



Weymouth and Portland Lions Club Charitable Trust

WEYMOUTH WADE 2017: HOW IT WILL ALL WORK

KEY TIMES FOR THE EVENT
<ul style="list-style-type: none">• Registration will start at 9.30am and will close at 10.30am• Registration take place at the Lions Gazebo on the beach• The Wade will commence at 11am. Fancy Dress is optional.
AT REGISTRATION YOU WILL BE ASKED TO:
<ul style="list-style-type: none">• Pay the entry fee of £5 (adults accompanying under 12s exempt)• Hand over the completed and signed registration form
CONFIRM WHICH CATEGORY YOU WILL ENTER:-
<ul style="list-style-type: none">• 16 and over• 12-15• 5-11 (adult must accompany)• You will then be allocated a coloured wristband for your category
WARM-UP
<ul style="list-style-type: none">• At 10.30am there will be warm-up exercises with Gina Hartley of Healthy Hartley• You can put any clothes, towel etc. into a plastic bag (to be issued) and leave them with relatives or friends or at the registration desk.
WHAT HAPPENS AT THE START?
<ul style="list-style-type: none">• At 10.55am Waders will be called forward by category/wrist band colour into the 'starters area'• The 3 categories will be started at two minute intervals, over 16's first.
THE RACE
<ul style="list-style-type: none">• You will race down the beach into the sea and wade to the Marshall before turning left and wading through the water, eventually reaching another Marshall standing in the sea, level with the Kings Statue.• You will then turn and run onto the beach to a Marshall and then turn and run back along the beach to the finish line.• Marshalls and lifeguards will be on hand along the course to show you where to go and to help you at any time if necessary
THE FINISH
<ul style="list-style-type: none">• A commemorative medal will be presented to each Wader after as soon as possible after reaching the finish line• The Mayor will present a prize to the winner of each category• Photographs and videos taken on the day may be used by Lions for publicity purposes.