

Festival Of Open Water Swimming 2008
Holme Pierrepont National Water Sports Centre, Nottingham
Saturday 9th August 2008



10K British Open Water Championships

Registration from: 08:30hrs
Sign in closes at 09:45hrs
Competitor Briefing 10.00hrs
Race Start 11.00hrs



the asa Open Water National Age Group Championships
(Incorporating the Club/ County Team Competition)

Registration from: 11:00hrs
Sign in closes at 12:45hrs
Competitor Briefing 13.00 hrs
Race Start 14.00 hrs

Sunday 10th August 2008



5K British Open Water Championships

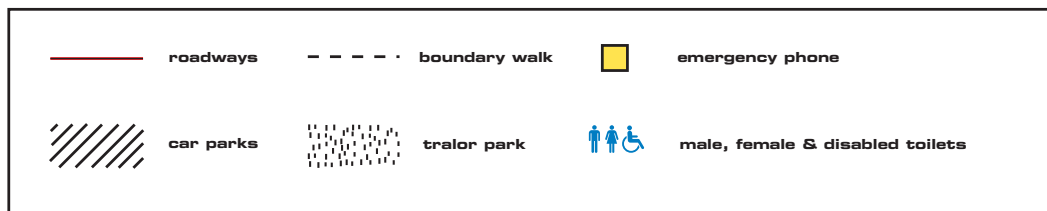
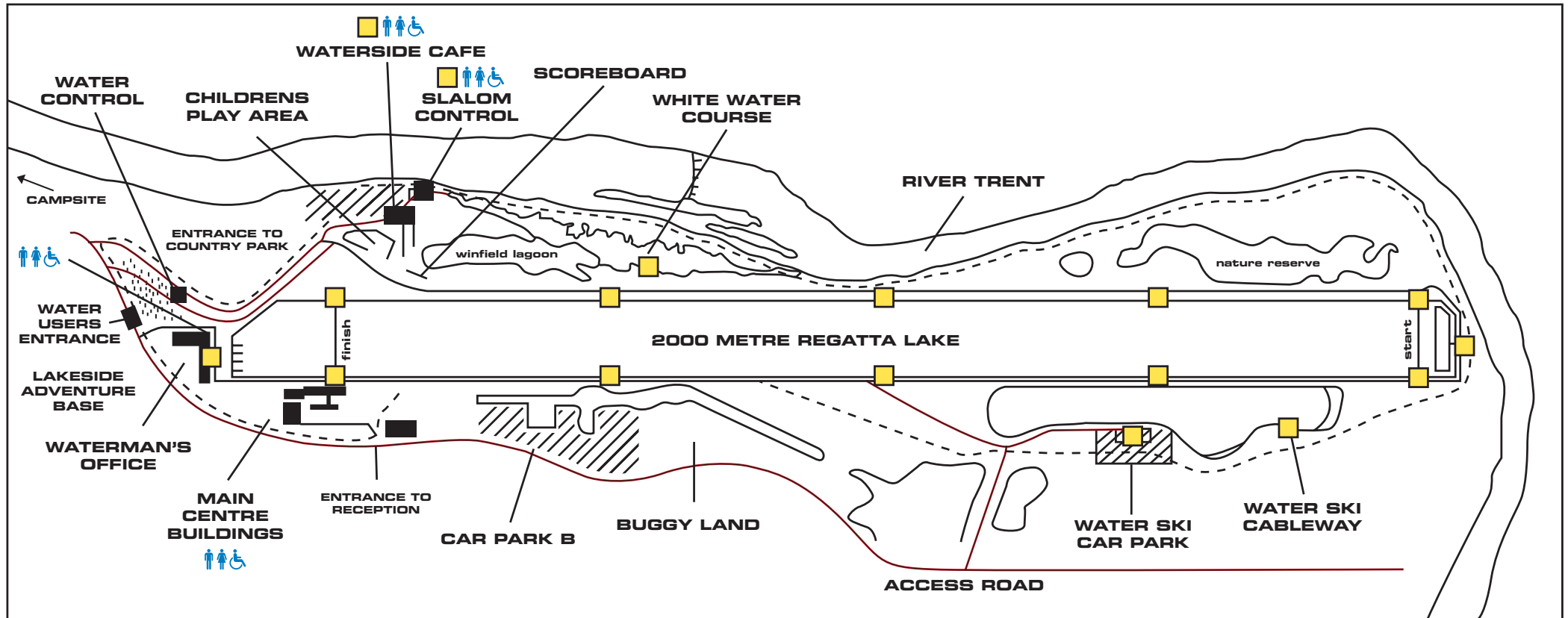
Registration from: 08:30hrs
Sign in closes at 09:45
Competitor Briefing 10.00 hrs
Race Start 11.00 hrs



the asa 3K Masters Open Water Championships

Registration from: 10:00hrs
Sign in closes at 11:45
Competitor Briefing 12.00 hrs
Race Start 13.15 hrs

