



Distance

1.5km River Swim

3.0km River Swim

Information To Competitors

Congratulations on rising to the challenge and participating in The Fugitive River Swim.

In order to make your race day go as smoothly as possible, please take the time to read the following instructions very carefully. If you have any questions please do not hesitate to contact the event organisers on enquiries@f3events.co.uk

Event Location

Higginson Park, Lower Pound Lane, Marlow, SL7 2AE

How To Get There

Marlow is best approached from either Jct4 of the M40 or Jct8/9 of the M4. Both take you onto the A404 (Marlow Bypass). Follow this to the Bisham roundabout and head through Bisham to Marlow Bridge. Cross over the bridge and turn left at the mini roundabout into Pound Lane. Higginson Park can be accessed either from the public car park at Court Garden Leisure Centre or by carrying on another 100m and turning left into the cricket club.

Parking

Parking will available on the football pitch behind the cricket ground/sports centre for a fee of **£5 per car**.

Address: Higginson Park, Lower Pound Lane, Marlow, SL7 2AE



OFFICIAL CAR PARK £5 PER CAR



NOTE: CASH ONLY - Please bring the correct £5 change to avoid any queues and delays.

Alternative parking is available in the public car park, next to Higginson Park Leisure Centre.

Timings

Please note that event wave timings are non-negotiable! We ask you to be in the right place at the right time.

Timings will proceed as follows, with or without you!

SUNDAY	RACE DAY
06:00 – 13:00	Event Car Park & Village Open
07:30	Athletes Registration
08:15	ALL Distances Race Briefing
08:30	Both 1.5km & 3.0km Swim Start
08:54	1 st Competitor Finishing 1.5km Swim
09:20	1 st Competitor Finishing 3.0km Swim
Circa 09:30	Prize Presentation

Race Registration

On arrival at the venue you must register for your race, report your name and which race you are doing (1.5km or 3.0km) to the registration staff. You will then receive:

1. Swim hat. You must wear the issued swim hat for identification.
2. Race number written on your hand. Staff will write your number in permanent marker.
3. Timing chip. This is supplied with a secure strap to go around your ankle.

Your timing chip is allocated to your race number. This chip will be affixed to a velcro band. On race day, you must place the velcro band around your ankle. (Either one) **Not your wrist.**

IMPORTANT: Wear your timing chip before starting the SWIM!

NO TIMING CHIP = NO FINISH TIME

If you lose it, we will charge you £10, SO DON'T LOSE IT.

Please note: It is advisable to arrive at least one hour before your start time. This then gives you plenty of time to understand the layout of the event and take in the event atmosphere.

Race Briefing

It is mandatory to attend the race briefing relevant to your event. This is held up to 15 minutes before the start time. You must attend these in your wetsuit / swim wear with your swim hat and goggles ready to start the race immediately after the briefing. The briefing will be held in the swim entry area.

The Swim

The swim is designed for every type of swimmer from beginners to experienced competitors.

Wetsuits are compulsory, and must be fit for purpose, unless the water temperature is above 21.5 degrees or you are able to swim the distance under 20 mins. They must also be within the terms & conditions of the event, as set out by the Event Organisers under BTF rules & regulations.

The swim will start by Higginson Park Riverside and swim upstream (keeping the Swim Buoys to your LEFT).

You will then turn **LEFT** at the **furthest large Swim Buoy** and swim back downstream towards the finish. You will be helped out of the water by the Safety Marshalls on the swim exit, which will be clearly marked.



We look forward to seeing you at the event and hope your training goes well. And of course, good luck on the day!