

Swim Instructions

The Doggy Paddle & Big Dog Swims



When & Where

The first start wave is at 6.00pm for The BIG DOG & 6.20pm for The DOGGY PADDLE on Thursday 3rd September. [individual start times are shown below]

Registration will be open from 5pm however we'd suggest you arrive for around 5.15pm so that you have time to register and then get yourself ready.

The lake is situated at the Reading Lake Hotel [formerly the Copthorne Hotel] off Junction 11 of the M4. For SatNav users the postcode is RG30 3UN but be very careful you're not sent to the nearby Green Park business park, as there's no access from there.

Exit the M4 at Junction 11 and follow the A33 towards Basingstoke. At the 2nd set of Traffic Lights filter right and then turn right again at the mini roundabout; follow signs for the Copthorne Hotel/Reading Lake Hotel. The Hotel is only 2 miles from Junction 11, and when you enter complex look for the Beach Flags in the right-hand corner of the Car Park.

Registration

When you arrive at the Tri2O Swim Centre please check-in at Registration to let us know you have arrived and to be advised of your swim number. You will be shown where to collect your pre-numbered swim cap and you will also be requested to write your swim number on your hand – pens and hand-sanitiser will be provided.

Swim Information

BIG DOG waves will start at 6pm and then at 3 minute intervals – please be ready for your start time as this will be a fast-moving element of the swim.

BIG DOG swimmers will be directed to their start line [indicated by a large orange buoy adjacent to viewing platform] and will complete 5 x 750m laps [and a bit more] and will finish at the lake jetty [normal entry point] .

DOGGY PADDLE waves will start at 6:20pm and then at 3 minute intervals.

The DOGGY PADDLE will start at the lake jetty and will complete 2 x 750m laps to finish at the jetty.

Both events will be a deep water start, so make sure you position yourself appropriately for your experience and speed.

All swimmers please be ready at least 5 minutes before your allocated start time to allow you to enter the lake safely.

We would also request that all swimmers respect the current guidelines relating to social-distancing at all times.

Whilst in the water it is your responsibility to pass other swimmers leaving a safe and suitable distance – please sight regularly! We have deliberately kept the numbers of swimmers to a minimum to ensure there is adequate space for all of you. Anyone found to be swimming with disregard for others will not have their time recorded.

The swim will be manually timed – our timing guys will need to see the number on your swim cap as you finish; so please wear it with the number on the RIGHT-hand side. Please also help our timers by shouting your number (if you can!) as you reach the finish.

Event mementos will not be handed out at the finish line to reduce contact between swimmers and staff and also for the same reasons there will not be complimentary tea, coffee, water for swimmers post event [there will be some snacks though] so feel free to bring your own pre- or post- swim favorites.

We'll have kayakers on the water; they'll be there for your safety, NOT to guide you around and it's up to you to count your own swim laps.

The water temperature was 17+ degrees on Tuesday evening, so with some fair weather we should have temperatures in that region on the evening of 3rd September. Please check www.mysportingtimes.com for temperature updates nearer the time.

The swim is NOT wetsuit compulsory however we would ask that you only swim non-wetsuit if you are experienced.

What do I need to bring with me?

Just yourself and your regular swimming kit. We'll give you an event swim cap when you register, and if you need any last-minute accessories, we have a shop on site should you need it.

Please can everyone bring warm clothes for after your swims.

If you're swimming at the Tri2O Swim Centre for the first time, please complete our [online waiver form](#) .

There are no lockers at the Tri2O Swim Centre, but it is perfectly safe to leave bags in the lakeside area. Items of value can be labelled and left at Reception.

We will endeavor to have swim results online for you by Friday evening.

We look forward to seeing you all on Thursday!!

