

WELCOME: SWIMMING AT SANDYCOVE ISLAND – January 2010

You just joined a group of swimmers and visiting guests from around the world who swim here 200 times a year. That's right winter as well as summer! **The key concept is safety** and we therefore encourage the following practices:

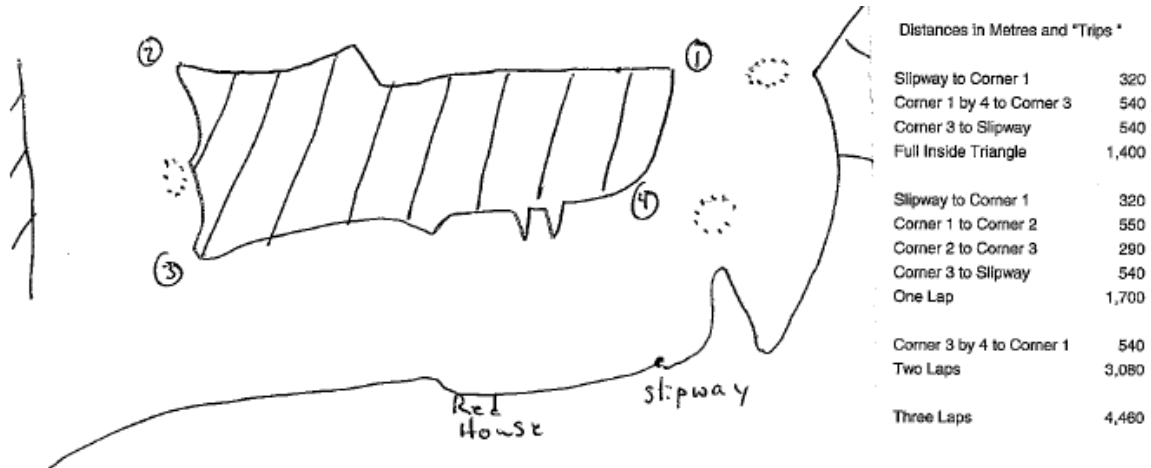
Do NOT attempt a swim around the island (1,700 metres) on your first visit. Get comfortable and build up in a series of initial "dips", perhaps then going "out and back" about 450 metres. The next milestone is the 1,400 metre inside triangle – see below. Then join a group of others for your first lap if you want (some swimmers never swim around the island and that is fine – stay comfortable with your swimming). Wearing goggles and a bright coloured silicon, rubber or neoprene cap is a MUST. Wearing a tight fitting wetsuit can provide extra buoyancy and comfort from the cold.

Swim near high tide times to avoid most current and normally submerged rocks – dashed lines below. Suggested 2010 swim times are shown – be ready on time to join a group. Always swim in groups. For added safety consider bringing a safety kayaker with an extra life jacket. Parents – please be present to mind your children under 18.

Swim anti-clockwise between Corners 1 and 2 and Corners 2 and 3 to avoid clashes and more severe tidal issues. Beware of swimmers moving in all directions inside the Island: between Corners 3 and 4 Corners 4 and 1. Watch out for people leaping off the walls above the slipway.

Do not swim in high surf/swell conditions (especially those coming from Corner 1 towards the slipway. These cause a strong current inside the island (too strong to swim against) and entering/exiting the slipway is treacherous. Swimming in the sea can chafe the skin under your arms, where wetsuits touch the neck, caps touch the back of the neck and any areas rubbed by men's facial hair. Wear a "rash guard" or apply Vaseline, Lanolin or Glide.

Typical water temperatures (Month then C): J 9, F 8, M 9, A 10, M 12, J 14, J 15, A 16, S 16, O 14, N 11, D 10. Note it is an unpredictable ocean and these drop as low as 7C in the winter and 12C in the summer. After the swim dress in warm clothes (jacket and wool hat), enjoy your thermos of coffee/tea and a few biscuits and socialize with the others.



