

13TH JULY 2024



activity.wales events

One
activity.wales events



THE WALES SWIMRUN RACE PACK

IMPORTANT INFORMATION

**PLEASE ENSURE THAT YOU READ CAREFULLY,
EVEN IF YOU HAVE RACED BEFORE.**

Firstly can we take this opportunity to thank you for participating in the Wales Swim Run 2024. We can't wait to see you on the start line.

As our valued athletes, many of you return year after year and know our events very well. For this, we cannot thank you enough.

With two distances on offer (Full and Sprint) to both individual and team entrants, we're sure it's going to be an incredible day for all involved!

You may have many questions about how the day will run and this race pack will answer these for you. Ensuring the safety of all in attendance is of paramount importance so please read it through carefully.

We hope that you have a great time and enjoy the day. A huge thank you again for your continued support.

See you on race day!



THE ACTIVITY WALES EVENTS TEAM

CONTENTS

Event Itinerary	4
Pre-event Information	5-7
Event Day Information	8-10
Course Routes	11-15
Rules	16
Post-event Information	17-18



EVENT ITINERARY

WHEN

WHAT

WHERE

FRIDAY 12TH JULY

6:00pm-6.30pm	Registration & Equipment check	Regency Hall, Saundersfoot
6.45pm	Race Briefing	Regency Hall, Saundersfoot
7.00pm	Dinner	Regency Hall, Saundersfoot
7.20pm	Bib Presentation	Regency Hall, Saundersfoot
7.45pm	Tom Jenkinson Pro Athlete Talk	Regency Hall, Saundersfoot

**PLEASE NOTE - REGISTRATION, RACE BRIEFING, AND BIB PRESENTATION
ARE ALL MANDATORY ATTENDANCE**

SATURDAY 13TH JULY

5.30am	Coaches Depart to Event Start - Full distance	Saundersfoot Arcade
6.30am	Full distance START - Individual & Team entries	Freshwater East
7.30am	Coaches Depart to Event Start - Sprint distance	Saundersfoot Arcade
8.30am	Sprint distance START - Individual & Team entries	Lydstep
10:30am	First Athlete Home	Saundersfoot Harbour
1.30pm	All athletes home - CUT OFF	Saundersfoot Harbour
1.40pm	CHAMPIONS PRESENTATION	Captains Table, S'foot



KEY LOCATIONS

REGISTRATION: Regency Hall, Saundersfoot

WHAT3WORDS:///bonnet.bandstand.loosens

FULL DISTANCE START MEETING POINT: Freshwater East Car Park

WHAT3WORDS:///sensual.speaker.typically

SPRINT DISTANCE START: Lydstep Car Park

WHAT3WORDS:///passwords.apple.among

FINISH LINE: Saundersfoot Harbour

WHAT3WORDS:///freely.pulp.gums

BUS PICK UP: Saundersfoot Arcade Station

WHAT3WORDS:///whiplash.groom.realm

DIRECTIONS & PARKING

Finish line & Bus Pick up -

- Pay and Display Parking available at Saundersfoot Harbour Car Park
What3words ///
- Pay and display Parking available at the Regency Hall Car Park, Saundersfoot
What3words ///blackmail.certified.scales

Nearby-

- Coppet Hall Car Park SA69 9EY What3words ///solicitor.suitably.shakes

If you are not taking the bus, please ensure that you are parked/dropped off at the race start meeting point no later than 6am Full/8am Sprint.



REGISTRATION



LOCATION: Regency Hall, Saundersfoot

WHAT3WORDS: ///bonnet.bandstand.loosens

Without photo ID and your mandatory equipment, you will be unable to register. You cannot register on someone else's behalf.

Entries are non-transferable at registration. If you have not followed the correct steps to transfer your entry to another person (30 days prior to the event), they will be unable to race.

If another athlete takes part with your details, you will both be disqualified and banned from all future AWE events.

- **Timing Chip to worn on your ankle and returned at the finish line (1 Per Team)**
- **Swim Cap**
- **Athlete Polo**
- **Bib Vest (given during presentation)**

***PLEASE BRING ALL OF YOUR MANDATORY EQUIPMENT TO REGISTRATION TO BE CHECKED! PLEASE NOTE YOU WILL NOT BE ALLOWED TO REGISTER WITHOUT YOUR EQUIPMENT!**

RACE NUMBER PRESENTATION & DINNER

After you register, there will be a briefing and bib presentation with all the information you need. **This briefing is mandatory and failure to attend will result in you being unable to race.**

Bib Presentation

All registered athletes will be called up to receive their bibs from the Race Director. If you are in a team, you will be called up by your team name.

Dinner

There will be food after the bib presentation (pre-requested dietary requirements will be catered for), giving you a chance to chat with your fellow athletes and speak with our Envol Swim Run representatives.

Athletes' food is included in the entry price. You can bring family/friends with you but you will need to order and pay £10 per person before the day to confirm food for them. Please note that we are not able to add food orders on the day.

Meal and a bottle of water will be provided but you are welcome to bring your own refreshment if desired.

EVENT DAY INFORMATION

EQUIPMENT

All teams and individuals need to bring all their equipment from start to finish, if a team fail to bring all their equipment to the finish line they will be disqualified.

