

RNLI Myrtleville to Church Bay Swim: Saturday, September 21st: 17.30

Registration and Payment:

Registration is open from 16.00 to 16.45 in Myrtleville.

Fee is €15, payable on the day. Please try to have exact amounts!

Transportation & Gear:

Participants should car pool to get some cars to Church Bay and then return to Myrtleville for the safety briefing at 17.00. Directions for those who need them are on the second page.

Gear can be taken in the Centra van from Myrtleville, if required. If it's dry, this gear will be brought to the finish on the strand at Church Bay. If it's raining, the gear will be left in the Centra van, which will be at the top of the steps in Church Bay after the swim.

Safety Briefing:

The briefing will take place at 17.00 on the steps at Myrtleville beach. All participants **MUST** be present for the briefing.

This year, the course will be very clearly marked with large buoys which should be kept on the swimmer's right at all times.

Swim start:

The swim will start at 17.30. All participants enter the water at the same time.

Results & Presentation of prizes (and spot prizes!):

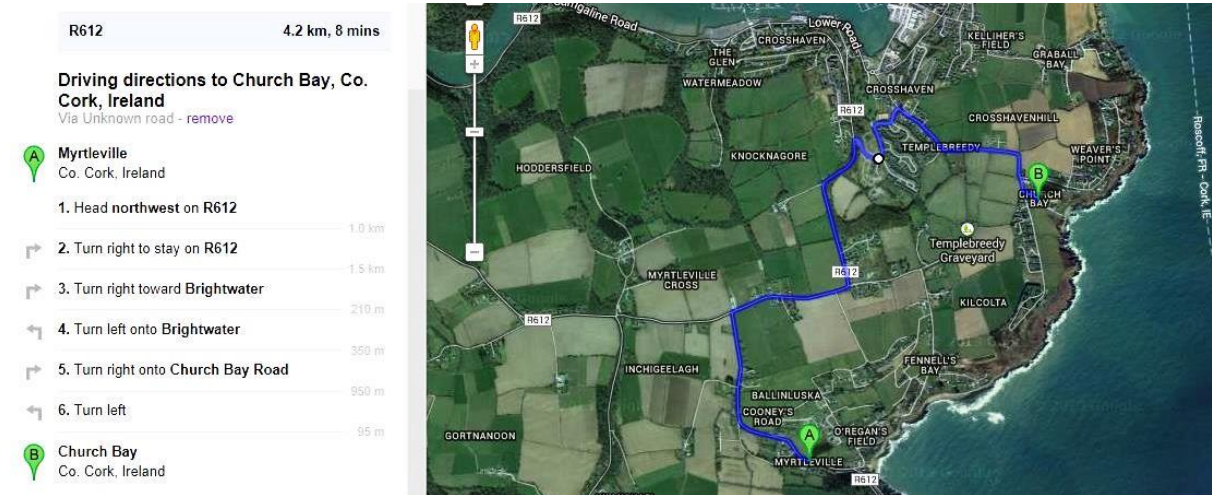
Presentation of prizes will take place in Cronin's Bar, Crosshaven at 7.45pm. Finger food will be provided.

Prizes will be awarded to the first male and first female swimmers home.

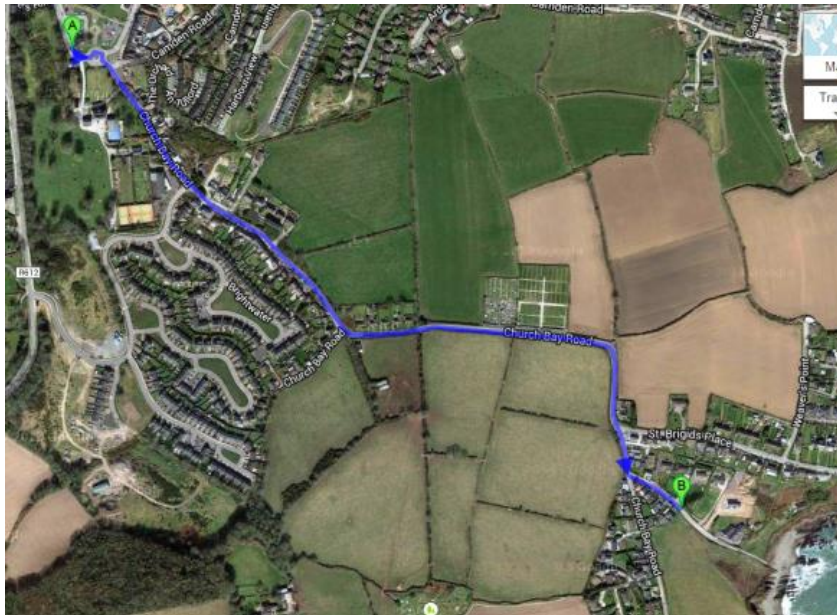
With thanks to The Edge Sports, Cork, we will have quite a few small spot prizes for participants who are at the presentation.

DIRECTIONS:

Myrtleville (A) to Church Bay (B), via Brightwater estate. This is 4.2km. If you prefer, follow the second map which goes from the centre of Crosshaven i.e. drive to Crosshaven, then to Church Bay.



Crosshaven Town Centre to Church Bay. This is 1.3km.:



A: Centre of Crosshaven, in front of Cronin's pub.

B: Church Bay.

From Crosshaven the total journey is about 1.3km. Take the right hand fork in the Y at Cronin's pub. The left fork will take you to Fort Camden. If you get there, go back! Follow the narrow road up the hill and past the graveyard on your left and keep right at the next Y. This means crossing the traffic, so do yield. Then take the first left down the hill and find a place to park at the side of the road