Distances above are minimums based on straight swim lines and tight turns. A normal "wide" swim is nearer 1,900 metres.

The Sandycove group is about 350 strong: many with the Cork Tri and local swimming clubs and others "just swim"! No "membership" is needed and there are no fees to swim at Sandycove with the casual group. There are many bigger swims that do require fee (examples: 'Vibes and Scribes' Lee Swim 2010 and 'The Edge Sports' Sandycove Island Challenge 2010)

If you are interested in more information on a weekly basis or have specific questions please send an email to openwater@corkmasters.ie and ask to be added to this email list. Also feel free to phone Ned on 087 987 1573.

Swim at your own risk: follow safe practices > swim in groups

Sandycove Schedule 2010

January			
Date	HW	Swim	Δ
Sat 09	12:13	12:00	00:13
Sun 10	13:22	12:00	01:22
Sat 23	10:04	11:00	00:56
Sun 24	10:59	12:00	01:01
Sat 30	17:20	16:00	01:20

February			
Date	HW	Swim	Δ
Sat 06	10:27	11:30	01:03
Sun 07	11:30	12:00	00:30
Sat 13	17:08	15:30	01:38
Sun 14	17:40	16:30	01:10
Sun 21	09:27	10:30	01:03
Sat 27	16:14	15:00	01:14
Sun 28	17:02	15:30	01:32

March			
Date	HW	Swim	Δ
Sat 06	09:01	10:00	00:59
Sun 07	09:50	11:00	01:10
Sat 13	16:04	15:00	01:04
Sun 14	16:39	15:00	01:39
Wed 17	18:15	17:00	01:15
Sat 27	15:00	15:00	00:00
Sun 28	16:53	15:30	01:23
Mon 29	17:40	18:00	00:20
Tue 30	18:24	18:00	00:24
Wed 31	19:07	18:00	01:07

April			
Date	HW	Swim	Δ
Thu 01	19:48	18:30	01:18
Fri 02	20:29	19:00	01:29
Sun 04	09:32	10:30	00:58
Mon 05	10:18	11:00	00:42
Sat 10	15:43	15:00	00:43
Sun 11	16:25	15:00	01:25
Mon 12	17:03	18:00	00:57
Tue 13	17:39	18:00	00:21
Wed 14	18:13	18:00	00:13
Thu 15	18:47	18:30	00:17
Fri 16	19:24	18:30	00:54
Sat 17	20:02	18:30	01:32
Sun 18	20:44	19:30	01:14
Sat 24	14:35	15:00	00:25
Sun 25	15:37	15:00	00:37
Tue 27	17:17	18:00	00:43
Wed 28	18:01	18:00	00:01
Thu 29	18:44	18:00	00:44
Fri 30	19:25	18:30	00:55

May			
Date	HW	Swim	Δ
Sat 01	20:07	18:30	01:37
Sun 02	20:49	19:30	01:19
Mon 03	09:07	10:00	00:53
Sat 08	13:53	15:00	01:07
Sun 09	14:49	15:00	00:11
Wed 12	17:03	18:00	00:57
Thu 13	17:43	18:00	00:17
Fri 14	18:24	18:00	00:24
Sat 15	19:06	17:30	01:36
Sun 16	19:49	18:30	01:19

May			
Date	HW	Swim	Δ
Mon 17	20:36	19:00	01:36
Tue 18	21:26	20:00	01:26
Sat 22	13:01	12:00	01:01
Sun 23	14:08	15:00	00:52
Wed 26	16:55	18:00	01:05
Thu 27	17:41	18:00	00:19
Fri 28	18:25	18:00	00:25
Sat 29	19:07	17:30	01:37
Sun 30	19:49	18:30	01:19
Mon 31	20:30	19:00	01:30

