



25th November 2023

Competition Organisers:

Annabel Cruse 07572529390

Meghan Jantak 07716472160

A massive thank you goes to all the officials and volunteers for making this event happen, we couldn't do it without you. We would also like to thank Lizard Lounge for hosting our results and being so welcoming.

Judges: Reece Hawkins, Jazzi Howells-Smith, Rachael Laidlaw, Tom Winter, Becky Crabbe, Colin O'Reilly, Eli Murray, Richard Evans, Eve Morgan

Helpers: Kit Owen-Smith, Laura Creswell, Cara Dowling, Hannah Whitworth-Debney, Emily Manning, William Wilkins, Mia Green, Louisa Rhodes, Oskar Witucki, Jessica Ridsen, Alice Lowcock, Molly Holland, Tisha Lau, Archie Pytches, Lucy Jordan, Robin Freeman, Claudine Hodgson, Ian Marsh, Jack Bamford, Finn Smallcombe, George Dickens, Alice Ford

Head Judge: Ben Barker

SERC Writers:

Dry SERC

Amy Parnell

Wet SERC

Jake Saunders

SERC Draw

Dry SERC: Full first aid kit

Wet SERC: Travel first aid kit

1: Loughborough B	7: Loughborough F	13: Bristol A	19: Birmingham A	25: Keynsham B
2: Birmingham E	8: Southampton B	14: Bristol C	20: Birmingham B	26: Loughborough D
3: Plymouth B	9: Plymouth A	15: Warwick C	21: Sheffield B	27: Warwick B
4: Birmingham D	10: Warwick D	16: Nottingham B	22: Loughborough E	28: Loughborough A
5: Southampton A	11: Birmingham C	17: Nottingham A	23: Loughborough C	29: Warwick A
6: Bristol B	12: Bristol D	18: Bristol E	24: Keynsham A	30: Nottingham C

Race Heats

	Heat 1	Heat 2	Heat 3	Heat 4	Heat 5
Lane 1	Bristol E	Nottingham C	Bristol C	Warwick B	Birmingham A
Lane 2	Keynsham B	Southampton B	Nottingham B	Bristol A	Loughborough C
Lane 3	Warwick C	Plymouth B	Birmingham B	Loughborough D	Loughborough A
Lane 4	Warwick D	Plymouth A	Birmingham E	Loughborough E	Nottingham A
Lane 5	Keynsham A	Birmingham D	Sheffield B	Loughborough F	Loughborough B
Lane 6	Bristol D	Southampton A	Birmingham C	Bristol B	Warwick A

Programme

Competition:

10:30 - Registration opens
11:30 - Isolation closes
12:15 - Captains' briefing
12:30 - SERCs start
14:30 - Lunch
16:30 - SERCs end
17:00 - Rope throw
17:45 - Medley relay
18:30 - Swim and tow
20:00 - Competition ends

Post-competition:

20:00 - Accommodation opens
21:00 - Food served
21:15 - Results announced
21:30 - Social begins
23:00 - Social ends

26/11/23 08:00am - Leave accommodation

Important Information and Locations

IMPORTANT - Due to a severe nut allergy please ensure there are NO NUTS taken in to isolation.

Registration

Please can all teams, officials and volunteers register at the Wills Memorial Building. From here you will be escorted to isolation and the SERC locations.

Wills Memorial Building
Queens Road
Bristol
BS8 1RJ

Social

The social will be taking place at Lizard Lounge. We have private hire until 23:00 when the public will be allowed into the venue. You will be allowed to stay inside for free. In order to attend the social you **MUST purchase a ticket** from the link below and **bring your ID**. We will not be invoicing clubs for the social cost, it is your responsibility to purchase a ticket. This ticket will give you access to the results as well as drink deals, karaoke and the remainder of the night in Lizard Lounge. Officials and volunteers do not need to buy a ticket, you will be given a free ticket.

Social tickets: <https://fixr.co/event/lifesaving-presentation-social-tickets-459937337>

We please ask that everyone is respectful of the venue and does their best to not make a mess with the food. Bin bags and napkins will be provided, please use them so we do not get charged a cleaning fee.

Lizard Lounge
66 Queens Road
Clifton
Bristol
BS8 1QU

Accommodation

Accommodation will open at 20:00 on 25/11/23. A code for the door will be provided on the day. Use of the toilet facilities is allowed however please do not use the kitchen. The church hall must be vacated by 08:00 on 26/11/23. We will be arriving at 07:30 to make sure you leave on time. Please leave the hall as you find it so we can continue to use this venue in the future.

Cotham Parish Church
Cotham Road
Bristol
BS6 6DR

Parking

Unfortunately, due to our city centre location there is limited parking available near the University of Bristol. Minibuses have priority when parking in the car parks. During the day minibuses can park in Buckingham Baptist Chapel car park. Please stay off the grass and be aware that another event is happening there during the day so there will be other vehicles around. There is parking at the accommodation, again priority goes to minibuses but there will be some space for cars as well. On street parking in the surrounding areas is free after 5pm.

Daytime parking - cars

There is some on street parking available nearby but please check the parking permit signs.

Nearby car parks include are:
West End Car Park
Jacob's Wells Road
Clifton
Bristol
BS8 1EH

Trenchard Street Car Park
Trenchard Street
Bristol
BS1 5AN

Daytime parking - minibuses

Buckingham Baptist Chapel
Queens Road
Clifton
Bristol
BS8 1LQ