

THE STERT ISLAND SWIM

2400 Metre Sea Swim

(Distance is approximate)

Burnham-on-Sea to
Stert Island & Back



Sunday 29th July 2012

3.45pm start

THE STERT ISLAND SWIM - ENTRY FORM

PLEASE COMPLETE THE FORM CLEARLY 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 July is approximately 18°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 14th July 2012 or when full.

Please send completed entry forms with £12.00 entry fee to Sara Dykes,

Cheques made payable to West Country Triathletes

**Sent to :- 8 Woodfield Close, Burnham-on-Sea, Somerset,
TA8 1QL**

Event details will be posted on 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:

stert-island-swim@hotmail.co.uk

or

www.westcountrytriathletes.co.uk