June			
Date	HW	Swim	Δ
Tue 01	21:10	20:00	01:10
Wed 02	21:55	20:30	01:25
Sat 05	11:53	12:00	00:07
Sun 06	12:52	12:00	00:52
Mon 07	13:51	15:00	01:09
Fri 11	17:18	18:00	00:42
Sat 12	18:05	16:30	01:35
Sun 13	18:51	17:30	01:21
Mon 14	19:39	19:00	00:39
Tue 15	20:27	19:00	01:27
Wed 16	21:16	20:00	01:16
Thu 17	22:09	20:30	01:39
Sat 19	TBBC Swim (See Ned!)		
Sun 20	Six-hour Swim (Ditto)		
Fri 25	17:27	18:00	00:33
Sat 26	18:11	17:00	01:11
Sun 27	18:51	17:30	01:21
Mon 28	19:31	19:00	00:31
Tue 29	20:08	19:00	01:08
Wed 30	20:46	19:30	01:16

July			
Date	HW	Swim	Δ
Thu 01	21:24	20:00	01:24
Fri 02	22:03	20:30	01:33
Sat 03	10:18	11:00	00:42
Sun 04	11:04	12:00	00:56
Sat 10	16:58	15:30	01:28
Sun 11	17:49	16:30	01:19
Mon 12	18:38	18:00	00:38
Tue 13	19:24	18:30	00:54
Wed 14	20:12	19:00	01:12
Thu 15	21:00	19:30	01:30
Fri 16	21:48	20:30	01:18
Sat 17	10:10	11:00	00:50
Sun 18	11:03	12:00	00:57
Sat 24	'V & S' Lee Swim 2010		
Sun 25	17:55	16:30	01:25
Mon 26	18:33	18:00	00:33
Tue 27	19:09	18:30	00:39
Wed 28	19:43	19:00	00:43
Thu 29	20:18	19:00	01:18
Fri 30	20:50	19:30	01:20
Sat 31	Kinsale Regatta Swim		

August			
Date	HW	Swim	Δ
Sun 01	09:40	10:30	00:50
Mon 02	10:21	11:30	01:09

August			
Date	HW	Swim	Δ
Sat 07	15:42	15:00	00:42
Sun 08	16:41	15:30	01:11
Mon 09	17:32	18:00	00:28
Tue 10	18:20	18:00	00:20
Wed 11	19:06	18:30	00:36
Thu 12	19:51	19:00	00:51
Fri 13	20:36	19:00	01:36
Sat 14	08:56	10:00	01:04
Sun 15	09:43	10:30	00:47
Sat 21	16:11	15:00	01:11
Sun 22	16:57	15:30	01:27
Mon 23	17:37	18:00	00:23
Tue 24	18:11	18:00	00:11
Wed 25	18:44	18:00	00:44
Thu 26	19:15	18:30	00:45
Fri 27	19:46	18:30	01:16
Sat 28	20:17	19:00	01:17

September			
Date	HW	Swim	Δ
Sat 04	14:12	15:00	00:48
Sun 05	15:24	15:00	00:24
Tue 07	17:13	18:00	00:47
Wed 08	18:00	18:00	00:00
Thu 09	18:44	18:00	00:44
Fri 10	19:28	18:00	01:28
Sat 18	Island Challenge 2010		
Sun 19	15:46	15:00	00:46
Tue 21	17:07	18:00	00:53
Wed 22	17:41	18:00	00:19
Thu 23	18:13	18:00	00:13
Fri 24	18:44	18:00	00:44
Sat 25	19:15	18:00	01:15

October			
Date	HW	Swim	Δ
Sat 02	12:31	12:00	00:31
Sun 03	13:53	15:00	01:07
Sat 09	19:03	17:30	01:33
Sat 16	12:53	12:00	00:53
Sun 17	14:06	15:00	00:54
Sat 23	18:15	17:00	01:15
Sat 30	11:01	12:00	00:59
Sun 31	11:13	12:00	00:47

November			
Date	HW	Swim	Δ
Sat 06	16:59	15:30	01:29
Sat 13	10:01	11:00	00:59
Sun 14	11:02	12:00	00:58
Sat 20	16:10	15:00	01:10
Sun 21	16:48	15:30	01:18
Sun 28	09:46	10:30	00:44

December			
Date	HW	Swim	Δ
Sat 04	15:56	15:00	00:56
Sun 12	09:23	10:30	01:07
Sat 18	14:54	15:00	00:06
Sun 19	15:41	15:00	00:41
Fri 31	13:45	12:30	01:15

Swim times are times 'in the water'. Please arrive 15 to 20mins earlier to allow time to change, etc.
 Schedule is provided for information only. You take part at your own risk.

