

DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
3. I am a fully paid up member (or life member) of the B.L.D.S.A.
4. The particulars given on this entry form are true.
5. I am not suffering from any illness or disability known to me which would render my participation in this Championship inadvisable. **(A MEDICAL EXAMINATION MAY BE REQUIRED)**
6. "I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in this event, against the B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."

I acknowledge that the B.L.D.S.A. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:

DATE:

SIGNATURE OF PARENT:

DATE:

(If entrant is under 18 years of age)

PLEASE RETURN THIS FORM (WITH FEE) TO:

Mrs Liane Llewellyn Hickling, 62 Main Road, Denholme, Bradford, West Yorks, BD13 4BL. Tel: (01274) 830615.

Email: liane.llewellyn@btinternet.com

Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A."

Please enclose a stamped addressed envelope with the entry form.



BRITISH LONG DISTANCE SWIMMING ASSOCIATION WYKEHAM LAKE CHAMPIONSHIPS

INFORMATION SHEET

Date of Swim: Sunday 4th June 2017

Venue: Wykeham Lake, Scarborough, N. Yorks.

Time: 5km and 2 miles: Briefing 11.30am, Start 12.00noon. 1,000metres: Briefing 3.00pm, Start 3.30pm

Distance: 5km Senior, 2 Miles/ 3km Juniors and Seniors 1,000 metres Novice event wetsuit and non wetsuit categories, (1,000 metres event is open to non-members and may be entered on the day of the event).

Entry Fee: £10.00 (1,000 metres) £30.00 (2 miles/ 3KM) £35 (5KM)

(Please make cheques payable to the B.L.D.S.A)

Briefing : Will be held on the lake side at 11.30am and 3.00pm

Juniors Awards: The Trevor Smith Trophy will be awarded to the 1st Placed male, The Lewis Craven Trophy Will be awarded to the 1st Placed female and the Kendall Mellor Trophy will be awarded for the best 1st attempt. Awards will also be made for 2nd and 3rd places in both male and female categories. There will also be an award for the 1st overall breaststroker. Certificates will be awarded to all who complete the course. Junior team awards will be made. A junior team will consist of the fastest three junior swimmers from one club

Senior Awards: Trophies will be awarded to the first placed male and female. Awards will be also be made for 2nd and 3rd places in both male and female events. Certificates will be awarded to all who complete the course. Senior team awards will be made for the 5km race. A senior team will consist of the fastest three senior swimmers from one club

1,000 metre awards: awards will be made for 1st male and female in each category and certificates will be awarded to all who complete the course.

Presentation: This will be held on the lakeside as soon as possible after the last swimmer finishes.

Facilities: changing room and showers and portable toilets are available at this site. Hot drinks will be available

How to get there:

Wykeham Lake is on the A170 Scarborough to Pickering Road. (It is on the left if coming from Scarborough, just after West Ayton) and on the (Right if coming from Pickering).

Sign posted Wykeham Lakes / Charm Park and is opposite Hutton Buscel.

Accommodation:

Scarborough hospitality:

info@scarboroughhospitality.co.uk

01723 363190 www.scarboroughhospitality

Tourist Information Centre: Unit 3 Pavilion House, Valley Bridge Road, Scarborough, YO11 1UZ. Tel: 01723-373333.

Caravan and Camping Sites.

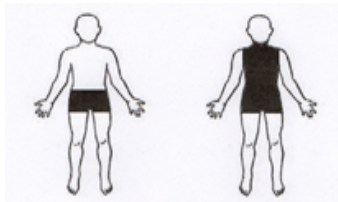
St Helens in the Park Wykeham, Scarborough , N Yorks. :Tel 01723-862771. 56 touring pitches.

latest arrival time 21.00hrs.

**** THIS IS OPPOSITE WYKEHAM LAKES & POPULAR WITH SWIMMERS. ****

Costumes

No costume must extend outside the highlighted are detailed in the picture below for the 5km and 2 mile events. However there is a wetsuit category for the 1km swim.



Please Return entry form to: Mrs Liane Llewellyn Hickling, 62 Main Road, Denholme, Bradford, W Yorks, BD13 4BL. Tel 01274-830615. mobile: 07885135780 Email: liane.llewellyn@btinternet.com.