Mandatory Equipment per person which will need to be brought to registration on Friday to be checked –First aid pressure bandage, 1 wetsuit per person, suitable for water temperature of 10 degrees Celsius, 1 whistle per person

Mandatory Equipment the organisation will supply – Bib Vest – must be visible at all times, Timing Chip (Lost or not returned chips will be charged at £100 per chip), Swim Cap (must be visible at all times during the swim legs)

Recommended – Tether (as athletes will not be allowed to be more than 10 meters away from each other at any point in the event),

Equipment Not Allowed – Flotation help that is bigger than 32 cm x 30 cm x 15 cm, Wetsuits that have been modified with paint or colour that washes off, Swim Fins – any of these will result in a DQ

TIMING & RACE NUMBERS

At registration, you will be given your timing chip. You will also be given a bib vest during the race number presentation which must be worn throughout the entire swimrun.

All teams have to pass timing checkpoints and the finish line together. Your chip is from the start of the race until the finish.

Throughout the course there will be cut-offs where the teams will need to reach to be able to continue the race. If you arrive just prior to a cut-off time, it will be at the discretion of the marshal as to whether you are fit to continue.

DNF PROCEDURE

If you DNF en-route, you will need to wait at the next water entry point with a Marshal. Once all athletes have passed this point, you will be collected and returned to the finish line.

EVENT DAY INFORMATION

COASTAL PATH SAFETY

The National Coastal Path of Wales will be used for the run sections. Please be aware of any warning signs of danger which are put in place by the coastal path authority. It is mandatory to stay on the path at all times unless directed otherwise.

We are very lucky to be granted the relevant permissions to stage the race in the Pembrokeshire National Park, so please help us by reducing the environmental impact as much as possible and take all your litter home.

PLEASE CLOSE ALL GATES BEHIND YOU CAREFULLY

RACE CONDITIONS (WEATHER & TERRAIN)

The run will take place on a multi-terrain surface, so please take this into account and wear suitable footwear. Please ensure you stay hydrated throughout the course. Water will be supplied at the 4 feed stations across the course.

Please note the course can be altered mid-race, should conditions dictate.

BAG DROP

Bag drop is available at both start locations. Your bags will be ready to collect at the finish line once you have finished the race.

Please make sure you put your race number onto the tag provided and attach to your bag. Your bag will be brought back to the finishline.

Every effort will be made to keep your bag secure but you will leave items at your own risk. The race organisers cannot be held responsible for any items left behind.



Freshwater East 5.45am - 6.15am



Lydstep 7.45am - 8.15am



EVENT DAY INFORMATION

FEED STATIONS



NOTE: PLEASE BE AWARE ALL DISTANCES ARE APPROXIMATE AND ITINERARIES ARE SUBJECT TO CHANGE.



LITTER

IF YOU CAN CARRY IT FULL, YOU CAN CARRY IT EMPTY.

LITTERING BY ATHLETES WILL NOT BE TOLERATED. PLEASE CARRY LITTER OR DISPOSE AT BINS AT FEED STATIONS. CUPS WILL BE AVAILABLE AT FEED STATIONS BUT THEY MUST NOT BE TAKEN ON COURSE.



TOILETS

TOILETS ARE AVAILABLE AT: NORTH BEACH TENBY (FREE) , CASTLE HILL TENBY (PAID) , NORTHWALK TENBY (FREE) .

PORTALOOS WITH BE AVAILABLE AT: LYDSTEP, SAUNDERSFOOT AND MANORBIER

EVENT DAY INFORMATION

EVENT BRIEFING & CUT-OFF

There is a compulsory pre-event briefing that will be held at The Regency Hall Saundersfoot on Friday which must be attended by ALL athletes. **Any athlete not present at the briefing will be disqualified.**

There will be numerous cut-offs on the course. Should you miss the cut off you will be picked up by a sweep vehicle.

- 🕒 **LYDSTEP FEED STATION CUT OFF: 8.45AM**
- 🕒 **TENBY FEED STATION CUT OFF: 10.30AM**
- 🕒 **THE GLEN FEED STATION CUT OFF: 12PM**
- 🕒 **OVERALL CUT-OFF: 1.30PM FOR ALL ATHLETES.**

MARSHALS

Please be advised that all the Marshals are giving their time for free and without their assistance, we would not be able to organise the race. If possible, please show your gratitude whilst on the course, and be aware that any abusive behaviour will result in immediate disqualification.



COURSE & MAPS

THE MOST UP TO DATE COURSE MAPS CAN BE FOUND ONLINE AT THE LINK BELOW:

COURSE MAPS

Wetsuits are **COMPULSORY** during the race and an athlete must only wear the issued swim caps provided at registration.

Throughout the course there will be cut-offs that all athletes need to reach to be able to continue the race. If you arrive just prior to a cut-off time it will be at the discretion of the marshal as to whether you are fit to continue.

