

# Weekender

MANVERS Lake is to host a huge open water swimming event for the first time this summer.

Following several successful years holding their Open Water Festival in Worcestershire, the Royal Life Saving Society UK (RLSS UK) is bringing the event to the Dearne Valley on Sunday, June 4.

It consists of 1600, 800 or 400 metre swims for those aged 16 and over as well as a 200 metre swim for those aged ten which is also ideal for open water beginners.

There is also a 'Rookie Splash' for those under ten.

Lee Heard, charity director at RLSS UK, said: "The Open Water Festival is suitable for all ages and abilities. The swim events take place one after the other and are a great way to get the whole family involved in open water swimming.

"We have seen it increase in popularity over recent years and events such as ours allow it to happen in a fun but safe environment."

Tickets to participate range from £10-£30, dependent on distance chosen.

Entrants receive a swim hat, goody bag and medal and certificates will be awarded to first, second and third place winners in a presentation ceremony at the end of each swim.

Trained life-guards and safety measures will be in place throughout the day to ensure everyone is able to enjoy the event safely.

Participants can prepare with a

## Open water swimming fest' at Manvers Lake

"Sponge to Plunge" programme to help adjust to the cold temperatures.

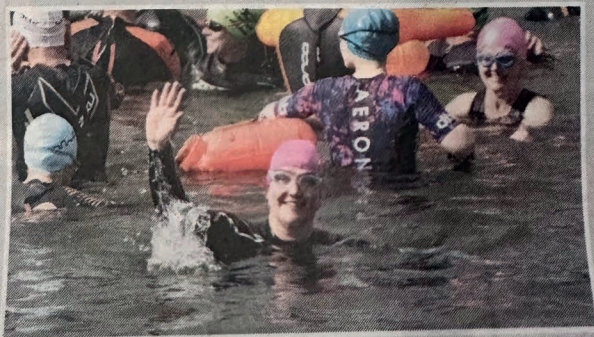
Entry is free for spectators, with water's edge refreshments, facepainting, a raffle and water rescue demonstrations from the Manvers Lake Bears (Newfoundland dogs) among the attractions.

Wild swimming community The Bluetits Chill Swimmers will also be attending, with their founder Sian Richardson leading the warm-up.

Find out more by visiting [www.rlss.org.uk/owf](http://www.rlss.org.uk/owf) or calling 0300 323 0096.

More on Sponge to Plunge at [www.rlss.org.uk/sponge-to-plunge](http://www.rlss.org.uk/sponge-to-plunge)

Alternatively visit Twitter and Instagram @RLSSUK and the Facebook page [facebook.com/RLSSUK](http://facebook.com/RLSSUK)



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