



2018 BIGGEST CLUB SWIM IN HISTORY

Sunday 11th February 2018

The swim version of “biggest events in NSTC history” is set to make a triumphant return in 2018. For those who have enjoyed the perfect summer weather and water temperatures down at Manly beach will know that is one event not to be missed !

We will be offering a choice of activities to cater for all members:

- 6:00am “Warmup” 6km run, Manly beach
- 7:00am 1.5km swim, Manly/Shelly/Manly
- 7:00am 800m swim, Bower/Shelly/Bower
- 7:00am 400m swim, Bower/Shelly
- 8:00am Coffee/breakfast, location TBC

Most club members will be familiar with the Bold and Beautiful swim which is held every day of the year between Manly and Shelly beaches: If you’re unfamiliar with this activity you can view the details at: <http://www.boldandbeautifulmanly.com.au/>

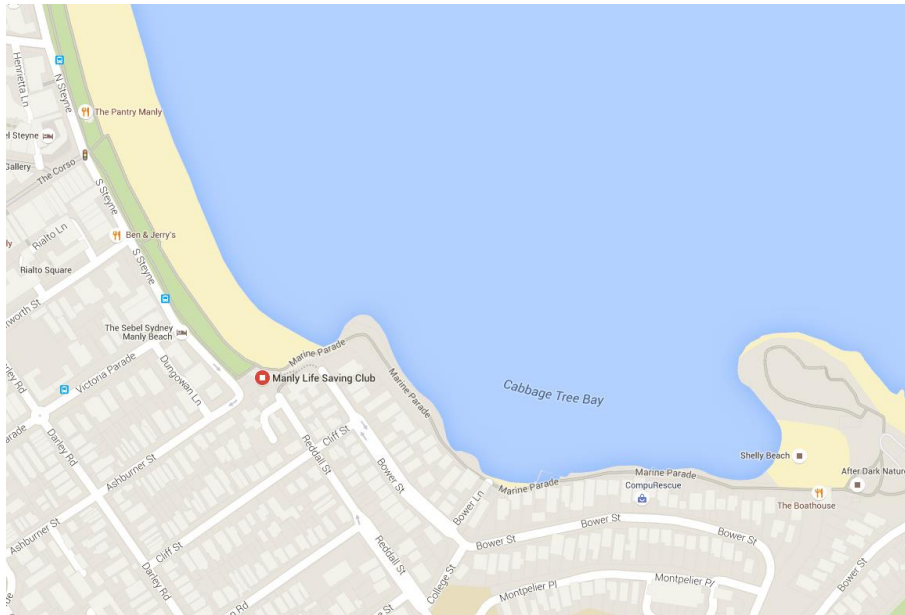
BOLD AND BEAUTIFUL
SWIM SQUAD MANLY

We will therefore be donning the distinctive pink B&B swim caps to accompany our NSTC flying vegemite tri gear.



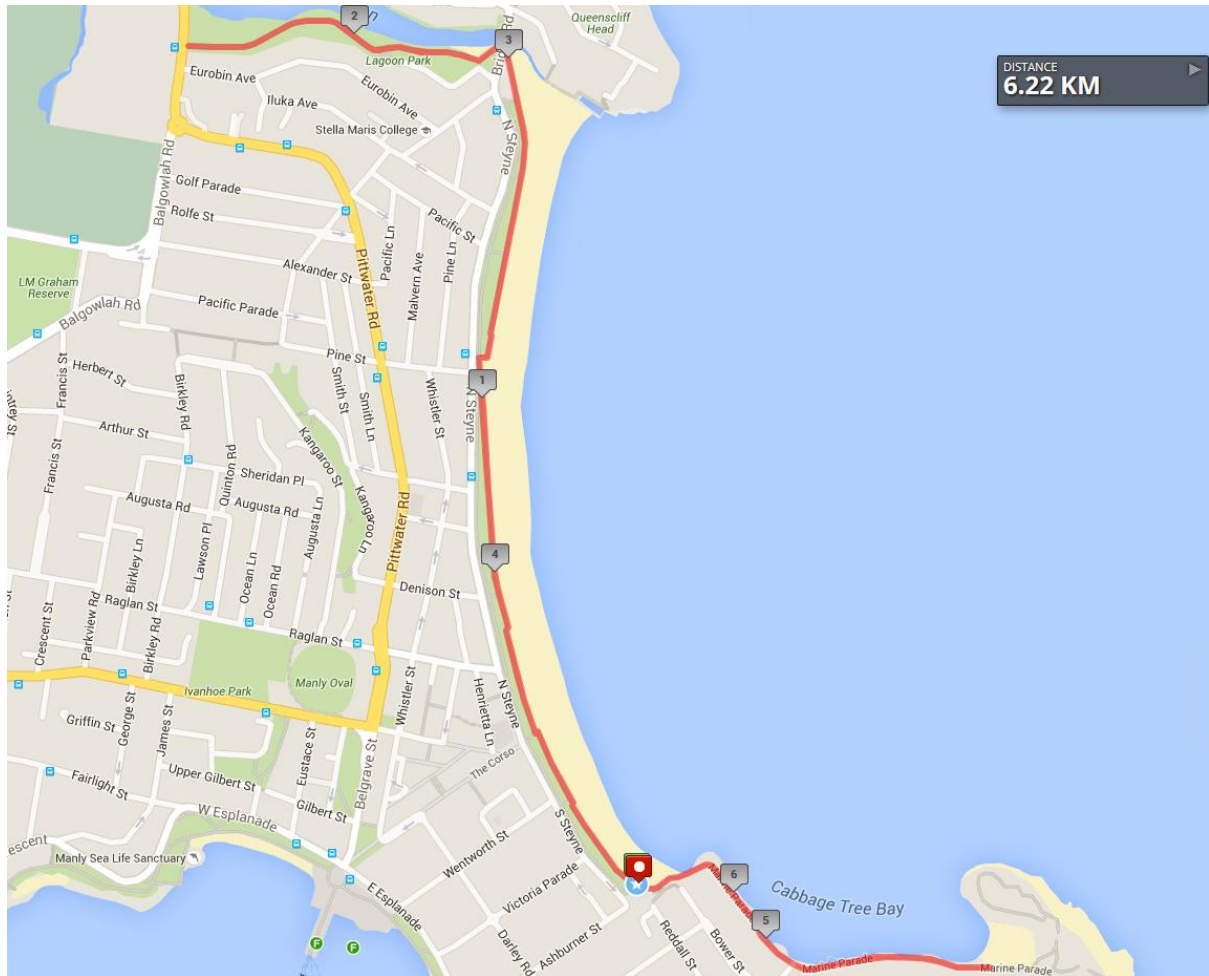
When and Where ?

