

58th Torbay Championship



Swimmer' Experience

Author: André Roberts

Updated: 24/12/2017 11:09:35

Torbay can have really nice weather and great conditions, but it can be the case where there are strong winds and a large swell. To be able to cope with the tougher conditions that Torbay can throw at a swimmer, the swimmer should have similar experience to those defined below.

1. Regular sea/lake swim training – at least a few hours per week in temperatures between 12 and 16 °C.
2. Ideally the swimmer should have completed a 2-3 hour swim in the temperature range cited above.
3. Swimmers must have a swim time for a mile of no more than 00:45:00. This swim can have a strong pull from the tide, which could take you out from the bay.
4. The swimmer in addition to meeting criteria 1-3, must also have done these without a wetsuit and under channel swim wear rules.

If you have any questions on the above criteria, please don't hesitate to contact us.