National Water Sports Centre and Country Park Holme Pierrepont



Directions to the National Water Sports Centre, Holme Pierrepont, Nottingham



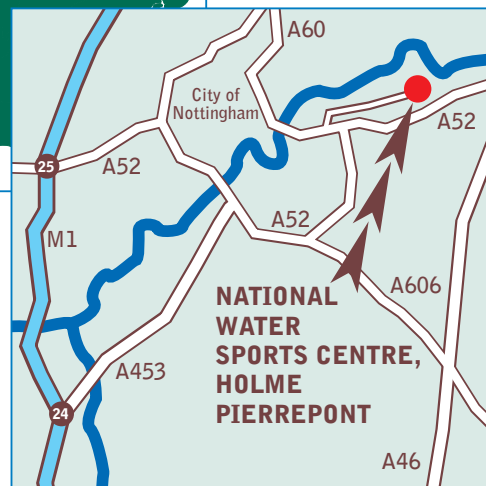
By road

From the south: turn off at junction 24 of the M1; take the A453 to Nottingham and then the A52 to Grantham. Follow signs to the National Water Sports Centre. You can also turn off at junction 21A, and use the A46.

From the north: turn off at junction 26 of the M1; take the A610 and then the A52 to Grantham. Follow signs to the National Water Sports Centre.

By rail

The nearest train station is Nottingham which has connections to most parts of the country. The National Water Sports Centre is about a ten minute taxi journey from the station.



National Water Sports Centre Holme Pierrepont,
Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU

