

Open Water Swimming @ Gosfield Lake



Open water swim training will be available at this picturesque location (5 mins North of Braintree, Essex) from late April 2007. Early season sessions will start on Sunday mornings between 6 - 9am. The cost per session is £4.00.

This provides an excellent opportunity for triathletes and open water swimmers to practice their open water swimming. If the venue proves to be a success then further sessions (mid-week evening sessions, etc) may be organised. There is no formal coaching at the lake at present, but there will be a number of experienced triathletes on hand to put swimmers through their paces.

The lake is an ideal venue for open water novices as you can put your feet down in the majority of places as the water is approx 5ft deep.

The lake will also provide the venue for a **NEW** Olympic distance race hosted by Essex Police Triathlon Club on Sunday 15th July 2007.

If you would like more information or to be placed onto the email circulation list please contact Graham Perks @ kim.graham.perks@virgin.net or 07900827758

For more information on the venue and how to get there visit:-
www.gosfieldlake.co.uk