race to raise money for the RNLI and Bantham Surf Life Saving Club. The sea swim is 1600m around the iconic island!

Name	Amount	Paid?

www.theburghislandrace.com

Donate online (use swimmers name in notes) at www.justgiving.com/crowdfunding/theburghislandrace