General Enquiries: 0115 9821212

e: holme.pierrepont@leisureconnection.co.uk

w: www.nationalwatersportsevents.co.uk

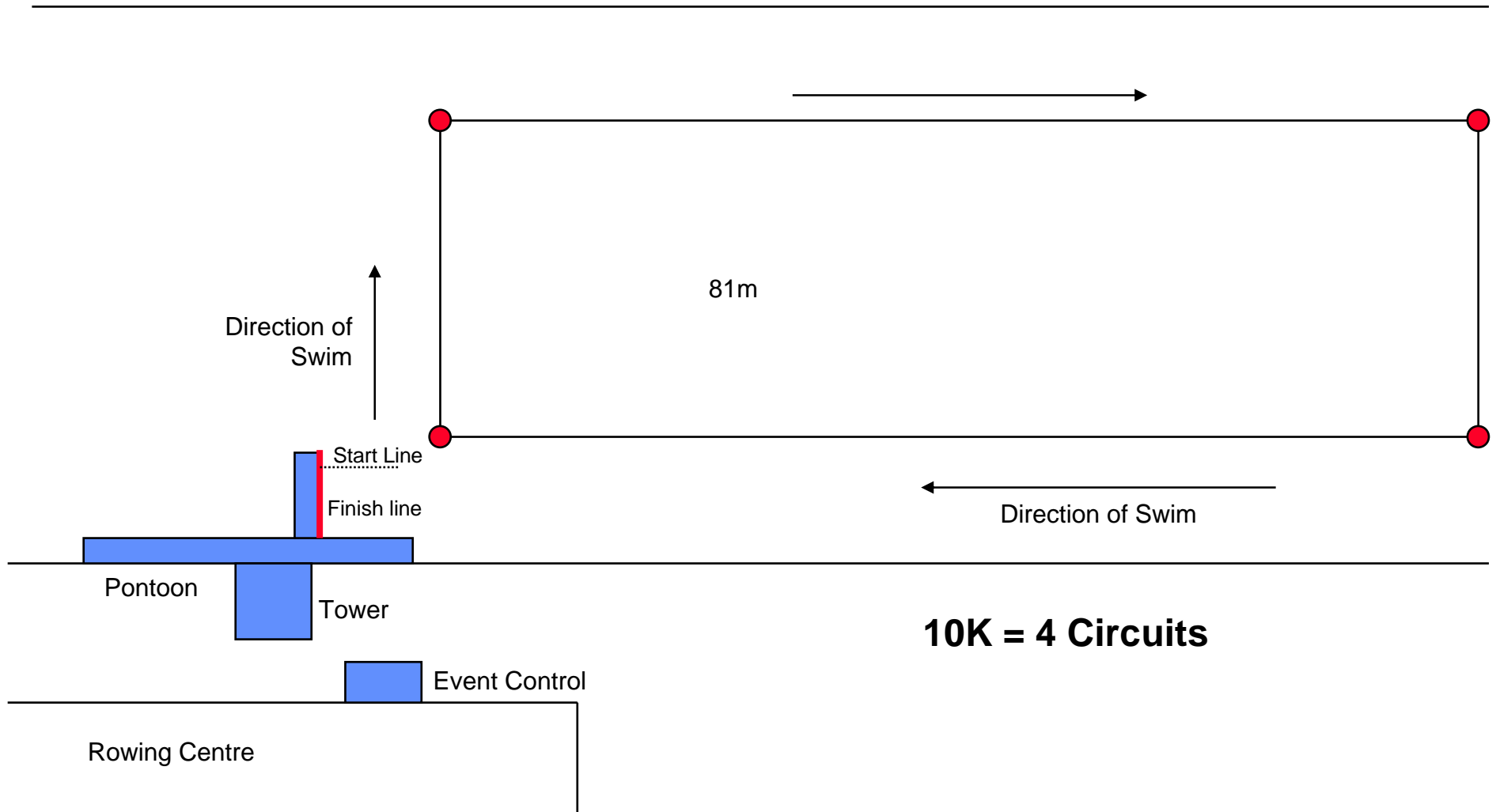


Managed by Leisure Connection on behalf of Sport England



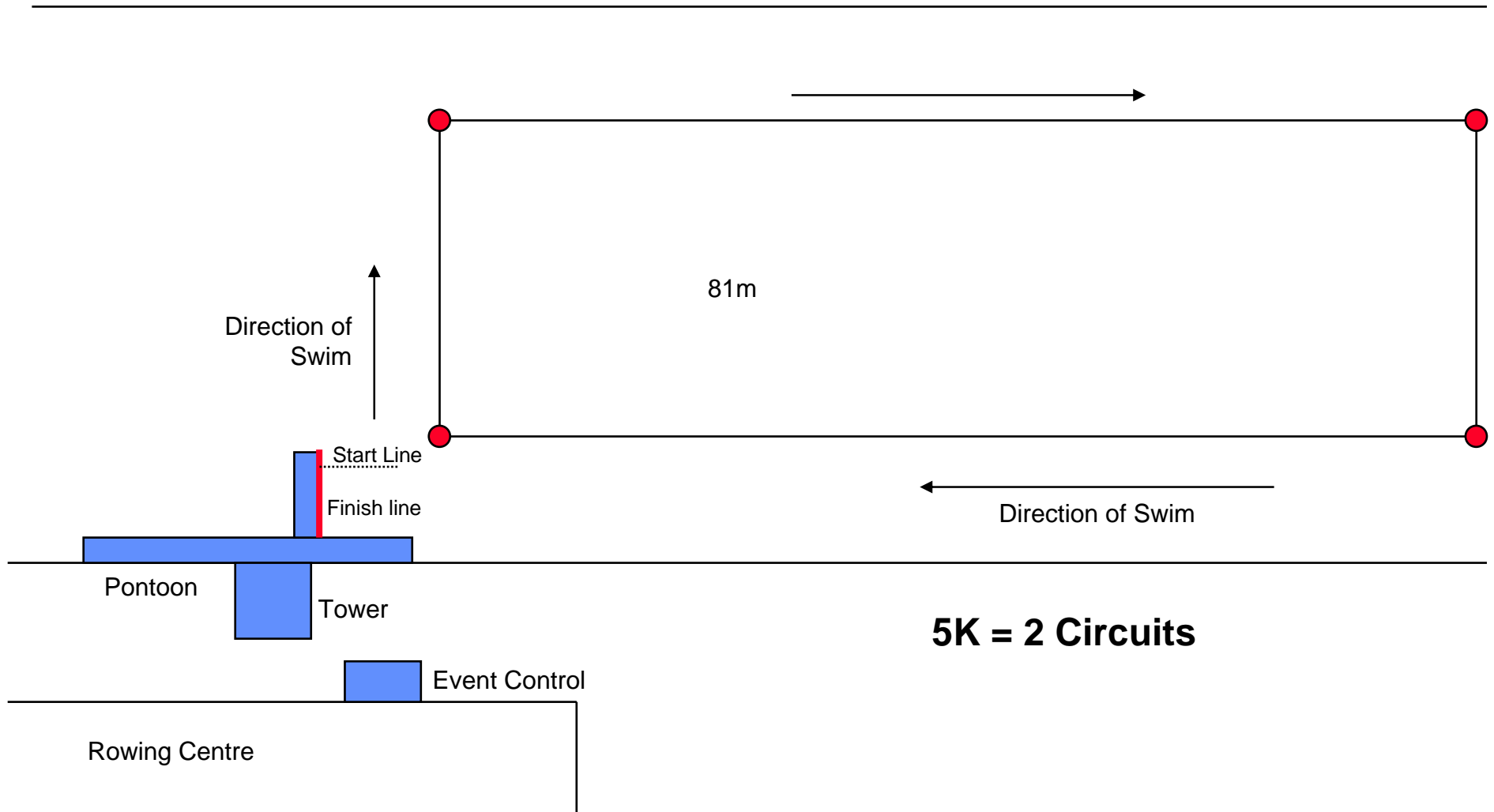
10K COURSE

Subject to change



5K COURSE

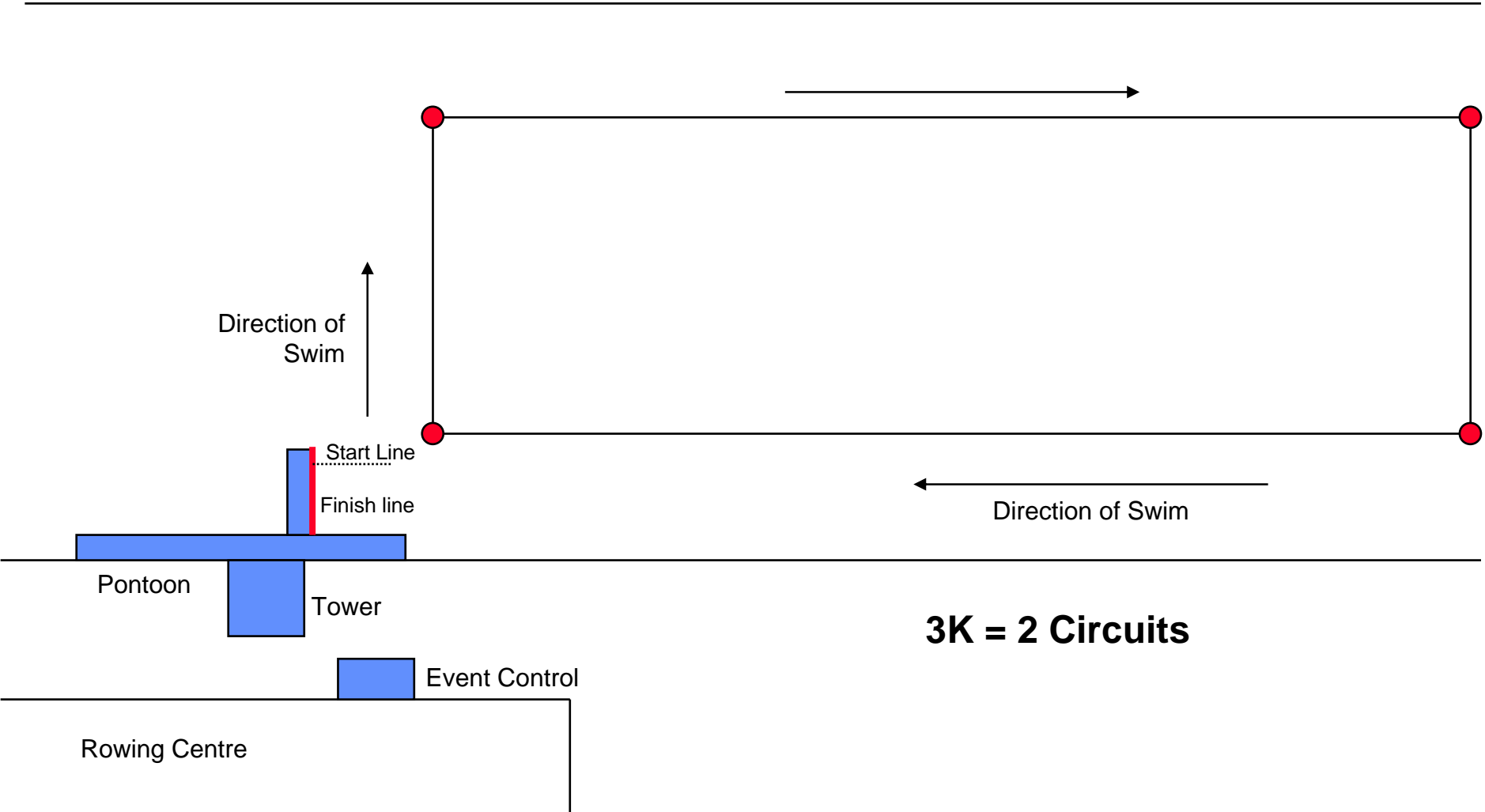
Subject to change



5K = 2 Circuits

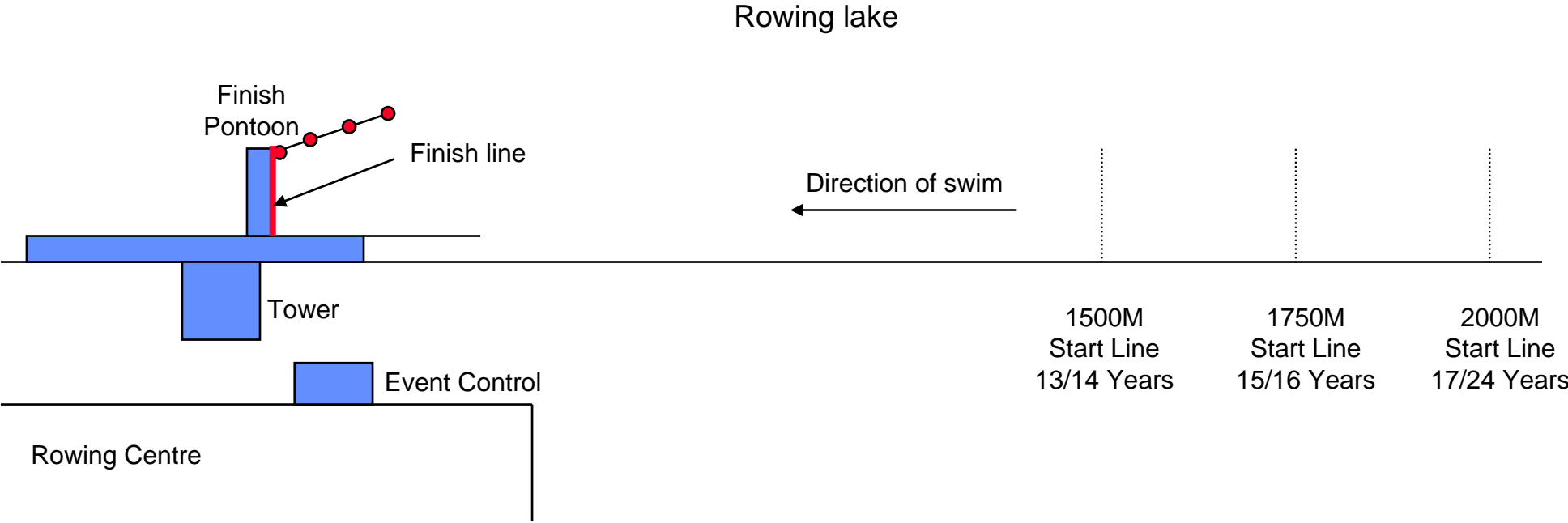
3K COURSE

Subject to Change



NATIONAL AGE GROUPS COURSE

Subject to Change



EVENT 101 Mens/Womens 10k**Men**

1.	Chris Eynon	19	Sudbury
2.	Nick Ayers	17	St Bedes Sch
3.	Alan Bircher	27	Bath Univ
4.	John Dedman	36	Beau Sejour
5.	Jeffery Hill	19	Co Ely
6.	Alistair Brown	19	Dunedin ST
7.	Lewis Mattin	18	UEA Norwich
8.	Stephen Waterhouse	17	Co Leeds
9.	James Leitch	33	Co Glasgow
