



## **Myrtleville-Church Bay Swim in aid of the RNLI: Wednesday, June 21st, 2023: 19.00**

### **Registration, Waiver and Payment:**

Registration is open from 16.30 to 18.30 in Myrtleville. Please arrive early to register. Participants will have a number put on their hand with marker and will collect a timing chip. **Entries are not accepted on the day and you can not collect an entry for - or transfer to - another person. If you are not entered online, you can not swim.**

### **Water bottles:**

Please bring personal reusable water bottles. A refill point will be available at registration in Myrtleville. No single-use plastic bottles will be provided.

### **Safety Briefing:**

The briefing will take place at 18.30 on the steps at Myrtleville beach. All participants MUST be present for the briefing.

### **Swim start:**

The swim will start at 19.00 for all participants. High tide is at 20.28. Cut-off time is 20.15.

### **Transportation & Gear:**

Participants should car-pool to get some cars to Church Bay and then return to Myrtleville for the safety briefing at 18.30.

### **PLEASE BE CAREFUL PARKING IN MYRTLEVILLE & CHURCH BAY. DON'T BLOCK THE ROAD. DON'T BLOCK GATES AND HOMES.**

In Myrtleville, only very limited parking will be available. Please arrive early. Park well up the hill or in the Crosshaven Rugby Club at the top of the hill and walk down.

In Church Bay, there will be volunteers from the local community group guiding traffic to available parking. Listen to the volunteers. Work with them. If you have to walk a bit further, just do it. You're fit and you'll enjoy it.

Directions for those who need them are on pages 2 – 6.

Gear can be taken in a van from Myrtleville. The van will be parked at the top of the slipway in Myrtleville. If it's dry, this gear will be brought to the finish on the strand at Church Bay. If it's raining, the gear will be left in the van, which will be at the top of the steps in Church Bay after the swim.

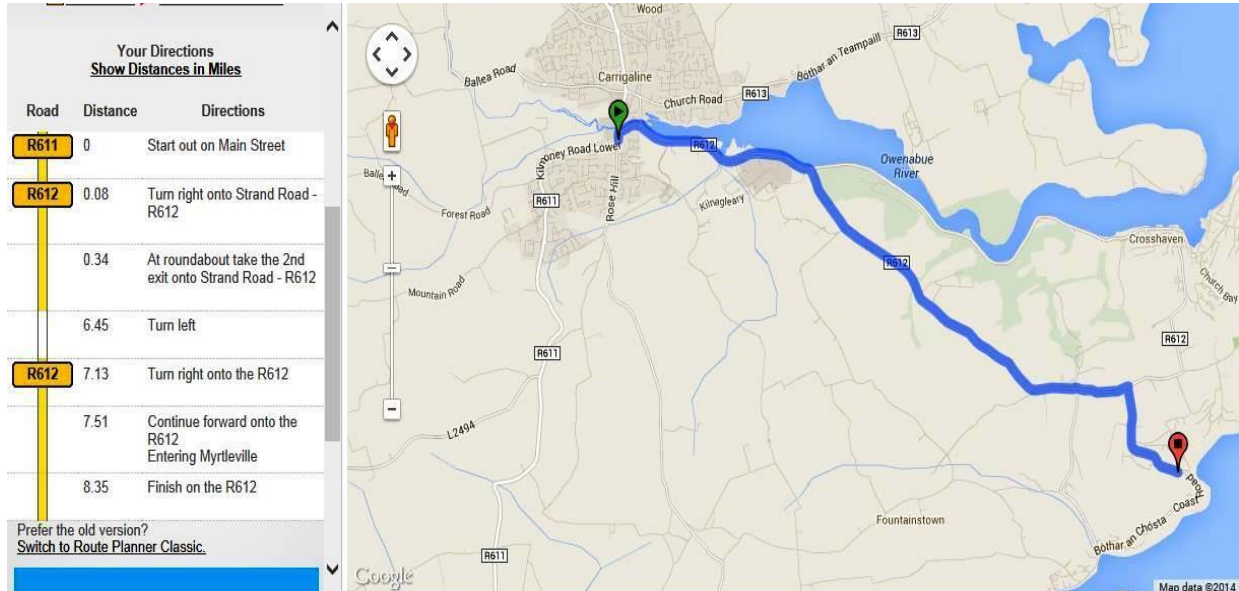
### **Results, post-mortems and presentation of prizes:**

Prizes will be presented for the overall winner and the three fastest Female and Male swimmers. The presentation will take place in Church Bay immediately after the swim.



## DIRECTIONS:

Carrigaline to Myrtleville – follow the signs to Crosshaven from Carrigaline and watch for the turn after about 2km on the right for Myrtleville. That turn is not mentioned on the AA directions below!!



This is the right turn for Myrtleville about 2km from Carrigaline.





The next turn to watch out for is the left turn mentioned at 6.45km from Carrigaline. This is what you are looking for: take the left road up the hill (effectively straight on, but you must slow down!).



At the top of the hill - 7.13km from Carrigaline – turn right at Myrtleville Cross but as it's likely to be busy, the rugby club parking is on your left, just past this turn.



Stroll down the hill and you're at the Beach.