Volunteers: timekeepers, stewards, kayakers and folks with suitable safety boats NEEDED! The swims will not happen without you....Swimmers a good rule of thumb is that you should “arrange” a volunteer (may end up being you!) for every 10th events you participate in...

Directions to Sandycove: From Kinsale go over the Bandon River bridge, Turn right, go 0.3 miles, Turn left, go 20 meters, Turn right, Go down the hill about 0.2 miles (water now on your left side) to the tiny bridge, Turn left (keep water on left) ...go less than 1 mile until you hopefully see parked cars – slipway is below you.

Groups of open water swimmers also get together in other locations around Cork.

Lough Ine Contact Steven at sable@eircom.net 086 810 8611, **Fermoy** Contact Dave at dunmahonnurseries@eircom.net 086 831 3265, **Mallow** Contact Caroline at carmike99@eircom.net 087 277 3097, **Myrtleville** Contact Bernard at LynchCrosshaven@centra.ie 086 225 7058 Regular swims every Monday night at 6 pm from 1 May to end September, **Clonakilty** Contact bridgetlehane@gmail.com, **Schull** Contact Sarah at smcmcknight@hotmail.com, **Inchigeela, Macroom** Contact Jennifer at jlholden@eircom.net, **Inniscara Reservoir** Contact John at jjconroy@hotmail.com 086 851 1703. Directions: From the south link go to the exit at Killumney, Go right and travel 0.3 miles which takes you straight over a roundabout and just past the Gala shop, Take the first left and travel 1.1 miles which takes you to the right past a sign about an unsuitable road and thru the forest thinking this can't possibly be correct, Go left over the narrow bridge, Go left and travel 4.1 miles on the main road (which is the R618) there is a very hard turning to the left just after a sign pole with a tiny sign for recreation area. Park 10 meters after the turn (If you have gotten to Dripsey Village or the Griffin Garden Centre you have gone too far...turn around!).

OTHER OPEN WATER SWIM LOCATIONS/GROUPS IN IRELAND: Please see: http://www.swimireland.ie/index.php?option=com_content&view=article&id=678&Itemid=197

Contact ned.denison@corkopenwater.com if you are looking for international locations/groups.

There is no guarantee that a group will assemble at any of the above times or places. To ensure that you are in a group, we advise that you establish one of more swimming buddies and coordinate times.

Almost all the Cork swimmers involved have set and work towards meeting annual goals. A very common goal is to compete in the larger events. These include events with more than 250 swimmers such as:

‘Vibes & Scribes’ Lee Swim 2010 – July 24th
‘The Edge Sports’ Sandycove Island Challenge 2010 – 18 September

Plus another 15 other Cork swims including Sherkin, Blackwater and Spike Island! See the list of all swims on: http://www.swimireland.ie/index.php?option=com_content&view=article&id=642&Itemid=195

For some the goal is to complete these swims. For others they seek to lower their previous best time, beat their friend or win a medal.

More than 60 of the Cork swimmers also take part in 5km and above solo swims and relays. The longer swims include Gibraltar, Rottnest, Skelligs, Valentia Island, Manhattan, English Channel, Santa Barbara Channel, Ballingearry, Clew Bay, Champion of Champions, Lough Erne Lake Zurich and Inisbofin.

Building up to these kinds of distances can be a great multi-year goal.

Swim at your own risk: follow safe practices > swim in groups