10.	Mark Deans	14	Co Glasgow
11.	Jamie Forrest	21	Bath Univ

Women

12.	Lynn Duncan	20	Peebles
13.	Claire Hayward	16	Bournem'th D
14.	Charlotte Woolliscroft	18	Shiverers
15.	Jennifer Davis	17	Carnegie
16.	Alice Mccall	17	Wigan BEST
17.	Aynsley Heseltine	16	Co Sheffield
18.	Caroline Ball	19	Kelly Coll

EVENT 101 Boys/Girls Open Water

13/14:1500m 15/16:1750m 17/24:2000m

Boys 17-24 Years 2000m

1	Chris Streener	18	Co Sund'land	Northumberland & Durham
2	Thomas Rootsey	18	Colchester	Essex
3	Andrew Smith	18	Co Sund'land	Northumberland & Durham
4	Greg Vinden	19	Co Sheffield	Yorkshire
5	George Viner	17	Chippenham	Wiltshire
6	Gary Carpenter	18	Clevedon	Somerset
7	Ian Martin	18	Market Dray	Shropshire
8	Matthew Henry	18	Kelly Coll	Devon
9	Phillip Bluck	18	Tewkesbury	Gloucestershire
10	Daniel Farrow	17	Wigan BEST	Lancashire
11	Lawrence Lowman	19	Lstof & OB	Suffolk
12	Matthew Stacey	17	Kelly Coll	Devon

Girls 17-24 Years 2000m

15	Elaine Sherwood	18	Dunoon	West Scotland
16	Hannah Roberts	17	Lydney	Gloucestershire
17	Riasa Douglas-collow	17	Lstof & OB	Suffolk
18	Rebecca Carling	19	BradfordAvon	Wiltshire
19	Jennifer Davis	17	Carnegie	East Scotland
20	Gillian Bentley	17	Co Chester	Cheshire
21	Caroline Ball	19	Kelly Coll	Devon
22	Laura Austin	17	Dover Life	Kent
23	Rebecca Crago	17	Sudbury	Suffolk
24	Kimberley Bell	17	Northampton	Northamptonshire
25	Emma Godwin	17	Wigan BEST	Lancashire
26	Claire Allen	21	Sudbury	Suffolk
27	Alice Baker	18	Melksham	Wiltshire
28	Kim Paginton	17	Co Coventry	Warwickshire
29	Jennifer Jackson	17	Wigan BEST	Lancashire
30	Gracie Dack	18	Torridgeside	Devon
31	Harriet Brettle	17	Mid Beds	Bedfordshire