6.30AM FULL DISTANCE START

RUN 1: Freshwater East Beach - run to sea

SWIM 1: Freshwater East Bay - 930m

RUN 2: Freshwater East Beach - Manorbier - 4km

SWIM 2: Manorbier Bay - Manorbier Beach - 920m

RUN 3: Manorbier Beach - Lydstep - 4.85km

CUTOFF: 8.45AM - LYDSTEP FEED STATION

8.30AM SPRINT DISTANCE START

SWIM 3: Lydstep Bay - 900m

RUN 4: Lydstep Beach - Tenby Esplanade - 5.78km

SWIM 4: Tenby Esplanade - Tenby Castle Beach - 870m

RUN 5: Tenby Castle Beach - Tenby North Beach - 1.14km

CUTOFF: 10.30AM - TENBY FEED STATION

SWIM 5: Tenby North Beach - Waterwynch - 1.12km

RUN 6: Waterwynch - The Glen - 4.33km

CUTOFF: 12PM - THE GLEN FEED STATION

SWIM 6: The Glen - Wisemans Bridge - 2.1km

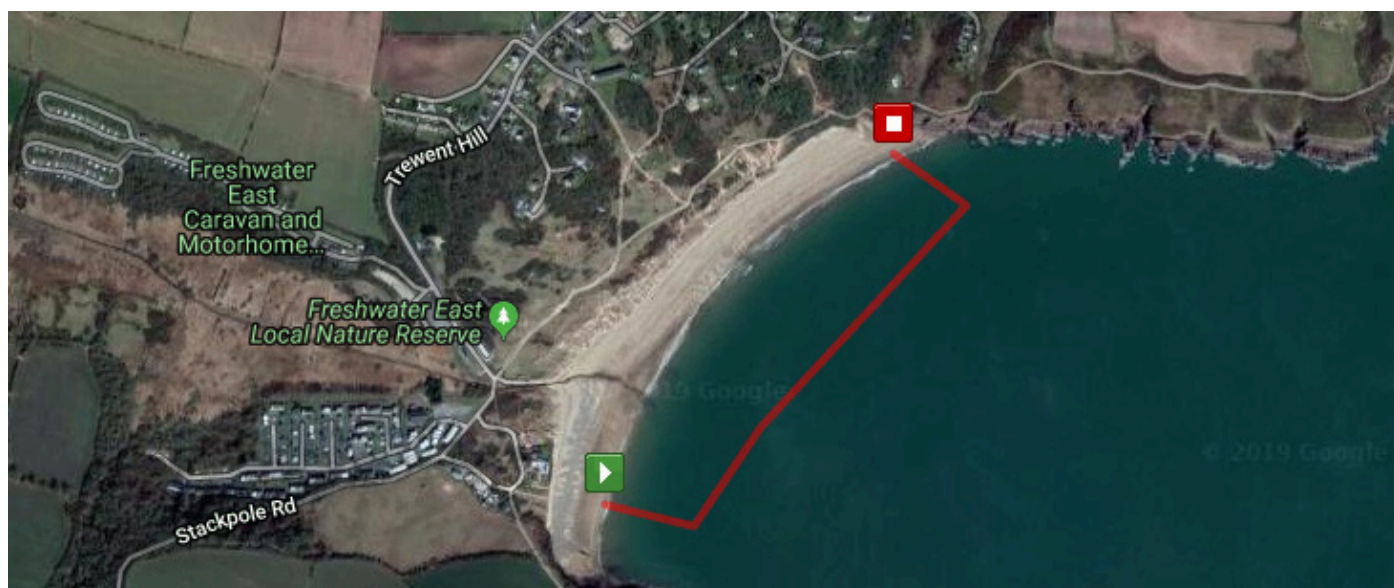
LAST RUN Wisemans bridge to Saundersfoot- 2.08km

OVERALL CUT OFF: 1.30PM

COURSE & MAPS

RUN 1 - FULL DISTANCE START Run to the sea.

