

**TOTALLY THAMES GREAT RIVER "FAMILIARISATION" SWIM at HAMMERSMITH, W6
THURSDAY 3RD September 2015 BLACK LION – CHISWICK EYOT**

A GROUP WILD SWIM will be held in the tidal River Thames, starting from Black Lion Steps, Hammersmith, W6 9TJ on **THURSDAY 3rd September 2015 starting at 6.20 p.m.** This will not be a race and no prize is offered for being the fastest. High tide (slack water) is expected at 6.35 p.m.

The event is part of the TOTALLY THAMES festival which runs throughout the month of September and is in coordination with an evening of poetry at Linden House, 66 Upper Mall, W6 which starts at 7.30 p.m. Tickets for the poetry can be purchased separately for £7.50.

The planned course will take swimmers from the Black Lion steps (approx 100m upstream from Linden House) up the channel between Chiswick Mall and Chiswick Eyot for approx 600m to the upstream end of Chiswick Eyot. The half way point is a tall green navigation pole.

On the outward leg swimmers will be helped along by the last minutes of the incoming tide. Providing weather and river conditions allow, the return leg of the swim will be down the outside of Chiswick Eyot. The tide will have turned to once again provide assistance for swimmers. Swimmers must stay close to the island and not enter the main shipping lane.

Anyone not reaching the green pole before the outgoing tide beats them back should simply turn round and swim/drift back to the steps. The exit point is the same steps as the entry point. Swimmers should navigate towards the steps allowing for the current which will be flowing down towards Hammersmith Bridge at an ever quickening rate. This should not be difficult but it is best not to be swept beyond the steps and then have to swim back against the outgoing tide. The current close to the river wall is much less severe than out in mid stream.

The water temperature is expected to be around 16-17 degrees Celsius depending on the weather. Limited changing facilities will be available at Linden House, Upper Mall, W6 the HQ of London Corinthian Sailing Club. Bags (towels, shoes, track suits etc) can be left in a fenced area near the start/finish).

Swimmers will be welcomed as paying guests at the bar on the first floor of Linden House for the evening. The Black Lion pub also sells an interesting and ever changing range of guest draft beers.

The entry fee is £5.

Tickets may be bought (for cash) in advance from

The Black Lion PH, 2 Black Lion Lane, W6 (020 8748 2639)

Chiswick Pier Trust, Pier House, Corney Reach Way, W4 2UG (020 8742 2815).

Reservations can also be made via email to greatriverswim@blueyonder.co.uk with arrangements to pay via internet banking.

The number of entries will be restricted for safety reasons and if the event is oversubscribed, acceptance will be on a first come first served basis.

On the day, swimming hats will be issued to ticket holders at Linden House from 5 p.m. until 6 p.m. Latecomers will be able to pick up their hats at the Black Lion from 6.05 p.m. – 6.15 p.m.

The event is open only to competent swimmers over the age of 16. Triathlon style wetsuits will be allowed but will not be compulsory. As a guideline, **entrants intending to swim the full mile course MUST be capable of swimming 1500m in a pool in an hour and be prepared to be in the cool water for up to 40 minutes.**

All swimmers must wear a numbered swimming hat issued by the organiser.

Safety cover will be provided by London Corinthian Sailing Club and Chiswick Sea Cadets. Profits from the event will be donated to Chiswick Sea Cadets (a charity registered in England and Wales 1069577).

The crew of an RNLI boat based at Chiswick Pier and manned on a 24 hour basis will be aware of the swim.

The Port of London Authority does not encourage swimming in the tideway and will not vouch for the cleanliness of the water.

Swimmers should not enter the water with any cuts or open wounds and should **avoid swallowing river water.**

All swimmers must sign a waiver form when registering on the day.

The event briefing will be by the Black Lion Steps at 6.15 p.m.

Car parking nearby will be very limited and travel on foot, by bicycle or public transport is recommended.

Hammersmith station is well served by buses as well as three underground lines. The nearest underground station is Ravenscourt Park (District Line). Pumping Station Road in Chiswick (upstream) has free parking in the evenings and can be accessed via Corney Road from A316.

TOTALLY THAMES GREAT RIVER FAMILIARISATION SWIM THURSDAY 3rd SEPTEMBER 2015

ENTRY FORM

Surname..... First Name.....

Address..... Date of birth .../.../19..... Male/Female*
..... (* delete as appropriate)
..... Age on 3rd Sept 2015 (min 16, max 74)

Post Code.....email

Details of recent swimming performance:
(or expected time for a 1000m / mile in still water)
Swimming or Triathlon Club (if applicable)

Please send entries via email to greatriverswim@blueyonder.co.uk as .doc or .pdf.

Cheques (£5): payable to "S. Newell" with competitor(s) name(s) on reverse and sent to Steve Newell, 2 Thames Crescent, London W4 2RU. Enclose a s.a.e. to receive a ticket by post, otherwise a virtual ticket will be sent to you via email.

Internet Banking (£5): For those wishing to pay using internet banking the details are sort code 09-01-35 (Santander), account 10631002. Reference TotallyThamesSwim

Tickets are also on sale for cash at the Black Lion pub, 2 Black Lion Lane, Hammersmith. (from 1st August)

Tickets are numbered and a corresponding swim cap will be issued at the start.
All swimmers will have to sign a waiver on the day on receipt of their cap.

Ticket number where issued

Selling point record

Black Lion / Chiswick Pier House only

Name of swimmer _____

Email address _____

and/or mobile phone _____

Ticket number issued _____ cash/cheque (£5)