Boys 15-16 Years 1750m

34	Finn Taylor	15	Bristol Cent	Gloucestershire
35	Lewis Farmer	15	Lstof & OB	Suffolk
36	Matthew Gee	15	StaffordApex	Staffordshire
37	Lawrence Oxborough	16	Kelly Coll	Devon
38	Sam Houston	15	Teddington	Middlesex
39	Glenn Mcintosh	16	Co Glasgow	West Scotland
40	Donald Griffiths	16	Incas	East Scotland
41	Keiron Piper	16	Thanet Swim	Kent
42	Timothy Newcombe	16	SX3 Swindon	Wiltshire
43	Thomas Howells	15	Cheltenham	Gloucestershire
44	Jonathan Carlisle	16	Co Sund'land	Northumberland & Durham
45	Ben Jones	15	Stroud	Wiltshire
46	Conor Crozier	16	Co Sund'land	Northumberland & Durham
47	Dan Woodward	16	Stroud	Wiltshire
48	Robert Baldrance	16	Mid Beds	Bedfordshire
49	Cameron Carpenter-warr	15	Kelly Coll	Devon
50	Kieron German	16	SX3 Swindon	Wiltshire
51	Iain Stapleton	16	Co Bradford	Yorkshire
52	Dan Seagrove-castle	15	Dover Life	Kent
53	Steven Anderson	16	Eastkilbride	West Scotland
54	Oliver Thompson	15	Northampton	Northamptonshire
55	Nathan Barr	16	Wigan BEST	Lancashire
56	Jack Stevenson	15	Calv Bing	Nottinghamshire
57	Ben Ryder	15	Co Coventry	Warwickshire

Girls 15-16 Years 1750m

62	Julia Carroll	16	Sudbury	Suffolk
63	Naomi Croot	15	Swim Swansea	West Wales
64	Jade Craddock	15	Gloucester	Gloucestershire
65	Jessica Hill	15	Co Ely	Cambidgeshire
66	Ailish Williams	16	TauntonDeane	Devon
67	Eleanor Jackson	16	Wigan BEST	Lancashire
68	Megan Roberts	15	Stroud	Wiltshire
69	Danni Callahan	16	East Dorset	Dorset
70	Claire Rafferty	16	East Dorset	Dorset
71	Hayley Mcarthur	16	Bridgwater	Somerset
72	Sophie Feboul	15	Clevedon	Somerset
73	Catriona Groundwater	15	Co Sund'land	Northumberland & Durham
74	Hannah Ellis	16	DerbyPhoenix	Derbyshire
75	Stephanie Ketley	15	St Bedes Aq	Sussex
76	Bethany Bryan	15	Bo Stockton	Northumberland & Durham
77	Nicola Mcdonald	16	Sevenoaks	Kent
78	Nicola Fraser	15	Stocksbridge	Yorkshire
79	Emma Bysorth	15	Co Coventry	Warwickshire
80	Charlotte Rogers	16	Co Coventry	Warwickshire
81	Claire Hayward	16	Bournem'th D	Dorset
82	Elizabeth Furnell	15	Northampton	Northamptonshire
83	Lyra Nyman	16	Hatfield	Hertfordshire
84	Charlotte Cheshire	16	Co Coventry	Warwickshire
85	Nicola Martin	15	Market Dray	Shropshire

Girls 15-16 Years 1750m

86	Alex Panayides	15	Teddington	Middlesex
87	Grace Williams-brown	16	Co Coventry	Warwickshire
88	Sarah Lucas	15	Newton Hall	Lancashire
89	Hayley Akroyd	15	Stocksbridge	Yorkshire
90	Alice Farmiloe	15	Bromsgrove	Worcestershire
91	Alice Wooler	16	Sudbury	Suffolk
92	Samantha Farrow	15	Wigan BEST	Lancashire
93	Danielle Pryor	16	RTW Monson	Kent

Boys 13-14 Years 1500m

97	Benjamin Jones	14	St Bedes Sch	Sussex
98	Warren Cannon	14	Cheltenham	Gloucestershire
99	Declan Callahan	14	East Dorset	Dorset
100	Ryan Wesselingh	14	DerbyPhoenix	Derbyshire
101	Liam Tubb	13	Swindon Dolp	Wiltshire
102	Cameron Bashir	14	Sudbury	Suffolk
103	Jacob Graham	13	Southwold	Suffolk
104	Andrew Horsfall-turner	14	St Bedes Sch	Sussex
105	Jack Arthur	13	Cheltenham	Gloucestershire
106	Christopher Chapman	13	Swindon	Wiltshire
107	Oliver Postle	13	Lstof & OB	Suffolk
108	Harry Payne	14	Runnymede	Essex
109	Freddie Little	14	Northampton	Northamptonshire
110	Nick Ruddock	14	Lstof & OB	Suffolk
111	Mark Deans	14	Co Glasgow	West Scotland
112	Sean Wesselingh	14	DerbyPhoenix	Derbyshire

