



Swimmers Guide

The Lyme Regis to Charmouth Challenge is an open sea journey around part of our beautiful Jurassic Coast in Dorset to raise money for charities selected by Lyme Splash.

Those that wish to go faster will be in the Dash waves and those who wish to be a bit more leisurely, in the Splash waves. It is important that you have an idea as to how long you believe the swim will take you, so we can put you in the right group.

All will have to be competent open water swimmers, and this is a full wetsuit event unless you have permission from the event organisers by August 8th to skin swim.

We take safety very seriously and trust you do too. You will have a great team of support in the water and on shore but please note this swim is at your own risk.

We aim to follow Plan A. Should we have to change the Planned course due to weather you will be informed. This may be before the Swim event or on the day. The decision taken as to what Plan will happen on the day is made by the Harbour Master – for safety reasons his decision is final.

The Course





🌊 Plan A

The course is 1.7 nautical miles / 3.15 k / 1.96 miles and will be buoyed but not extensively. It starts in Lyme Regis to the left of the North Wall on the sandy beach opposite the Harbour Inn.

On starting the yellow buoys will be on your RIGHT HAND SIDE at the ORANGE buoy you need to have the buoys on your LEFT HAND SIDE. Kayak support will remind you of this. You will then need to aim for the YELLOW FINISH ARCH situated on Charmouth beach.

The course finishes on West Beach to the left of the River Char as you approach from the sea.

Due to the tides the event will take place during a fixed time. While this is not a race the only window to swim in will be three & a half hours long.

🌊 Plan B

If the weather and sea conditions are bad Plan B is a double circular route from Lyme Regis Sandy Beach.

🌊 Plan C

While we will do everything we can to ensure you swim if the weather and sea are atrocious then the event will be cancelled. We can't offer a refund as the insurance costs for this would be prohibitive.

There will be safety support in the water that includes: boats, kayaks & lifeguards. A Paramedic will be on duty at both Lyme Regis & Charmouth.

One The Day

🌊 Check In

Please check in on LYME REGIS SANDY BEACH at the CHECK IN tent near the start at least 45 MINUTES BEFORE your allotted time. If you miss this then you may have to wait some time, it could be up to 45 minutes.

At CHECKIN you will be given your hat, a numbered bag label & a barcoded wristband – to be worn ALL the time you are in the water and until you return to Lyme Regis via Lyme Rib Rides.

🌊 Changing and Bagging Area

If you require a changing area you can use the Langmoor Rooms in the Seafront Gardens or the local WC's – there are several along the sea front.

You can check in your bag (one bag per person) at The Langmoor Room with your number label and it will be kept here until after your swim.

🌊 Start Procedure

You will be allotted a slot in numbered WAVE groups of approx. 20 swimmers.



15 minutes before your start time make your way to the pre-swim area where your WAVE will be checked in and briefed about the course. Each group will then start at the allotted start time by an air horn. Once allotted you cannot change WAVE groups. If you have any concerns as to which WAVE you are in please let the event organisers know BEFORE the day of the swim.

🌊 Finish Procedure

There will be rubber mats to help you exit up the shingle beach.

You will need to go through the scanner on your way out of the water, this is more about ensuring everyone gets out of the water than it is about providing the details of how long your swim took.

PLEASE MAKE SURE YOU HAVE BEEN SCANNED OUT WHEN YOU EXIT THE WATER. IF YOU DO NOT FINISH AND ARE BOUGHT BACK BY A BOAT OR LEAVE THE WATER PLEASE CHECK OUT AT EITHER DESK AT LYME REGIS OR CHARMOUTH. OTHERWISE WE WILL THINK YOU ARE STILL IN THE SEA.

You will be handed your Lyme Splash Medal after you have been scanned out and our photographer will take your photograph at the YELLOW FINISH ARCH. It will be assumed you want your photograph taken unless you tell him otherwise. Friends & family are most welcome to take photographs too!

You can then wrap up in a survival blanket and have a free hot drink & biscuits on the beach.

🌊 Getting Back to Lyme Regis

Thanks to our splendid sponsor Lyme Rib Rides every swimmer will be whisked back to Lyme Regis for free.

YOU NEED TO RE-ENTER THE WATER to get the Rib Ride back. Please listen to be called or join the queue. If you want to come back sooner go to the CREW person on the shoreline that's organising the return.

If your supporters bring your clothes and you decide to change into them – you can't whizz back. You do not have to go back via Lyme Rib Rides but will need someone to collect you or leave your car/cycle at Charmouth as there is no organised transport back.

SKIN SWIMMERS – your clothes will be at Lyme Regis. If you are going to need them at Charmouth YOU need to organise someone to bring them for you.

Survival blankets are available for all.

🌊 Presentation

At the LYME REGIS CHECKIN Tent we will draw the raffle after the last swimmer has finished. We will also present swimmers with the delicious Fastest, Oldest, Youngest and Longest in the Water Awards from our lovely sponsors [CHOCOCO](#).

Hot chocolate from [CHOCOCO](#) will be sold and served at cost price in Lyme Regis by showing your wristband should you need another cup after your swim free cup – who wouldn't?!

We will issue Swim Times as soon as possible after the swim and they will be put up on the website 48 hours after that.



If you need help or have any questions, please ask a Lyme Splash Crew member: identified by their T-Shirt (CREW on the back) or wearing a yellow high-viz waistcoat.

Thank you for supporting Lyme Splash and enjoy the swim!