



I took part in the Dart 10k on Sunday 14 September. Time: 03:13:44.

This is the furthest that I have ever swum. It was a great experience, despite the last 3k being very choppy.

800 swimmers signed up. Great organisation by the Outdoor Swimming Society with lots of volunteers.

They had 2 feed stops en route at 4k and 7k with drinks, bananas and jelly babies. Water temp 17c which was nice.

Also the tide is a great help.

I would recommend this event but it is very popular and the places go within a few hours of the web site opening.

Annette