Girls 13-14 Years 1500m

116	Harriet Wooler	13	Sudbury	Suffolk
117	Heather Lawson	13	SwimTrafford	Lancashire
118	Katie Mckay	14	Co Glasgow	West Scotland
119	Kathryn Stacey	14	Tavistock	Devon
120	Emma Pearce	14	Bishopsworth	Gloucestershire
121	Jennifer Todd	14	Co Coventry	Warwickshire
122	Zoe Browning	14	Stroud	Wiltshire
123	Charlotte Harrison	13	Co Peterboro	Cambidgeshire
124	Grace Woodward	13	Stroud	Wiltshire
125	Megan Donnelly	14	Co Glasgow	West Scotland
126	Lucy Grainge	14	SwimTrafford	Lancashire
127	Jessica Taylor	14	Co Sheffield	Yorkshire
128	Gemma Veale	14	Aquanauts Li	East Scotland
129	Ishbel Rodger	14	Aquanauts Li	East Scotland
130	Alexandra Robinson	14	Co Sund'land	Northumberland & Durham
131	Kathryn Woolston-thoma	13	Co Sund'land	Northumberland & Durham
132	Rebecca Healy	13	Swindon	Wiltshire
133	Rosemary Broad	14	SX3 Swindon	Wiltshire
134	Ellis Nevett	13	Stockport Mo	Lancashire
135	Charlotte Cain	13	Wigan BEST	Lancashire
136	Libby Henson	14	Thanet Swim	Kent
137	Millie Williams	14	TauntonDeane	Somerset
138	Chloe Davis	14	Runnymede	Essex
139	Dominika Szucsova	14	Dover Life	Kent
140	Charlotte Cain	13	Wigan BEST	Lancashire
141	Elizabeth Bickford-saw	14	Teddington	Middlesex

EVENT 201 Mens/Womens 5000m**Men**

1.	Ben Ryder	15	Co Coventry
2.	Mark Deans	14	Co Glasgow
3.	James Mcelroy	15	Northampton
4.	Andrew Thomson	16	Dunoon
5.	Steven Anderson	16	Eastkilbride
6.	Donald Griffiths	16	Incas
7.	Christopher Ritchie	15	Dunoon
8.	Ricky Speed	16	Co Sheffield
9.	Thomas Sunter	16	Co Sheffield
10.	Chris Bumby	27	Royal Navy
11.	James Leitch	33	Co Glasgow
12.	Jamie Forrest	21	Bath Univ
13.	Christopher Dove	16	Derwentside
14.	Alistair Brown	19	Dunedin ST
15.	Samuel Heard	20	UEA Norwich
16.	Chris Eynon	19	Sudbury
17.	Nathan Barr	16	Wigan BEST
18.	Nick Ayers	17	St Bedes Sch
19.	Andrew Horsfall-turner	14	St Bedes Sch
20.	Stephen Waterhouse	17	Co Leeds
21.	Glenn Mcintosh	16	Co Glasgow
22.	Thomas Rootsey	18	Colchester
23.	Matthew Henry	18	Kelly Coll
24.	James Radcliffe	18	Gallica
25.	Craig Masson	15	Banchory
26.	Jack Middleton	18	Truro City
27.	Edward Castro	20	Bath Univ

Women

31.	Kate Hutchinson	18	Co Leeds
32.	Claire Allen	21	Sudbury
33.	Rosie Andrews	15	Bodmin
34.	Alice Baker	18	Melksham
35.	Lynn Duncan	20	Peebles
36.	Nicola Fraser	15	Stocksbridge
37.	Emma Godwin	17	Wigan BEST
38.	Claire Hayward	16	Bournem'th D
39.	Aynsley Heseltine	16	Co Sheffield
40.	Danielle Pryor	16	RTW Monson
41.	Gemma Veale	14	Aquanauts Li
42.	Katy Whitfield	19	Stockport Mo
43.	Ailish Williams	16	TauntonDeane
44.	Charlotte Woolliscroft	18	Shiverers
45.	Jennifer Davis	17	Carnegie
46.	Joanne Reeks	17	Derventio
47.	Megan Donnelly	14	Co Glasgow
48.	Elizabeth Lindrell	14	Blackburn
49.	Jennifer Jackson	17	Wigan BEST
50.	Alice Mccall	17	Wigan BEST
51.	Kimberley Bell	17	Northampton
52.	Sarah Lucas	15	Newton Hall
53.	Ishbel Rodger	14	Aquanauts Li
54.	Charlotte Rogers	16	Co Coventry
55.	Grace Williams-brown	16	Co Coventry
56.	Emma Bysouth	15	Co Coventry
57.	Riasa Douglas-collow	17	Lstof & OB
58.	Kate Hutchinson	18	Co Leeds
59.	Caroline Ball	19	Kelly Coll

EVENT 101 Mens/Womens Masters 3000m**Men**

1.	Roger Doncombe	42	Halstead
2.	Mike Jackson	46	Wigan BEST
3.	Mark Handley	30	NottmLeander
4.	Peter Gleed	30	Stroud
5.	James Leitch	33	Co Glasgow
6.	Keith Godbehere	74	Rotherham Mo
7.	Ross Clement	45	Leicester Ma
8.	Graham King	45	Sudbury
9.	Andrew Coles	38	Harrogate
10.	Wayne Stott	37	NottmLeander
11.	Michael Read	67	Brighton
12.	Peter Ingham	64	Rotherham Mo
13.	Frank Stoney	58	Co Coventry
14.	Terry Mansi	59	Sudbury
15.	Simon Lee	44	Solent
16.	Ian Smith	36	Rykneld
17.	Brian Bain	48	Silver City
18.	Stuart Mclellan	59	Sudbury
19.	Justin Palfrey	37	Bexley
20.	Andrew Huckle	52	Wycombe Dist
21.	Martin Coombes	52	Herne Bay
22.	Craig Kirkland	40	Radford
23.	Richard Goddard	66	Impington
24.	Andrew Allum	34	Wycombe Dist
25.	Alex Brown	64	Blyth
26.	Mick Parker	49	Northampton
27.	David Reason	63	Howe Bridge
28.	Clive Smith	39	Etwall
29.	Frank Stoney	58	Co Coventry

