

20 / twenty Challenge



FACT SHEET

DAY	Sunday, 3 April 2022	
TIME	6.15am	Registrations open for all teams open
	7.00am	Registrations close (sharp)
	7.05am	Welcome and event briefing
	7.15am	Grand Prix / Classic 2km Swim (4 x loops)
	7.40am	Family / Classic 500m Swim (1 x loop)

WHERE TO REGISTER ON THE DAY

Shelly Beach, Manly



These items were generously donated by our event sponsor, UBS, to ensure every cent you raise goes directly toward buying equipment for children living with cerebral palsy.

WHAT TO BRING

- ✓ Weather appropriate clothes and shoes
- ✓ SPF 30+ sunscreen
- ✓ Snacks
- ✓ Swimming costume
- ✓ Goggles

WHAT YOU'LL RECEIVE ON THE DAY

- ✓ Backpack
- ✓ Swimming cap
- ✓ Walking cap (this must be worn to indicate your division)
- ✓ Beach towel
- ✓ Course map
- ✓ Bag for wet clothes
- ✓ Water bottle

FUNDRAISING

All money raised from this event will purchase essential equipment such as wheelchairs, standing frames, specialised walkers and communication devices for children living with cerebral palsy.

Please encourage your friends, family and work colleagues to visit your fundraising page and sponsor your efforts. Even if your team reaches its minimum fundraising target of \$8,000, keep going – your support means the world to children living with cerebral palsy and their families.



DIFFERENT DIVISIONS

**There are four divisions that you and your team can participate in.
You will have already elected one during your registration.**

GRAND PRIX

Each team member must swim four laps of the 500m course marked out at Shelly beach, walk to Clontarf beach, kayak 1.5km to Chinamans Beach and then walk or run 2 laps around Rosherville Reserve, then kayak 1.5km from Chinamans Beach to the finish line at Clontarf Beach.

CLASSIC

Each team member must swim four laps of the 500m course marked out at Shelly beach, walk to Clontarf beach, kayak 1.5km to Chinamans Beach, and then walk 2 laps around Rosherville Reserve, then kayak 1.5km from Chinamans Beach to the finish line at Clontarf Beach.

FAMILY

Youngsters and family members can swim 500m at Shelly beach, then walk to Clontarf beach. There is no kayaking in this division and no running on this course.

CLASSIC 500

Each team member swims one lap of the 500m course marked out at Shelly beach, walk to Clontarf beach, kayak 1.5km to Chinamans Beach, then walk 2 laps around Rosherville Reserve, then kayak 1.5km from Chinamans Beach to the finish line at Clontarf Beach.

RACE TIMINGS



All team members must have reached Clontarf Beach by 10.30am to participate in the kayak leg.



All team members running / walking around Rosherville Reserve must leave Chinamans Beach by 10.45am



All team members must leave Chinaman's Beach by 11.30am to kayak back to Clontarf. After this time - you will be transported back by boat.



GENERAL INFORMATION

TOILETS, DRINK STATIONS AND FIRST AID

Please see the Course Map (page 4) for where the toilets and drink stations are located. Each drink station will have a first aid kit for anyone who requires assistance and qualified first aid staff will also be positioned along the course.

WET CLOTHES

Your wet clothes can be transported to the finish line at Clontarf Beach, place them in the bag provided at the bag drop area and label with your name - after the swim at Shelly Beach.

PARTICIPANT LUNCH

A BBQ lunch will be provided for participants at the finish line at Clontarf Beach.

PRIZE CEREMONY

A prize ceremony will be held at Clontarf Beach at approximately 12.00pm during the BBQ lunch.

RUNNING ON THE COURSE

- Classic, Classic 500 and Family teams are not permitted to run any part of the course.
- The Grand Prix teams can only run from Chinamans Beach around Rosherville Reserve and back. All other parts of the course must be walked. Please note this is a council regulation and one of the provisions of holding the event.
- Any teams spotted running where not permitted will receive a time penalty of up to 5 minutes.

SAFETY

- If a swimmer gets into difficulty, they are to raise their arm and our rescue / first aid crew will come to them as quickly as possible.
- Life jackets must be secured prior to entering the kayak.
- Each team must “check in” by providing their name at every drink station along the way, as shown on the map.

GENERAL RACE RULES

- 20/ twenty Challenge hats and swimming caps must be worn to distinguish which division you are part of.
- Each Classic and Grand Prix team must complete a minimum combined total of 12 laps in the swim.

PRIZES

- Fastest Team (Grand Prix) team of 4 that crosses the finish line first in the Grand Prix Division
- Fastest Team (Classic) team of 4 that crosses the finish line first in the Classic Division.
- Fastest Team (Classic 500) team of 4 that crosses the finish line first in the Classic 500 Division.
- Family Team Champion team that crosses the finish line first at Clontarf Beach.

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EVENT COURSE

-  2Km
-  10 Km
-  3Km

- 1** SWIM - Shelly Beach, Manly
- 2** WALK - from Shelly Beach to Clontarf Beach
- 3** KAYAK - from Clontarf Beach to Chinamans Beach
No kayaks allowed to leave after 10:30
- 4** WALK/RUN - from Chinamans Beach around Rosherville Reserve (2 laps) and back to Chinamas Beach
- 5** KAYAK - from Chinamans Beach to Clontarf Beach
No kayaks allowed to leave after 11:30

