

# THE STERT ISLAND SWIM

## 2400 Metre Sea Swim

(Distance is approximate)

Burnham-on-Sea to  
Stert Island & Back



Sunday  
4th September 2011  
11.30am

# THE STERT ISLAND SWIM - ENTRY FORM

PLEASE COMPLETE THE FORM IN BLOCK CAPITALS.

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Age (minimum age 18) \_\_\_\_\_ Date of birth \_\_\_\_\_

Male  Female  (please tick)

Address \_\_\_\_\_  
\_\_\_\_\_

Post Code \_\_\_\_\_

Telephone no. \_\_\_\_\_ Mobile \_\_\_\_\_

e-mail \_\_\_\_\_

Club (if applicable) \_\_\_\_\_

Name of emergency contact (must be available on the event day)

\_\_\_\_\_

Emergency contact number \_\_\_\_\_

Please use this section to give details of previous experience, reasons for taking part or interesting notes about yourself.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# THE STERT ISLAND SWIM - CONDITIONS

1. The swim takes place in a tidal estuary, participants should be aware of the dangers inherent with ocean swimming and be confident in their ability in open water.
2. Water quality is regularly monitored by the Environment Agency, however participants need to be aware visibility in the water is nil.
3. Water temperature in September is approximately 17°C. The organisers have decided that wet suits are compulsory for this event.
4. In the event that weather conditions are deemed too dangerous, the swim will be cancelled.
5. Shipping movements will be excluded for one and a half hours , the maximum time allowed for a swimmer to complete the course. For safety reasons anyone deemed likely to take longer than the allotted time will be taken out of the water by rescue craft.
6. NO ENTRIES WILL BE ALLOWED ON THE DAY. Entry is limited to 80 participants.
7. All entries are non-refundable.

**Declaration.** I declare that I am fit to take part in this event and understand that I participate at my own risk and relieve the organisers of any responsibility for injury, loss or damage sustained to either my person or property as a result in participation. In addition, I have read, understood and agree to the conditions above and am over 18 years of age.

**Data Protection.** By submitting this entry, I agree that the organisers may store my entry details and results for the purpose of the event administration, publicity and for notification future events.

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

**Closing date for entries 14<sup>th</sup> August 2011 or when full.**

**Please send completed entry forms with £12.00 entry fee to  
Sara Hudghton, 32 Ramsay Way, Burnham-On-Sea, Somerset, TA8 2TS  
Cheques made payable to West Country Triathletes**

Event details will be posted on [www.westcountrytriathletes.co.uk](http://www.westcountrytriathletes.co.uk)

# THE STERT ISLAND SWIM 2011

Special thanks to:

RNLI, Burnham-On-Sea  
BARB, The Burnham Hovercraft  
Burnham & Highbridge Town Council  
English Nature  
Taunton Canoe Club  
St Johns Ambulance Service  
West Country Triathletes

for their help, support and assistance in the organisation of this event.



For more information about this event, please contact:

Sara Hudghton  
sarahudghton@hotmail.com  
07865071782

[www.westcountrytriathletes.co.uk](http://www.westcountrytriathletes.co.uk)