SWIM 1 - FRESH EAST



RUN 2 - FRESH EAST TO MANORBIER

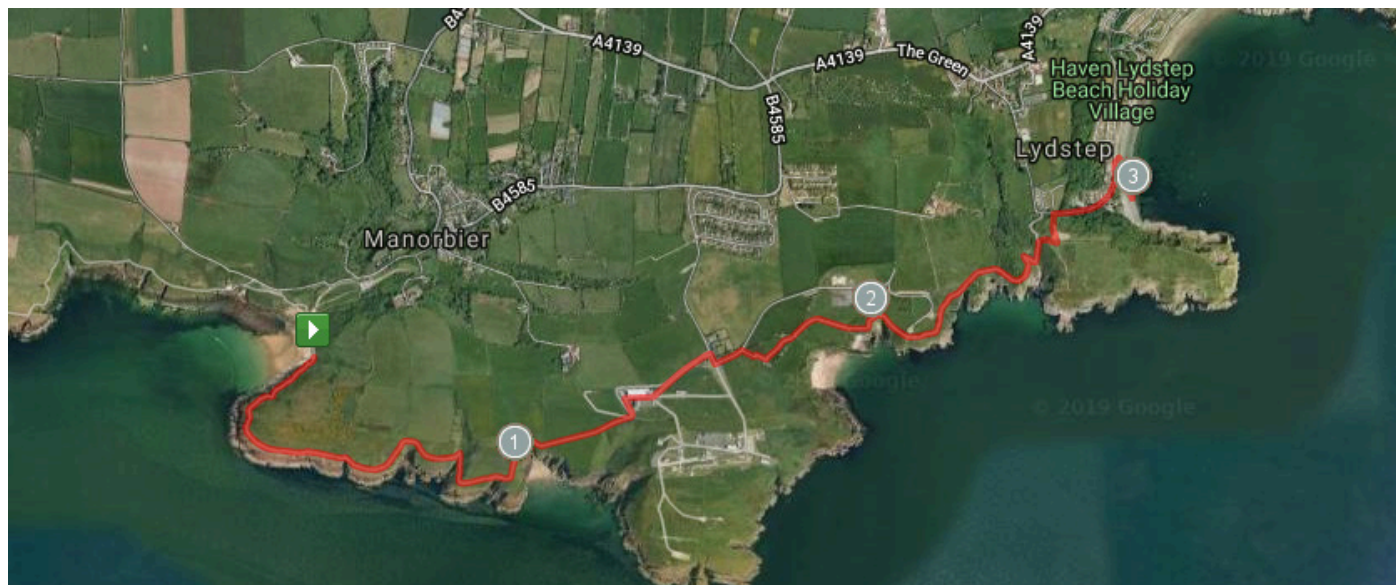


SWIM 2 - MANORBIER

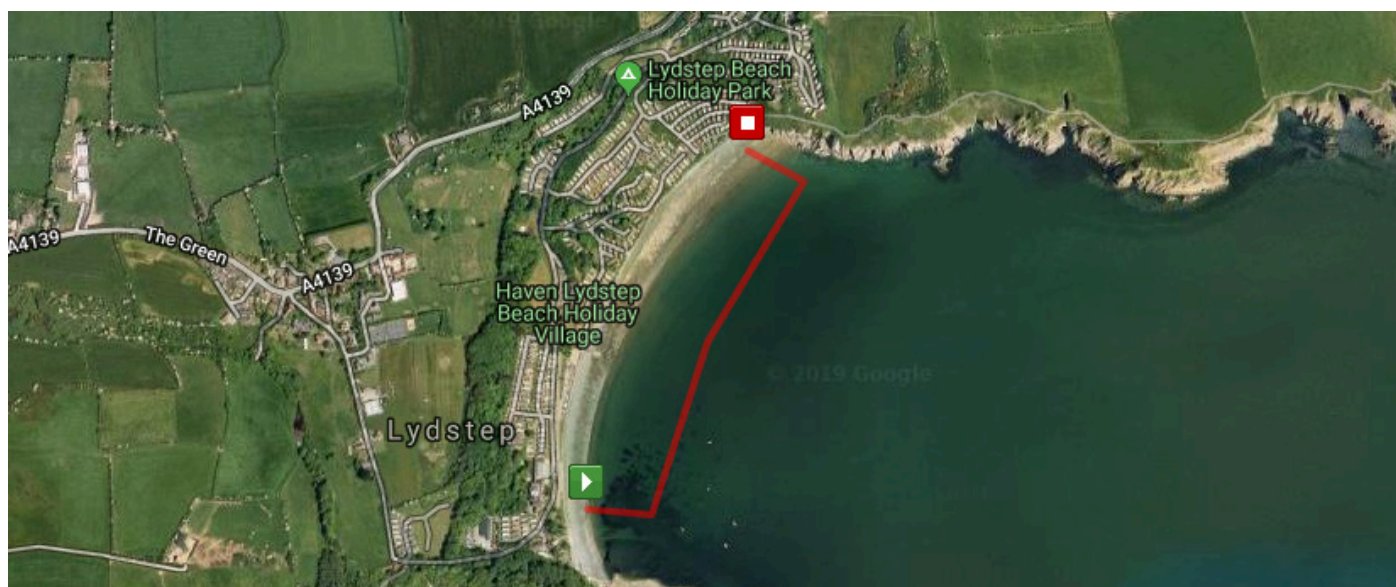


COURSE & MAPS

RUN 3 - MANORBIER TO LYDSTEP



SWIM 3 - LYDSTE SWIM

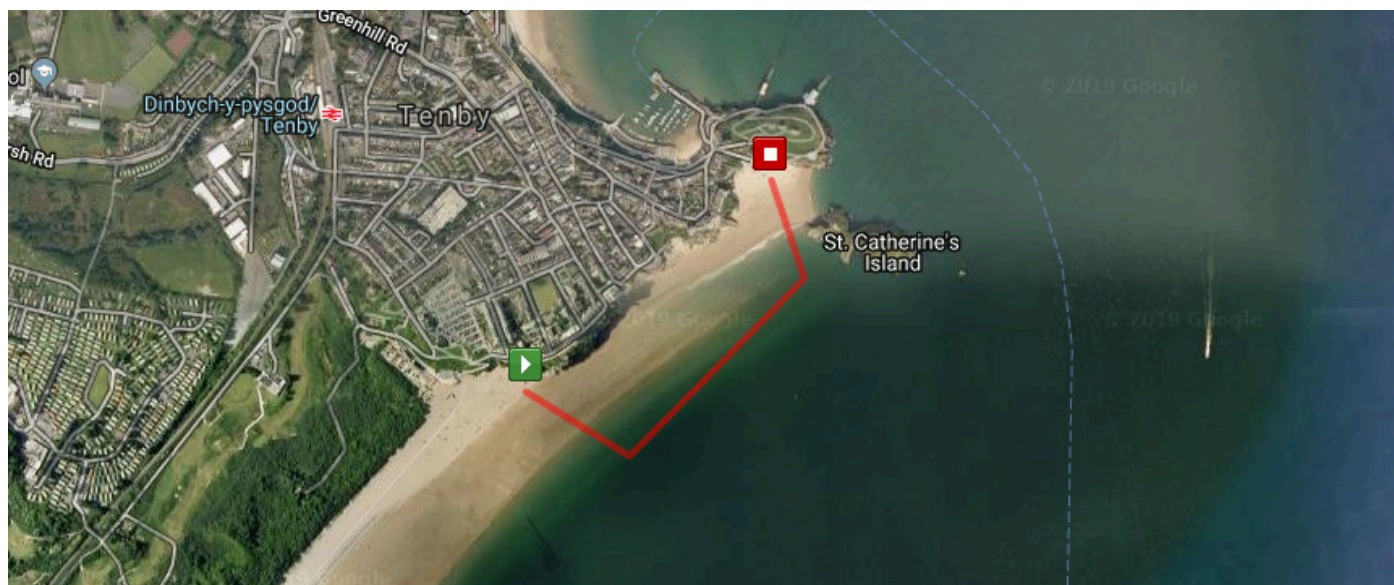


RUN 4 - LYDSTEP TO TENBY

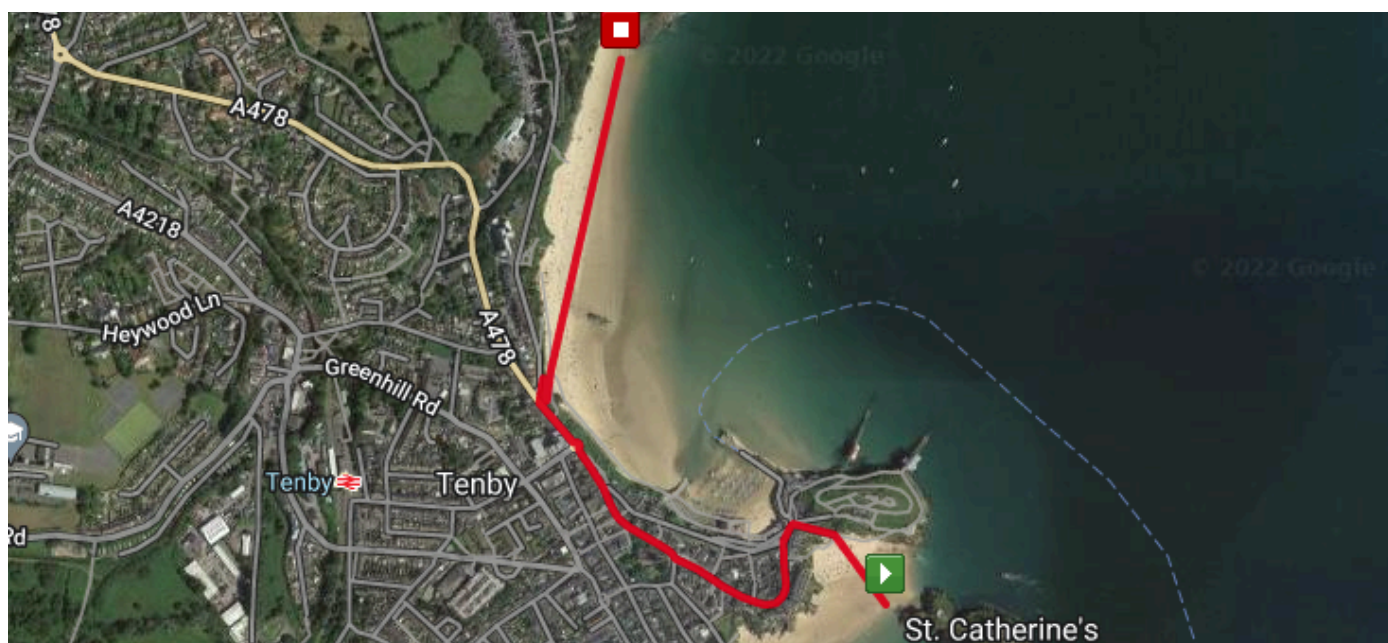


COURSE & MAPS

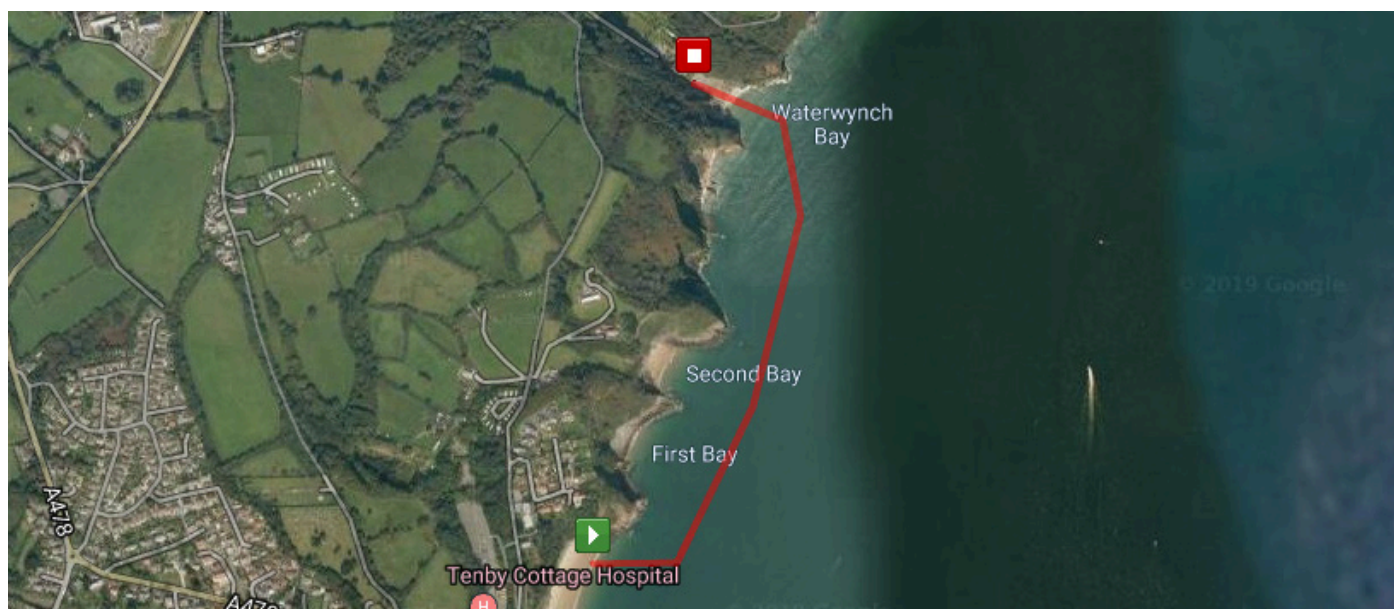
SWIM 4 - CASTLE BEACH TENBY



