

ADULT RACE PACK



Welcome to the Thurlestone Arch Race, being held in South Devon on **Saturday 14th September 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, take part in the inaugural and first ever swim race through Thurlestone Arch in South Devon. Nestled between pristine beaches and rugged cliffs, Thurlestone Arch stands like a gateway in the bay. 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 old and up.

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SCHEDULE

Registration Opens for all - **11am**

Nippers and Youth Race Start - **1.30pm**

Prize giving (Nippers and Youth) - **2pm**

3 mile Swimmers (Mass Start) - **2.30pm**

2 mile Swimmers (Mass Start) - **2.35pm**

1 mile Swimmers (Mass Start) - **2.40pm**

Sweep of the course - **5.30pm**

Adult Prize giving - **6pm**

Sun down - **7.30pm**

Golf Club Food Available from lunchtime

Please be aware these times may change slightly on the day, you need to be on the beach ready to swim 15 minutes before the start of your swim. We will call the 3 milers to start first, and ask you to 'self seed'. Faster swimmers near the front, and if you'd rather have a calmer swim, near the back. Each start is a mass start and will have between 25 and 50 people starting in one go.



WHAT'S INCLUDED

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Race Hat

Medal for all swimmers

Chip Timing (excluding Nippers and Youth)

1st, 2nd, 3rd for Adult Male and Female in 1/2/3 mile

1st, 2nd, 3rd for Nippers and Youth

Race photos and videos

Event Parking at the Golf Club event field

Hot Drink after at the Golf Club for all swimmers

What's Not Included

Any race specific gels/drinks/food

Swim equipment other than a race hat

What's Optional

Event Hoodie and Shirt

The Golf Club are providing Lasagna, Veggie Lasagna and Fish Pie from the club as post race food. These come with a salad and garlic bread. You can pre-book your food for £9, or pay on the day for £11.

If you are a parent of a child who is swimming, and you yourself are not booked to swim, please be aware a child ticket does NOT include parking. Parking is £10 cash ONLY on arrival.



PRE RACE INFO

You will need to park in the event field, and get yourself to registration which is next to the gate, and then down to the waters edge where the race starts. 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. You will not be sent anything before race day.

At registration you will receive

- A swim hat, colour coded for your entry type
- A timing chip for your ankle, for outside your wetsuit

There is no bag drop at the event, please use your car.

You need to be on the beach ready to enter the water 15 minutes before your race for the briefing.

The 3 mile swimmers set off first, by mass start. We will ask swimmers to self seed themselves into waves, fastest at the front. You will line up between the start flags and enter the water on the whistle. Waves will set off in groups between 25 and 50 people. Once you have finished lap 1, you will use the Australian Exit to start lap 2. This involves exiting the water, walking/running around the turn around (cones and markers) and re-entering the water for lap 2/3.

The course is a simple triangle shape with 1 lap = 1 mile. Leg 1 is out towards a buoy around 250-300m from the beach, you then turn left towards the Arch. You swim past the arch before turning to swim through through it for you return leg. There will be a 2nd buoy for you to swim past, before a slight right towards the beach. You will aim for either the turn around for your next lap, or the finish archway.

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

EVENT DAY INFO

There will be a race briefing 5 mins before the adult race starts. This will be at 2.25pm for all distances, which you need to be present for.

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-blast for help.

The start and finish are on the same beach, close together, though you will need to cross both timing mats. 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.openwaterevents.com

Your chip timing will be available to view on the website shortly after the event: www.openwaterevents.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

3 mile Male and Female 1st, 2nd, 3rd

2 mile Male and Female 1st, 2nd, 3rd

1 mile Male and Female 1st, 2nd, 3rd

Nippers 1st, 2nd, 3rd

Youth 1st, 2nd, 3rd



THE COURSE

The course is an out and back style swim. You will swim past a yellow buoy 250-300m off shore, turn left and swim past the arch. As you turn back to the beach, you will then swim through the arch. Back towards the start, past one more buoy.

If you are swimming a 2nd or 3rd lap, use the turn around/Australian exit. If you have finished use the finish archway.



RULES AND SAFETY

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

- Failure to follow marshals or water safety teams instructions, will lead to disqualification.
- Wetsuits will be optional
- Only Front Strokes are allowed.
- You must swim past the Arch on your outward leg, turn and then swim through on your return leg. If conditions are too rough, swimmers will be directed around the arch.
- 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 5.30-5.45pm will be picked up and escorted back to the start.

KIT LIST

- Change of warm clothes
- A robe/towel
- An ID for registering
- Any snacks or drinks for post swim
- Card/Cash to purchase food at the Golf Club
- A wetsuit/costume/trunks (wetsuits are optional)
- 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 ONLY if you need to carry lifesaving medication, otherwise please do NOT wear a tow float



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

T shirts - £12

Hoodies - £26

Adult XS, to XXXL

USEFUL PLACES AND MAPS

The event car park is near Thurlestone Golf Club.
Car parking is included in your race entry, extra car parking for spectators or non swimmers is £10 cash.
Registration is near the gate in the field
Parking opens from 11am

WHAT 3 WORDS ///spurred.curve.unwanted

Thurlestone Golf Club, Thurlestone, Kingsbridge TQ7 3NZ



Accessing the beach is simple, cross the road, and follow the footpath to the beach. Please respect the areas fenced off, this is to protect the sand dunes and erosion.

R = Registration in the parking field

