



SWIM WALES
NOFIO CYMRU

SWIM WALES OPEN WATER EVENTS 2023

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CHALLENGE SERIES
CYFRES HER





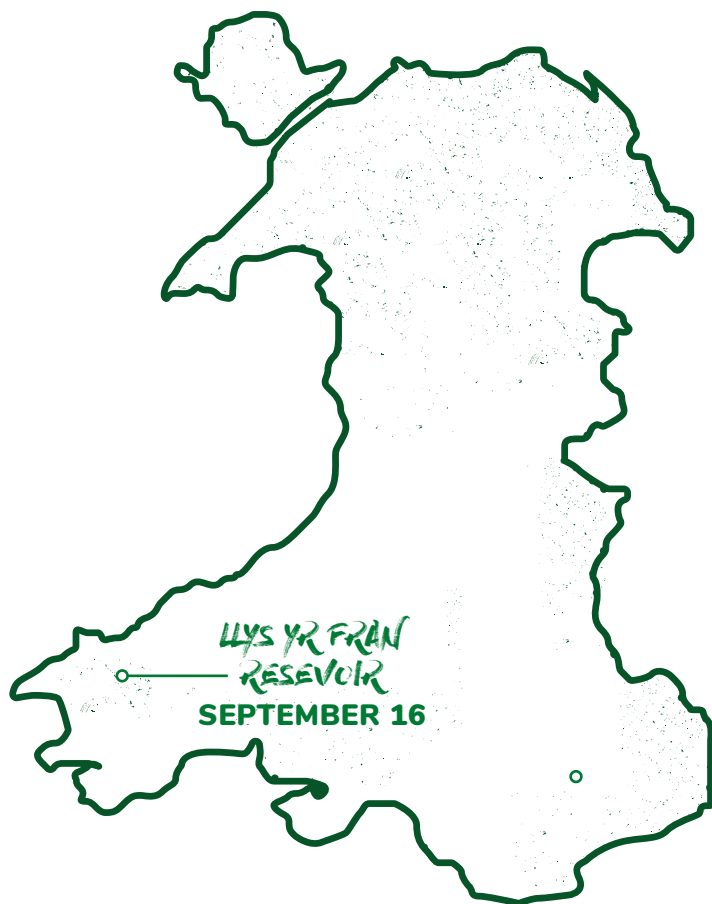
SWIM WALES CHALLENGE SERIES 2023

After the success of the Challenge Series in 2022, we are proud to host a two-part series again for 2023. Held across some of Wales' most iconic sites of natural beauty, the Challenge Series offers both elite age group races and open competitions. Offering something for people of all ages and abilities, the series takes place on the following dates and venues:

LLYS Y FRAN - SEPTEMBER 16

The Swim Wales Challenge Series offers an opportunity to tour the stunning open water locations Wales has to offer.

As a newcomer or an athlete, a beginner or an adventure seeker, regardless of your prior experience or ability, there is an opportunity to achieve something incredible.



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CLICK HERE
FOR THE LLYS Y FRAN
DEDICATED EVENT PAGE

LLYS Y FRAN

SATURDAY 16 SEPTEMBER

RACE FORMAT

Llys-y-Frân

Clarbeston Road, Pembrokeshire, SA63 4RR

www.llys-y-fran.co.uk

The morning races will host the Swim Wales Open Water Championships and the GB Masters Open Water Event (a race timeline will be disclosed in due course, age as of 31/12/23). Medals will be awarded to first, second and third place in all age category bands across both male and female races.

There are no qualifying times/standards required to enter these events. Swimmers must either be current competitive members of Swim Wales or one of the home nations (Scottish Swimming/Swim England) or become a Swim Wales Open Water member. The Open Water membership is new and exclusive and is now available for purchase [HERE](#).

RACE DISTANCES & AGE GROUPS - £35.00
3KM GB MASTERS - £40.00

AGE GROUP	DISTANCE
11-13 yrs old	2km
14-15 yrs old	3km
16+ yrs old	5km
All masters age groups	3km GB Masters

Afternoon races will consist of the swim wales challenge series open mass participation events. Medals will be awarded to everyone that participates. Swimmers must either be current competitive members of Swim Wales or one of the home nations (Scottish Swimming/Swim England) or become a Swim Wales Open Water member. The Open Water membership is new and exclusive and is now available for purchase [HERE](#).

RACE DISTANCES

- 500m - £20.00
- 1.5km - £30.00
- 3km - £40.00
- 4x500m Team Relay - £60.00

LLYS Y FRAN
SATURDAY 16 SEPTEMBER

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CHALLENGE
SERIES
CYFRESHER

#LLYSYFRAN2023

NOW THAT YOU'VE READ THE PACK
ARE YOU READY FOR THE CHALLENGE...?

GREAT!
LET'S JUMP
IN...



CHALLENGE SERIES RACES



- No entry qualifying criteria.
- The minimum age requirements are 11 years for 500m swim, 12 years for 1.5km swim, 13 years for the 3km swim and 11 years for the 4 x 500m team relay.
- There is a time limit of 30 minutes after the first swimmer in each race has finished.
- Swimmers must either be current competitive members of Swim Wales or one of the home nations (Scottish Swimming/Swim England) or become a Swim Wales Open Water member. The Open Water membership is new and exclusive and is now available for purchase [HERE](#).

LLYS Y FRAN

SATURDAY 16TH SEPTEMBER

Open Races

500m, 1.5km, 3km, 2km Team Relay (500m swim per individual)

For more information on entries please
follow this dedicated web page [_____](#)

CLICK HERE
FOR THE LLYS Y FRAN
DEDICATED EVENT PAGE

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SPECIAL
OFFER!

We are excited to offer
20% OFF RELAY ENTRY
FOR THE 2KM (4X500M)
TEAM RELAY RACE

All members of the relay team must have entered an individual event during the day to be eligible for this discount.

For more information on relay entries,
please follow the dedicated event webpages:

CLICK HERE
FOR THE LLYS Y FRAN
DEDICATED EVENT PAGE



WE ARE REMINDING COLD WATER DIPPERERS TO...

- Never swim alone.
- Always check the weather forecast.
- Be seen.
- Acclimatise to the water temperature slowly and never jump straight in.
- Stay in your depth and know your limits.
- If in doubt, stay out.
- If you get into trouble remember float to live.
- Take a mobile phone in a waterproof pouch.
- If you or someone else is in trouble call 999 or 112 and ask for the Coastguard.

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