RUN 5 - TENBY CASTLE BEACH TO TENBY NORTH BEACH

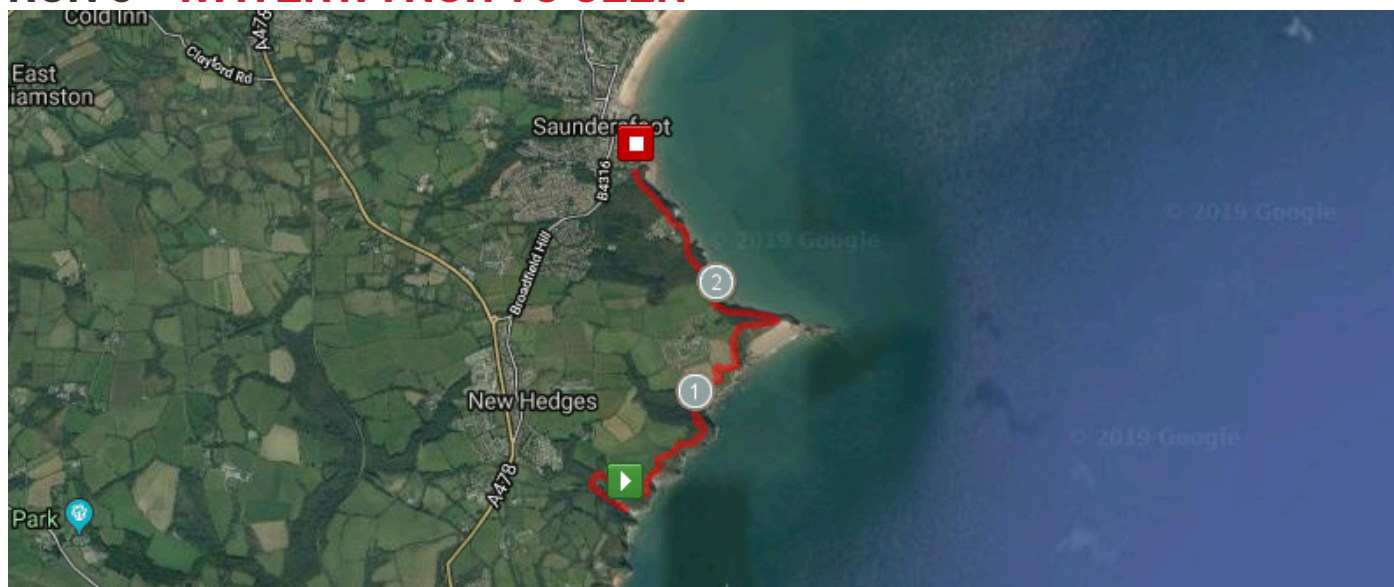


SWIM 5 - TENBY NORTH TO WATERWYNCH

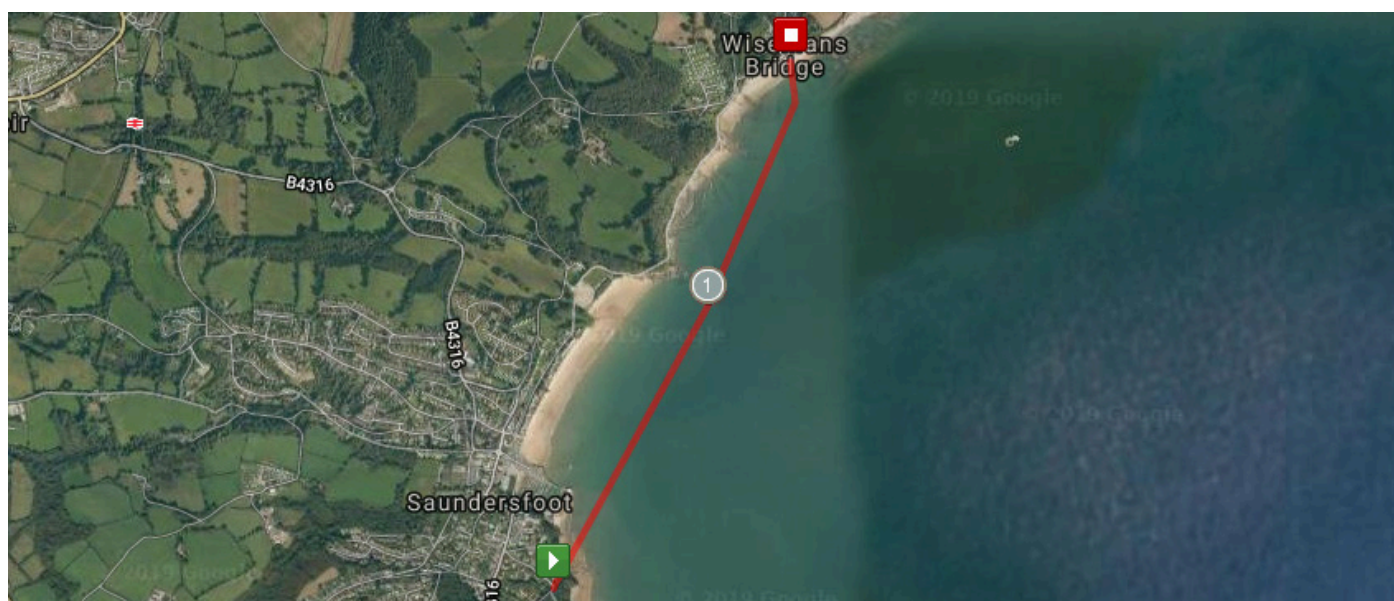


COURSE & MAPS

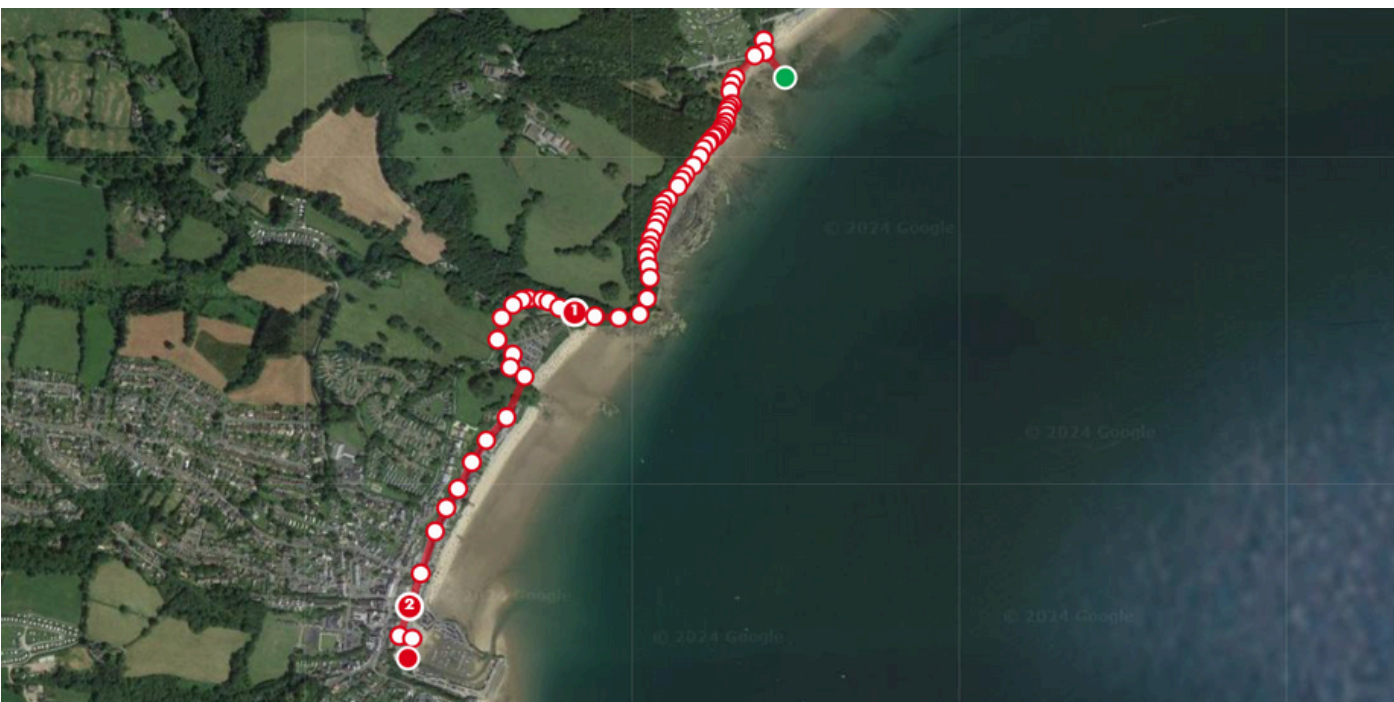
RUN 6 - WATERWYNCH TO GLEN



SWIM 6 - THE GLEN TO WISEMANS BRIDGE



RUN 7 - WISEMANS TO SAUNDERSFOOT HARBOUR



OVERALL CUT-OFF: 1.30PM

GENERAL RULES & EVENT CONDUCT

Race Entry

- To be able to participate you must be at least 18 years old and able to swim competently .
- Each team member/individual needs to have valid insurance for competing in the swim run.
- There will be no option to transfer your entry to another event, defer your entry or swap an athlete out of a team.
- All participants (each team member) will need to show proof of ID when registering for the event.
- By entering the event you are accepting full responsibility of all the rules, terms and conditions and disclaimers.

Course Information

- The course is marked with black arrows/yellow background and marshals and you must know the route prior to the event. It will be your own responsibility to follow the marked courses. Failure to follow the course will result in disqualification.
- There will be 4 water/food stations on course at Manorbier, Lydstep, Saundersfoot and Tenby.
- There will be medical staff at feed stations if needed.

