



Dear Club Secretary,

April 2019

One of the main objectives Cumbria ASA has set itself for 2019 is to support the growth and participation in Open Water Swimming. I am writing to you to inform you that 2019 will see the inaugural Cumbria Open Water League (COWL) championship taking place here in the Lake District. I would therefore ask that you forward this letter to your membership.

The idea behind creating the COWL is to promote open water swimming amongst our counties club swimmers. Cumbria already has a good number of swimmers representing their respective clubs in open water events and it is hoped that by introducing a competitive league system more of their club mates will get involved with this fast growing discipline. It is also hoped that by introducing the COWL, more Cumbrian swimmers will be encouraged to participate in NW Regional and National open water swimming events.

We are fortunate this year to announce that the inaugural COWL will be hosted by Epic Events as part of their Epic swim series. <https://epicevents.co.uk>

The Epic Swim series are popular and well ran events here in the Lake District which, over the last couple of years has seen a healthy increase in Cumbrian club swimmers already competing at them. This year also sees the introduction of a fourth event in the Epic swim series. The events are;

1. Ullswater Epic – 16th June 2019
2. Derwent Epic -7th July 2019
3. Coniston Epic – 18th August 2019
4. Windermere Epic –15th September 2019

Since this is the first year we have organised the COWL we have limited the categories to three age groups over two distances. The age limitation and distances align with Epic Events Management Ltd terms and conditions. It is hoped through increased participation that more age categories and possibly the 3.8K distance can be included in future years.

The age categories for 2019 will be 11 to 13 years swimming 500m, 14 and 15 years swimming 1 mile and over 16 years swimming 1 mile. Every swimmer under the age of 18 will need to have parental consent.

There is more information and entry conditions for the COWL posted on the Cumbria ASA Open water swimming web site; www.swimcumbria.org/openwaterswimming. There are also lots of other links to open water events, tips on safety and water conditions posted on the website which I would urge anyone considering taking the plunge to read.

The introduction of the COWL is only the first step in meeting our target for supporting Open Water swimming. Other events are in the planning phases so please keep checking the Cumbria website for details.

If any of your members would like more information regarding open water swimming or the COWL I can be contacted directly at markn_ows@yahoo.com

I look forward to seeing your swimmers in the lakes.

Kind Regards

Mark Newby

Cumbria Open Water Swimming Secretary