Women

35.	Paula Adamson	50	Blyth
36.	Linda Bruce	32	BLDSA
37.	Claire Palfrey	39	Bexley
38.			
39.	Viv Clement	40	Cardiff LWP
40.	Tracy Wesselingh	42	DerbyPhoenix
41.	Kim John	49	Bristol Mast
42.	Bridget Bewick	43	Maidenhead
43.	Louise Hansard	40	Newark
44.	Helen Rolle	33	Etwall
45.	Sharon Mclellan	50	Sudbury
46.	Andrea Gellan	51	Incas
47.	Helen Gorman	36	NottmLeander
48.	Joanna Wilding	32	Rykneld
49.	Stephanie Brakespear	32	NottmLeander
50.	Janet Briggs	49	Etwall
51.	Allison Stoney	48	Co Coventry
52.	Sophie Teasdale	40	South Holder
53.	Susan Coombes	51	Herne Bay
54.	Valerie Thorp	55	Co Derby
55.	Marian Belsten	54	Co Derby
56.	Ruth Lowe	51	Etwall

IMPORTANT NOTICE FOR WATER USERS

The water facilities at The National Water Sports Centre are supplied from a variety of sources including surface streams and the River Trent. Extensive microbiological monitoring of the water at Holme Pierrepont has shown fluctuating levels of bacteria in common with most inland and coastal waters. Bacterial numbers are similar to those found in UK coastal sea bathing waters, in which similar problems occur.

What kind of illness may occur?

Most people using the National Water Sports Centre facilities have no ill effects at all. The commonest illness found is a mild gastrointestinal disturbance ('Tummy Upset'), which can occasionally lead to diarrhoea and vomiting. When this happens you are advised to consult a doctor. Flu-like symptoms and mild respiratory symptoms may also occur, as may eye and ear symptoms. These generally resolve themselves rapidly without treatment.

More serious infections

Hepatitis A [Infectious Hepatitis]

Hepatitis A is a virus infection of the liver which can vary from mild or inapparent illness to, rarely; a severe disabling disease lasting several months. The infection is caused by swallowing food or water contaminated with the virus, which is present in the faeces of infected patients, in sewage and in waters contaminated with sewage. Infection has been caused by swallowing water during water sports.

The incubation period varies from two to six weeks after swallowing the virus. The onset of illness is abrupt, with loss of appetite, fever, nausea and abdominal discomfort, followed within a few days by jaundice. If you become ill at any time with these symptoms, call your doctor and tell him/her you are a participant in water sports.

Leptospirosis [Weil's Disease]

Leptospirosis is a bacterial infection by organisms called Leptospire. There are many different leptospire, which can infect a wide range of animals. Humans are usually infected from animal sources by organisms shed in the urine of infected animals. Human infections can range from a mild flu-like illness to a serious illness requiring hospital treatment and sometimes leading to kidney or liver failure. When jaundice occurs (from liver failure) the illness, known as Weil's disease, can be fatal and is a noticeable illness, but it is fortunately a very rare occurrence.

How is the disease caught?

The particular Leptospire, which causes Weils disease, is commonly carried by rats and excreted in rat urine, which contaminates water and wet riverbanks. The bacteria do not survive in dry conditions.

Leptospire can contaminate any water including swift streams and rivers. The likelihood of becoming infected is greater from stagnant or slow-moving waterways, particularly in high water conditions.

The Leptospire enter the body through skin abrasions, or through the eyes, nose or mouth. They enter the bloodstream more readily through minor cuts in skin, especially on the feet, or if you roll or do capsize drill.

What you should do about it

If you fall ill with symptoms after water sports, particularly from 3-19 days following, then see your doctor immediately. Common symptoms are sudden onset of fever, intense headache, severe pains in calf and back muscles, red eyes and prostration.

Preventative Measures

These are largely common sense. Avoid undue immersion in natural waters. Avoid swallowing the water. Cover minor scratches or cuts with a waterproof plaster. Use footwear to protect feet. Wash or shower as soon as possible after water sports and before eating or drinking.

In General

If you have any illness after water sports go straight to your GP. Tell him/her that you are a water sport participant and draw attention to the possibility of Hepatitis or Weil's disease. Show your doctor this leaflet.

Advise him/her of the existence of: -

The Lepto Spirosis Reference Unit

Public Health Laboratory

County Hospital

Hereford HR1 2ER

Also, please inform this Centre of any illness by telephoning our illness reporting hotline on 0115 981 8032.