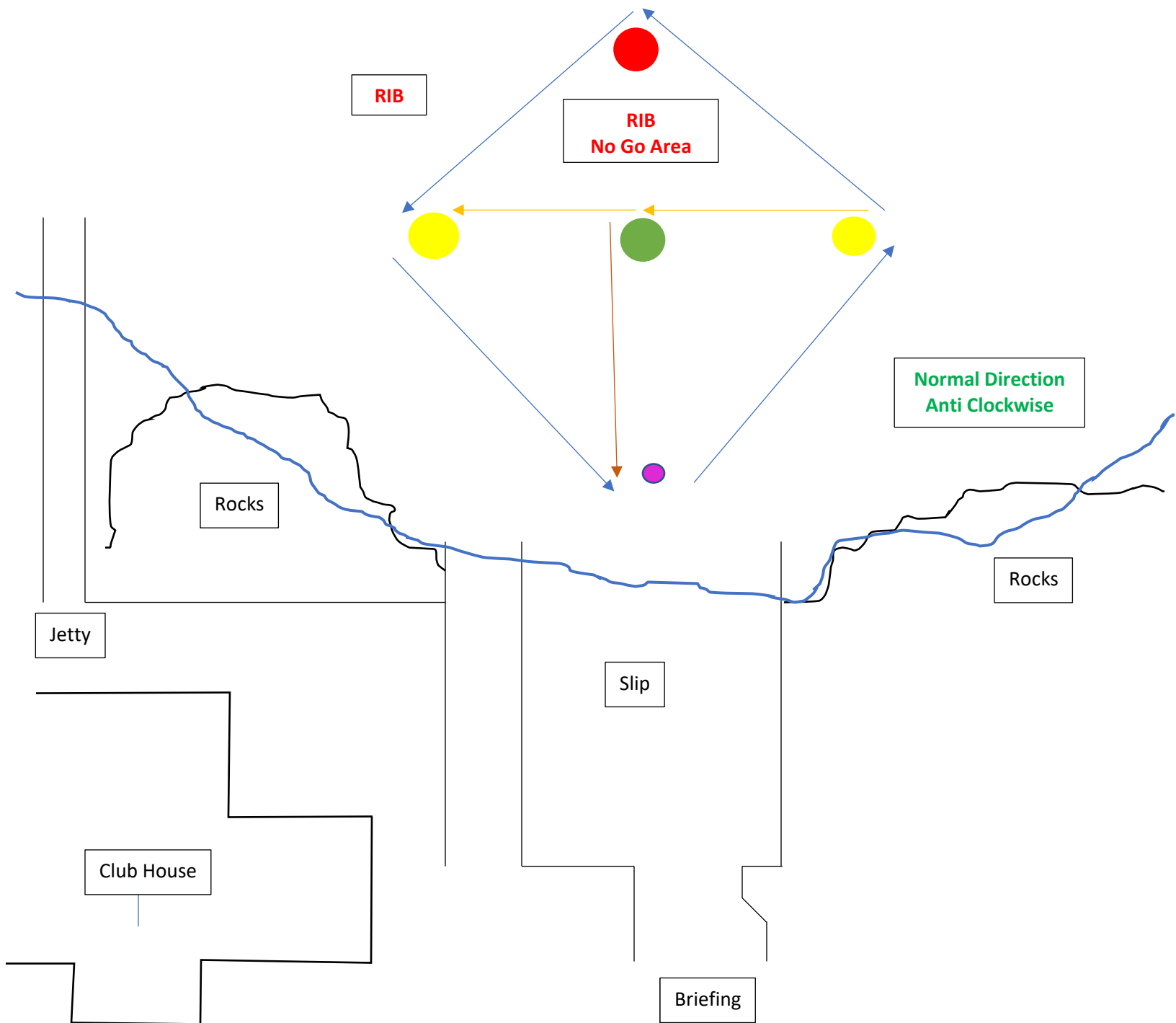




Ballyholme Sea Swim Course (Not To Scale)



We aim for the course to be 750m around the buoys ... this means approximately 800m from the shore.

NB we may reduce the size of the circuit, or direction of swim, to facilitate better rescue coverage or to adapt to the conditions. To be announced at Compulsory Safety Briefing