

CHILDRENS 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.

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. Each of the kids races are a 'mass start' there will be a chance to listen to the briefing before lining up and entering the water.

Nippers can have a parent swim with them for moral support, Youth swimmers should be able to swim confidentially alone.



WHAT'S INCLUDED

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Race Hat
Medal for all swimmers
1st, 2nd, 3rd in Nippers and Youth
Race photos and videos
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
Parking is NOT included in the children's entries

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 cannot register for someone else. You will not be sent anything before race day.

At registration you will receive

- A swim hat

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.

After the safety brief the swimmers will line up between the flags. You will line up between the start flags and enter the water on the whistle.

The course is a simple triangle shape with 1 lap - for Nippers it is 200m and Youth it is 400m.

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

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 help your child learn the route. The childrens' races are a great way to introduce children into the sport and of course to have fun too.

Our water safety team will be on the water throughout the children's race. Should a swimmer need help, raise your hand, and shout/whistle for help.

If your child is in the Nippers swim then you can swim alongside your child to offer moral support (parents swim for free), you cannot however help them physically in any way. Children in the Youth Race need to be able to swim by themselves, no parents will be allowed in the water.

Parents who are staying dry, will need to be on the beach near the start or finish, when their child is in the water.

The start and finish are right next to each other.

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. Every child will receive a medal after swimming.

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

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

Nippers 1st, 2nd, 3rd

Youth 1st, 2nd, 3rd



RULES AND SAFETY

It is your responsibility as a parent, and child 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 your child being removed from the line start list.
- 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.
- Full wetsuits are mandatory for all children (no shorties, or armless wetsuits please)
- Only Front Strokes are allowed.
- No fins or floatation devices are allowed.
- 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.
- Water Safety is there to guide and assist, please make sure you follow any instructions they give you.

KIT AND EQUIPMENT

We recommend you only bring the following items.

- Change of warm clothes
- A robe/towel
- Any snacks or drinks for post swim

For the swim:

- **It is mandatory for children to wear a wetsuit covering from ankles to wrists (no shortie wetsuits)**
- Goggles
- Neoprene gloves if needed
- Neoprene Socks if needed
- Ear plugs if needed



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	3-4	5-6	7-8	9-11	12-13
Chest (to fit):	24	26	28	30	32	34

T shirts - £12

Hoodies - £26

Kids 7-8, 9-11, 12-13

Adult XS, to XXXL

USEFUL PLACES AND MAPS

The event car park is near Thurlestone Golf Club.

Car parking is included in adult race entry but not in kids entries, 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