## Going from Myrtleville to Church Bay:

Myrtleville (A) to Church Bay (B), via Brightwater estate. This is 4.2km. If you prefer, follow the second map which goes from the centre of Crosshaven i.e. drive to Crosshaven, then to Church Bay.

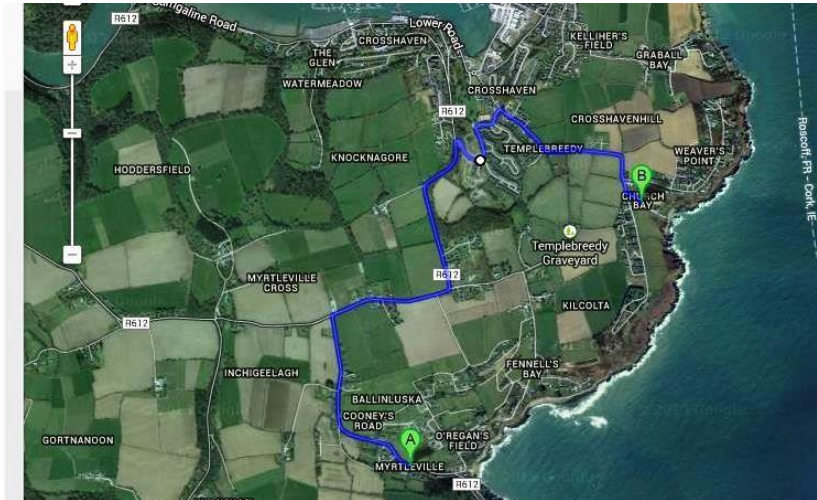
R612 4.2 km, 8 mins

**Driving directions to Church Bay, Co. Cork, Ireland**  
Via Unknown road - remove

**A Myrtleville**  
Co. Cork, Ireland

1. Head northwest on R612 1.0 km
2. Turn right to stay on R612 1.5 km
3. Turn right toward Brightwater 210 m
4. Turn left onto Brightwater 350 m
5. Turn right onto Church Bay Road 950 m
6. Turn left 95 m

**B Church Bay**  
Co. Cork, Ireland



Drive up the hill from Myrtleville Beach. At the top of the hill – Myrtleville Cross – turn right and go past the rugby club, following the road to the left at this junction about 1km from the Cross:



This brings you down the hill towards Brightwater / Drake's Point, where you will turn right into the Estate.



This is the right turn into Brightwater, just behind the silver car. Note: silver car may not actually be there on the swim day 😊



Go all the way down through Brightwater and turn right onto the road to Church Bay. Drive up the narrow hill, keeping to the left, passing the graveyard. Pictured below is the right turn mentioned at 5 above. Be careful crossing the traffic here.



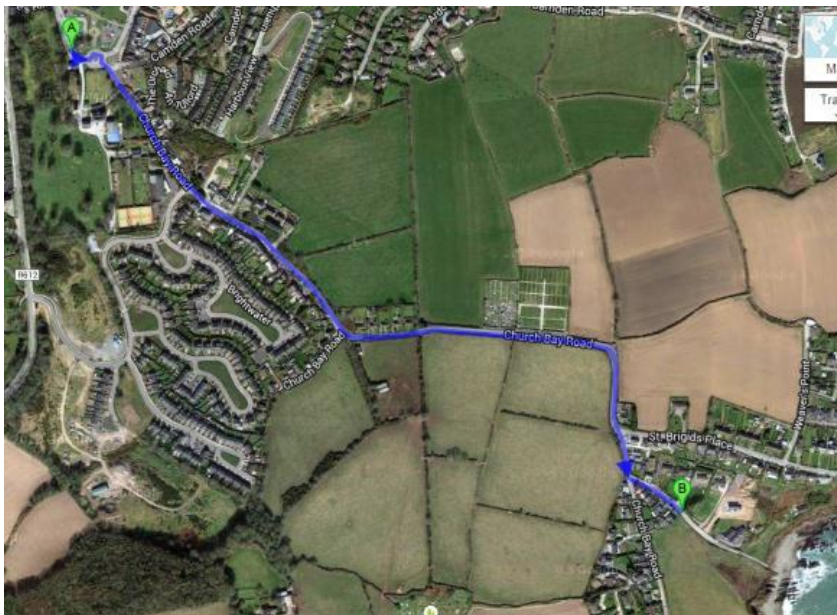


Below is the left turn mentioned at 6 above. You go down this hill to Church Bay.

**PLEASE BE CAREFUL PARKING AT CHURCH BAY. IT'S A NARROW ROAD. DON'T BLOCK THE ROAD. DON'T BLOCK GATES AND HOMES. WALK A LITTLE FURTHER IF YOU HAVE TO.**



If you prefer, drive from Myrtleville to Crosshaven then: Crosshaven Town Centre to Church Bay. This is 1.3km.:



A: Centre of Crosshaven, in front of Cronin's pub.

B: Church Bay.

From Crosshaven the total journey is about 1.3km. Take the right hand fork in the Y at Cronin's pub. The left fork will take you to Fort Camden. If you get there, go back! Follow the narrow road up the hill and past the graveyard on your left and keep right at the next Y. The pictures above show the right and left turns. This means crossing the traffic, so do yield. Then take the first left down the hill and find a place to park at the side of the road