Mencap Marvels English Channel Relay 2025

APPLICATION FORM

**3**0th August - 5th September 2025

**Application Requirements:**

1. Your minimum swim pace is 2.7km/hr in a pool over 2km distance
2. 100% attendance at following events (dates TBC)
   1. Commit to min 2 x sub 10C swims (we will share opportunities but these swims can be done locally).
   2. Commit to a night swim, including the Channel Up North Event held in Cheshire in June each year
   3. Meet at Dover Channel Training for 2 hour qualifier for anyone who still needs it 3**1st & 1st June**. Possible chance to join (swim beside boat) rehearsal (Channel season starts 2nd June so boat availability will depend on weather).
3. Able to be in Folkestone at short notice if swim is brought forward.
4. Commit to payment of £300 deposit within 7 days of team selection.

If you would prefer to apply for a 2026 relay please circle here YES/NO

Your Name (required) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Email (required)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Mobile Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Shirt & Hoodie Size \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your Emergency Contact Name/Number/Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How long does it take for you to swim a mile? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. How long does it take for you to swim 100m in a pool? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What swimming experience do you have in Open water, sea and pool? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. What experience do you have swimming in skins (ie no wetsuit)? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. What is your longest swim/race distance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Have you competed in any swim races? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Have you competed in any endurance events eg triathlon, ironman, marathon, Big Chill etc? If so please list with dates \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Have you ever swum in water less than 18C? If so, how long for? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Have you ever done night swimming/diving? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Can you commit to training min 3 times per week or more? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. Have you participated in an English Channel Relay/Solo before? If so when and how did it go?

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12. Have you done a CSA qualifier? Yes/No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. Do you have any medical conditions that could affect your swim in any way? Yes/No

If Yes please give details \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Terms & Conditions Mencap Marvels English Channel Relay 2025

1. Closing date for applications is 15th October 2024 (or by agreement).
2. Selection will be made at the qualifying weekend in Manchester details TBC
3. Successful applicants will pay £299 deposit within 7 days of selection. The remainder must be paid by 15th March 2025 - preferably in no more than 2 further instalments.
4. You agree to meet fundraising target for Mencap of £1500 min pp (aiming for £9k per boat).
5. You will provide the following documentation by 15th March 2025: CSA medical examination, 1 x signed passport photo, and signed CSA relay team registration form.
6. You commit to do the relevant training as set by the team captain and coach and understand it is your responsibility to obtain the CSA qualifier (a 2 hour swim in skins at 15.5C or under).
7. You agree to join and be an active member of the squad WhatsApp group.
8. You commit to attending monthly squad training sessions delivered via zoom and only miss by exception.
9. You agree to provide insurance
10. You agree to trial and take seasickness medication as directed by the squad captain.
11. In the unusual event that you have to withdraw, the deposit is nonrefundable.
12. Total cost is £1299 per swimmer assuming this is a 6 person relay (If outside UK any postage costs for team kit will also be payable). If we decide to run a 4 person relay, the cost of the relay will increase proportionately. This includes CSA relay registration, boat hire, 2 pilots, CSA swimming cap, and team hoodie.
13. Accommodation, food, and training events are additional.
14. Your family/partner are onboard with this commitment.
15. You agree that the decisions of squad captain, Nikki Pope are final. If the squad captain is of the opinion that a swimmer may prejudice the success of the relay the swimmer will be asked to stand down. We will be looking for another swimmer and therefore our ability to refund fees is possible but not guaranteed.

I agree that the information in this application form is accurate at the time of signature, my family are onboard with this commitment and that any prevailing medical condition/s will not prejudice my ability to swim in a CSA English Channel Relay Team.

By signing I agree to the above terms & conditions.

Signature

Date