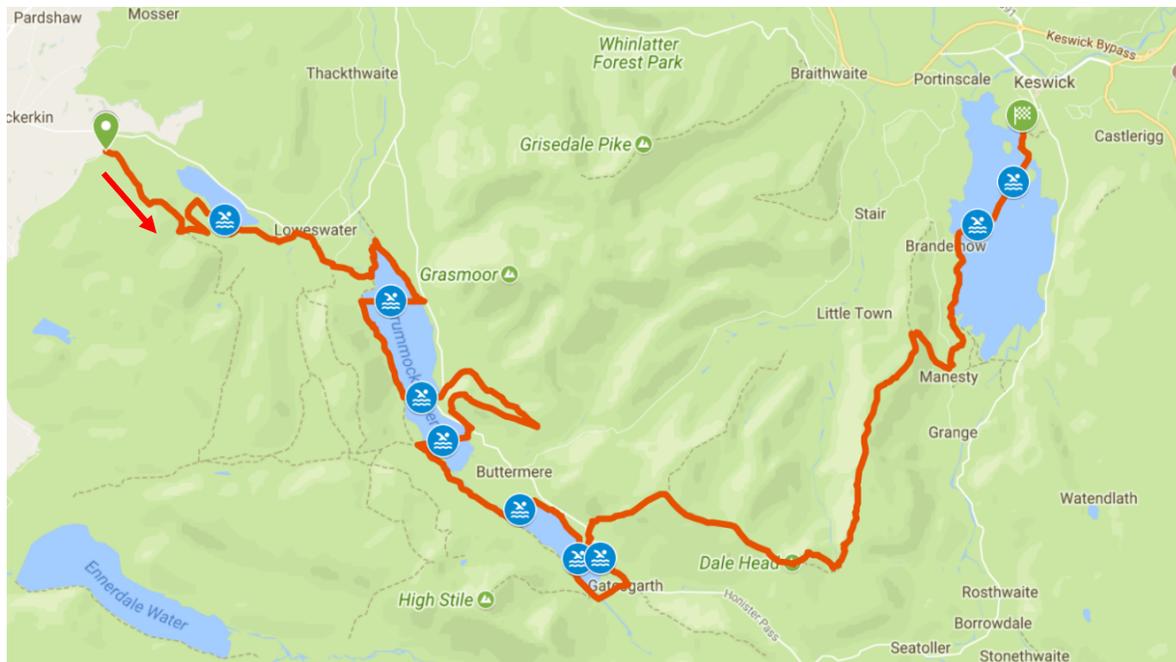


BRECA BUTTERMERE SWIMRUN, SATURDAY JULY 29TH 2017: SPECTATOR INFORMATION



Breca Buttermere 2017

Breca Buttermere is the UK's original and largest swimrun event. The course is 43km long, with alternating running totalling 37.5km and swimming totalling 5.5km.

In swimrun, competitors race in pairs wearing wetsuits and trainers throughout for seamless transitions between running and swimming. The sport began as a drunken bet in a Swedish archipelago and is attracting followers due to its values of adventure, experiencing and respecting nature, inspiration and challenge, partnership and fun.

The Breca Buttermere (full distance) race starts at 09:00 near Loweswater. The start is only accessible by foot as there is very limited car parking and narrow roads.

The best places to watch the race are on the shores of Crummock Water and Buttermere which have footpaths around them. There are small car parks along the B5289 and in Buttermere village, which also has cafes and pubs.

There is a footpath around Derwent Water but not much parking near Manesty where the competitors descend from the fells. You can cheer them on at the last swim exit, or at the finish at Crow Park.

You can see the race during the following times:

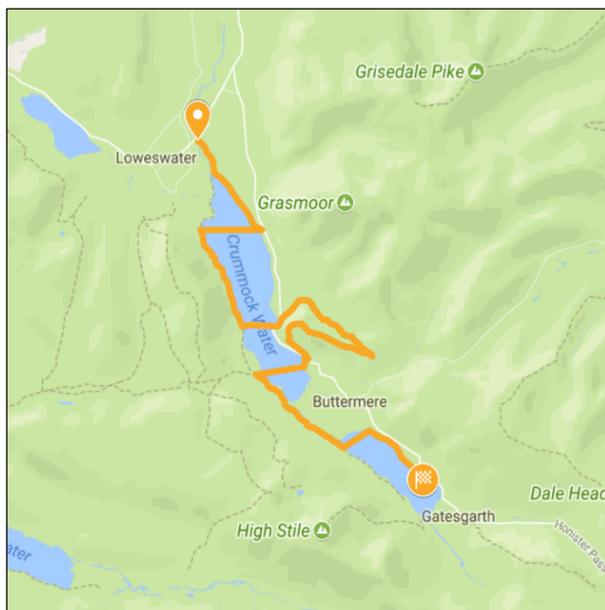
Crummock Water (north): 10:00 – 11:15

Crummock Water (south): 10:30 – 13:00

Buttermere (north): 11:30 – 13:30

Buttermere (Hassness area): 11:40 – 14:00

Derwent Water (north) and finish at Keswick: 14:20 – 18:20



Buttermere Sprint

The shorter Sprint race starts at 10:30 near Loweswater. The start is only accessible by foot; limited parking.

It is the same course as the main race and you can see the race at the same times and places in the list on the right.

The finish is on the lakeshore at Hassness Park in Buttermere or at Gatesgarth and walk to the field, as there will be no parking there. Please **DO NOT** enter the Hassness House driveway; the finish area is not accessible from there.