

# Southsea 1k Sea Swim: Questions & Answers

- Can I wear a wetsuit-** **YES – in fact we recommend it – if you don't own one you can hire them but if you wish to swim without you can of course.**
- Can I wear flippers-** **NO – I am afraid that would give too big an advantage.**
- What equipment will I require-** **A swim costume, goggles, a swim cap (we will provide one for you on the day) plus possibly a wetsuit if you decide to wear one. You should also bring a towel and some warm clothing for after the event just in case the weather isn't that warm.**
- What should I eat-** **NOTHING within an hour and a half of your start time and no alcohol within 12 hours. You should make sure that you eat a good breakfast high in calories and you could consider eating a sports energy bar about two hours before you start. Another bar after you have finished will help keep you energy levels topped up.**
- What training do I need to do-** **We suggest if you are not already a long distance swimmer that you get used to swimming in a pool up to a kilometre gradually building up over a couple of months. Before the day you should have swum at least 750 metres (30 lengths of a 25 metre pool) as a bare minimum and we recommend that you have tried some sea swimming before the day as there is a real difference between pool and sea swimming. We would also recommend that in the month before the swim that you swim at least 50 total lengths a week to keep your muscles toned up.**
- How many people will be taking part-** **For this first year we will only have 200 in the event and for safety reasons they will swim in 4 waves of 50 based on their swim speed – so it is important to give us an accurate idea of speed on the entry form.**
- How warm will the water be-** **Probably about 16° C.**
- How deep will the water be and how far will I be from shore -** **The water will vary from about 1.0 metres deep to about 4 metres. The maximum distance you will be allowed from the shore is 30metres but you will not need to be that far out if you are happier to hug the shoreline.**
- What safety cover will be provided-** **There will be full trained lifeguard cover both in and out of the water and St John's first aiders also present.**
- How long will it take-** **OK that question is a bit like how long is a piece of string – We reckon the fastest swimmer will complete the course in about 15 minutes. We have a cut-off time of 1h 15m although if someone is nearly finished we will of course make sure they can as it's all about you being able to collect your sponsorship and complete your challenge.**
- Where is the event-** **Follow the Seafront signs from the M275 then go to the Esplanade at Southsea by St George's Road. There is paid parking all around the area and toilets are available at the start and finish.**
- When will I get all the information about the day and my start time -** **The pack will be available at least 4 weeks before the event either sent by email or by post if you have not given us an email address. This will include your exact start times - which will be from about 11am – but you will need to be there before that time to register.**

**Any other questions please contact Lisa Murphy email [lmurphy@macmillan.org.uk](mailto:lmurphy@macmillan.org.uk) or call 07595 091 330**

Macmillan Cancer Support, registered charity in England and Wales (261017) Scotland (SC039907) and the Isle of Man (604)