Meet outside Manly Surf Life Saving Club (Adjacent to Marine Parade on the Corner of Sth Steyne and Ashburner St) at 6am for those wishing to do the run beforehand or at 7:00 if you only want to do one of the swims (we would suggest that you turn up earlier if you haven't done the swim before and need to sign on and collect a B&B swim cap):

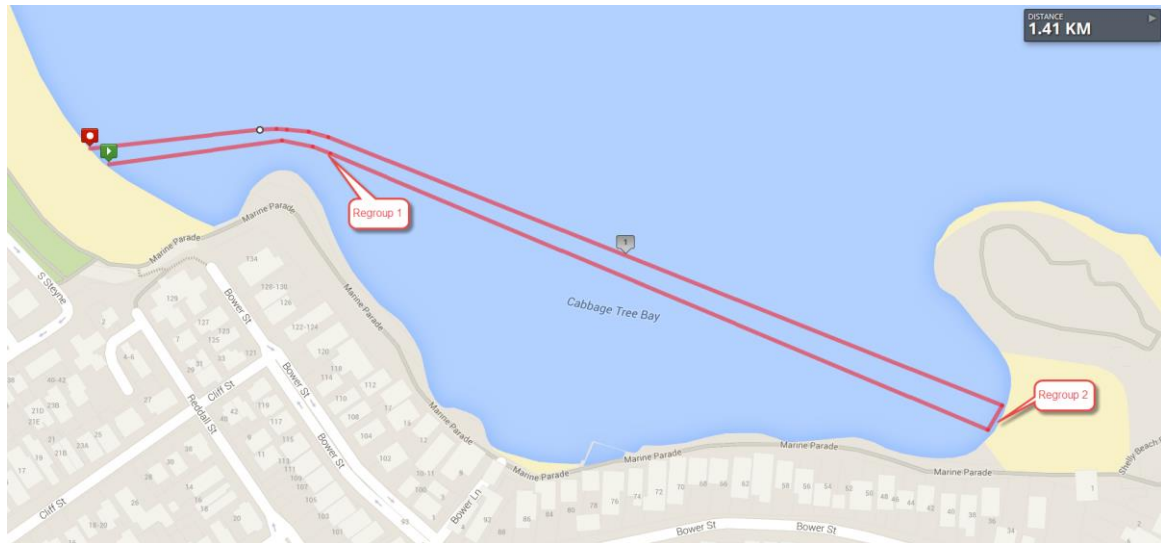


The Course

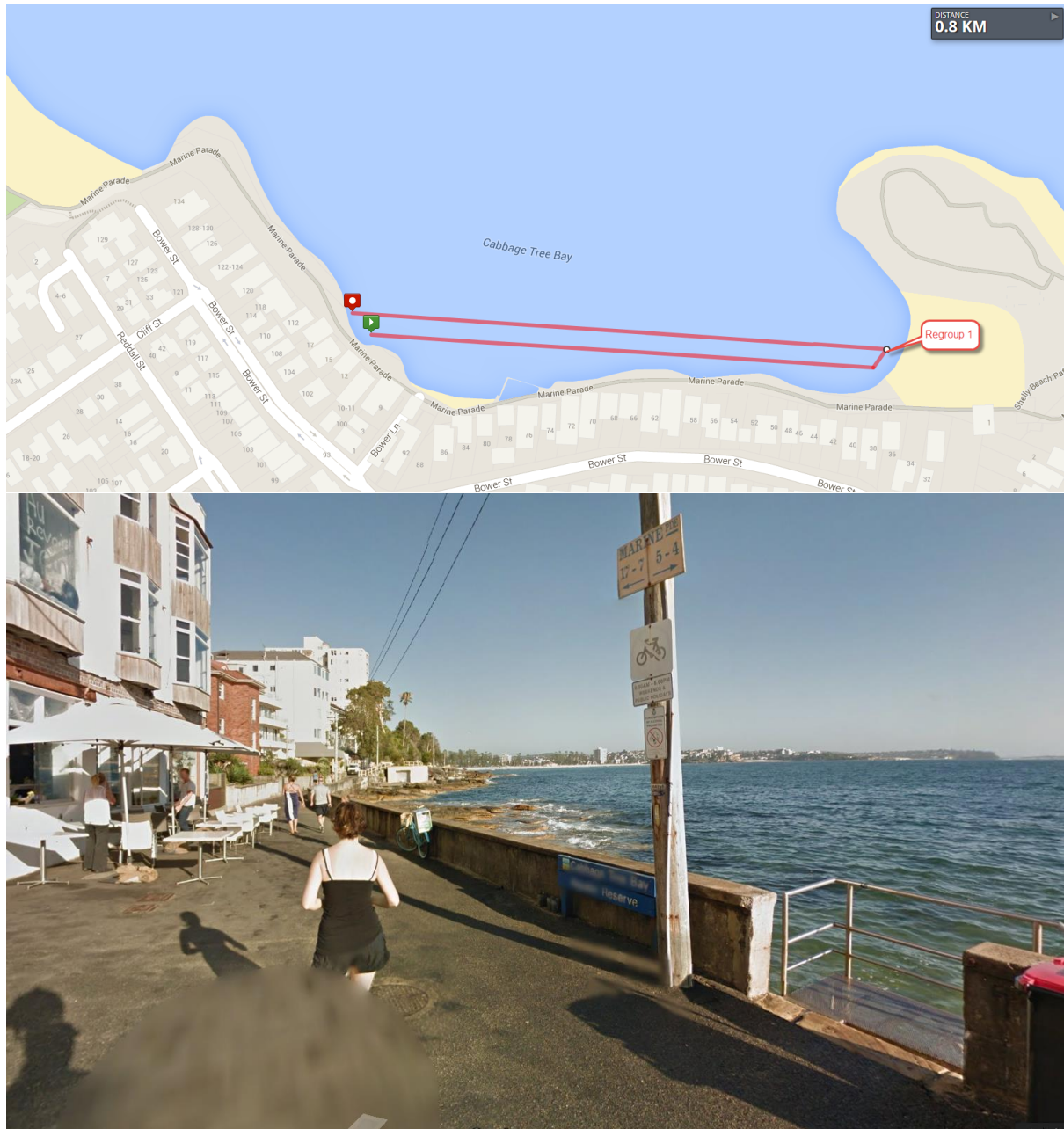
The 6km run course will start outside Manly SLSC, head north to Queenscliff SLSC then along the path adjacent to Manly Lagoon turning around when you reach Pittwater Rd. After returning to Manly SLSC you will continue on to Shelly beach and then return to Manly:



The 1.5km Manly/Shelly swim starts from Manly SLSC where all the swimmers head out a short distance past the breakers where we all gather before doing the swim to Shelly beach. At Shelly beach we wait until all swimmers have arrived and then return all the way back to Manly:



The 800m Bower/Shelly/Bower swim starts from The Bower Café where you can swim the sheltered part of Cabbage Tree Bay to Shelly beach. At Shelly beach we meet up with the swimmers who started from Manly SLSC and then return back to the Bower Café. For those who do not wish to swim back to the Bower you can take the 400m option and walk from Shelly Beach along Marine Parade back to Manly SLSC



The Swim Plan and Rules:

- The event is open to all NSTC members plus any friends or family you wish to bring along.
- Wetsuits are allowed.
- Other swimming aids such as fins, snorkels etc are also allowed
- **This is an open water ocean swim therefore the conditions can be unpredictable. Please ensure that you are comfortable with the conditions before setting off.**
- This event is not suitable for young children or weak swimmers.
- Please take note of the Bold and Beautiful swim squad disclaimer, ***The 'Bold & Beautiful swim squad' is an informal activity. All activities are undertaken at your own risk. You are responsible for your own safety at all times. Anyone is welcome, but everyone is participating at their own risk; this is not an official event and there is no water safety***
- Everyone is encouraged to wear club branded clothing or colours
- Given that this is a public event and we will be clearly visible and representing the club, any inconsiderate behaviour to the general public and other swimmers will be frowned upon (eg. abusive behaviour and language).
- This is not a race so we expect to see lots of smiles and imaginative ways of providing support !

Afterwards:

We will all meet up back at Manly where those who wish to replenish their calorie stores can join us at one of the local cafes for coffee and breakfast (location to be confirmed).

Hope to see you all there !

