

# River Adur Swim

1st September 2018. Shoreham, West Sussex



"Wonderful experience, adrenaline was whizzing through the veins especially the last 10 minutes under the bridges"

**Start Time:** 16:00pm  
**Distance:** 5 km

**Region:** South East  
**Entry Fee:** £28

**Course Records**  
**Womens:** Ella Corby (S Croydon SC) 52:28

**Mens:** Andy Tester (Worthing SC) 53:57  
**Para:** Nerys Pearce (Ascot) 59:47

Raw Energy Pursuits Ltd will be organising their popular 5km Fin-Swim in the River Adur, Shoreham-by-Sea, West Sussex on Saturday 1st September 2018.

The Adur Outdoor Activity Centre is likely to be the base for the event located on the banks of the river within the South Downs National Park. Swimmers will be taken by vintage bus to the start point 5km upstream at Upper Beeding, before entering the water at high tide as the current begins to ebb away.

Swimmers have the option to swim in a pair of fins or just swim and meander their way down the river with the current.

The Fin Swim is one of the quickest 5km swims on the race calendar and swimmers have to negotiate a number of sandbanks on their way downstream.

Once under the first bridge swimmers will pick up speed through the channels and by the time they reach the historic Toll Bridge, the current will be

in full flow over the mussel beds for a fast last 1km.

The swim is open to all abilities, ages range from 16 years to 74 years. Sussex Search & Rescue and the REP kayak team will provide safety cover for the event. After the event, competitors can put their feet up and have complimentary afternoon tea or head in town to the nearby pubs.

"Thanks for another really great REP event. As always, it was brilliantly organised and very enjoyable. Perfect weather and a brisk current helped too!"

Race organiser Mick Dicker said, 'There's always such a friendly atmosphere and sense of fun and achievement which is what it's all about. The event works so well as we have the support of the Harbour Masters and local mariners. Years ago, we'd have never dreamt of swimming in these rivers, but with the right safety measures anything is possible'

**To enter visit:** [www.resultsbase.net/event/4153](http://www.resultsbase.net/event/4153)



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