

The Course

If you have swum the race before, the course is identical to previous swims. If you are new to the race, this is the view you'll get from the start line and shows you where you are swimming to!

Check in for the race (no later than 1.30 pm please) is by the derelict West Pier, and you'll swim past a line of kayaks before turning left and swimming towards the Brighton (Palace) Pier. Roughly aim just to the left of the Helter Skelter as you swim. The finish line is the side of a boat, which will be anchored just about here.

Tidal conditions on the day will determine the exact position of the finish boat, so you will have to listen carefully to the starter who will

brief you on the beach at the West Pier, before the race, when you'll be reminded of the boat's actual position. When you've finished the swim, the recorder on the boat will hand you a tag which indicates your finish position. You then swim through the pier, behind the boat, and leave the water by the steps under the pier. Other swimmers and kayaks in the water will guide you out. Hand in your tag to the official on the steps of the pier. Hot drinks and your clothes will be close at hand.

