

## BRECA JERSEY SPRINT

Hythe Aqua club members Greg Wood & Stuart Parris completed the Breca Jersey Sprint last weekend. With Stuart nursing an injury they still finished in an excellent 6th place, in a time of 3hrs 31 mins.

Race Details below:

8th September 2018 Location: The Channel Islands

Breca Jersey is the Channel Islands' first swimrun race around the stunning coastline of Jersey. The course has incredible ocean swims across the island's iconic bays. Teams race counter-clockwise around the island in a battle against Jersey's relentless 40ft tides. Being some of the highest in the world, the tides present an ever-changing course and a unique challenge in the world of swimrun. Teamwork will be essential for pairs to overcome these swirling ocean waters and technical rocky transitions.

Course Details: Estimated completion time: 3.5-4.5 hours

- Terrain: trail, rock-hopping, steps, steep slopes
- Swimming: technical transitions, ocean swims, high likelihood of swell
- Difficulty: medium/hard. To complete this race you need a medium to high level of fitness and should be comfortable swimming in the ocean.

