

Ballot Entry Form

The Padstow to Rock Swim 2025

Date: 8 August 2025



Thank you for your interest in applying for a place on the **Padstow to Rock Swim 2025**.

The next Padstow to Rock Swim challenge will take place on **Friday 8 August 2025**. The event is a Charity open water **SEA SWIM** across the Camel Estuary, starting at Padstow and finishing at Rock, with a distance of approximately one mile.

Entry for the **2025** swim can only be obtained through the ballot system.

The public ballot entry for the **2025** swim is now open and closes on **30 November 2024**.

Entries must be with us by **3 December 2024**. You will be informed by

20 December 2024 whether or not you have been successful in getting a place on the swim.

Registration fees must be received by **30 January 2025**

Ballot instructions:

- Please complete the form overleaf in full. Incomplete forms will not be accepted.
- Return the form to us by post by **3 December 2024**
- One form per person (no double entry or multiple entries allowed). Photocopies accepted.
- Under 14 years must be accompanied by a named adult swimmer – applications to be on separate forms but submitted in the same envelope.
- Send in your completed form, along with a **stamped, self-addressed envelope** to:
The Padstow to Rock Swim Team
Marie Curie – Cornwall
PO Box 329
ST AUSTELL
Cornwall
PL25 9HA
- If offered a place on the swim, you will need to pay a **£40** entry fee per person by **30 January 2025**, to secure your place. Please note – your swim place is **not** secure until you have paid your entry fee.
- **Places on the swim are non-transferable and entry fees for the swim are non-refundable.**
- After **20 December 2024** we will keep a reserve list of unsuccessful applicants, and may, at our sole discretion, should we receive cancellations, draw such number of places from the reserve list as appropriate.
- The minimum age is ten years old on **8 August 2025**.
- For any queries, please contact padstowswim@mariecurie.org.uk or call 01872 260500.

Ballot Entry Form

Please complete in BLOCK CAPITALS.

Title: _____ First name: _____ Surname: _____

Address: _____

Postcode: _____ Phone (day): _____

Email: _____ Phone (eve): _____

Date of birth: _____

Swim levels: please tick

*Elite (Swim time within 30 minutes): Male Female

*Non-elite (Swim time within 60 minutes): Male Female

Please be very honest and realistic when deciding whether to enter as an Elite or Non-Elite swimmer. This is an Open Water Sea Swim, and very different from a pool swim. If you have any doubt about making the Elite time, then please enter the Non-Elite wave. This is of vital importance to ensure the safety of all swimmers. In both waves, Swimmers who cannot make the time window, will be pulled out by the River Controller for safety reasons.

Medical information – Please give details of any medical condition you think we should be aware of:

Additional requirements for junior entrants

Date of birth: _____

If under 16 on 8 August 2025: Your parent or guardian **MUST** sign the consent form overleaf.

If under 14 on 8 August 2025: As above, and, you **MUST** be accompanied in the water for the duration of the water swim by a **named competent, registered and entered adult**. Please enter the name of the registered adult swimmer who will be accompanying you, and submit your respective ballot entry forms in the same envelope:

Name of Registered Accompanying Adult: _____

By signing this form, I am confirming that I have read and agreed to the Terms and Conditions of entry below.

Signature _____

Padstow to Rock – Parent and Guardian Consent Form

To be completed by Parent/Guardian.

Please consider the event and the capability required. If you are happy for the young swimmer to take on this challenge, please complete the following:

I give my permission for: _____
to enter the event as described above.

Signed: _____ Date: _____

Name of Parent/Guardian: _____

Relationship to young person (eg. Mother, Father, Grandparent): _____

Address: _____

Postcode: _____

Phone (home): _____ Phone (mobile): _____

Is this the address of the young person? Yes If not please give their address:

Postcode: _____

Additional emergency contact name: _____

Phone (home): _____ Phone (mobile): _____

Phone (work): _____

Medical information – Please give details of any medical condition you think we should be aware of: _____

Please return to:

Marie Curie – Cornwall
PO Box 329
ST AUSTELL
Cornwall
PL25 9HA

Data Protection

Supporters like you make the care Marie Curie provides possible – and we'd love to share more ways you can help. Just tell us how you'd like to hear from us:

- Yes, please keep me updated by phone
- Yes, please keep me updated by email
- Yes, please keep me updated by text

We will write to you by post from time to time to let you know about our work, fundraising activities and ways to get involved. If you'd prefer not to hear from us by post, please tick here

To update your contact preferences, including how often you hear from us, email Supporter.Relations@mariecurie.org.uk or call **0800 716 146**. For more information about our Fundraising Promise or privacy policy, visit mariecurie.org.uk/privacy

IMPORTANT NOTICE

Please read carefully

Open water swimming is physically challenging and carries with it risks that we cannot entirely eliminate. These include the risk of hypothermia, collision, fatigue, and exhaustion. In open water such risks can endanger your life or cause injury. Conditions on open water could change adversely during the swim. Bear in mind, you are not in a controlled pool, you are in the sea.

We take every possible precaution. Powered safety vessels, safety canoes, and Lifeguards on rescue boards will accompany you. Though your safety depends on your co-operation and personal fitness. You need to be frank with yourself and us about your swimming ability.

In the absence of any negligence or other breach of duty by us, participation in the Padstow to Rock Swim is entirely at your risk.

Terms and conditions of entry

- We are not qualified to express an opinion that you are fit to safely participate. Before entering into the ballot for this event, you should be fit to participate, seeking medical advice if appropriate. Should you be successful in gaining a place on the swim, you should inform event organisers of any relevant existing medical conditions and any arising that might affect your fitness to participate and, in any event, you should not participate against medical advice.
- We have taken all reasonable steps to eliminate the chance of injury but there is a certain minimal risk in every activity, and you should withdraw from the event if you have any doubts.
- You must attend the pre swim safety brief by the Swim co-ordinator.
- You must act responsibly and sensibly at all times.
- You must not participate if you are under the influence of alcohol or non-prescription drugs.

Terms and conditions continued overleaf

Terms and conditions of entry continued

- Your safety is of paramount importance. Please ensure that you follow all safety instructions and training procedures when participating in events.
- Wet suits are compulsory.
- **Liability cannot be accepted for any damage, injury or loss arising from the negligence of participants or spectators (whether through failure to observe the rules of the event or otherwise).**
- **Marie Curie, its employees, agents and volunteers accept no liability whatsoever to participant or spectators in respect of any loss, damage or personal injury which may be sustained in the course of this event other than death or personal injury caused by our negligence or other breach of duty.**
- Photographs may be taken of you during the event by or on behalf of Marie Curie which may be used to publicise future events and the work of the charity generally, including publication on our website. Participation in the open water swim will be deemed to include your consent to such publicity.
- Age restriction: You must be at least **10 years old on 8 August 2025** to take part in this challenge. All swimmers aged **10 -14 years on 8 August 2025** must be accompanied, in the water, by a named competent, registered adult swimmer. Adult swimmers must complete the registration for children that are under 14 years old and register themselves.
- Anyone under the **age of 16 on 8 August 2025** requires parental consent. Parents or guardians must decide if the event is appropriate for their child and seek additional information if necessary.
- We reserve the right to prohibit individuals from taking part, and will do so if participants under 16 have failed to provide evidence of parental consent.
- Registration is £40 per participant and is non-refundable and non-transferable.

Marie Curie is the UK's leading end of life charity.
Whatever the illness, wherever you are, we're with you to the end.

mariecurie.org.uk

