

H₂Open launches 2013 National Open Water Swimming Ranking Series

The H₂Open National Open Water Swimming Ranking Series is back! Following positive feedback from last year's swimmers and enthusiastic support from sponsors, we're looking forward to a bigger and better national <u>open water swimming</u> ranking series in 2013.

H₂Open has teamed up with the organisers of seven great open water races. Participants in the series may swim as many of these races as they like. At the end of the season they will be ranked according to their best four finishing positions. The events are as follows:

Date	Name / Location	Distance	Web
4 May	Priory Country Park, Bedford	5 km	galeforce-events.com
22 June	Bray Lake, Berkshire	3 km	allabouttriathlons.co.uk
6 July	National Water Sports Centre, Nottingham	5 km	onestepbeyond.org.uk
14 July	Henley-on-Thames	1 mile	henleyswim.com
17 August	Monster Swim, Loch Ness	1 mile	swimtrek.com
7 September	Vachery Pond, Surrey	3 km	xterra-england.co.uk/races/big-swims.php
14 September	Bradley Stoke, Bristol	3 km	Bristolopenwater.co.uk

As well as the opportunity to compare their performance with other swimmers in their age group, competitors could land themselves some fantastic prizes thanks to sponsors Dryrobe (<u>www.wandering-star.co.uk</u>) and Torq Fitness (<u>www.torqfitness.co.uk</u>). And, in addition to awards for category winners, there are also random spot prizes so anyone who takes part in four or more races has the chance of being a winner.

One 2012 participant said the following: "Last year I did the ranking series swims and had the best time. I travelled to places I didn't know existed – loved every swim and didn't want to get out on the last one!"

To find out more about the Series see <u>www.nationalopenwaterswimseries.com</u>

Notes:

H₂Open is the world first and only magazine dedicated to <u>open water swimming</u>. It provides training advice, gear reviews and racing tips to open water swimmers, as well as celebrating the pleasures of swimming outside and finding the best places to enjoy the water. Published bi-monthly in the UK it is available world-wide in print and digital formats.

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