



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

LOCH LOMOND CHAMPIONSHIPS

PRELIMINARY SWIM INFORMATION

- Date of Swim:** Saturday 25th / Sunday 26th August 2018
- Course:** **Start:** Beach at Ardlui, **Finish:** Beach at Drumkinnon Bay
- Start Time:** Staggered start, Start times not known until all entries received, but usually from 2pm to 10pm depending on estimated time taken to complete.
- Briefing:** Saturday, time unknown until all entries are received. This will be on the beach at the Ardlui Hotel. Please contact the organiser Janet Wilson by Mobile phone on arrival at Ardlui.(07957 348328)

Showers:

Showers will be available at the end of the swim, after 8am at a cost of 50p.

Boats:

Swimmers are responsible for providing their own escort boat. There are a limited number of suitable boats available to hire from various places around the Loch. IT IS YOUR RESPONSIBILITY TO OBTAIN A SUITABLE BOAT AND CREW **BEFORE** YOU SEND YOUR FORM IN. ENTRIES WILL BE RETURNED TO YOU IF A FORM IS RECEIVED WITHOUT THIS INFORMATION. FAILING TO PLAN IS PLANNING TO FAIL!

- Important considerations are: The boat must be able to go at the same speed as you. It needs a secondary means of propulsion if oars or engine fail. It needs to be big enough to carry crew, swimmer and equipment.
- Any Swimmer supplying their own boat will have to register the boat at Loch Lomond. There is no charge to register a boat but you are required to pay £5 for the necessary signage for your boat. If you need to register a boat, and don't know where to do it, please let me know with your entry.
- Your crew are responsible for navigating you and your boat from Ardlui to Drumkinnon Bay. Further details will be sent to all applicants but you are strongly advised to obtain an ordinance survey map and plan your route with a crew who know how to use it in the dark. Electronic Satellite navigation systems may also be useful, but make sure your crew know how to use it before the swim day.
- The crew on your boat must be experienced and should include at least one competent boat handler and one lifesaver. **All crew members must be able to swim in cold water.**
- **THE SUCCESS OF A LOCH LOMOND SWIM USUALLY DEPENDS ON THE SKILL OF THE BOAT CREW.**

Entry is restricted to BLDSA members only and they must have completed at least one swim longer than 8 miles in the 24 months before the swim.

Trophies:

Men's Championship
Ladies Championship

The 'Walter Bradley' Trophy
The 'W Thrall' Trophy

These are presented on the beach at Drumkinnon Bay shortly after the last swimmer has finished. A decision may be taken to do this before the last swimmer is finished if time becomes an issue, but there

is no time limit on the swim and swimmers will be allowed to remain in the water as long as the Safety Officer/referee agree that the swimmer is capable of finishing.

Accommodation: There is plenty of accommodation in the Loch Lomond area, but it is advisable to book well in advance.

This is a tough swim only completed by around 60 individuals, so your preparation and planning needs to be meticulous and detailed if you are to succeed. The cost reflects the organisation and safety cover invested in the event, so plan to get value for money!

Successful swimmers ask lots of questions in the planning stages and **GET THEIR BOAT SORTED EARLY.**

Entries will be acknowledged when received and start times and final information issued just after the closing date.

For more details contact: Janet Wilson, 20 Padgett Court, Ben Rhydding Drive, Ilkley, W. Yorks. LS29 8AU Tel 07957348328, Email: janetwilson22@aol.com