Cam Swim Picnic July 9th 2022. Briefing notes.

You’ll find below some useful notes for the day.

Travel

Please try to car share, use public transport, cycle or walk to the registration point at Sheep’s Green if possible. If you want to arrange to car share click through to the event Facebook page here <https://www.facebook.com/groups/1687855674617188/>

Parking

If you are arriving by car there are a variety of places to park.

Cambridge Park and Ride at Trumpington. It’s just £3 for a day and you should get off the bus at ‘Botanic Gardens’ stop, from where it is a short walk across the bridge. Just as you get across the bridge there is a gate on the left had side of the road that takes you down to the river on Sheep’s Green.

I have also attached a map showing other parking places in Cambridge. The purple arrow shows where the registration point is in relation to them.

Registration

The first thing to do is to register yourself at the table in the small marquee on Sheep’s Green near the Cambridge Canoe Club building. You must have already entered the event on-line to be able to participate. There won’t be any new entries on the day.

Registration opens at 9:00am. It will take you around 30 to 40 minutes at a slow amble to walk the 2.5km to the start at the river bank below Grantchester, therefore you should register at the latest by Wave 1: 09:20, Wave 2: 09:35, Wave 3: 09:50, Wave 4: 10:05.

Walk to the start

Leave as much of your picnic stuff and after swim clothing, towels, robes etc., at the registration point as possible. There is limited space in the back-up van to bring stuff back from the swim start.

Take just what you need for the walk and follow the map along the Cam the 2.5km to the swim start point. The first part of the walk takes you along the river, through the trees and then goes ‘inland’ for a bit as there isn’t a path along the river at this point, but then you can get back down to the river and follow it all rest of the way.

Encourage your supporters to come with you to the swim start, as they will be able to follow your progress as you swim back, encouraging you on the way and help to take your bits and pieces with them to back to the swim end point at Sheep’s Green.

Swim start

Try to arrive at least fifteen minutes before these swim start times: Wave 1 10:30, Wave 2 10:45, Wave 3 11:00, Wave 4 11:15, as there will be a verbal race briefing covering safety matters that you should attend.

There will then be an opportunity to get in the river and acclimatise before each wave goes off.

If you are used to swimming outdoors you are welcome to swim in just a swimming-cosie. Most people will be using a wetsuit, either a purpose made swimming wetsuit or a surfers wettie.

(In answer to a message -)There is a history of unclothed swimming in the Cam and if this is your thing then – no problem, but please be sensitive to the feelings of others and be as modest as possible.

The Swim

The first 1.5km has a lovely footpath through Grantchester Meadows immediately on your left, beside the river. This is great for your supporters to follow your progress, but also for you to leave the river if you need to.

If you do leave the river, please walk back to Sheep’s Green and sign out of the river at the registration table.

There is then a short section of around 400m to 500m beside the nature reserve that there is no path so make sure you feel OK to complete this section before committing to it. There will be one of the marshals at this point to remind you that this is the beginning of the ‘un-pathed’ section.

As the path resumes there are a couple of tributaries coming into the river on your left, but for navigation purposes always choose the right hand channel. There will be kayakers with hi-viz vests on at the section just in case.

You will then pass under a footbridge, as you do look out to the left for the ladders out of the river by the Cambridge Canoe Club. This is the end of the swim. As you leave the river you will be applauded and surrounded by admirers.

One last bit of admin – sign out of the river at the registration table. We need to know that you have completed the swim so we don’t start looking for you in the river.

The Picnic.

First go and wash your hands and face. This is not just for general hygiene but also a wise precaution after having swum in an open river or lake as a guard against ‘Weil’s disease’

Weil’s disease

Cover any open wound with a waterproof plaster. Wash your hands and face after swimming and before eating. If you get flu or jaundice-like symptoms three to fourteen days after swimming ask your doctor for a Leptospirosis test. It is simply treated with antibiotics.

Now eat cake, drink pop and bask in the glory of your achievement.

Contact: Stuart Hamilton: 07957844512, [slowswimming@aol.com](mailto:slowswimming@aol.com) or via the Facebook group

Join the event Facebook Group: <https://www.facebook.com/groups/1687855674617188/>

Attached

[Cambridge Park and Ride map](http://www.hamiltonsfitness.co.uk/Cambridge%20Park%20and%20Ride.pdf)

[Cambridge Car Park map](http://www.hamiltonsfitness.co.uk/Cambridge%20Car%20Parks.pdf)

[Map from registration to start](http://www.hamiltonsfitness.co.uk/Map%20from%20registration%20to%20start.pdf)