



SWIMSHOP BIG SWIM SHEFFIELD

PROVISIONAL RACE INFORMATION

ROTHER VALLEY COUNTRY PARK, MANSFIELD ROAD, WALES BAR, SHEFFIELD, S26 5PQ
SATURDAY 14TH JUNE 2014 - START 12:50 & 13:00

Welcome

Here's all the information you need to ensure your swim goes as smoothly as possible. Read it, remember it, and if you're not sure about it get in touch via info@onestepbeyond.org.uk!

Thank you to our headline partner's SwimShop, who are Europe's premier swim specialist. They are recognised both Nationally and Internationally for providing swimmers of all levels with everything they will ever need to help enjoy swimming. They cater for individuals, clubs and schools and offer, quite simply, the widest range of swimming products in Europe <http://www.swimshop.co.uk/>.

What Will You Need?

It is likely that wetsuits will be compulsory, **Rother Valley Country Park has approximately 100 wetsuits of various sizes available for hire by telephoning 0114 2471452.**

Camping & Caravanning Facilities

Camping and caravanning facilities are available on site, these must be booked in advance by telephoning between 09.30 and 2.30 Monday to Thursday and speak to Carla in Admin. at the park office Tel. 0114 2471452 ext 1.

Hotel Accommodation

Hotel accommodation can be coordinated by the venue through Jo Edley - jorvcp@gmail.com.

Directions to Rother Valley Country Park

Rother Valley Country Park is located on Mansfield Road, Wales Bar, Sheffield S26 5PQ.

Travelling from the North – Take the A1 / A1(M) South until you reach junction 35 exiting onto the M18 (signposted Sheffield / Scunthorpe). Stay on the M18 (signposted Scunthorpe / Rotherham / Sheffield). Take the exit onto the M1, leaving the M1 at junction 31 onto the A57 (signposted Worksop). At the roundabout, take the 3rd exit onto A57/Aston Way heading to Sheffield, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

Travelling from the South – Take the M1 until you reach junction 31 exiting onto the A57 (signposted Sheffield SE). At the roundabout, take the 1st exit onto A57/Aston Way heading to Sheffield / Handsworth, at the following roundabout take the 1st exit onto A618 / Mansfield Road before turning left at Waleswood Road.

Car Parking - £3.50 (PLEASE ARRIVE WITH CORRECT CHANGE)

There will be an event car parking available within the grounds of the Country Park, please follow the instructions of the park stewards. To assist with reducing queues please bring the correct entrance fee of £3.50. Please arrive on time as the start times cannot be changed due to people arriving late.

Race Registration – 11:00 – 12:30 - TBC

Having pre entered for the event either online or by post, all competitors will need to register between the times stated above. Race Registration will take place in the race marquee on The Green by the Race Village – follow the signs.

The Swim

The swim will take place in the main lake of Rother Valley Country Park. The swim course will be marked with yellow and orange buoys, you will keep the buoys on your left hand side and swim in an anticlockwise direction. The orange buoys will mark the turns with the yellow buoys for sighting/guidance. The route will be marked from Saturday Morning.

There will be numerous canoes in the lake to guide you and provide safety cover. If you get into difficulty, turn on your back and raise one arm; a canoe will then escort you to the bank. Remember keep the buoys to your right. All competitors please note: United Kingdom inland waters are not completely safe for swimming, although risks of disease are low and risks of serious infection are minute. A swimmer may be susceptible to infection through immune suppression, particularly if he or she is not in good health at the time of swimming. You are advised not to drink the lake water. If you are unwell, or have open cuts please do not take part in the event.

Age Restrictions

The minimum age restrictions for this event is 11 yrs old by the 31/12/2014.

Marathon-photos

Marathon-photos.com will be photographing this event. All images will be uploaded to the Marathon-photos website within 48 hours. Visit it at www.marathon-photos.com

Medical Cover

The safety of our competitors is paramount. Onsite during the event will be a specialist medical company set up to supply the highest calibre of comprehensive medical cover to sporting events such as this. On the day there will be a team of first-aiders, nurses, state registered Paramedics on site. If before, during or after the event you feel that you require any type of medical care, please do not hesitate to contact an event marshal.

Medical Conditions

If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front outside of your swimming hat. Please write your medical condition fully on the inside of your swim hat. This will only be used in the event of you being involved in an accident.





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Results

Times will be displayed on the plasma screen on the grassed events area. Provisional results will be available to download on our [website](#) the Monday following.

Withdrawals

If you wish to withdraw from the event, then please follow the guidelines contained within our 'Terms & Conditions of Entry'. Please note that under no circumstances will any race credits be issued without following these guidelines. No race credits will be issued to those withdrawing after the withdrawal date of 31st May. Please note that you are not allowed to give your entry away, if you are not going to take part, please follow the guidelines to withdraw from the event. All competitors will be asked to show some form of photographic identification before they are allowed to register.

Event Office Closure

The Event Office will be closed from Thursday 12th June at 12pm.

Please do not send emails regarding this event after this time, as we will be on site setting up and unable to answer your messages. Please instead ask your questions at the event registration area.

Race Volunteers – Please Help

No event like this can run smoothly without the help of many marshals. If you have friends or family that will be supporting you at the event, why not ask them if they would be willing to give up a couple of hours to help marshal. All marshals will receive an event shirt, food & drink. If you would like further information about becoming a race marshal please email info@onestepbeyond.org.uk.

Thanks

It takes a great amount of work to organise an event such as this. Special thanks go to our Team of Officials that help to organise all of our events, all of our sponsors & finally you the athlete.

Further Information

Any questions related to the event can be answered by emailing info@onestepbeyond.org.uk

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes will be made without notification. The organiser has the final decision. This information is Copyright to One Step Beyond Promotions, reproduction of this text or style is forbidden.