Equipment

- All teams and individuals need to bring all their equipment from start to finish, failure to bring all equipment to the finish line will result in DQ.
- Mandatory Equipment per team/individual which will need to be brought to registration on Friday to be checked – First aid pressure bandage, 1 wetsuit per person, suitable for water temperature of 10 degrees Celsius, 1 Compass/Watch Compass, 1 whistle per person.
- Mandatory Equipment the organisation will supply – Bib Vests – must be visible at all times, Timing Chip (Lost or not returned chips will be charged at £100 per chip), Swim Cap (must be visible at all times during the swim legs)
- Recommended – Tether (as athletes will not be allowed to be more than 10 meters away from each other at any point in the event).
- Equipment Not Allowed – Floatation help that is bigger than 32 cm x 30 cm x 15 cm., Wetsuits that have been modified with paint or colour that washes off, Swim Fins – any of these will result in a DQ

Timing & Cut-Offs

- All teams have to pass all timing checkpoints and the finish line together. Your chip is from the start of the race until the finish.
- If you DNF en-route, you are to wait at the next water entry point with a Marshal. Once all athletes have gone through, you will be collected and returned to the finish line.

Racers responsibility

- The participants must know the rules and follow them.
- The participants shall respect other participants, organisation, spectators and the general public.
- The participants are not allowed to use unfair methods to get advantages. The event is a clean sport and we do not allow any use of illegal substances.
- The participants are taking part at their own risk and cannot hold the organisation responsible for any accident during the event.
- The teams/individual are obliged at their best ability to help another team/individual that have been injured or sick.
- Any team/individual that pulls out of the event shall report to an official as soon as possible.
- The participants are responsible for their own litter and should dispose of it in a bin provided.
- The race bibs cannot be modified in any way and must be worn at all times.

Rules

- There will be race directors present at the event. They will be enforcing the rules, decide the outcome of a protest, decide about disqualification and decide about course changes and rule changes.
- The race directors have the right to use 'common sense' to make a decision about an arisen situation if it is not clear in the rules. The race directors decision is definitive.
- Any protests must be given in writing to the race organisation within an hour after finishing the event. This must include – time, location, team number, team name, the reason for protest and any witnesses details if needed. A protest that does not fill this point will be ignored. A decision will be then communicated to those involved as soon as possible. Disqualifications – any offence against the rules leads to disqualification.
- It is not allowed to receive assistance from people other than the race organisation. Each team/individual has to make their own way from start to finish.

Safety

- The race organisation has completed a risk assessment of the event and taken the required steps to minimise the risk of the event.
- There will be the necessary water safety and marshals provided by the organisation. However, your race partner will be the first point of water safety.
- The two team members have to stay together at all time and cannot be more than 10 metres apart.
- The race organisation can refuse a team or individual to continue if they judge them not capable due to fatigue or physical condition, and continuation would pose an unnecessary risk.

POST EVENT INFORMATION

AWARDS PRESENTATION

We will hold the presentation at approximately 1.30pm after the last athlete has crossed the finish line. If the weather does not permit this, we will send out the trophies free of charge. If you are unable to stay for the presentation but would like your trophy, we can post it out after the event with a £5 P&P charge.

WINNING CATEGORIES

FULL DISTANCE

1st, 2nd, 3rd Male and Female individual
1st, 2nd, 3rd Male Team
1st, 2nd, 3rd Female Team
1st, 2nd, 3rd Mixed Team

SPRINT DISTANCE

1st, 2nd, 3rd Male and Female individual
1st, 2nd, 3rd Male Team
1st, 2nd, 3rd Female Team
1st, 2nd, 3rd Mixed Team

Results are live and will be available once you cross the finish line

WALES SWIMRUN RESULTS



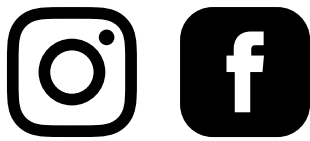
LOST PROPERTY

Any lost property that has been found will be returned to our HQ. Please contact us after the event to retrieve any items. Local collection will be available or P&P (postage fees will apply).

Property will be kept for 7 days and if not claimed, will be disposed of.

LET'S GET SOCIAL

If you or your supporters take any snaps on race day, please share them with us using #thewalesswimrun, make sure to tag us @activitywalesevents. We will share these on our Instagram & Facebook pages.



FOOD & DRINK

There are a number of great places to enjoy in the area if you are staying before or after the race. Check out the [website](#) for all the information

EVENTS 2024

LONG COURSE WEEKEND YORKSHIRE 6TH - 8TH SEPTEMBER

SAUNDERSFOOT TRI 20TH SEPTEMBER

LONG COURSE WEEKEND BELGIUM 20TH - 22ND SEPTEMBER

EVENTS 2025

LONG COURSE WEEKEND MALLORCA DUO - TBC

SWANSEA SWIM 24TH MAY

SWANSEA TRIATHLON 25TH MAY

SWANSEA 5K 25TH MAY

THE WALES TRIATHLON 15TH JUNE

FISHGUARD SPRINT TRIATHLON 15TH JUNE

LONG COURSE WEEKEND WALES 27TH - 29TH JUNE

THE WALES SWIM 27TH JUNE

THE WALES SPORTIVE 28TH JUNE

THE WALES MARATHON 29TH JUNE

THE WALES HALF MARATHON 29TH JUNE

THE WALES 10K 29TH JUNE

THE WALES 5K 29TH JUNE

ACTIVITYWALESEVENTS.COM

LET YOUR FEET DO THEIR NATURAL THING.

www.vivobarefoot.com



Made To Feel.