

SPORTIVA EVENTS

Plymouth Swim



working with



Competitor Information

Race manual last updated 10th June & subject to minor changes & corrections.

EVENT	Plymouth Swims
LOCATION	Mount Edgcumbe, Cremyll, Torpoint, PL10 1HZ
DATE	Sunday 15th June 2025

We are working closely with Plymouth Triathlon Club to deliver this event. They are looking after the water safety & providing lots of great volunteers.

Make a weekend of the event & join us camping. (Please find camping notes below, please be aware you will need to arrive **before 8.30pm on Friday/Saturday evenings as the main gate closes!**)

Registration

8.00am Reg opens

9.00am Swims start

Registration location (look out for our big blue gazebo)

what3words.com/skills.dating.land

You can also register during the day on Saturday between 4-5pm. Race briefings will be waterside 10 minutes before the races start..

Cat/time
9.05am 750 metre swim, Green hats Swim will be a mass start from the water It's a one lap swim

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9.05am 1500 metre swim, Orange & Yellow hats

Swim will be a mass start from the water
It's a two lap swim

9am 3000 metre swim, Blue hats

Swim will be a mass start from the beach
It's a four lap swim

It is IMPORTANT that you take time to read this document before you travel to ensure you fully understand the format of this event and the terms and conditions under which you participate. There is always an element of risk when participating in Sea Swims. This document provides the necessary information to minimise those risks and ensure you get the most out of your time with us.



[Click Here](#) to see a zoomable PDF of the swim map

Registration

All participants must register on arrival. Registration is open from 4-5pm on Saturday afternoon or any time from 5.30am on Sunday

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At registration you will receive:

- Sportiva Events silicone swim hat.
- Baggage number (attach this to any bag or clothing you wish to leave in the baggage area.
- You will also be given your timing chip at registration, please ensure the chips are returned immediately after you have finished your race. **Chips must be attached with the supplied velcro strap to your left ankle!**

Mandatory Pre-event briefing

All competitors will be required to attend the briefings. These will take place waterside 10 minutes before your start time. All swims will start in the water as the beach isn't suitable for a beach start. The swims finish a few metres from the water's edge.

Important: We don't insist on wetsuits but we do recommend them. You should definitely wear a wetsuit if you don't regularly swim 'skins' in open water. Pull buoys are permitted but are not compulsory.

Marshalls:

Please be advised that all the marshals are giving their time and without their assistance we would not be able to organise this event.

If you have a member of your support team (family or friends) that would like to marshal, please contact helen@sportivaevents.co.uk

All marshals receive £25 expenses or a £35 voucher for a future Sportiva Events event

Catering

Kernow Street Kitchen is a street food business from Cornwall, whose passion is bringing you interesting flavours from around the world while maintaining our roots and championing local produce and suppliers from our region. They will be selling breakfast rolls in the mornings, and topped flatbreads throughout the day, along with teas, coffees, snacks and sweet treats!



Showers

For anyone not camping we have showers available for a cost of £2.50, please speak to the registration team for details.

Directions:

You can drive to Mount Edgcumbe via the Torpoint Ferry or by driving round via the Tamar Bridge. Or if you're coming by bike or on foot you can get the picturesque Cremyll Ferry from

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Royal William Yard which whisks you across in just 8 minutes. The ferry company is running additional ferries at 5:45am, 6:15am, 6:45am, 7:15am & 7:45am for competitors, spectators & volunteers who want to leave their cars at home! The regular service starts from 8.15am. There is limited parking near the ferry. The ferry will be departing from [Royal William Yard](#). If you decide to drive to Mount Edgcumbe, parking for the day costs £5, payable on arrival if you haven't pre-booked it. Entrance to the car park [w3w/tiger.bridge.name](#). The car park is about five minutes walk from the swim start.

Race Timings:

The race will be timed by Simon Farrington of Emit Timing. Live results will be available on our website on the day. See www.sportivaevent.co.uk/results

On the Day Contacts

Ben Tisdall, Race Director 07866 567 894

Nigel Evans, chief marshal 07402 725 880

Helen Simcoe-Walker, Welfare Officer 07748 085 524