WAVE INFORMATION	SWIM DISTANCE	RACE NUMBER	SWIMMER	NAME
WAVE 1 - 6:00pm	Big Dog - 3800m	52	Jacqui	Swinney
WAVE 1 - 6:00pm	Big Dog - 3800m	53	Richard	Scarr
WAVE 1 - 6:00pm	Big Dog - 3800m	54	Tiffany	Saul
WAVE 1 - 6:00pm	Big Dog - 3800m	55	Terry	Wright
WAVE 1 - 6:00pm	Big Dog - 3800m	56	Andrew	Gore
WAVE 1 - 6:00pm	Big Dog - 3800m	57	Jon	Heaney
WAVE 1 - 6:00pm	Big Dog - 3800m	58	Barry	Miller
WAVE 1 - 6:00pm	Big Dog - 3800m	59	Kate	Hersey
WAVE 2 - 6:03pm	Big Dog - 3800m	60	Erik	Andersson
WAVE 2 - 6:03pm	Big Dog - 3800m	61	Richard	Stanhope
WAVE 2 - 6:03pm	Big Dog - 3800m	62	David	Stannard
WAVE 2 - 6:03pm	Big Dog - 3800m	63	William	Edmondson
WAVE 2 - 6:03pm	Big Dog - 3800m	64	Miha	Razinger
WAVE 2 - 6:03pm	Big Dog - 3800m	65	Ben	Harpham-Salter
WAVE 2 - 6:03pm	Big Dog - 3800m	66	Sebastien	Fagegaltier
WAVE 3 - 6:06pm	Big Dog - 3800m	67	Tegan	Jones
WAVE 3 - 6:06pm	Big Dog - 3800m	68	James	Jones
WAVE 3 - 6:06pm	Big Dog - 3800m	69	Amy	McLeod
WAVE 3 - 6:06pm	Big Dog - 3800m	70	Michaela	Briggs
WAVE 3 - 6:06pm	Big Dog - 3800m	71	Kathryn	Pay
WAVE 3 - 6:06pm	Big Dog - 3800m	72	Amethyst	Copping
WAVE 3 - 6:06pm	Big Dog - 3800m	73	Fay	Abramson
WAVE 3 - 6:06pm	Big Dog - 3800m	74	Matthew	Penrhyn-Jones
WAVE 4 - 6:09pm	Big Dog - 3800m	75	Cameron	Craik
WAVE 4 - 6:09pm	Big Dog - 3800m	76	Sarah	Shears
WAVE 4 - 6:09pm	Big Dog - 3800m	77	Jeremy	Chadwick
WAVE 4 - 6:09pm	Big Dog - 3800m	78	Stuart	Williams
WAVE 4 - 6:09pm	Big Dog - 3800m	79	Rowan	Williams
WAVE 4 - 6:09pm	Big Dog - 3800m	80	Tom	Epton
WAVE 4 - 6:09pm	Big Dog - 3800m	81	Wendy	Davies
WAVE 4 - 6:09pm	Big Dog - 3800m	82	Megan	Postlewaite
WAVE 5 - 6:12pm	Big Dog - 3800m	83	Jack	Dunwell
WAVE 5 - 6:12pm	Big Dog - 3800m	84	Megan	Barker
WAVE 5 - 6:12pm	Big Dog - 3800m	85	Mark	Dunstan
WAVE 5 - 6:12pm	Big Dog - 3800m	86	Marcus	Widdess
WAVE 5 - 6:12pm	Big Dog - 3800m	87	Jed	Kenrick
WAVE 5 - 6:12pm	Big Dog - 3800m	88	Gareth	Sylvester-Bradley
WAVE 5 - 6:12pm	Big Dog - 3800m	89	Ed	Jones

WAVE INFORMATION	SWIM DISTANCE	RACE NUMBER	SWIMMER	NAME
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	1	Izzy	Powell
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	2	Jon	Powell
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	3	Angharad	Synan
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	4	Kirsten	Fraser
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	5	Liz	Lambert
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	6	Helen	Dickens
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	7	Barnaby	Kempster
WAVE 6 - 6:20pm	Doggy Paddle - 1500m	8	Rachel	Hamilton
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	9	Isobel	Kealey
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	10	David	Weeks
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	11	Mireia	Garcia
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	12	Kendra	Hall
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	13	Laura	Paine
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	14	Micheal	Nagi
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	15	Kathryn	Renshaw
WAVE 7 - 6:23pm	Doggy Paddle - 1500m	16	Dawn	Goudge
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	17	Terry	Wright
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	18	Thomas	Shields
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	19	Thomas	Woodrow
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	20	Colin	Duncan
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	21	Amy	Standen
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	22	Richard	Dines
WAVE 8 - 6:26pm	Doggy Paddle - 1500m	23	Phil	Swarbrick